



ASP VIRTUAL NEWSLETTER

April 2022

Welcome to the
Alzheimer Society Peel's
Virtual Newsletter!

All content is designed to create
opportunities for engaging in
purposeful and fun activities.

We hope you enjoy!

Something missing?
Please email
k.donnelly@alzheimerpeel.com
for feedback, suggestions and
technical support.

Special Days

April 22, 2022- Earth Day

This year will be the 52nd Earth Day celebration. The theme this year is "Invest in Our Planet". This environmental movement raises awareness about pollution and ways to maintain a clean habitat.

Earthday.org has a list of 52 ways that you can invest in our planet, here are a few:

1. Use the internet not trees
2. Switch to reusable bags
3. Compost
4. Encourage the use of reusable utensils, dishes and trays
5. Buy local food
6. Use a reusable water bottle
7. Use environmentally friendly cleaning products
8. Grow an organic garden





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Health and Wellness

Looking for ways to spice up your meals?

Try this [No Fry-Fried Rice from Forks Over Knives!](#)

Ingredients

Teriyaki Sauce

- 1 small clove garlic, crushed
- 1 small nob ginger, finely grated
- 1 tablespoon low-sodium Tamari or soy sauce
- 2 tablespoons dry sweetener
- ½ cup water
- 1 tablespoon cornstarch plus 1 tablespoon water

Unfried Rice

- 1 cup frozen or fresh corn
- 2 carrots, diced
- 3 green onions, chopped
- 4 mushrooms, sliced
- 1 8-ounce can chopped pineapple, or fresh if available
- 2 cups baby spinach
- 1 red chile, seeded and diced
- ½ cup chopped cilantro
- 1 small head broccoli, diced
- 2 cups uncooked brown jasmine rice



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Health and Wellness

Instructions

1. Give your rice a good wash and then cook it according to package directions or in a rice cooker.
2. Heat a tablespoon of water over medium-high heat in a nonstick frying pan or wok, until the water begins to simmer. Add the carrots, broccoli, and green onions and cook until the onions are translucent, about 5 minutes.
3. Add the mushrooms, corn, pineapple, spinach, chile, and cilantro. Mix together and turn down to medium heat. Add water 1 to 2 tablespoons at a time as needed, to keep the vegetables from sticking to the pan.
4. To prepare the sauce, place the garlic, ginger, tamari, and coconut sugar in a small saucepan. Stir and let it cook for a minute or until the sugar dissolves. Add the ½ cup water.
5. Mix the cornstarch and water together in a small bowl. Add the cornstarch mixture to the sauce, stir well, and let it cook and thicken for a further 2 minutes.
6. Once the rice is cooked, throw it in the pan with the cooked veggies, pour your delicious sauce on top and mix it all through! Serve immediately.

For more recipes from Forks Over Knives, click here:

<https://www.forksoverknives.com/>



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Music Corner with Music Therapist, Ruth

Spotlight on Oscar Winning Songs

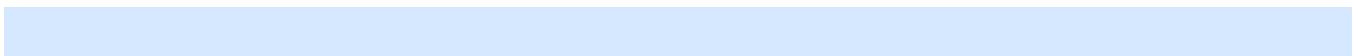
“The Academy Award for Best Original Song is one of the awards given annually to people working in the motion picture industry by the Academy of Motion Picture Arts and Sciences (AMPAS). It is presented to the songwriters who have composed the best original song written specifically for a film. The performers of a song are not credited with the Academy Award unless they contributed either to music, lyrics, or both in their own right. The songs that are nominated for this award are typically performed during the ceremony and before this award is presented.

The award category was introduced at the 7th Academy Awards, the ceremony honouring the best in film for 1934. Nominations are made by Academy members who are songwriters and composers, and the winners are chosen by the Academy membership as a whole. Fifteen songs are shortlisted before nominations are announced.”



Listen to these award winning songs and see if you can guess what movie it came from? Who sang it? What year did it win?

(Source)





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Spotlight on Oscar Winning Songs

Songs

1. (I've Had) The Time of My Life
2. Over the Rainbow
3. When You Wish Upon a Star
4. Raindrops Keep Falling On my Head
5. Swinging On A Star
6. Que Sera, Sera
7. Moon River
8. You Light Up My Life
9. High Hopes
10. Mona Lisa

Answers

1. **Dirty Dancing**, Bill Medley and Jennifer Warnes, 1987
2. **The Wizard of Oz**, Judy Garland, 1939
3. **Pinocchio**, Cliff Edwards, 1940
4. **Butch Cassidy and the Sundance Kid**, B.J. Thomas, 1969
5. **Going My Way**, Bing Crosby, 1944
6. **The Man Who Knew Too Much**, Doris Day, 1956
7. **Breakfast at Tiffany's**, Audrey Hepburn, 1961
8. **You Light Up My Life**, Debby Boone, 1977
9. **A Hole in the Head**, Frank Sinatra, 1959
10. **Captain Carey, USA**, Nat "King" Cole, 1950

Click Here to hear all the Oscar winning songs from 1939-1999, see how many you recognize.



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Armchair Travel

Ontario's Parks

Did you know that Ontario has 6 National Parks, 340 Provincial Parks and 295 Conservation Reserves? How many have you been to? What are you favourites?

Here are the 6 National Parks in Ontario; click on the name to learn more about each park.

1. [Bruce Peninsula National Park](#) located in Tobermory, approximately 3 hours and 50 minutes from Toronto.
2. [Georgian Bay Islands National Park](#) located in Honey Harbour, approximately 2 hours and 30 minutes from Toronto.
3. [Point Pelee National Park](#) located in Leamington, approximately 4 hours and 10 minutes from Toronto.
4. [Pukaskwa National Park](#) located in Heron Bay, approximately 12 hours and 40 minutes from Toronto.
5. [Rouge National Urban Park](#) located in Toronto.
6. [Thousand Islands National Park](#) located in Mallorytown, approximately 4 hours from Toronto.





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Activity Corner

Match the clue to the word associated with April Fools' Day.

- | | |
|---|--------------------|
| 1. Joke chair toy _____ | A. Joke |
| 2. Humorous remark _____ | B. Laughter |
| 3. Practical joke _____ | C. Mockery |
| 4. Phony _____ | D. Shock |
| 5. Court fool _____ | E. Surprise |
| 6. Joke button toy _____ | F. Whoopee cushion |
| 7. Something unexpected _____ | G. Prank |
| 8. Con target _____ | H. Gullible |
| 9. Silly imitation _____ | I. Hand buzzer |
| 10. Easily taken in _____ | J. Hide |
| 11. Cry of petty triumph _____ | K. Sneak |
| 12. Startle _____ | L. Victim |
| 13. Stay out of sight _____ | M. Gotcha |
| 14. Small, inexpensive toy _____ | N. Novelty |
| 15. Move stealthily _____ | O. Fake |
| 16. It's known as the best medicine _____ | P. Jester |





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Activity Corner

Match the clue to the word associated with April Fools' Day.



Solutions

- | | |
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| 1. Joke chair toy _____ | F. Whoopee cushion |
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| 14. Small, inexpensive toy _____ | N. Novelty |
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| 16. It's known as the best medicine _____ | B. Laughter |



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Upcoming Events

Even though we are closed for “in person” sessions, our education team is working diligently to connect with care partners virtually. If you are interested in attending any of the upcoming virtual sessions, please contact our

Public Education Coordinator Danielle Farrell
d.farrell@alzheimerpeel.com.

Please note a 24 hour notice is needed to save your place.

Tuesday April 5th 6:30-8:00 PM & Wednesday April 6th 10:00-11:30 AM **Getting Started** - covers what is Dementia, the 8 common symptoms in Dementia, and how to communicate effectively with someone living with dementia.

Tuesday April 12th 6:30-8:00 PM & Wednesday April 13 10:00-11:30 AM **Advance Care Planning & Power of Attorneys** - covers what is Power of Attorney for Property, what is Power of Attorney for Care, how to set up POA's, what is a Substitute Decision Maker, what to consider/ask when creating advance care plans, Disability Tax Credit, Compassionate Care Benefits.

Tuesday April 19th 6:30-7:00 PM **Town Hall- Topic:** Alzheimer Society Peel Services- Bathing, Adult Day Service, Nora's House Respite.

Please note: The Zoom link will be released the Friday prior through ASP website, social media, and staff. This session does not require registration.

Tuesday April 26th 6:30-8:00 PM & Wednesday April 27th 10:00-11:30 AM **Stages and Progression**- covers brain changes, the 2 and 7 stage models, what scores on the assessment indicate and the tips for each stage.

For the full education calendar please visit our website: www.alzheimerpeel.ca