

CONNECTIONS

SPRING 2021

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Caring for Yourself During COVID

We continue to experience the challenges of the COVID pandemic. Wearing masks, staying at least 6 feet apart from each other and washing our hands frequently has become our new normal. We know these are important measures to keep us safe.

These new measures can be challenging, but there are other parts of pandemic life that are even more difficult. We miss spending time with family and friends, we can't participate in some of our favourite programs and activities, and life has become more uncertain. Together, all of these things can cause us to feel anxious, unsettled, or stressed. In these times, self-care is especially important.

There are things you can do to help you stay healthy and feel better as we continue to live through the pandemic.

- Stay connected to family and friends from a safe distance – connect by telephone and email. If you can, make use of face-to-face technology such as Face time, ZOOM or Skype.
- Some people have resumed an old practice of writing letters or short notes to stay in touch with family and friends.
- If you find that there are certain times of the day when you are feeling more tired, try to schedule calls when you feel alert and engaged.

Try to Maintain a Routine:

A regular and predictable daily routine can be beneficial. This includes:

- Maintain a consistent bedtime, and get up at the same time every morning.
- Eat meals at consistent times.
- Schedule physical activity, rest time, social time and meaningful activities into each day.
- Set small, manageable goals to help keep you motivated.
- Assess your routine regularly. You can readjust your routine to make it work better for you.

(con't)

Caring for Yourself During COVID (con't)

Physical Health:

- Take care of your physical health. Continue to check in with your doctor for regular appointments or if you have new concerns.
- Get proper rest and sleep.
- When planning activities, consider your energy level at different times of the day. Balance rest and physical activities throughout the day.
- Try some of the exercises for older adults available on television or online, such as yoga and Tai Chi.
- Always check with your doctor before trying a new exercise or physical activity.
- Listen to music and dance to your heart's content.
- As the weather improves enjoy your garden.
- Soak up the sunshine safely. Wear sunscreen, a wide brim hat, long sleeves and sunglasses to avoid too much sun exposure.



Take Care of Your Emotional Health:



- Take one day at a time.
- Be kind to yourself.
- Practice deep breathing, or mindful meditation; it may help you to relax.
- Try to focus on the things you *can* do and the things you *can* control.
- Think about the positive aspects of your life.
- Keep a list of the things you are grateful for, and use it to remind yourself when necessary.
- Draw on your life experiences and skills you have used before, those have helped you during difficult times.
- Talk about how you are feeling. Talk to family and friends if you are feeling overwhelmed. Sometimes knowing that there is someone you can call for support is enough to boost your feelings of resilience.
- If you are feeling overwhelmed speak with your family doctor or health care professional. Please see additional resources (at the end of the article) you can contact if you are feeling overwhelmed.

(con't)

Caring for Yourself During COVID (con't)

Avoid Information Overload:

- Keep informed about COVID but don't spend too much time watching the news.
- It is important to stay informed, but too much information can become overwhelming.
- Limit your news to reputable sources and consider setting a time limit, or schedule time into your daily routine to get caught up on the news.

Keep Your Brain Active, Feed Your Passions and Interests:

- Try a new hobby. Ask a family or friend for some ideas.
- Do crosswords, Sudoku, art activities or adult colouring.
- Go the Alzheimer Society of Niagara Region's website. (www.alzheimerniagara.ca) and try the virtual recreation activities.
- Look through old scrapbooks and photo albums and share the memories.
- Try the Virtual Tours of Museums, Art Galleries and Zoos.
- Be open to learning more about your computer or iPad so you can participate in the many virtual programs available
- Watch enjoyable movies or television shows.
- Listen to your favourite music.



Resources Available:

- Alzheimer Society of Niagara Region (905) 687-3914
- COAST Niagara – Crisis Outreach and Support Team 1-866-550-5205
- Distress Centres of Niagara:
 - Beamsville, Grimsby, West Lincoln: (905) 563-6674
 - Fort Erie, Ridgeway: (905) 382-0689
 - Port Colborne, Wainfleet: (905) 734-1212
 - St. Catharines, Niagara Falls: (905) 688-3711

Sources:

- Alzheimer Society of Niagara Region, Client Advisory Group, February, 2021.
- Alzheimer Society of British Columbia, www.alzheimer.ca/bc.
- World Health Organization. "Coping with stress during the 2019-nCoV outbreak." (2020), online: <https://adaa.org/sites/default/files/WHO%20Coping%20with%20Coronavirus%20Stress%20PDF.pdf>
- CARP (Canadian Association of Retired Persons). "COVID-19: Words of Wisdom." (June 2020), online

Did You Know...

When it is spring in the Northern Hemisphere, it will be autumn in the Southern Hemisphere.

On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of uninterrupted daylight.

A person at the South Pole would see the sun skimming across the horizon, signaling the start of six months of darkness.

Spring fever is a term applied to several sets of physical and psychological symptoms associated with the arrival of spring. Experts say the body's makeup changes due to different diets, hormone production, temperature and increased light.

The first day of spring is called the vernal equinox. The term *vernal* is Latin for "spring" and *equinox* is Latin for "equal night."

The first spring flowers are typically lilacs, irises, lilies, tulips, daffodils, and dandelions.

During the spring, birds are more vocal as they sing to attract mates and warn away rivals.

Honeybees are more likely to swarm during the spring. They swarm as a way to start new colonies from successful ones. Surprisingly, swarming honeybees are very docile and the most friendly they will ever be all year.

Source: factretriever.com



Spring Puzzle

Searching for April

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



D	A	G	N	I	R	P	S	P	L	R	R	F	H	K
I	Z	P	P	F	Z	A	S	H	R	A	B	O	V	E
L	S	V	R	A	M	A	D	A	N	M	R	U	S	T
G	J	H	W	I	A	L	T	S	T	X	D	R	L	T
N	U	P	O	G	L	D	N	Y	W	N	V	T	A	L
I	Y	H	H	W	H	F	B	P	O	N	K	H	R	Z
T	X	V	R	T	E	A	O	M	E	T	J	H	B	E
N	Z	A	W	E	S	R	A	O	T	E	P	S	O	U
A	P	Y	E	E	T	I	S	A	L	V	R	E	R	M
L	Y	A	B	P	D	S	U	B	V	S	Y	I	D	V
P	Y	A	D	H	T	R	A	E	A	S	D	R	A	C
Q	L	S	V	S	U	E	W	E	I	Z	D	A	Y	S
L	O	Z	A	S	M	F	E	A	N	G	P	O	Y	R
T	A	X	E	S	M	Z	D	W	M	D	V	A	F	K
T	H	W	Q	B	A	A	F	G	S	L	T	I	H	U



APRIL FOOL'S DAY

ARBOR DAY

ARIES

BASEBALL

BUSS (Taurus)

DAISY

DIAMOND

EARTH DAY

EASTER

FOURTH

PLANTING

RAM (Aries)

RAMADAN

SHOWERS

SPRING

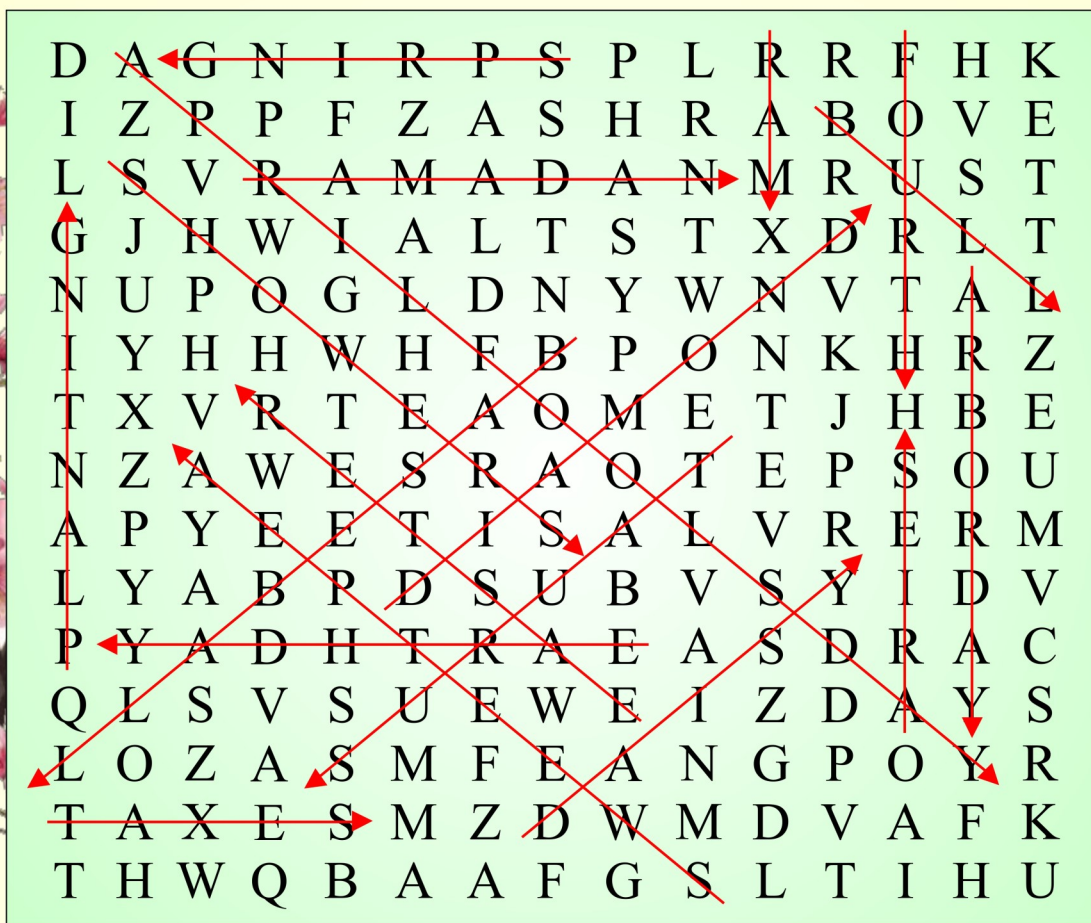
SWEET PEA

TAURUS

TAXES

Spring Puzzle Solution

Searching for April SOLUTION



APRIL FOOL'S DAY

ARBOR DAY

ARIES

BASEBALL

BUSS (Taurus)

DAISY

DIAMOND

EARTH DAY

EASTER

FOURTH

PLANTING

RAM (Aries)

RAMADAN

SHOWERS

SPRING

SWEET PEA

TAURUS

TAXES

Famous Couples

Famous Couples

Match the famous person to their famous partner.

- | | | |
|------------------------|-------|----------------------|
| 1. Humphrey Bogart | _____ | A. Tony Curtis |
| 2. Pierre Curie | _____ | B. James Brolin |
| 3. John F. Kennedy | _____ | C. Yoko Ono |
| 4. Mark Antony | _____ | D. Mel Brooks |
| 5. Prince William | _____ | E. Lauren Bacall |
| 6. Johnny Cash | _____ | F. Kate |
| 7. Tom Hanks | _____ | G. Priscilla |
| 8. Goldie Hawn | _____ | H. Jackie |
| 9. John Lennon | _____ | I. Cher |
| 10. Katharine Hepburn | _____ | J. Marie |
| 11. Queen Elizabeth II | _____ | K. Vincente Minnelli |
| 12. Judy Garland | _____ | L. Cleopatra |
| 13. Debbie Reynolds | _____ | M. Natalie Wood |
| 14. Robert Wagner | _____ | N. June Carter |
| 15. Anne Bancroft | _____ | O. Rita Wilson |
| 16. Sonny Bono | _____ | P. Spencer Tracy |
| 17. Joanne Woodward | _____ | Q. Kurt Russell |
| 18. Elvis Presley | _____ | R. Prince Philip |
| 19. Barbara Streisand | _____ | S. Eddie Fisher |
| 20. Janet Leigh | _____ | T. Paul Newman |



Famous Couples Solution

Famous Couples SOLUTION

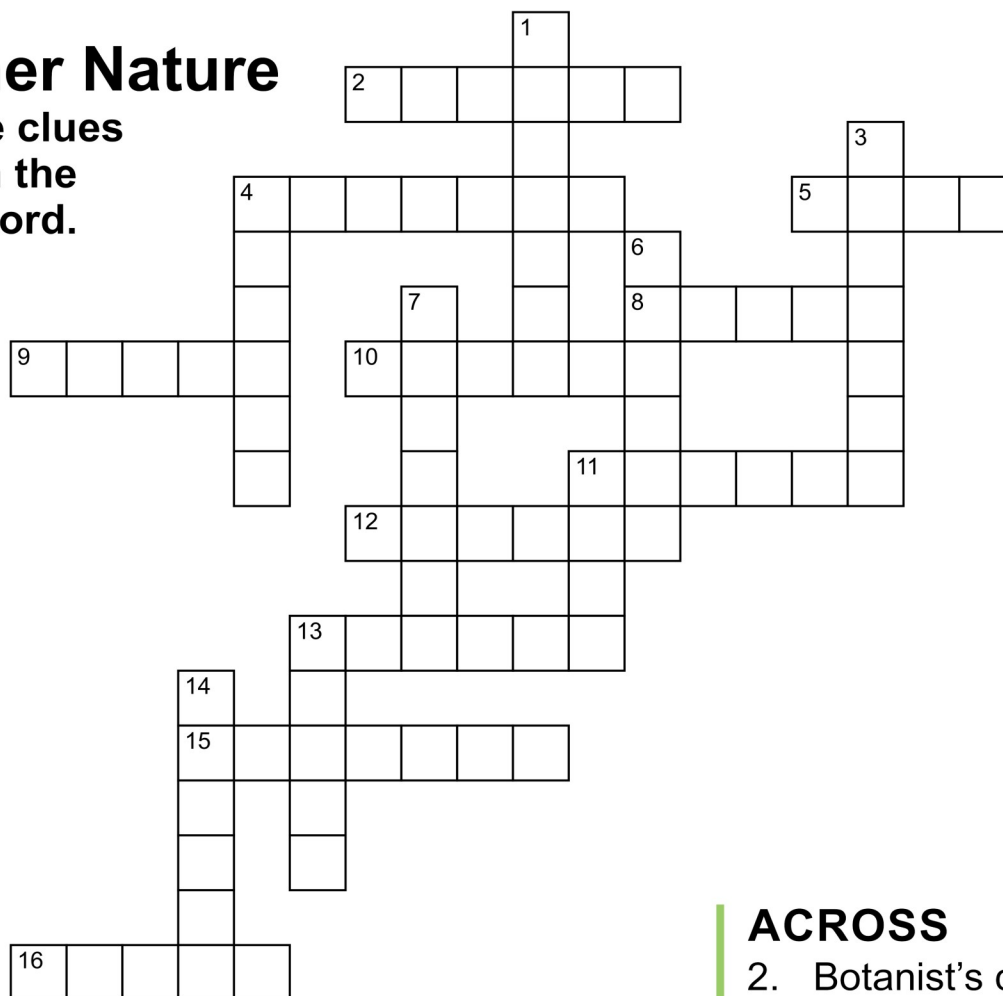
- | | |
|------------------------|----------------------|
| 1. Humphrey Bogart | E. Lauren Bacall |
| 2. Pierre Curie | J. Marie |
| 3. John F. Kennedy | H. Jackie |
| 4. Mark Antony | L. Cleopatra |
| 5. Prince William | F. Kate |
| 6. Johnny Cash | N. June Carter |
| 7. Tom Hanks | O. Rita Wilson |
| 8. Goldie Hawn | Q. Kurt Russell |
| 9. John Lennon | C. Yoko Ono |
| 10. Katharine Hepburn | P. Spenser Tracy |
| 11. Queen Elizabeth II | R. Prince Philip |
| 12. Judy Garland | K. Vincente Minnelli |
| 13. Debbie Reynolds | S. Eddie Fisher |
| 14. Robert Wagner | M. Natalie Wood |
| 15. Anne Bancroft | D. Mel Brooks |
| 16. Sonny Bono | I. Cher |
| 17. Joanne Woodward | T. Paul Newman |
| 18. Elvis Presley | G. Priscilla |
| 19. Barbara Streisand | B. James Brolin |
| 20. Janet Leigh | A. Tony Curtis |



Mother Nature Crossword

Mother Nature

Use the clues
to fill in the
crossword.



DOWN

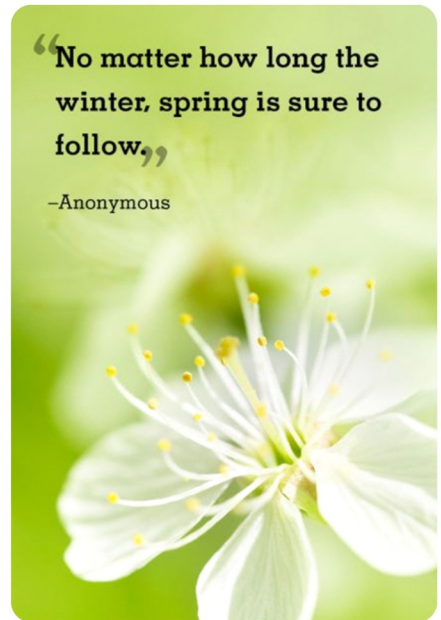
1. Mosquitos and bees
3. Rainy day delight
4. Yellowstone attraction
6. Allergy source
7. Source of lava
11. Forest floor growth
13. Steep rock face
14. Desert flora

ACROSS

2. Botanist's concern
4. River of ice
5. Dune makeup
8. Vast body of water
9. Plant anchors
10. Dinosaur remnant
11. Grazing ground
12. Deep valley
13. Sky sights
15. Fauna
16. Swampy area



-Anonymous



Online & Virtual Experiences/Activities

Online and Virtual Experiences/Activities

You may be interested in this small sampling of the many online and virtual opportunities and activities that are currently available.

- **Alzheimer Society Niagara – Virtual Social Recreation**
[Click here.](#)
- **Online Museums**
[Click here.](#)
- **Explore 32 National Parks from your Couch**
[Click here.](#)
- **Musical Theatre and Broadway Entertainment**
[Click here.](#)
- **Virtual Travel Experiences including Famous Landmarks, Museums, Outdoor Adventures, Shows, Concerts, Wildlife, Outer space and more!**
[Click here.](#)
- **A list of linked virtual experience tours including Ruins of Pompeii, Exploring Coral, Opera Shows, Walking Tour of a Rain and Snow Forest, NYC Ballet Performance, and many more!**
[Click here.](#)
- **Smithsonian Magazine** (crosswords, spot the difference, word scramble, etc.)
[Click here.](#)
- **Shoppers Drug Mart Mental Health Resources**
[Click here.](#)

Source: Alzheimer Society Social Isolation Activities

Letter From the Editor

Welcome to our spring 2021 edition of Connections. Many thanks once again to Cynthia Krawczuk, Communications Coordinator for taking this writer's rough draft and transforming it into this beautiful newsletter.


As we continue to experience the challenges of the COVID pandemic, hope is on the horizon as we await the administration of the vaccines, and opportunities to get out and enjoy the beautiful weather we know is coming our way. We will however continue to maintain physical distance, wear our masks, sanitize and wash our hands frequently, as we follow the guidelines of our public health officials.

Our Feature Article talks about the things you can do to take care of yourself during the pandemic, stay healthy and feel better. We have also included some virtual activities and opportunities in which you may be interested.

The Alzheimer Society of Niagara Region face to face programs remain suspended at this time however please have a look at our website (www.alzheimerniagara.ca) for a variety of activities and virtual opportunities. You can call the office with any questions, concerns or need for support at 905-687-3914. Business hours are 8:30a.m.- 4:30p.m.

Please let us know if you have any ideas for future editions of this newsletter. If you wish to be interviewed for a feature article please contact me at 905-687-6856, extension 543.

Stay well and stay safe,
My kindest regards,
Yours sincerely,
Gina



No winter lasts forever; no spring skips its turn.

Hal Borland
Author