



**Alzheimer Society**  
P E E L

# Virtual Program Newsletter

## January 2022



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

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#### Special Days *Finding celebration in the little things*

January marks the beginning of the new year, it holds a place for reflection of the past year and a space for dreaming of the year ahead. So why is it celebrated on January 1st? The Almanac is here with the answer!

“January 1 starts the New Year according to the Gregorian calendar, which is the calendar in use today. In 45 B.C., New Year’s Day was celebrated on January 1 for the first time in history when the Julian calendar took effect (thanks to Julius Caesar’s reforms). Today’s Gregorian calendar was introduced in 1582 by Pope Gregory XIII to correct some slight inaccuracies, but continues to start the year in January.

The month of “January” is named for Janus, the ancient Roman god. Often depicted as having two faces—one looking forward and one looking back—Janus was the god of beginnings and endings, doors and gates, passageways and transitions. In ancient Roman times, the gates of the temple of Janus were open in times of war and closed in times of peace. While Janus is linked to war, it was more as a way to



	<p>protect and welcome returning warriors; at other times, he symbolizes peace.”  <a href="#">(Source)</a></p> <p>The song “Auld Lang Syne” is known all around the world as the “New Years Eve Song”. Robert Burns of Scotland was said to have been the first to record this ancient poem on paper. Now there are many different versions of this song so it is easier to be sung worldwide, here is the original:  <a href="#">📺 'Auld Lang Syne' by Robert Burns .</a> <a href="#">(Source)</a></p>
<p>Reading Nook</p>	<p>Please enjoy these poems to help us welcome the new year!</p> <p><b>Ella Wheeler Wilcox, “The Year” (1910)</b></p> <p>What can be said in New Year rhymes,  That’s not been said a thousand times?  The new years come, the old years go,  We know we dream, we dream we know.  We rise up laughing with the light,  We lie down weeping with the night.  We hug the world until it stings,  We curse it then and sigh for wings.  We live, we love, we woo, we wed,  We wreath our brides, we sheet our dead.  We laugh, we weep, we hope, we fear,  And that’s the burden of the year.</p> <p><b>Jackie Kay, “Promise”</b></p> <p>Remember, the time of year  when the future appears  like a blank sheet of paper  a clean calendar, a new chance.  On thick white snow  You vow fresh footprints  then watch them go  with the wind’s hearty gust.  Fill your glass. Here’s tae us. Promises  made to be broken, made to last.</p>

## Joanna Fuchs, “Happy New Year Wish”

My Happy New Year wish for you

Is for your best year yet,

A year where life is peaceful,

And what you want, you get.

A year in which you cherish

The past year’s memories,

And live your life each new day,

Full of bright expectancies.

I wish for you a holiday

With happiness galore;

And when it’s done, I wish you

Happy New Year, and many more.

Music  
Corner  
*Featuring  
Ruth*

## A Year in Review

As 2021 ends and 2022 begins,  
let’s celebrate the musical lives we’ve lost this year



Michael Nesmith

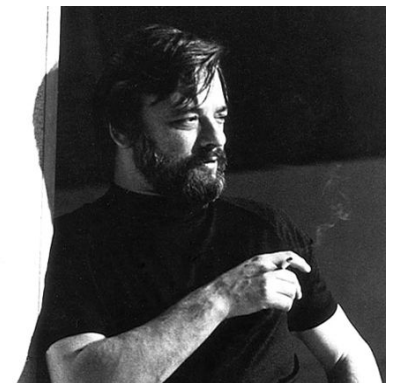
(December 30, 1942 – December 10, 2021)

An American musician, songwriter, actor, producer, and novelist. He was best known as a member of the pop rock band the Monkees and co-star of the TV series The Monkees (1966–1968). His songwriting credits include "Different Drum", which became a hit for Linda Ronstadt and the Stone Poneys.

Spotify Playlist → [The](#)

[Monkees Playlist](#)

Stephen Joshua Sondheim  
(March 22, 1930 – November 26, 2021)



An American composer and lyricist. Among the most important figures in 20th-century musical theater, Sondheim was praised for having "reinvented the American musical" with shows that tackled "unexpected themes that range far beyond the [genre's] traditional subjects" with "music and lyrics of unprecedented complexity and sophistication". His shows addressed "darker, more harrowing elements of the human experience" with songs often tinged with "ambivalence" about various aspects of life.

Spotify Playlist → [Sondheim Playlist](#)



Charlie Watts

(2 June 1941 – 24 August 2021)

An English musician who achieved international fame as the drummer of the Rolling Stones from 1963 until his death in 2021. In 1989, Watts was inducted into the Rock and Roll Hall of Fame. In 2004, he was inducted into the UK Music Hall of Fame with the Rolling Stones. He is often regarded as one of the greatest drummers of all time.

Spotify Playlist → [The Rolling Stones Playlist](#)

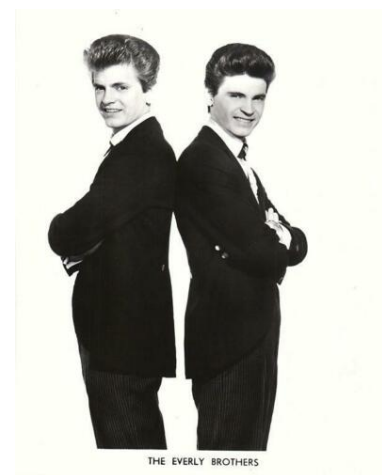
Don Everly

(February 1, 1937-August 21, 2021)

Don Everly and his brother Phil were the highly influential early rock and roll duo the Everly Brothers.

The most successful rock 'n' roll act to emerge from Nashville in the 1950s, Mr. Everly and his brother, Phil, who died in 2014, placed an average of one single in the pop Top 10 every four months from 1957 to 1961.

Spotify Playlist → [The Everly Brothers](#)



Billy Joe Thomas

(August 7, 1942 – May 29, 2021)

An American singer widely known for his pop, country, and Christian hits of the 1960s, 1970s, and 1980s. He spent four weeks at the top of the US chart with Raindrops Keep Fallin' on My Head, from the soundtrack of the popular film



Butch Cassidy and the Sundance Kid. Raindrops won an Oscar for best original song and Thomas performed it at the 1970 Academy Awards ceremony.

Spotify Playlist → [BJ Thomas](#)

Gerry Marsden

(24 September 1942 – 3 January 2021)

An English singer-songwriter, musician and television personality, best known for being leader of the Merseybeat band Gerry and the Pacemakers. Gerry and the Pacemakers had the distinction of being the first act to have their first three recordings go to number 1 in the UK charts.



Spotify Playlist → [Gerry & The Pacemakers](#)



Mary Wilson

(March 6, 1944 – February 8, 2021)

An American singer. She gained worldwide recognition as a founding member of The Supremes, the most successful Motown act of the 1960s and the best-charting female group in U.S. chart history, as well as one of the best-selling girl groups of all-time. The trio reached number one on *Billboard's* Hot 100 with 12 of their singles, ten of which feature Wilson on backing vocals.

Spotify Playlist → [The Supremes](#)



Dusty Hill

(May 19, 1949 – July 28, 2021)

An American musician who was the bassist of the rock band ZZ Top. He also sang lead and backing vocals, and played keyboards. He was inducted into the Rock and Roll Hall of Fame as a member of ZZ Top in 2004. Hill played

with the band for over 50 years; after his death, he was replaced by the band's

longtime guitar tech Elwood

Francis, in line with Hill's wishes.

Spotify Playlist → [ZZ Top](#)

Information about musicians collected from [Wikipedia.com](#)

<p>Health &amp; Wellness</p>	<p>Tai Chi is a gentle exercise that consists of slow movements that follow the rhythm of your breath. There are many health benefits that come from participating in Tai Chi for example, it helps to improve balance and prevent falls.</p> <p><a href="#">Harvard Health Publishing</a> says "Tai chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.</p> <p>In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery."</p> <p>If you would like to try, here is a great youtube video: <a href="#">36-minute tai chi class</a></p> <p><i>Kindly understand that when participating in any exercise or virtual program, there is the possibility of physical injury. If you engage in this exercise or virtual program, you agree that you do so at your own risk, you are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the Alzheimer Society Peel from any and all claims or causes of action, known or unknown, arising out of Alzheimer Society Peel's negligence.</i></p>
<p>Explore Nature</p>	<p><b>The Beauty in Winter</b></p> <p>This is for those (like myself) who tend to dread the idea of winter, you know the cold weather or how dark it is by 5pm...the list could go on. Well instead of focusing on the things we dislike, let's try to find the beauty in it. Let us try to embrace everything Winter has to offer, we do live in Canada after all!</p> <p>Here is a short list of things that I love about winter:</p> <ol style="list-style-type: none"> <li>1. Enjoying a hot drink by the fireplace</li> <li>2. A chance to wear your favorite sweaters and fuzzy slippers</li> <li>3. The magical feeling of the first snowfall</li> <li>4. The way the trees look after a big snowfall</li> <li>5. Seeing how much fun children have all bundled up in their snowsuits playing outside</li> <li>6. Seeing the reactions of people who have never seen snow before</li> <li>7. The festive decorations in and around your community</li> <li>8. Many of us have more "down" time in the winter</li> <li>9. Enjoying a warm home cooked meal</li> </ol>

10. Winter is a time to reset and prepare for the warm months ahead

If my list isn't convincing you, maybe these pictures will help!



To see more visit:

[50+ Stunning Shots That Showcase the Beauty of the Canadian Winter](#)



Home Activities/  
Crafts  
*Ideas to engage your loved one in laughter, enjoyment,*

### DIY Winter Yarn Trees

If you are looking for a way to spruce up your house this winter, here is a fun and easy DIY activity to try at home!

Materials

- Styrofoam cones
- White yarn



and  
socialization.

- White and silver yarn
- Straight pins
- Dowel rod (optional)
- Small wood slice (optional)
- Wooden stars (optional)
- Toothpicks
- Hot glue gun

How to:

Start by pinning the yarn to the bottom on the styrofoam cone using two straight pins

Next, start to slowly wrap the yarn around the cone, working your way up. Once you have reached the top of the cone, start to work downwards. On the way down, don't worry about it looking neat.

Once you reach the bottom, use another single pin to pin the yarn to the cone and cut off the remainder.

You may also want to pin the on the top of the cone to help it from unravelling.

Next take your wooden start and press it into the top of the styrofoam cone.



Click here if you would like to add in the stand on the bottom (optional): [DIY Winter Yarn Trees](#)

This is what the finished products will look like!

Now you can find a spot for them in the house or gift them to a friend!

## Spotlight with Risa!

**Introduction:** Hello! My name is Risa Elo-Shepherd and I am a Client Service Facilitator at the Meadowvale Day Program.

**Favorite thing about ASP:** My favourite thing about ASP is the collaboration between staff, care partners, and our members to create opportunities for joy and meaningful connection. We care about one another as people and that is at the heart of everything we do.

**Hobbies and Interests:** Shortly before the pandemic, I adopted a dog with significant behavioral issues from the humane society. It has been an incredibly rewarding experience to work with her and watch her blossom as time has gone on.

**Favorite vacation destination:** I was lucky enough to visit Oslo, Norway before the pandemic to see the neighborhood my grandmother grew up in. I met the family who now lives in the house she lived in before she came to Canada. It was so special to see the places at the center of so many of her memories.



## Care Partner Corner

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.*

### **January Education**

**Monday January 10th 2022 6:30-8:00 PM & Wednesday**

**January 12th 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 January 18th 2022 6:30-8:00PM & Wednesday January 19 2022 10:00-11:30**

**AM-** Caregiver Burnout -covers signs and symptoms of caregiver burnout, tips to overcome burnout, what is self-care and how to accomplish it, & grief and its effect.

**Tuesday January 25th 6:30-8:00 PM & Wednesday January 26th 10:00-11:30 AM**

**Stages & Progression** - covers brain changes, the 3 and 7 stage models, what scores on the assessments indicate, and tips for each stage.

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



## Enjoy!