

The *dementia* Monthly

FEBRUARY

Ideal Caregivers 4u



OVERVIEW:

- Immunity Support
- Vegetable Curry Soup Recipe
- Activity Booklet

Thank you for purchasing our monthly activity booklet!

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

February Has Arrived!

The second month of the new year is already here!

It may be the shortest month, but there's plenty to do in our Activity Booklet! It is packed with activities, information, and ideas to celebrate the month ahead!

*Happy
Valentine*





As the winter is in full effect, protecting your immunity is vital for a healthy and safe season.

Keep reading for information on what the immune system is and how you can help protect it.

Your immune system protects your body from viruses and bacteria. It is a complex organ system that detects and responds to a variety of infections, viruses, and bacteria. There are two levels of immunity: Innate Immunity & Adaptive Immunity.

Immune

System

Innate Immunity is the first line of defence. Its defences include physical barriers such as skin, chemicals in the blood, and immune system cells that attack "foreign bodies".

Adaptive Immunity refers to antigen-specific immune responses and is more complex. Once the antigen is identified (such as a virus), this system creates an army of immune cells to fight it off and creates a "memory" that makes future responses more efficient.





There are a number of ways throughout the year that we can help support and protect our immune system.

Your immune system is exactly that - a system - that requires a number of factors to keep it balanced and in harmony.

A healthy lifestyle is the single most important step you can take to naturally boost your immune system to keep it strong and healthy. That includes strategies, such as:

Immunity

Support

- Eating a healthy diet rich in whole foods, fruit, and vegetables
- Exercises regularly
- Staying hydrated
- Maintaining a healthy weight
- Getting enough sleep
- Reducing stress
- Drinking alcohol in moderation
- Not smoking

For an immune-boosting recipe, keep reading!
Or if you are looking for how we can help support you or your elderly loved one, contact us today for meal prep and meal assistance services!



Vegetable Curry Soup

This hearty, healthy, and delicious soup is perfect for these cold February days. Rich in vitamins, nutrients and flavour, this soup is sure to please!



Ingredients

- 2 garlic cloves, minced
- 1 carrot, peeled, grated
- 1 red bell pepper, chopped
- 1 tbsp. coconut oil
- 1 medium onion, diced
- 1 ½ tbsp. ginger, minced
- 1 large zucchini, chopped
- 1 tbsp. curry powder (or more to taste)
- 2 cups (500ml) chicken or vegetable broth
- 1 tomato, chopped
- 1/3 cup (80ml) cream

Directions

1. In a large pot, heat oil and sauté the onion. Add the minced ginger and garlic then continue for 2–3 more minutes.
2. Next, add the peeled and grated carrot and sauté for about 2 minutes, stirring occasionally. Add the chopped peppers and zucchini. Cook the vegetables for about 5 minutes, season with curry powder and mix well.
3. Next, pour in the broth and bring to a boil. Cook covered for about 10 minutes until the vegetables are soft. In the meantime, add the chopped tomatoes. Season with salt.
4. Once vegetables are cooked, take off from heat and blend using a hand blender. Add in the cream, season for taste, mix well and serve.

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!

POLAR BEAR CRAFT

As we prepare for the colder snowy weather this winter, cozy up with this cute winter polar bear craft!

*Please note** This activity has a number of pieces that should be prepared ahead of time especially if your elderly loved one or clients have difficulty with fine-motor skills or eye-hand coordination when using scissors and drawing.*

Materials

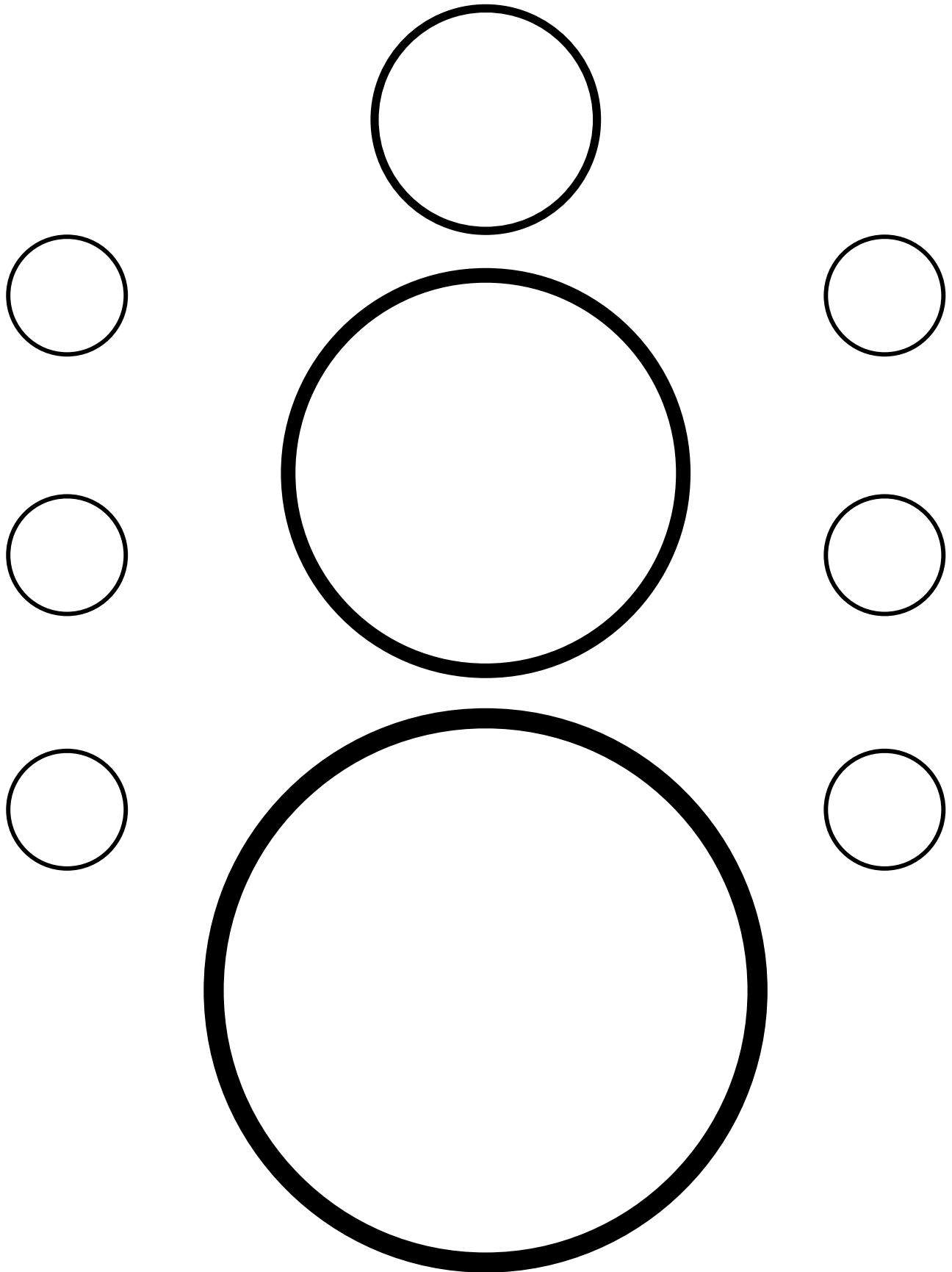
- White craft paper
- Scissors
- Markers or Coloured Pencils
- Craft glue
- Blue craft paper (for background)



Instructions

- 1 Using the template on the next page, carefully cut out the 3 circles of different sizes for the body and face of the polar bear and 6 small circles for the ears, arms, and feet.
- 2 Arrange the body parts using the photo above as a guide and carefully glue each piece to secure them. At this time you may wish to glue the polar bear to the blue craft paper background.
- 3 Once the pieces have been secured with glue and your polar bear is mounted to the background paper, begin to decorate! Using a black marker or coloured pencil, colour in the bear's feet, face, and ears and bring your character to life!
- 4 Now it's time to design the background. Using markers or coloured pencils, decorate the background with snowflakes or use more craft paper to add different features!

POLAR BEAR CRAFT – TEMPLATE



HEART HEALTH MONTH

Colour these delicious heart-healthy fruits and vegetables!

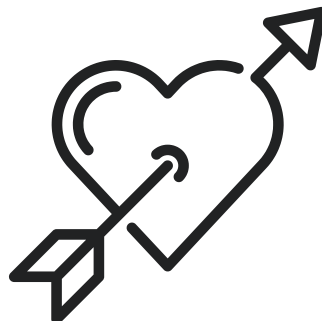


FEBRUARY FUN!

Find the words below in the puzzle.

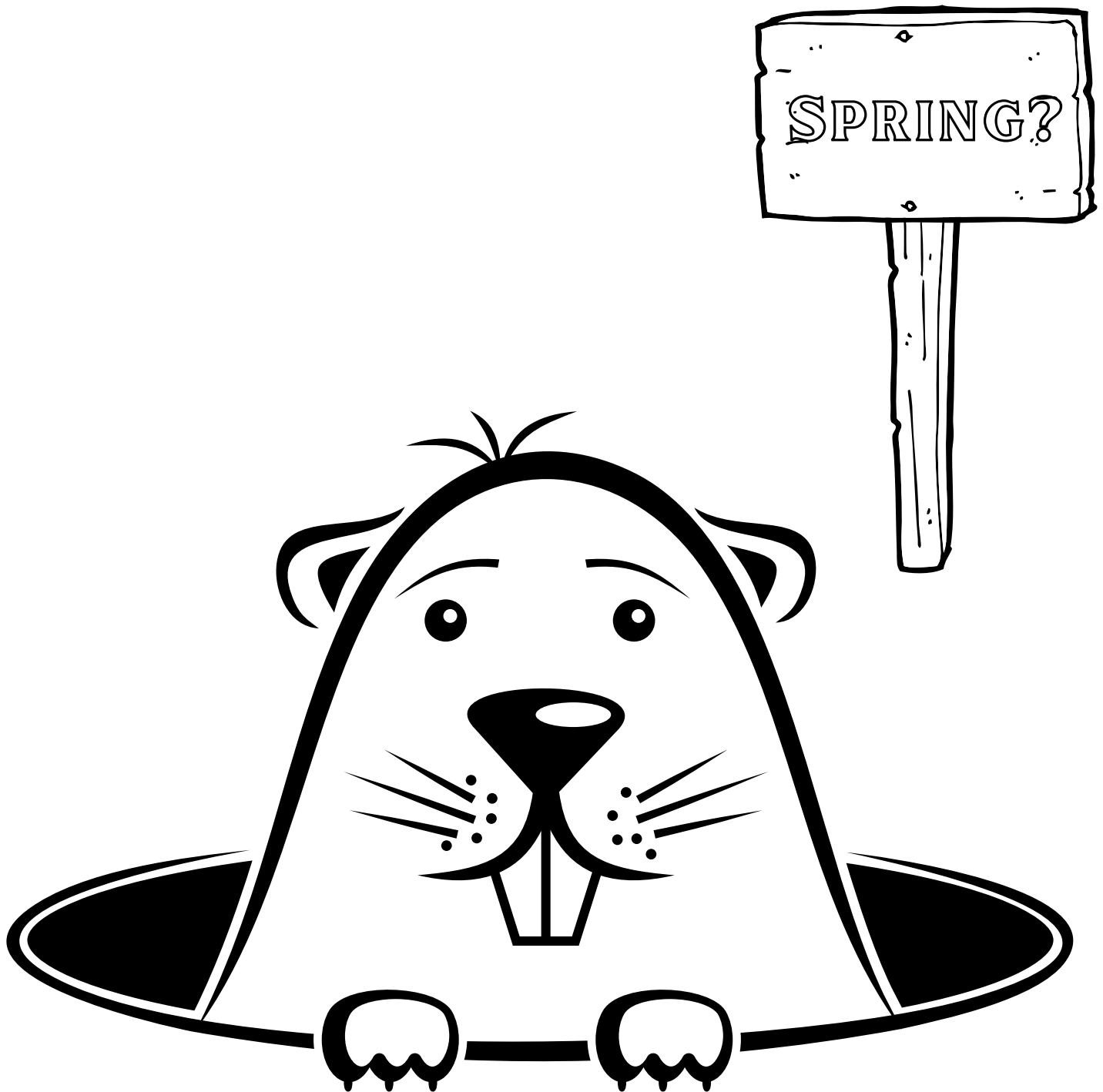
I	C	H	O	C	O	L	A	T	E	D	S	E	R
A	N	T	W	C	O	L	D	S	D	Y	M	A	E
A	G	R	O	U	N	D	H	O	G	D	A	Y	C
F	W	I	O	A	E	V	E	O	V	P	L	T	I
L	C	U	P	I	D	A	Y	L	I	M	A	F	S
O	L	D	D	P	U	L	E	E	F	L	N	T	O
W	L	F	E	I	L	E	V	C	C	O	F	A	E
E	D	E	L	I	R	N	O	O	U	I	R	I	S
R	A	B	R	E	E	T	L	D	G	C	C	D	C
S	T	R	G	D	T	I	L	R	W	L	F	E	N
E	O	U	W	A	N	N	D	A	Y	C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

GIFTS
FEBRUARY
FLOWERS
CUPID
FAMILY
SNOW

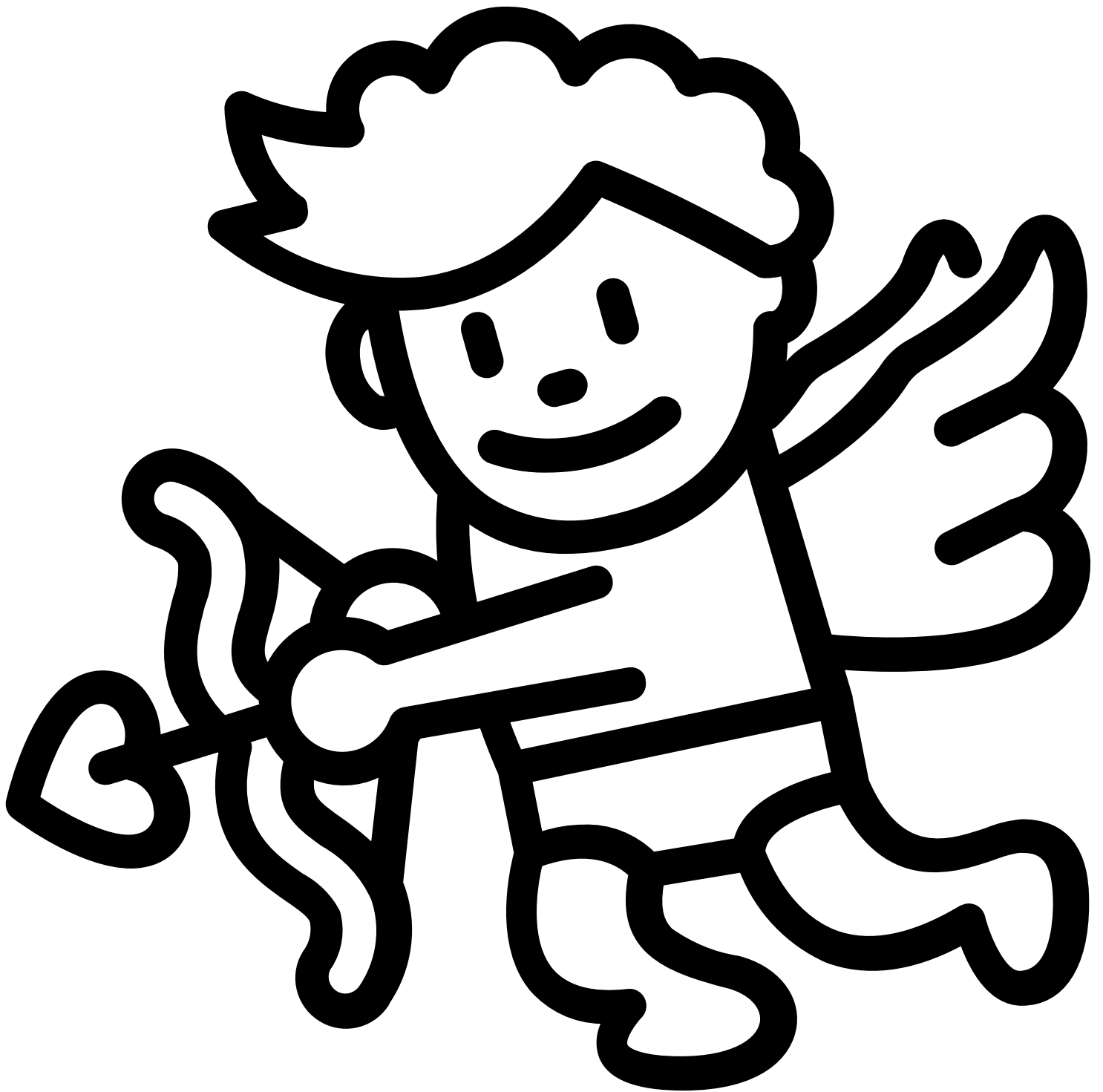


VALENTINE
WINTERLUDE
LOVE
COLD
CHOCOLATE
GROUNDHOG
DAY

GROUNDHOG DAY!



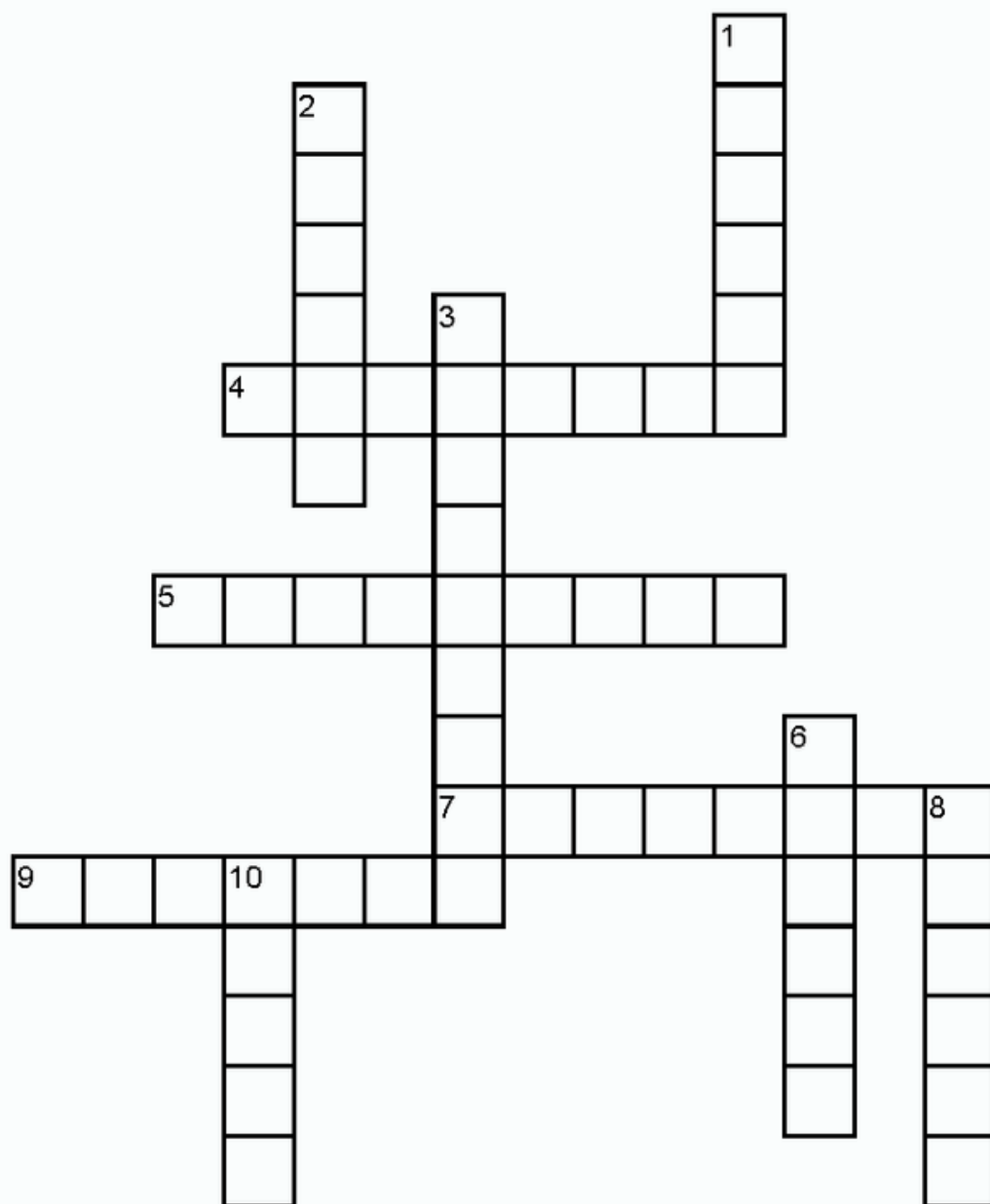
CUPID



WINTER SETTING



ALL ABOUT FEBRUARY



Across

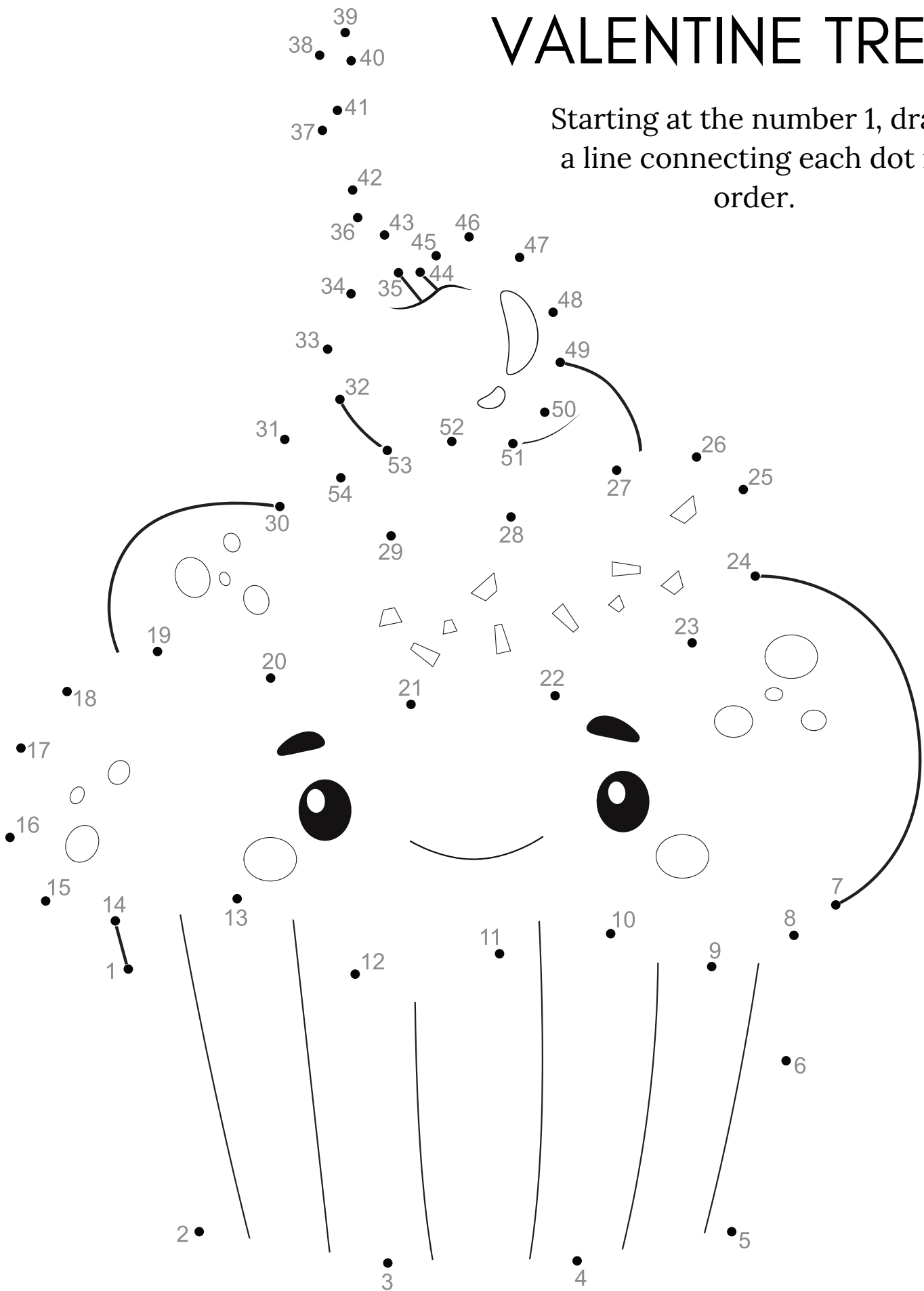
- 4 The shortest month of the year
 5 A day that we celebrate love
 7 Athletic games form around the world
 9 An Olympic sport on ice: Figure

Down

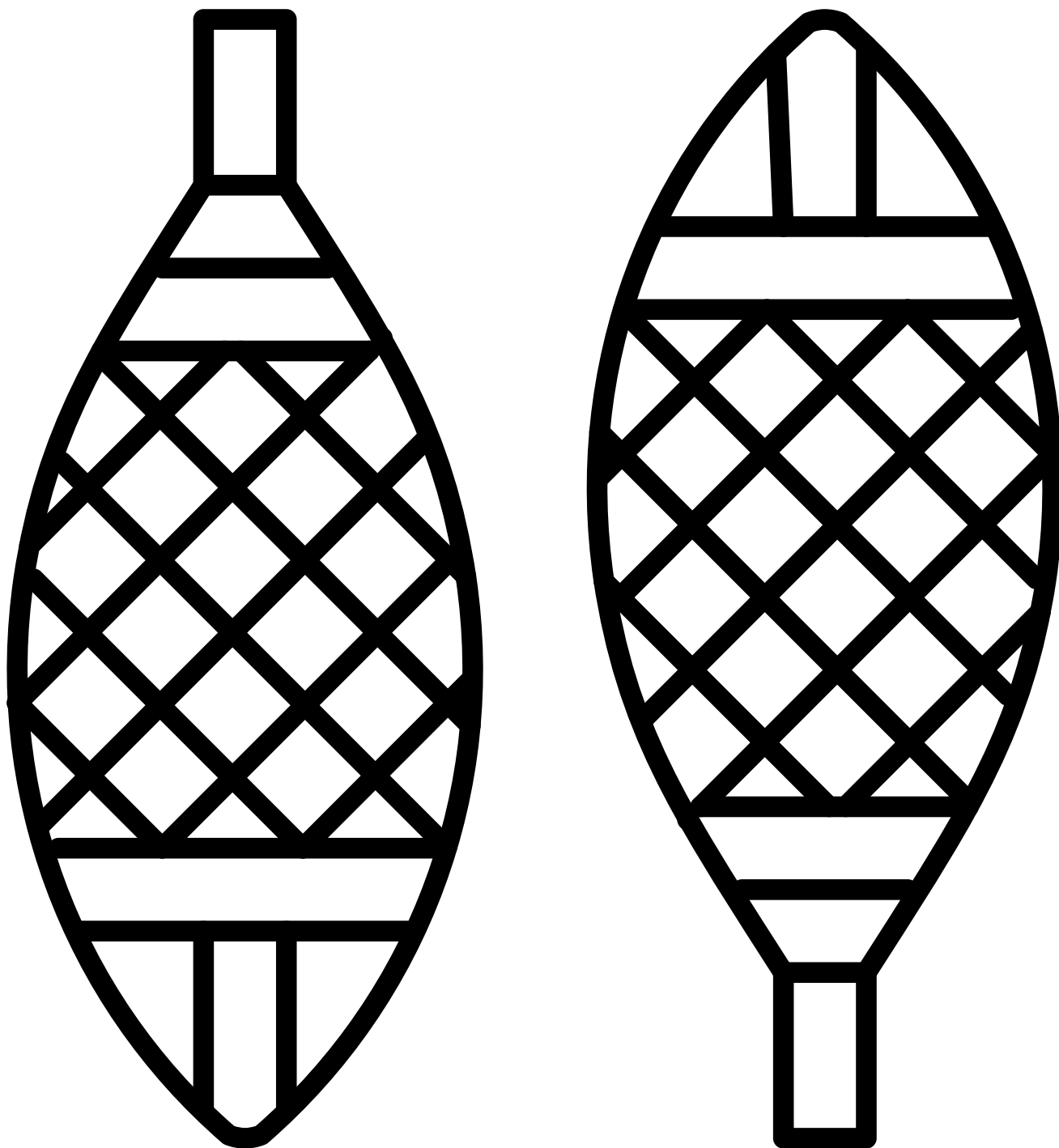
- 1 ----- Day: A holiday in February
 2 A favourite winter sport in Canada
 3 This animal tries to predict an early spring
 6 February's season
 8 The season after winter
 10 The animal celebrated this Lunar New Year

VALENTINE TREAT

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

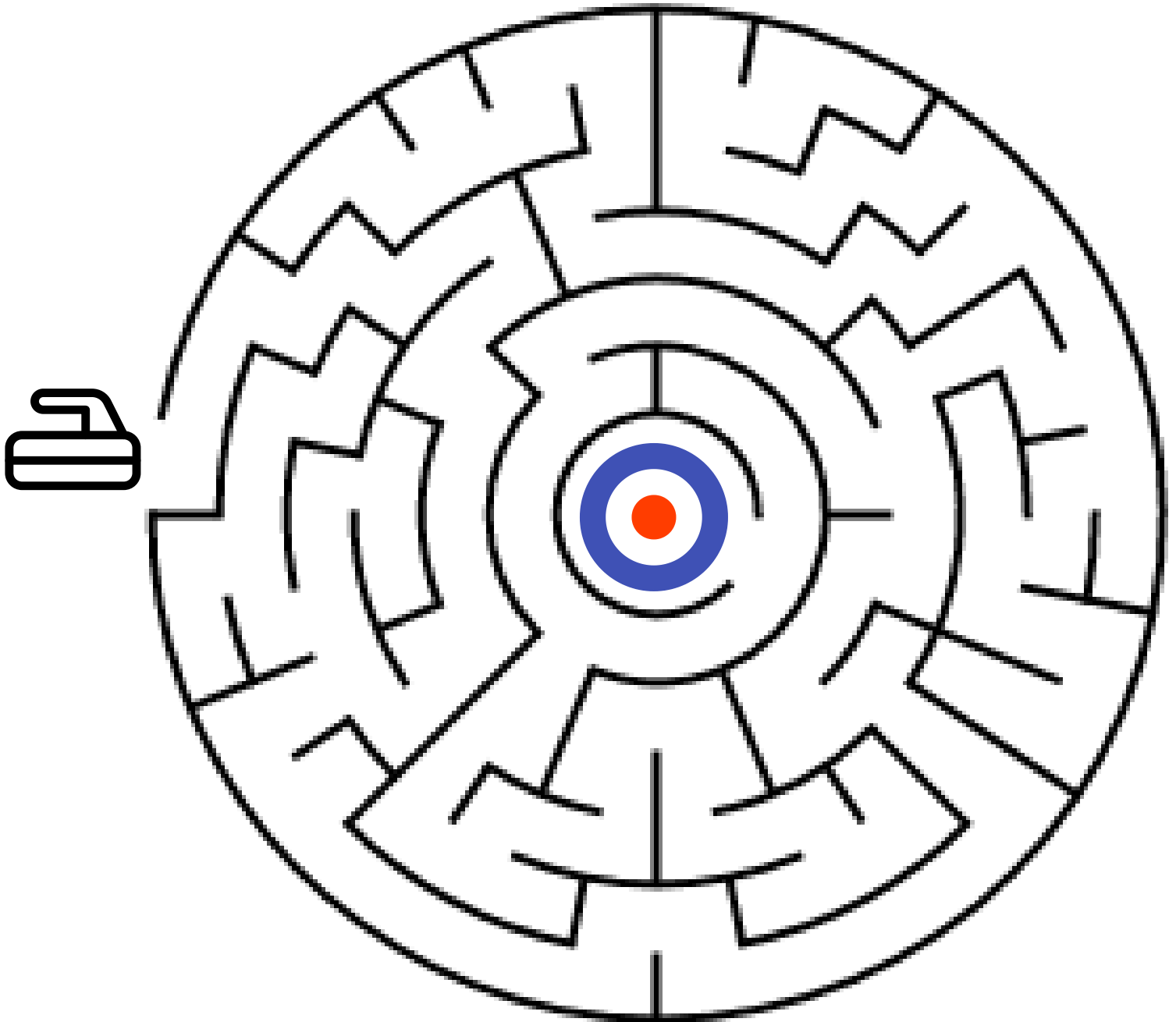


SNOWSHOES

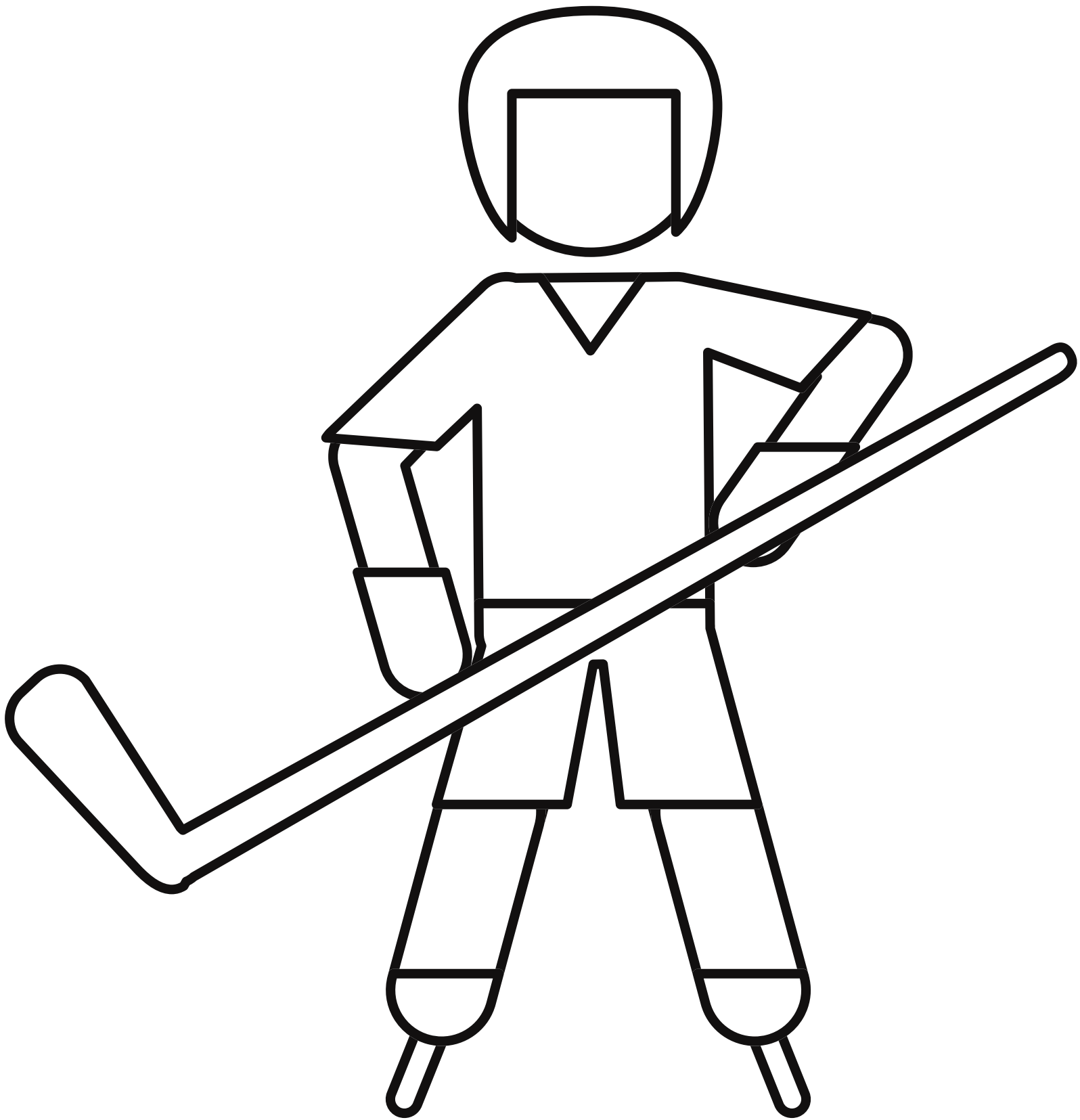


CURLING MAZE

Help get the Curling rock to the final position!

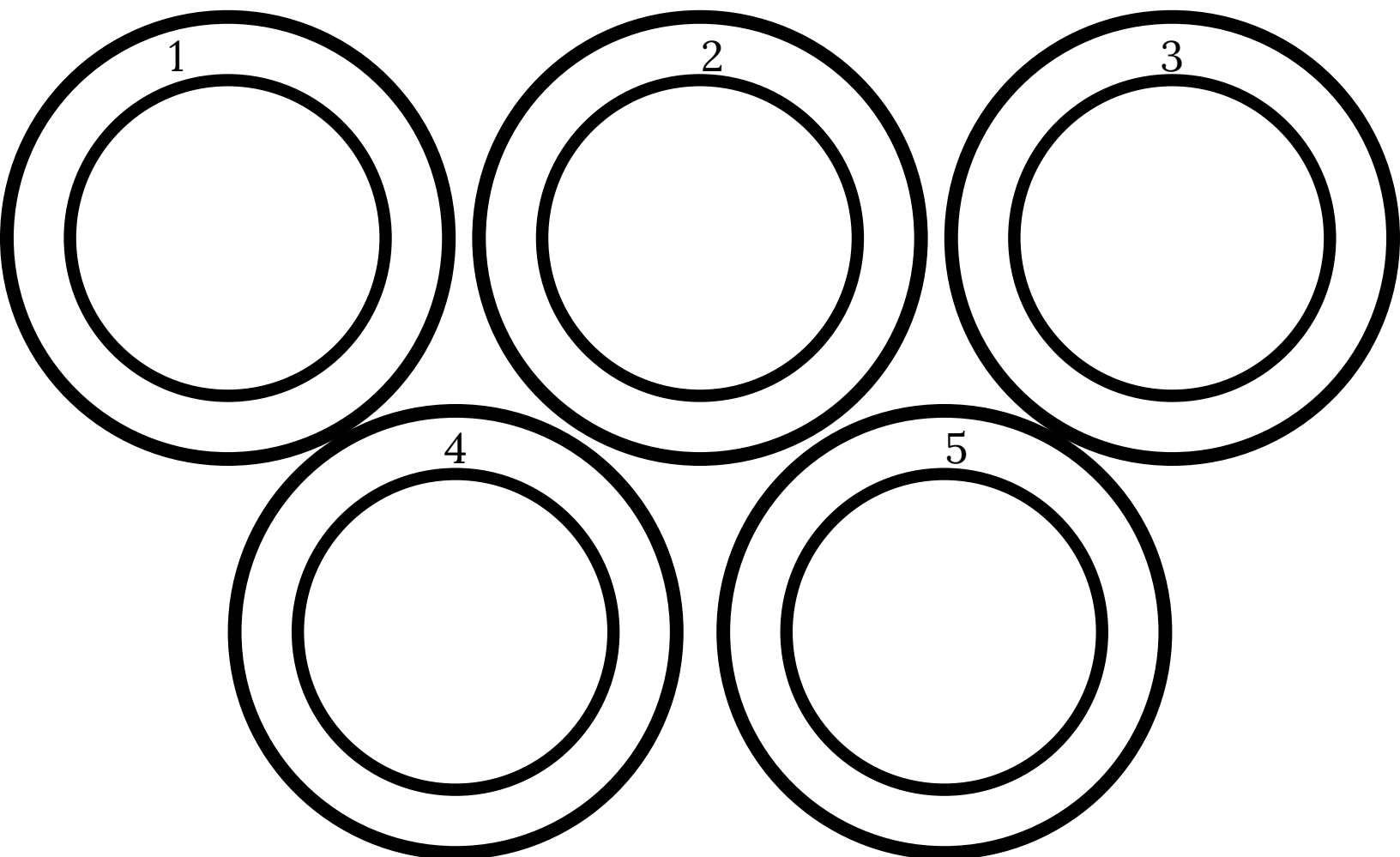


HOCKEY



COLOUR BY NUMBER

Follow the instructions to colour the Olympic rings below.



1 - Blue

2 - Black

3 - Red

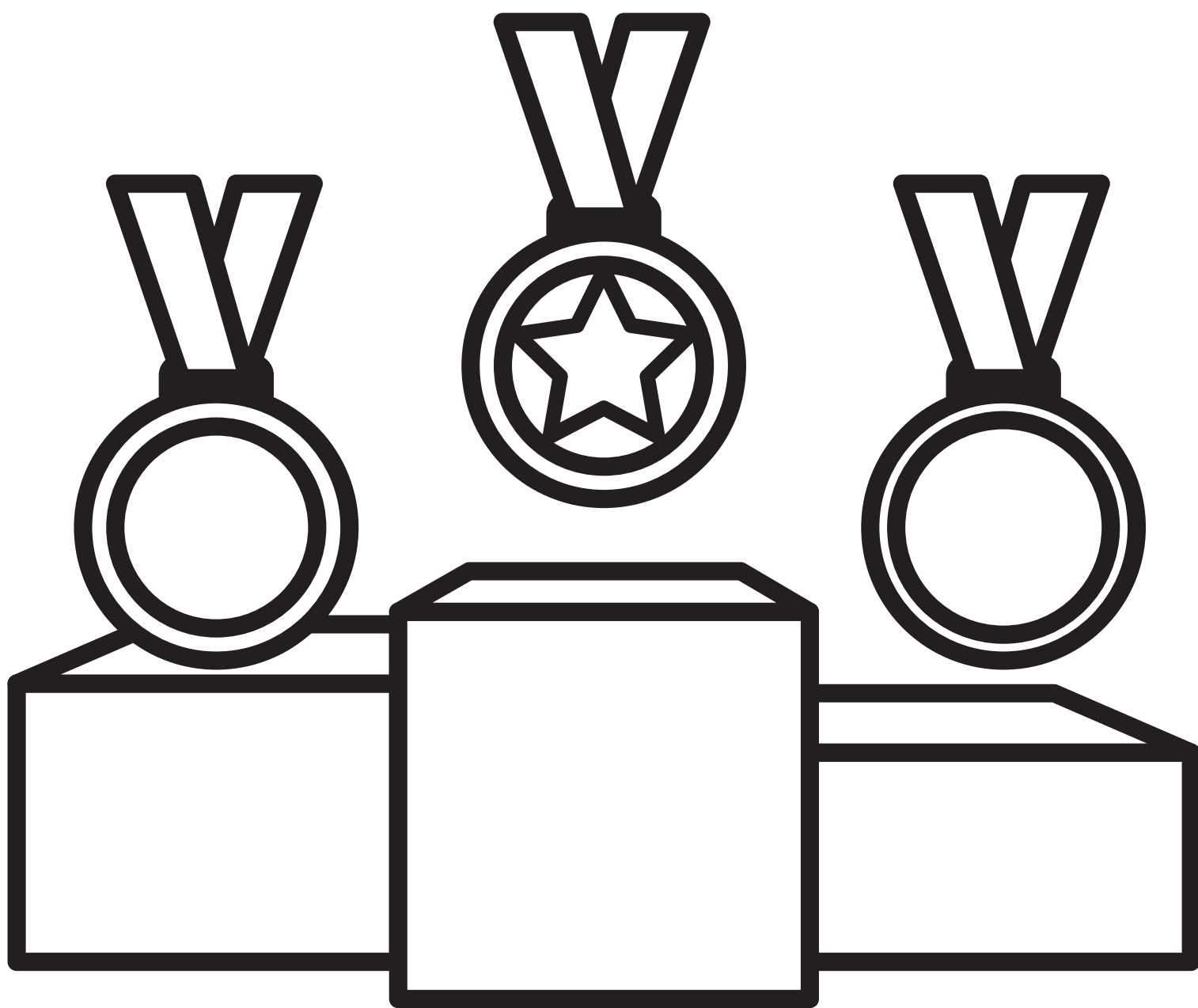
4 - Yellow

5 - Green

SKIING

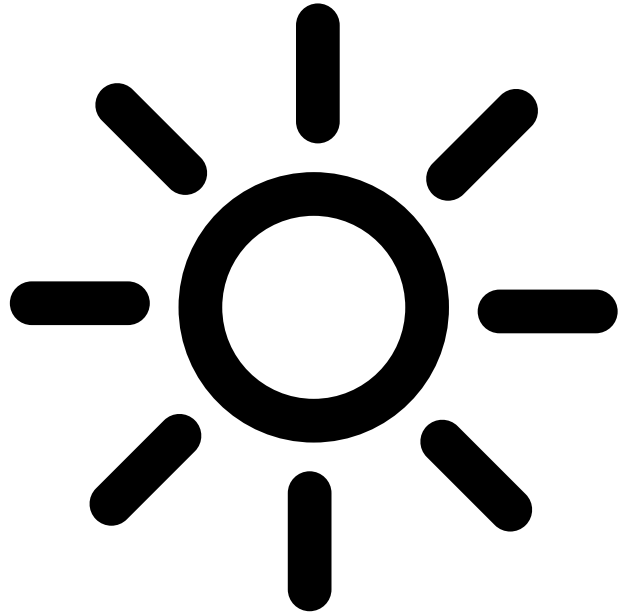
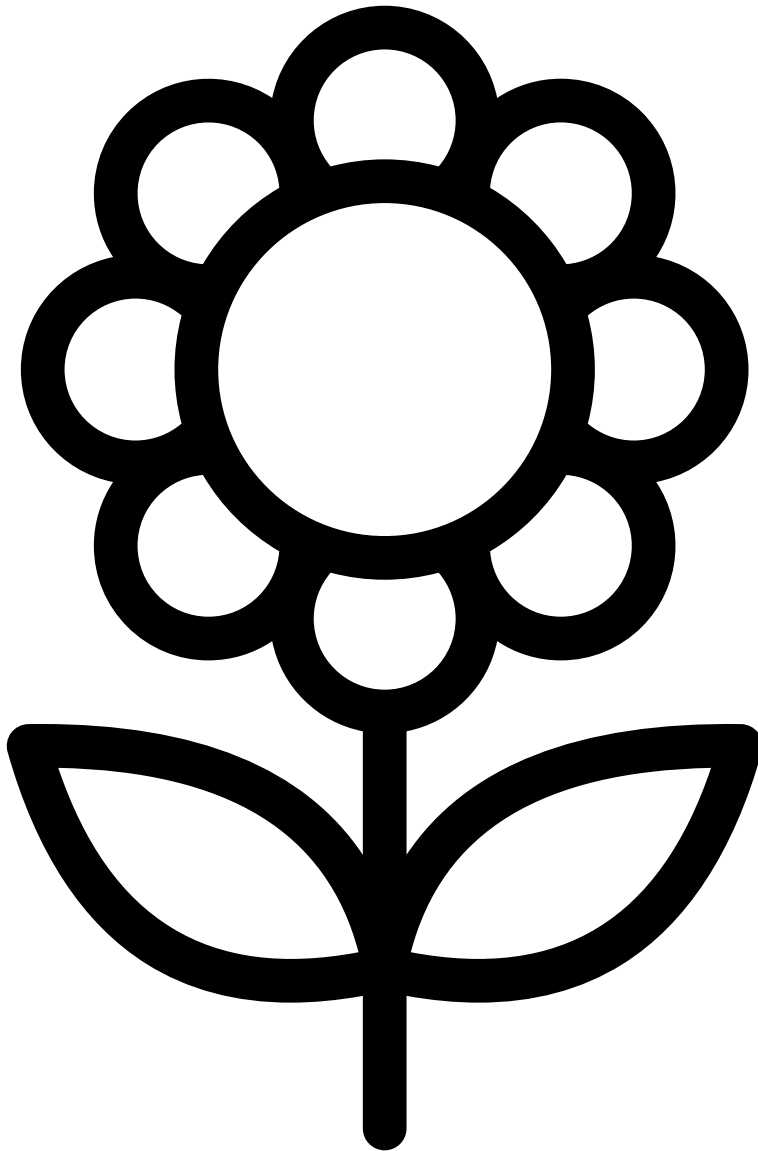


THE RESULTS ARE IN!



WHAT'S NEXT?

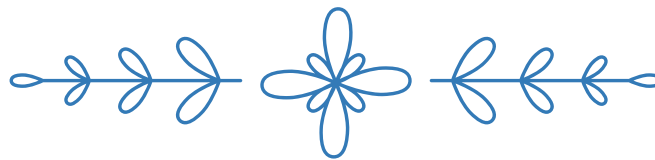
Can you guess what special season is coming up next month?



Guess: _____

WE HOPE YOU ENJOYED FEBRUARY'S SENIOR ACTIVITY BOOKLET!

*Be sure to visit our online store to
purchase your March Senior Activity
Booklet! We usher the new Spring
season by celebrating special
holidays like Mardi Gras & St.
Patrick's Day with themed activities
you're sure to enjoy!*



Follow us on:



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