

# The *dementia* Monthly

MARCH

Ideal Caregivers 4u



## OVERVIEW:

- Spring Health Tips
- Tomato Puff Pastry Tart
- Activity Booklet

Thank you for purchasing our monthly activity booklet!

The March *dementia* Monthly features articles that connect you with information on health & wellness, activities for seniors, healthy recipes and more!

## Marching into Spring!

Warmer weather, sunnier days, and new blooms are signal the coming of Spring!

Our new Activity Booklet is packed with activities, information, and ideas to celebrate the month ahead!

Spring



As the winter slowly comes to an end, we begin to think about the rejuvenating sense of Spring. The warmer weather, trees beginning to bud, and our energy levels starting to rise.

There are a number of ways that we can re-introduce activity and the benefits of a more healthy, lifestyle. The Spring offers us this opportunity.

1. Get out in the garden. This promotes overall health, physical strength, and flexibility.
2. Soak up warm sunshine safely. Wear sunscreen, a wide brim hat, long sleeves and sunglasses to avoid too much sun exposure.
3. Walk outdoors in nature each day. Spending time outdoors in warm, sunny spring weather improves mood and cognition.
4. Lighten up your diet with spring seasonal foods such as asparagus, cucumbers, mushrooms, radishes, peppers, sweet potatoes, rhubarb and strawberries
5. Take care of seasonal allergies. If pollen is a trigger, keep doors and windows closed to keep it out and wear wraparound sunglasses when outside.
6. Drink more water when exercising. Older adults who drink plenty of water after being physically active outdoors avoid dehydration and reap more cognitive health benefits from exercise.

# Spring

## Health Tips



# Tomato Puff Pastry Tart

Try this delicious and simple dish today! This Tomato Tart uses a light puff pastry as its dough base, making it similar to pizza, without the effects the dough may cause on digestion or ability to chew and swallow.

Packed with nutrients that benefit the health of seniors and even the pickiest of eaters, such as the antioxidant benefits of lycopene and the vision health-boosting traits of Vitamin C!



## Ingredients

- 1 sheet frozen puff pastry, thawed
- 1 onion, thinly sliced
- 1 teaspoon olive oil
- 2-3 large tomatoes (multiple colours make a beautiful tart, but red works just as well)
- 1 cup of your favourite cheese (such as blue cheese, mozzarella, feta, or Parmesan)
- 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano

## Directions

1. Preheat the oven to 425 F and line a baking sheet with parchment paper or non-stick aluminum foil.
2. Stretch out the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.
3. Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft — about 5 minutes.
4. Sprinkle cooked onions over the pastry dough, then top with tomato slices so they don't overlap. Sprinkle with cheese and half of your seasoning or herbs. Season with salt (or salt replacement, if you're avoiding sodium) and pepper to your tastes.
5. Bake for 25 minutes, until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!



# ACTIVITY BOOKLET OF THE MONTH

FOR THOSE LIVING WITH  
ALZHEIMER'S & DEMENTIA



# WHAT'S INSIDE?



We have gathered a number of activities suitable for seniors of any age, those living with Alzheimer's & Dementia, or anyone who may be struggling with memory loss.

This booklet contains activities ranging from matching tasks, colouring, crosswords, word searches, and more!

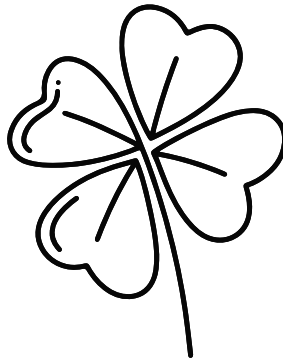
Perfect for seniors living in retirement homes, private care, or other home care residences. Join with others to complete the activities, or on their own – there's something for everyone!

# MARCH IS HERE!

Find the words below in the puzzle.

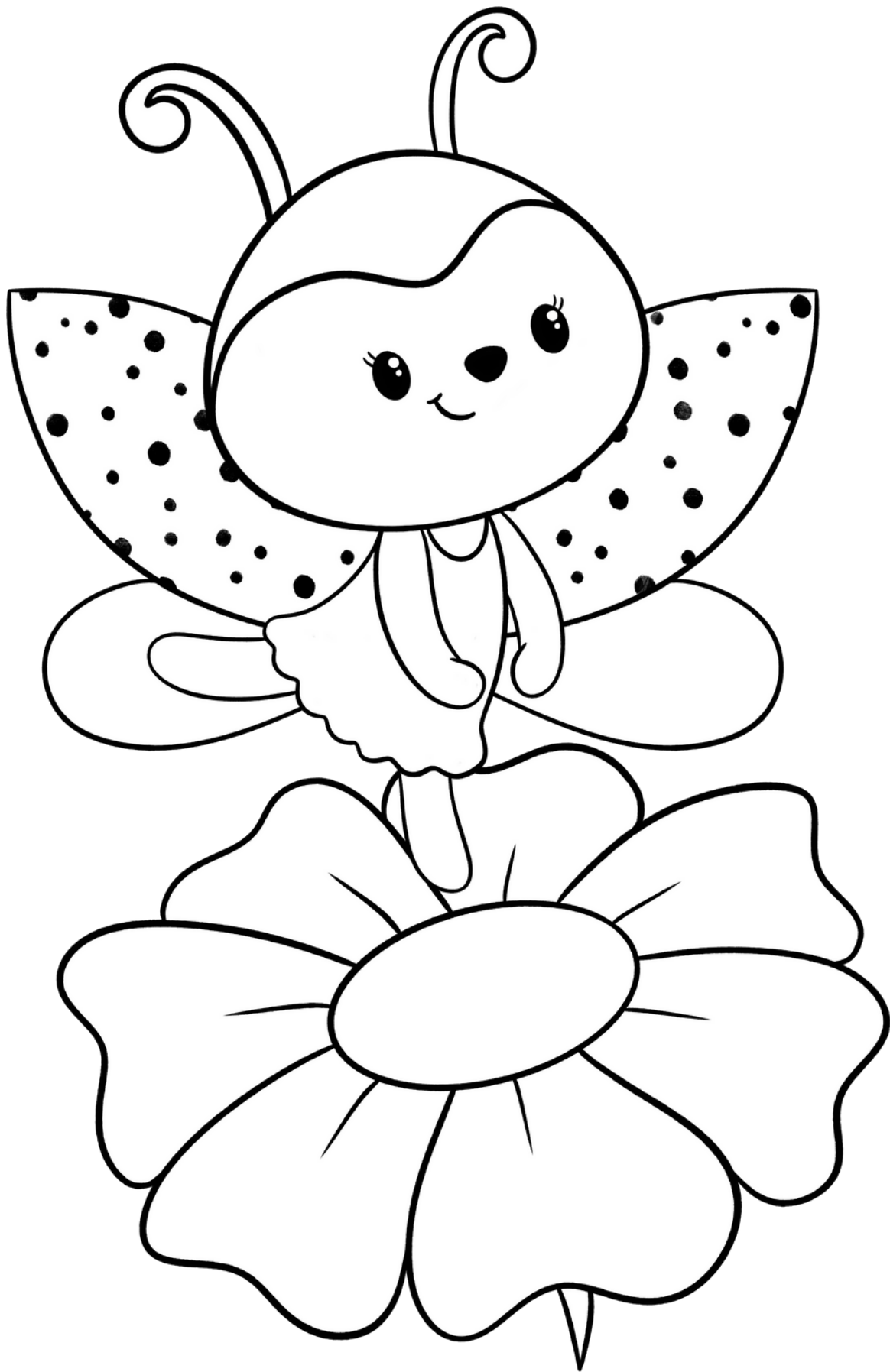
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S	E	I	L	F	R	E	T	T	U	B	E	S	E
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S	A	A	N	M	K	R	Y	A	G	R	P	L	A
B	G	R	T	D	C	S	M	S	K	S	N	S	C
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C	A	I	L	A	D	Y	B	U	G	S	A	E	O
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W	A	A	A	I	M	A	R	C	H	P	D	Y	E
R	T	S	P	R	I	N	G	P	K	E	E	K	T

FLOWERS  
MARCH  
LADYBUGS  
CLOVER  
MASK  
SPRING  
PANCAKES



SAINT  
LENT  
BUTTERFLIES  
MARDI GRAS  
DAYLIGHT  
LUCKY  
PARADE





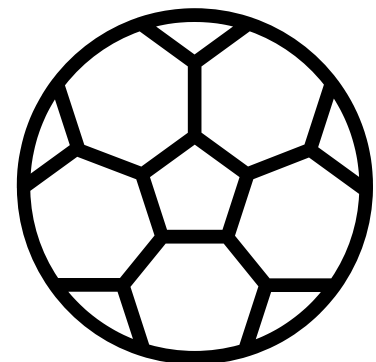
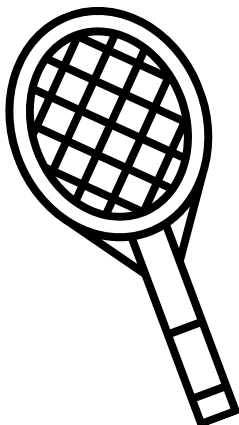
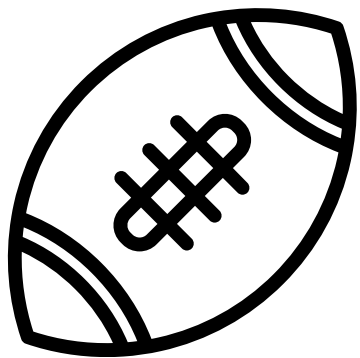
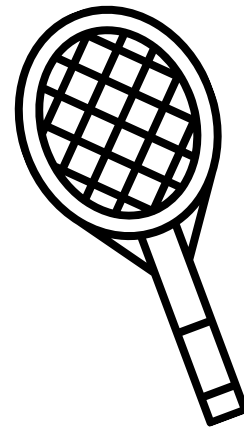
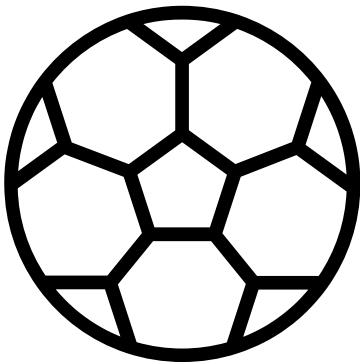
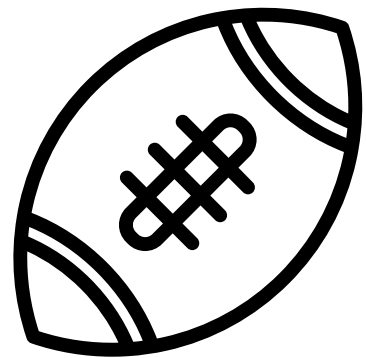
# SPRING SPORTS

Circle or colour your favourite sport activity to do in the Springtime!

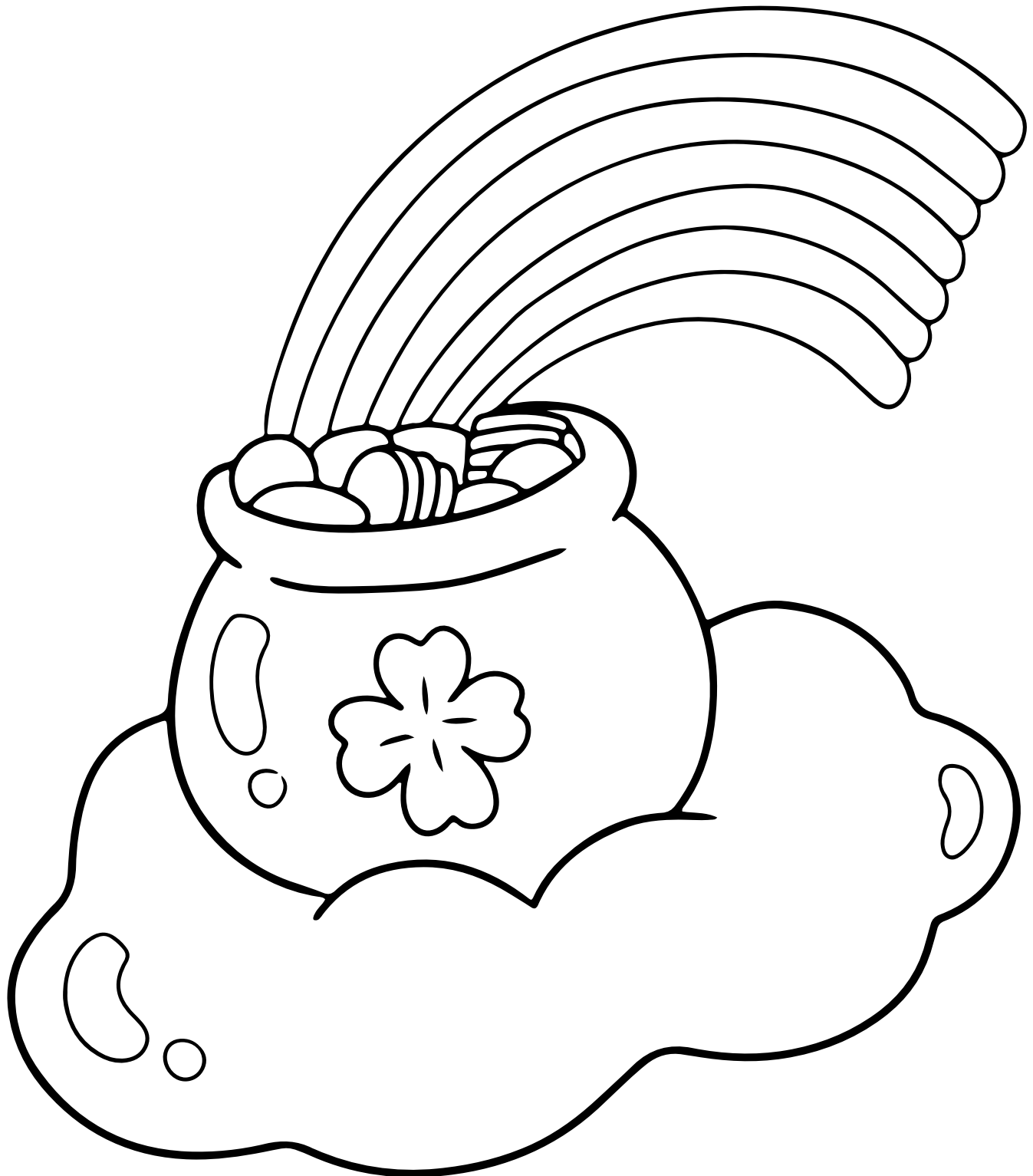




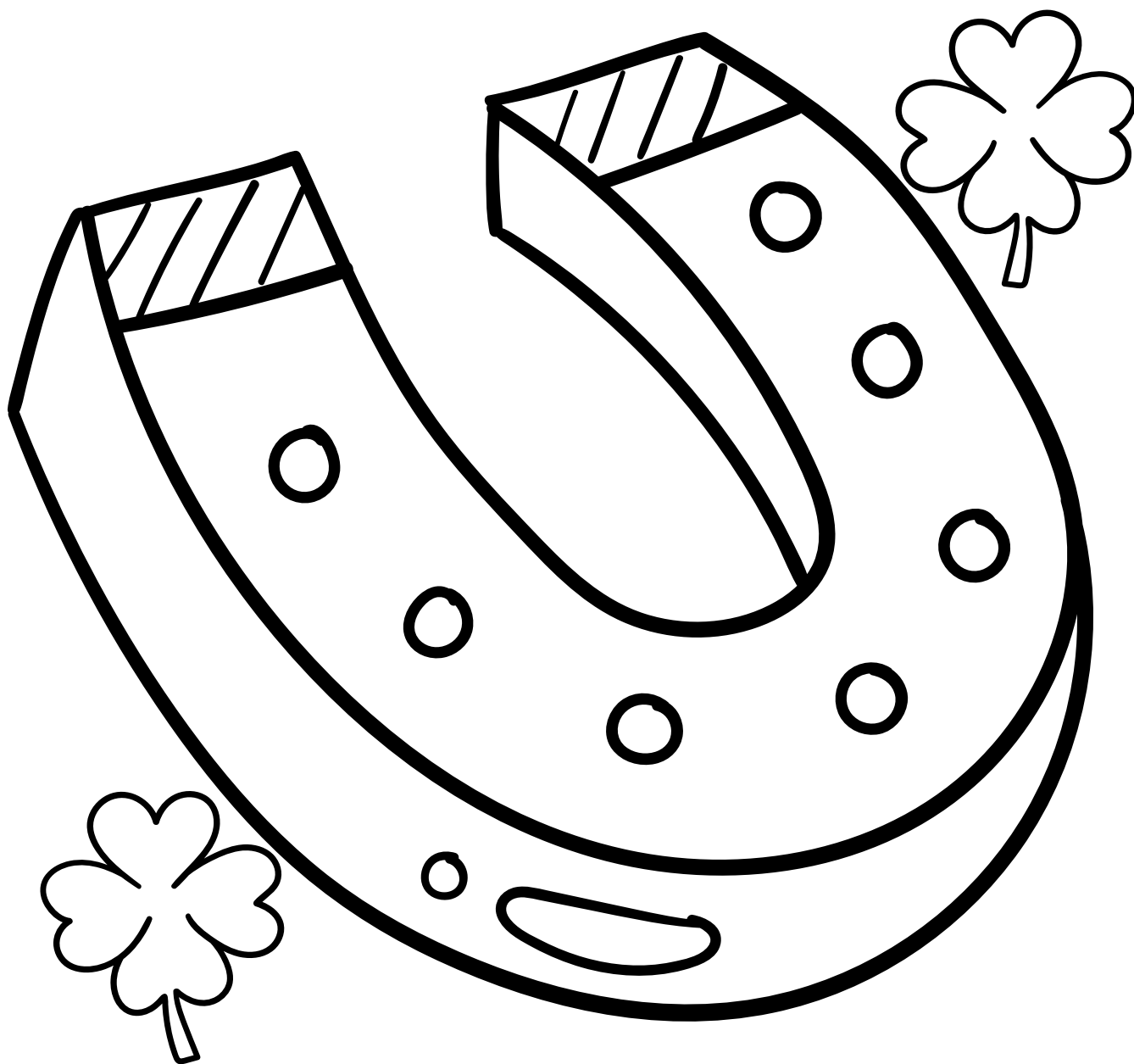
# MATCH THE SPORTS GEAR

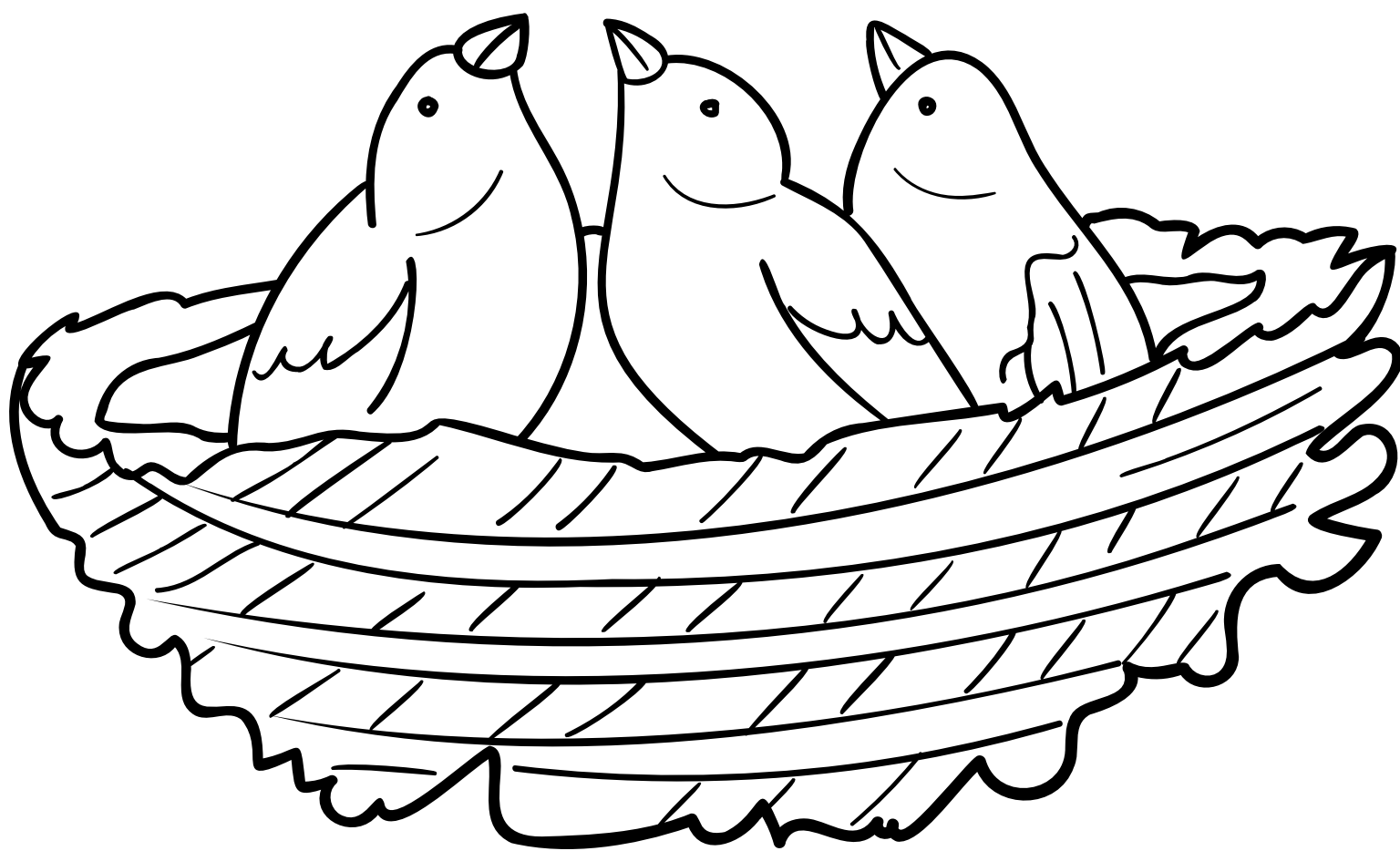
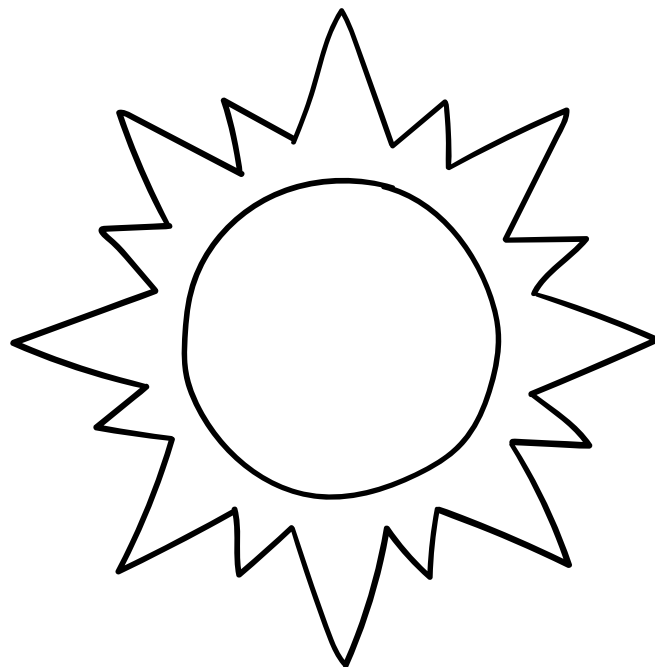


# HAPPY ST. PATRICK'S DAY!



# LUCKY HORSESHOE

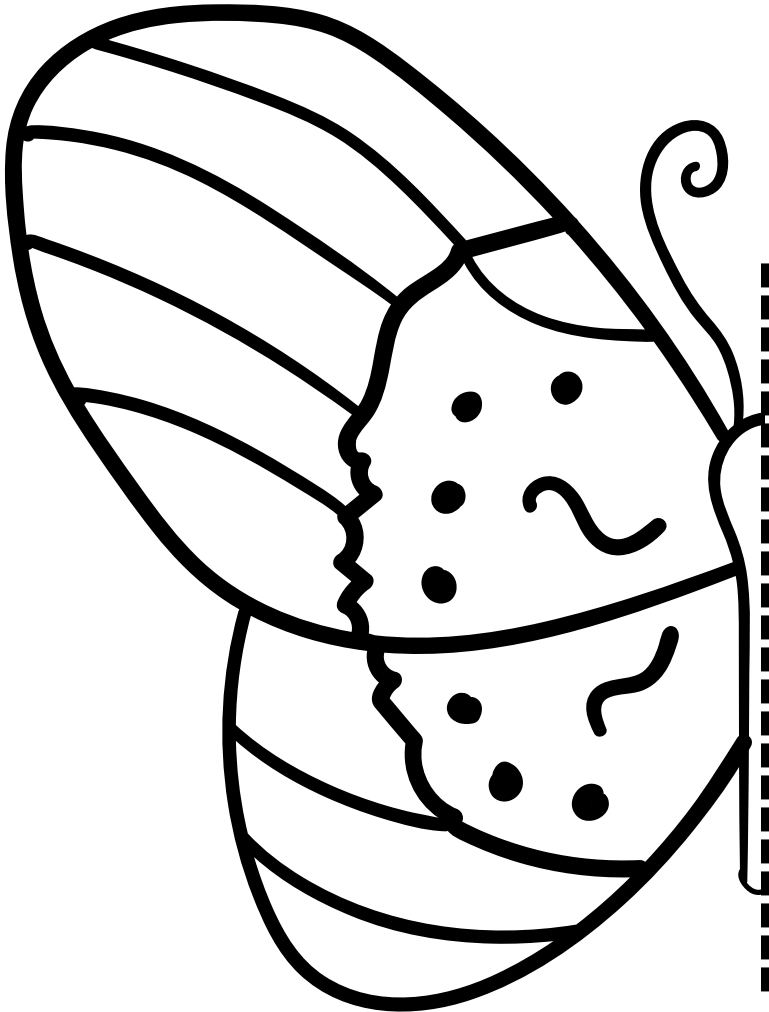






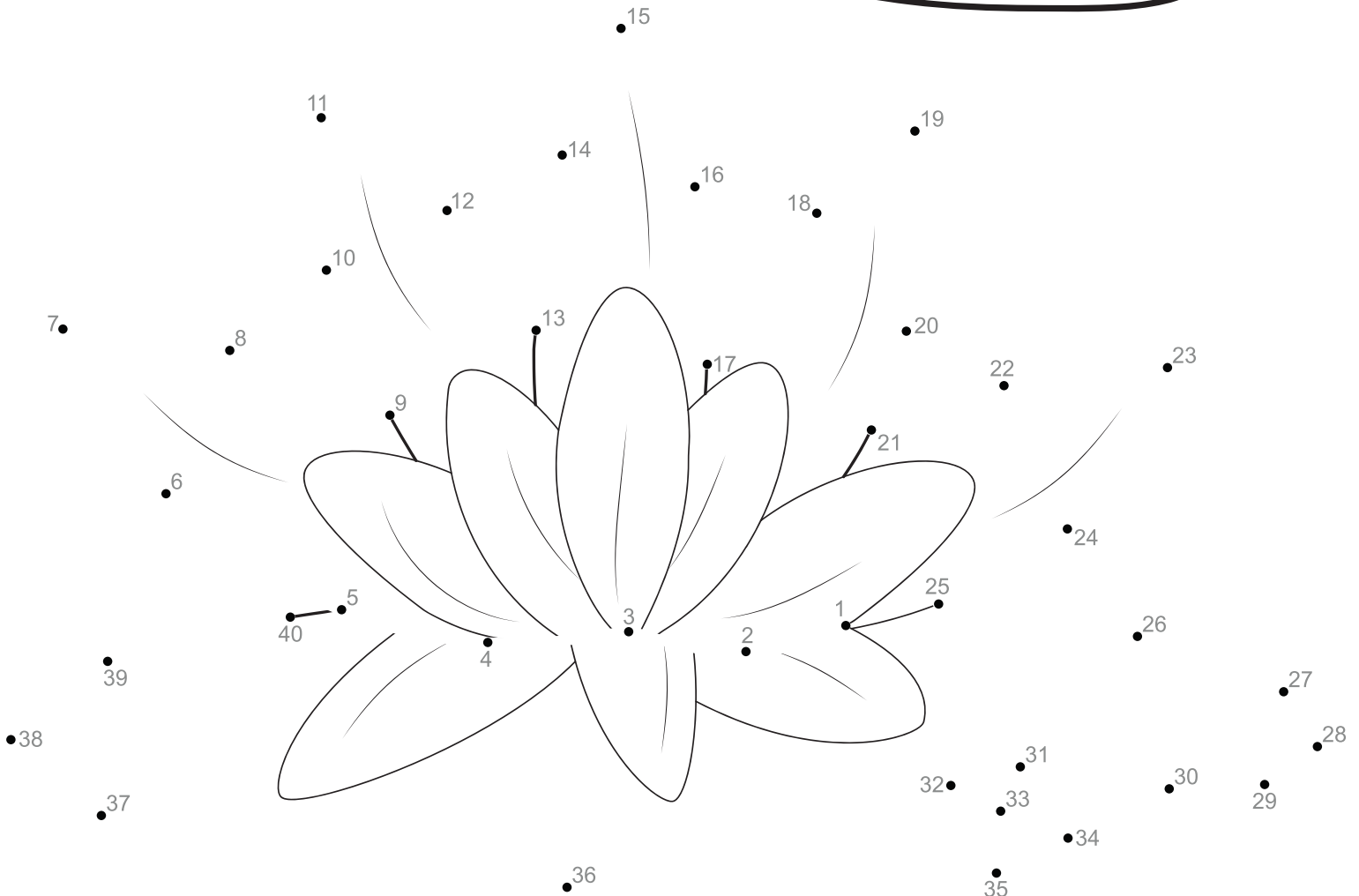
# MIRROR IMAGE

Look at one side of the picture below and draw the other side!  
Colour the butterfly when you're done!



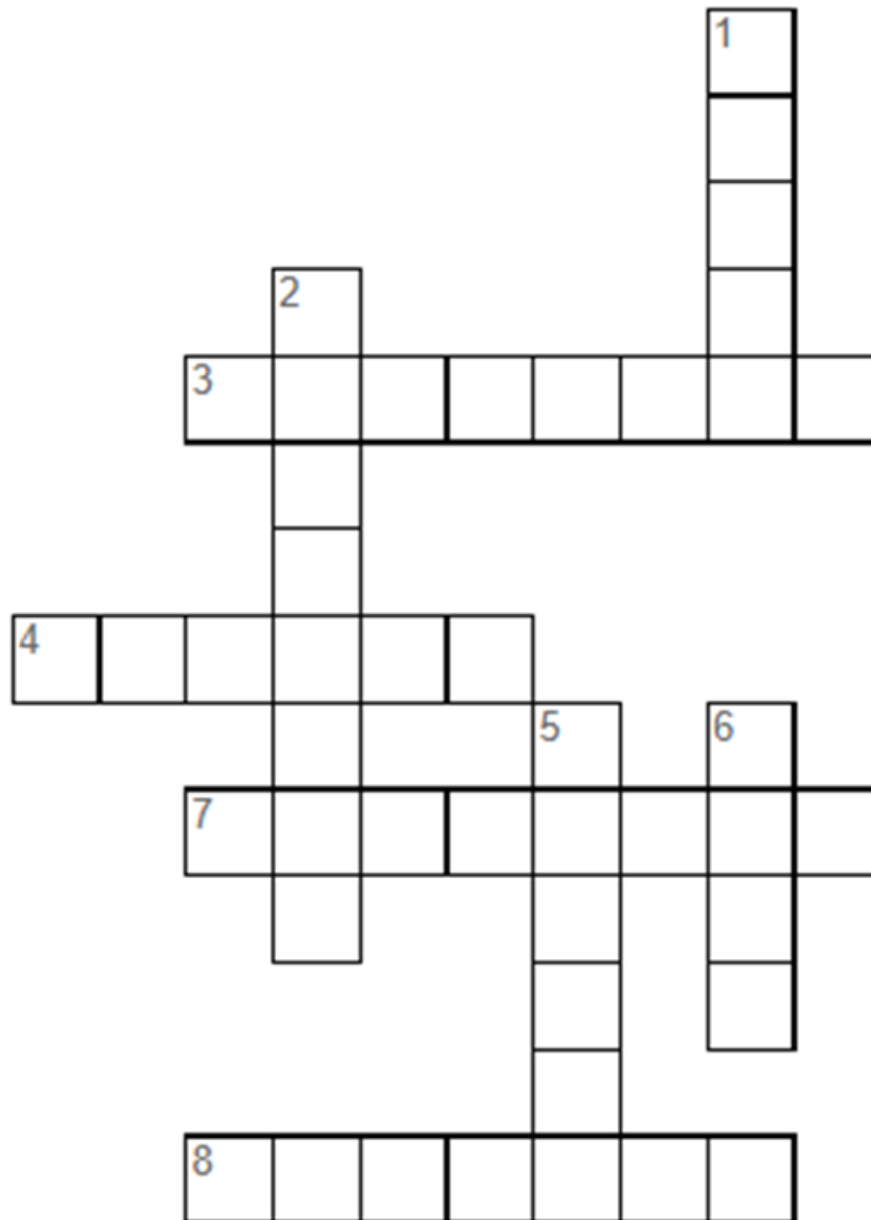
# CONNECT THE DOTS

Starting at the number 1, draw a line connecting each dot in order to reveal a beautiful water lily!





# CELEBRATE MARCH!



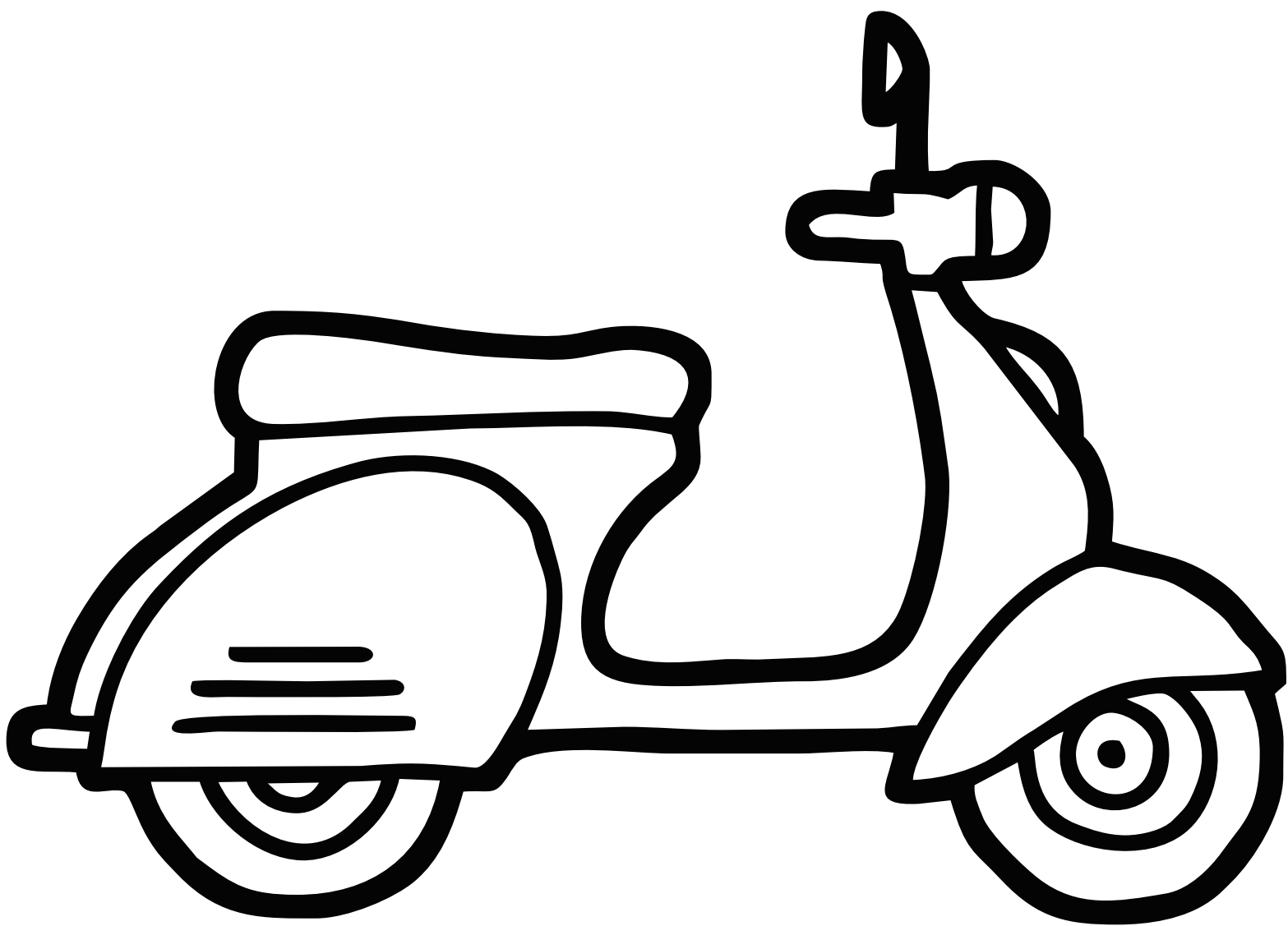
## Across

- 3 We 'save' this when we change the clocks one-hour ahead
- 4 This season begins in March
- 7 We eat this breakfast dish on Shrove/Fat Tuesday
- 8 We begin to plant these in Spring

## Down

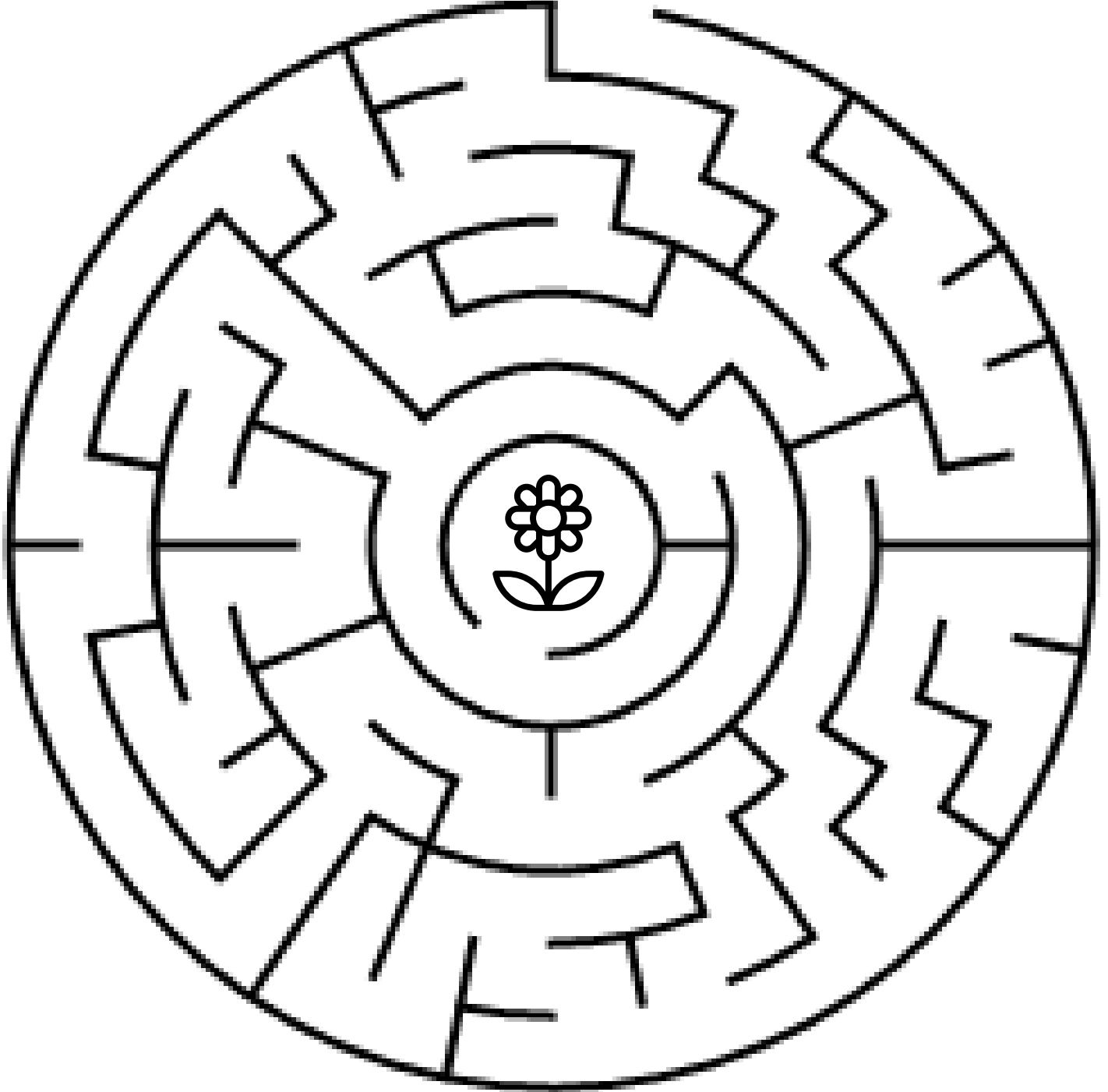
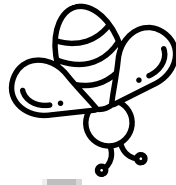
- 1 St. Patrick's Day is in this month
- 2 Another word for Mardi Gras celebration
- 5 Dancers, floats and musicians walking in the streets
- 6 This religious season begins on Ash Wednesday





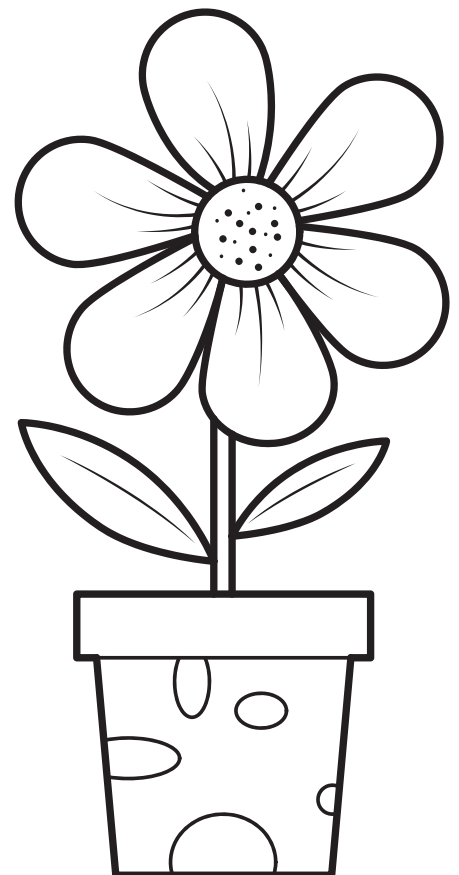
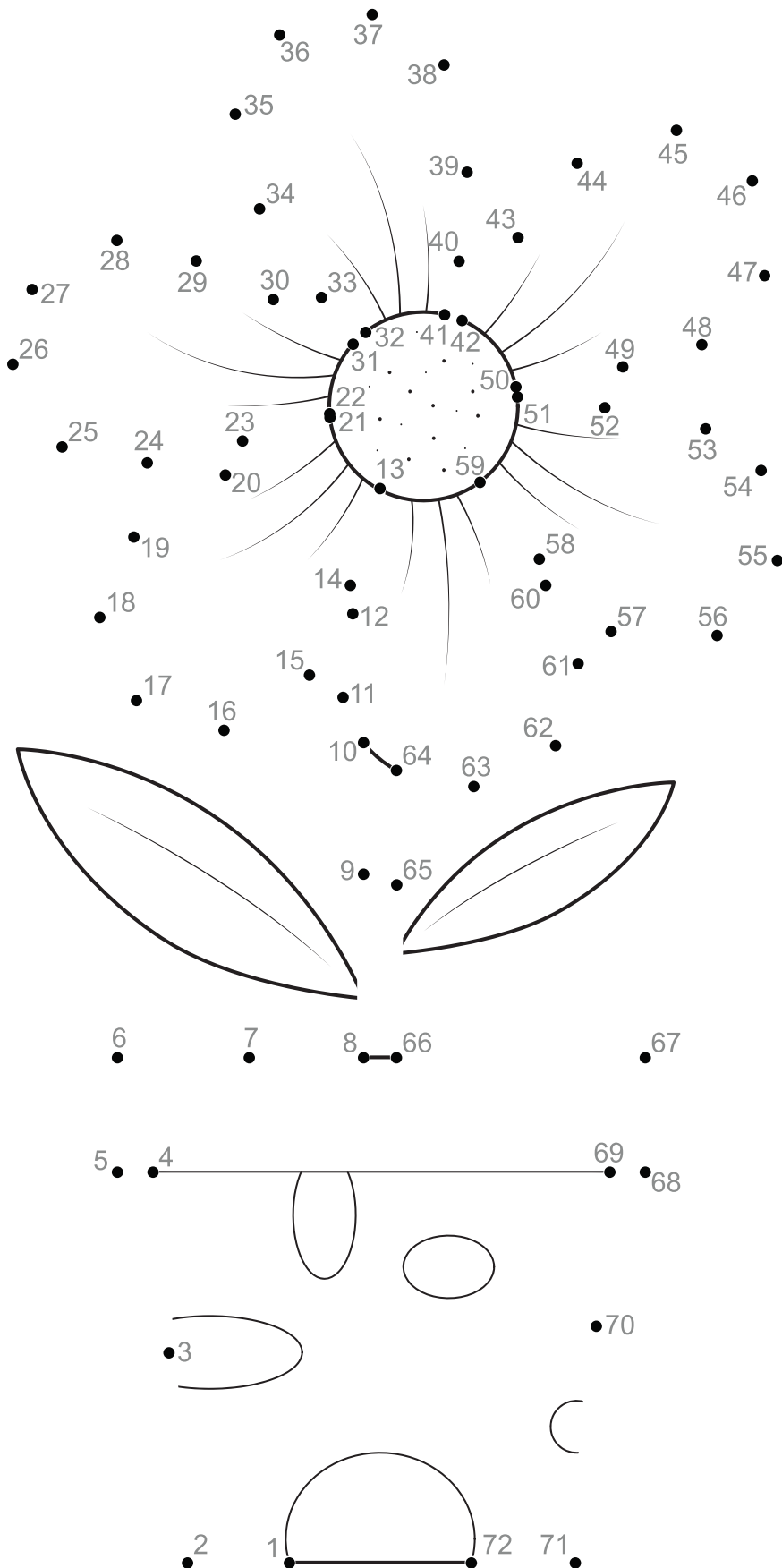
# BEE - A - MAZE - ING

Help the bee to pollinate the flower!



# SPRING HAS SPRUNG!

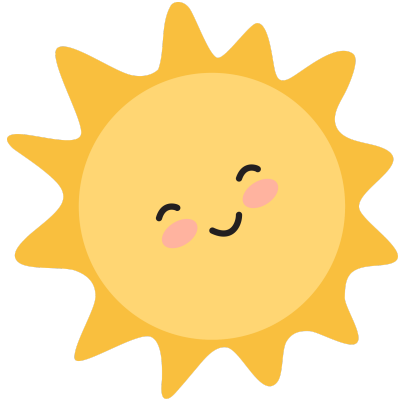
Starting at the number 1, draw a line connecting each dot in order.



# SING-A-LONG

## *Put on a Happy Face*

Gray skies are gonna clear up,  
Put on a happy face;  
Brush off the clouds and cheer up,  
Put on a happy face.  
Take off the gloomy mask of tragedy,  
It's not your style  
You'll look so good that you'll be glad  
Ya' decide to smile!



Pick out a pleasant outlook,  
Stick out that noble chin;  
Wipe off that "full of doubt" look,  
Slap on a happy grin!  
And spread sunshine all over the place,  
Just put on a happy face!

And if you're feeling cross and bitterish  
Don't sit and whine  
Think of banana split and licorice  
And you'll feel fine  
I knew a girl so glooming  
She'd never laugh or sing  
She wouldn't listen to me  
Now she's a mean old thing



So spread sunshine all over the place  
Just put on a happy face  
So, put on a happy face



# TRIVIA

Using the clue, answer the questions below. The first letter in each answer is given.



Fred Flintstone's wife



Famous 1980's crime drama show "Murder, She \_\_\_\_\_"



Emmy award-winning TV series "The Golden \_\_\_\_\_"



Famous TV Crime Lawyer "Perry \_\_\_\_\_"



Actor who played a cowboy and is also known as The Duke, John \_\_\_\_\_

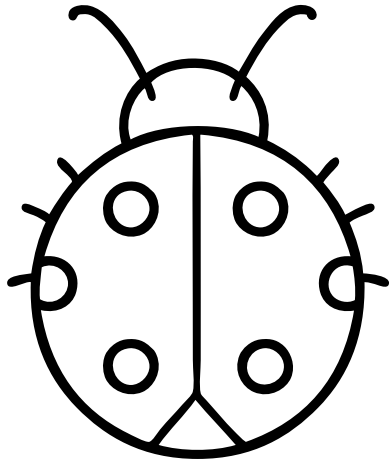


"Go ahead, make my day" is a famous line from the actor \_\_\_\_\_ Eastwood.



Walt Disney cartoon character "Mickey \_\_\_\_\_"

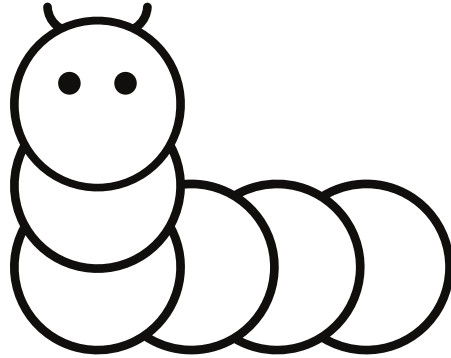
# WHAT'S THE FIRST LETTER?



b

l

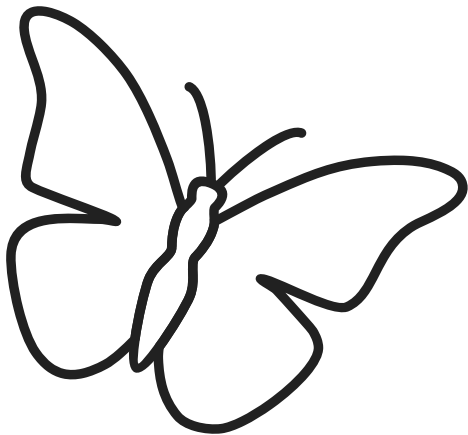
a



w

e

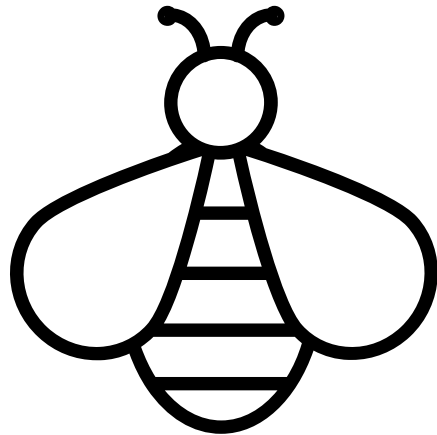
c



o

b

s



b

f

g

# THE FUNNY PAGES!



Q: What did the dirt say to the rain?  
A: You'd better cut it out, or my name will be mud!

Q: Why is the letter A like a flower?  
A: Because a B comes after it!

Q: Why couldn't the little flower ride a bike?  
A: It didn't have any petals.

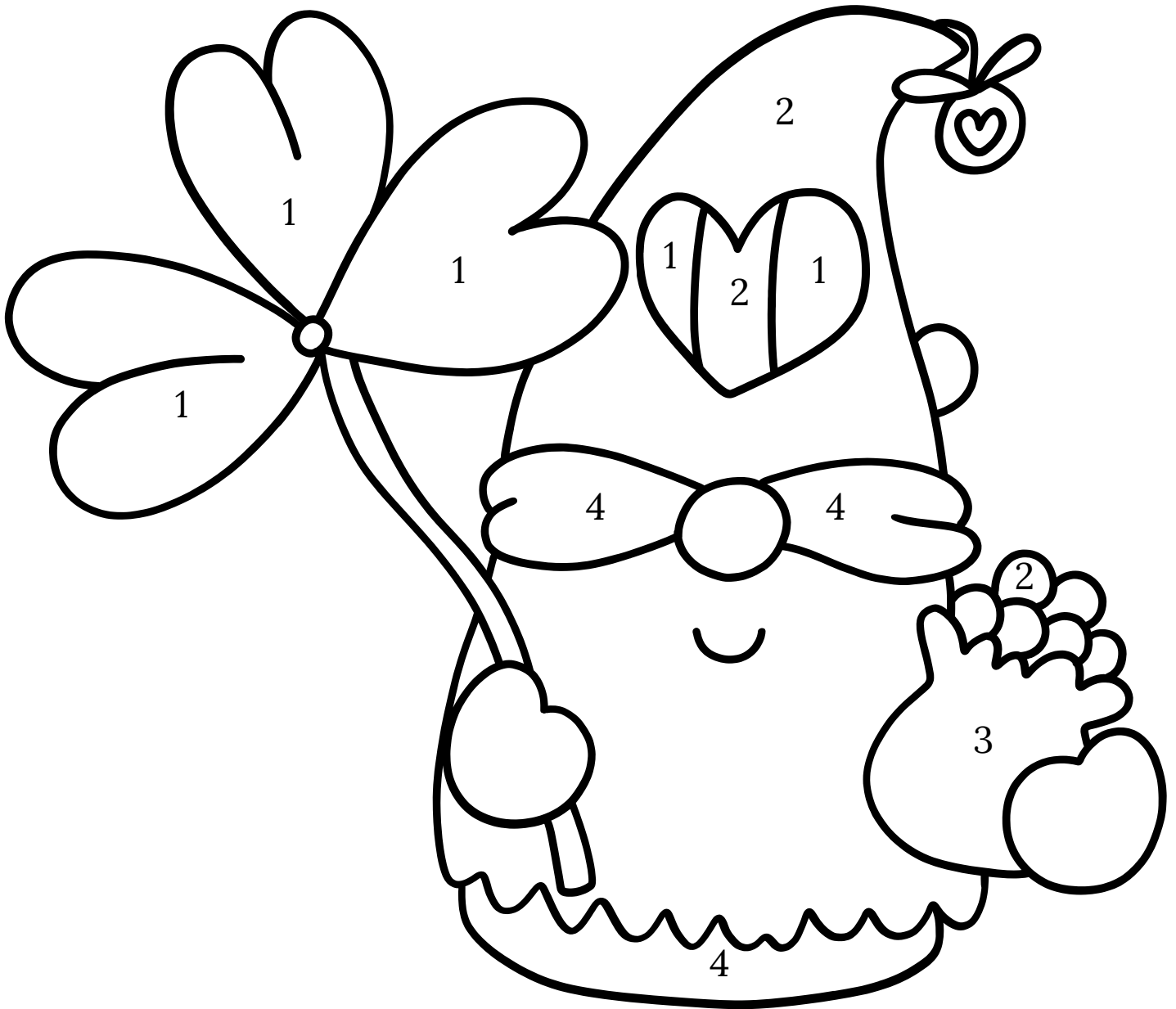
Q: Did you hear about the flower who went on a date with another flower?  
A: It's a budding romance.

Q: What do you call a bear caught in a spring shower?  
A: A drizzly bear.



# COLOUR BY NUMBER

Follow the instructions to colour the celebrating gnome below.



1 - Green

2 - Yellow

3 - Brown

4 - Blue



# WHAT'S NEXT?

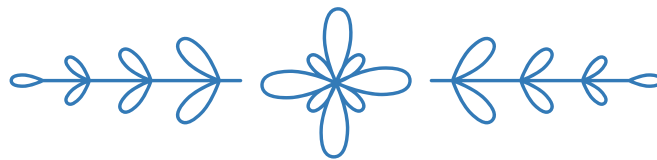
Can you guess what special holiday is coming up next month?



Guess: \_\_\_\_\_

# WE HOPE YOU ENJOYED MARCH'S SENIOR ACTIVITY BOOKLET!

*Be sure to visit our online store to purchase your April Senior Activity Booklet! We usher the new Spring season by celebrating Easter, the budding of flowers, and the promise of warmer days ahead with themed activities you're sure to enjoy!*



Follow us on:



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Monthly Activity Booklets are intended for people with Dementia, Alzheimer's Disease and/or memory loss.