

# The *dementia* Monthly

JUNE

Ideal Caregivers 4u



## OVERVIEW:

- Men's Health Month
- Recipe of the Month
- Activity Booklet

## June Has Arrived!

Summer is almost here! June is packed with promise as the weather warms up, days are longer, and festivals, activities, and vacations begin!

Print and Share our Activity Booklet to bring some springtime cheer to your elderly loved ones!

Thank you for purchasing our monthly activity booklet!

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

# Men's Health Month

June is Men's Health Month here in Canada and we wanted to share some information for you and the senior men in your life to consider.

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## Basic information

International Men's Health Week: June 13 – 19th

Goal: To increase awareness of male health issues globally and encourage and develop health policies and services that meet the specific needs of men, boys, and their families.



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## Important Facts

1.

About 70% of men's health problems are preventable by making small changes to health habits, according to the Canadian Men's Health Foundation (CMFH).

2.

Prostate cancer is the most commonly diagnosed cancer among Canadian men (excluding non-melanoma skin cancers), according to the Canadian Cancer Society (CCS)

3.

Research has shown men are more susceptible than women to illnesses ranging from periodontal disease and kidney failure to type 2 diabetes and colorectal cancer, according to the Centers for Disease Control and Prevention, University of Glasgow and Colorectal Cancer Association of Canada.

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## 4 Healthy Habits

- Maintaining a healthy weight
- Exercising regularly
- Following a healthy diet
- Not smoking



## Lowering Prostate Cancer Risk

Eating a diet high in vegetables and low in fat, red meat, charred meats and processed meats reduces prostate cancer risk. When prostate cancer is detected and treated early, the chances of successful treatment are better. Recognizing symptoms and getting regular checkups are the best ways to detect it early. Talk with your doctor to help choose the best option for you.

# Cherry Clafoutis

June when a wide variety of cherries become available in Ontario! What better way to celebrate the season than with this delicious dessert. Classic clafouti (kla-foo-tee) is a French country pudding usually made with cherries but it can also be made with about 3 cups (750 mL) sliced peeled peaches, pears, plums (unpeeled) or apples.

## Ingredients

- 1 tsp (5 mL) butter **or** margarine
- 1 tbsp (15 mL) granulated sugar
- 2-1/2 cups (625 mL) frozen pitted Ontario Sour Cherries, thawed and well drained
- 3 Ontario Eggs
- 1/3 cup (75 mL) granulated sugar
- 1 cup (250 mL) 2% Ontario Milk
- 1/2 tsp (2 mL) **each** of vanilla and almond extract
- 1/2 cup (125 mL) all-purpose flour
- Pinch of salt



## Directions

1. Butter 10-inch (25 cm) fluted flan pan or 9-inch (23 cm) square cake pan; sprinkle with sugar. Arrange cherries over sugar.
2. In a large bowl and using an electric mixer, beat eggs with the sugar at high speed for about 2 minutes or until frothy.
3. Beat in milk, vanilla and almond extract.
4. Beat in flour and salt until well combined. Pour over cherries.
5. Bake in 350°F (180°C) oven for 40 to 45 minutes or until custard is set in the centre and lightly browned. Serve warm.



# 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!



# WELCOME JUNE!



# HAPPY FATHER'S DAY!





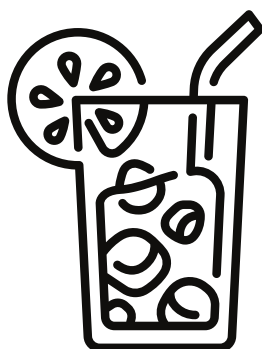


# SUMMER BREAK

Find the words below in the puzzle.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | C | E | C | R | E | A | M | R | B | V | E | T | A |
| N | W | A | O | N | D | O | A | C | B | C | I | J | A |
| B | R | V | G | I | I | E | W | L | V | E | I | L | I |
| L | S | B | C | V | M | N | L | E | T | T | M | C | A |
| E | C | A | R | A | L | U | A | R | A | N | A | N | L |
| G | A | B | H | C | B | J | S | E | D | L | L | A | L |
| N | L | E | S | A | C | E | W | E | G | C | E | G | A |
| I | M | K | B | T | T | A | I | M | N | N | M | L | B |
| T | B | A | C | I | B | I | M | A | I | I | O | T | E |
| A | E | L | I | O | M | H | M | P | I | E | N | P | S |
| O | A | N | M | N | A | A | I | C | C | I | A | R | A |
| B | C | I | M | N | A | B | N | E | B | L | D | G | B |
| W | H | D | N | P | S | B | G | L | S | L | E | B | N |
| A | U | D | A | A | C | M | W | E | N | O | A | L | U |

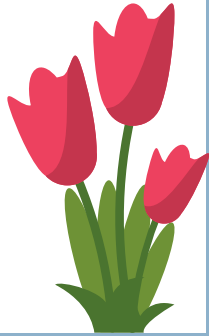
CAMP  
SWIMMING  
ICE CREAM  
LEMONADE  
LAKE



BOATING  
JUNE  
BEACH  
VACATION  
BASEBALL

# SUMMER QUIZ

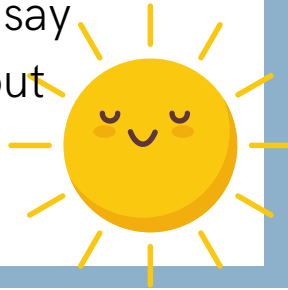
What season is right before summer?



What are the three months of summer?



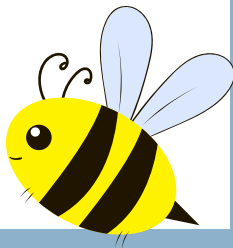
What does a person mean when they say "it's a scorcher out there?"



What season comes after summer?



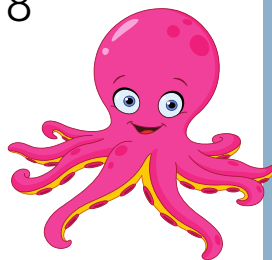
What is the name of the sweet liquid collected by Bees?



What can you use to protect your skin from the sun?



What sea creature has 3 hearts and 8 arms?



June is a popular month for this event with couples.

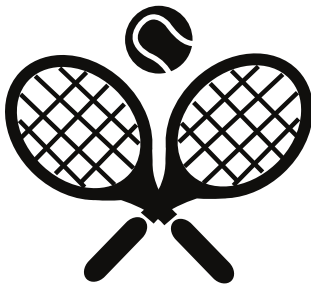


# SPORTS MATCH-UP!

Draw a line to match the sports equipment with the type of sport.



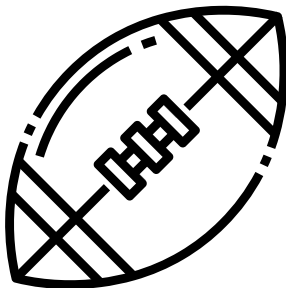
Football



Soccer



Tennis



Basketball



Baseball

# SING-A-LONG

## **She'll Be Coming 'Round the Mountain**

Artist: Gene Autry

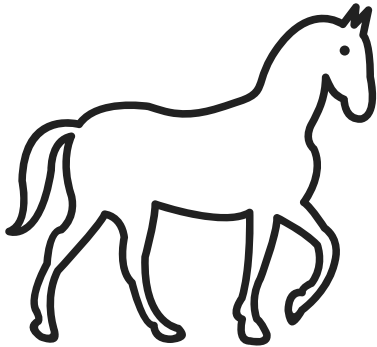
She'll be coming 'round the mountain when she comes  
(yee-haw)

She'll be coming 'round the mountain when she comes  
(yee-haw)

She'll be coming 'round the mountain

She'll be coming 'round the mountain

She'll be coming 'round the mountain when she comes  
(yee-haw)



She'll be ridin' six white horses when she comes  
(whoa back)

She'll be ridin' six white horses when she comes  
(whoa back)

She'll be ridin' six white horses

She'll be ridin' six white horses

She'll be ridin' six white horses when she comes  
(Whoa back)  
(Yee-haw)

She'll be coming 'round the mountain when she comes  
(yee-haw)

She'll be coming 'round the mountain when she comes  
(yee-haw)

She'll be coming 'round the mountain

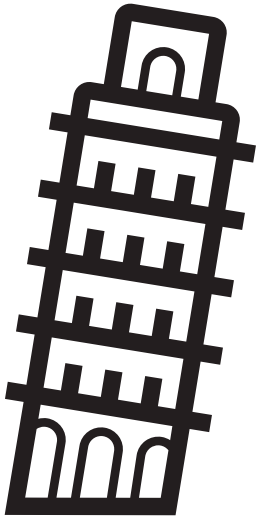
She'll be coming 'round the mountain

She'll be coming 'round the mountain when she comes  
(yee-haw)





# NAME THE FAMOUS LANDMARK



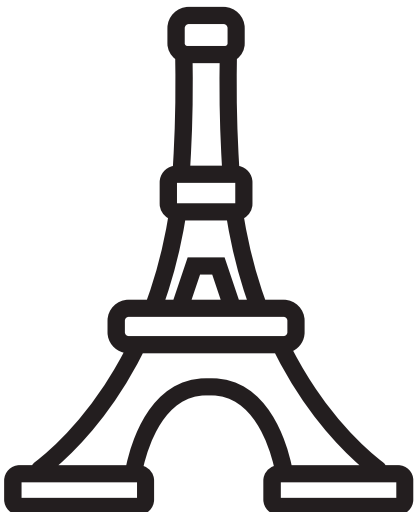
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Location Hint: Italy



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Location Hint: United States of America



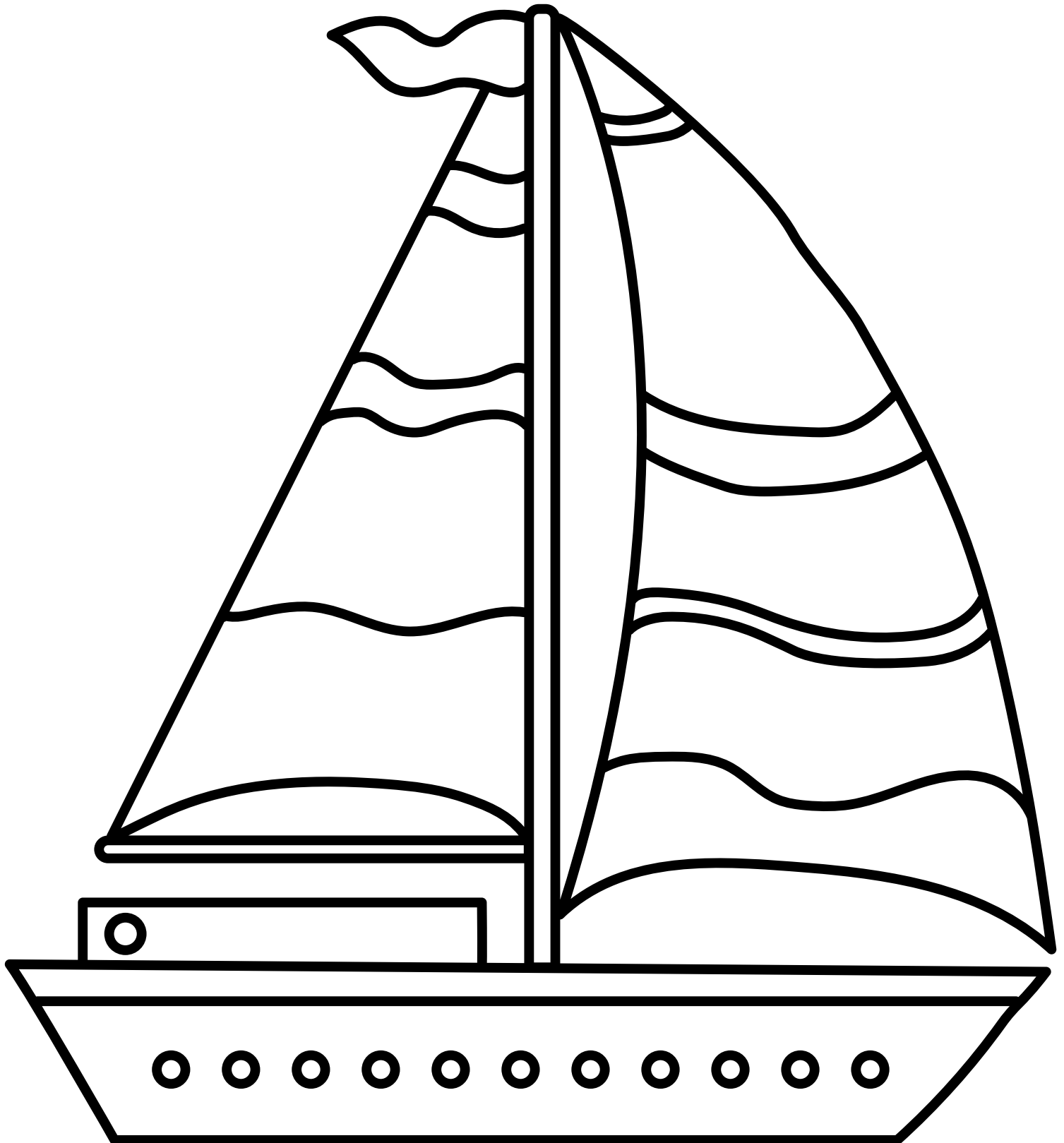
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Location Hint: France

# SUMMER VACATION

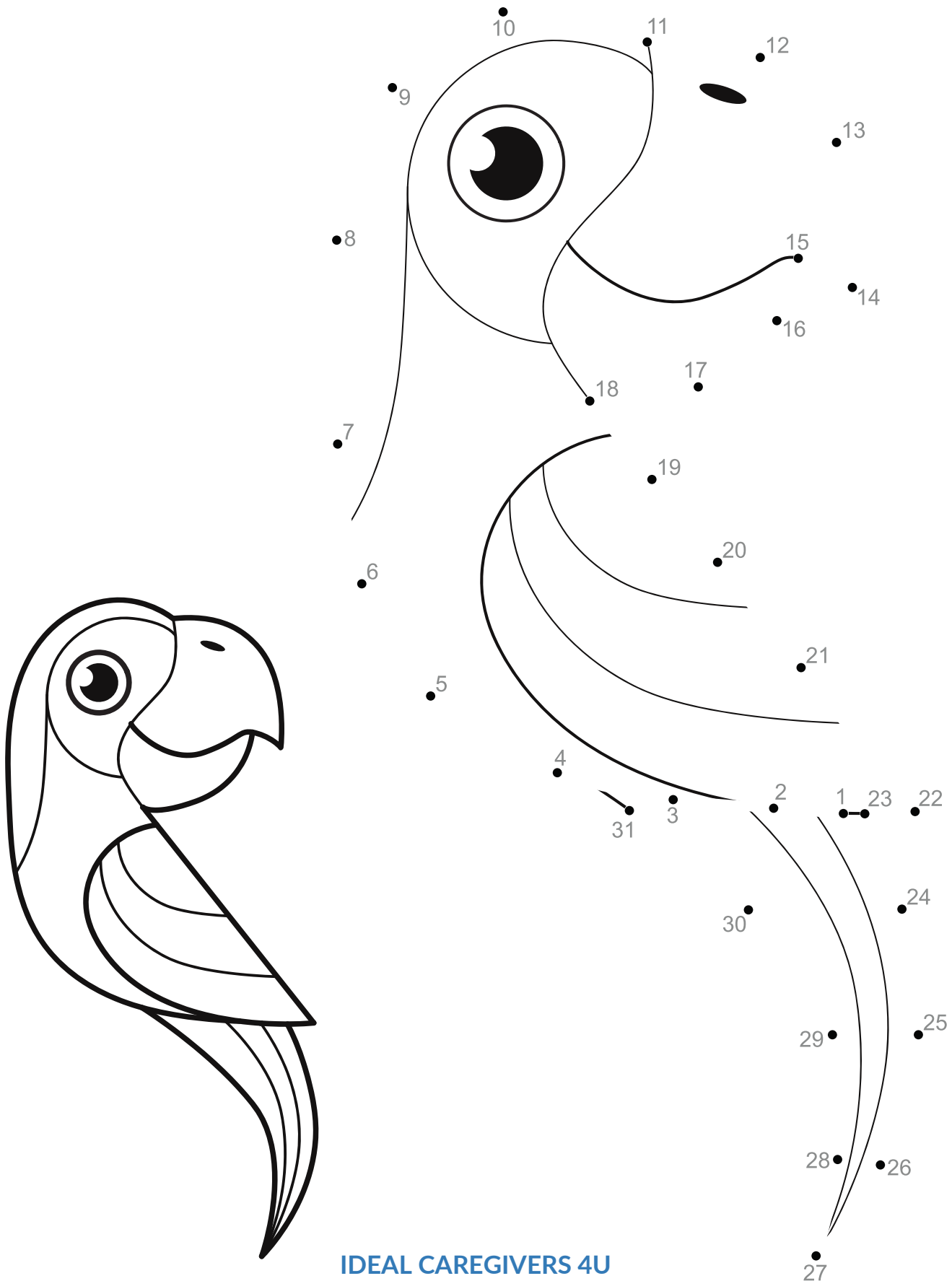


# SAILING INTO SUMMER



# CONNECT THE DOTS

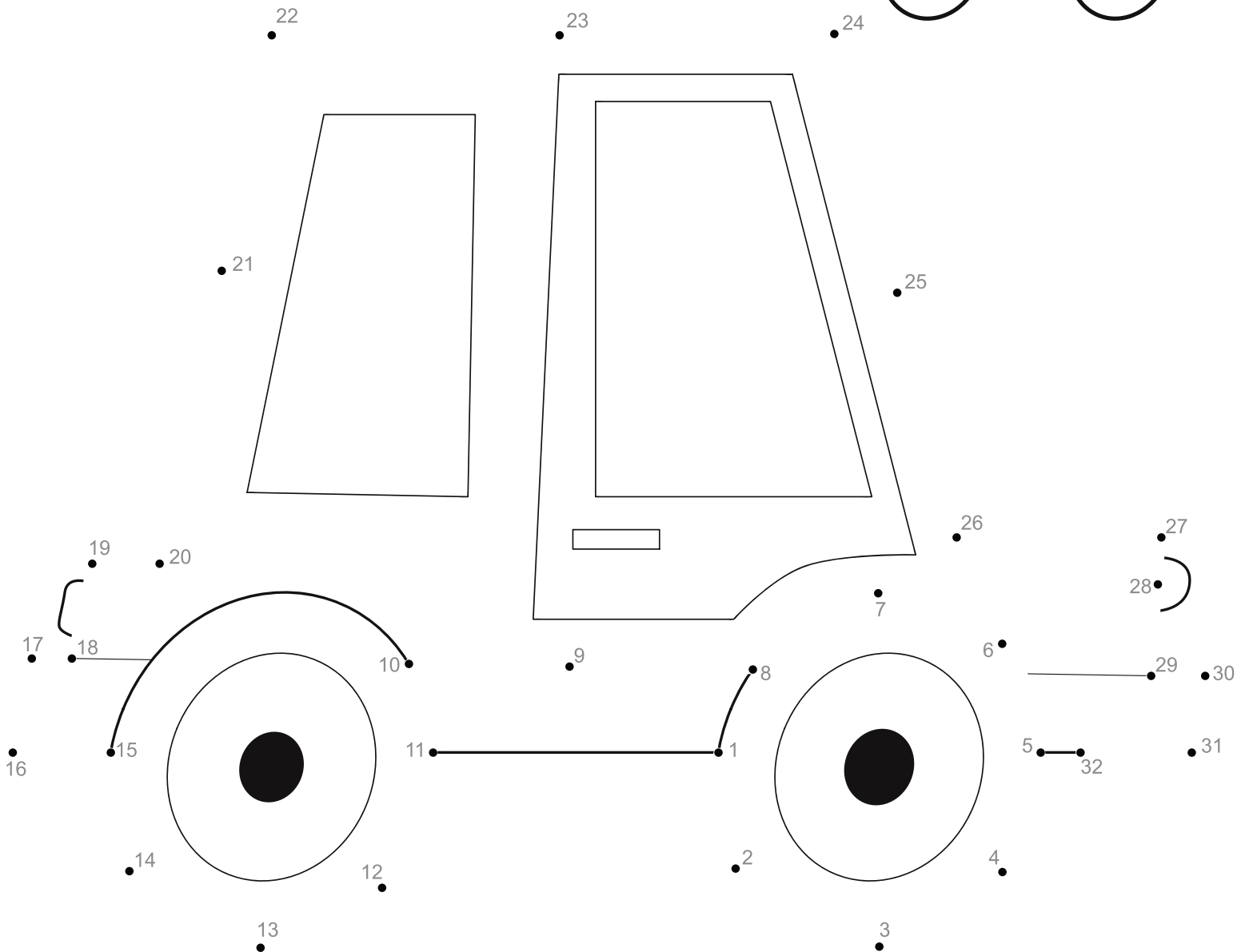
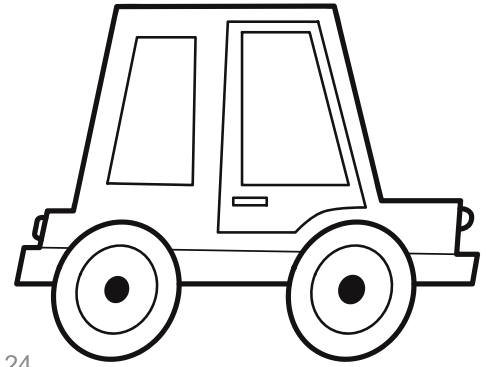
Starting at the number 1, draw a line connecting each dot in order.





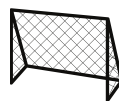
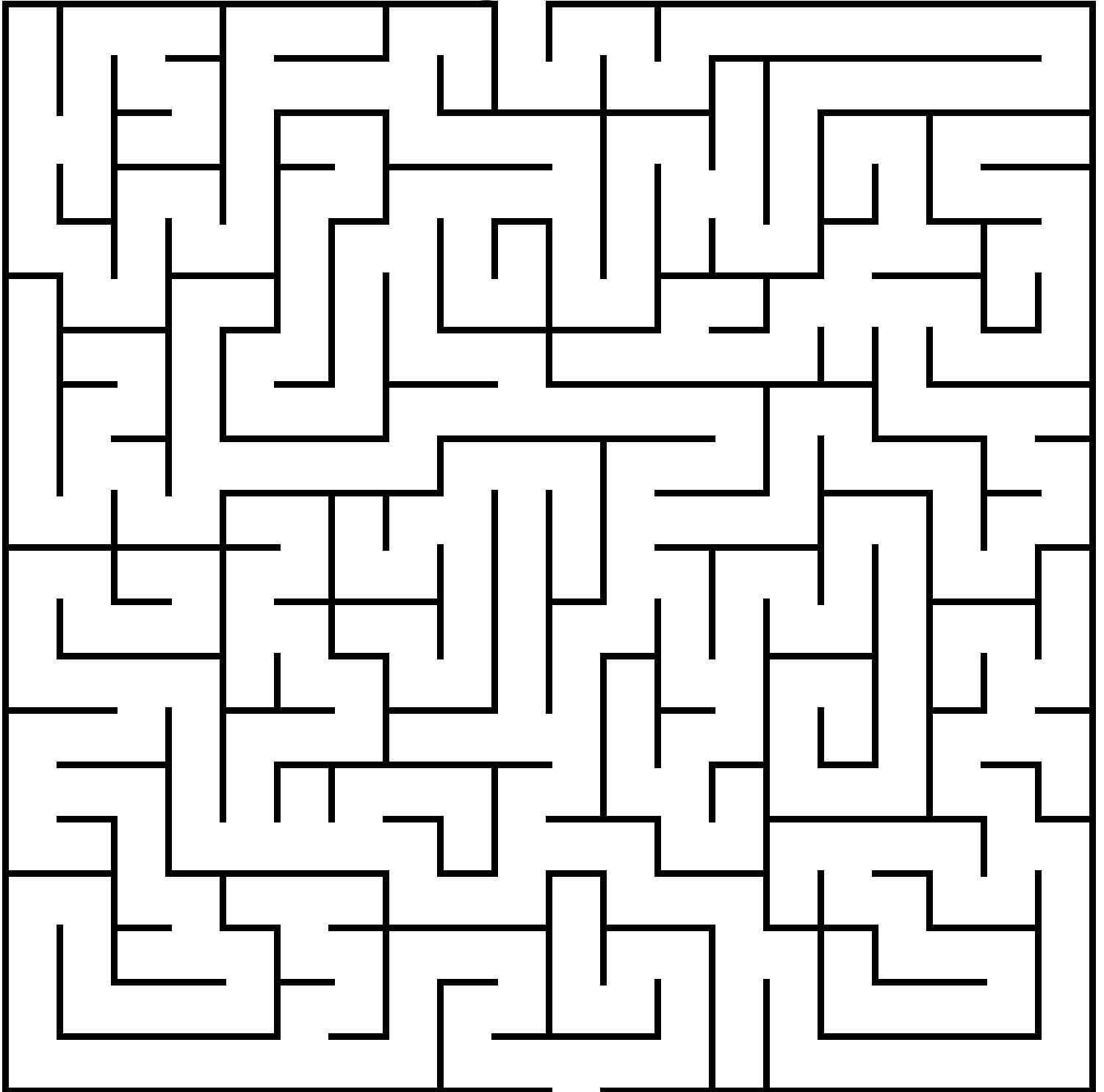
# CONNECT THE DOTS

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



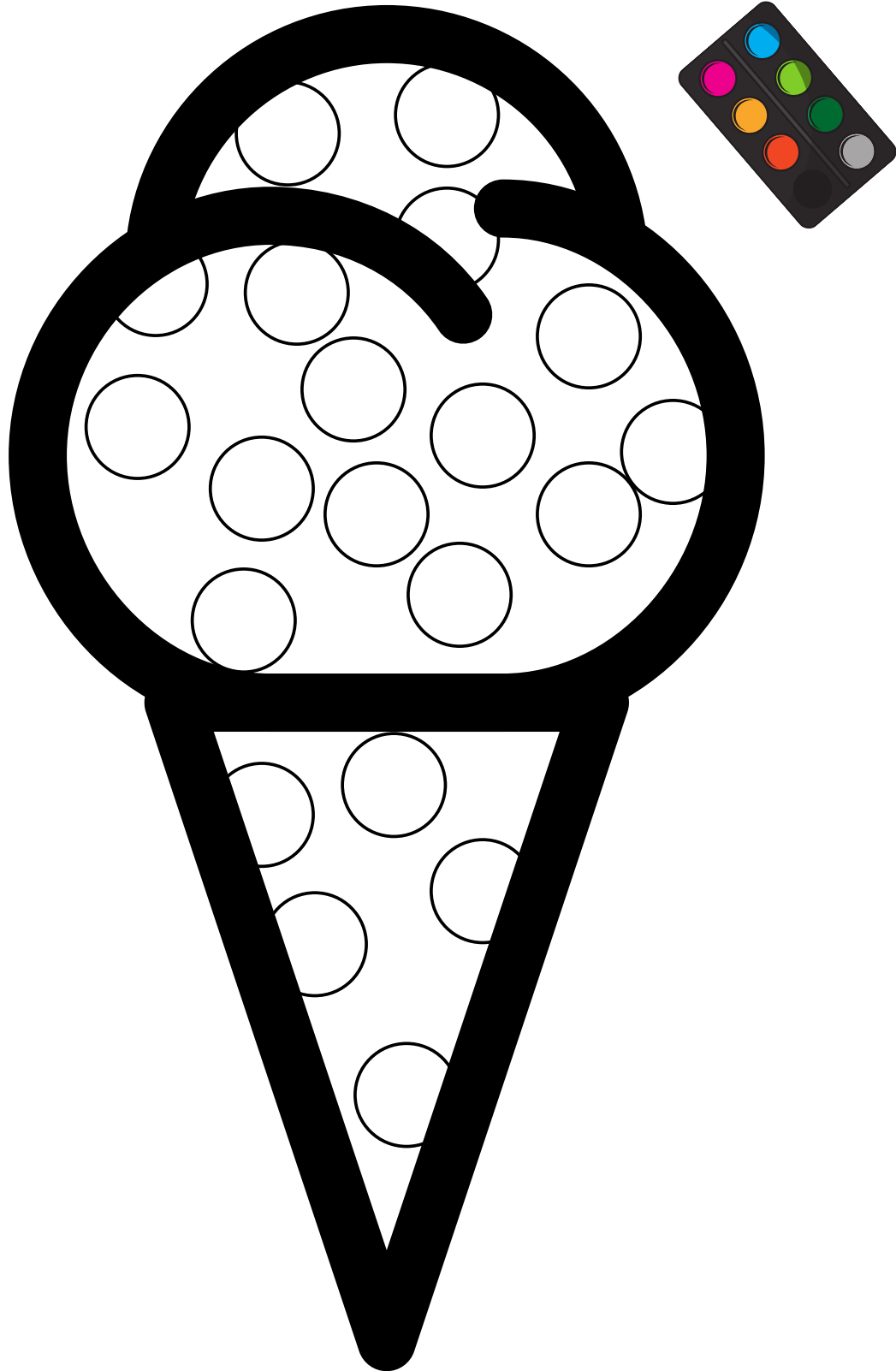
# SPORTS MAZE

Help the soccer ball get to the goal!

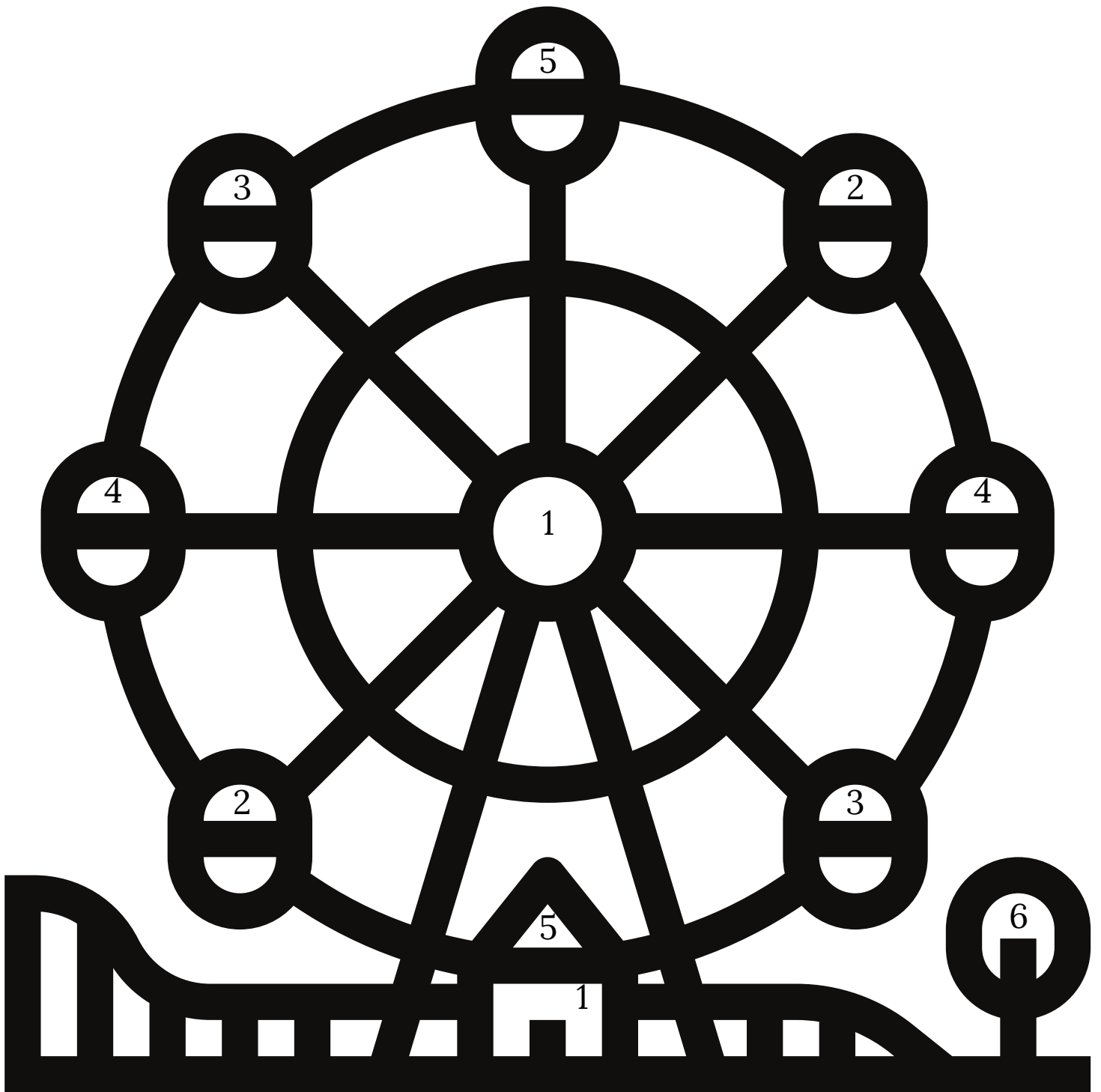


# DOT PAINTING

Using a Q-tip, or your finger, dab each dot with paint to make your favourite ice cream flavour!



# COLOUR BY NUMBER



1 - Blue

2 - Pink

3 - Yellow

4 - Orange

5 - Purple

6 - Green



# WHAT'S NEXT?

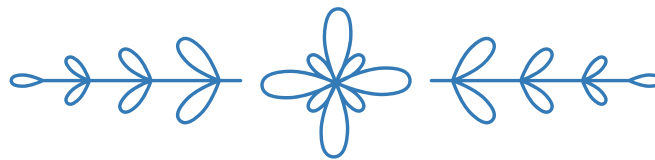
Can you guess what special holiday is coming up next month?



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

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

*Be sure to visit our online store to  
purchase your July Senior Activity  
Booklet! Celebrating the first full  
month of the Summer season  
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.