# April/May Activity Kit 

Version 1


Image: Durand Park in Hamilton
Source: Morena Rivera Rodriguez/Reddit

## 6 PROVEN* STRATEGIES TO PREVENT DELIRIUM IN OLDER ADULTS

## EATING

Ensure nutritious food is available throughout the day, and promote eating with others if possible.

## 01

STIMULATING THE MIND
Promote daily socializing, reading, listening to music, completing mind challenge games (such as crossword puzzles), and activities or conversations that help remind older adults what day/month/year it is.


## 02

STAYING HYDRATED

Ensure plenty of fluids are taken throughout the day to avoid dehydration.


# DELIRIUM IS PREVENTABLE! 

For all older adults, use these proven strategies to help prevent delirium*.
*If delirium develops, support the older adult by continuing to use these strategies.

SLEEPING WELL
Use techniques to promote
relaxation and sufficient sleep.


Supported by:


| APRIL | BASEBALL | BREAK |
| :---: | :---: | :---: |
| BREEZE | CLEANING | CLOUDS |
| JACKET | KITE | MARCH |
| MAY | PICNIC | PUDDLES |
| RAINBOW | RAINCOAT | SEASON |
| SHOWERS | SPRING | SUNSHINE |
| THAW | UMBRELLA | WINDY |



## April Showers



How many words can you make out of APRIL SHOWERS?

## APRILSHOWERS

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Did you find?

## A fruit.

An oyster's treasure.
A shovel's friend.
Another word for clean.
Say something bad.
Something that travels the ocean.
Something to tie things up with.
The opposite of better.
The opposite of dull.
The opposite of peace
What you wear on your feet.
Difficult: Two question words.
A verb both past and present.
The place where sea meets land.

April showers bring May flowers.

Name:
Date:

## Spring Crossword

What is useful when it is broken? An Egg!
Complete the activity.


## ACROSS

4. A day for pranks
5. Works best on a windy day
6. Precipitation
7. A small pool of water
8. Set clocks ahead one hour

## DOWN

1. April showers bring these
2. A yellow flower with a trumpet-shaped center
3. Used to keep dry
4. A season of the year
5. A flower often associated with Holland

| 1. daffodil | 4. rain | 7. umbrella | 9. April Fools Day |
| :--- | :--- | :--- | :--- |
| 2. tulip | 5. puddles | 8. kite | 10. Daylight savings |
| 3. spring | 6. flowers |  |  |

## Spring Word Scramble

Unscramble the words below to discover a few of our favorite things about spring!

| sroeflw |  |
| :--- | :--- |
| sweorsh |  |
| yabb ilsaman |  |
| rsasg |  |
| reeng |  |
| ayM |  |
| nhnisues |  |
| ezrebe |  |
| nrwaiob |  |
| frbltetyu |  |



Instructions: Connect the dots to make this Easter picture.



papertraildesign.com


Sudoku \#1020 (Easy)

| 4 |  |  |  | 1 |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
|  |  |  |  |  |  |  |  |  |
|  |  |  | 3 | 7 |  |  |  |  |
|  |  |  |  |  |  | 2 |  | 1 |
|  | 1 |  |  |  | 4 |  |  | 6 |
| 6 |  | 3 |  |  |  |  | 9 |  |
|  |  | 1 |  | 5 | 6 |  | 7 |  |
| 9 | 3 |  | 7 |  |  |  |  | 5 |
|  | 7 | 5 | 2 |  |  |  | 4 |  |










## SOLUTIONS AND ANSWERS



| APRIL | basebalt | break |
| :---: | :---: | :---: |
| BREEZE | CLEANING | CLOUDS |
| JACKET | KITE | MARCH |
| MAY | PICNIC | PUDDLES |
| Rainbow | Raincoat | SEASON |
| SHOWERS | SPRII | SUNSHINE |
| THAW | UMBR | Win |




Sudoku \#1019 (Easy)

| 8 | 9 | 3 | 4 | 2 | 1 | 6 | 5 | 7 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 5 | 6 | 2 | 8 | 9 | 7 | 3 | 4 | 1 |
| 7 | 4 | 1 | 3 | 6 | 5 | 8 | 2 | 9 |
| 4 | 2 | 8 | 7 | 3 | 6 | 1 | 9 | 5 |
| 6 | 7 | 5 | 9 | 1 | 4 | 2 | 8 | 3 |
| 3 | 1 | 9 | 2 | 5 | 8 | 7 | 6 | 4 |
| 1 | 5 | 4 | 6 | 8 | 3 | 9 | 7 | 2 |
| 2 | 3 | 6 | 5 | 7 | 9 | 4 | 1 | 8 |
| 9 | 8 | 7 | 1 | 4 | 2 | 5 | 3 | 6 |

Sudoku \#1020 (Easy)

| 4 | 2 | 8 | 6 | 1 | 9 | 3 | 5 | 7 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 3 | 6 | 7 | 4 | 8 | 5 | 9 | 1 | 2 |
| 1 | 5 | 9 | 3 | 7 | 2 | 4 | 6 | 8 |
| 7 | 9 | 4 | 5 | 6 | 3 | 2 | 8 | 1 |
| 5 | 1 | 2 | 8 | 9 | 4 | 7 | 3 | 6 |
| 6 | 8 | 3 | 1 | 2 | 7 | 5 | 9 | 4 |
| 2 | 4 | 1 | 9 | 5 | 6 | 8 | 7 | 3 |
| 9 | 3 | 6 | 7 | 4 | 8 | 1 | 2 | 5 |
| 8 | 7 | 5 | 2 | 3 | 1 | 6 | 4 | 9 |

