

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

www.alzhh.ca 1-888-343-1017 Charitable #: 825692866 RR 0001

February, 2022

Hello,

Please find enclosed your February *Activity Kit* offered by the Public Education Team at the Alzheimer Society.

This is our 27th edition of the *Activity Kits* and we are continuing with the condensed offering of activities. This has happened for two important reasons, a) unlike at the beginning of COVID, people are able and are doing more out in the communities so the urgent need of activities has shifted and b) we decided to take it easier on the environment and print on less paper.

We also have now completed some *Activity Game Kits* that are available to borrow from your local Alzheimer Society office . These folders will include Matching, Sorting and Sequencing activities. Please call Laurie at 1-888-343-1017 ext 421 if you have any questions about these Games Kits that are in the loaning libraries. They are filled with fun Dementia Games for you to enjoy together.

In this February kit that you received today, you will find the following:

•Adult Colouring Pages •Word Puzzles •Dot to Dot Activity •Trivia •Card Game •Exercise sheet

These activities are meant to be enjoyed by both the person living with dementia and you. They are designed to provide the opportunity to have good moments together, so please focus on the process of doing them together and not worry so much about finishing or “doing it right”. Sometimes even if the person living with dementia has never enjoyed a type of activity found in the kit in their past, they may enjoy it now. And not every activity may “work” on the first try, if you find that the person living with dementia is not enjoying the activity, it’s alright to put it away to try at another time.

Please contact us if you wish to know more about our programs or are in need support from the Alzheimer Society.

Sincerely,

The Public Education Team



Finding Your Way helps people living with dementia, their families, caregivers and communities to recognize the risk of going missing, be prepared for incidents of going missing and ensure that people with dementia can live safely in the community. 60 percent of people with dementia-related memory problems become lost at some point. Find out how Finding Your Way can help by visiting <http://findingyourwayontario.ca/>

Chair Yoga Exercises

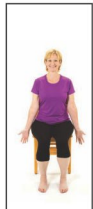
Helicopter



Half-Forward Fold



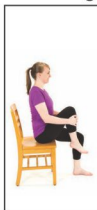
Mountain



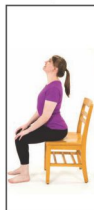
Side Bend



Knee Hug



Cow/Cat



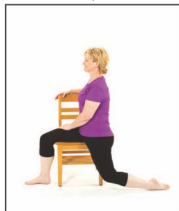
Hamstring Stretch



Gluteal Stretch



Quadriceps Stretch



Reverse Chair



Warrior Series

