

October Horoscopes and Birthdays



Tish and Mary Ruth visiting the VITAS Ice Cream Truck During ALF Week

In astrology, those born from October 1 to 22 balance the scales of Libra. Libra epitomizes fairness and harmony. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel. Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep ways. Resourceful and determined, Scorpios give their all when they follow their hearts.



Irma Williams – October 1st
Jacquelyn Letteri – October 2nd
Betty Sternbergh – October 4th
Tony Palmer – October 8th
Ilona Horvath – October 10th

Don't forget to come celebrate on October 18th at 2:30 for our Monthly Birthday Celebration featuring music by Guitar Dan!

Dementia Behaviors: Repetitive Phone Calling

By Ava M. Stinnett

Whether your loved one has been diagnosed with Alzheimer's disease or another type of dementia, it's important to know that confusion, memory loss, and difficulty performing everyday activities are common overlapping symptoms. A healthcare provider may use a simple three-phase model (mild/early, moderate/middle, and severe/late) to describe the progression of the disease. Although symptoms will vary for each person, learning more about how dementia unfolds over several years can guide you as you plan for a loved one's care.

In the mild to moderate stage, symptoms may include loss of awareness of recent events, personality changes, confusion about surroundings, and repetition of particular actions or behaviors. For example, some people with dementia make phone calls to their loved ones over and over again—particularly in the middle of the night or early morning. This might occur because they forget that they have already called; it's also possible that they're feeling insecure, anxious, or even bored and need to be

occupied. Still others with dementia call just to make sure someone answers the phone. Medical professionals sometimes call this act of going through the motions of familiar activities "perseveration" (Rosenzweig, 2017).

If you can, create a pleasant diversion such as taking a walk, looking through a photo album, sorting and folding clothes, or listening to soothing music. Try to redirect by changing the focus from anxious behavior to a favorite pastime such as sanding wood, gardening, or providing a safe environment for cooking or baking. Once you can identify the emotion associated with the behavior (e.g., fear, anxiety, boredom, anger, loneliness), you can react to it instead of questioning the behavior. Taking time to express words of reassurance, understanding, and caring can do wonders to ease these challenges.

If you know any individuals suffering with these symptoms, the best thing you can do is offer compassion. Sometimes they just feel anxious and lonely so the best solution is to simply be a friend.



Welcome Committee Meets 2nd and 4th Monday at 10:00 with Mary

If any resident would like to be a part of the committee please feel free to attend the meetings.

"I would rather make mistakes in kindness and compassion than work miracles in unkindness and hardness"

~ Mother Teresa

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October 2017

Celebrating October



Assisted Living & Memory Care Community

Resident Council Meeting

October 3

Lunch Bunch:

Chili's

October 4

Flea Market

October 7

Columbus Day

October 9

Excursion Day

October 10

Oaks Movie Theatre

October 11

Country Bingo

October 14

Birthday Celebration

October 18

Mall Trip

October 21

Halloween Community Trick or Treating Event

October 31

Community Halloween Event

Halloween is right around the corner and we want you to start planning now! We'll be hosting a community Trick or Treating event where all family is welcome and children from the community can go trick or treating from door to door of resident apartments. On Halloween we'll have a door decorating contest for residents and a costume contest for staff members. If you want to participate please have your Door Decorated and a bag of Candy for trick or treaters by October 27th. If you need help decorating your door, your activity director can help you.



TRICK OR TREAT

Alzheimer's Poem

Do not ask me to remember
 Do not try to make me understand.

Let me rest and know you're with me.

Kiss my cheek and hold my hand.
 I'm confused beyond your concept.

I am sad and sick and lost.

All I know is that I need you to be with me at all cost.

Do not lose your patience with me.

Do not scold or curse my cry.

I can't help the way I'm acting, I can't be different though I try. Just remember that I need you, The best of me is gone.

Please don't fail to stand beside me, Love me until my life is done.

-Unknown

Wilkie, Bonnie, Helen, Mary, Tony, Carmelo, Marilyn, Ethel, & Margie
 JellyFish Canvas Paintings

