



# Alzheimer Society P E E L



## Virtual Program Newsletter

### November 2021

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!

#### QUICK LINK TO ARTICLES:

[Special Days](#)   [Health & Wellness](#)   [Spotlight](#)  
[Reading Nook](#)   [Explore Nature](#)   [Care Partner Corner](#)  
[Music Corner](#)   [Home Activity & Crafts](#)

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

November 11th is Remembrance Day, on the 11th day of the 11th month at the 11th hour we all gather for a moment of silence to honour those who have fallen in the service of their country, and to acknowledge the courage of those who still serve.

This year marks the 100th Anniversary of the Remembrance Poppy in Canada, every year the Legion gives poppies out to those who wish to display their pledge to honour Canada's veterans. Donations for the poppies are not required but are appreciated as the proceeds go towards directly supporting Veterans and their families.

If you wish to take part in this years National Ceremony in Ottawa, here are your viewing options:

- You can watch it on your local news platform as most networks will be covering the ceremony
- You can watch it on the ceremony live on [The Royal Canadian Legion Facebook page](#)



	<p>The Ceremony program schedule is as follows:</p> <p>Ceremony starts at approximately 10:45 am.</p> <ul style="list-style-type: none"> <li>- Arrival of Dignitaries</li> <li>- O Canada</li> <li>- Last Post</li> <li>- (11:00 am) Two Minutes of Silence</li> <li>- Lament</li> <li>- Rouse</li> <li>- Act of Remembrance</li> <li>- Prayers</li> <li>- Placing of Wreaths</li> <li>- Benediction</li> <li>- God Save the Queen</li> <li>- Dignitaries depart and ceremony concludes</li> </ul> <p>For more information please visit:</p> <p><a href="https://www.legion.ca/remembrance/remembrance-day/the-national-ceremony/changes-to-ceremony">https://www.legion.ca/remembrance/remembrance-day/the-national-ceremony/changes-to-ceremony</a></p> <p><a href="https://www.veterans.gc.ca/eng/remembrance">https://www.veterans.gc.ca/eng/remembrance</a></p>
<p>Reading Nook</p>	<p><b>Please enjoy these <a href="#">Remembrance Day Poems</a></b></p> <p><b>In Flanders Fields</b></p> <p>In Flanders fields the poppies blow  Between the crosses, row on row,  That mark our place; and in the sky  The larks, still bravely singing, fly  Scarce heard amid the guns below.  We are the Dead. Short days ago  We lived, felt dawn, saw sunset glow,  Loved, and were loved, and now we lie  In Flanders Fields.</p> <p>Take up our quarrel with the foe:  To you from failing hands we throw  The torch; be yours to hold it high.  If ye break faith with us who die  We shall not sleep, though poppies grow  In Flanders Fields.</p> <p>- John McCrae</p>

## Why Wear a Poppy

"Please wear a poppy," the lady said,  
And held one forth, but I shook my head.  
Then I stopped and watched as she offered them there,  
And her face was old and lined with care;  
But beneath the scars the years had made  
There remained a smile that refused to fade.  
A boy came whistling down the street,  
Bouncing along on care-free feet.

His smile was full of joy and fun,  
"Lady," said he, "may I have one?"  
When she'd pinned it on, he turned to say;  
"Why do we wear a poppy today?"

The lady smiled in her wistful way  
And answered; "This is Remembrance Day.  
And the poppy there is a symbol for  
The gallant men who died in war.

And because they did, you and I are free -  
That's why we wear a poppy, you see.  
I had a boy about your size,  
With golden hair and big blue eyes.

He loved to play and jump and shout,  
Free as a bird, he would race about.  
As the years went by, he learned and grew,  
And became a man - as you will, too.

He was fine and strong, with a boyish smile,  
But he'd seemed with us such a little while  
When war broke out and he went away.  
I still remember his face that day.

When he smiled at me and said, 'Goodbye,  
I'll be back soon, Mum, please don't cry.'  
But the war went on and he had to stay,  
And all I could do was wait and pray.

His letters told of the awful fight

(I can see it still in my dreams at night),  
With the tanks and guns and cruel barbed wire,  
And the mines and bullets, the bombs and fire.

Till at last, at last, the war was won -  
And that's why we wear a poppy, son."  
The small boy turned as if to go,  
Then said, "Thanks, lady, I'm glad to know.  
That sure did sound like an awful fight  
But your son - did he come back all right?"  
A tear rolled down each faded cheek;  
She shook her head, but didn't speak  
I slunk away in a sort of shame,  
And if you were me, you'd have done the same:

For our thanks, in giving, if oft delayed,  
Though our freedom was bought - and thousands paid!  
And so, when we see a poppy worn,  
Let us reflect on the burden borne  
By those who gave their very all  
When asked to answer their country's call  
That we at home in peace might live.  
Then wear a poppy! Remember - and Give!

- Don Crawford

Music  
Corner  
Featuring  
Ruth



### **Lest We Forget**

On November 11, we take a moment of “remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace and”; particularly the First and Second World Wars, the Korean War, and all conflicts since then in which members of the Canadian Armed Forces have participated.

Check out [Veterans Affairs Canada](#) to find out more information about [Remembrance day](#)

### Spotify Playlists

[World War II Radio Hits](#)

[Songs of World War I](#)

[Songs of Peace](#)

### YouTube Playlists

[The Songs & Music Of World War II](#)

[Remembrance Day Songs](#)

### War Music Trivia

1. The song "[Bluebirds Over the White Cliffs of Dover](#)" was a hit for which British singer?
  - a. Dinah Shore
  - b. Vera Lynn
2. Bing Crosby recorded this Irving Berlin song in 1942. It became a smash hit and remains to this day one of the most popular holiday tunes ever written. What is the song?
  - a. [White Christmas](#)
  - b. [I'll Be Home for Christmas](#)
3. This song was based on a poem penned by a German soldier, it quickly became a favorite war tune to both Allies and Axis. Sung by Marlene Dietrich, what is the song?
  - a. Rose Ilene
  - b. [Lili Marlene](#)
4. Which group is known as "America's Wartime Sweethearts"?
  - a. [Andrews Sisters](#)
  - b. [Boswell Sisters](#)
5. Who wrote '[Over there! Over there! Send the word, send the word, over there that the Yanks are coming, the Yanks are coming...](#)'?
  - a. George Gershwin
  - b. George M Cohen
6. Which Big Band leader was given a military commission to bring his upbeat music to the American troops?
  - a. [Artie Shaw](#)
  - b. [Glenn Miller](#)
7. One of the light-hearted songs was "[How Ya Goin' to Keep'em Down on the Farm](#)", which expressed concern about how unsophisticated American soldiers might be spoiled by what city?

	<div><div><div><div><div></div><div>a. Paris</div></div><div><div>b. London</div></div></div></div><div><div>8. Soldiers need marching songs to ease the drudgery of long treks. This song advised you to "<a href="#">Pack Up Your Troubles in Your Old Kit Bag</a>" and do what?</div><div><div>a. Eat, eat, eat</div><div>b. Smile, smile, smile</div></div></div><div><div>9. Which of the following optimistic songs was a big hit for English singer Vera Lynn in 1939?</div><div><div>a. <a href="#">We'll Meet Again</a></div><div>b. <a href="#">My Bonnie Lies Over the Ocean</a></div></div></div><div><div>10. Who was thankful for the memories on his USO tours?</div><div><div>a. <a href="#">Rudy Vallee</a></div><div>b. <a href="#">Bob Hope</a></div></div></div></div> <div><div>Answers</div><div><div>1. B. Dame Vera Lynn</div><div>2. A. White Christmas</div><div>3. B. Lili Marlene</div><div>4. A. The Andrews Sisters</div><div>5. B. George M Cohen</div><div>6. B. Glenn Miller</div><div>7. A. Paris</div><div>8. B. Smile, smile, smile</div><div>9. A. We'll Meet Again</div><div>10. B. Bob Hope</div></div></div>
Health & Wellness	<div><div><div>This month for Health and Wellness our topic is Kindness. I would like to share a program that I found from an external resource called Activity Connection.</div><div><i>This program can be done individually or with others. If you are participating in a group, take turns reading the sections aloud.</i></div><div><b>Kindness: A Prescription for Health</b></div><div>Kindness has obvious advantages, but it is also surprisingly beneficial for your mental and even physical well-being. This program outlines some ways to incorporate kindness into your wellness routine. It also includes poetry, songs, and photos to display or project.</div></div></div>

## **Being Kind**

Kindness costs nothing to give but means everything when received—not just to the receiver, but to the giver as well. The “Be Kind” concept is a popular one that can be found written just about everywhere, including on mugs, T-shirts, posters, and in books. Being kind is easy under the right circumstances, but what about when it’s a challenge? In the words of the Dalai Lama: “Be kind whenever possible. It is always possible.”

### **Kind Hearts**

by Anonymous

Kind hearts are the gardens,  
Kind thoughts are the roots,  
Kind words are the blossoms,  
Kind deeds are the fruits;  
Love is the sweet sunshine  
That warms into life,  
For only in darkness  
Grow hatred and strife.

## **What is kindness?**

A dictionary definition of kindness is “the quality of being friendly, generous, empathetic, and compassionate.” Its synonyms include selflessness, benevolence, warmth, and tenderness. Mark Twain described it as “the language that the deaf can hear and the blind can see.” And Frank A. Clark, an American politician, proclaimed that it “makes a fellow feel good whether it’s being done to him or by him.” All these things are true, but the meaning of kindness varies and can range from simple to complex.

*Now think, what does kindness mean to you?*

## **Random Acts of Kindness**

The term random act of kindness was coined in 1982 by author Anne Herbert, who later wrote a book by the same name. The complete phrase “random acts of kindness and senseless acts of beauty” was meant as a reversal of the phrase “random acts of violence and senseless acts of cruelty.” It can be defined as “the opportunity to act with kindness without premeditation and usually to a stranger, with no expectation of anything in return.” You never know when the opportunity for a random act of kindness might present itself or what action you would take when it does. However, the satisfaction and happiness experienced from performing such an act can contribute to one’s own well-being. And, in turn, it can inspire the person receiving the kindness to pay it forward, thus creating a chain reaction of people

	<p>being kind to one another that grows and grows until eventually the world becomes a better place.</p> <p><b>Practicing Kindness</b></p> <ul style="list-style-type: none"> <li>• When you wake up in the morning, tell your image in the mirror that you are loved, you are grateful, you are kind, and you will have an amazing day.</li> <li>• Give yourself pep talks whenever you feel down. Better still, talk to a friend or family member and have them give you positive feedback.</li> <li>• Each day, ask yourself how you can demonstrate kindness and be on the alert for opportunities to perform random acts of kindness. It's the little things that count, such as lending a hand, writing a note, giving a hug, taking time to listen, and so on.</li> <li>• There is evidence to support that even just witnessing an act of kindness, such as on television, can have positive effects. So, tune in and tune up your neurotransmitters!</li> <li>• In a University of British Columbia Study, a group of six very anxious people were directed to perform at least six acts of kindness each week. After a month, it was noted among the group an increase in positive moods, satisfaction with relationships, and a decrease in social avoidance. Perhaps it would be interesting to test this out on yourself to see if you achieve the same results.</li> <li>• Make kindness the foundation for your friendships.</li> <li>• Find ways to genuinely compliment people.</li> <li>• Smile at a stranger.</li> <li>• Extend kindness to animals as well as people.</li> <li>• Pick up the phone and call someone you haven't talked to for a while.</li> <li>• And lastly, be kind to yourself!</li> </ul> <p>©ActivityConnection.com</p>
<p><b>Explore Nature</b></p>	<p>To help us keep the environment healthy and happy it takes effort from everyone, individually and as a community. Being more eco-conscious has been a big topic of discussion lately, as research is proving there are ongoing changes that are negatively impacting our environment. There are many simple swaps that everyone can do in their daily lives that would have a positive impact and help us become more sustainable.</p> <p>Here are <a href="#">10 Eco-Friendly Swaps</a>:</p> <ol style="list-style-type: none"> <li>1. Swap plastic baggies for snack containers or washable baggies.</li> <li>2. Swap plastic wrap for beeswax wrap.</li> <li>3. Swap your to-go coffee cup with one you bring from home.</li> <li>4. Swap cotton balls for washable rounds to remove makeup and apply toners.</li> <li>5. Swap single-use cleaners for refillable, eco-friendly products.</li> <li>6. Swap plastic straws for bringing your own (or skipping one altogether).</li> </ol>

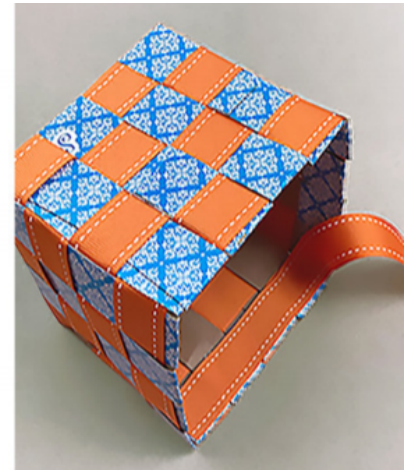


	<p>7. Swap plastic water bottles and refill a reusable one.</p> <p>8. Swap plastic bags at the grocery store for reusable canvas &amp; produce bags.</p> <p>9. Swap dryer sheets for dryer balls.</p> <p>10. Swap paper towels for recyclable bamboo towelettes or a washable dishrag.</p> <p>Here is an interesting video on how you can reduce your waste: <a href="#">How to reduce your waste   Nila Patty   TEDxVenlo</a></p>
<p>Home Activities/ Crafts <i>Ideas to engage your loved one in laughter, enjoyment, and socialization.</i></p>	<p>As the holiday season is soon approaching many people are starting to make their gift lists! This year, instead of thinking of gifts you can <b>buy</b> for your loved ones, let's think about gifts we can <b>make</b> instead!</p> <p>Here is a list of some simple DIY activities that make perfect gifts:</p> <ul style="list-style-type: none"><li>• <a href="#">Decoupage Soap Craft with Mod Podge</a></li><li>• <a href="#">DIY Tile Coasters</a></li><li>• <a href="#">DIY Homemade Candles</a></li><li>• <a href="#">Homemade Flavored Salt</a></li><li>• <a href="#">Teacup Pincushions</a></li><li>• <a href="#">Sweet and Spicy Coated Nuts</a></li><li>• <a href="#">Stove Top Potpourri</a></li><li>• <a href="#">Homemade Soup Jars</a></li></ul> <p>Check out this activity you can do at home, whether you decide to make it for yourself or give it as a gift! I'm sure you will have fun creating it!</p> <p>Woven Tissue Box</p> <p>You will need:</p> <ul style="list-style-type: none"><li>• Square tissue box (empty)</li><li>• 7/8"-wide decorative ribbon (five 18" pieces)</li><li>• Glue Dots (permanent tack)</li><li>• Scissors</li></ul> <p>Directions:</p> <ol style="list-style-type: none"><li>1. Cut the top and corners off the tissue box to flatten the side panels.</li><li>2. Cut each of the side panels into 4 even strips as shown below.</li></ol>





3. Weave a strand of ribbon through the strips, starting at the bottom of the box. Secure the ends of the ribbon with Glue Dots.
4. Repeat step 3 to weave 3 more strands of ribbon.



5. Fold the tops of the cardboard strips down, securing them in place inside the box using Glue Dots.
6. Add the last piece of ribbon to the top inside edge of the box using Glue Dots to keep it in place. (This hides the folded tops of the cardboard strips and adds an attractive finish.)
7. Now, fill your handmade basket with office supplies, bingo accessories, or a gift.

Source: Activity Connection

## Spotlight

### Introduction:

Hi my name is Marlena. I am the Client Service Assistant Manager at our Brampton Day Centre location. I have been with ASP since 2018 and in that time I have had the opportunity of working at a few of our day program locations and virtually for some time. The dynamic environment keeps me on my toes and gives me great experiences

	<p><b>Favourite thing about ASP:</b>  My favourite thing about ASP is our lovely members, hearing their stories, experiences and laughs in the day program. I missed the day program and all the noise from our members enjoying their day with the lively staff that are amazing at what they do. ASP is always striving to support their care partners and members and that is something that I truly believe in and am passionate about. I love that I have gotten to move around and meet new people from all walks of life.</p> <p><b>Hobbies and interests:</b>  In my free time I love to read, travel when I can, exercise and enjoy nature. I especially love to mix those hobbies and travel to places where I can challenge myself mentally and physically. Like hiking a mountain in Alberta where I can challenge my physical self and enjoy the beautiful outdoor sights.</p>
<p>Care Partner Corner</p>	<div data-bbox="1052 138 1523 785" data-label="Image"> </div> <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></p> <p><b>November Education</b></p> <p><i>Monday November 1st 2021 6:30- 8:00 PM &amp; Wednesday November 3rd 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 November 8th 2021 6:30-8:00 PM &amp; Wednesday November 10th 2021 at 10:00-11:30 AM: <b>Caregiver Burnout</b> -covers signs and symptoms of caregiver burnout, tips to overcome burnout, what is self-care and how to accomplish it, &amp; grief and its effects.</i></p> <p><i>Monday November 15th 2021 6:30- 8:00 PM &amp; Wednesday November 17th 2021 6:30- 8:00 PM: <b>Long Term Care Planning</b>- 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.</i></p> <p><i>Monday November 22 2021 6:30- 8:00 PM &amp; Wednesday November 24 10:00-11:30 AM: <b>Advance Care Planning &amp; Power of Attorneys</b> - covers what is Power of Attorney for Property, what is Power of Attorney for Care, how to set up POA's, what is a Substitute</i></p> <div data-bbox="1138 1026 1495 1352" data-label="Image"> </div>

Decision Maker, what to consider/ask when creating advance care plans, Disability Tax Credit, Compassionate Care Benefits.

*Monday November 29 2021 6:30-8:00 PM: **Getting Started** - covers what is Dementia, The 8 Common symptoms in Dementia, and how to communicate effectively with someone living with dementia.*

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

## **Enjoy and See You Next Week!**

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

[Virtual Newsletter Satisfaction Survey](#)