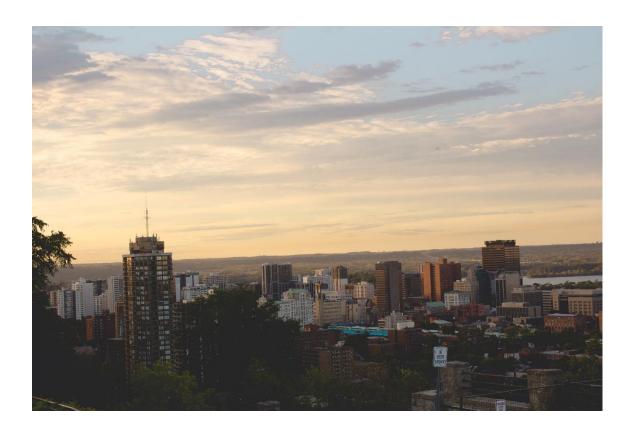
# October & November Activity Kit

Version 3 (Challenging puzzles)







# 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.

06



# 01 **STIMULATING** THE MIND

listening to music, completing mind challenge games (such as crossword that help remind older adults what



## **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.

#### **MOVING**

Promote physical activity - at least 3 times a day.



05

### **SEEING AND HEARING**

Ensure hearing aids and glasses are available at all times, if needed.



04

## **SLEEPING WELL**

relaxation and sufficient sleep.



03



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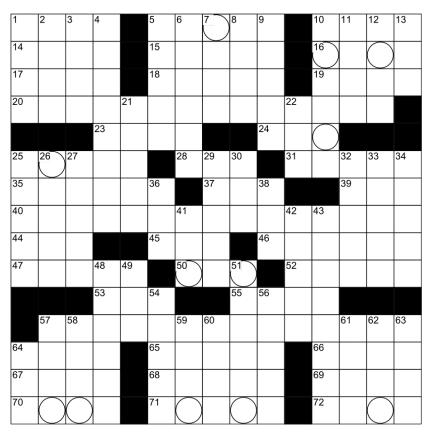
#### **ACROSS**

- 1 Figure in "The Lion, the Witch and the Wardrobe"
- 5 Kind of cuisine in which onions, bell peppers and celery are the "holy trinity"
- 10 Fake
- 14 Hoodwink
- 15 Jim Croce's "\_\_\_ Name"
- **16** Tremendous
- 17 Hughes poem with the line"They send me to eat in the kitchen"
- 18 Introductory course, often
- **19** Cy Young winner Hershiser
- 20 Kind of puzzle suggested by this crossword's theme
- 23 Cleopatra used it as a beauty lotion
- 24 King, in Portugal
- 25 Carnivorous fish
- 28 Terse letter opener
- 31 Sweater type
- 35 Bonkers
- **37** Way to find your way: Abbr.
- 39 French rejection
- **40** End of a popular saying related to this puzzle's theme
- **44** Former telecom giant
- **45** Big name in kitchen gadgets
- **46** One way to be caught
- 47 Ed of "Roots"
- **50** How some packages arrive

- **52** Mice can be found around them
- 53 Blue
- **55** "The Rubáiyát" poet
- 57 How to link the 12 letters in this puzzle with a single line to make a picture
- 64 Drug
- **65** Quibble
- **66** "Mon \_\_\_!"
- 67 German car
- 68 Oreo filling
- 69 Author Dinesen
- 70 Surveyor's map
- **71** Baseball pioneer Doubleday
- 72 Big lugs

#### **DOWN**

- 1 Bank protector, for short
- 2 Camera setting
- 3 Agreed \_\_\_
- 4 Just after birth
- 5 Internet equipment powerhouse
- 6 Semiprecious stones
- **7** Big bump
- 8 Logan's locale
- 9 Candidate trailing Bush and Gore
- 10 Sure thing
- 11 Banged up
- 12 A long, long time
- 13 Florida senator Martinez
- **21** "Maria \_\_\_\_," 1941 #1 hit
- 22 The "D" in R&D: Abbr.
- 25 "\_\_\_ song of sixpence"
- **26** Sheepshanks, e.g.
- 27 John Denver wrote two songs about this town



- 29 Abode north of the Arctic Circle
- **30** Univ. in Troy, N.Y.
- **32** \_\_\_ Gay
- 33 Doer of stand-up
- **34** Gardeners may work on them
- **36** Prefix with tourism
- 38 What one might do in 27-Down
- 41 A+: Abbr.
- **42** 1940s computer
- **43** Equipment with a headset
- 48 Sparkle and wit
- 49 College cheer
- 51 Sit behind bars
- **54** Bangladesh's capital, old-style
- **56** Athlete who's not dashing?
- **57** Blue, south of the border
- 58 Russian car
- 59 Unnice comment

- 60 Balanced
- **61** Precursor of the Apple Macintosh
- **62** Dining table expander
- 63 Cheap laughs
- 64 Toy gun ammo

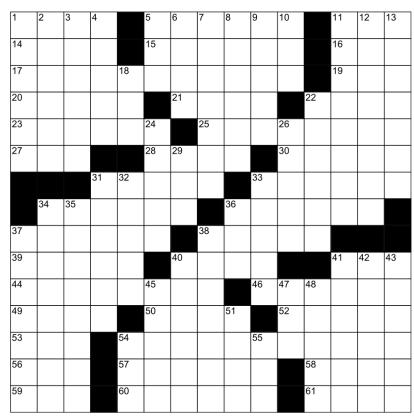
#### **ACROSS**

- 1 Crunched numbers
- **5** The Jets' retired #12
- 11 No. cruncher
- 14 Spew
- 15 "Aladdin" setting
- 16 Post-shot syllable?
- 17 Entertainer born 12/1/45 in 25-Across
- 19 Book after Galatians: Abbr.
- 20 Union site
- 21 Earliest pope to receive the title "the Great"
- 22 \_\_\_-à-porter
- 23 "High \_\_\_\_," 1941 film
- 25 Capital whose name means "sheltered bay"
- 27 Hammer site
- 28 Something to prep for
- 30 Rustic digs
- 31 In a suitable way
- 33 Like most customers
- 34 With 36-Across, only official residence of a reigning monarch now in the United States
- 36 See 34-Across
- 37 Actress Locke of "The Heart Is a Lonely Hunter"
- 38 Actor Robert of "The 39 Steps"
- 39 Every seven days
- **40** With 37-Down, seven-time Wimbledon champ
- 41 Common pollutant

- 44 Measured base to peak, the world's tallest mountain
- **46** Los Angeles fossil site
- 49 Some hallucinogens, for short
- **50** Daughter of Cronus
- **52** One talking in a forest, maybe
- **53** Potential swimsuit embarrassment
- **54** Politician born 8/4/61 in 25-Across
- **56** Eroded, with "away"
- 57 Comparable with
- 58 "... \_\_\_ saw Elba"
- **59** Barrett of the original Pink Floyd
- **60** Went out, in a card game
- 61 Lombardy town

#### **DOWN**

- 1 Cheapen
- 2 English princess after whom a Virginia county is named
- 3 Nervous laugh
- 4 It may smell like a rose
- 5 "China Beach" setting
- 6 Relative of a husk
- 7 Seized the opportunity
- 8 More than budding
- 9 Marketing device
- 10 Guffaw syllable
- 11 Innocent-looking
- 12 Oil conduit
- 13 German warning
- **18** Drop a pop-up, say
- 22 Dabble in



- 24 Hartford-based Fortune 500 company
- 26 Seat of Marion County, Fla.
- 29 Year Caligula was assassinated
- 31 Priscilla and John
- 32 Cold comfort?
- 33 Talk show group
- 34 It's west of Davenport
- 35 Outdid
- 36 Ante destination
- 37 See 40-Across
- **38** Start of a letter to Landers
- **40** Look through a window, maybe
- **41** Five-time Kentucky Derby winner
- 42 Like pant legs
- **43** Theme of this puzzle
- 45 Uniform fabric
- **47** Te \_\_\_

- 48 Early tower locale
- 51 Opéra division
- **54** Do a marketing job
- 55 Down for the count

T L U F T Η G I R F S P 0 V D M Z Η E C Z C S J S T Y S S K N P 0 0 S U Μ K I A Y E T S G P P N D В 0 T V X Ι Ν 0 I P G B E G R N A P I L R T T A K C A L B A M A T D 0 S H E R C R Y Q U U G I C D U 0 0 T W I W G  $\mathbf{z}$ W E P В P L K P Α P 0 T N C C P U E Ι R E E R Z E Y M G X S Z S Z A K В P C L  $\mathbf{z}$ Z Η T B W U L R A T G G H I W I T C Η 0 D 0 R H S E X E 0 I R Ι  $\mathbf{z}$ 0 R P L L 0 N V T M X R K I G C N J U E 0 0 0 C R S T C S N B E W B C M P J т 0 T E A T I K F т E V 0 G A J I C 0 Z S T S J A L K S N E E 0 0 0 D 0 N A T N N В P G B P E U R X W V S T S J G V E J U I R E Y M F 0 0

AMULET
APPARITION
BATS
BLACK CAT
BOO
BRIMSTONE
CACKLE
CAULDRON
COBWEB

CONJURE
EERIE
FRIGHTFUL
GHOST
GOOSE BUMPS
JACK-O-LANTERN
MOON
MYSTERIOUS
PHANTOM

POTION
PUMPKIN
SKELETON
SPELL
SPOOKY
TRICK OR TREAT
TWILIGHT
WITCH

 $\mathbf{L}$  $\mathbf{L}$ Α Α Т С W Т Μ C R Ρ F Ν Η V C Ε Ε S R Ι Ε Υ U Ν G Α 0 S U Χ Z Ρ 0 Т Α Ι R U Ι  $\mathbf{L}$ W W Ι Ν Ν Μ Ι Ζ Η J 0 S D R K 0 0 W D Α Η Ρ Т L Τ Ε Ε Ν L Т Α Η K Υ Α Ν 0 Ν G F Α Ι Ι F Α  $_{\rm L}$ Μ Υ R U R S Ε L Т R R Ι 0 Α Υ L R 0 V Α 0 Η Ν Τ Ι Α S U Μ Ε U Ν Ρ Е Η  $_{\rm L}$ Ι Μ D D Μ F. Ν Μ S S Ρ Υ S Q Α Α G Τ А Μ S Ε  $\mathbf{L}$ Т S C Ε Μ Ε D Τ Ρ Ε 0 В F C U L C Μ 0 Ν L Ρ Α Ι Ρ 0 Ν R 0 S Т Ε Μ Ι G Ν Ι V Ι G Κ Ν Α Η Q Е Μ S Η R Е В Μ Ε V 0 Ν Υ Α Μ S C Α D Ν Α  $_{\rm L}$ G Ν Е Μ D Ν D F W Е Т Ι Т R W Ε D U R Т V Α G Υ K Ε Т Т R Ι F S Ρ S Α F Ε G Ν F U Ε

AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS

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5				7		8	2	
4				8	2			5
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8				5		1		6
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	6		1			2		

Ρ F W S Z Τ S Х Ζ S Ρ K В S Ζ S S Ε R Υ Ν Ε Ε Ε G Τ W

# Word List

BONFIRE	OCTOBER	SQUASH
CHANGE	PEARS	SQUIRREL
GEESE	RAKE	SUNFLOWER
HAY	RED	SWEATER
LEAVES	SCHOOL	WINDY

 Q H H O O W E G O V R U P D P A K D G P M N B E E

 B U Y N H Z Y R F Z J X K O C T U U E I X B E I O

 F G P R S M A F E Z R E F E R M S H W Q S C O J D

 E D T E U A K N C T M E T A G U I M V X U U E C H

 B R F O O Y Z Y R H A U B X E C Z H V I O O Z O X

 L M M U M Z Z Z Z E O I E J O D L F K X K U Q X Q F

 J O X A G P N I W Q U L W L T K R T Y U D N X K O

 W M O K S Z D N O Y L K L S Y C A Y Q F I C B E A

 I P S H B M R H L U X O L Y A N O B O H C P R W A

 E T L Q C O N I F T Z S R E R A M B R U E K O Y I

 F E T I C S L W N Q L U A U R R Y U M I D H W S X

 T G I A M L M U U M M B D M G R I L T M S G N Q C

 H A Q X A P W D S S A A J I K V I F A U G K V E G

 L H E F O F J L F F F N C V K Y J U K G A T W W C

 M Q N H D D D F D O C I U Y K D V R Q Q U Z H T K

 B O U S W X W M X U E R M M A K S W I S Z Q Z J S

 O X T U N K P X Z M O N Q R U X X P P O C Q S E J

 U Q V P T B N A F F J D S H U P P V B E R E S B Z

# Word List

AUTUMN	DECIDUOUS	SCHOOL
BRISK	FALL	SQUIRREL
BROWN	LEAF	SUNFLOWER
CHILLY	NUT	SWEATER
CORN	OCTOBER	WHEAT

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5		9					1	8
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		9	5	6			3	
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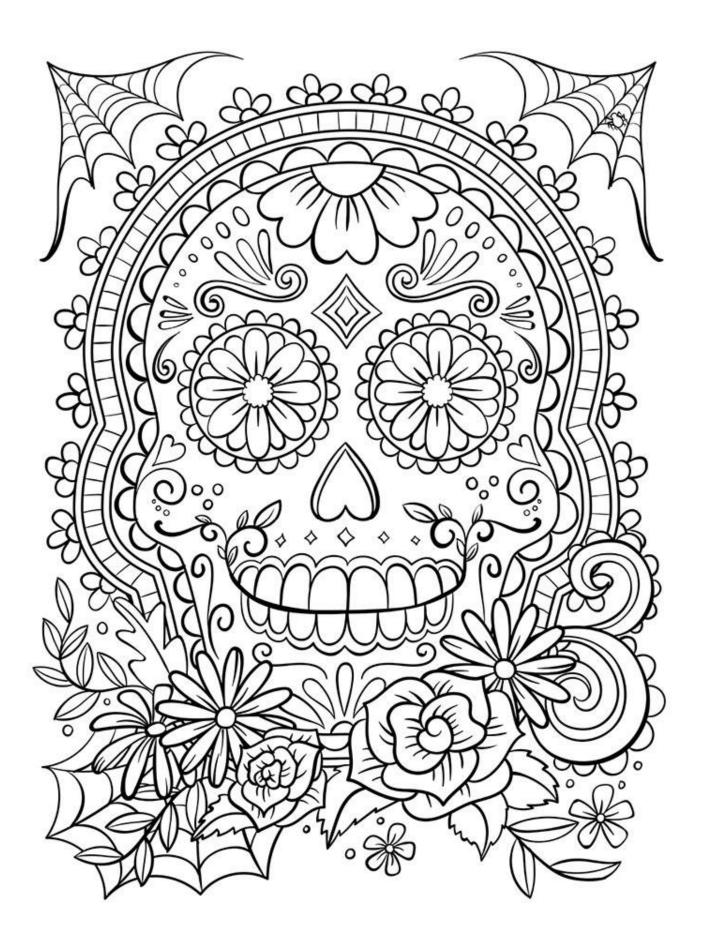
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To solve these puzzles, work each sudoku grid individually as you would normally, and use the solution in the overlapping squares as part of the joined puzzle. The central puzzle will wind up being a component of the solution for the adjoining puzzles.

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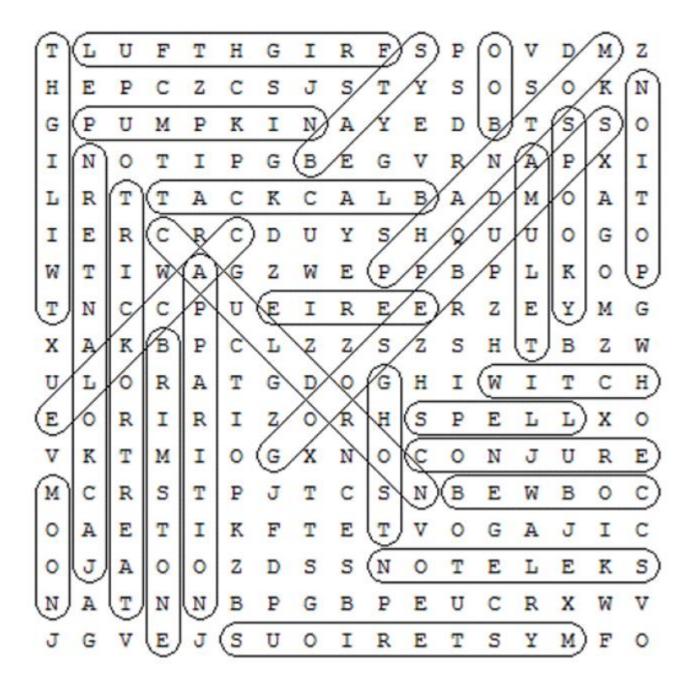


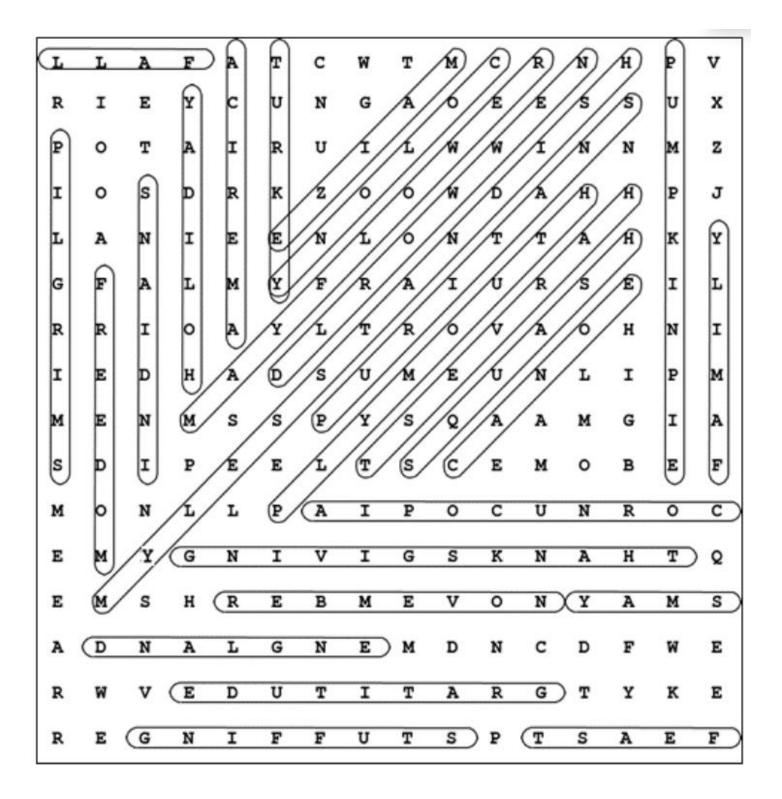




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20 C	О	N	N	21 E	С	Т	Т	Н	Е	22 D	0	Т	s	
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25 S	26 K	27 <b>A</b>	Т	Е		28 S	29 	30 R		31 V	N	32 E	33 C	34 K
35 	N	s	Α	N	36 E		37 G	Р	38 S			39 <b>N</b>	О	N
40 <b>N</b>	О	Р	L	Α	С	41 E	L	1	K	42 E	43 H	0	М	Е
44 G	Т	Е			<sup>45</sup> O	X	0		46 	N	Α	L	ı	Е
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37 S	О	N	D	R	Α		38 D	0	N	Α	Т			
39 A	W	Е	Е	к		<sup>40</sup> P	Е	Т	Е			41 A	42 S	43 H
44 M	Α	U	N	Α	45 <b>K</b>	Е	Α		46 L	47 A	48 B	R	Е	Α
49 P	С	Р	s		50 H	Е	R	51 <b>A</b>		52 M	Α	С	Α	w
53 R	ı	Р		54 B	Α	R	Α	С	55 <b>K</b>	0	В	Α	М	Α
56 A	Т	Е		57 <b>A</b>	K	ı	N	Т	0		58 E	R	Е	ı
59 S	Υ	D		60 G	ı	N	N	Е	D		61 L	0	D	I





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