

# CONNECTIONS

## EARLY STAGE NEWSLETTER

### WINTER 2022



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**Welcome to the Winter 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.

# HOLIDAYS AROUND THE WORLD

LEARN ABOUT SOME OF THE RECENT AND UPCOMING HOLIDAYS  
CELEBRATED LOCALLY AND AROUND THE WORLD

## Christmas

Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world.

Popular modern customs of the holiday include gift giving, Christmas music and caroling, an exchange of Christmas cards, church services, a special meal, and the display of various Christmas decorations, including Christmas trees, lights, nativity scenes and greenery,



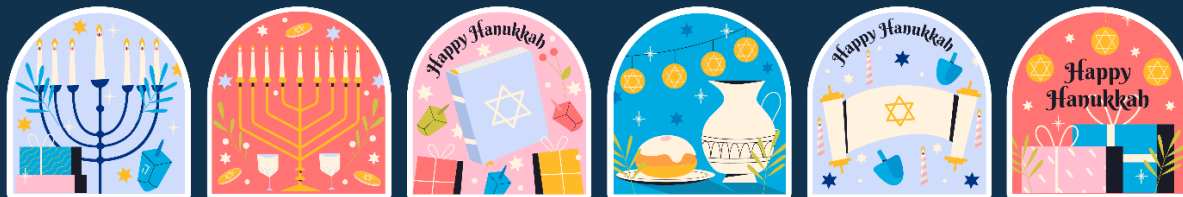
## Kwanzaa

Kwanzaa is an annual holiday affirming African family and social values that is celebrated from Monday, December 26, 2022 to Sunday, January 1, 2023. Family come together each day to light one of the candles in the kinara (candleholder) and discuss one of the 7 principles of Kwanzaa - unity (umoya), self-determination (kujichagulia), collective responsibility (ujima), cooperative economics (ujamaa), purpose (nia), creativity (kuumba), and faith (imani). On December 31, families join in a community feast called the karamu.



# Hanukkah

It's time to celebrate Hanukkah, the Jewish Festival of Lights that lasts for eight days and nights in honor of a 2,000-year-old miracle in which light won out over darkness. This year Hanukkah starts on Sunday, December 18, and ends Monday, December 26. Often called the Festival of Lights, the holiday is celebrated with the lighting of the menorah, traditional foods, games and gifts.



# Las Posadas

Las Posadas, a nine-night celebration from December 16th to 24th, is an important part of Christmas celebrations in Mexico. Each night, people go to a party at a different home. They commemorate Mary and Joseph's search for an inn by forming a procession to that evening's location and symbolically asking for shelter. When the owner of the home finally lets everyone in, they celebrate! Celebrations include prayer, music, food, and piñatas in the shape of a 7-pointed star



# Diwali

Diwali, or Dipawali, is India's biggest and most important holiday of the year. The festival gets its name from the row (avali) of clay lamps (deepa) that Indians light outside their homes to symbolize the inner light that protects from spiritual darkness. The origins of the holiday differ based on different regions of India. For many, Diwali honours the Hindu goddess of wealth, Lakshmi. The lights and lamps are said to help Lakshmi find her way into peoples' homes, bringing prosperity in the year to come! In most of India, Diwali consists of a five-day celebration that peaks on the third day with the main celebration of Diwali. Diwali occurs on the darkest day of the lunar month, which is the day of the new Moon (This year it was celebrated on October 24th).





# NEW YEARS RESOLUTIONS

THE NEW YEAR IS A GREAT TIME TO SET A NEW PERSONAL GOAL



Happy New Year! Have you ever made a new year resolution? The new year is a great time to set a new personal goal and work towards some brain healthy habits.

Here are some resolution tips:

- Make your resolution something you enjoy doing! That will make it easier to achieve
- Write down your goal. Write it on your calendar or put it on the fridge – somewhere you can see it!
- Tell your friends and family your resolution. The people closest to you can help hold you accountable
- Resolutions don't need to be big. Small changes can have a big impact too!

Some of our Advisory and Early Stage Program participants have been sharing some of their new year resolution ideas:

- Walk more
- Get in touch with old friends
- Try something new (painting, gardening, tai chi)
- Volunteer
- Eat healthier
- Take a course
- Read more
- Start a journal
- Join an exercise class
- Meditate
- Spend more time with family and friends

# SPECIAL DAYS

## MARK YOUR CALENDAR WITH THESE SPECIAL FALL DAYS



Sunday December 18....., 1<sup>st</sup> Day of Hanukkah

Wednesday December 21.... 1<sup>st</sup> Day of Winter

Saturday December 24 ..... Christmas Eve

Sunday December 25 ..... Christmas Day

Monday December 26 ..... Boxing Day

Saturday December 31 ..... New Year's Eve

Sunday January 1 ..... New Year's Day

Thursday February 2 ..... Groundhog Day

Tuesday February 14 ..... Valentine's Day

Monday February 20 ..... Family Day

**January is Alzheimer's  
Awareness Month.**

**Let's change  
the future.**





# NOTE FROM THE EDITOR

## **Hello Family and Friends of the Alzheimer Society!**

I hope you are enjoying the winter edition of our Connections Early Stage Newsletter. Thank you for joining us at programs or staying in touch through phone calls and through our quarterly newsletter. A big thank you also goes out to our Advisory Group who have helped create the this edition of our Connections Newsletter!

The year started off virtual as we slowly reintroduced in-person programming. It has been so nice meeting and seeing you online and in-person throughout the year. Thank you for staying connected with us. As the year comes to an end, we are gearing up for an exciting new year. I wish everyone a wonderful and safe time over the holidays and I look forward to catching up with you in 2023!

*Melissa Ricciuto*

Wellness and Early Stage Coordinator

The staff got into the holiday spirit at the office with a friendly door decorating competition. Check out some of the festive creations including Snoopy, the Abominable Snowmonster and postage from the ghosts of Christmas' past to Scrooge.



# WINTER WORD SEARCH

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

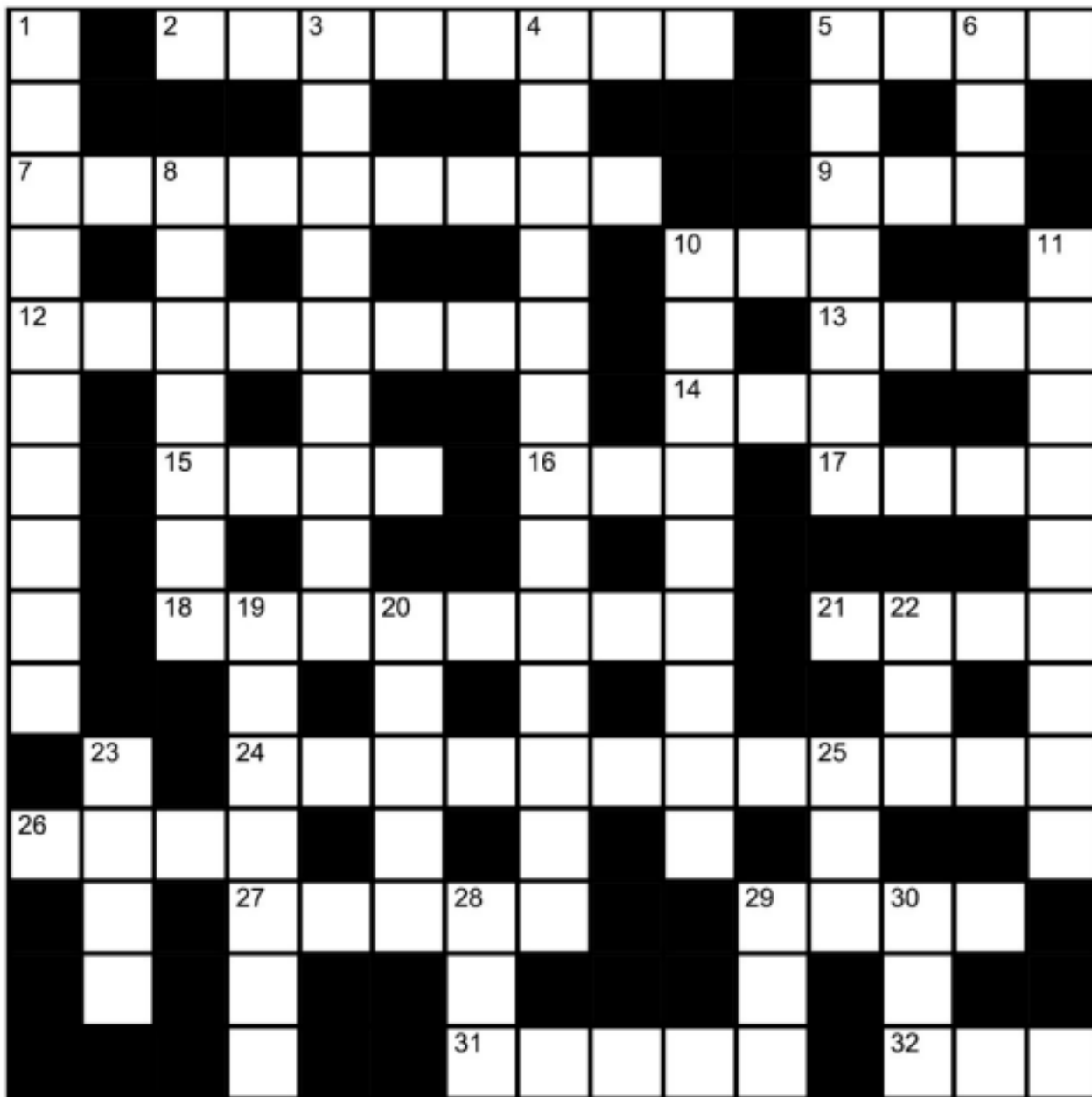
J	W	A	T	E	R	B	E	A	R	E	R	V	N	C
B	S	E	B	O	L	G	N	E	D	L	O	G	R	H
Z	Y	A	D	A	I	L	A	R	T	S	U	A	O	I
U	L	A	F	F	R	Q	T	A	O	G	K	G	C	N
C	O	L	D	I	U	K	V	W	N	Q	A	B	I	E
H	Q	D	R	A	R	Y	Y	O	I	R	F	Z	R	S
F	X	R	R	A	F	S	I	R	N	N	Z	T	P	E
P	E	I	B	Y	D	T	T	E	A	S	T	B	A	N
B	U	K	F	J	A	N	T	Q	J	U	X	E	C	E
S	J	D	Y	N	W	Z	E	V	L	R	N	X	R	W
M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

AQUARIUS  
AUSTRALIA DAY  
CALENDAR  
CAPRICORN  
CARNATION  
CHINESE NEW YEAR

COLD  
FIRST  
GARNET  
GOAT  
GOLDEN GLOBES  
JANUARY

MARTIN L. KING  
NEW YEARS DAY  
WATER BEARER  
WINTER

# WINTER CROSSWORD PUZZLE



## ACROSS

2. They are housed in hangars
5. Ice cream holder
7. Medical emergency vehicle
9. Charlotte's \_\_\_\_, by E. B. White
10. Employment
12. Unit of metric weight
13. "The best thing to hold \_\_\_\_  
in life is each other."  
— A. Hepburn
14. Place

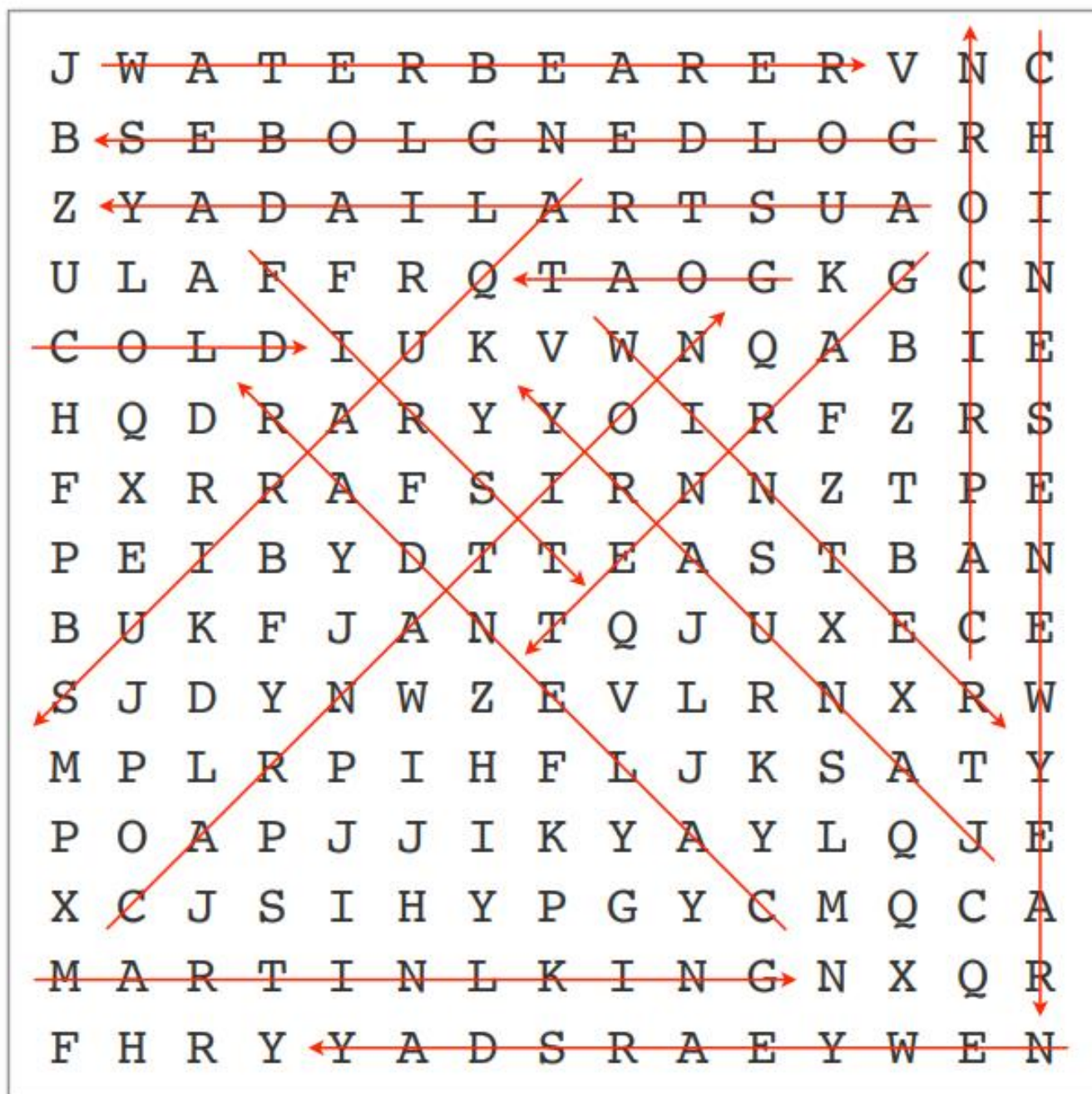
15. False god
16. Be sick
17. Alone
18. Monkey business
21. Comprehend
24. More and more
26. Metal with chemical  
symbol Zn
27. Smallest
29. Inactive
31. Radiographs
32. Kitchen water source

## DOWN

1. Dark classroom slate
3. Pious, devout
4. Music to support a solo  
instrument
5. Dallas football team
6. The point of a ballpoint  
pen
8. Its capital is Brussels
10. Portuguese man-of-war  
is one
11. British term for  
expressways
19. Winter roof  
spikes
20. Drink served with  
marshmallows
22. Bother again and  
again
23. Make, as a putt



# WORD SEARCH ANSWER KEY



# CROSSWORD ANSWER KEY

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

# GIFT TAGS

CUT OUT AND USE FOR YOUR HOLIDAY PRESENTS

