

# CONNECTIONS **EARLY STAGE NEWSLETTER**

## SUMMER 2022



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**Welcome to the Summer Edition of the Connections Early Stage Newsletter** brought to you by our summer student, Abby! You may have seen Abby at some of our Early Stage and social recreation programs this summer. She has been such a big help and we are so thankful for her work in putting together this newsletter. We hope this 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.

# ADVISORY SPOTLIGHT

## NEW COMMUNICATION TOOL

We'd like to highlight a new communication tool designed by our wonderful Advisory Group. These wallet cards can be personalized to help individuals living with dementia or cognitive change when they are out in the community. [To learn more or to receive some cards in the mail, please call Melissa at 905-687-6856 ext.543.](#)

### Front:



Personalize the back of this card by adding what is helpful for **YOU**

Here are a few examples from our Advisory Group:

- Please speak slow
- Please speak clear
- Please be patient and give me time.
- Don't assume you know what I need.
- If you have information for me, please provide me with a written copy that I can take home
- A phone number for a care partner

[Thank you to our Advisory Group for their guidance and input in creating such a helpful tool!](#)

### Back:

Back of the wallet card with white text and a form for personalization. The text reads: "I like to be independent but sometimes I may need help. Here are some ways that you can help:". Below the text are five horizontal lines for writing.

# SPECIAL DATES

**MARK YOUR CALENDER!**

**Tuesday June 21**

**First Day of Summer**

**Friday July 1**

**Canada Day**

**Saturday July 30**

**Start of the Royal Canadian Henley Regatta**

**Monday August 1**

**Civic Holiday**

**Saturday August 6**

**Canada Summer Games Opening Ceremony**

**Monday Sept. 5**

**Labour Day**

**Thursday Sept. 22**

**First Day of Fall**

”

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken.”

# HEAT SAFETY TIPS

## STAY COOL AND FEEL GOOD!

Now that we are into summer, it is important to properly prepare for the heat. Long term heat exposure can be dangerous for people of all ages, especially older adults. That being said, it is important to get fresh air and enjoy the outdoors so we've highlighted some helpful tips that will ensure you stay cool and feel good all summer long!

### APPLY SUNSCREEN REGULARLY

Apply sunscreen before going in the sun and create strategies to remind yourself to reapply. Try a spray on sunscreen for quick and easy application and keep it on you while in the sun as a reminder.

### DRESS FOR THE SUN

Always wear a hat and sunglasses when exposed to the sun. Look for sunglasses with UV protection and try to wear light coloured shirts and pants made from breathable fabrics.

### STAY HYDRATED

It is important to drink plenty of fluids (especially water) during the summer months to prevent dehydration. We can't always rely on our body to tell us when it's thirsty so make an effort to keep water nearby and stay hydrated!

### LIMIT SUN EPOSURE

Try to limit direct sun exposure between the hours of 10am and 2pm. When outdoors during these hours, try to find some shade and dress appropriately!



### DID YOU KNOW?

Enjoying the sun safely can do wonders for our health! Our bodies make vitamin D from sunlight which is a vitamin important to our bone health and immune system. The sun can also help increase our mood and set our bodies internal clock so that we sleep better at night.

# NUTRITION CORNER

## BRAIN HEALTHY INGREDIENTS



A healthy diet can help you maintain brain function and fight cognitive decline. Below are some ingredients that have been shown to help optimize brain health:

### **BLUEBERRIES**

Blueberries are full of antioxidants which function to neutralize free radicals that can damage brain cells. Specifically, blueberries contain flavonoids which have been proven to help improve memory, learning and communications

### **BANANAS**

Bananas are also full of antioxidants! They are also rich in serotonin and dopamine, which function to improve memory, attention, and learning.

### **HEMP SEEDS**

Hemp seeds contain essential fatty acids that are very important for brain health. Hemp seeds can also help promote memory and learning.

### **APPLE JUICE**

Apple juice helps prevent the loss of acetylcholine which helps to improve memory and brain health.

### **COCOA**

Cocoa is a very rich source of antioxidants, and it has been shown to increase blood flow to the brain.

### **LEAFY GREENS**

Spinach and kale are great sources of B6 and B12 vitamins. Many studies suggest that B vitamins help protect against age-related decline.

# SUMMER RECIPE

## EASY SUMMER SMOOTHIE



Smoothies are an easy and delicious way to get in all your key nutrients! They are also refreshing and great for the summer months!

The great thing about smoothies is that you can customize them however you'd like! Here is an example of a brain boosting smoothie that you can make with some of the ingredients introduced on the previous page. Simply add your favourite fruits and leafy greens to a blender and blend until smooth. **Helpful Tip: frozen fruits work great for smoothies!**

### WHAT YOU WILL NEED

1 banana

¼ cup blueberries

½ cup apple juice

1 tbsp. of hemp seeds

A handful of leafy greens



*Enjoy*

# SUMMER FUN FACTS

## DID YOU KNOW...

Previously, Canada's highest recorded temperature was in 1937 in Midale and Yellow Grass, Saskatchewan at 45 degrees Celsius. This record was recently broken in June 2021 with three record-breaking days of heat in Lytton, B.C, with the highest temperature being 49.6 degrees Celsius! (121.28°F)



Summer did not come in 1816! Countries of the Northern Hemisphere experienced an extended winter this year. This was caused by the eruption of Mount Tambora in the Dutch East Indies in 1815. Volcanic ash and gas created a blanket around the atmosphere, preventing the sun from coming in.



The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.



The Eiffel Tower actually grows during the summer! The iron expands in the heat causing the tower to grow around 6 inches every summer.



July is national ice cream month! What a perfect excuse to treat yourself to some ice cream!



Mosquitoes are the most prevalent during the summer. Mosquitoes have been here on earth for over 30 million years.



# NOTE FROM THE EDITOR

**ABBY**

Hello Family and Friends of the Alzheimer Society! I hope you are enjoying the Summer edition of our Connections Early Stage Newsletter.

My name is Abby Brannen and I am a summer student here at the Alzheimer Society. I am working as the Program and Education Assistant. I have really been enjoying my position so far and it has been amazing to see all the great and meaningful work that the Alzheimer Society is a part of! I have always enjoyed health outreach and education which made this position a perfect summer job for me.



I just finished my third year studying Health Sciences at Queens University. Outside of work and school I enjoy spending time with my friends and family! I also love horses and have been horseback riding since I was young.

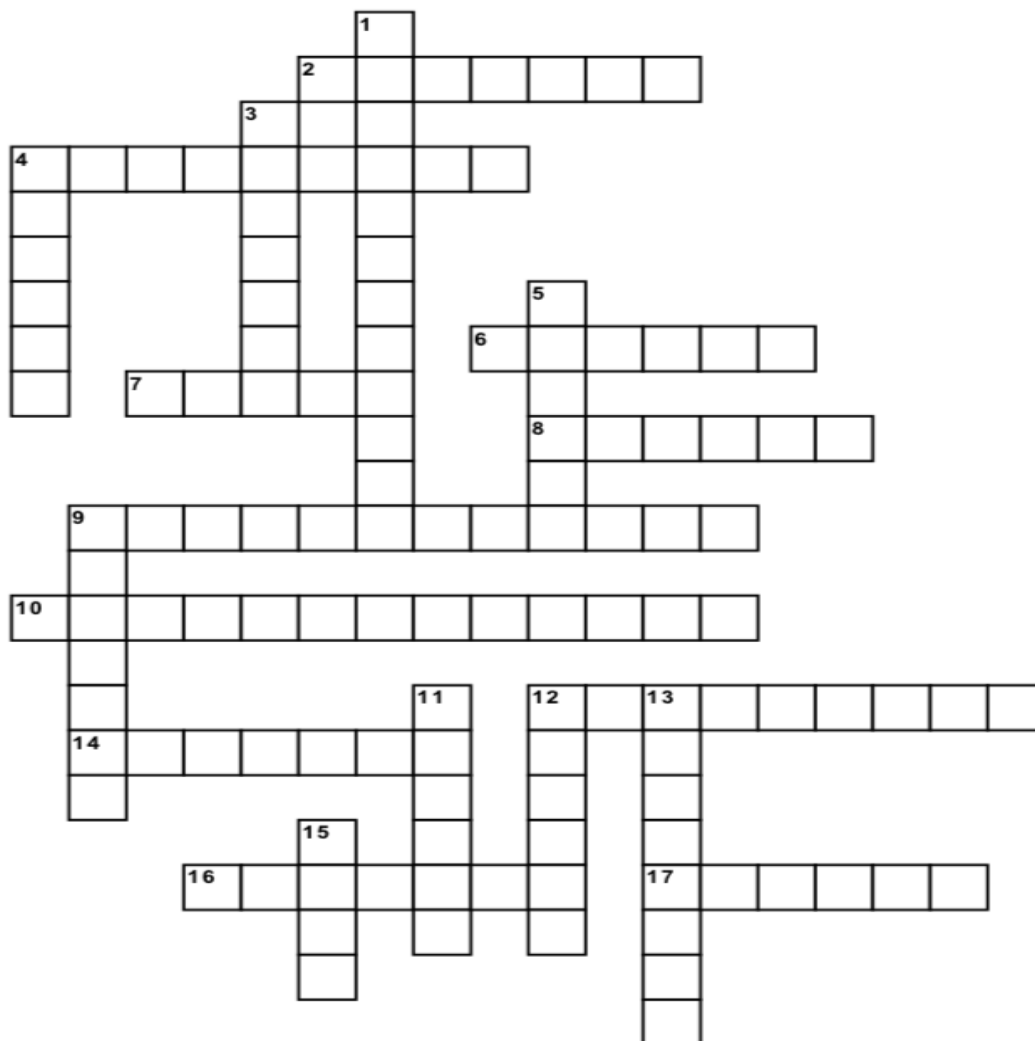
It has been so nice meeting some of you at the Early Stage Programs this summer and I am looking forward to my last few weeks with you!

Best,

*Abby Brannen*



# CANADA DAY CROSSWORD



## Across

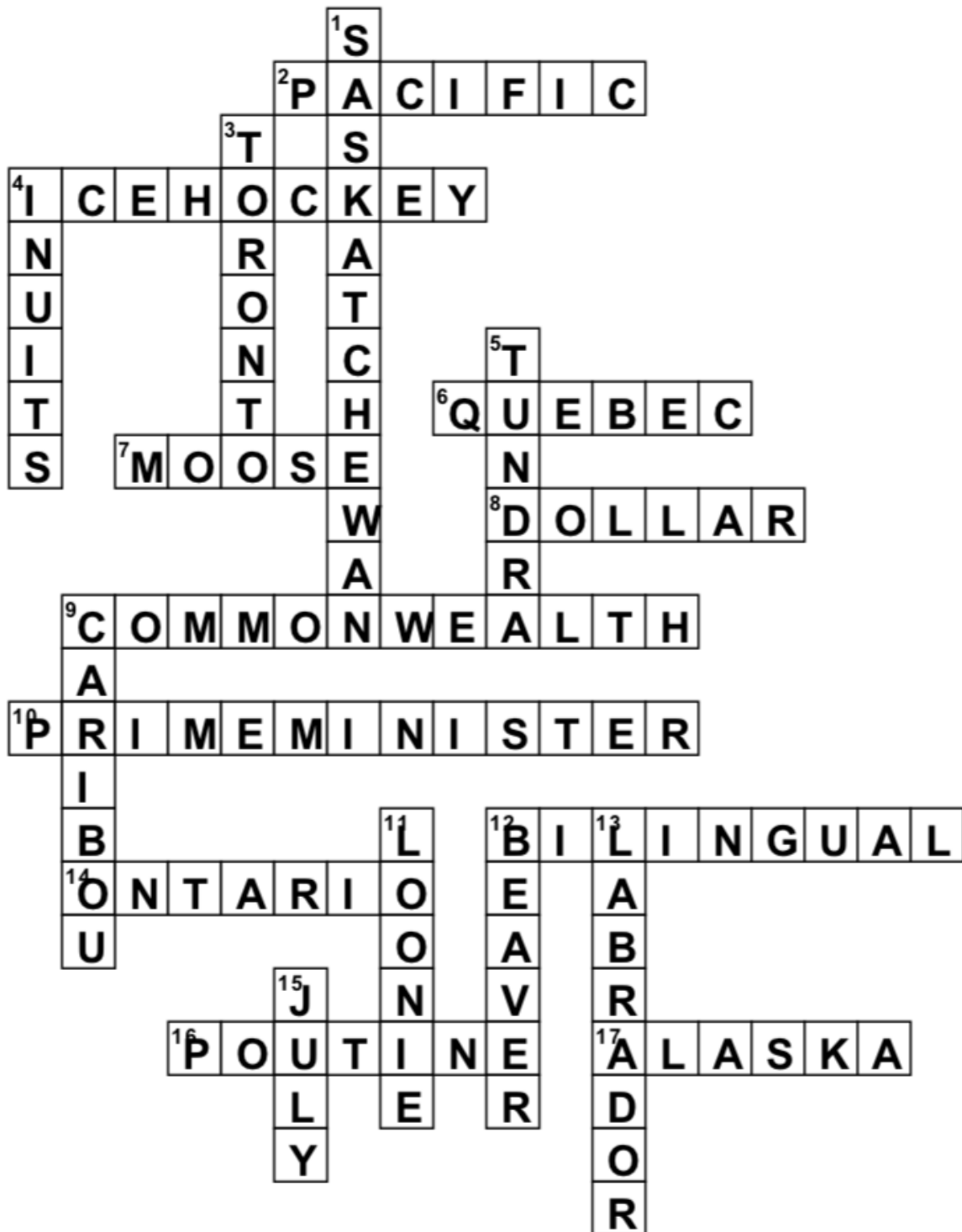
- 2 - One of three oceans that border Canada (7)  
 4 - Popular Canadian sport (3, 6)  
 6 - Most French Canadians live in the Province of... (6)  
 7 - Large Canadian deer with palmate antlers (5)  
 8 - The currency of Canada (6)  
 9 - Canada is a realm of the British ... (12)  
 10 - The head of Government in Canada is called this (5, 8)  
 12 - A country with two official languages is called... (9)  
 14 - A Canadian Province starting with 'O' that borders with the USA (7)  
 16 - Popular Canadian dish of french fries topped with cheese curds and gravy (7)  
 17 - Yukon shares 90% of its northern border with this US State (6)

## Down

- 1 - Canadian Province starting with the letter 'S' (12)  
 3 - The Capital of Ontario (7)  
 4 - Members of an indigenous people of Northern Canada (6)  
 5 - A treeless part of Canada where the subsoil is permanently frozen (6)  
 9 - Another name for a North American reindeer (7)  
 11 - Canadian coin nicknamed for the bird on it (6)  
 12 - Which rodent is one of the national symbols of Canada (6)  
 13 - A breed of dog found in the name of a Canadian province (8)  
 15 - Canada Day falls in this month (4)

# CANADA DAY CROSSWORD

## ANSWERS



# SUMMER WORD SEARCH

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

Cloudless  
Waves  
Sunshine  
Boomerang  
Sandcastle

Seashore  
Fragrant  
Surfing  
Vacation  
Frisbee

Dolphin  
Poolside  
Bicycling  
Sodas  
Dandelion

Lifesaver  
Outdoor  
Bikini  
Happiness  
Barbecue

# SUMMER WORD SEARCH

## ANSWERS

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

Cloudless  
Waves  
Sunshine  
Boomerang  
Sandcastle

Seashore  
Fragrant  
Surfing  
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Lifesaver  
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