



## WHAT IF A LOVED ONE REFUSES TO ACT?

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.

## EVERY MOMENT TELLS A STORY



### QUICK LINKS

ALZ.org  
alzheimers.gov  
alzfdn.org  
[nia.nih.gov/health/alzheimers-and-dementia](http://nia.nih.gov/health/alzheimers-and-dementia)

# LIVING WELL

## MEMORY CARE EDITION.

ST. PETERSBURG 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

- Jammin With Jamie
- Gentle Gardening
- Tea Time With Friends
- Drum Circle With Suzie
- Cooking Demo With Chef Mike
- Family Night
- July Birthday Bash
- 4th of July



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY					
<div>July 2025</div>									BIRTHDAYS														
									Mary Lynn L. 7/13 Marie B. 7/29 Adrienne H. 7/10														
LOCATION KEY						01			02			03			04			FOURTH OF JULY			05		
ALD	AL Dining	LIB	Library	MCL	Memory Care	TV	TV Area	10:30a	IN2L Games	MCL	9:30a	Jammin With Jamie	MCA	9:30a	Move to the music	MCA	9:30a	Chair Exercises	MCA	9:30a	Name 10	MCA	
ALF	AL Front Desk	L	Lounge		Living Room			12:15p	Courtyard Cruise	MCA	10:30a	Arts and Crafts	MCD	10:30a	Board Games	MCA	10:30a	Arts and Crafts	MCD	10:30a	Morning Mingle	MCD	
ALL	AL Living Room	MS	Malt Shoppe	MPR	Multipurpose			1:00p	Gentle Gardening	O	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	
ART	Art Studio	MCA	Memory Care		Room			1:15p	Hand Massages	MCL	2:30p	BINGO!	MCD	1:15p	Mani's & Mocktails	MCA	2:00p	Happy Hour: Snacks & Spritzers	MCD	1:15p	IN2L Comedy Hour	MCL	
FD	Front Desk		Activity Room	O	Outside			2:00p	Pick Your Game	MCD	3:00p	Scenic Drive	ALF	3:15p	Engaged Seniors	MCA	3:15p	Engaged Senior	MCA	2:15p	BINGO!	MCD	
ILD	IL Dining	MCD	Memory Care	PL	Pool			5:30p	Wind Down with Music	MCL	5:15p	Movie	MCL	5:30p	Wind Down with Music	MCL	5:30p	Movie Time	MCL	3:15p	Pick Your Game	MCD	
ILF	IL Front Desk		Dining Room	THR	Theater															5:30p	Wind Down with Music	MCL	
06						07			08			09			10			11			12		
9:30a	Chair Exercises	MCL	9:30a	Name 10	MCA	10:30a	Travelogue:	MCA	9:30a	Jammin with Jamie	MCA	9:30a	Move to the music	MCA	9:30a	Chair Exercises	MCA	9:30a	Chair Exercises	MCA	9:30a	Name 10	MCA
10:30a	Morning Mingle	MCD	10:30a	Legacy Exercise	MCA	10:30a	IN2L Games	MCL	10:30a	Arts and Crafts	MCD	10:30a	Board Games	MCA	10:30a	Arts and Crafts	MCD	10:30a	Arts and Crafts	MCD	10:30a	Morning Mingle	MCD
11:00a	IN2L Crossword	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA
12:15p	Courtyard Cruise	MCA	1:15p	Move to the Music	MCL	1:00p	Gentle Gardening	O	1:15p	Hand Massages	MCL	1:15p	Mani's & Mocktails	MCA	1:15p	Mani's & Mocktails	MCA	2:00p	Happy Hour: Snacks & Spritzers	MCD	1:15p	IN2L Comedy Hour	MCL
1:00p	Gospel Hymns	MCL	2:15p	Engaged Seniors	MCL	1:15p	Hand Massages	MCL	2:00p	Pick Your Game	MCD	2:00p	Family Night Happy Hour W/Live Music	MCD	2:00p	Family Night Happy Hour W/Live Music	MCD	3:15p	Engaged Senior	MCA	2:15p	BINGO!	MCD
2:00p	Finish the Lyrics	MCA	5:30p	Movie Time	MCL	2:00p	St. Jude's Mass	THR	2:00p	Scenic Drive	ALF	3:15p	Engaged Seniors	MCA	3:15p	Engaged Senior	MCA	5:30p	Movie Time	MCL	3:15p	Pick Your Game	MCD
3:00p	BLURT	MCA				5:30p	Wind Down with Music	MCL	5:30p	Movie	MCL	4:00p	Family Dinner	DR	5:30p	Movie Time	MCL				5:30p	Wind Down with Music	MCL
5:30p	Wind Down with Music	MCL										5:30p	Wind Down with Music	MCL									
13						14			15			16			17			18			19		
9:30a	Chair Exercises	MCL	9:30a	Name 10	MCA	10:30a	IN2L Games	MCL	9:30a	Jammin with Jamie	MCA	9:30a	Move to the music	MCA	9:30a	Chair Exercises	MCA	9:30a	Chair Exercises	MCA	9:30a	Name 10	MCA
10:30a	Morning Mingle	MCD	10:30a	Legacy Exercise	MCA	12:15p	Courtyard Cruise	MCA	10:30a	Arts and Crafts	MCD	10:30a	Board Games	MCA	10:30a	Arts and Crafts	MCD	10:30a	Arts and Crafts	MCD	10:30a	Morning Mingle	MCD
11:00a	IN2L Crossword	MCA	12:15p	Courtyard Cruise	MCA	1:00p	Gentle Gardening	O	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA
12:15p	Courtyard Cruise	MCA	1:15p	Move to the Music	MCL	1:15p	Hand Massages	MCL	1:15p	Hand Massages	MCL	1:15p	Mani's & Mocktails	MCA	1:15p	Mani's & Mocktails	MCA	2:00p	Happy Hour: Snacks & Spritzers	MCD	1:15p	IN2L Comedy Hour	MCL
1:00p	Gospel Hymns	MCL	2:15p	Engaged Seniors	MCL	2:00p	Pick Your Game	MCD	2:30p	Scenic Drive	ALF	2:30p	Engaged Seniors	MCA	2:30p	Engaged Seniors	MCA	3:15p	Engaged Senior	MCD	2:15p	BINGO!	MCD
2:00p	Finish the Lyrics	MCA	5:30p	Movie Time	MCL	5:30p	Wind Down with Music	MCL	3:00p	Scenic Drive	ALF	3:00p	Engaged Seniors	MCA	3:15p	Engaged Senior	MCA	5:30p	Movie Time	MCL	3:15p	Pick Your Game	MCD
3:00p	BLURT	MCA							5:15p	Movie	MCL	5:30p	Wind Down with Music	MCL	5:30p	Movie Time	MCL				5:30p	Wind Down with Music	MCL
5:30p	Wind Down with Music	MCL																					
20						21			22			23			24			25			26		
9:30a	Chair Exercises	MCL	9:30a	Name 10	MCA	10:30a	IN2L Games	MCL	9:30a	Jammin with Jamie	MCA	9:30a	Move to the music	MCA	9:30a	Chair Exercises	MCA	9:30a	Chair Exercises	MCA	9:30a	Name 10	MCA
10:30a	Morning Mingle	MCD	10:30a	Legacy Exercise	MCA	12:15p	Courtyard Cruise	MCA	10:30a	Arts and Crafts	MCD	10:30a	Board Games	MCA	10:30a	Arts and Crafts	MCD	10:30a	Arts and Crafts	MCD	10:30a	Morning Mingle	MCD
11:00a	IN2L Crossword	MCA	12:15p	Courtyard Cruise	MCA	1:00p	Gentle Gardening	O	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA
12:15p	Courtyard Cruise	MCA	1:15p	Move to the Music	MCL	1:15p	Hand Massages	MCL	1:15p	Hand Massages	MCL	1:15p	Mani's & Mocktails	MCA	1:15p	Mani's & Mocktails	MCA	2:00p	Happy Hour: Snacks & Spritzers	MCD	1:15p	IN2L Comedy Hour	MCL
1:00p	Gospel Hymns	MCL	2:15p	July Birthday Bash	MCL	2:00p	Pick Your Game	MCD	2:30p	Scenic Drive	ALF	2:30p	Engaged Seniors	MCA	2:30p	Engaged Seniors	MCA	3:15p	Engaged Senior	MCD	2:15p	BINGO!	MCD
2:00p	Finish the Lyrics	MCA	5:30p	Engaged Seniors	MCL	5:30p	Wind Down with Music	MCL	3:00p	Scenic Drive	ALF	3:00p	Engaged Seniors	MCA	3:15p	Engaged Senior	MCA	5:30p	Movie Time	MCL	3:15p	Pick Your Game	MCD
3:00p	BLURT	MCA							5:15p	Movie	MCL	5:30p	Wind Down with Music	MCL	5:30p	Movie Time	MCL				5:30p	Wind Down with Music	MCL
5:30p	Wind Down with Music	MCL																					
27						28			29			30			31			<div>happy independence day</div> <div>4TH OF JULY</div>					
9:30a	Chair Exercises	MCL	9:30a	Name 10	MCA	10:30a	IN2L Games	MCL	9:30a	Jammin with Jamie	MCA	9:30a	Move to the music	MCA	9:30a	Move to the music	MCA						
10:30a	Morning Mingle	MCD	10:30a	Legacy Exercise	MCA	12:15p	Courtyard Cruise	MCA	10:30a	Arts and Crafts	MCD	10:30a	Board Games	MCA	10:30a	Board Games	MCA						
11:00a	IN2L Crossword	MCA	12:15p	Courtyard Cruise	MCA	1:00p	Gentle Gardening	O	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA	12:15p	Courtyard Cruise	MCA						
12:15p	Courtyard Cruise	MCA	1:15p	Move to the Music	MCL	1:15p	Hand Massages	MCL	1:15p	Hand Massages	MCL	1:15p	Mani's & Mocktails	MCA	1:15p	Mani's & Mocktails	MCA						
1:00p	Gospel Hymns	MCL	2:15p	Engaged Seniors	MCL	2:00p	Pick Your Game	MCD	2:30p	Scenic Drive	ALF	2:30p	Engaged Seniors	MCA	2:00p	Drum Circle With Suzie	MCL						
2:00p	Finish the Lyrics	MCA	5:30p	Movie Time	MCL	5:30p	Sundae Social	MCD	3:00p	Scenic Drive	ALF	3:00p	Engaged Seniors	MCA	3:15p	Engaged Seniors	MCA						
3:00p	BLURT	MCA					Wind Down with Music	MCL	5:15p	Movie	MCL	5:30p	Wind Down with Music	MCL	5:30p	Wind Down with Music	MCL						
5:30p	Wind Down with Music	MCL																					

All activities subject to change.