June & July Activity Kit

Version 2 (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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13 15 16 17 18 19 20 22 24 26 23 25 30 29 31 27 32 33 36 39 44 45 46 48 50 52 53 55 56 57 58 60 59

ACROSS

- Jumble
- 9 Heavy metal shortage?
- 15 Popular song in a children's sing-along
- 16 Some headgear
- 17 Continue
- 18 A real money maker
- 19 Brief bit of time, in slang
- 20 Ben-___
- 21 First lady after Lou
- 22 Words after shake or break
- 24 Smallville family
- 26 Inside look?
- 27 Not miss
- 30 I.R.S. Form 1120 filers: Abbr.
- 31 Proof that a property is yours
- 32 "Cat "
- 34 Beloved "army" leader
- 35 Chewing on
- 38 Long, narrow land
- 39 Useless
- 40 Asia's ___ Sea
- 41 Stone
- 42 Pulled (in)
- 46 Fresh

- 47 Molières : France :: ___ : U.S.
- 49 Apt. amenity, perhaps
- 50 Services in the U.K.
- 52 A good one is important for music
- 55 Constellation next to Scorpius
- 56 Where people are often told to look
- 57 Another day
- 59 Unconventional sort, en français
- 60 Fit
- 61 Laceless, say
- 62 In the way it used to be

DOWN

- 1 Nut
- 2 Philippines' ____
 City
- 3 Shelley's "Ozymandias," e.g.
- 4 Order repeated before a hike
- 5 Jibe
- 6 One of the Near Islands
- 7 Baby deliverer
- 8 With it, man
- 9 They're never minor

- 10 Things that might sense danger and scams
- 11 Funny Bombeck
- 12 First set of choices
- 13 "Nothing to get upset about"
- **14** On
- 21 Not a lot, but
- 23 Assistance for returning W.W. II vets
- 25 "It's the ____, stupid!"
- 28 Sweet stalk
- 29 "Civic" animal
- 31 "End of discussion!"
- 33 Ones in the closet?
- 34 Up to the job
- 35 Like some heavy-duty trucks
- 36 Longfellow character

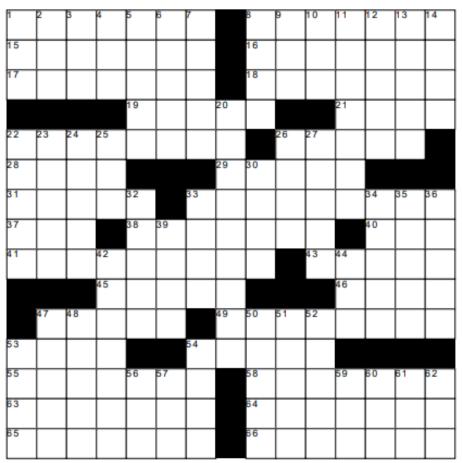
- 37 What the Irish breathe
- 38 Residents of Cambridge, England
- 41 Acquired
- 43 Close
- 44 Jazz pianist Garner
- 45 Bank from which a check is paid
- 47 Words from a Latin lover
- 48 Capital on the Han River
- 51 Record producer Pettibone
- 53 In
- 54 Spoils badly
- 57 Culinary general?
- 58 Betrayer

Across

- 1 "Yep, took care of it!"
- 8 King-like, in a way
- 15 Turn into a cliché
- 16 Wrongly
- 17 City transport, redundantly
- 18 Most common mineral in the human body
- 19 Severe
- 21 Court proceedings
- 22 Gentle, mild-mannered sort
- 26 Gets one's feet wet?
- 28 Goes (for)
- 29 Eel, on a menu
- 31 Ring thing
- 33 Warm-up time for pro athletes
- 37 Jima
- 38 "I'm back"
- 40 G.I. with stripes
- 41 On a need-to-know basis
- 43 One of the sisters on TV's "Braxton Family Values"
- 45 It's a start
- 46 A ways away
- 47 Astronaut Cooper as portrayed in "The Right Stuff"
- 49 Camping pests
- 5 3 Bell Biv DeVoe or Bananarama
- 54 Pale as a ghost
- 55 Happy, as bygone days
- 5 8 Starting point for a piano student, or a phonetic hint to 17-, 18-, 22-, 33-, 41-, 49- and 55-Across
- 63 Words supporting a motion
- 64 Emperor who abdicated in 2019 after 30 years
- 65 Topping for a vegan burger
- 66 On and on and on

Down

- 1 Lush
- 2 A.C.C. school
- 3 "Regal" pet name
- 4 Verdi's " tu"
- 5 Luxembourg is a



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- grand one
- 6 Hayes who scored "Shaft"
- 7 Messing of "Will & Grace"
- 8 State whose northern residents are known as Yoopers: Abbr.
- 9 Newswoman Navarro
- 10 Frame in "Who Framed Roger Rabbit"
- 11 Idyllic spot of myth
- 12 Streisand role in "Funny Girl"
- 13 Hammerings
- 14 Aretha's sister who sang "Piece of My Heart"
- 20 Once-plentiful endangered fish nicknamed "Albany beef"
- 22 Put forth, as a hypothesis
- 23 Leading by a basket
- 24 Go low, in a way
- 25 ID datum

- 26 " close?"
- 27 Word with free or double
- 30 Straight up
- 32 Make corrections to
- 33 Surname of the Incredibles
- 34 Big bungle
- 3 5 Philosopher who favored simple explanations
- 36 Gritty films, informally
- 39 Prefix with -plasmic
- 42 Dry wind in the Sahara
- 44 Issa of "Insecure"
- 47 Get
- 48 Many a sight on the Suez Canal
- 50 "Hoo-ee!"
- 5 1 Brand name that means "exquisite" in Japanese
- 52 ___ a tie
- 53 "Get ___ ..." ("Here's the best part ...")
- 54 They may lead to longer sentences

56 Thou, now

- 578-Down's northern neighbor: Abbr.
- 59 M.L.B.'s "10th men"
- 60 Happening, in slang
- 611940s combat zone, in brief
- 62 Extra in a procedural

Н O Т X K EL DWSV Т Ν Р Τ KWXX Q R X Ε Ζ Ζ Τ Ζ 0 0 D В Р S Х Χ Ε U J G Q C K R R Υ K W R S S Α C Α S K В Ζ V S Н F Τ O C Ν F J W R U X C O Ε В Χ Ζ S В C F S F Т В R P Ε R В K K Χ S Ε C В V 0 Ε В C Χ 0 W S M S Н В Ρ 0 Τ Υ Ζ S S D F Р Ρ S В G A W W Q Ν Р S E D M Р Q K Ν G K S В J S WG O X Τ Ζ M Н В M YVWKVQQ Y W ZWQWLQWRYG GMWXΝ 0

Word List

BLOSSOM	LEAVES	SUMMER
CLOUDY	PARKS	SWIMMING
FRISBEE	POPSICLE	UMBRELLA
FROGS	SEASON	WATERMELON
HOT	SHOWER	WINDY

d h ı h k r а m i g 0 е а е y u е b d s C b а р 0 n k t а t r а е W е а g е 0 m d s 0 а С s О u t е р r е u u u 0 С s а С r f t s C W m 0 b а b n а s а b а t r u n 0 е Г n d t u C е s n а 0 s u а r d i f b t ĺ h 0 у n Г u S а b s g m n W m а а а а m n d g C а ١ s е а n W g S u n е 0 m d b b 0 а u n а С u С е d b S h g р а е 0 n s n С m О n d а а s р а n 0 О е а m О f а t s n n е 0 n 0 r е Г р t а d C 0 S n а е е х d u d t а а е а u n W n W а е Г h t S s W m е g m n n r h S İ е S n е u е Z е s C а n r n Г Г d a е а b Х n u Х n

Beach
Camp
Hiking
Outings
Sandals
Summer
Sunshine

Bikini
Fan
Holiday
Picnic
Sandcastle
Sunflower
Waterpark

Boating Flowers Journey Relaxing Spade Sunny

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M Ν Ζ Q Ν Q W R G J Q S Ν D S C Α Ζ Ν C F S S Ρ R K F S Α В Ρ В S Ε Ε Ρ R R Т Ε S В Ν D G Τ Ζ S В R Ε Ν U Χ S Ζ S Ε Τ Р Ζ S S Τ Н R D NWHΧ Τ Η Τ Ζ Ε Τ С P Υ В T S F Α Ε V Z KUNKFWXXSY S Ε O

Word List

BOAT	LEAVES	STEM
EGG	PETALS	SUNLIGHT
FRISBEE	PLANTS	SUNSHINE
GARDEN	SANDCASTLE	TEMPERATURE
GROW	SHORTS	WEATHER

G X G A V Н Ν Τ L W R S Α S G S E Ζ S Р S Ε S Ζ D C C Α K Е Х Ζ Υ S S Q R R Ν C X S В D Р K В C S LA 0 C Α Τ S Q Q R F Η F C D X G Н R Ζ X S O Τ S Ν K C Х Ζ J Τ R Ε S В Ε F 0 Ν В В Τ Ε Τ Ε Ζ Ν K Υ Ε X Ν U Q R M 0 X O Н Q Ν C V В Ε A C Η CU C JUEWEO D

Word List

BEACH	FRISBEE	SEASON
BLOOM	LADYBUGS	SHORTS
BUTTERFLY	MOSQUITO	VACATION
CLOUDY	POPSICLE	WARM
FARMER	SANDALS	WATER

S E F Z Ζ Α J L Α F R Т Ν н Т O М T F S Н R F C W R Т G U Α L O Т S U S N J E Z S F G R Ι Ζ C E L G U L Υ В Α R D C K Μ 0 U Ι S F F Ν Т Α R 0 Υ Α N Ι Е R Ν Ι S T E C Ν W Α L Т Α R O Υ G S E P Е Υ R P R E N K N Μ Α L U N М F C E F F Т 0 R 0 Ν Т R Н Ν D N 0 D E T Т Т Ν D O O U D N Α Н 0 0 U R E F O S Τ Н R Ι I F F F т U т Α Υ Α C Н G R т Μ F Ν O V E 0 Α Ν Α Н E L L L R Ι S S S В 0 N Α 0 Ν G Е Т R D Е R В Ρ L C N R Μ J F R W E R Ι E Υ D Ι Α Υ Α C L U O P S E Ι E R Ι Υ O O C Н т O Α D 0 Μ 0 F F Ε S S L F Ι В 0 M R D D Α N 0 Т 0 Ρ F F F S E Ν U Т S N Α Н Р D R N Т Α 0 S S R R F F K Α Т Α F G Α Р F D 0 Н T 0 E F Α E т S R F Α O Υ Α Α Ι F R М 0 R Μ J K R U R Α L L D Α R F Α 0 C Ι Ι S S В S Н Ν F E Ι Ι т Т N Ρ D R Е Α т O Ν Н E Α В Ι Ι Ν U Α Н D L G L L N

BANFF
BILINGUAL
CANADIANBACON
CELINEDION
COUGAR
DOLLAR
FRIENDLY

GREATLAKES
GRIZZLYBEAR
HOCKEY
INDIGENOUSPEOP
LES
JIMCARREY

JUSTFORLAUGHS

LACROSSE
LONGESTBORDER
MAPLESYRUP
MONTREALJAZZFE
ST
MOOSE
NIAGARAFALLS

OIL
OTTAWA
PEASOUP
POUTINE
ROCKYMOUNTAINS
SAINTLAWRENCE
SORRY

TIMHORTONS TORONTO

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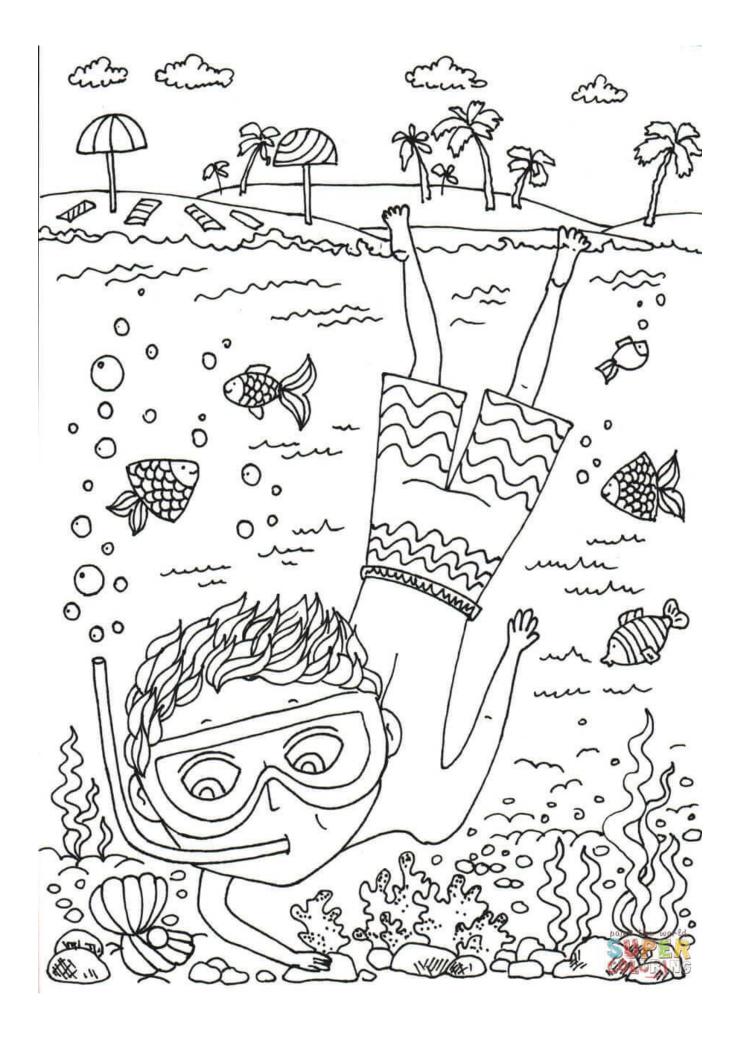
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To solve these puzzles, work the sudoku grids individually as you would normally, then take the solution in the overlapping squares as part of the other joined puzzles. The solution to the middle puzzle will be a component of the solution for the top and bottom puzzles.

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19 M	1	N		20 H	U	R		21 E	L	Е	Α	N	0	R
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am i g I d o e h аеу pbikinior pretaw f i e a o g o m e t osgnituoh 0 liday p m a c o r e u u u o c s t i h f m f m s r С i n n u n a s a obaern k e s n i a o s u i r r u n r n n e w y m a e g e e a g d s e a n w g s u l n f l c a e i o m o a r u r n a e c u d b ngsn**npdbs**c**mo** ı g f r c e a a m o s p a d e y norii <mark>leatn</mark>s e r p e o i s l i x n d I u d n w c е h g m s mreh S е e d n t u n s h n e u е Z е е S C а f d a t v g n i x a

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