

CONNECTIONS **EARLY STAGE NEWSLETTER**

FALL 2022



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Welcome to the Fall Edition of the Connections Early Stage Newsletter. We hope this newsletter will help you to stay connected with us at the Alzheimer Society and provide you with some enjoyment.

We would love to hear from you and share your stories and thoughts through this space. If you have anything you'd like to contribute to our future newsletters, please reach out to Melissa at 905-687-6856 ext. 543.

PREPARING FOR TRAVEL

Travelling is a favourite pastime for many of us but may cause stress and added challenges for someone living with dementia. By planning ahead, you can feel better prepared and less stressed about spending time away from home.

THINGS TO CONSIDER WHEN PLANNING A TRIP

LENGTH OF STAY

Longer trips can be tiring and harder to appreciate. If the idea of travel is causing stress and uncertainty, try planning for a shorter trip. Day trips can be a nice way to get away without having to stay the night somewhere unfamiliar.

DESTINATION

Visiting somewhere familiar that you have been to in the past can be a nice way to bring back memories and connect with meaningful experiences. Going to a family cottage or a spot that you've been to regularly in the past can help make being away from home less overwhelming.

TRANSPORTATION

It is important to think about comfort and travel time. If you are planning a flight, try to choose direct flights when possible. If you are traveling by car, consider making stops along the way to ensure comfort. Travelling during the day can often be more manageable than travelling at night when you are naturally more tired.

ACTIVITIES

Spend time doing things you enjoy! While it can be tempting to pack your day, ensure that you allow time for plenty of rest throughout the day and don't over-schedule.

TRAVEL ALTERNATIVES

When travelling is not possible, there are many ways to experience new places and cultures from home! Try visiting armchairtourist.com to check out destinations all over the world from the comfort of your own home. You can also explore other countries and cultures through photos, local community centres, museums, music and food.

LEAF QUIZ

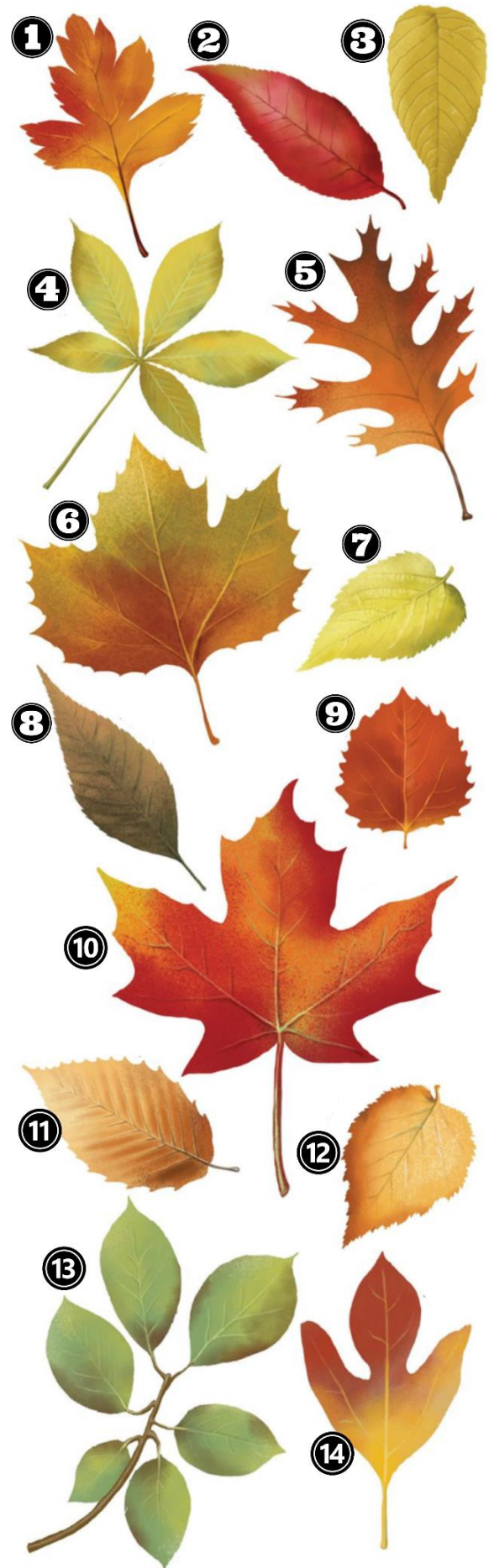
Fall is a very special time in Ontario. Each year, we have a front row seat to some of the most beautiful scenery in the world. The best time to see fall colours in Niagara is mid to late October.



CAN YOU MATCH THE PICTURED LEAVES TO THEIR TREE?

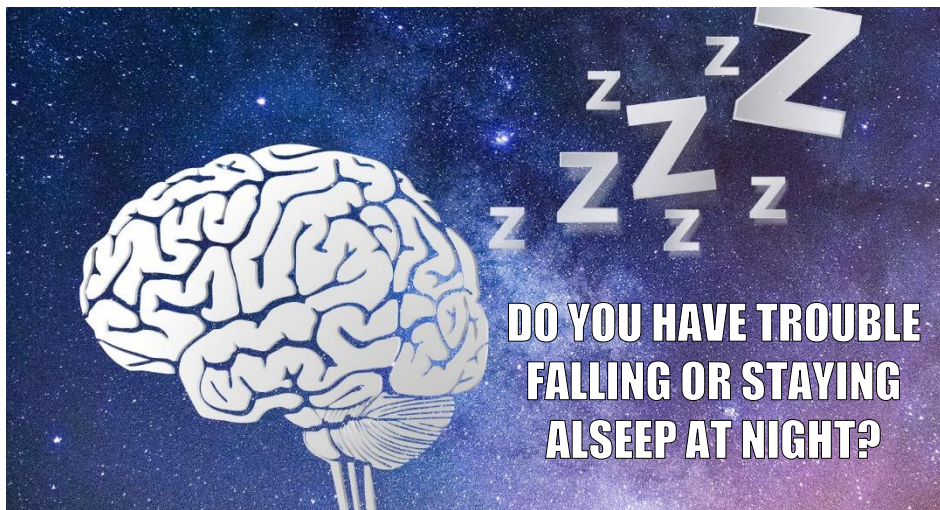
TREE	LEAF
Beech Tree	11
Black Gum Tree	
Black Walnut Tree	
Hawthorne Tree	
Largetooth Aspen Tree	
Northern Hackberry Tree	
Ohio Buckeye Tree	
Pin Cherry	
Sassafras Tree	
Shumard Oak Tree	
Sugar Maple	
Sycamore Tree	
White Ash Tree	
White Birch Tree	

answer key: 11, 13, 3, 1, 9, 7, 4, 2, 14, 5, 10, 6, 8, 12



DID YOU KNOW

SLEEP IS ESSENTIAL TO OUR BRAIN HEALTH AND MEMORY



Sleep disturbances are more common as we age and among persons living with dementia. Getting a good night's sleep is essential to our brain health and memory. If you are having trouble falling or staying asleep at night, be sure to let your doctor know and take a look at some of the helpful tips below:

BE ACTIVE DURING THE DAY Filling your day with activity can help you feel tired and ready to rest at night. Fill your day with things you enjoy and remember to schedule rest so you don't over-fill your day.

CONSISTENCY MATTERS Try going to bed around the same time every night. Research shows that sticking to a schedule can help us fall asleep.

AVOID SCREENS FOR 1 HOUR BEFORE BED This includes cell phones, tablets and TV screens. If you struggle to fall asleep, try turning off all electronics an hour before bed.

CREATE A POSITIVE SLEEP ENVIRONMENT A positive sleep environment is one that is comfortable, cozy, and tidy. It is difficult to fall asleep when you aren't comfortable or when your surroundings are disorganized.

AVOID LONG AND LATE NAPS Naps are a great way to rest and recharge but try to keep naps short and avoid napping late in the day.

CREATE A ROUTINE OR RITUAL Routines are a helpful tool for our body's sleep schedule. This could include reading, going for a short walk or listening to relaxing music.

DON'T SPEND TOO MUCH TIME IN BED WHEN NOT SLEEPING Try to find other areas of your home to read, talk on the phone and watch TV so that your bed is reserved for sleep.

PRACTICE MINDFULNESS OR MEDITATION Focus on your breathing and tap into relaxation techniques like mindfulness and meditation to encourage sleep.

POETRY OCTOBER'S PARTY

October's Party

October gave a party;
The leaves by hundreds came—
The Chestnuts, Oaks, and Maples,
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.

The Chestnuts came in yellow,
The Oaks in crimson dressed;
The lovely Misses Maple
In scarlet looked their best;
All balanced to their partners,
And gaily fluttered by;
The sight was like a rainbow
New fallen from the sky.

Then, in the rustic hollow,
At hide-and-seek they played,
The party closed at sundown,
And everybody stayed.
Professor Wind played louder;
They flew along the ground;
And then the party ended
In jolly "hands around."

By George Cooper

SPECIAL DAYS

MARK YOUR CALENDAR WITH THESE SPECIAL FALL DAYS



Thursday September 21.... **World Alzheimer's Day**

Thursday September 22....**1st Day of Fall**

Friday September 30..... **National Day for Truth & Reconciliation**

Saturday October 1.....**National Seniors Day**

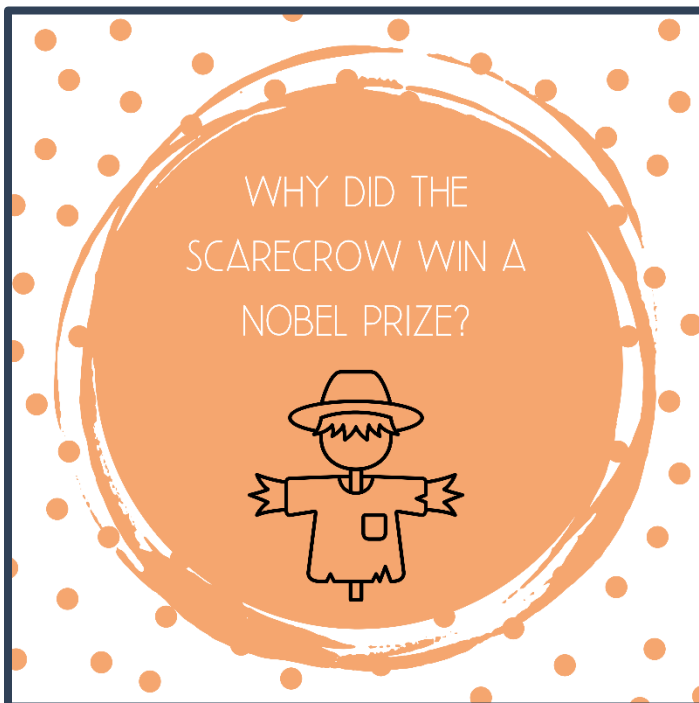
Monday October 10.....**Thanksgiving**

Monday October 31.....**Halloween**

Sunday November 6.....**Daylight Savings Time Ends**

Friday November 11..... **Remembrance Day**

SHARE A LAUGH WITH THESE FALL JOKES



He was outstanding in his field



Because the corn has ears

NOTE FROM THE EDITOR

Hello Family and Friends of the Alzheimer Society!

I hope you are enjoying the Fall edition of our Connections Early Stage Newsletter. As we enter the fall season, we have been busy planning a wide range of programs that we hope you will enjoy! Check out a few of our upcoming opportunities below and please get in touch with Melissa, Early Stage & Wellness Coordinator at 905-687-6856 ext.543 if you'd like to register or learn more.

MINDS IN MOTION

Group exercise session with Ro-z from the YMCA followed by brain boosting activities
Next Session: October 12 – November 30th

POWER OF MUSIC

Reminisce to your favourite songs and participate in music themed activities with peers
Next Session: November 10 – December 8th

BRAIN WAVE CAFES

Stay connected with peers and participate in social and brain boosting activities.

BEAMSVILLE 1st and 3rd Thursday at Beamsville Legion, 1:30 - 3pm

NIAGARA FALLS 2nd and 4th Wednesday at Chapel Heights, 1:30 - 3pm

ST. CATHARINES 1st and 3rd Thursday at the Merritton Legion, 1:30 - 3pm

WELLAND 1st and 3rd Tuesday at Seasons Welland Retirement Residence, 2 - 3:30pm

VIRTUAL 1st and 3rd Friday online with zoom, 1:00 - 3:00pm

VIRTUAL RECREATION HOUR

Participate in social activities and share good conversation from the comfort of your home.
2nd and 4th Monday of each month, 11:00am-12:00pm on zoom

EARLY STAGE PROGRAMS

An opportunity for persons living with early stage dementia or cognitive change to connect with peers in a supportive environment.

Wellness Program

Beyond Words Learning Series

Learning the Ropes for Living with MCI (Mild Cognitive Impairment)

Tele-Recreation

Advisory Group

FALL WORD SEARCH

Words can be found vertically, horizontally, diagonally, frontwards and backwards! Answers can be found on the following page.

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

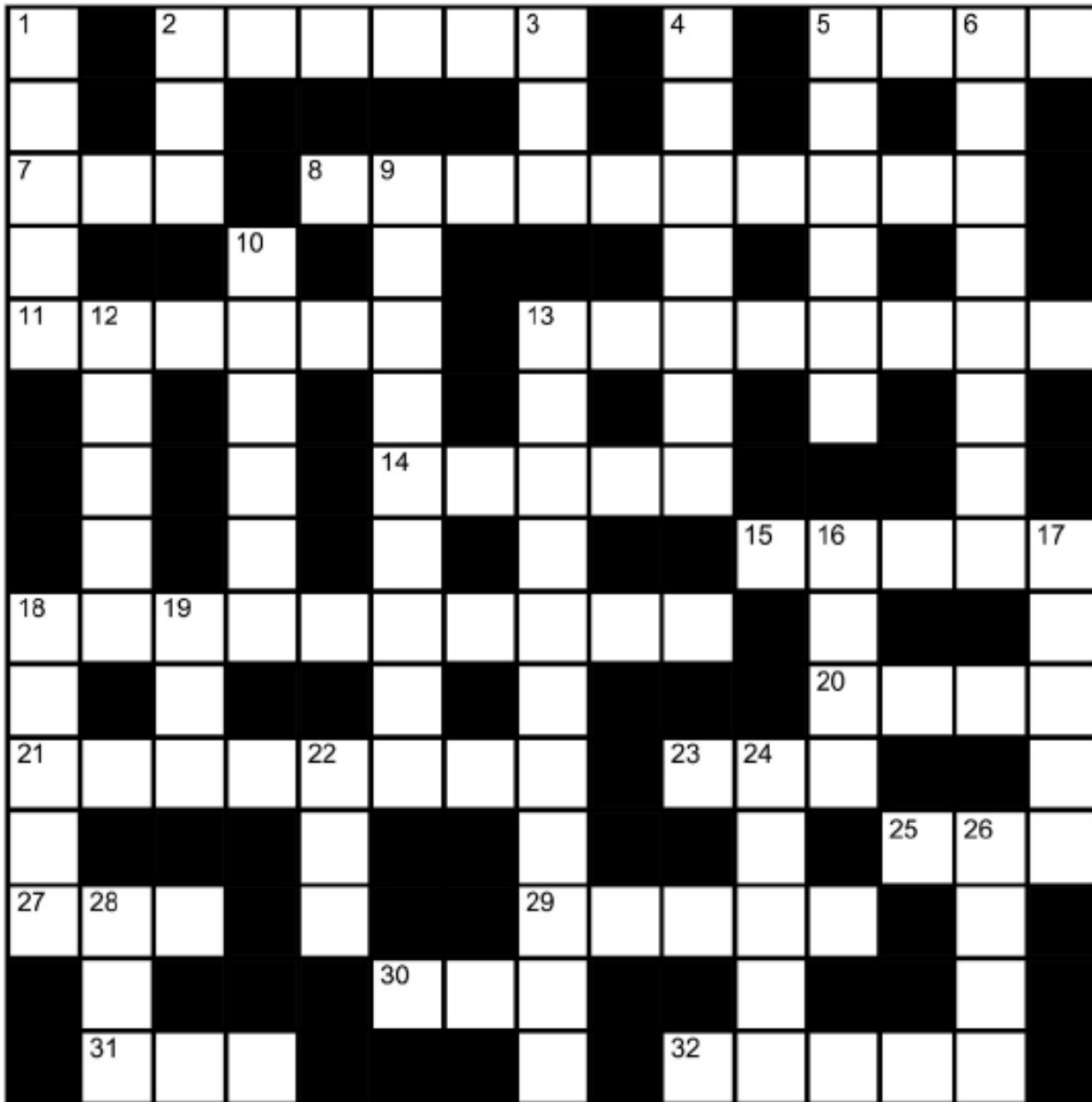
AUTUMN
BOSS'S DAY
COLUMBUS DAY
COSMOS
HALLOWEEN

INDIGENOUS
LIBRA
MARIGOLD
OCTOBER
OPAL

SCALES
SCORPIO
SCORPION
SUKKOT
SWEETEST DAY

TENTH
THANKSGIVING
YOM KIPPUR

FALL CROSSWORD PUZZLE



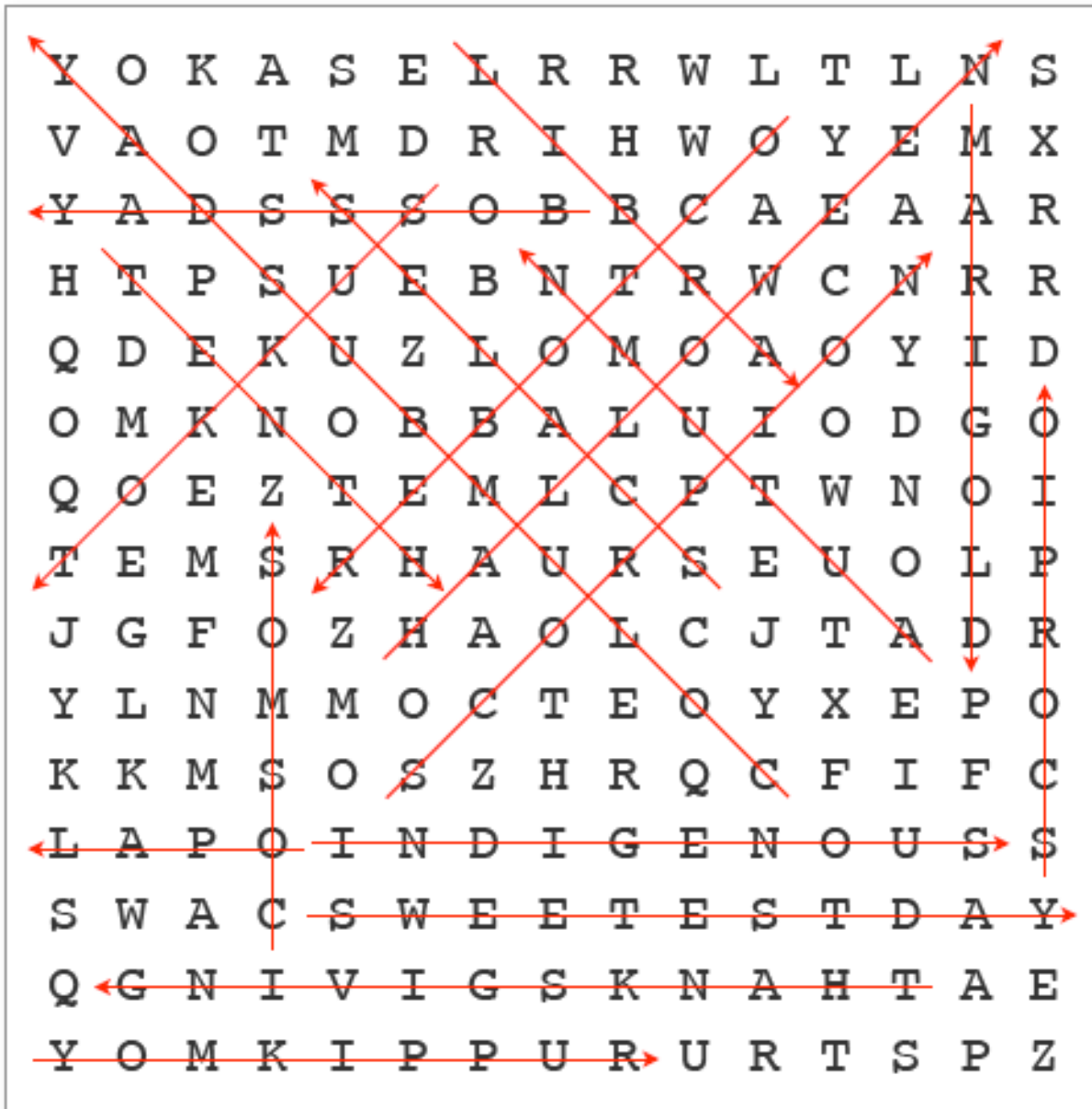
ACROSS

- 2. 50th state
- 5. Messy pile
- 7. Eastern European Time, abbreviation
- 8. Midweek
- 11. Out for the night
- 13. Abruptly
- 14. Brief messages
- 15. Belief system
- 18. Specifically
- 20. Big-ticket _____
- 21. Gelato
- 23. Scooby Doo Gang's mystery machine
- 25. Straw
- 27. Cat on a Hot ____ Roof
- 29. To push gently
- 30. Part of an email address
- 31. Japan's official currency
- 32. Make a paper copy of

DOWN

- 1. La bohème, for ex.
- 2. Pillbox or beret
- 3. Charged particle
- 4. Anyway or moreover
- 5. The criminal was ____ towards the getaway car
- 6. Definite
- 9. High-priced
- 10. Show good manners
- 12. Comes to a red light
- 13. Early colonies
- 16. Destroy
- 17. Faintly
- 18. Unicorns don't do this
- 19. "Sugar _____, Honey Bunch"
- 22. Edge
- 24. Drilling device that bores
- 26. Push up against
- 28. Frozen

FALL WORD SEARCH ANSWER KEY



FALL CROSSWORD ANSWER KEY

¹ O		² H	A	W	A	I	³ I		⁴ B		⁵ H	E	⁶ A	P
P		A					O		E		E		B	
⁷ E	E	T		⁸ W	⁹ E	D	N	E	S	D	A	Y	S	
R			¹⁰ B		X				I		D		O	
¹¹ A	¹² S	L	E	E	P		¹³ S	U	D	D	E	N	L	Y
	T	H					E	E			D		U	
	O	A		¹⁴ N	O	T	E	S					T	
	P		V		S		T			¹⁵ C	¹⁶ R	E	E	¹⁷ D
¹⁸ E	S	¹⁹ P	E	C	I	A	L	L	Y		U			I
X		I			V		E				²⁰ I	T	E	M
²¹ I	C	E	C	²² R	E	A	M		²³ V	²⁴ A	N			L
S				I			E			U		²⁵ H	²⁶ A	Y
²⁷ T	²⁸ I	N		M			²⁹ N	U	D	G	E			B
	C				³⁰ D	O	T			E				U
	³¹ Y	E	N				S		³² P	R	I	N	T	