



# ASP VIRTUAL NEWSLETTER

## February 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@alzhiemerpeel.com](mailto:k.donnelly@alzhiemerpeel.com) for  
feedback, suggestions and  
technical support.

## Special Days

February 21st, 2022

In most provinces, including Ontario, Family Day is celebrated on the third Monday of February. The statutory holiday was first observed in Ontario in 2008, the reason for the holiday was to give families an extra day to spend time together.

Here are some ways you can celebrate Family Day:

- Spend the day making phone calls to your loved ones
- Enjoy a video call with your family/friends
- Enjoy a meal together! You could stay in and cook together, order in or dine-in a restaurant!





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## Health and Wellness



Stretching is very important to our overall well-being. Incorporating a stretching routine into your daily life may seem overwhelming but a few simple exercises a day is all it takes!

To help build a routine, start by picking a time of day to practice. This could be in the morning while you are watching the morning news or maybe right before you go to bed! There is no right answer, whatever works best for you!

Here are a few seated exercises for you to try:

1. Overhead stretch: Take a deep breath in and stretch arms up toward ceiling. Exhale and bring arms back down.
2. Upper back stretch: Make a circle with the arms and drop the chin down toward the chest. Push toward the opposite hand and focus on spreading the shoulder blades apart.
3. Chest stretch: With arms at sides, focus on pulling the shoulder blades together and down toward the ground.
4. Side stretch: Slowly lean over to one side without collapsing the upper torso, keeping abdominal muscles engaged. Repeat on the other side.



For the full list of exercises and instructional video please click here: [12 Easy and Gentle Seated Exercises.](#)

And don't forget to stay hydrated!!



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## Music Corner with Music Therapist, Ruth

### Black History Month

“The roots of pop, jazz, soul, R&B, hip-hop, gospel, house, folk and disco music can all be traced to Black musicians. So many of today’s most popular genres, trends and artists just wouldn’t exist without the work of the most influential Black musicians of the 20th century, all of whom helped lay the groundwork for music as we know and love it today.”

Who are these musicians?



#### 1. Ella Fitzgerald (1917-1996), First Lady of Song

[Youtube Channel](#)

“Ella Fitzgerald was an American Jazz vocalist with an amazing range and soulful voice. Fitzgerald gained fame for her interpretation of the “Great American Songbook” singing the songs of Gershwin and Porter. She is known for singing jazz, blues, and for her ease with vocal improvisation. Ella was one of the most celebrated jazz vocalists of her generation.”\*\* ([Source](#))



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### 2. **Nat “King” Cole (1919-1965), King**

[Youtube Channel](#)

“Nat “King” Cole was a singer and jazz pianist known for his work at the keyboard with big band and jazz groups. Cole was one of the first African American to host a television variety show. He performed with big names of the time including Louis Armstrong, Ella Fitzgerald, and Frank Sinatra and was loved for his smooth baritone voice”\*\*

### 3. **Harry Belafonte (1927-), King of Calypso**

[Youtube Channel](#)

“Harry Belafonte is a singer, songwriter, actor, and social activist. Belafonte is best known for popularizing Caribbean music. You may know his popular “Banana Boat Song” or may have heard someone sing his iconic lyrics “Day-O”. He has recorded in many genres, including blues, folk, gospel, show tunes, and American standards and has been awarded many time over”\*\*

### 4. **Miles Davis (1926-1991), Miles**

[Youtube Channel](#)

“Miles Davis was a jazz musician, trumpeter, bandleader, and composer. The Rock and Roll Hall of Fame names him :one of the key figures in the development of jazz.” The music that Davis created and performed with his musical groups helped to shape jazz music, variations including bebop, cool jazz, hard bop, modal jazz, and jazz fusion”\*\*

### 5. **Louis Armstrong (1901-1971), Pops**

[Youtube Channel](#)

“Louis Armstrong came to fame in the 1920;s for his inventive trumpet and cornet playing. His biggest impact was on the world of jazz as he helped to shift the focus from collective improvisation to solo performance. Armstrong was also known for his expressive singing, signature voice and ease with scat singing, a type of vocal improvisation.”\*\*



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### 6. **Ray Charles (1930-2004), The Genius**

[Youtube Channel](#)

“Ray Charles was a singer, songwriter, musician, and composer. Charles lost his sight at the age of 7 but didn’t let that stop him. He learned how to play music by reading braille scores and performing the words of Bach, Mozart, and Beethoven. Charles helped to pioneer “soul music” in the 1950s by combining R&B, gospel, and blues. Rolling Stone ranked Ray Charles at #10 on their list of “100 Greatest Artists of All Time.””\*\*

### 7. **Bob Marley (1945-1981), Father of Reggae**

[Youtube Channel](#)

“Bob Marley was a Jamaican reggae singer-songwriter, musician, and guitarist who achieved international fame and acclaim. Marley started out in a group called the ‘The Wailers’ but continued on with a successful solo career. Heavily influenced by the Rastafari movement, his music was infused with a sense of spirituality.”\*\*

### 8. **Aretha Franklin (1942-2018), The Queen of Soul**

[Youtube Channel](#)

“Aretha Franklin was an acclaimed singer and one of the best selling female artists of all time. She was known for her commanding voice and achieved success with songs like ‘Respect’ and ‘You Make Me Feel Like a Natural Woman.’ Franklin was the first woman inducted into the Rock and Roll Hall of Fame and was ranked #1 in Rolling Stone’s Top 100 Greatest Singers of All Time.”\*\*

\*\*created by David Row at [Make Moments Matter](#)





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## Armchair Travel

Let's take a trip to Greece!

Known for their ancient cities and extraordinary beaches, Greece is located in Southern Europe, bordering the Ionian Sea and the Mediterranean Sea.

Athens, the capital city is home to the very famous Acropolis which is an ancient archaeological site meaning "high city" as the monument sits on a hill high above the city of Athens.

Click here to enjoy a video: [Secrets of the Acropolis | Blowing Up History](#)



Greece is home to more than 2,000 islands, around 170 of them are inhabited.

The Greek islands are a very popular tourist attraction for all types of travellers. There is a good mix of very luxurious, 5 star accommodations and restaurants as well as more affordable options for the average traveller.

Aside from your accommodations, the attractions on the islands are incomparable! Beautiful architecture, endless beaches, history and of course amazing cuisine!

Click here to see the [10 Most Beautiful Greek Islands](#)



# ASP VIRTUAL NEWSLETTER

## Activity Corner

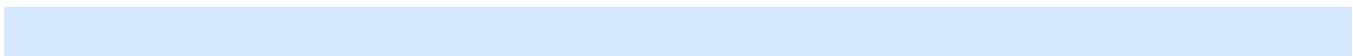
Love is in the air this month as we celebrate Valentines Day on February 14th.

This romance trivia program was created by Activity Connection.

Use the clues to fill in the missing movie title word:



- |   |       |
|---|-------|
| 1. Gone with the (movement of air)        | _____ |
| 2. It (went down) One Night               | _____ |
| 3. From Here to (forever and ever)        | _____ |
| 4. (Morning meal) at Tiffany's            | _____ |
| 5. (Medical practitioner) Zhivago         | _____ |
| 6. (Suffering insomnia) in Seattle        | _____ |
| 7. A Star Is (brought into the world)     | _____ |
| 8. When Harry (encountered) Sally         | _____ |
| 9. You've Got (postal delivery)           | _____ |
| 10. (Well-mannered guys) Prefer Blondes   | _____ |
| 11. The (royal lady) Bride                | _____ |
| 12. (Making vocal music) in the Rain      | _____ |
| 13. West Side (tale)                      | _____ |
| 14. (Without shoes) in the Park           | _____ |
| 15. To (ensnare) a Thief                  | _____ |
| 16. (Speculate) Who's Coming to Dinner    | _____ |
| 17. Beauty and the (brutish sort)         | _____ |
| 18. An (academy graduate) and a Gentleman | _____ |





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## Activity Corner

### Answer Key

1. Gone with the Wind
2. It Happened One Night
3. From Here to Eternity
4. Breakfast at Tiffany's
5. Doctor Zhivago
6. Sleepless in Seattle
7. A Star Is Born
8. When Harry Met Sally
9. You've Got Mail
10. Gentlemen Prefer Blondes
11. The Princess Bride
12. Singin' in the Rain
13. West Side Story
14. Barefoot in the Park
15. To Catch a Thief
16. Guess Who's Coming to Dinner
17. Beauty and the Beast
18. An Officer and a Gentleman







# ASP VIRTUAL NEWSLETTER

## 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](mailto:d.farrell@alzheimerpeel.com)**

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

***Tuesday February 1st at 6:30-8:00 PM &  
Wednesday February 2nd at 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 February 8th at 6:30-8:00 PM &  
Wednesday February 9th at 10:00-11:30 AM:***  
**Resource & Navigation**- covers what resources exist, how to access them.

***Tuesday February 15th at 6:30- 8:00 PM &  
Wednesday February 16th at 10:00-11:30 AM:***  
**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.

***Tuesday February 22nd at 6:30-8:00 PM &  
Wednesday February 23rd at 10:00-11:30 AM:***  
**Long Term Care Planning**- covers signs someone is ready for LTC, triggers for LTC admission, helpful tips for touring LTC Homes, application process and eligibility, priority categories, and transition to LTC tips.

For the full education calendar please visit our website: **[www.alzheimerpeel.ca](http://www.alzheimerpeel.ca)**