



ASP VIRTUAL NEWSLETTER

March 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@alzheimerpeel.com
for feedback, suggestions and
technical support.

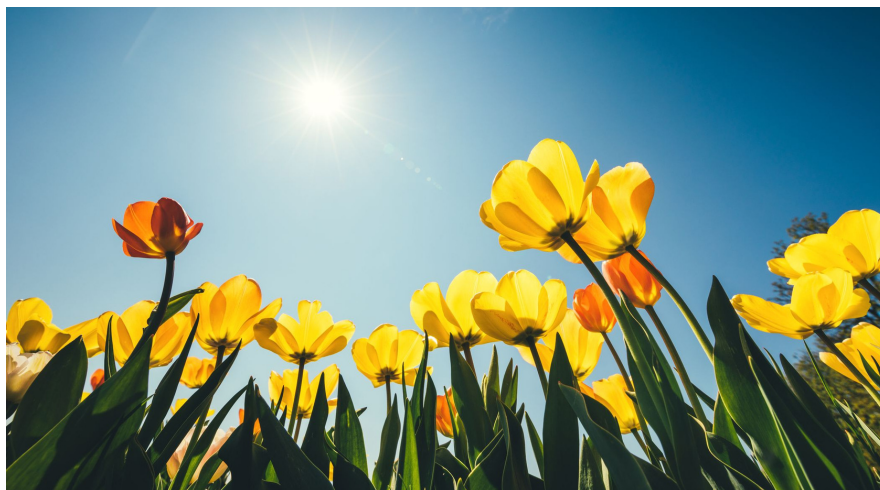
Special Days

On March 20th 2022, we welcome Spring!

Here are 5 signs that spring is on the way:

1. Listen to the birds singing.
2. The trees are starting to bud and the sap is starting to flow.
3. As the ponds and wetlands start to melt, keep your ear out for the spring peepers.
4. Notice the smell of the air change as the weather get warmer.
5. Watch for the return of the bumblebees and butterflies!

For more details, click here: [First Signs of Spring for Nature Lovers](#)





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Health and Wellness



Here are some Vitamin D Food Sources:

- Salmon
- Canned tuna
- Egg Yolks
- Mushrooms
- Cow's milk
- Soy milk
- Orange juice
- Cod liver oil

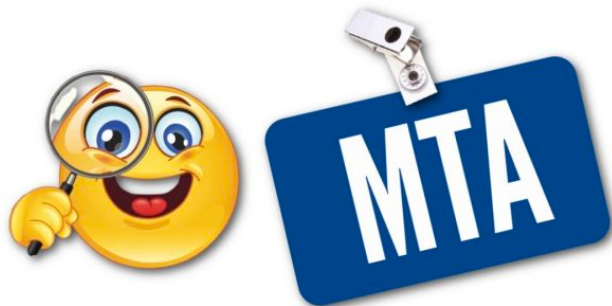
(Source)



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Music Corner with Music Therapist, Ruth

Look for/Recherchez le:



It's Music Therapy Month!

Did you know that music therapy is a credentialed profession? Music Therapists must complete an undergraduate or masters degree in music therapy, a 1000 hour internship and a board certification exam. If you are looking for a music therapist, look for the MTA, Music Therapist Accredited credential.

What are some of the benefits of music therapy for persons living with dementia?

- Certified music therapists (MTAs) use songs stored in a person's long-term memory to stimulate cognitive function, reminiscence and connection to identity.
- Certified music therapists (MTAs) provide a safe environment to explore music skills, whether pre-existing or newly discovered, to foster a sense of pride, purpose and self-esteem.
- Certified music therapists (MTAs) use music to create a potentially social environment for persons who may be withdrawing from peer interaction.
- Certified music therapists (MTAs) work individually with persons who are isolated or who are no longer able to participate in group settings due to confusion or increased agitation.





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Music Corner with Music Therapist, Ruth

How is music therapy used in dementia care?

- Receptive: listening to music and engaging the client in reminiscence; providing live or recorded music to the client to promote emotional expression.
- Re-creative: helping a client to maintain musical skills (instrumental, singing) that provided enjoyment and recreation in the past; leading recreational music activities such as a vocal choir in which clients participate for enjoyment and socialization. Vocal singing has health benefits such as reduced anxiety, pain and enhanced mood.
- Improvisation: providing opportunities for the client to express their emotions using voice or rhythm or melodic instruments; fostering creativity through non-verbal expression.
- Composition/Creativity: writing an original song about a topic relevant to the client; writing an original song for the client to share with family and friends as part of legacy or reminiscence work.



What are supporting research examples for using music therapy in dementia care?

- Music has demonstrated to decrease agitation and anxiety (Cooke et al. 2010).
- Music has been shown to aid in learning information (Baird et. al, 2017; Moussard, 2014).
- Music has been shown to be a memory enhancer (Simmons-Stern et. al, 2010).
- Music therapy interventions using singing training many improve cognitive function (Saton et. al, 2015).
- Singing in a choir has outcomes of reduced anxiety and pain as well as enhanced mood for cognitive impaired older adults and their caregiver (Clements-Cortes, 2015).
- 40Hz rhythmic sensory stimulation for persons with Alzheimer's disease points to: increased alertness, clarity and cognition (Clements-Cortes et. al, 2016).

“Music Therapy Fact Sheet: Music Therapy and Dementia Care” Canadian Association for Music Therapists, <https://www.musictherapy.ca/>. Accessed 2 Mar. 2021.



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Armchair Travel



Let's visit Dublin, Ireland for the St. Patrick's Day festival!

This year it is happening March 16-20 and to make up for the last 2 years of cancelled festivities, this year is said to be the biggest yet!

The streets will be decorated in vibrant colours and packed with folks ready to celebrate. There will be a wide variety of programming both live in virtual ranging from musical performances, theatre performances, and of course food and drink tours.

Thursday, March 17th is the main event, the St. Patrick's Day Parade. According to Lonely Planet, " 'Connections' is the theme this year and organisers promise the 2022 parade will feature a fresh, ambitious and bold new vision and some of the pageant themes include "Inspire + Connect", "Inclusion", "Acceptance & Love" and "Traditions of the Sea' ".

Click here to watch festivities online from anywhere in the world:
<https://stpatricksfestival.ie/>





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Activity Corner



In honour of St. Patrick's Day, here is a recipe to make Irish Soda Bread from [Sally's Baking Recipes](#).

Irish Soda Bread is a quick bread that does not require any yeast. Instead, all of its leavening comes from baking soda and buttermilk. This Irish Soda Bread recipe is my grandmother's and has been cherished in my family for years. It's dense, yet soft and has the most incredible crusty exterior.

Ingredients

- 1 and 3/4 cups (420ml) buttermilk*
- 1 large egg (optional, see note)
- 4 and 1/4 cups (531g) all-purpose flour (spoon & leveled), plus more for your hands and counter
- 3 Tablespoons (38g) granulated sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 5 Tablespoons (70g) unsalted butter, cold and cubed*
- optional: 1 cup (150g) raisins





ASP VIRTUAL NEWSLETTER

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Instructions

1. Preheat oven & pan options: Preheat oven to 400°F (204°C). There are options for the baking pan. Use a regular baking sheet and line with parchment paper or a silicone baking mat (bread spreads a bit more on a baking sheet), or use a seasoned 10-12 inch **cast iron skillet**, or grease a 9-10 inch cake pan or pie dish. You can also use a 5 quart (or higher) dutch oven. Grease or line with parchment paper. If using a dutch oven, bake the bread with the lid off.
2. Whisk the buttermilk and egg together. Set aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a **pastry cutter**, a fork, or your fingers. Mixture is very heavy on the flour, but do your best to cut in the butter until the butter is pea-sized crumbs. Stir in the raisins. Pour in the buttermilk/egg mixture. Gently fold the dough together until dough it is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.
3. Transfer the dough to the prepared skillet/pan. Using a very sharp knife, score an X into the top. Bake until the bread is golden brown and center appears cooked through, about 45 minutes. Loosely cover the bread with aluminium foil if you notice heavy browning on top. I usually place foil on top halfway through bake time.
4. Remove from the oven and allow bread to cool for 10 minutes, then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads.
5. Cover and store leftover bread at room temperature for up to 2 days or in the refrigerator for up to 1 week. We usually wrap it tightly in aluminum foil for storing.



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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.

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

Tuesday March 1st 6:30-8:00 PM & Wednesday March 2nd 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 March 8th 6:30-8:00 PM & Wednesday March 9th 10:00-11:30 AM **Understanding Behaviour** - covers what the meaning behind behaviours is, common behavioural triggers, and management strategies.

Tuesday March 22nd 6:30-8:00 PM & Wednesday March 23rd 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.

Tuesday March 29th 6:30-8:00 PM & Wednesday March 30th 10:00-11:30 AM **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.

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