



# Alzheimer Society P E E L

## Virtual Program Newsletter September 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*

### September 12, 2021 is National Grandparents Day!

This is a day to recognize those who are near and dear to our hearts, our Grandparents. Now whether you have grandchildren of your own, great nieces and nephews or any sort of "grandparent" relationship then this day is for you!


As many of the members we work with at ASP are grandparents to their own families they also provide similar support and friendship to us, the staff!

So, on behalf of ASP we want to say thank you! Please enjoy this day and spend it with those you love, doing what you love!

Some activity ideas may be fishing, baking, knitting, reminiscing about old family photos and memories, having a picnic or simply spending time together watching a movie.

[\[Source\]](#)

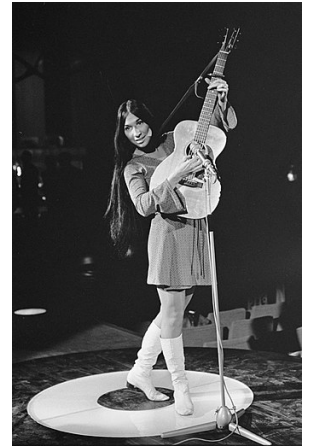


<p>Reading Nook</p>	<p><b>Please enjoy these poems about September:</b></p> <p><i>Helen Hunt Jackson, 'September'.</i></p> <p>The golden-rod is yellow; The corn is turning brown; The trees in apple orchards With fruit are bending down.</p> <p>The gentian's bluest fringes Are curling in the sun; In dusty pods the milkweed Its hidden silk has spun.</p> <p>The sedges flaunt their harvest, In every meadow nook; And asters by the brook-side Make asters in the brook ...</p> <p><i>Lucy Maud Montgomery, 'September'.</i></p> <p>Lo! a ripe sheaf of many golden days Gleaned by the year in autumn's harvest ways, With here and there, blood-tinted as an ember, Some crimson poppy of a late delight Atoning in its splendor for the flight Of summer blooms and joys This is September.</p> <p>For more please click here: <a href="#">The Best Poems for September</a></p>
<p>Music Corner <i>Featuring Ruth</i></p>	<p><b>Musical Biography - Buffy Sainte-Marie</b></p> <div data-bbox="328 1530 742 1999">  </div> <p>Buffy Sainte-Marie is an Indigenous Canadian-American singer-songwriter, musician, Oscar-winning composer, visual artist, educator, pacifist, and social activist.</p> <p>Sainte-Marie was born on February 20, 1941 on a Cree reserve in Saskatchewan. She taught herself how to play the piano, started singing from the young age of three and picked up guitar during her teenage years. She was adopted as a young child by a couple in Massachusetts of Mi'kmaq descent and</p>

went on to earn a PhD in Fine Arts and became fluent in French, Spanish and Japanese. She began to connect with her Cree roots in Canada and began touring at music festivals.

In 1963, she saw wounded soldiers returning from the Vietnam War and wrote the song "[Universal Soldier](#)" and was named Billboard Magazine's Best New Artist. She began to write songs that focused on the mistreatment of Indigenous Americans like "[When the Buffalo's Gone](#)" and made appearances on The Johnny Cash Show, Soul Train, American Bandstand and The Tonight Show Starring Johnny Carson.

Being from a wealthy family she put her money towards philanthropic endeavors and a focus on education for marginalized Indigenous communities. In the 1970s Buffy Sainte-Marie began to experience censorship from radio and television and was blacklisted from American radio stations by Lyndon B. Johnson. Her music still



remained popular at live events and throughout the world, especially "[Until It's Time for You to Go](#)", which has been recorded in 16 different languages and by 200 other artists, including [Elvis Presley](#).



Between 1975 and 1981, Buffy Sainte-Marie appeared on [Sesame Street](#), teaching children about Indigenous culture and teaching the audience to count in Cree. In 1982, Sainte-Marie became the first Indigenous person to win an Academy Award for Best Original Song and a Golden Globe for Best Original Song for her co-written song "[Up Where We Belong](#)", from the movie *An Officer And a*

*Gentleman*.

Throughout her career, Sainte-Marie has been awarded 14 honorary doctorate degrees, received a star on the Canadian Walk of Fame, was awarded two medals from Queen Elizabeth II, and in 2020 she was awarded the Allan Slaight Humanitarian Award for her education work and social activism. In 2017, Buffy Sainte-Marie released an album entitled [Medicine Songs](#), featuring "[You've Got to Run \(Spirit of the Wind\)](#)" which was the second album to win a Juno. Now 80, Buffy Sainte-Marie, still continues to tour and influence other artists with her music.



Click here for a YouTube Playlist → [Buffy Sainte-Marie's Top Hits](#)

Click here for a Spotify Playlist → [Buffy Sainte-Marie](#)

Click here to watch a one-hour documentary produced by CineFocus Canada in 2006 → [Buffy Sainte-Marie: A Multimedia Life](#)

## Health & Wellness

### Importance of Hand Strength

People often overlook hand strength then they focus on exercising but practicing hand strength exercises are extremely important for our overall health. If you think about it, you use your hands for just about everything! Brushing your teeth, buttoning your shirt, opening that stubborn jar of pasta sauce, these are just a few examples of how often you rely on your hands.

Not only is maintaining your hand strength important for the examples mentioned above, but it is also great to help with circulation and arthritis pain.

Here are some examples of hand exercises you can do at home:

1. [10 Ways to Exercise Hands and Fingers](#)
2. [Hand, Wrist and Elbow Exercises](#)
3. [Hand Exercises](#)

When engaging in any type of physical activity it is important to listen to your body, be sure not to overdo it, stay hydrated and take rests whenever you feel it is needed.



## Explore Nature

### Let's Explore Ontario's Wildlife.. Virtually!

As many of our favourite wildlife spotting destinations in Ontario have been closed to the public, they have shifted to a virtual experience.

Thanks to Destination Ontario, we are able to find the multiple organizations who are offering virtual experiences and discover engaging ways to view native wildlife, learn about their role in the natural eco-system and support conservation efforts.

Here are a few:

- Wolves at the Haliburton Forest and Wildlife Centre, just north of Haliburton, south of Algonquin Provincial Park.

You can view their live "Wolf Webcam" here:

<https://www.haliburtonforest.com/wolfcams/>

- Moose in Algonquin Park with Voyageur Quest, South River, northwestern corner of Algonquin Provincial Park.

You can view their live stream of the park here:

<https://www.algonquinpark.on.ca/virtual/webcam/index.php>

- Toronto Zoo To You Virtual Experiences

They offer a live stream daily at 1:00 PM with one of their Keepers to learn about the animals that call the Toronto Zoo home. Click here to explore their facebook page : <https://www.facebook.com/TheTorontoZoo>

For more information and other opportunities please visit: [Walk on the Wild Side With Virtual and In-person Wildlife Viewing in Ontario](#)

## Home Activities/ Crafts

*Ideas to engage your loved one in laughter, enjoyment, and socialization.*

As the weather is starting to cool down, now is a perfect opportunity to sit outside and watch the birds! Many people have store-bought bird feeders but if you are up for a challenge and a bit of fun, why not try to make your own?

There are many different ways to make bird feeders, some people use empty soda bottles and milk jugs or kitchen ware such as bowls and bundt pans.

Here is one example:

What you need:

- 2 pieces of stale bread
- Peanut butter
- Bird seed
- Cookie cutters
- 2 Pipe Cleaners



#### Instructions:

- Use cookie cutters to cut out the middle of the bread.
- Carefully poke a pipe cleaner through each shape and twist the ends together.
- Spread peanut butter over each shape, then place the peanut butter side down into a bowl of bird seed. Press down firmly but gently to coat the entire shape.
- Remove and it's ready to hang on a fence, tree, or plant hook.
- Enjoy watching the birds come!

To see pictures of how to do each step click here:

<https://www.naturalbeachliving.com/easy-peanut-butter-bird-treats/>

### Seasonal Scattergories

As the seasons are starting to change from summer to fall, here is an activity that will get us thinking about what we enjoy about all 4 seasons!

Traditionally, Scattergories requires 2 people to play, the objective is to score points by uniquely naming objects that fit the categories in a timed setting but you have to be creative with your answers because they are based off of the initial letters.

For instance, you can have a fruit category and must name fruit that starts with the corresponding letter.

However, the key is that you cannot have duplicate answers as other players!

Click here to see a video on how to play: [How to Play Scattergories](#)


Our version of Scattergories is a bit different, here is how it works:

#### Materials:

- Pen
- Pencil

#### How to play:

- Pick a category- for this game we will do seasons. (Fall, Winter, Spring and Summer)
- Here is where your pen and pencil will be used, but if you prefer not to write then the next part can be done verbally instead.
- Start with the season of your choice, for example Fall
- Now, thinking of the season Fall, try to come up with as many words related to that season as you can such as leaves, sweaters, Halloween. If you would like, you can set a goal for yourself. Try and write down 10 words.

	<p>This activity can be done independently, in pairs or in a group, if you choose to play with someone else, compare your words after, it is interesting to see what words others write down!</p> <p>Now, continue and repeat the steps with the rest of the seasons.</p> <p>Have fun!</p>
Spotlight	<div><div><p><b>Introduction:</b></p><p>My name is Ruth Watkiss and I am the Music Therapist here at the Alzheimer Society Peel. I have been with the Society for over 15 years beginning as a summer student in 2004, completing a university placement and my music therapy internship before working at all three Day Programs adding services as ASP grew.</p><p><b>Favourite thing about ASP:</b></p><p>My favourite things about ASP is knowing and seeing the impact our services have on our members. I love knowing that we are helping our members and care partners, helping them through their journey and hopefully making it better. In the last few years I have loved seeing ASP grow to have such a variety of services to help in so many new ways. I am proud to be a part of the ASP family, trying each day to make lives better.</p><p><b>Hobbies and interests:</b></p><p>You would expect me to say music, but one of the hardest things about having a profession in something that you love is that it is no longer a hobby. I don't even listen to music in the car as I need a break. I still love music and I love finding out the history and random information about songs, kind of like a music history nerd. My other interests are in crafting with my cricut, I love to make cards and personalized gifts for friends and family</p><p><b>Favourite vacation destination:</b></p><p>My happy place is being in nature with my trailer, sitting reading a book around the campfire. I love getting away with my family, camping, swimming and relaxing in nature. When we are able to fly safely again, I am going straight to England! Most of my family still lives in West Yorkshire, I consider it my second home and can't wait to see them.</p></div><div></div></div>

	<p><b>Interesting facts about yourself:</b></p> <p>I enjoy playing video games and I am obsessed with the Dragon Age series. My hair is currently blue... 3 months ago it was purple... who knows where we are going next...</p> <p>I own 3 guitars, 3 silver flutes, 2 native flutes, tone chimes, a set of bells, boom whackers, two keyboards, an autoharp, an ocean drum, rain stick, a variety of other rhythm instruments filling bins and so many drums I can't count them in my basement. My husband is begging me not to buy anymore... What he doesn't know won't hurt him right????</p>
<p>Care Partner Corner</p>	<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</p> <p>Public Education Coordinator Danielle Farrell  <a href="mailto:d.farrell@alzheimerpeel.com">d.farrell@alzheimerpeel.com</a>.</p> <p><i>Please note a 24 hour notice is needed to save your place.</i></p> <p><i>September Education</i></p> <p><i>Monday September 13 6:30-8:00 PM &amp; Wednesday September 15 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 September 20 6:30-8:00 PM &amp; Wednesday September 22 10:00-11:30 AM: <b>Stages/Progression of Dementia</b>- covers brain changes, the 3 and 7 stage models, what scores on the assessments indicate, and tips for each stage.</i></p> <p><i>Monday September 27 6:30-8:00 PM &amp; Wednesday September 29 10:00-11:30 AM: <b>Special Events &amp; Travel Planning</b>- Covers how to adapt the holidays plans to support people living with dementia.</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></p> <p>We want to hear from you. Please complete this short survey!</p> <p><a href="#">Virtual Newsletter Satisfaction Survey</a></p>	