

**Locations**  
 (CA)– Common Area  
 (MD)—Main Dining Area  
 (CW)— C Wing  
 (RV)- Room Visits  
 (CY)- Court yard



# JULY



**Locations**  
 (CA)– Common Area  
 (MD)—Main Dining Area  
 (CW)— C Wing  
 (RV)- Room Visits  
 (CY)- Court yard

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <b>9:30 Bible Study W/ Larry ~ MD</b> 9:30 Movie ~ CW 10:30 Joel Osteen Service ~MD 2:00 Art With Abigail ~ MD	<b>2</b> <b>10:00 Rosary-MD</b> 10:00 Music W/ Diane~ CW 10:45 Music W/Diane ~ MD 1:30 Tai Chi W/ Nichole~ MD 2:45 Bingo -MD	<b>3</b> 9:45 Move to Music-MD 10 Music Therapy ~ CW 10:30 Activity Planning ~ MD 1:30 Pretty Nails B/C ~ CA <b>2:00 Catholic Mass ~ MD</b> 2:45 Health Topics Mental Health/Brain ~ MD <b>Social Services Shopping Day</b>	<b>4</b> 10:00 Patriotic Sing Along ~ CW <b>10:30 Live Riverfest St. Charles Parade W/ Rob ~ MD</b> <b>1:30 Ice Cream Social ~ MD</b> 2:30 Bingo ~ MD	<b>5</b> <b>10:00 Hymns &amp; Praise ~ MD</b> 10:30 Balloon Toss ~ CW 2:00 Resident Volunteer Meeting ~ MD 3:30 Coffee Chat ~ CW 3:30 Door to Door Reading Material -RV <b>6:30 Evening Bingo ~ MD</b>	<b>6</b> <b>10:30 Patriotic Piano W/ Rob Callmeyer ~ MD</b> 2:00 Learn About Phases of The MOON ~MD 2:00 Games ~CW	<b>7</b> 10:30 Bingo ~ MD 1:30 General Store Shopping ~ MD 2:00 Ice Cream Social ~ MD
<b>8</b> 9:30 Bible Video ~ MD 10:30 Joel Osteen Service ~MD <b>2:00 Old Cartoons and Slogans ~ MD</b>  <b>Cartoon Day</b>	<b>9</b> <b>10:00 Rosary ~ MD</b> 10:30 Balloon Volleyball ~ CW 11 Horse Racing ~ MD 1:30 Tai Chi W/ Nichole ~ MD 2:45 Bingo ~ MD	<b>10</b> 10:00 Music Therapy ~ CW 10:30 Meet Me In The Garden 10:30 Science W/ Sanjay~ Colorful Flowers ~ CY 1:30 Pretty Nails A/D-CA <b>2:00 Catholic Mass -MD</b>	<b>11</b> 10:00 Mud Cakes ~CW 10:30 Bingo~ MD 1:30 Ice Cream Cart ~ RV <b>3:00 Precious Memories ~ MD</b> 3:30 Arts and Crafts Hair Flowers ~ CW	<b>12</b> <b>10:00 Hymns &amp; Praise ~ MD</b> <b>10:45 Resident Council - MD</b> 2:00 Resident Volunteer ~ MD 3:30 Painting ~ CW 3:30 Door to Door Reading Material -RV <b>6:00 Pet Visit ~ RV</b>	<b>13</b> <b>10:00 Music W/ David Green ~MD</b> <b>Resident Buffett</b> 2:00 Jeopardy ~ MD 2:00 Spa Time ~CW <b>Shopping List Due To Social Services Dine In Due</b>	<b>14</b> 10:30 Bingo ~ MD 1:30 General Store Shopping ~ MD 2:00 Web Surfing~ Military History ~ MD 6:00 Saturday Night Matinee W/
<b>15</b> <b>9:30 Bible Study W/ Larry~ MD</b> 9:30 Movie ~ CW 10:30 Joel Osteen Service ~MD 2:00 Snack Social ~ MD	<b>16</b> <b>10:00 Rosary ~ MD</b> 10:00 Music W/ Walter ~ CW 10:45 Music & Memory W/Walter ~ MD 1:30 Tai Chi W/ Nichole ~ MD 2:45 Bingo ~ MD	<b>17</b> <b>10:00 Ridge Crest Baptist ~ CW</b> <b>10:15 Ridge Crest Baptist ~ MD</b> 1:30 Pretty Nails B/C ~ CA <b>2:00 Catholic Mass ~ MD</b> 2:45 Health Topics Heart and Lungs ~ MD <b>Social Service Shopping Day</b>	<b>18</b> 10:00 Garden Club Outside ~ CW 10:30 Bingo ~ MD <b>Dine In Spaghetti Factory</b> 1:00 Ice Cream Cart ~ RV <b>2:00 Love on a Leash ~ RV</b> 3:00 Cooking Club— Foil Packets ~ MD	<b>19</b> 10:00 Hymns and Praise ~MD 10:30 Food Committee ~ MD 10:30 Yahtzee ~ CW <b>2:00 Absentee Voter Registration ~ MD</b> 3:30 Door to Door Reading Material ~ RV 3:45 Book Club ~ MD 3:30 Outside Activity ~ CW <b>6:00 Pet Visits ~ CA/RV</b>	<b>20</b> <b>10:30 Casino Day ~ MD</b> 2:00 Ceramics W/ Susie ~MD 2:00 Story Writing— Winning Big ~ CW	<b>21</b> 10:30 Bingo ~ MD 1:30 General Store Shopping ~ MD 2:00 Edible Arts and Crafts~ MD
<b>22</b> 9:30 Bible Video ~ MD 10:30 Joel Osteen Service ~ MD 2:00 Card Game Social ~ MD	<b>23</b> <b>10:00 Rosary ~ MD</b> 10:30 Card Games ~ CW 11 Trivia ~ MD 1:30 Tai Chi W/ Nichole ~ MD 2:45 Bingo ~ MD	<b>24</b> 10:00 Music Therapy ~ CW 10:30 Travel to ~MD 1:30 Pretty Nails— A/D -CA <b>2:00 Catholic Mass -MD</b> 2:45 Science- Invisible glass ~ MD	<b>25</b> 10:00 Beach Party ~ CW 10:30 Bingo-MD 1:00 Ice Cream Cart ~ RV <b>1:45 Lutheran Service ~ MD</b> 3:00 Warm Wash Up ~ CW	<b>26</b> <b>10:00 Hymns and Praise - MD</b> 10:45 Picture Reminiscing ~ CW 2:00 Resident Volunteer Meeting ~ MD 3:30 Door to Door Reading Material - RV 3:30 Coffee Chat ~ CW <b>6:30 Evening Bingo ~ MD</b>	<b>27</b> <b>10:30 Music W/ Diane Richardson ~MD</b>  2:30 Monthly Birthday Party ~MD 2:00 Cards Higher or Lower ~ CW	<b>28</b> 10:30 Bingo ~ MD 1:30 General Store Shopping ~ MD 2:00 Painting Bird Houses ~ MD 6:00 Saturday Night Matinee W/ Sarah ~ CW
<b>29</b> 9:30 Bible Video ~ MD 10:30 Joel Osteen Service ~ MD 2:00 Summer Party ~ MD	<b>30</b> <b>10:00 Rosary ~ MD</b> 10:30 Coffee Chat ~ CW 11 Trivia ~ MD 1:30 Tai Chi W/ Nichole ~ MD 2:45 Texas Hold Em~ MD	<b>31</b> 10:00 Music Therapy ~ CW 10:30 ~MD 1:30 Pretty Nails— A/D -CA <b>2:00 Catholic Mass -MD</b> 2:45 Health Topics Bacteria, Viruses, Microbiology~ MD				

Large Print Books and Independent activity supplies are always available in the Common Area.

Individualized programming and Door to Door Visits are offered weekly.

Programs, times, and locations subject to change

JULY	SUN	MON	TUE	WED	THU	FRI	SAT
	1 FS ATL 1:15	2 FS AZ 8:40	3 FS AZ 8:40	4 FS AZ 9:10	5 FS SF 9:15	6 FS SF 9:15	7 FS SF 3:05
8 * SF 3:05	9	10 FS CWS 7:10	11 FS CWS 7:10	12	13 FS CIN 7:15	14 FS CIN 3:10	
15 FS CIN 1:15	16 ALL-STAR WEEK 2018	17	18	19 E CHI 6:05	20 FS CHI 1:20	21 CHI FS 12:05 CHI F 6:15	
22 FS CHI 1:20	23 FS CIN 6:10	24 FS CIN 6:10	25 FS CIN 11:35	26	27 FS CHI 7:15	28 FS/FS1 CHI 3:05	
29 E CHI 7:05	30 FS COL 7:10	31 FS COL 7:15					

Meet Sanjay! He is our newest volunteer who will be visiting us throughout the summer before school starts. He enjoys track and other sports along with traveling. He will be hosting health topics, as he will be entering medical school following his mothers footsteps. He will also be hosting our science experiments. Residents have voted and here are the upcoming topics:

Tuesdays

7/3- health topics- mental health/brain

7/10- science experiment—colorful flowers

7/17 health topics- heart and lungs

7/24- science experiment- invisible glass

7/31- health topics- bacteria, viruses, microbiology

We have learned about bones, muscles, exploding, and what would sink or float and why. These topics have been very informational and Sanjay has done a great job engaging us in both the health topics and science experiments. We look forward to the rest of the summer. Please stop by and see him on Tuesdays!



JULY	SUN	MON	TUE	WED	THU	FRI	SAT
1	FS ATL 1:15	2 FS AZ 8:40	3 FS AZ 8:40	4 FS AZ 9:10	5 FS SF 9:15	6 FS SF 9:15	7 FS SF 3:05
8	* SF 3:05	9	10 FS CWS 7:10	11 FS CWS 7:10	12	13 FS CIN 7:15	14 FS CIN 3:10
15	FS CIN 1:15	MLB ALL-STAR WEEK 2018			19 E CHI 6:05	20 FS CHI 1:20	21 CHI FS 12:05 ** CHI F 6:15
22	FS CHI 1:20	23 FS CIN 6:10	24 FS CIN 6:10	25 FS CIN 11:35	26	27 FS CHI 7:15	28 FS/FS1 CHI 3:05
29	E CHI 7:05	30 FS COL 7:10	31 FS COL 7:15				

St. Louis Cardinals

St. Louis Cardinals

## Dementia Communication Lesson 4—Recognizing non-verbal

What your body language says speaks very loudly to those around you. It helps those around us decide to engage or disengage with us. You can improve this skill and make a more meaningful connection with those around you.

Could we be missing very important cues from our loved ones with dementia? Could our body language be in our human nature and evolution to communicate our needs?

1. Many years ago sleep was a way to conserve energy when it was too dangerous to move about
2. Through evolution sleep has gain other functions including consolidating memories and flushing the glympatic system ( they garbage system that sorts out meaningful and non meaningful memories of the day)
3. Sleep deprivation can affect attention span and ability to disregard distractions
4. Increased stress can produce higher levels of cortisol which can disrupt the transfer of info to the glyumphatic system

Consider sun downing. While there can be many definitions or reasons for this term, have we considered sleep deprivation? We begin to see physical expressions of the need for sleep and the glymphatic system ineffectively trying to flush disruptions. Think of the brain as having a dumpster. We can go from sun up to late at night with out having to rest or recharge. A person with dementia may need to empty their garbage cans more frequently to be able to take in more information and maintain "status quo"

Due to most having limitations on communication be sure to continue to look at body language such as physical posturing, tone, and gestures to help a person with dementia communicate to those and the world around them.

Use your knowledge:

Every afternoon around 2:30 Naomi would get upset and start going door to door, unable to be redirected. She could be found going through others things and pushing every door attempting to leave. Naomi's family became concerned and set up a care plan. At this meeting the social worker described this as Sun downing. Naomi was pleasant and calm most days, each morning participating in the 7 am breakfast and exercise program. She did look sleepy at lunch as her family usually visited her during this time she stayed up to greet and engage with them throughout the afternoon. She seemed to loose interest falling asleep during conversation. She attempted to stay up until they left around 2.

1. What is a possible reason for the "sun downing" behavior?
2. Could her anxiety in the afternoon be addresses without medications? How?
3. What cues could we use for her behavior?
4. Have you ever not got a full nights rest? How did the following day go for you? What was your mood?