



Virtual Program Newsletter

October 2021



Welcome to the Alzheimer Society Peel's Monthly 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!

QUICK LINK TO ARTICLES:

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

Special Days

On behalf of our Diversity Committee!

On behalf of the ASP Diversity Committee;

World Mental Health Day falls on October 10th each year. The overall goal of World Mental Health Day is to raise awareness of mental health issues around the World and provide resources, education and support worldwide. This year especially, individuals around the world have had their Mental Health impacted due to the ongoing Covid-19 pandemic. Some groups such as caregivers, students, individuals living alone, older adults, frontline workers and individuals with pre-existing mental health conditions, have been significantly impacted. Due to the pandemic, services and supports that were in place to support mental, neurological and substance use disorders have been disrupted. Meaning many people are not receiving the support and resources that they need.

Mental health is just as important as physical health. When we feel mentally well, we can enjoy our free time, work productively, take care of others and contribute actively at home and in the community. However unlike physical health, mental health often is not spoken about due to stigmas that exist. It is important to remind ourselves that *it is okay to not be okay*.

One way to begin to improve your own mental health is to introduce more exercise into your life. Exercise and movement reduces muscle tension, improves blood flow and increases the serotonin levels in your brain, serotonin boosts your mood and overall sense of well-being. Individuals who exercise regularly often report having less anxiety and having decreased symptoms of depression.

For more information and resources to help support your own mental health and others please take a look at the resources provided below.

<https://ontario.cmha.ca/take-15-minutes-just-for-you/>
<https://ontario.cmha.ca/document-category/mental-health-info/>

Peel region- Crisis Support is a 24 hour, 7 day a week crisis line **1-888-811-2222**
Halton region- Crisis Support is a 24 hour, 7 day a week crisis line **1-877-825-9011**

Reading Nook
with Jilianne

Please enjoy this poem to welcome Autumn!

Sing to me, Autumn, with the rustle of your leaves.
Breathe on me your spicy scents that flow within your breeze.

Dance with me, Autumn, your waltz that bends the boughs of trees.
Now tell me all the secrets you've whispered to the seas.

Sleep with me, Autumn, beneath your starlit skies.
Let your yellow harvest moon shimmer in our eyes.

Kiss me, Autumn, with your enchanting spellbound ways
That changes all you touch into crimson golden days.

Love me, Autumn, and behold this love so true
That I'll be waiting faithfully each year to be with you.

Click here to find more:
<https://www.familyfriendpoems.com/poem/sing-to-me-autumn>

Music Corner
Featuring Ruth

Don't forget:

Join our Music Therapist for a virtual singalong biweekly, Wednesday
from 11:00 -11:45 am

Click here to join: [Bi-Weekly Singalong with Ruth](#)

Due to the nature of singing together virtually, all participants in this program will be muted. We thank you for your understanding.

October 6 October 20 November 3 November 17 December 1 December 15

Check out these great Halloween Playlists on YouTube

[Vintage Halloween Song from the 1910's, 20's & 30's](#)

[MORE Vintage Halloween Songs from the 1910's, 20's, & 30's](#)

[Vintage Halloween Songs from the 1950's, & 60's](#)

[MORE Vintage Halloween Hop Songs from the 50's & 60's](#)

Halloween Music Trivia

(blue text in questions is a link to the song on YouTube)

1. Which 1984 song asked, "[Who you gonna call?](#)"?
 - a. Which Service Do You Require?, by Rick Ghostly
 - b. Ghostbusters, by Ray Parker Jr.
2. There's a band from North America called [Smashing Pumpkins](#). True or false?
 - a. Absolutely true
 - b. False – that has to be made up
3. According to the song, which family were '[creepy, kooky, mysterious and spooky](#)'?
 - a. The Simpsons
 - b. The Addams Family
4. Complete the lyrics to this classic Halloween dance song from ages ago: "[He did the mash, he did the _____ mash!](#)"
 - a. Pumpkin
 - b. Monster
5. Which artist claimed "[You're the devil in disguise](#)"?
 - a. Elvis Presley
 - b. Tony Bennett
6. Which musical features a haunted castle, a mad scientist, Transylvania and a [time warp](#)?
 - a. Ghostbusters
 - b. Rocky Horror Picture Show

Answers

1) B, 2) A, 3) B, 4) B, 5) A, 6) B.

Health &
Wellness
with Jilianne

Benefits of Dark Chocolate!

Halloween is an amazing excuse to indulge in candies, sweets, and chocolates! We live in a society that encourages healthy eating but it's important to remember that it is okay to treat ourselves from time to time. Everything is sweet in moderation!

The sweet I'd like to recommend to you for this month is **dark chocolate**. One of my personal favourites. I love when I find dark chocolate chunks in my chocolate chip cookies, or when they put a layer of it on plain cookies. They're often found in those cookie tins you get gifted during Christmas.



Besides the taste, dark chocolate has many health benefits too! So you don't have to feel guilty for eating a piece everyday. Check out these yummy facts:

- 1) Rich in Antioxidants
 - Dark chocolates contain polyphenol, flavonol, and other types of antioxidants. Due to the amount of cocoa in dark chocolate it has, it actually has more flavonol than other super fruits such as cranberry, blueberry, pomegranate, and acai. Additionally, dark chocolate has more antioxidants than all those fruits except pomegranate.
- 2) Dark chocolate helps with your skin
 - Dark chocolate has bioactive compounds which will leave your skin looking radiant while also protecting your skin from the sun. It helps improve blood flow which increases skin's hydration and density.
- 3) Improves heart health
 - Flavonols in dark chocolate helps maintain blood flow to the brain and heart which overall improves heart health. With flavonols, it reduces the stickiness of blood platelets. This reduces risk of blood clots and risk of clots.
- 4) Mood booster!
 - Dark chocolate contains a compound known as theobromine. This compound impacts the nervous system in the same way as caffeine does. It helps you feel content, relaxed, by improving the energy levels, focus, and alertness. Dark chocolate also interacts with your

neurotransmitters. When this happens, it increases the levels of serotonin and produces the endorphins which make you feel good.

For more information check out:

<https://facty.com/food/nutrition/truly-amazing-health-benefits-of-dark-chocolate/10/>

Explore Nature *with Kellie*

In my opinion, fall is the most beautiful season! There are so many beautiful spots to explore to see the leaves changing colour right here in the GTA. Some of the more popular walking spots are Rattlesnake Point in Milton which is a part of the Niagara Escarpment, Evergreen Brick Worlds in Toronto and Bronte Creek Provincial Park in Oakville.

Another great option to get out to experience the colours of fall is to go for a scenic drive! Here are some beautiful ones around and surrounding the GTA:

1. Hamilton, Dundas and Waterdown- you can drive up the hill to get an amazing view of the trees and the city below.
2. The Niagara Escarpment route in Milton, Ontario. This will give you similar views if you were to do any of the hikes that go through the escarpment. The road gets very busy on the so it's best to visit it during the week if you can.
3. Caledon- here you can drive along Forks of the Credit road which takes you to Belfountain. Cheltenham Badlands are also here, you can pull over on Old Baseline to get a great view of the Badlands and take pictures if you wish.
4. Head towards Wellington County- but we sure to take the back route to avoid the highways! Here you will drive through Erin, then head towards the Fergus and Elora area. On the way back to Mississauga/ Brampton, take the opposite direction to pass through Guelph and Rockwood.



Here are some more ideas:

[10 Best Fall Drives in Ontario](#)
[8 Drives to See Ontario Fall Colours](#)
[10 Most Scenic Fall Drives](#)

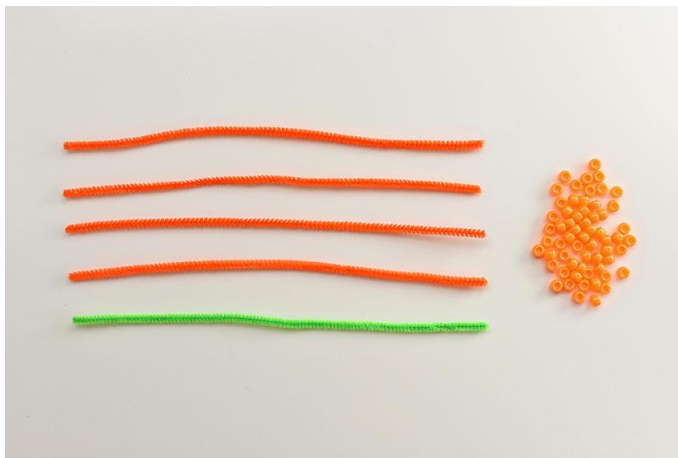
Home
Activities/
Crafts
with Jilianne

Pumpkins! Pumpkins!

Autumn is in the air. Pumpkin spice lattes, pumpkin pies, and even pumpkin shakes are known to hit your taste buds. Today, instead of eating anything pumpkin, we'll make beaded pumpkin decor with this craft!

You'll need:

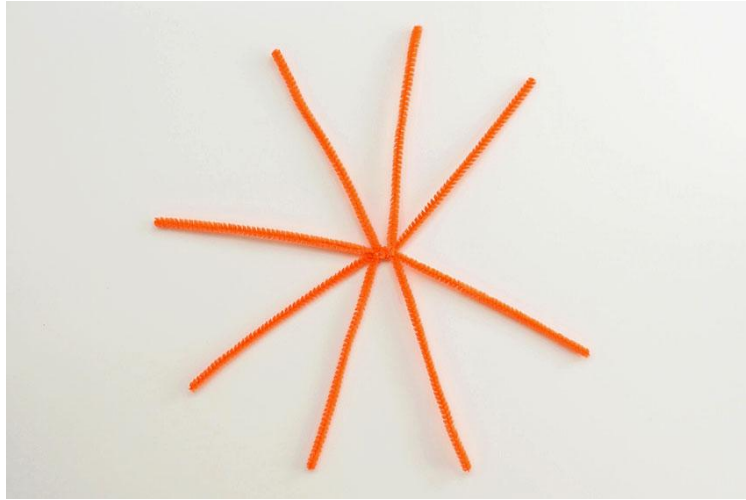
- 4 Orange Pipe Cleaners (12 inch length)
- 1 Green Pipe Cleaner (12 inch length)
- Orange Pony Beads (approximately 130 beads)



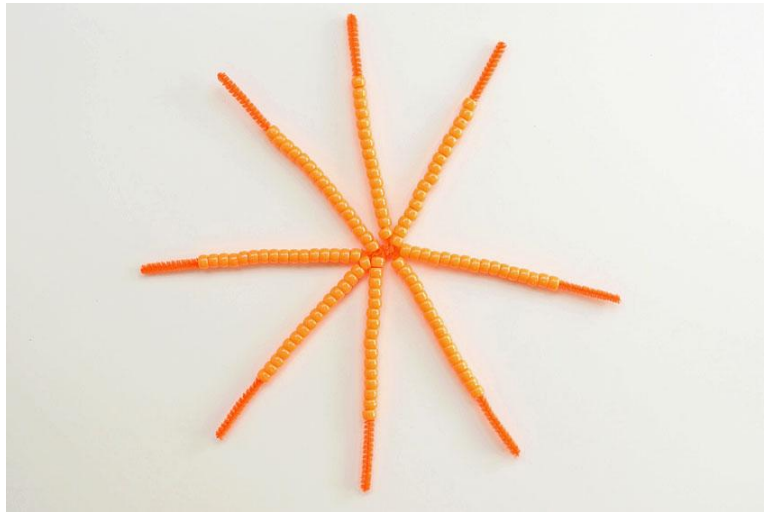
Step 1: Line up your pipe cleaners so they are even on each end and twist them together a few times in the middle.



Step 2: Spread out each pipe cleaner so they are evenly spaced.

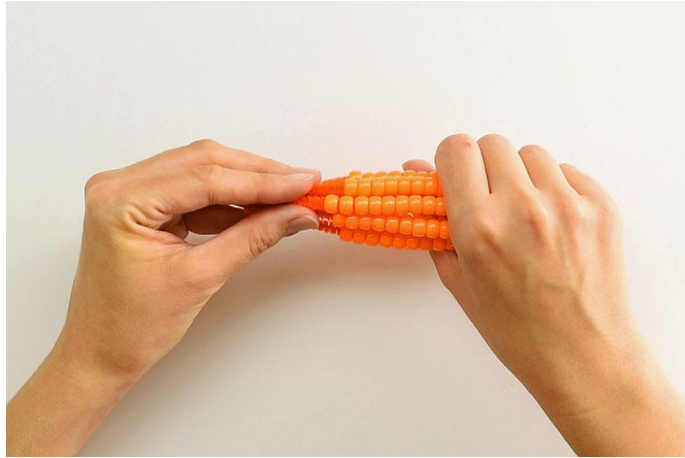


Step 3: Start threading the beads onto each pipe cleaner, until all 8 are covered. I ended up using about 16 beads per row. Be sure to leave a little over an inch of pipe cleaner on each end so you can twist them together in the next step.

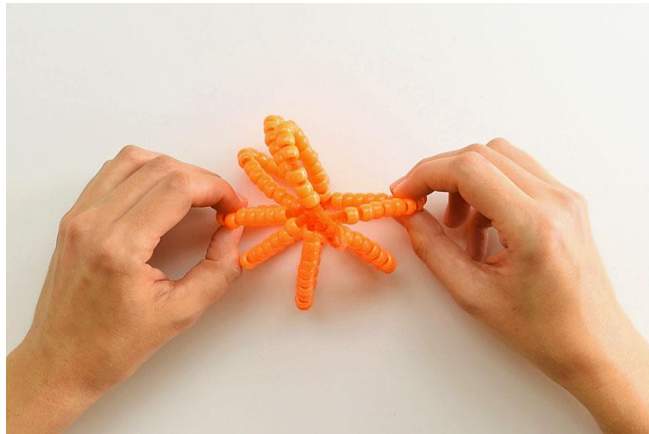


Step 4: Once you've covered your pipe cleaners in beads it's time to start shaping your pumpkin! Carefully bend each end upward and gather the points together. Give the ends a couple of twists to secure the beads and hold your pumpkin together!

The twisted pipe cleaner at the top is going to be your pumpkin's stem. If it looks too long, just bend it in half and twist to make the stem shorter.



Step 5: Now you can start shaping your pumpkin. Gently pull each beaded pipe cleaner piece outwards from the middle, bending them as you go so you end up with a sphere shape. Try to keep them as equally spaced as you can, just like the lines on a pumpkin.



Step 6: Once you're happy with the shape, you can add the twirly pumpkin vine as the finishing touch! Grab your green pipe cleaner and wrap it around the top "stem". (That was the twisted orange pipe cleaners we mentioned earlier).

Wrap the stem with the green pipe cleaner to completely cover it, leaving about 3 inches of pipe cleaner sticking out on each end. If your stem is long, you might need an extra green pipe cleaner to cover it.



Step 7: Take each of the two green ends and spiral them around your baby finger to form the curly part of the vine.



Step 8: And there you have it! A perfect little beaded pipe cleaner pumpkin!

[\[Source\]](#)

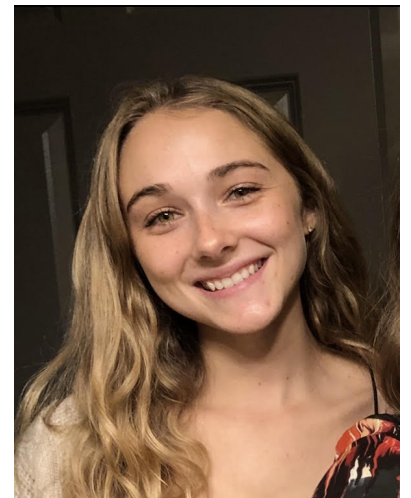
Spotlight

Introduction:

My name is Kellie Donnelly, I am the Client Service Coordinator here at the Alzheimer Society Peel. I started at ASP in 2019 at the Brampton Day Center as a Client Service Facilitator. Since then I have had the opportunity to work at a few of the other locations and for the last 18 months virtually.

Favourite thing about ASP:

My favourite thing about ASP is the connections I have been able to make with our clients and carepartners. I appreciate the opportunity to be a part of their journeys and I love that each after



conversation you come away having learnt something new.

Hobbies and Interests:
 This past summer and now moving into fall I have been spending much more time outdoors as I love the weather! Some activities I enjoy are riding my bike, taking my dogs for a walk, enjoying a meal on the patio and joining online pilates classes.

Favourite vacation destination:
 My favourite vacation I have been on was Greece, specifically the island of Naxos. The beautiful beaches, delicious food and most of all amazing people! My family went there a few years ago and we haven't stopped talking about it since!

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

October Education
Wednesday October 6th, 2021 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.

Wednesday October 13th 10:00- 11:30 AM & Wednesday October 13th 6:30- 8:00 PM: Understanding Behaviour- covers what the meaning behind behaviours is, common behavioural triggers, and management strategies.

Monday October 18th 6:30- 8:00 PM & Wednesday October 20 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.

Monday October 25th 2021 6:30- 8:00PM & Wednesday October 27th 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.

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](#)