

SHOULD I BRING MY LOVED ONE’S PET TO VISIT?

Yes, of course, pets can visit. There are very few residents who don’t enjoy a pet visit, especially if it’s their own. It’s very much like having any other family member visit. But be aware that a furry loved one can potentially create different reactions. If your loved one doesn’t remember their dog but just loves having a dog visit, then go for it. Don’t even try to convince them that it’s their dog. Just be in the moment with your loved one and their furry friend.

As your loved one progresses in their dementia, they may not recognize the pet and could become upset at the pet’s behavior. It’s difficult to know how your loved one will react to sudden barking or jumping.

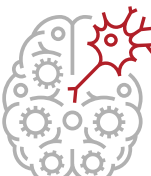
In this case, finding a loveable stuffed dog or cat that resembles their pet is a great way to transition them. They’ll love the security of having their “pet” with them all the time without worrying about the pet’s reactions. Our residents live in snapshots. The goal is to always make the current snapshot where they are better than the one that just occurred.

COMMON TYPES OF DEMENTIA



ALZHEIMER’S DISEASE

Accumulation of the protein beta-amyloid outside neurons and twisted strands of the protein tau inside neurons are hallmarks and accompanied by the death of neurons and damage to brain tissue.



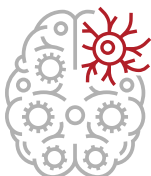
HIPPOCAMPAL SCLEROSIS (HS)

HS is the shrinkage and hardening of tissue in the hippocampus of the brain. The hippocampus plays a key role in forming memories.



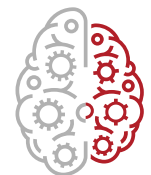
LEWY BODY DISEASE

Lewy bodies are abnormal aggregations (or clumps) of the protein alpha-synuclein in neurons. When they develop in a part of the brain called the cortex, dementia can result.



CEREBROVASCULAR DISEASE

Blood vessels in the brain are damaged and/or brain tissue is injured from not receiving enough blood, oxygen or nutrients.



FRONTOTEMPORAL DEGENERATION (FTD)

Nerve cells in the front and temporal (side) lobes of the brain die and the lobes shrink. Upper layers of the cortex soften.



PARKINSON’S DISEASE (PD)

Clumps of the protein alpha-synuclein appear in an area deep in the brain called the substantia nigra. These clumps are thought to cause degeneration of the nerve cells that produce the chemical dopamine.

LIVINGWELL

MEMORY CARE EDITION.

TOWN AND COUNTRY

JUNE 2025

THREATENING SPEECH OR ACTIONS

As dementia progresses, a resident may sometimes behave in ways that are physically or verbally aggressive to those around them. This includes making fists, tightening their grip on a caregiver or using angry verbal expressions. This can be distressing for all involved.

A few signs you’ll want to be on the lookout for include a resident walking quickly towards a team member and standing close to them with a glaring expression on their face. Some phrases they may use when yelling are “I hate you,” or “I’ll hit you!” Words no one wants to hear, but this kind of behavior may escalate if not properly addressed and can lead to self-harm or harming of others.

When this type of threatening behavior occurs, try using a gentle and firm redirection to a different topic or activity. Determine if the resident is acting out because they’re hungry, thirsty, in pain or need to use the bathroom. It’s best to approach the person slowly and use a calm voice to identify the behavior out loud. Ask the resident to “please stop” and assist the person to an environment that’s comfortable, with low lighting, soft music and quiet. Take this moment to reflect on pleasant memories with the resident.

FINDING A RESIDENT IN YOUR LOVED ONE’S ROOM

It’s common to find a resident has wandered into your loved one’s room. This type of behavior is not driven by the person but rather by the disease. This resident had no intention of purposely entering your loved one’s room. It happens and most families have experienced it.

Wandering is a part of the disease process but not meant to be intrusive. That’s why we have secured environments for those living with dementia.

If you happen to find a resident has walked into your loved one’s room, just say hello as if it were completely normal. It’s better to not overreact or tell the resident to stay away from your loved one. Remain calm and if the resident doesn’t leave the room on their own, find a care team member to help redirect them.



JUNE 2025 EVENTS

- 6/6 National Donut Day
- 6/10 National Ice Tea Day
- 6/15 Father’s Day
- 6/16 National Fudge Day
- 6/19 Juneteenth
- 6/20 Take Your Dog To work Day
- 6/21 National Selfie Day
- 6/23 National Hydration Day

American
House
SENIOR LIVING COMMUNITIES

American House
Town and Country
1020 Woods Mill Rd
Town and Country | MO | 63017
636.698.0199
AmericanHouse.com

QUICK LINKS

ALZ.org
alzheimers.gov
alzfdn.org
nia.nih.gov/health/alzheimers-and-dementia

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
<div>June 2025</div>																				
01			02			03			04			05			06			07		
9:30a	Sunday Stretch	MCB	9:30a	Silver Sneaker Workout	MCB	9:30a	Disco Workout	MCB	9:30a	Beach Boys Workout	MCB	9:30a	Range of Motion Exercise	MCB	9:30a	Exercise for Seniors	MCB	9:30a	Morning Exercise	MCB
10:00a	Daily Chronicles	MCB	10:00a	Daily Chronicles	MCB	10:00a	Daily Chronicles	MCB	10:00a	Daily Chronicles	MCB	10:00a	Daily Chronicles	MCB	10:00a	Daily Chronicles	MCB	10:00a	Daily Chronicles	MCB
10:30a	Bible Study/Hymn Singing	MCB	11:00a	Sing Along w/ Suzie Q	MCB	10:30a	Baking with Staff	MCD	10:30a	Ice Cream & Conversation	MCB	2:00p	Sensory/Puzzles	MCB	10:30a	Rev Aaron Bible Stories	MCB	10:30a	Baking with Staff	MCB
1:00p	Nail Care and Hand Messages		1:30p	Puzzles/Conversation	MCB	1:30p	Outside/Indoor Activity	MCB	1:30p	Sensory Hour	MCB	3:00p	Happy Hour	2B	1:00p	Nails/Hand Massages	MCB	2:00p	Top Golf Indoors	MCB
MCB			3:30p	Bingo w Staff	MCD	3:30p	Then vs Now 1950's	MCB	3:30p	Bingo with Staff	MCB	6:00p	Movie and Popcorn	MCB	3:30p	Trivia	MCB	3:30p	Crafts- Tissue Paper Art	MCB
2:00p	Reminiscing Circle	MCB	6:00p	Family Movie w/Snacks	MCB	6:00p	Music and Snacks	MCB	6:00p	Sports and conversation	MCB				6:00p	Family Movie w Popcorn	MCB	6:00p	Movie and Snacks	MCB
3:30p	Puzzle/Trivia	MCB																		
6:00p	TV Show 7th Heaven	MCB																		
08			09			10			11			12			13			14		
																		FLAG DAY		
9:30a	Sunday Stretch	MCB	9:30a	Silver Sneaker Workout	MCB	9:30a	Disco Workout	MCB	9:30a	Beach Boys Workout	MCB	9:30a	Range of Motion Exercise	MCB	9:30a	Exercise for Seniors	MCB	9:30a	Morning Exercise	MCB
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10:30a	Bible Study/Hymn Singing	MCB	11:00a	Sing Along w/ Suzie Q	MCB	10:30a	Baking with Staff	MCD	10:30a	Ice Cream & Conversation	MCB	2:00p	Sensory/Puzzles	MCB	10:30a	Rev Aaron Bible Stories	MCB	10:30a	Baking with Staff	MCB
2:00p	Reminiscing Circle	MCB	1:30p	Puzzles/Conversation	MCB	1:30p	Canvas Painting	MCB	1:30p	Sensory Hour	MCB	3:00p	Happy Hour	2B	1:00p	Nails/Hand Massages	MCB	2:00p	Top Golf Indoors	MCB
3:30p	Puzzle/Trivia	MCB	3:30p	Bingo w Staff	MCD	3:30p	Then vs Now 1950's	MCB	3:30p	Bingo with Staff	MCB	6:00p	Movie and Popcorn	MCB	3:30p	Trivia	MCB	3:30p	Crafts- Tissue Paper Art	MCB
6:00p	TV Show 7th Heaven	MCB	6:00p	Family Movie w/Snacks	MCB	6:00p	Sing Along with Snacks	MCB	6:00p	Classic Movie w/Snacks	MCB				6:00p	Family Movie w Popcorn	MCB	6:00p	Movie and Snacks	MCB
15			16			17			18			19			20			21		
FATHER'S DAY												JUNETEENTH			THE LONGEST DAY					
9:30a	Sunday Stretch	MCB	9:30a	Silver Sneaker Workout	MCB	9:00a	Disco Workout	MCB	9:30a	Beach Boys Workout	MCB	9:30a	Range of Motion Exercise	MCB	9:30a	Exercise for Seniors	MCB	9:30a	Morning Exercise	MCB
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10:30a	Bible Study/Hymn Singing	MCB	11:00a	Sing Along w/ Suzie Q	MCB	10:30a	Baking with Staff	MCD	10:30a	Ice Cream & Conversation	MCB	2:00p	Sensory/Puzzles	MCB	10:30a	Live Music W/Kelly	MCB	10:30a	Baking with Staff	MCB
2:00p	Reminiscing Circle	MCB	1:30p	Puzzles/Conversation	MCB	1:30p	Canvas Painting	MCB	1:30p	Sensory Hour	MCB	3:00p	Happy Hour	2B	10:30a	Rev Aaron Bible Stories	MCB	2:00p	Top Golf Indoors	MCB
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6:00p	TV Show 7th Heaven	MCB	6:00p	Family Movie w/Snacks	MCB	6:00p	Sing Along with Snacks	MCB	6:00p	Sports and conversation	MCB				3:30p	Trivia	MCB	6:00p	Movie and Snacks	MCB
															6:00p	Family Movie w Popcorn	MCB			
22			23			24			25			26			27			28		
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3:30p	Puzzle/Trivia	MCB	3:30p	Bingo w Staff	MCD	3:30p	Then vs Now 1950's	MCB	1:30p	Sensory Hour	MCB	4:00p	Sing along w/Troy	MCB	3:30p	Trivia	MCB	3:30p	Crafts- Tissue Paper Art	MCB
6:00p	TV Show 7th Heaven	MCB	6:00p	Family Movie w/Snacks	MCB	6:00p	Sing Along with Snacks	MCB	3:30p	Bingo with Staff	MCB	6:00p	Movie and Popcorn	MCB	6:00p	Family Movie w Popcorn	MCB	6:00p	Movie and Snacks	MCB
									5:30p	Comedy Movie w/ popcorn	MCB									
29			30			BIRTHDAYS										LOCATION KEY				
						Joan K. 6/10 Judith S. 6/19										<div><div>2B 2nd Floor Bistro 3FA 3rd Floor Activity Room 3LB 3rd Floor Library</div><div>MCB Memory Care Bistro MCD Memory Care Dining Room THR Theatre</div></div>				
9:30a	Sunday Stretch	MCB	9:30a	Silver Sneaker Workout	MCB															
10:00a	Daily Chronicles	MCB	10:00a	Daily Chronicles	MCB															
10:30a	Bible Study/Hymn Singing	MCB	10:30a	Mixed up word Play	MCB															
2:00p	Reminiscing Circle	MCB	11:00a	Sing Along w/ Suzie Q	MCB															
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