

September

Locations

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

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1</p> <p>10:30 Bingo ~ MD 1:30 The Bingo Store ~ MD 2:00 Labor Day Weekend Social W/ Snacks~ MD</p>
<p>2</p> <p>9:45 Bible Study W/ Emily ~ MD 10:30 Joel Osteen Service ~MD 1:15 Cardinals Baseball ~ MD</p>	<p>3</p> <p>10:00 Rosary-MD 10:00 Music W/ Walter ~ CW 10:45 Music W/Walter ~ MD 1:30 Tai Chi W/ Nichole~ MD 2:45 Bingo -MD</p>	<p>4</p> <p>10 Music Therapy ~ CW 10:30 Activity Planning ~ MD 1:30 Pretty Nails B/C ~ CA 2:00 Catholic Mass ~ MD Social Services Shopping Day</p>	<p>5</p> <p>10:00 Stories and Poetry ~CW 10:30 Bingo~ MD 3:00 Harvest Ridge Children Visit ~ MD</p>	<p>6</p> <p>10:00 Hymns & Praise ~ MD 10:30 Ball Toss ~ CW 2:00 Resident Volunteer Meeting ~ MD 3:30 Card Games ~ CW 3:30 Door to Door Reading Material -RV 6:30 Evening Bingo ~ MD</p>	<p>7</p> <p>10:00 Big Muddy Dance Troupe ~ MD 2:00 Patio Time Discussion– Books and Authors ~ CY 3:30 Minute To Win It ~CW</p>	<p>8</p> <p>10:30 Bingo ~ MD 1:15 The Bingo Store ~ MD 2:30 Sign Language Class W/ Lorrie ~ MD 6:00 Saturday Night Matinee W/ Sarah ~ CW</p>
<p>9</p> <p>10:30 Car Show Cars and Coffee~ MD 2:00 Higher or Lower Card Games ~ CA</p>	<p>10</p> <p>10:00 Rosary ~ MD 10:30 Horse Racing ~ MD 1:30 Tai Chi W/ Nichole ~ MD 2:45 Bingo ~ MD</p>	<p>11</p> <p>10:00 Music Therapy ~ CW 10:30 Travel to Switzerland ~MD 1:30 Pretty Nails– A/D -CA 2:00 Catholic Mass -MD</p>	<p>12</p> <p>10:00 Garden Club Outside ~ CW 10:30 Bingo ~ MD 1:30 Ice Cream Cart ~ RV 3:00 Precious Memories Choir~ MD</p>	<p>13</p> <p>10:00 Hymns & Praise ~ MD 10:45 Resident Council - MD 2:00 Resident Volunteer ~ MD 3:30 Coffee Chat~ CW 3:30 Door to Door Reading Material -RV 6:00 Pet Visit ~ RV</p>	<p>14</p> <p>10:45 Piano W/ Rekha ~MD Meal Of The Month 2:00 Men’s Group Movie ~ MD 3:15 Patio Time ~CW</p> <p>Shopping List Due to Social Service Dine in Due</p>	<p>15</p> <p>10:30 Bingo ~ MD 1:15 The Bingo Store ~ MD 2:00 Balloon/Ball Toss ~ MD</p>
<p>16</p> <p>9:45 Bible Study W/ Emily ~ MD 10:30 Joel Osteen Service ~MD 2:00 Rubberband Guns Men’s Club~ MD</p>	<p>17</p> <p>10:00 Rosary ~ MD 10:00 Music W/ Walter ~ CW 10:45 Music & Memory W/Walter ~ MD 1:30 Tai Chi W/ Nichole ~ MD 2:45 Bingo ~ MD</p>	<p>18</p> <p>10:00 Ridge Crest Baptist ~ CW 10:15 Ridge Crest Baptist ~ MD 1:30 Pretty Nails B/C ~ CA 2:00 Catholic Mass ~ MD</p> <p>Social Service Shopping Day</p>	<p>19</p> <p>10:00 Hair Flower Clips~ CW 10:30 Bingo~ MD Dine In Friday’s 1:30 Ice Cream Cart ~ RV 2:00 Love on Leash ~ RV</p>	<p>20</p> <p>10:00 Hymns and Praise ~MD 10:30 Food Committee ~ MD 2:00 Learn About Things That Swim ~ MD 3:30 Door to Door Reading Material ~ RV 3:30 Outside Activity ~ CW 6:00 Pet Visits ~ CA/RV</p>	<p>21</p> <p>10:00 David Green ~MD 2:00 Ceramics W/ Susie ~MD 3:30 Weaving Craft ~ CW</p>	<p>22</p> <p>10:30 Bingo ~ MD 1:15 The Bingo Store ~ MD 2:30 Fresh Fruit Social ~ MD 6:00 Saturday Night Matinee W/ Sarah ~ CW</p>
<p>23</p> <p>9:45 Bible Video ~ MD 10:30 Joel Osteen Service ~ MD 2:00 Making Cards ~ MD</p>	<p>24</p> <p>10:00 Rosary ~ MD 10:30 Coffee Social ~ CW 1:30 Tai Chi W/ Nichole ~ MD 2:45 Bingo~ MD</p>	<p>25</p> <p>10:00 Music Therapy ~ CW 10:30 Dear Abby~ MD 1:30 Pretty Nails– A/D -CA 2:00 Catholic Mass -MD</p>	<p>26</p> <p>10:00 Balloon Baseball~ CW 10:30 Bingo-MD 1:45 Lutheran Service ~ MD 2:00 Ice Cream Cart Ice Cream Sandwiches ~ RV</p>	<p>27</p> <p>10:00 Hymns and Praise - MD 2:00 Resident Volunteer Meeting ~ MD 3:30 Door to Door Reading Material - RV 3:30 Homemaking ~ CW 3:45 Book Club ~ MD 6:30 Evening Bingo ~ MD</p>	<p>28</p> <p>10:00 ~ MD 2:00 Monthly Birthday Party ~MD 3:15 Spa Time ~CW Shopping List Due to Social Service</p>	<p>29</p> <p>10:30 Bingo ~ MD 1:15 The Bingo Store ~ MD 2:30 Welcome Fall Party Snack Social ~ MD</p>
<p>30</p> <p>9:45 Bible Study W/ Emily ~ MD 10:30 Joel Osteen Service ~ MD 1:45 Fall Craft ~ MD</p>	<p>Programs, times, and locations subject to change</p>			<p>Large Print Books and Independent activity supplies are always available in the Common Area.</p>		<p>Individualized programming and Door to Door Visits are offered weekly.</p>



Thank you, Partners and family members for helping make our tie dye hats a success! We could not have done it without you.

Dementia Communication Lesson 5 — Relinquish your agenda

You want me to do what? Improv. Yes, think of *Whose line is it Anyway*. When we think of this we often think funny and almost scripted.

Improv is mostly about building relationships being supportive in a positive environment.

How we build connections with others is related to how we communicate with others. This can be hindered by our perceptions and willing to be open.

In a community caring for those with dementia, we have 20 promises to help guide us. One of these, responding to your needs rather than maintaining my schedule, is vital. Have you ever found yourself going to see your loved one, having an agenda such as get to a doctors appointment or going out to eat or family event? Sometimes these interactions pushing someone in direction they are unsure of to complete the "agenda" can cause someone to be upset, fearful or anxious.

Take some time to think about how your daily agenda affects the way you interact with others. Do you tune things out, think of the 30 other things your have to do at home?

Study questions:

Christy visited her husband of 50 years, James, weekly in the memory care facility he has resided in for the past 6 months. James recently had a decline in his memory and ability to communicate. Christy came to visit and saw James walking with another woman holding hands. Christy approached them and stood in between them. James responded with "What are you doing I'm walking with Christy!" Christy became upset and said James, I'm Christy!! Not her. Confused the other woman burst into tears. Christy quickly and sternly corrected her, "He is my husband not yours!" Christy walked away. A nursing assistant walked James over to her and he sat with her. He asked "why are you sad?" Christy, still sobbing, said " you hurt my feelings when you were with that other woman. How could you confuses me with someone else? From now on I am going to come every day and we are going to look at pictures of us. You have to know who I am!"

1. Was James aware of who he walking with when Christy came to visit?
2. What was Christy's agenda?
3. When have you had a strong desire to be RIGHT that it got in the way of creating a connection or reconciliation with a loved one?
4. How could Christy have responded to create a meaningful interaction with her husband?

Do you want to know more about dementia and improv? Contact Nichole, recreation director, to set up a dementia improv session to help improve communication with your loved one!



	SUN	MON	TUE	WED	THU	FRI	SAT
SEPTEMBER							1 FS CIN 6:15
	2 FS CIN 1:15	3 FS/E WSH 12:05	4 FS WSH 6:05	5 FS WSH 6:05	6	7 FS DET 6:10	8 FS DET 5:10
	9 FS DET 12:10	10 FS PIT 7:15	11 FS PIT 7:15	12 FS PIT 12:15	13 FS LAD 6:15	14 FS LAD 7:15	15 F LAD 12:05
	16 E LAD 7:05	17 FS ATL 6:35	18 FS ATL 6:35	19 FS ATL 11:10	20	21 FS SF 7:15	22 FS SF 6:15
	23 SF FS 1:15 30 CHI FS 2:20	24 FS MIL 7:15	25 FS MIL 7:15	26 FS MIL 6:15	27	28 FS CHI 1:20	29 FS CHI TBD

St. Louis Cardinals

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