



ASP VIRTUAL NEWSLETTER

May 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!

Special Days

Every month has many Health Promotion Days that are listed on the website Canada.ca. The events are either promoted by recognized health organizations or recognized in the professional health community.

Here are just a few of the many days recognized in May:

- [National Sun Awareness Month - May 2 to 29](#)
- [National Physicians' Day - May 1](#)
- [Mental Health Week - May 3 to 9](#)
- [National Nursing Week - May 10 to 16](#)
- [Apraxia Awareness Day - May 14](#)
- [World Hypertension Day - May 17](#)
- [World No Tobacco Day - May 31](#)

[Click on each link to learn more about them!](#)

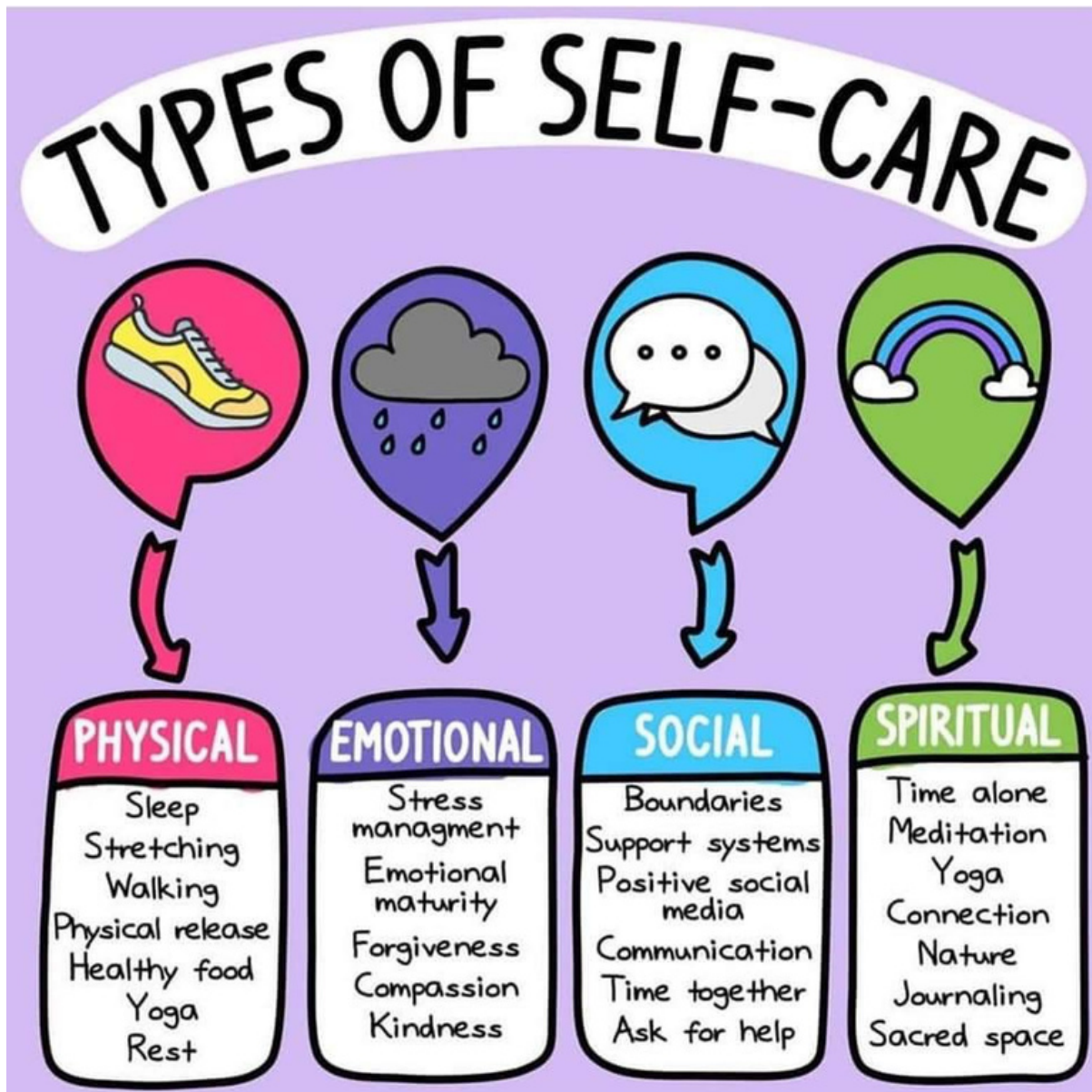




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Health and Wellness

In honour of Mental Health week this month, here are some ways you can focus on taking care of yourself!





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Music Corner with Music Therapist, Ruth

Reminisce about the caring mother figure in your life with these beautiful songs:

- [You Are the Sunshine of My Life - Stevie Wonder](#)
- [Stand By Me - Ben E. King](#)
- [I'll Be There - The Jackson Five](#)
- [Let It Be - The Beatles](#)
- [The Hand That Rocks the Cradle - Glen Campbell](#)
- [Coat of Many Colors - Dolly Parton](#)
- [You Raise Me Up - Josh Groban](#)
- [Wind Beneath My Wings - Bette Midler](#)
- [Mama Liked the Roses - Elvis Presley](#)
- [Lean on Me - Bill Withers](#)
- [You'll Be In My Heart - Phil Collins](#)



Listen to the whole playlist [here](#)

Musical Mother Quiz

1. What song features a young girl becoming a mother, wondering about what her future will be?
2. What song is about a youth thinking about the advice “there’ll be days like this” that her mother gave her?
3. What song is about a young man in prison reflecting on all the efforts his mother made to try and keep him a good boy?
4. What song is about a child at summer camp, writing home to his parents about the terrible things happening?
5. What song is about a young man on the phone wanting to talk to his girlfriend while the mother urges him to stop calling?

Answers

1. [Que Sera, Sera by Doris Day](#)
2. [Mama Said by The Shirelles](#)
3. [Mama Tried by Merle Haggard](#)
4. [Hello Muddah, Hello Faddah by Allan Sherman](#)
5. [Sylvia’s Mother by Dr. Hook and The Medicine Show](#)



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Armchair Travel

Let's take a virtual trip to Newfoundland and Labrador.

Top Attractions

1. Signal Hill National Historic Site of Canada: the site of St. John's harbour defences from the 17th century to the Second World War and where Guglielmo Marconi received the world's first transatlantic wireless signal in 1901.



2. Cape Spear Lighthouse National Historic Site of Canada: On Canada's easternmost point of land you will find historic Cape Spear Lighthouse, the oldest surviving lighthouse in Newfoundland and Labrador.

2. East Coast Trail: Home to 25 trails that will take you past towering cliffs and headlands, sea stacks, deep fjords, a natural wave-driven geyser called the Spout and much more!

3. Gros Morne National Park: This ancient landscape is a UNESCO World Heritage Site features soaring fjords and mountains that tower above a diverse panorama of beaches and bogs, forests and barren cliffs.

4. Fogo Island: The largest island of Newfoundland and Labrador's lengthy coast that has become a unique, stand-out destination for lovers of art and architecture.



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Australia, Canada or United States?

Do you know where these inventions were developed?

1. Windshield wiper _____
2. Swivel chair _____
3. Portable radio _____
4. Wonderbra _____
5. Basketball _____
6. Portable handheld electric drill _____
7. Garbage bag _____
8. Cat litter _____
9. Google Maps _____
10. IMAX _____
11. Mars rover _____
12. Wi-Fi hotspots _____
13. Insulin _____
14. Speedos _____
15. Trivial Pursuit game _____
16. Zamboni _____
17. Boxed wine _____
18. Notepad _____
19. Incandescent light bulb _____
20. Peanut butter _____





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Do you know where these inventions were developed?

- | | |
|-------------------------------------|----------------------|
| 1. Windshield wiper | <u>United States</u> |
| 2. Swivel chair | <u>United States</u> |
| 3. Portable radio | <u>Australia</u> |
| 4. Wonderbra | <u>Canada</u> |
| 5. Basketball | <u>United States</u> |
| 6. Portable handheld electric drill | <u>Australia</u> |
| 7. Garbage bag | <u>Canada</u> |
| 8. Cat litter | <u>United States</u> |
| 9. Google Maps | <u>Australia</u> |
| 10. IMAX | <u>Canada</u> |
| 11. Mars rover | <u>United States</u> |
| 12. Wi-Fi hotspots | <u>Australia</u> |
| 13. Insulin | <u>Canada</u> |
| 14. Speedos | <u>Australia</u> |
| 15. Trivial Pursuit game | <u>Canada</u> |
| 16. Zamboni | <u>United States</u> |
| 17. Boxed wine | <u>Australia</u> |
| 18. Notepad | <u>Australia</u> |
| 19. Incandescent light bulb | <u>United States</u> |
| 20. Peanut butter | <u>Canada</u> |





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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 April 26th 6:30-8:00 PM & Wednesday April 27th 10:00-11:30 AM:
Stages and Progression- covers brain changes, the 2 and 7 stage models, what scores on the assessment indicate and the tips for each stage.

Tuesday May 3rd 6:30-8:00 PM & Wednesday May 4th 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 May 10th 6:30- 8:00 PM & Wednesday May 11th 10:00-11:30 AM:
Montessori for Dementia - covers what is Montessori for dementia, why we use the techniques, activity ideas for home use & how to adapt them for stage/abilities.

Tuesday May 17th 6:30-8:00 PM & Wednesday May 18th 10:00-11:30 AM:
Legal & Financial- Guest speakers: Chartered Accountant Mike Halloway, and Wills and Estate Attorney Robert Love will present on legal & financial issues related to managing property for someone with dementia.

Tuesday May 24th 6:30-8:00 PM: **Town Hall** - Topic: Alzheimer Society Peel Services Counselling, Care Navigation, Behavioural Support Ontario roles. **Please note:** The Zoom link will be released the Friday prior through ASP website, social media, and staff. This session does not require registration.

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