

The *dementia* Monthly

JANUARY

Ideal Caregivers 4u



Happy New Year!

January has arrived and we couldn't be happier to share the new year with all of you! May the year ahead bring joy, good health to you and your family! Enjoy these fun activities and helpful information all month long.



OVERVIEW:

- Preventing Slips, Trips, & Falls
- Butternut Squash Soup Recipe
- Activity Booklet

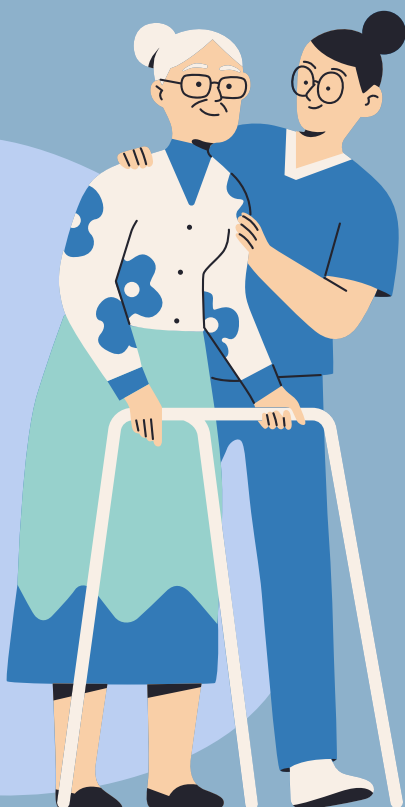
Thank you for purchasing our monthly activity booklet!

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

PREVENTING SLIPS, TRIPS, & FALLS

According to the Public Health Agency of Canada, falls are the leading cause of injury in older adults in the country. Falls can happen at any age but our risk of falling becomes greater as we get older. This may be due to poor balance, decreased muscle and bone strength, reduced vision or hearing, or any unsafe conditions in and around your home. The good news is that falls can be prevented.

Here are a few tips to consider to protect your loved ones and yourselves from any slips and falls while in your home or outdoors.



1

Ensure that you have non-slip surfaces in the tub or shower. Install grab bars by the toilet and the bath to help you or your loved ones sit or stand while bathing or toileting.

2

Reduce the number of objects, tripping hazards, and clutter in common areas.

3

Make sure your stairs are well lit, have solid handrails, and never rush up or down the stairs

4

Keep front steps and walkways in good repair and free of any snow, ice, or leaves.

5

Entrances and walkways should be well lit and reduce the amount of tripping hazards in the area

Butternut Squash Soup

Finding the perfect fall weather dishes is as easy a quick search on the internet in or in your favourite cookbook! Look for meals or dishes that are savoury, warm, and filling.



Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper

Directions

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.

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!

NEW YEARS EVE NOISEMAKER

Ever wonder what to do with all that leftover gift wrapping and boxes?!

Usher in the new year with this fun New Years' Eve noisemaker craft using those shiny festive wrapping paper scraps, some household items and a little creativity.

Materials

- Cardboard
- String or twine
- Wrapping paper scraps
- Craft glue
- "Noisemakers", such as beads, buttons, bells, etc
- Craft sticks (wooden popsicle sticks or wider)
- Scissors
- Instructions



Instructions

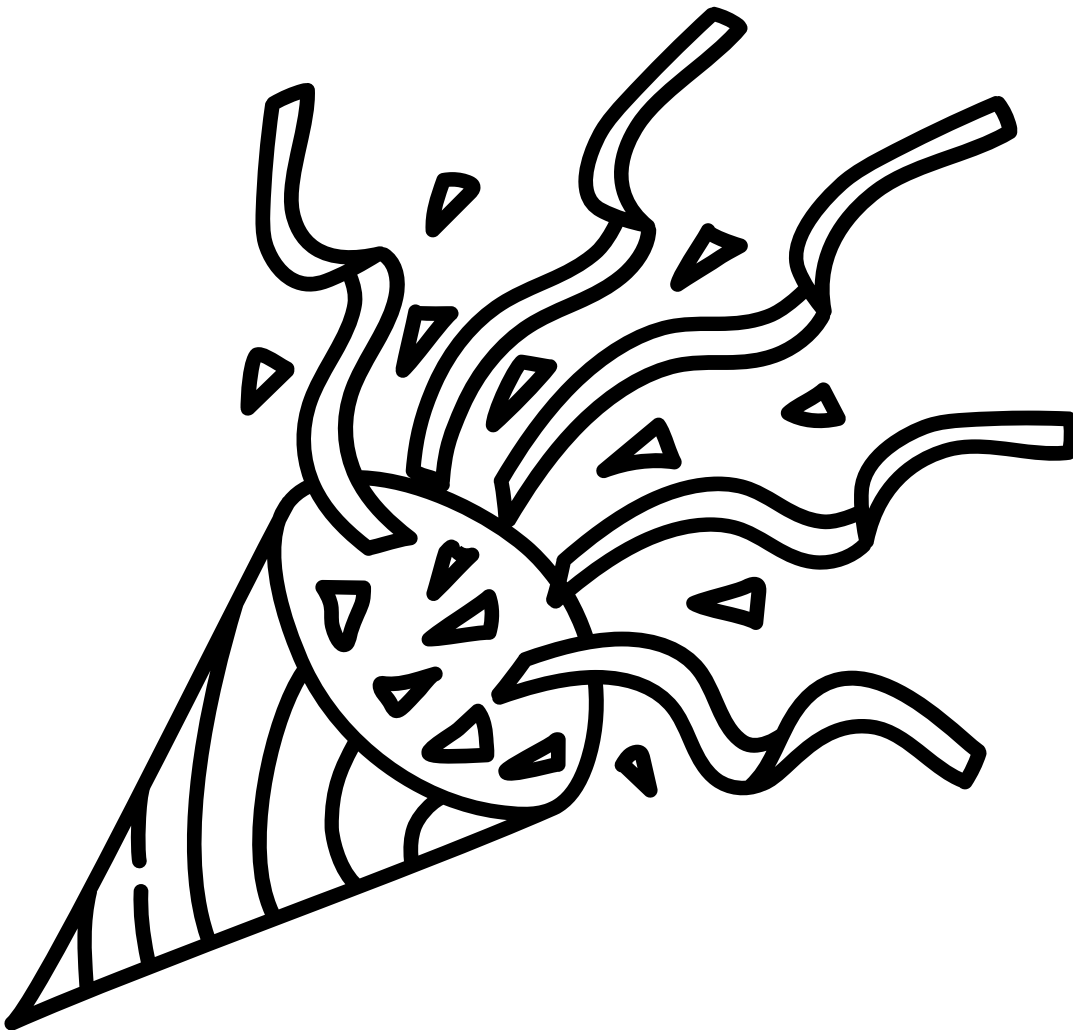
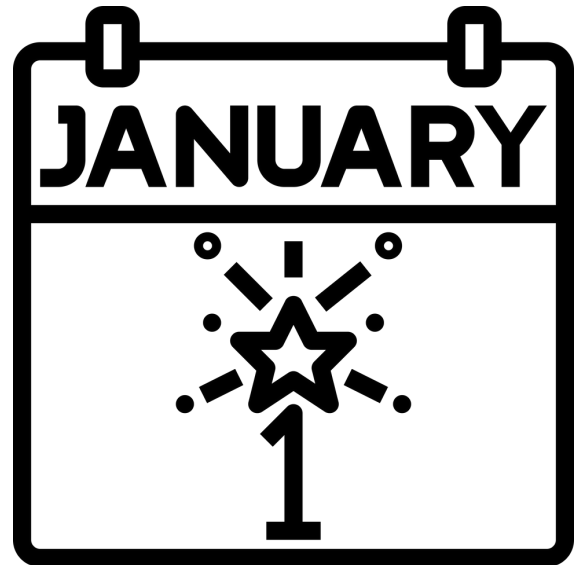
1. Using cardboard, draw 2 circles approx. the size of a small to medium bowl. Carefully cut out the circle.
2. Using the wrapping paper, glue onto one side of each circle. You may want to cover the entire circle with one piece of wrapping paper or use small torn scraps and create a mosaic! Set aside to dry.
3. Using a single hole punching tool, cut 3 - 4 holes along the left and right edge of the circles. To make sure the holes match, you can use the first circle and trace the holes onto the 2nd circle.
4. Line up your circles on top of one another (decorated side facing outwards). Make sure the holes line up. Create an opening and place the craft stick between the two circles to create a handle at the bottom. Using glue, adhere part of the stick to the plain inside of the circles. Let dry.
5. Cut string to measure double the length of the circles you created. Measure and cut as many strings as you have holes in your noisemaker. Thread each string halfway into each hole. This will help fasten the circles together too!
6. Begin to thread your noisemaking accessories, such as beads, buttons, bells, etc. on each string. Tie a knot at the end of each string.



Now you are ready to make some noise! Simply hold the noisemaker's handle and turn, twist, or wave the paddle and let the bells, buttons or beads make a sound against the decorated cardboard!

HAPPY NEW YEAR!

Colour your own New Years Eve celebration!

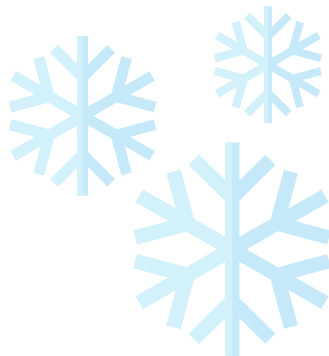


WINTER WORD FIND

Find the words below in the puzzle.

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

COLD
ICICLES
SCARF
SNOWBALL
WINTER

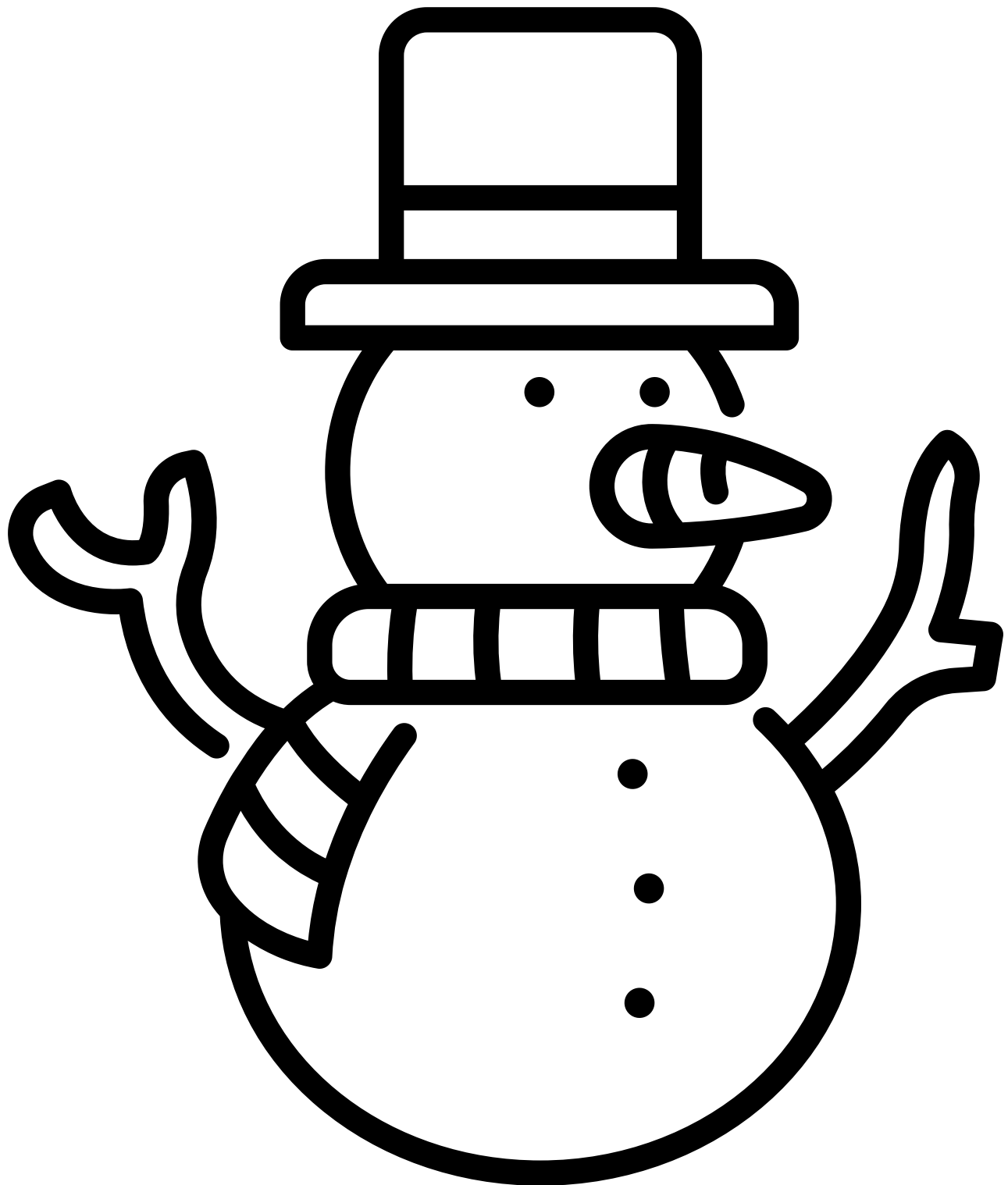


GLOVES
NEW YEAR
SNOWMAN
HAT
RESOLUTION

WINTER HAT



SNOWMAN

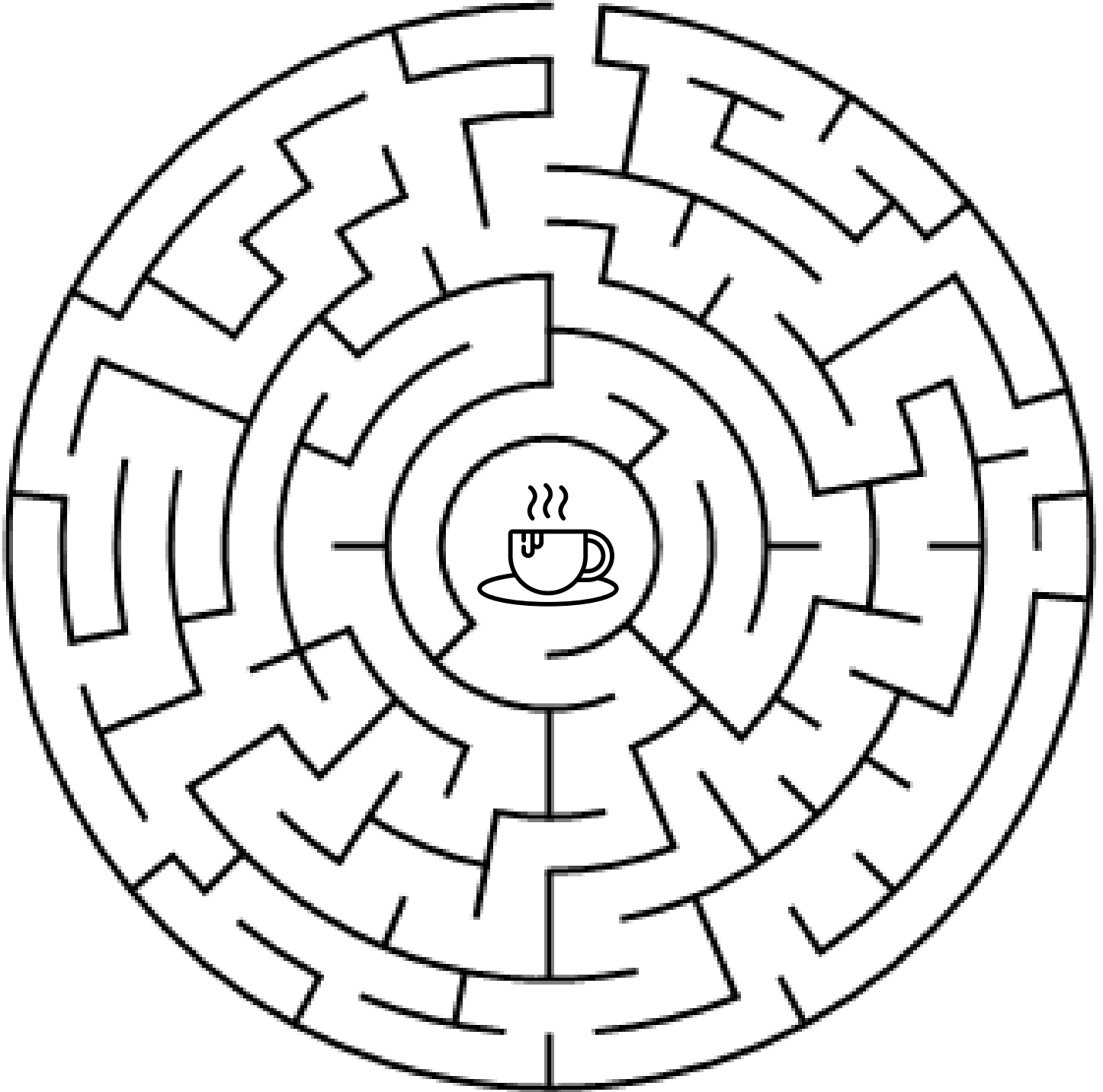
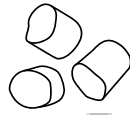


ICE SKATE

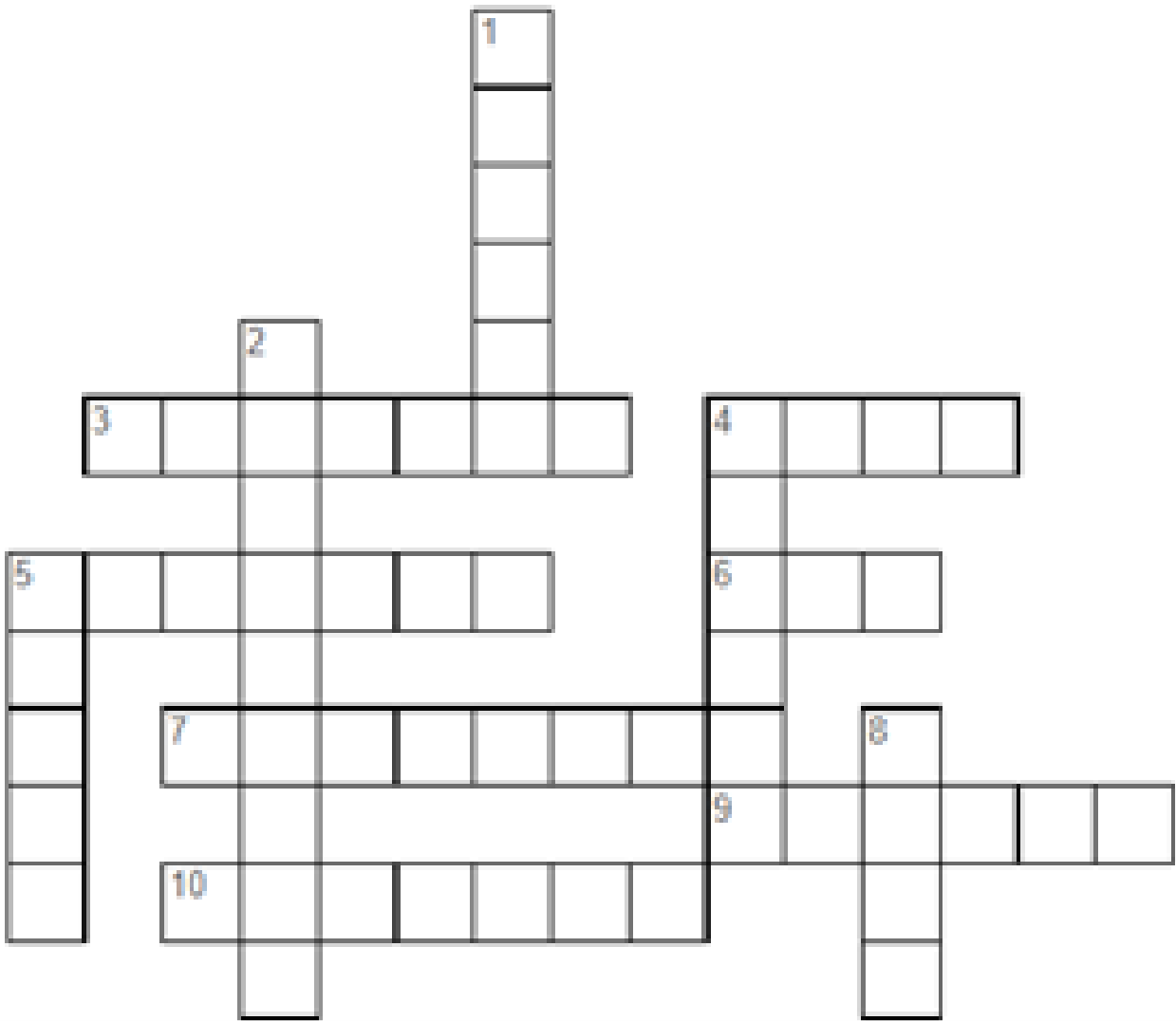


WINTER MAZE

Help get the marshmallows into the cup of hot chocolate!



WINTER CROSSWORD



Across

- 3 First month of the year
- 4 We shovel this in winter
- 5 A man made of snow
- 6 We skate on this in the winter
- 7 Time off from school or work
- 9 These keep your hands warm
- 10 January 1st

Down

- 1 What season is it?
- 2 Flakes that fall from the sky
- 4 Winter sport
- 5 Keeps your neck warm
- 8 Opposite of hot

SNOWGLOBE

Draw your own Snowglobe winter scene in the image below.



COLOUR BY NUMBER

Follow the instructions to colour the picture below.



1 - Black

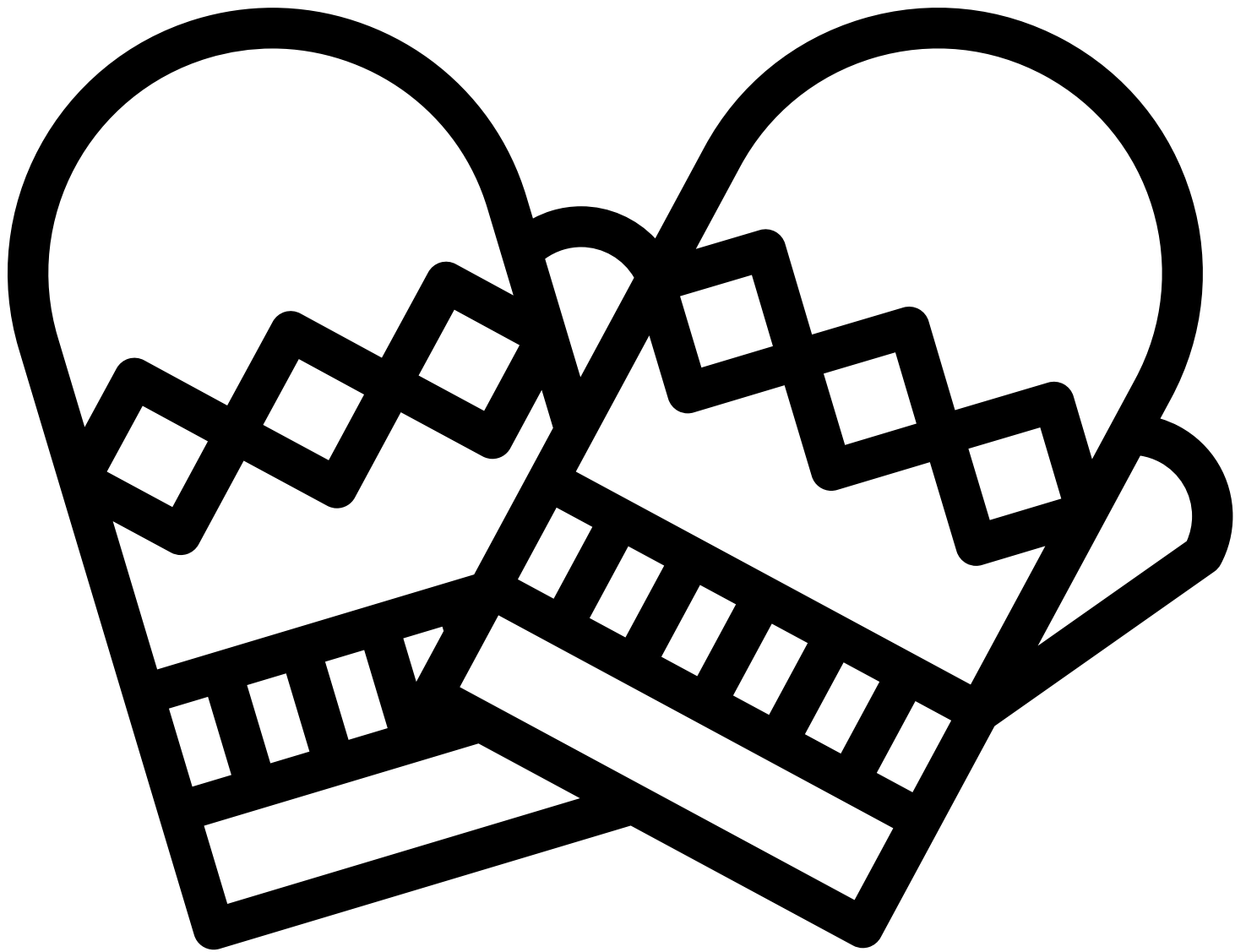
2 - Red

3 - Yellow

4 - Green

5 - Brown

WINTER GLOVES



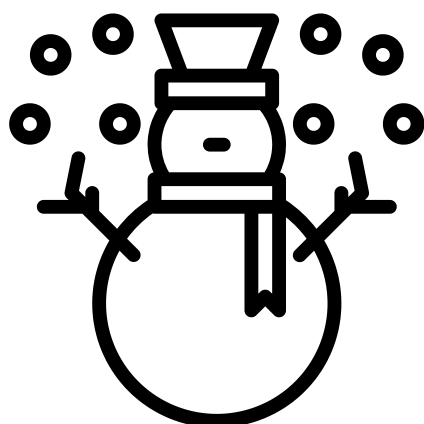
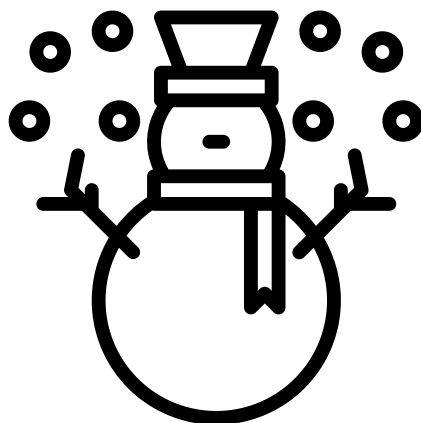
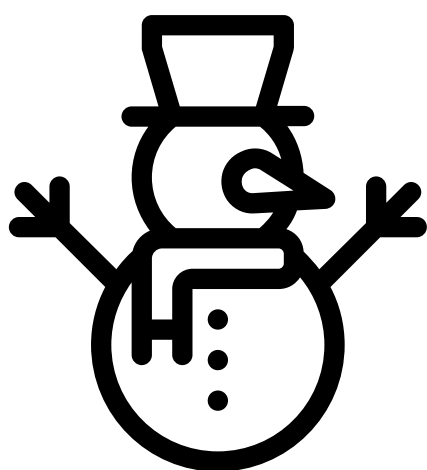
FINISH THE PICTURE

Using one side as a guide, draw what you think the other side of the image will look like.



MATCHING GAME

Circle the matching pairs of snowmen!



WHAT ARE YOUR HOPES FOR THE
NEW YEAR?

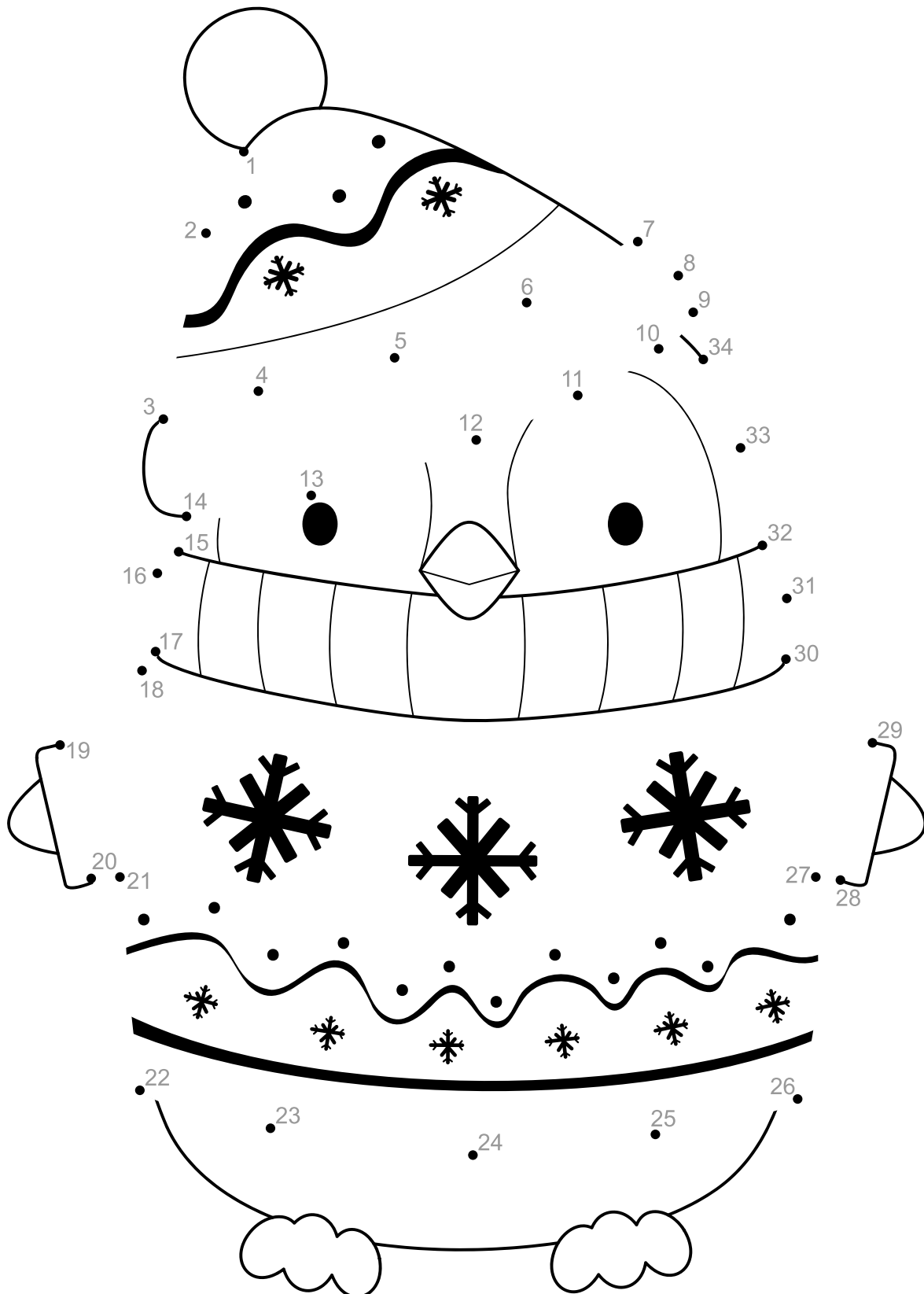


HOLIDAY BEAR



CONNECT THE DOTS

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



HOT CHOCOLATE

What's your favourite way to make hot chocolate?

___ Marshmallows?

___ Hot water?

___ Warm Milk?

___ Dash of cinnamon?



WHAT'S NEXT?

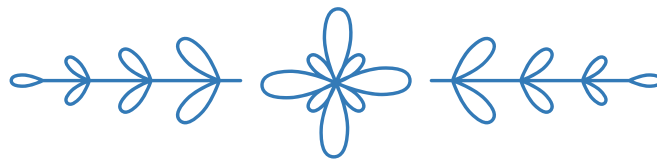
Can you guess what special day is coming up next month?



Guess: _____

WE HOPE YOU ENJOYED JANUARY'S SENIOR ACTIVITY BOOKLET!

*Be sure to visit our online store to
purchase your February Senior
Activity Booklet filled with
Valentine's Day & Winter Sports-
themed activities the whole family
will enjoy!*



Follow us on:



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