

The *dementia* Monthly

MAY

Ideal Caregivers 4u



May - Month of Merriment!

The month of May, according to the Gregorian calendar, is named after Maia—the goddess of springtime and growth.

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

OVERVIEW:

- Preventing Vision-Related Falls in Seniors
- Recipe of the Month
- Activity Booklet

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!

May is Vision Health Month and the Canadian Association of Optometrists has shared this resource as part of their GetEyeWise campaign!

PREVENTING VISION-RELATED FALLS IN SENIORS

As we age, so do our eyes. Aging eyes can mean decreased sharpness in our vision, an inability to distinguish between shades, problems with glare, slower adaptation to darkness and reductions in how much of our surroundings can be seen at one time. Any one of these changes increases the risk of a fall and it's the first consideration in falls prevention.



FOCUS ON PREVENTION: What can you do?

See your optometrist annually for a comprehensive eye exam.⁸



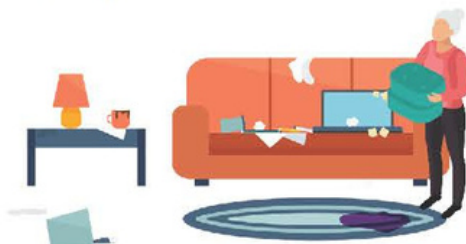
Wear your glasses when you need them and update your prescriptions.

Ask your optometrist for information about low vision rehabilitation exercises and/or services.

Wear sunglasses to reduce glare.

Install good lighting inside and outside your home.

Decrease clutter in your home to reduce the risk of not seeing items in your path.



Considering age-related eye disease

AGE-RELATED MACULAR DEGENERATION (AMD), CATARACTS, GLAUCOMA AND DIABETIC RETINOPATHY¹

are the major causes of vision impairment that result in falls. These eye diseases increase the risk because they can affect the following:

Balance ● Motor perception ● Reaction time ● Visual attention



Seniors with low vision are 2.5 times more likely to fall than those without it.²

Compounding the issue, vision loss is linked to decreased physical activity, which leads to a risk for falls³ and an increased fear of falls, which in turn increases seniors' risk of social isolation.⁴



Between 20-30% of seniors fall each year.⁵

Falls remain the leading cause of injury-related hospitalizations among Canadian seniors.

- Approximately **30%** of individuals aged 65 and older fall every year⁶
- Among those aged 80 and over, the risk of falls increases to **45%**.⁷



Banana Pancakes!

Maintaining brain health at any age is extremely important. These fluffy and delicious banana pancakes are sugar-free, vegetarian, and gluten-free and are specifically designed to incorporate brain-friendly foods that support cognitive health and general well-being.

Perfect for Mother's Day or for an easy Sunday brunch!

Ingredients

- 3 eggs
- 1 banana
- 2 tsp unsweetened shredded coconut
- 3 tbsp almond flour
- 1/3 cup almond milk
- 1 tsp vanilla extract
- 2 tsp coconut oil
- blueberries for topping (optional)



Directions

1. Puree all of the ingredients except for the blueberries in the blender.
2. Heat oil in a frying pan over medium heat.
3. Ladle about 1/4 cup of batter into the pan at a time.
4. Flip when the bottom gets slightly brown.
5. Top with some defrosted frozen wild blueberries or fresh fruit of your choice!

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.

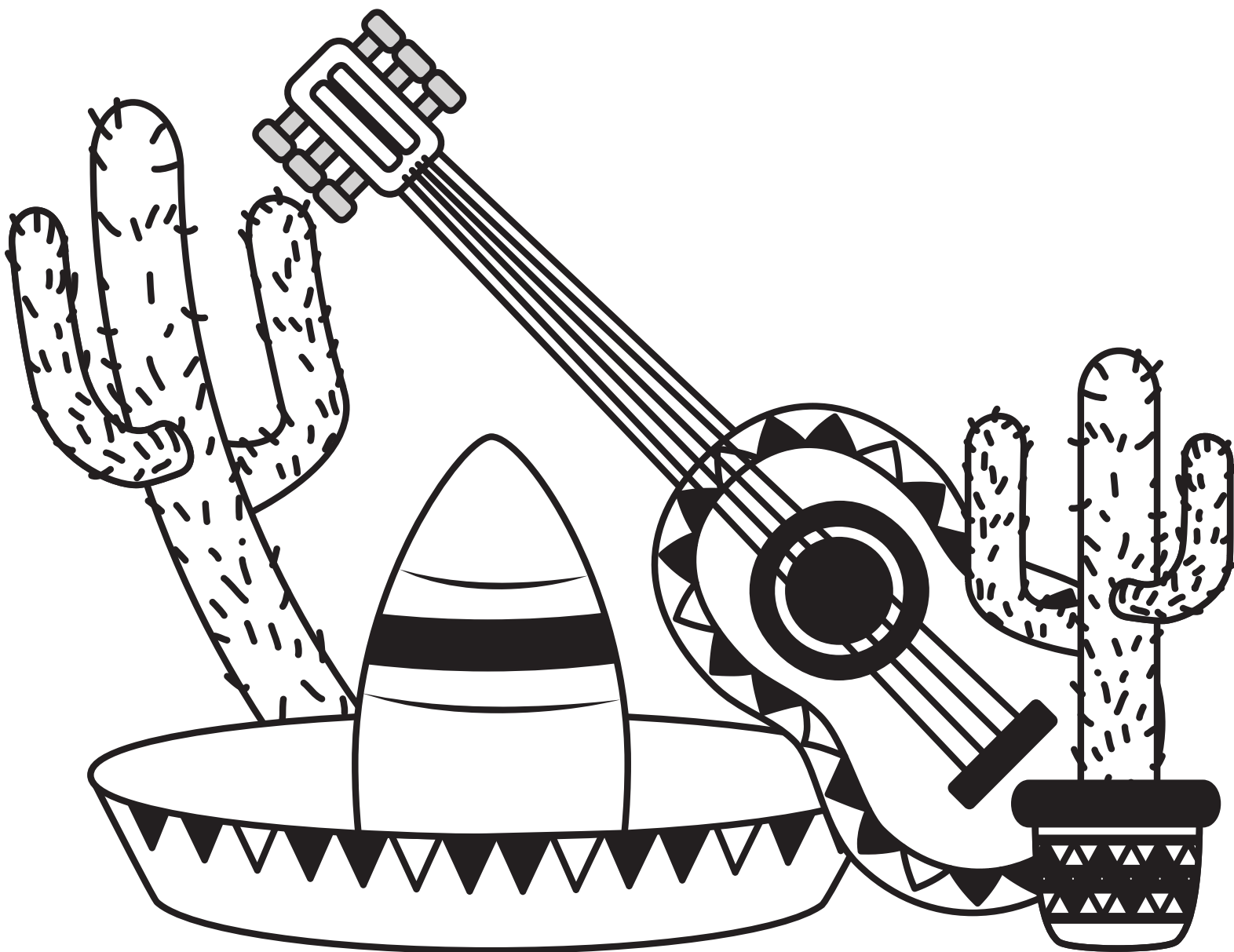
This booklet contains activities ranging from matching tasks, colouring, crosswords, word searches, and more!

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 MAY!



CINCO DE MAYO



MAY WORDS

Find the words below in the puzzle.

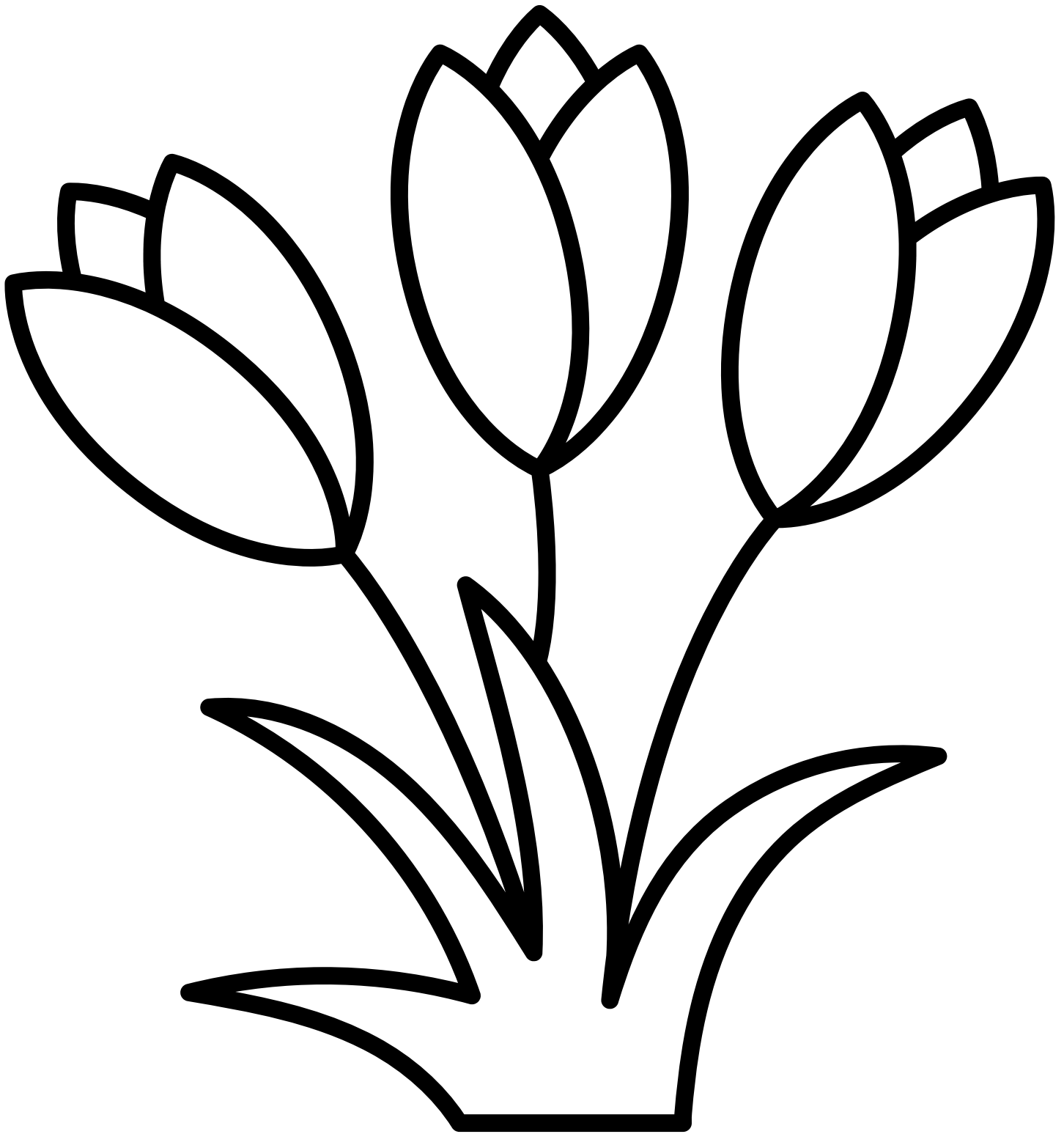
E	L	T	R	U	T	I	B	R	T	E	P	C	H
O	R	Y	N	T	E	T	L	E	Y	K	L	T	H
E	H	O	E	L	H	I	K	T	E	T	E	O	L
U	A	E	Y	U	U	B	R	R	C	S	T	C	O
L	I	S	E	N	I	P	L	I	H	I	U	S	S
I	R	U	N	E	B	I	R	F	I	T	L	E	R
U	O	N	O	I	F	B	O	U	P	I	I	H	O
E	T	S	H	F	B	E	C	U	M	R	P	I	Y
T	C	H	M	O	T	H	E	R	U	U	S	T	F
I	I	I	C	I	N	U	E	V	N	B	S	E	L
N	V	N	N	S	E	I	L	O	K	R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

BEES
TULIPS
SUNSHINE
MOTHER
HONEY

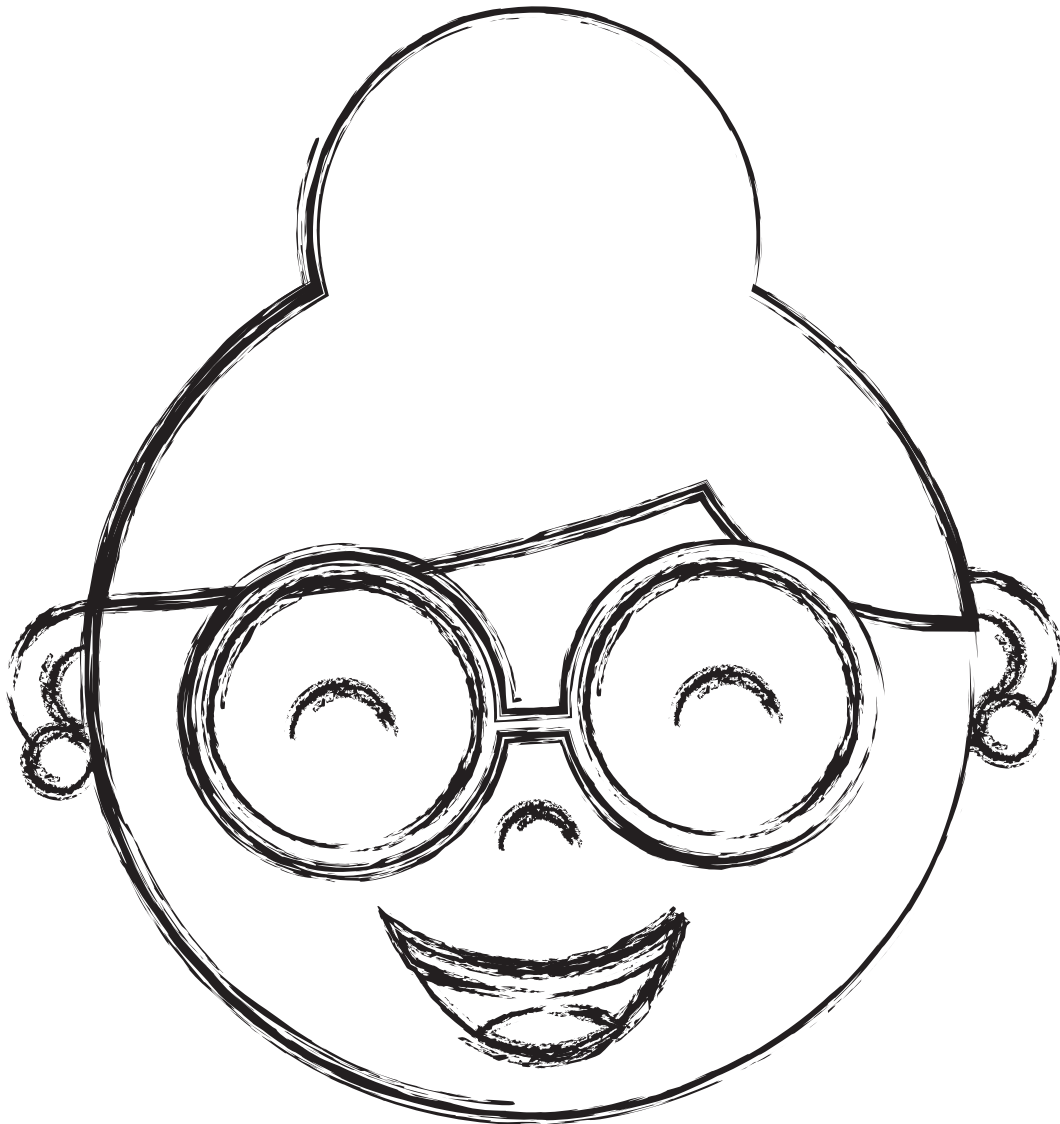


CHIPMUNK
BUTTERFLY
VICTORIA
TURTLE
FLOWER

SPRING BLOOMS



MOM



CELEBRATE NURSES!

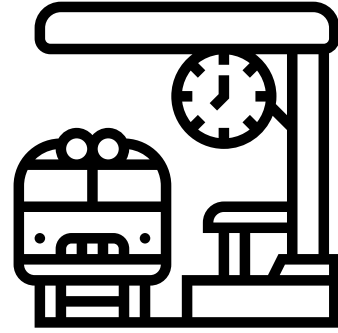


SING-A-LONG

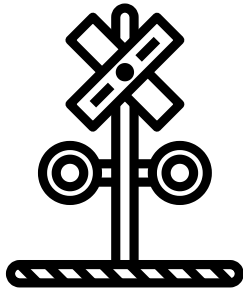
I've Been Working on the Railroad

Artist: John Denver

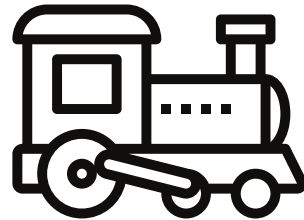
I've been working on the railroad
All the live long day
I've been working on the railroad
Just to pass the time away
Can't you hear the whistle blowing
Rise up so early in the morn
Can't you hear the whistle blowing
Dinah, blow your horn



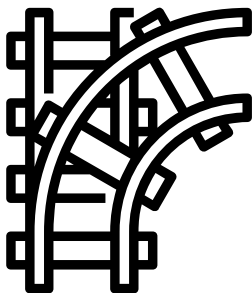
Dinah won't you blow
Dinah won't you blow
Dinah, won't you blow your horn
Dinah, won't you blow,
Dinah, won't you blow,
Dinah, won't you blow your horn



Someone's in the kitchen with dinah
Someone's in the kitchen i know
Someone's in the kitchen with dinah
Strumming on the old banjo

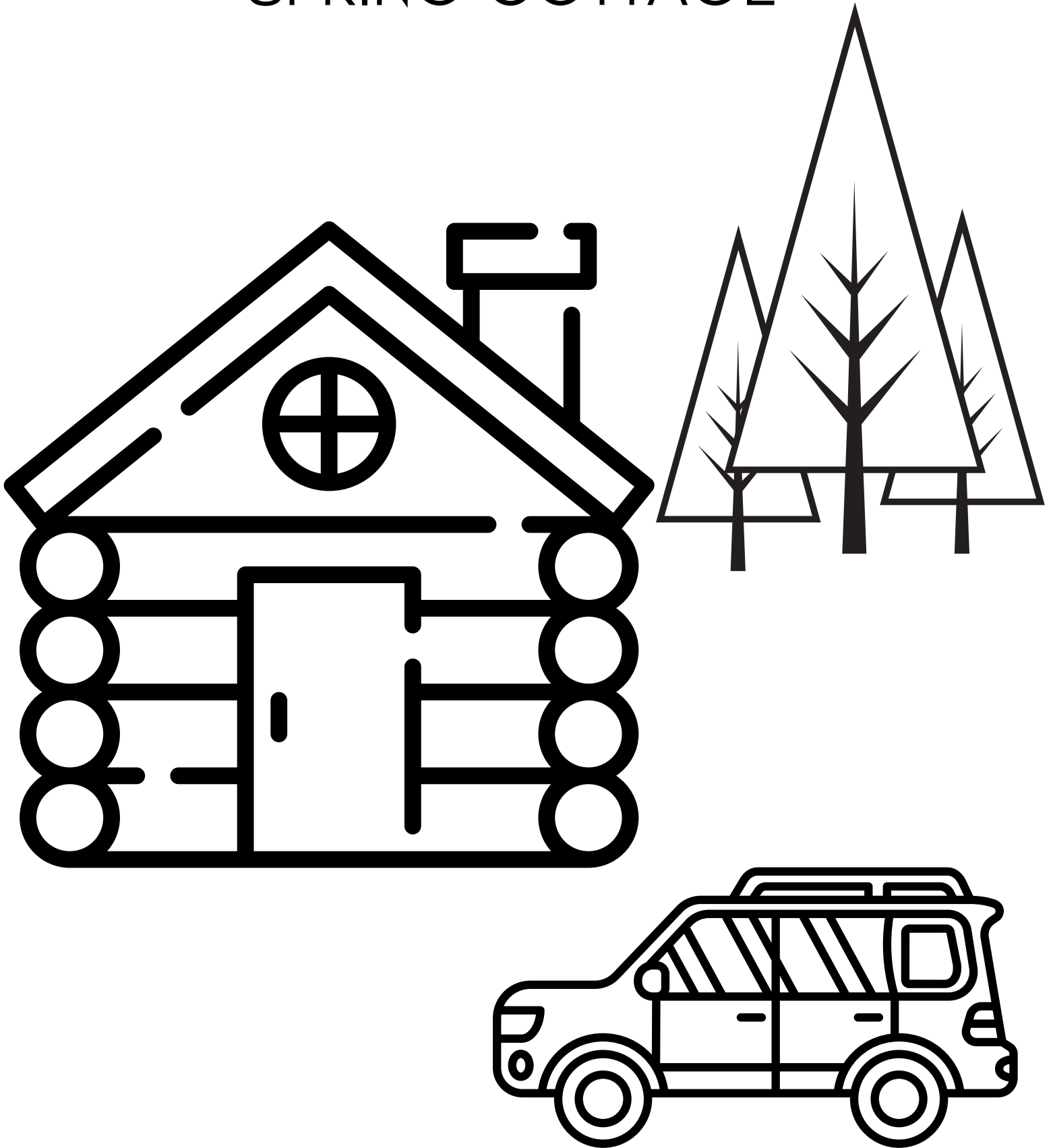


Fee fie fiddle eell o
Fee fie fiddle eell o
Fee fie fiddle eell o
Strumming on the old banjo





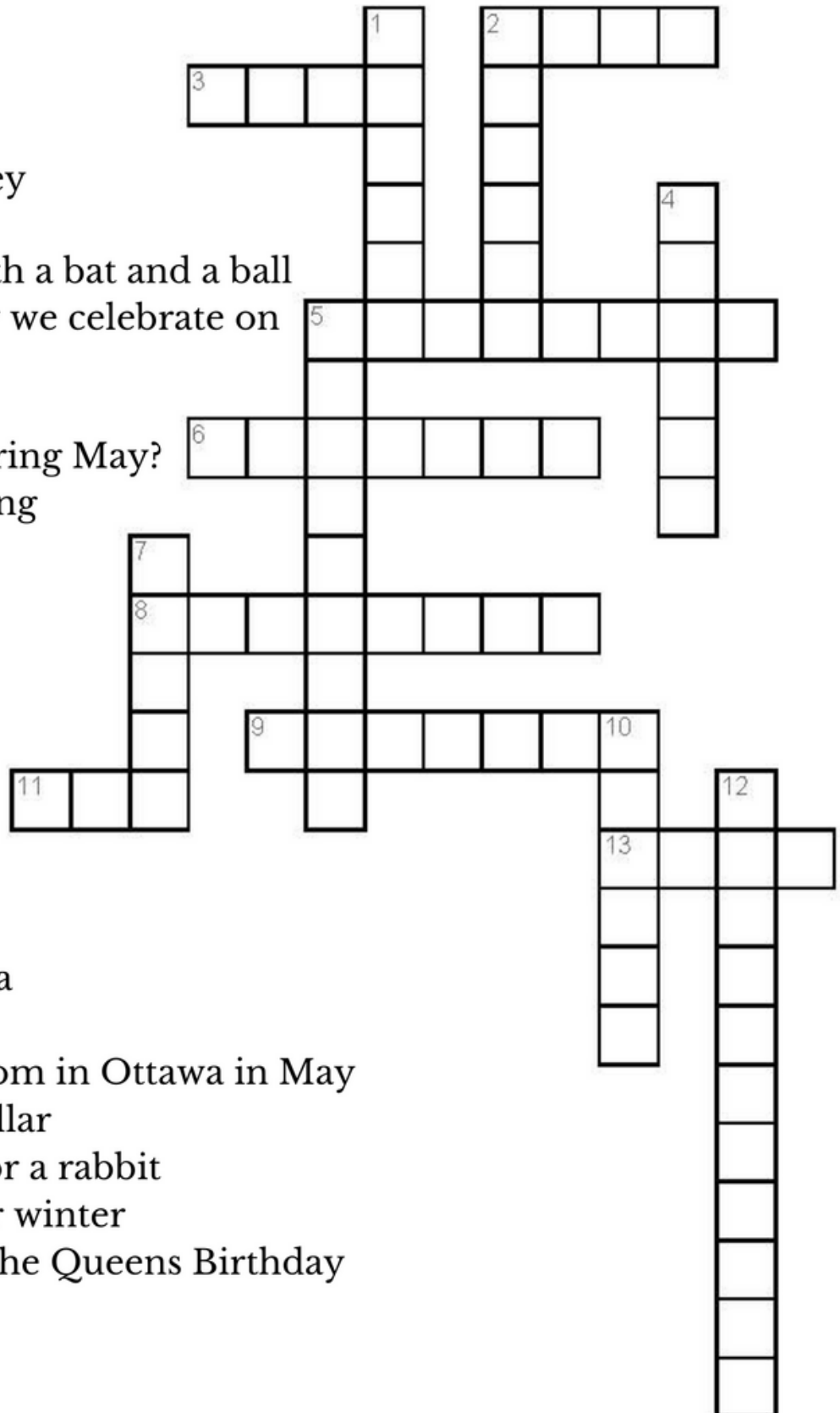
SPRING COTTAGE



SPRINGTIME IN OTTAWA

ACROSS

- 2) They make honey
- 3) Home for a bird
- 5) Game played with a bat and a ball
- 6) Name of the day we celebrate on May 9th
- 8) Used in the rain
- 9) April showers bring May?
- 11) A month in spring
- 13) Precipitation



DOWN

- 1) Capital of Canada
- 2) Light Wind
- 4) Flowers that bloom in Ottawa in May
- 5) An adult Caterpillar
- 7) Another name for a rabbit
- 10) The season after winter
- 12) Celebration of the Queens Birthday

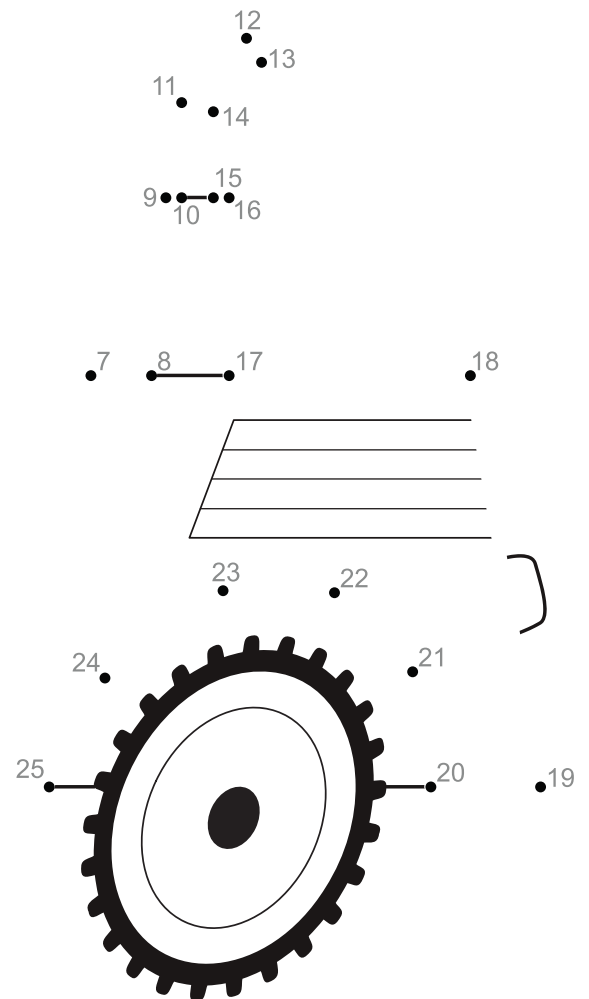
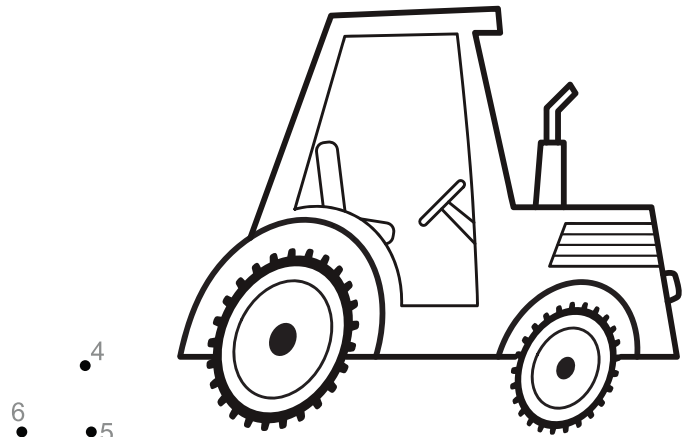
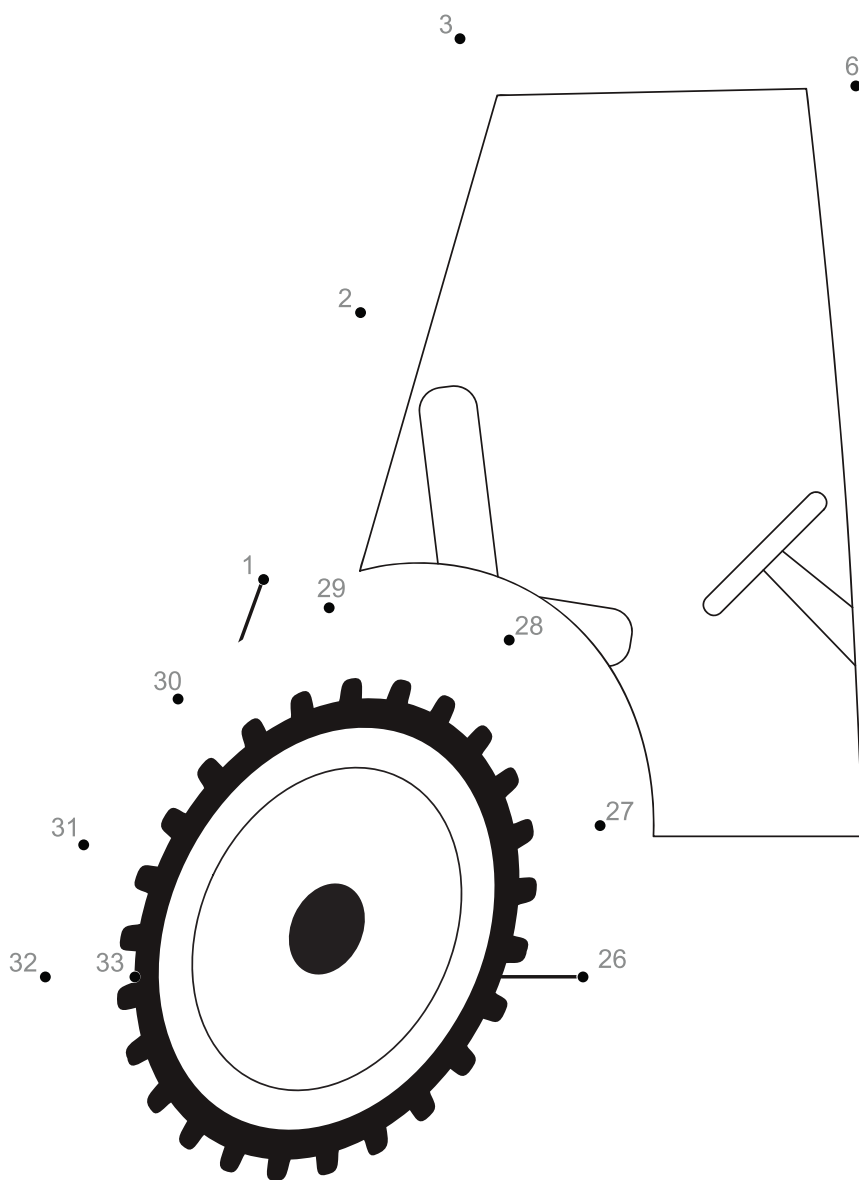
CONNECT THE DOTS

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



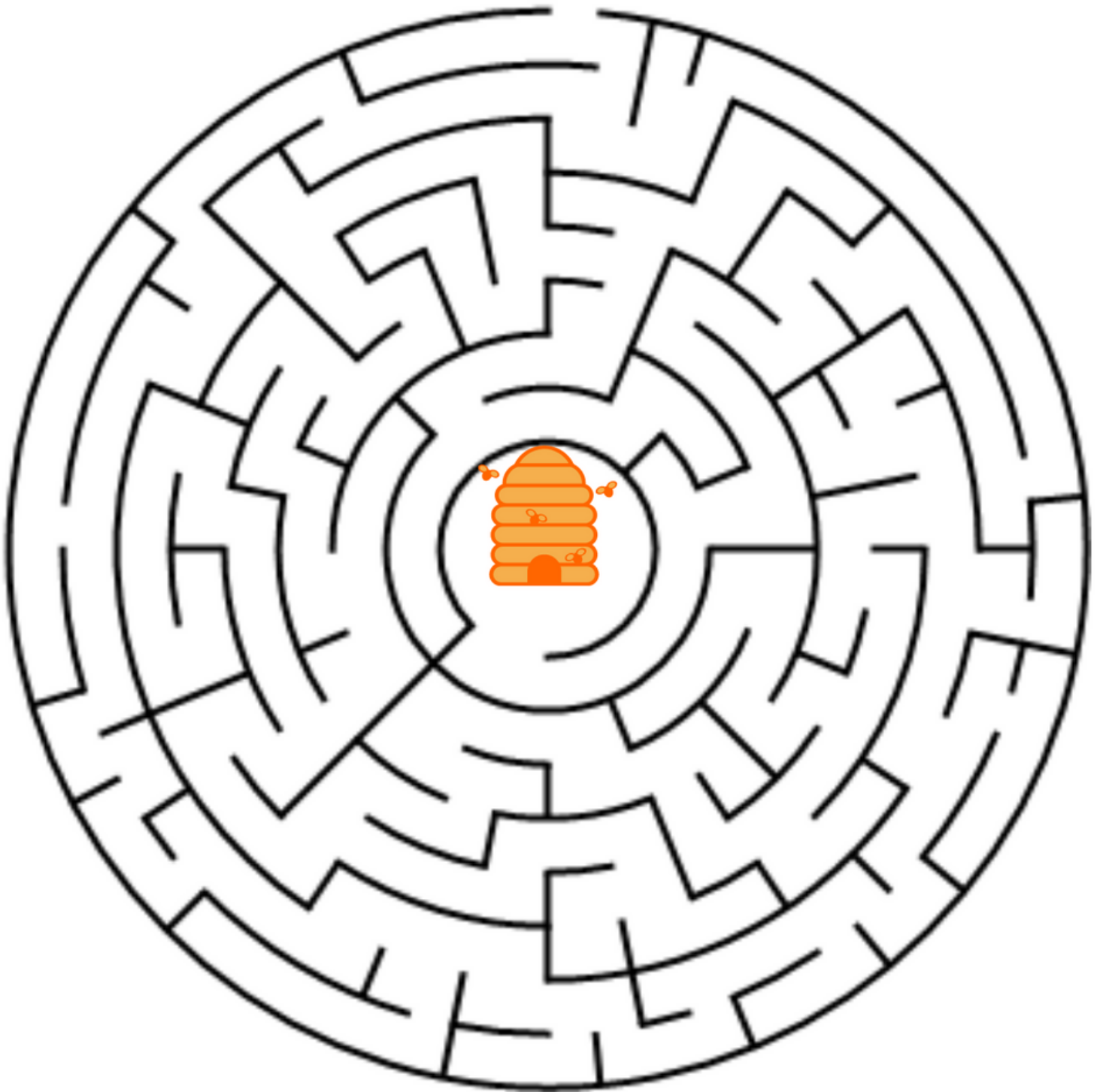
CONNECT THE DOTS

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



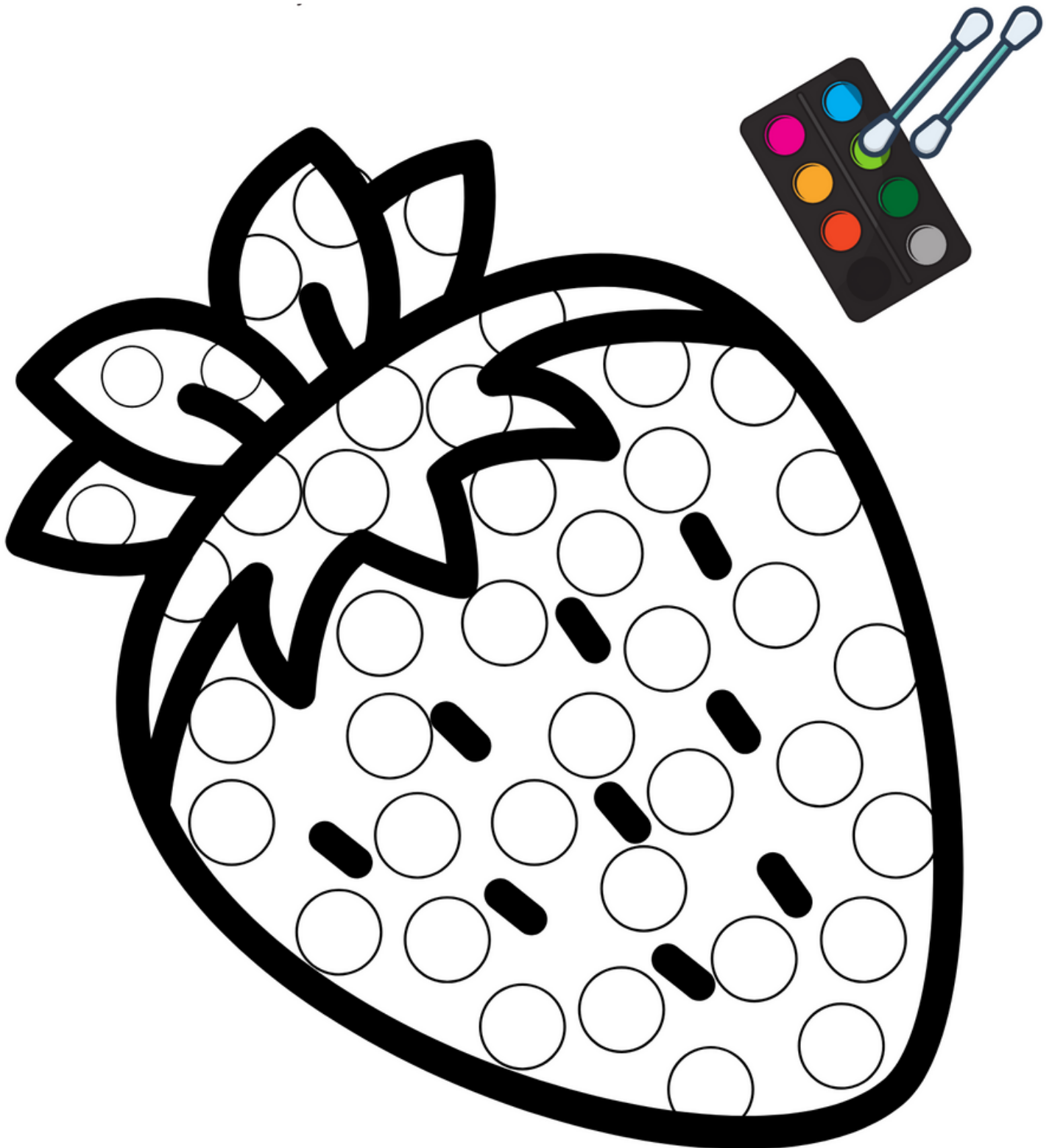
MAY FLOWERS

Help the bees to reach its hive!

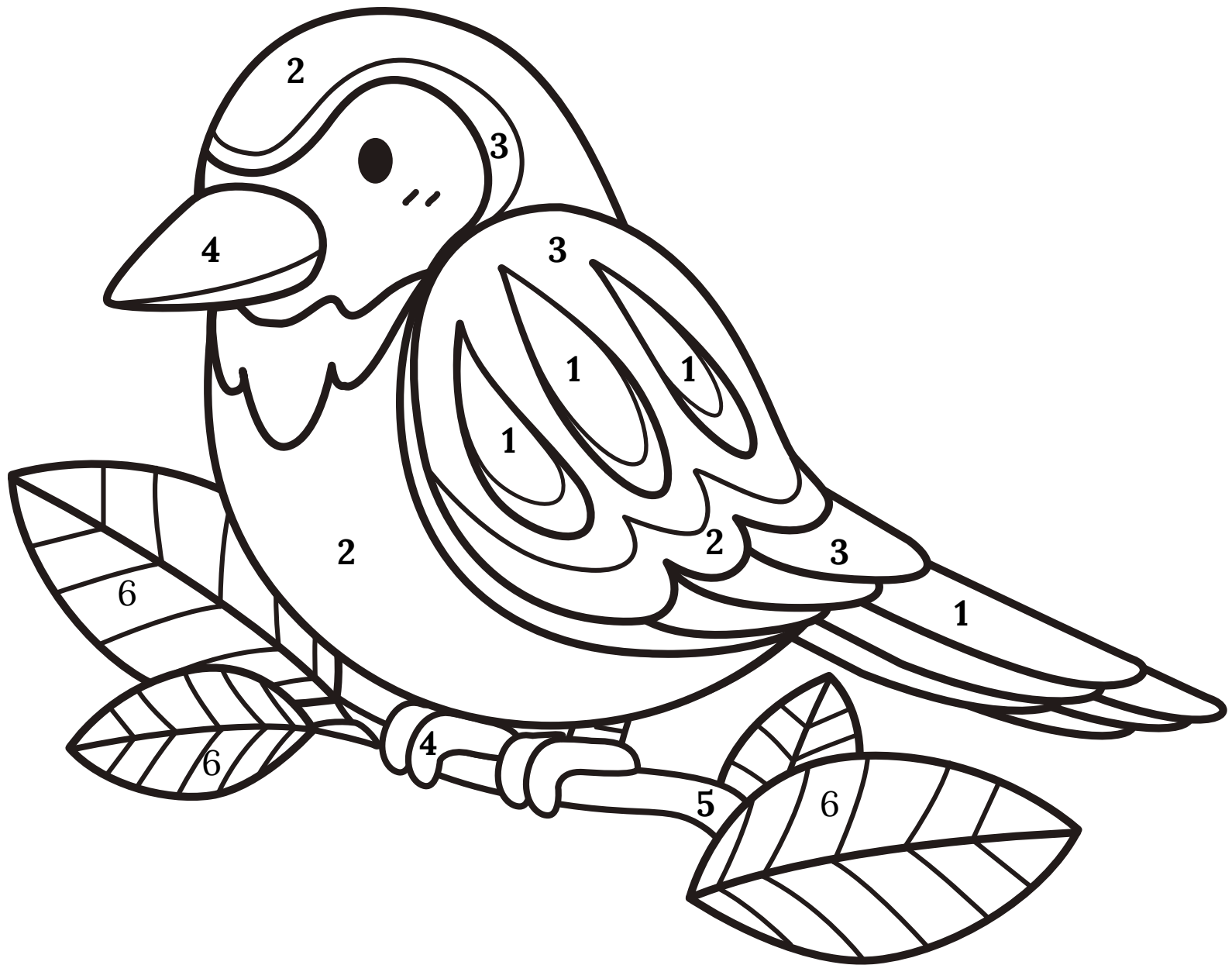


DOT PAINTING

Using a Q-tip, or your finger, dab each dot with paint to make a colourful strawberry!



COLOUR BY NUMBER



1 - Blue

2 - Pink

3 - Yellow

4 - Orange

5 - Brown

6 - Green

WHAT'S NEXT?

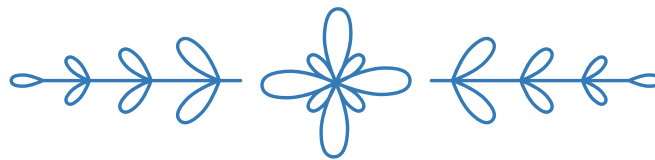
Can you guess what special holiday is coming up next month?



Guess: _____

WE HOPE YOU ENJOYED MAY'S SENIOR ACTIVITY BOOKLET!

Be sure to visit our online store to purchase your June Senior Activity Booklet! Celebrating Father's Day and the start of the Summer season 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.