



**Alzheimer Society**  
P E E L

# Virtual Program Newsletter

## July 2021



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*

### World Chocolate Day



Calling all chocolate lovers around the world, July 7th is our day to celebrate the wonders of chocolate. There are so many ways we can celebrate this sweet snack. We could eat chocolate cake, a chocolate bar, chocolate cupcakes, chocolate ice cream the list goes on! Since this day is celebrated in July, where the weather's hot, why not enjoy some chocolate ice cream in the sun?

Here are some fun facts about chocolate:

- Chocolate is an antioxidant and can improve cardiovascular health
- Chocolate comes from the beans of a cacao tree
- It takes 400 cocoa beans to produce one pound of chocolate

- In Ghana, they celebrate “National Chocolate Day” on February 14th as a way to increase tourism. Ghana is the largest cocoa producer in the world! [\[Source\]](#)

Reading  
Nook with  
Allison

## 10 Interesting “Did You Know?” facts you can tell your friends about:



**Did you know** that McDonalds once created bubblegum flavoured broccoli?

**Did you know** that the average household has 300,000 things in it? Feels like it's time to declutter!

**Did you know** that the 1939 book Gadsby is the longest title book ever published that doesn't contain the letter 'E' in it?

**Did you know** that the first item sold on ebay was a broken laser pointer?

**Did you know that**

“Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu” is the longest place name in the world at 85 letters long? ([Click here](#) to find out how its pronounced!)

**Did you know** that there was a prehistoric dragonfly that its wings spanned 2 feet

**Did you know** that bubble wrap was originally invented as wallpaper?

**Did you know** that Shakespeare invented more than 1700 words?

**Did you know** that Antarctica is covered in a sheet of ice that is 7,000 feet deep?

**Did you know** that one of the largest pyramids in the world is a Bass Pro Shop in Alabama.

[\[Source\]](#)

Music  
Corner  
Featuring  
Ruth



Have you heard, Broadway is back? Not in Canada yet, but hopefully soon...

### What Musicals do Some of the Most Memorable Musical Characters Come From?

1. Eliza Dolittle, Henry Higgins...
2. Dorothy Gale, Tin Man, Scarecrow...

3. Maria von Trapp, Captain von Trapp...
4. Maria, Tony, Anita, Biff...
5. Harold Hill, Marion the Librarian...
6. Annie Oakley, Frank Butler...
7. Jane & Michael Banks, Bert the Chimney Sweep...

*Answers*

1. My Fair Lady
2. The Wizard of Oz
3. The Sound of Music
4. West Side Story
5. The Music Man
6. Annie Get Your Gun
7. Mary Poppins

**Finish these Musical Titles...**

1. Phantom of the...
2. Fiddler on the...
3. Hello...
4. My Fair...
5. South...
6. The Sound of...
7. The Music...
8. Funny...
9. The King and...
10. Guys and...

*Answers*

1. Opera
2. Roof
3. Dolly
4. Lady
5. Pacific
6. Music
7. Man
8. Girl
9. I
10. Dolls

Health &  
Wellness  
with  
Melanie

## **The Importance of Stretching**

Whether it is a day or a month, having a road trip is a great way to discover new places and recharge. Just imagine sitting in the passenger seat with your arm stretched out the open window. The sun is warm as you feel the wind pushing against your hand and tousling your hair. You don't have any worries. Maybe you don't even have a destination, as you just enjoy the freedom of the road. Hours later

you reach your destination. With enthusiasm you open the car door and start climbing out. You manage to get out but your legs feel like jelly and your muscles are feeling stiff from sitting so long. Your body is not happy, so let's turn things around with some stretching so that you can get back to enjoying your trip.

Stretching isn't just for road trips. It is good to stretch every day at different times, like when you wake up, when you have been sitting for over half an hour and before bed.

If you are worried because you are not very flexible, don't worry, we are just going to do some light stretches that do not involve twisting up like a pretzel. I will be sharing some stretches that are seated, so you may want to take a study camping chair with you, just in case there isn't a bench to use. Before we begin, make sure that you are very careful. You don't want to feel any pain or discomfort when stretching. If you do, then stop immediately.


Ready?

Make sure to sit with your back straight, shoulders back and feet flat on the ground. Let's start with some deep breathing. Breathe in as deeply as you can. You will know you are breathing deeply when your stomach pushes out. Inhale for a count of 4, hold for a count of 2 and exhale for a count of 4.


- Bring your hands to your shoulders. Stretch your arms out, as though you are trying to touch a tree on either side of you. Hold for a count of 6.
- Keep your arms out but pull them behind you so that you feel your shoulder blades squeeze and your chest expands. Hold for a count of 6.
- Bring your hands back to your shoulders then raise them up and try to touch the sky. Hold for a 6 count. Let your hands float down to rest on your lap.
- Gently turn your head to the side and look over your shoulder. Hold for a 6 count then slowly move your head back to the centre. Repeat on the other side.
- Put your left hand on the top of your right ear and gently guide your head down (left ear trying to touch the left shoulder). Hold for a 6 count. Repeat on the other side.
- Roll your shoulders forward as you count slowly to 10. Pause then roll your shoulders the opposite direction and count slowly to 10.
- Raise both shoulders towards the ears then lower. Repeat 10 times.
- Put both hands at your sides. Raise both hands behind you. Hold for a count of 6 then lower. Repeat one more time.

	<ul style="list-style-type: none"><li>● Move your feet apart a bit and put your hands on your hips. Slowly roll your upper body in a circular motion for a slow count of 10 Pause then change the direction and repeat.</li><li>● Rest your hands in between your knees. Slowly reach down towards the ground. Once you feel a nice stretch, hold that position for an 8 count.</li><li>● Sitting straight, lace your fingers together so your palms are facing you. Flip your hands so your palms are facing out. Raise your hands so your palms are facing the sky. Slowly, lean your upper body to the left. Hold for a count of 6. Slowly lean back to the centre and continue to the right. Hold for a count of 6. Then return first position and release hands.</li><li>● With your back straight and shoulders back, raise one leg and point your toes. Draw a circle in the air with your big toe for a slow count of 10. Pause then change the direction and repeat. Lower leg and switch to the other leg. Repeat with the same movements.</li><li>● With both feet flat on the ground, raise your heels up so high that you end up on the tip of your toes. Lower your feet. Repeat 8 times.</li><li>● Cross your legs. If you put the left leg on top, hold your left knee with both hands and gently guide it to your right hip. Hold for a count of 6. Switch position and repeat.</li><li>● When driving, we often forget how long our hands were in the same position. So, let's stretch those fingers. Make a fist in both hands. Open both hands. Open and close your hands 8 times then wiggle your fingers. Move your hands down and move your hands from side to side. Imagine you are playing a piano.</li><li>● Hold both hands up near your shoulders. Make circles with your hands for a slow count of 10. Pause then switch direction and repeat.</li><li>● Take 3 deep breaths and you are ready for adventure.</li></ul> <p>There are many different ways to stretch, so don't feel limited by the brief guide I shared. There are lots of great websites and channels on YouTube that offer safe and effective stretching routines. As I mentioned earlier, please make sure to listen to your body and do not continue if you feel pain. Have a fun and active road trip!</p>
Explore Nature with Sara	<p><b>Benefits of Experiencing Nature</b></p> <p>A growing number of studies from around the world show that spending time in nature can have a profound impact on our mood and behavior, helping us to reduce stress and anxiety and to increase our attention, creativity, and our ability to connect with others. In an article on the <a href="#">Greater Good Science Center</a>'s website, researcher David Strayer of the University of Utah explains that "Now we are seeing changes in</p>



	<p>the brain and changes in the body that suggest we are physically and mentally more healthy when we are interacting with nature.”</p> <p>One study indicated that hospital patients can reap the benefits of nature even just by observing natural scenes from their hospitals window. This idea can be translated to when you’re on the road; therefore, we can also feel better by enjoying nature from a car, bus, or train window.</p> <p><b>Watch For Wildlife</b></p> <p>Have your family members keep an eye out for wildlife. If you are traveling in a rural area, you can spot cows, horses, and sheep. If you are in a coastal area, look for birds like seagulls. In wooded areas you can find squirrels, deer, skunks, and raccoons. You can even look for animals in your local neighborhood, such as squirrels, rabbits, and a variety of birds. Keep your kids busy and engaged with a collection of camping themed printables for your family’s next road trip.</p> <p><a href="#">[Source]</a></p>
<p>Home Activities/ Crafts</p> <p><i>Ideas to engage your loved one in laughter, enjoyment, and socialization.</i></p>	<div><div><h3>Cardboard Tube Polka Dot Tulips</h3><p>Supplies</p><ul style="list-style-type: none"><li>• 4 4-inch cardboard tubes</li><li>• 8 12-inch wooden dowels</li><li>• Paint: pink yellow, purple, green, teal, white</li><li>• Tools: paintbrush scissors, hot glue gun</li></ul><p>Instructions</p><ol style="list-style-type: none"><li>1. Paint each cardboard tube, inside and out and allow to dry for about 20 minutes. Tubes should be dry to the touch, but the cardboard</li></ol></div><div></div></div>

	<p>should still feel damp and pliable.</p> <ol style="list-style-type: none"> <li>2. While the cardboard tubes are drying, paint each dowel green. Using a block of floral foam or Styrofoam makes a great stand!</li> <li>3. Cut each cardboard tube in half (2-inches long each).</li> <li>4. Each tube will yield two flowers. You should have a total of eight painted tubes.</li> <li>5. Flatten one end of the tube, then cut a 1/2" slit at both creases.</li> <li>6. At the cut, fold the corner of the cardboard tube inward.</li> <li>7. Add a dab of hot glue in the corners to hold them together, but do not glue the center yet as the dowel will be inserted here.</li> <li>8. At the open end of the cardboard tube, cut triangles to form the tulip petals.</li> <li>9. Add some hot glue to the center of the bottom of the tube and insert the dowel. Pinch the tube around the dowel to adhere the glue. Use the handle end of a paintbrush dipped in white paint to add polka dots to both sides of your flower.</li> <li>10. To display, add some floral foam to a vase or tall container. Insert the dowels into the floral foam. To open the flowers a bit, simply reach inside the top of each flower and stretch the cardboard outward. Once the cardboard dries for several hours, the tulips will hold their shape as the dried paint makes them stiff and sturdy.</li> </ol> <p><a href="#">[Source]</a></p>
<p>Spotlight with Sara</p>	<p><b>Here are some facts about ASP!</b></p> <p>Alzheimer Society Peel was incorporated in 1983 as a charitable non-profit Society. Since that time, our chapter has diligently worked to support families and individuals affected by Alzheimer's disease and related dementias. The Society serves the Region of Peel through our offices in Brampton and Mississauga. Our chapter promotes public and professional awareness of Alzheimer's disease and related dementias and offers a variety of programs and services. Alzheimer Society Peel works with all service providers and levels of government to ensure that optimum health and social services are provided for persons with Alzheimer's disease and their families in the Region of Peel.</p> <p>Can you guess how many Day Programs the Alzheimer Society Peel has? How many of the Day Programs can you name?</p> <p>Our first location was the Sam McCallion Day Centre, it opened its doors in 1998 in honour of the late Sam McCallion, Mayor Hazel McCallion's husband.</p>

	<p>My favorite activity while at the day program was balloon badminton. Using a blown up balloon and some cut up pool noodles as bats, to keep the balloon from hitting the ground. Always a fun time for all! Why not try it at home? <a href="#">[Source]</a></p>
Care Partner Corner	<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 Public Education Coordinator Danielle Farrell <a href="mailto:d.farrell@alzheimerpeel.com">d.farrell@alzheimerpeel.com</a>.  <i>Please note a 24 hour notice is needed to save your place.</i>  <b>July Education</b></p>  <p><i>Monday July 5th 6:30-8:00 PM &amp; Wednesday July 7th 10:00-11:30 AM: <b>Getting Started</b> - covers what is Dementia, The 8 Common symptoms in Dementia, and how to communicate effectively with someone living with dementia.</i></p> <p><i>Monday July 12th 6:30-8:00 PM &amp; Wednesday 10:00-11:30 AM: <b>Exploring Dementia</b> – this session looks at the diseases under the heading of dementia, other than Alzheimer’s disease, for disease course, symptoms, and symptom management. The diseases covered are: MCI, FTD, Vascular Dementia, Lewy Body, Parkinson’s, Mixed Dementia, Young On-Set.</i></p> <p><i>Monday July 19th 6:30-8:00 PM &amp; Wednesday July 21st 10:00-11:30 AM: <b>Resources and Navigating the System</b> - covers what resources exist, how to access them, and what services are operational during COVID-19 outbreak.</i></p> <p><i>Monday July 26th 6:30-8:00 PM &amp; Wednesday July 28th 10:30-11:00 AM: <b>Understanding Behaviour</b>- covers what the meaning behind behaviours is, common behavioural triggers, and management strategies.</i></p> <p>For the full education calendar please visit our website: <a href="http://www.alzheimerpeel.ca">www.alzheimerpeel.ca</a></p>
<p><b>Enjoy and See You Next Week!</b>  We want to hear from you. Please complete this short survey!  <a href="#">Virtual Newsletter Satisfaction Survey</a></p>	