



Alzheimer Society
P E E L

Virtual Program Newsletter

August 2-6



Welcome to the Alzheimer Society Peel's Weekly Virtual Programming Newsletter. All content is designed to create opportunities for engaging your loved ones in purposeful and fun activities. We hope you enjoy the content!

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Special
Days
*Finding
celebration in
the little
things*

National Chocolate Chip Cookie Day August 3rd



What's the snack that gets stolen by the cookie monster?
What's the treat you give to Santa Claus the night before Christmas?
Or what do you eat when you're having coffee and tea?

The obvious answer is: cookies. However, the best type of cookies are chocolate chip cookies!

On a fateful day in 1937, Ruth Graves Wakefield accidentally invented the chocolate chip cookie! She was baking chocolate cookies, but had run out of baker's chocolate, so instead she used semi-sweet chocolate. She put broken

	<p>pieces of it in the dough, believing it would melt and blend easily. Instead, they did the opposite! When baked, the now known as ‘the chocolate chip cookie’ gave a wonderful aroma that attracted hungry folk! That is how the chocolate chip cookie came to be. So to celebrate, bake some chocolate chip cookies to celebrate![Source]</p>
Reading Nook with Allison	<div><div><div>A Poem to Welcome August</div><div><p>August Lazy summer afternoons, Walks along the beach, Balmy evenings, cloudless skies, Stars just out of reach, Sailing on a quiet lake, Hammocks in the shade... These are the simple treasures Of which August days are made.</p></div></div></div>
Music Corner Featuring Ruth	<div><div><div>Stage Names</div><div>Match these musicians’ stage names with their real names.</div><div><div><div>1. Frederick Austerlitz</div><div>2. Israel Baline</div><div>3. Harry Lillis Crosby</div><div>4. Frances Gumm</div><div>5. Asa Yoelson</div><div>6. Joe Yule, Jr.</div><div>7. Norma Jean Baker</div></div><div><div>A. Marilyn Monroe</div><div>B. Mickey Rooney</div><div>C. Fred Astaire</div><div>D. Bing Crosby</div><div>E. Judy Garland</div><div>F. Irving Berlin</div><div>G. Al Jolson</div></div></div></div><div><div>Answers: 1-D...2-G...3-E...4-F...5-H...6-B...7-A....8-C</div><div>Music Duos</div></div></div>

	<p>Match these musicians' to their famous partner.</p> <table><tr><td>1. Roy Rogers</td><td>A. Cher</td></tr><tr><td>2. Fred Astaire</td><td>B. Tina Turner</td></tr><tr><td>3. Dean Martin</td><td>C. Art Garfunkel</td></tr><tr><td>4. Sonny Bono</td><td>D. Dale Evans</td></tr><tr><td>5. Phil Everly</td><td>E. June Carter</td></tr><tr><td>6. Les Paul</td><td>F. Don Everly</td></tr><tr><td>7. Ike Turner</td><td>G. Ginger Rogers</td></tr><tr><td>8. Johnny Cash</td><td>H. Mary Ford</td></tr><tr><td>9. Richard Rodgers</td><td>I. Jerry Lewis</td></tr><tr><td>10. Paul Simon</td><td>J. Oscar Hammerstein II</td></tr></table> <p>Answers: 1-D...2-G...3-I...4-A...5-F...6-H...&-B...8-E...9-J...10-C</p>	1. Roy Rogers	A. Cher	2. Fred Astaire	B. Tina Turner	3. Dean Martin	C. Art Garfunkel	4. Sonny Bono	D. Dale Evans	5. Phil Everly	E. June Carter	6. Les Paul	F. Don Everly	7. Ike Turner	G. Ginger Rogers	8. Johnny Cash	H. Mary Ford	9. Richard Rodgers	I. Jerry Lewis	10. Paul Simon	J. Oscar Hammerstein II
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<p>Health & Wellness with Melanie</p>	<p>Reducing Falls Risks</p> <p>August is a beautiful summer month, the weather is nice, the ground is dry and the water is refreshing. So why am I talking about falls, after all isn't that more of a winter problem?</p> <p>It doesn't take much to lose your balance. You could be walking on a sidewalk on a sunny summer day, you briefly glance at a cardinal in the tree then trip on an uneven piece of pavement. Or you could be heading down a flight of stairs and miss the last step, causing you to stumble forward and fall.Or you could be in the kitchen, fully focused on where you are going but your foot lands on some oil that wasn't cleaned up properly causing you to slide and lose your balance. Those are just a couple examples to show that falls can happen any time of year, inside or outside.</p> <p>It can be easy to think that a fall isn't a big deal. It's just a bruise or two, correct? Not necessarily. A fall can result in a lot more than just a bruise, it can mean a fractured bone, a concussion or even hospitalization.According to a Canadian study, falls are the cause of 85% of older adults' hospitalization due to injury. Falls account for 95% of hip fractures (Canada.ca).</p> <p>To prevent falls you need to look at potential risks like medication or health issues such as diabetes, hearing and/or vision impairment and arthritis.</p>																				

Here are some other things to consider:

- If you are finding your balance is off or you have reduced mobility, you may want to take a look at your footwear. A lot of people wear flip flops and sandals in the summer, but that type of footwear may not be suitable for your needs. Make sure your footwear has a good tread and fits properly. If it's not your footwear, you might want to consider speaking to your healthcare provider about assistive devices. This would allow for some independence while staying safe.
- Exercise is not just a benefit for our physical health but it can help prevent falls by building muscles and making our bones stronger. Exercise can also help with flexibility and balance. If you are not a fan of standard exercise, you can try dance, yoga and tai chi.
- About half of falls happen in the home, so it would be beneficial to carefully look at each room for potential hazards. Some of the more common tripping hazards are rugs, too much furniture in an area, clutter (books, clothes or other items on the floor), poor lighting and wires. You may also consider having rails or grab bars installed in the bathroom. Years ago, I did a falls prevention workshop as part of a course for older adults. We actually went into a mock apartment and made note of any possible hazards. Then we went through again and identified each hazard. It was surprising some of the ones we missed but it makes sense when you think about how easy it is to not consider something because it has always been there or it looks good where it is. While doing the workshop we were also looking where we were going because it wasn't our home. Have you ever rushed to grab the phone and hit your shin on a piece of furniture? Have you ever stumbled because you were half awake and misjudged where a step was? What about tripping over a pet? I know I have done all three. I have even tripped on stairs that I've used daily for years.

To be healthy and independent for as long as possible, it's important to look at different areas of wellness and safety, including falls prevention. We only have summer for a short time, so don't miss out on the fun due to a fall. Stay safe and be happy!

Here are some references that you can use if you would like more information:

- [Falls | Ministry of Labour \(gov.on.ca\)](https://www.gov.on.ca)
- [You CAN Prevent Falls! - Canada.ca](https://www.canada.ca)
- [Exercise and Falls Prevention Programs | Ontario.ca](https://www.ontario.ca)
- A checklist for creating a safe home [Check for Safety: A Home Fall Prevention Checklist for Older Adults \(cdc.gov\)](https://www.cdc.gov)

- [Home Safety Checklist - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/safety/home-safety-checklist)

Explore
Nature with
Allison

Explore Canada's Boreal Forest

Canada has some of the most beautiful landscapes in the world thanks to Canada's Boreal Forest that stretches across the entire country. Let's all do our part in protecting our beautiful forests, which starts with learning about the forestry ecosystems around us.

Here are some interesting facts you might not have known about Canada's Boreal Forest:

- It's the world's largest intact forest ecosystem. It stretches across 1.2 billion acres of northern Canada, from the Yukon to Newfoundland and Labrador.
- Represents 25% of the world's remaining intact forest, even more than the Amazon rainforest.
- Contains 25 percent of the world's wetlands.
- Includes more surface freshwater—about 200 million acres —than anywhere else on Earth.



- Is North America's bird nursery. Each year, 1 billion to 3 billion birds migrate north from the United States—and from as far away as South America—to

	<p>nest in Canada's boreal forest. Between 3 billion and 5 billion return south each fall after a successful breeding season.</p> <ul style="list-style-type: none"> • Stores twice as much carbon per acre as tropical rain forests. In all, Canada's boreal forests and peatlands lock in a minimum of 229 billion tons of carbon. Peatlands, also known as bogs and fens, are wetlands that include vegetation such as sphagnum mosses, shrubs, and spruce. This natural carbon storage helps cool the planet and provides a critical bulwark against climate change. • Is home to some of the cleanest and deepest freshwater lakes on the planet. Great Bear Lake, in the Northwest Territories, is considered the world's largest unpolluted lake. Great Slave Lake, also in the Northwest Territories, is North America's deepest.[Source]
<p>Home Activities/ Crafts <i>Ideas to engage your loved one in laughter, enjoyment, and socialization.</i></p>	<p>Famous Pairs Crossword Puzzle</p> <p>Please click on the link for the blank, printable crossword puzzle and the answer key! Famous Faces Crossword</p>

Famous Pairs Crossword puzzle - Clues

Across

1. Macaroni & _____
3. Chips & _____
6. Table & _____
8. Anthony & _____
10. Adam & _____
11. Rocky & _____
12. Bacon & _____
14. Ken & _____
17. Ozzie & _____
20. Batman & _____
22. Bert & _____
23. Peas & _____
24. Peanut butter & _____
25. Laverne & _____
27. Snoopy & _____
29. Beans & _____
31. Chicken & _____
32. Paper & _____
33. Hugs & _____

Down

1. Cheese & _____
2. Gilbert & _____
4. Laurel & _____
5. Milk & _____
7. Cup & _____
9. Romeo & _____
13. Simon & _____
15. Bread & _____
16. Hansel & _____
18. Currier & _____
19. Shoes & _____
21. Lone Ranger & _____
23. Bonnie & _____
26. David & _____
28. Salt & _____
30. Fish & _____

Spotlight



Amanda Morris

Introduction:

Hi everyone, my name is Amanda and I have been a part of the ASP family for just over two years. I feel incredibly grateful to have this opportunity to meet so many wonderful individuals

from my community. I graduated from Sheridan College, Social service / Gerontology program.

Favourite thing about ASP:


I truly love being able to connect with so many members on a daily basis and be able to learn about their life stories. I also love ASP's dedicated to creating a safe and diverse environment for everyone.

Hobbies and Interest:

I am very interested in all thing's music! I love to learn about different instruments and enjoy

singing along to a variety of diverse songs. I love to cook and bake; I have been lucky to be able to learn so many different recipes from the ASP members. I also enjoy the outdoors and spending time at the lake.

Favourite Program to Run:

	<p>My favourite program is “Which Country am I.”. This program is all about learning about different countries and discussing past travels. I really enjoy listening to the members' stories about their past travels to places like Paris, Germany, India and Jamaica. I have been able to learn so many new things about the members during this program. I have also been able to add lots of countries to visit to my bucket list!</p> <p>Interesting Fact:</p> <p>An interesting fact about me is that I have swam with Sharks, Stingrays and Dolphins before!</p> <p>When I was a teenager, I went on vacation to Mexico and decided to experience my biggest fear, swimming with sharks. It was an amazing experience but scary!!!</p>
<p>Care Partner Corner</p>	<p>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</p> <p>Public Education Coordinator Danielle Farrell d.farrell@alzheimerpeel.com.</p> <p><i>Please note a 24 hour notice is needed to save your place.</i></p> <p>August Education</p> <p><i>Wednesday August 4 10:00-11:30 AM & 6:30-8:00 PM:</i> Getting Started - covers what is Dementia, The 8 Common symptoms in Dementia, and how to communicate effectively with someone living with dementia.</p> <p><i>Monday August 16 10:00-11:30 AM & Wednesday August 18 10:00-11:30 AM:</i> Late Stage Considerations – This session covers: what changes in abilities can I expect in late stage of dementia, what decisions will need to be prepared for, what is Advance Care Planning, and grief and its effects.</p> <p><i>Monday August 23rd 6:30-8:00 PM & Wednesday August 25th 10:00-11:30 AM:</i> Montessori for Dementia - covers what is Montessori for dementia, why we use the techniques, activity ideas for home use & how to adapt them for stage/abilities.</p> <p>For the full education calendar please visit our website: www.alzheimerpeel.ca</p> 
<p align="center"> Enjoy and See You Next Week! We want to hear from you. Please complete this short survey! Virtual Newsletter Satisfaction Survey </p>	