



WHAT IF A LOVED ONE REFUSES TO EAT?

When confronted with a challenging situation, it's important to remember that the behaviors of people with dementia that are commonly viewed as problems are attempts by your loved ones to communicate.

Upon move-in, any concerns surrounding eating and taking medications may manifest if your loved is experiencing "transfer trauma." Instead of showing certain emotions, some residents may exhibit their feelings by not doing something like eating and taking their meds. As with your loved one's emotions, our care team will work with you as part of our effort to develop interventions that are specific to your situation.

When it's difficult to get a person with dementia to eat or take medication, there are a few simple approaches to consider. One is providing a calm environment. This could include turning the TV off and playing soft music. Another is breaking the process into simple steps. Reassure your loved ones by calmly explaining the process and giving them time. You can also consult with our care team to look for ways to simplify the process or rethink your approach.

2025 ALZHEIMER'S DISEASE FACTS AND FIGURES

Over 7 million Americans are living with Alzheimer's.

1 in 3 older adults die with Alzheimer's or another dementia.

It kills more than breast cancer and prostate cancer *combined*.

Between 2000 and 2022, deaths from heart disease decreased 2.1%,
while deaths from Alzheimer's have increased 142%.

The lifetime risk for Alzheimer's at age 45 is
1 in 5 for women and 1 in 10 for men.

In 2025, Alzheimer's and other dementias
will cost the nation \$384 billion.

Nearly 12 million Americans provide unpaid care for people with
Alzheimer's or other dementias. These caregivers provided
more than 19 billion hours valued at nearly \$413 billion.



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LIVING WELL

MEMORY CARE EDITION.

MOUNT PROSPECT MEMORY CARE

JULY 2025

DIFFICULTY FACING NEW SITUATIONS

Residents with dementia often struggle with new or unfamiliar situations due to difficulties with memory, orientation and cognitive processing. They may respond by struggling in locating rooms, not knowing what time it is or where they are, plus resistance to new caregivers or schedules.

Signs to look for include when your loved one expresses that they are overwhelmed and becomes hesitant to participate in an activity when encountering something new. He or she may need help finding their own room or a room where an activity is taking place. They may also make resistive comments when asked to participate in a new situation.

Things you can do to reduce the stress or uncertainty of your loved one is provide a guided tour of the community and introduce them to the next event and to new residents. To help your loved one locate their own room, place a meaningful or familiar object on the door. You can also reassure your loved one by complimenting them for participating in new activities or when facing new circumstances.

WHEN A LOVED ONE BECOMES SOCIALLY WITHDRAWN

It's not uncommon for your loved one to become socially isolated after moving in. You may even feel these same emotions as you settle into a new rhythm with your loved one living in a community. This is what we call "transfer trauma." It means any one of us, whether you're living with dementia or not, can experience stress when undergoing a life change. This is all considered normal.

What you need most is time to become accustomed to your loved one's new living situation. It takes time to build relationships and trust with our team. On average, we give residents about 30 days to transition.

It's our experience that residents truly begin to settle in and decompress within this 30-day period. That said, as with any emotion, some residents transition quickly while others need more time. If there are concerns past that standard 30-day transition, we'll all work together to see what individual interventions your loved one may respond to.



JULY 2025 EVENTS

- Zumba with Elizabeth S.
- Strolling with Sunny-07/07-1pm
- Family Night-07/10
- Mixing with Mindy-07/11-2pm
- Drum Circle-07/12
- The A to Z Duo-07/16
- Cards with Dennis-07/16-3pm
- Tori Cupcake Tasting-07/22 2pm
- Dean and Layni-07/23
- Dementia Support Group-07/25

SUNDAY				MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY																											
<div>July 2025</div>												BIRTHDAYS																																							
												Maura 07/09 Rosemary 07/26																																							
LOCATION KEY								01				02				03				04				FOURTH OF JULY				05																							
<div>2LI 2nd Floor Library AR Activity Room B Bistro BPA Bistro Patio LO Lobby</div>								<div>MCC Memory Care Courtyard MCG Memory Care Garden MCS Memory Care Sunroom PD Private Dining THR Theater</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 11:00a Sweet Sensations Baking Club-Ranch Chex Mix 1:00p Color Me Away Club 2:00p Afternoon Social - Tasty Talks 3:00p Card Games 5:30p Tuesday Night Talks</div>				<div>MCL MCL MCK MCK MCL MCK MCL</div>				<div>10:00a Rocking to the Oldies 10:45a Daily Chronicles & Coffee 11:00a Gardening Club 1:00p The Craft Collective-Summer Bouquet Club 3:00p Travelogue-You vs. the Wild-Ep.1 5:30p Wednesday Watch</div>				<div>MCL MCL MCG MCK MCL</div>				<div>10:00a Pool Noodle Exercise 10:45a Daily Chronicles & Coffee 11:00a Bingo 2:00p 4th of July Happy Hour 3:00p Brain Games 5:30p Popcorn & Perspectives-Rookie of the Year</div>				<div>MCL MCL MCK MCL MCS MCL</div>				<div>10:00a Bean Bag Toss 10:30a Workout Friday with Paxxon 10:45a Daily Chronicles & Coffee 1:00p Patriotic Sing-a-long 2:00p Themed Happy Hour 5:30p Friday Night Facts</div>				<div>MCL MCL MCL MCK MCK MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 1:30p Singing Songs & I Love Lucy 2:00p Saturday Bowling 3:00p Creative Coloring Art Group 5:30p Saturday Night Social Club</div>				<div>MCL MCL MCL MCK MCK MCL</div>			
06								07				08				09				10				11				12																							
<div>9:30a Virtual Mass: Holy Name Cathedral 10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 1:00p Music Therapy w/ Ciara-Exploring the Opera 2:00p Tasty Talks Social 3:00p Travelogue-Madagascar 5:30p Sunday Social</div>								<div>MCL MCL MCL MCL MCS MCK MCL</div>				<div>10:00a Sit and Be Fit 10:30a Finishing Lines 10:45a Daily Chronicles & Coffee 1:00p Balloon Volleyball 2:00p Hand Massages and Manicures 3:00p Behind the Masterpiece-Women of Art 5:30p Monday Night Movie</div>				<div>MCL MCL MCL MCL MCS MCK MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 11:00a Sweet Sensations Baking Club-Strawberry Pretzel Bars 1:00p Artist's Studio 2:00p Afternoon Social - Tasty Talks 3:00p Card Games 5:30p Tuesday Night Talks</div>				<div>MCL MCL MCK MCK MCL MCK MCL</div>				<div>10:00a Sit and Be Fit 10:15a Zumba w/ Elizabeth S. 10:45a Daily Chronicles & Coffee 11:00a Gardening Club 1:00p The Craft Collective-Scrapbooking 3:00p Travelogue-You vs. the Wild-Ep. 2 5:30p Wednesday Watch</div>				<div>MCL MCL MCL MCK MCG MCK MCL MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 11:00a Bingo 1:00p Popcorn & Perspectives-The Bird Cage 3:00p Brain Games 5:30p Thursday Talks</div>				<div>MCL MCL MCK MCL MCL MCK MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 1:00p Singing Songs & I Love Lucy 2:00p Saturday Bowling 3:00p Creative Coloring Art Group 5:30p Saturday Night Social Club</div>				<div>MCL MCL MCL MCK MCK MCL</div>			
13								14				15				16				17				18				19																							
<div>9:30a Virtual Mass: Holy Name Cathedral 10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 1:00p Music Therapy w/ Ciara-Guess that Musical Instrument 2:00p Tasty Talks Social 3:00p Travelogue-Budapest 5:30p Sunday Social</div>								<div>MCL MCL MCL MCL MCS MCK MCL</div>				<div>10:00a Sit and Be Fit 10:30a Finishing Lines 10:45a Daily Chronicles & Coffee 1:00p Balloon Volleyball 2:00p Hand Massages and Manicures 3:00p Behind the Masterpiece-3 Museums in Amsterdam 5:30p Monday Night Movie</div>				<div>MCL MCL MCL MCL MCK MCK MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 11:00a Sweet Sensations Baking Club-Caprese Salad Skewers 1:00p Artist's Studio 2:00p Afternoon Social - Tasty Talks 3:00p Card Games 5:30p Tuesday Night Talks</div>				<div>MCL MCL MCK MCK MCL MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 11:00a Gardening Club 1:00p The Craft Collective-Hieroglyphics Name Vases 3:00p Travelogue-Travel Egypt 5:30p Wednesday Watch</div>				<div>MCL MCL MCK MCL MCL MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 11:00a Bingo 1:00p Popcorn & Perspectives-Four Weddings and a Funeral 3:00p Brain Games 5:30p Thursday Talks</div>				<div>MCL MCL MCK MCL MCL MCK MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 1:30p Singing Songs & I Love Lucy 2:00p Saturday Bowling 3:00p Creative Coloring Art Group 5:30p Saturday Night Social Club</div>				<div>MCL MCL MCL MCK MCK MCL</div>			
20								21				22				23				24				25				26																							
<div>9:30a Virtual Mass: Holy Name Cathedral 10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 1:00p Music Therapy w/ Ciara-Exploring Steel Drums 2:00p Tasty Talks Social 3:00p Travelogue-South Africa Safari</div>								<div>MCL MCL MCL MCL MCS MCK MCL</div>				<div>10:00a Sit and Be Fit 10:30a Finishing Lines 10:45a Daily Chronicles & Coffee 1:00p Balloon Volleyball 2:00p Hand Massages and Manicures 3:00p Behind the Masterpiece-Vincent Van Gogh 5:30p Monday Night Movie</div>				<div>MCL MCL MCL MCL MCK MCK MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 11:00a Sweet Sensations Baking Club-Blueberry Cobbler 1:00p Artist's Studio 2:00p Afternoon Social - Tasty Talks 3:00p Card Games 5:30p Tuesday Night Talks</div>				<div>MCL MCL MCK MCK MCL MCL</div>				<div>10:00a Sit and Be Fit 10:15a Zumba w/ Elizabeth S. 10:45a Daily Chronicles & Coffee 11:00a Gardening Club 1:00p The Craft Collective-Van Gogh Portraits 3:00p Travelogue-You vs. the Wild-Ep. 4 5:30p Wednesday Watch</div>				<div>MCL MCL MCL MCK MCG MCK MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 11:00a Bingo 1:00p Popcorn & Perspectives-Loving Vincent 3:00p Brain Games 5:30p Thursday Talks</div>				<div>MCL MCL MCK MCL MCL MCK MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 1:30p Singing Songs & I Love Lucy 2:00p Saturday Bowling 3:00p Creative Coloring Art Group 5:30p Saturday Night Social Club</div>				<div>MCL MCL MCL MCK MCK MCL</div>			
27								28				29				30				31				<div>happy independence day</div> <div>4TH OF JULY</div>																											
<div>9:30a Virtual Mass: Holy Name Cathedral 10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 1:00p Music Therapy w/ Ciara-Exploring Italian Music 2:00p Tasty Talks Social 3:00p Travelogue-Columbia 5:30p Sunday Social</div>								<div>MCL MCL MCL MCL MCS MCK MCL</div>				<div>10:00a Sit and Be Fit 10:30a Finishing Lines 10:45a Daily Chronicles & Coffee 1:00p Balloon Volleyball 2:00p Hand Massages and Manicures 3:00p Behind the Masterpiece-Louve Museum 5:30p Monday Night Movie</div>				<div>MCL MCL MCL MCL MCK MCK MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 11:00a Sweet Sensations Baking Club-Cookie Ice Cream Sandwiches 1:00p Artist's Studio 2:00p Afternoon Social - Tasty Talks 3:00p Card Games 5:30p Tuesday Night Talks</div>												<div>MCL MCL MCK MCK MCL MCL</div>				<div>10:00a Sit and Be Fit 10:45a Daily Chronicles & Coffee 11:00a Gardening Club 1:00p The Craft Collective-Scrapbooking 3:00p Travelogue-You vs. the Wild Ep. 5 5:30p Wednesday Watch</div>				<div>MCL MCL MCK MCL MCL</div>											

All activities subject to change.