



Alzheimer Society P E E L

Virtual Program Newsletter

June 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*

Special Days! - June 8th - National Best Friends Day!



On June 8th, let's celebrate our best friends! What does it mean to be a best friend? Everyone has their own definition of what a best friend is. This person is someone who has been there for you through thick and thin. They also allow you to feel at ease with yourself. They know you for who you are, and remind you of your worth and value to the world. Sometimes it could be ages since we've seen our best friends, but what's amazing is that best friends can pick up where they left off. Throughout a lifetime we experience many different friendships. Our best friends can range from our siblings, to our pets, to friends we've had since we were children. We appreciate them for all that they do for us! I invite you today to tell your best friends how much you appreciate them and love them. Friends are a blessing!

<p>Reading Nook</p>	<p><u>Friends</u></p> <p>Friendship is a lasting treasure, For it can bring so much pleasure. A smile can make you feel so good When feeling down it does you good.</p> <p>When once the spirits begin to life, You have given a personal gift. The depression or nervousness gradually goes, Your heart feels warm and then it glows,</p> <p>Soon a cheerful mood is born No longer do you feel shattered and torn At least for a while your spirits lift And you can give this simple gift [Source]</p>										
<p>Music Corner <i>Featuring Ruth</i></p>	<p>Name the Composer...</p> <table border="0"> <tbody> <tr> <td data-bbox="397 1003 841 1157"> 1. White Christmas Alexander's Ragtime Band Blue Skies God Bless America </td><td data-bbox="987 1003 1495 1199"> 2. What the World Needs Now Raindrops Keep Fallin' on My Head Do You Know the Way to San Jose? What's New Pussycat? </td></tr> <tr> <td data-bbox="397 1234 841 1430"> 3. Stardust Georgia on My Mind In the Cool, Cool, Cool of the Evening Up a Lazy River </td><td data-bbox="987 1234 1224 1388"> 4. Anything Goes Kiss Me, Kate Too Darn Hot Night and Day </td></tr> <tr> <td data-bbox="397 1465 841 1577"> 5. Give My Regards to Broadway Over There Yankee Doodle Dandy </td><td data-bbox="987 1465 1295 1577"> 6. Moonlight Serenade Fur Elise Eroica Symphony </td></tr> <tr> <td data-bbox="397 1612 704 1766"> 7. Fascinating Rhythm Summertime I Got Rhythm S'Wonderful </td><td data-bbox="987 1612 1430 1766"> 8. Theme from <i>The Pink Panther</i> Theme from <i>Peter Gunn</i> Moon River Days of Wine and Roses </td></tr> <tr> <td data-bbox="397 1801 829 1955"> 9. Climb Ev'ry Mountain Oh, What a Beautiful Morning The Sound of Music Bali Ha'i </td><td data-bbox="987 1801 1360 1955"> 10. I Want to Hold Your Hand Michelle Let It Be Yesterday </td></tr> </tbody> </table>	1. White Christmas Alexander's Ragtime Band Blue Skies God Bless America	2. What the World Needs Now Raindrops Keep Fallin' on My Head Do You Know the Way to San Jose? What's New Pussycat?	3. Stardust Georgia on My Mind In the Cool, Cool, Cool of the Evening Up a Lazy River	4. Anything Goes Kiss Me, Kate Too Darn Hot Night and Day	5. Give My Regards to Broadway Over There Yankee Doodle Dandy	6. Moonlight Serenade Fur Elise Eroica Symphony	7. Fascinating Rhythm Summertime I Got Rhythm S'Wonderful	8. Theme from <i>The Pink Panther</i> Theme from <i>Peter Gunn</i> Moon River Days of Wine and Roses	9. Climb Ev'ry Mountain Oh, What a Beautiful Morning The Sound of Music Bali Ha'i	10. I Want to Hold Your Hand Michelle Let It Be Yesterday
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	<div data-bbox="402 121 695 279"> <p>11. Take the “A” Train Sophisticated Lady Mood Indigo Satin Doll</p> </div> <div data-bbox="987 121 1390 237"> <p>12. Jesu, Joy of Man’s Desiring Air for G String Brandenburg Concertos</p> </div> <div data-bbox="337 338 457 369"> <p>Answers</p> </div> <div data-bbox="402 390 1333 747"> <table> <tr> <td>1. Irving Berlin</td><td>2. Burt Bacharach</td></tr> <tr> <td>3. Hoagy Carmichael</td><td>4. Cole Porter</td></tr> <tr> <td>5. George M. Cohan</td><td>6. Ludwig Van Beethoven</td></tr> <tr> <td>7. George Gershwin</td><td>8. Henry Mancini</td></tr> <tr> <td>9. Rodgers & Hammerstein</td><td>10. Lennon & McCartney</td></tr> <tr> <td>11. Duke Ellington</td><td>12. J.S. Bach</td></tr> </table> </div>	1. Irving Berlin	2. Burt Bacharach	3. Hoagy Carmichael	4. Cole Porter	5. George M. Cohan	6. Ludwig Van Beethoven	7. George Gershwin	8. Henry Mancini	9. Rodgers & Hammerstein	10. Lennon & McCartney	11. Duke Ellington	12. J.S. Bach
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<div data-bbox="134 831 285 915"> <p>Health & Wellness</p> </div>	<div data-bbox="337 831 927 873"> <p>Sensory/ Visualization Meditation</p> </div> <div data-bbox="337 926 1511 1178"> <p>This is another form of meditation, and it doesn’t take a lot of time so you can squeeze in a session before bed or any time you need a brief stress relief. I used to do sensory visualization after fitness class at an older adult community. When I first started doing it, no one would close their eyes and they all thought I was weird. I asked them to just humour me for one month and if they didn’t like it after one month, I would stop.</p> </div> <div data-bbox="337 1230 1503 1440"> <p>Well, months later, I was running short on time and I didn’t do the visualization at the end. When I said we were done, many of them just stared at me and didn’t move. I was a bit confused until one resident told me that I forgot to do the relaxing journey. That made me laugh almost as much as when I would hear residents snoring because they got so relaxed they fell asleep.</p> </div> <div data-bbox="337 1451 1414 1524"> <p>It’s okay to fall asleep, but with practice you will find yourself relaxing without napping.</p> </div> <div data-bbox="337 1577 1495 1703"> <p>So, let’s get started. There are lots of guided visualization meditation scripts online or videos on YouTube, but I will give you a quick version to get you started.</p> </div> <div data-bbox="337 1755 1260 1797"> <p>Find somewhere quiet where you can sit or lay down comfortably.</p> </div> <div data-bbox="337 1839 1487 1923"> <p>Take 10 slow deep breaths. You know it’s deep when your stomach moves out as you inhale.</p> </div>												

Close your eyes and get comfortable.

Clear your mind. You can start by imagining that you are in a plain white room. There is nothing in the room. If your mind wanders that's okay, you can just go back into that plain white room.

Imagine the most serene place. It doesn't have to be a place that exists, it just needs to be a place where you feel safe and relaxed. Today I will use a meadow by a lake.

I want you to imagine what that place looks like. Are there wildflowers or just grass? What colours are the flowers? (you can just use general colours and shades instead of trying to imagine specific flowers if you want. Or you can make the meadow full of flowers made of precious gems like rubies and sapphires.)

What does the sky look like? Are there clouds? What do the clouds look like? Are there trees? Just keep imagining this sacred place that only you can visit.

Now, I want you to imagine what you can smell?

What do the flowers smell like? Is their scent carried on the wind or is it just softly present? Can you smell the earth? What else might you smell in your sacred place?

Okay, now we move onto touch. Imagine that you can feel a flower, what does it feel like? Can you feel the veins on a leaf? What about the texture of the bark on a tree? Can you feel the ground beneath you? Are you laying on a blanket or soft grass..or maybe some soft sand.

Taste might be a bit tricky but this is all imagination so you can imagine you brought a basket with food. Or you can imagine that you are sitting by an orange tree and you reached up and grabbed a ripe orange. This is a great way of going through all the senses again. Imagine that you are holding the orange. Imagine the weight, the texture of the rind. The scent as you hold it close to your nose. Imagine that it feels warm and sweet as you take a section and pop it in your mouth. Savour the moment.

We will move onto sound. What can you hear? Birds? Water lapping against the shore? Leaves rustling? Or maybe you just hear silence. Focus on each sound in turn.

When you are ready you can open your eyes and have a good stretch.

This does not need to take long, but one benefit is that as you create your special space, you can go back there when you feel stressed. Sometimes, just taking a few minutes to go to the meadow can give you the boost you need to get through your day.

If you aren't comfortable doing a whole created environment, you can imagine you are floating on a raft down a lazy river. Then you just need to imagine the water around you, the green banks and the blue sky.

I hope you enjoyed the brief relaxation journey to the meadow. It may seem different, but I hope you give it a try and find some stress relief.


Explore Nature

The Monarch Butterfly!



Have you been outside today? Have you gone for a walk? Next time you take a walk, why not search for this stunning butterfly! Here are some fun facts about the monarch butterfly.

Monarch butterflies embark on a marvelous migratory phenomenon. They travel between 1,200 and 2,800 miles or more from the United States and Canada to central Mexican forests. There the butterflies hibernate in the mountain forests, where a less extreme climate provides them a better chance to survive. The monarch butterfly is known by scientists as *Danaus plexippus*, which in Greek literally means "sleepy transformation." The name evokes the species' ability to hibernate and metamorphize. Adult monarch butterflies possess two pairs of brilliant orange-red wings, featuring black veins and white spots along the edges. Males, who possess distinguishing black dots along the veins of their wings, are

	<p>slightly bigger than females. Each adult butterfly lives only about four to five weeks.[Source]</p>
<p>Home Activities/ Crafts <i>Ideas to engage your loved one in laughter, enjoyment, and socialization.</i></p>	<h2>Fabric Scrap Ladybugs!</h2> <p>Since it's June, and the weather is getting warmer, expect to see some ladybugs crawling on blades of grass...or your finger! Why not have cute ones on your fridge? Those ones will stay put.</p> <p>Supplies</p> <ul style="list-style-type: none"> • Fabric scraps • Round plastic lid • Felt to coordinate with your fabric • Card stock • Black and white craft paint • Round magnets • Tools: scissors pen, paintbrush, toothpick, glue stick  <p>Instructions</p> <ol style="list-style-type: none"> 1. Trace around the round plastic lid onto the fabric. Use scissors to cut out the circle. 2. Cover the back of the fabric circle with a glue stick. 3. Stick the fabric circle to coordinate felt. Glue the felt to the card stock. 4. Paint a semi-circle for the head with black paint. 5. Use the handle end of the paintbrush to dot on the whites of the eyes. let everything dry completely. <p>For more information and directions, click here! Ladybug Fabric Craft</p>
<p>Spotlight</p>	<p>Introduction: Hi my name is Sara. I have been working in the Gerontology field for just over 9 years. I have been a part of the Alzheimer Society Peel family for 6 years. If you see me on the program, don't be shy and please always feel free to say hello to me!</p> <p>Favourite thing about ASP: Meeting new families and learning about the members and their stories. Each person has such an amazing background, and I</p>



always find it so fascinating to find out members' journeys that have brought them to where they are today.

Hobbies/Interests: I have two children who keep me and my husband busy and always on our toes. We enjoy time at the cottage with family or camping in our little trailer and exploring Ontario. I love music, baking and family.

Favourite Program to Run: My most favorite program to run is called 'All About Me.' It's one of those activities where you don't need to have a wrong or right answer

because all the answers are from your own life, opinions, tastes or experiences. It's also fun to find out neat interests about others.

Interesting Fact: I used to play the viola, which was amazing and I was even a part of an orchestra. I also played the bass clarinet when I was much younger. I like trying new things and I love being people's cheerleaders.

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@alzheimerveil.com.

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

June Education

Wednesday June 9 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 effects.

Monday June 14 6:30- 8:00 PM & Wednesday June 16 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.

Monday, June 21 6:30-8:00 PM & Wednesday, June 23 10:00-11:30 AM:

Transitions - covers role changes in dementia care from spouse or adult child to caregiver. Tips and strategies are given on managing transitions in the journey – moving, starting Day Programs, starting bathing (community supports), and Long Term Care adjustment.

Monday, June 28 6:00- 8:30 PM & Wednesday, June 30 10:00- 11:30 AM: Holiday Planning - covers how to adapt holiday planning for people living with dementia,



and visiting tips for someone with dementia in different settings (LTC, Retirement, Community).

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

Enjoy and See You Next Week!

We want to hear from you. Please complete this short survey!

[Virtual Newsletter Satisfaction Survey](#)