June/July Activity Kit

Version 2



Image: Gore Park Fountain Source: Alwin Lee/Shutterstock





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

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.

STAYING HYDRATED

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

06

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.

02



03

05

SEEING AND HEARING

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



RGP

SLEEPING WELL

Use techniques to promote relaxation and sufficient sleep.

Z^{zzz}

REGIONAL GERIATRIC PROGRAM OF TORONTO

www.rgptoronto.ca

Supported by:



*www.hospitalelderlifeprogram.org

Z R O U G P O T M N Z Q N Q W R G J Q X H W Q J L M N D F V W Y H S A N D C A S T L E K Z X C R K W N S C V T V G O G Z N C F M I S I G X H Z P L F I B W E W R Y A W H W I S P H N M K B C W A T B B X O S N L Y O D I J E U R K F S A T M A L A J L R T G P V G T Q Y T R N B O W P L Q A B N D A F D E A G L L K Q S V Y S I E R U T A R E P M E T T Q H O D F M Q L G X H E Q N B D G T L S A O C F M F T B P T C F Y K I U A P W I Z M F R I S B E E O H A R BHKKUNMEGGRWNUAXOMTZNFGES P G W S E V A E L Q A S Z L T P S C H E C N N W P Y I T E K V D Z T M K L S H O R T S D P U A R D A G L F R T E H Z L S X A D N W H A R D I Z V S A L O N Q M Y Q Y J W T H T Z R W R A R O K N Y T G O ZUUUUSXOOITERTHGJCYQBENSK R S M G J E J B P L Y P W K M I J B B Q F R A A O O I G R O W O Q C U A T E A E R Q S F X H B L N I Q I X O T M V Z K U N K F W X X S Y S E O Y P D R

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

Summer Word Search

Instructions: Try to find all of the hidden Summer words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)

S	Е	L	А	Ν	۷	Κ	Q	Q	W	R	W	М	Κ	D
G	Т	Ρ	Α	Х	R	А	Т	Ν	В	0	W	С	Μ	Υ
0	F	Е	Α	W	Ρ	S	Е	L	D	D	U	Ρ	Υ	Ρ
V	Т	Т	Ν	0	F	R	Е	W	0	L	F	Ν	U	s
М	Т	Α	0	Т	Q	G	М	С	U	Q	Ρ	Н	U	1
В	Y	L	М	0	S	J	U	J	Х	L	0	Y	В	L
ĸ	U	S	L	Ζ	F	R	S	Т	R	0	Н	S	Т	Q
Z	Y	G	Ρ	J	D	Y	Е	R	U	Q	В	S	Η	Q
L	Ρ	Ρ	S	Н	Т	Т	Ν	L	Y	S	L	J	Q	Ρ
V	М	Ζ	R	Ζ	Ζ	U	0	G	Κ	А	В	Ρ	D	R
G	В	0	Е	Н	С	Ρ	F	I	D	Ν	С	Е	J	1
Q	L	W	W	С	Т	0	Н	Ν	S	R	1	В	Х	G
М	В	Х	0	Α	V	А	А	Т	V	М	0	R	Н	Q
0	T	С	L	Е	R	S	Y	С	Υ	D	Ρ	Ζ	Ρ	Ν
Е	Ζ	۷	F	В	S	Y	F	U	Q	U	Α	L	۷	S

Word List							
BEACH	PETALS	SANDALS					
BUGS	POOL	SHORTS					
FLOWERS	PUDDLES	SPRINKLERS					
HOT	RAINBOW	SUNFLOWER					



FHOTXKEAL Ρ В GKGF DWSV Т J Υ В J В ХЕ ΝE Ζ ΗK D Κ Х QRXT L ТРКWХΖ ΤW L Y Z 0 0 S CU R Α В Ο Т L ΧL DBAP Х F V YOU V Е Κ J G QU J R R F Ρ S Т Κ Α D Α С Υ Υ 0 W G V R S KWAR S SACAK Q Κ 0 Т Α S Ρ Υ Y Ν R Ρ QUVACDCBZVLRHS GΥ HOOF Ζ ΝΝΕ QNDCEAOVMOC FΝ ΤN MRG ТОМ L Ζ Ρ Ν R U Х С ΡF EWX В R Е YG U V L J 0 JM S С F ΖA S Е J Е L MOW В Υ S F JΜ J Т В B C U Q U Е ZWM MKUKRKP ERLU AXBWAQ L S Ν T Е Sυ Е CO S GWP С В S D CU Х В VΟ V В Ν S G Ζ L WS Μ L Ρ Ο Т ΥH Α Ν V В S Н J Ρ U Ο J S Fυ T Н A Ζ S Α Α D Е Ρ Т Ρ S J U Y Ν Т Ρ Н T NR Х Ρ G AWWQNPCP L R В Κ ΗΖC Μ R Н F FFXKCW CEQKYN IDKDSMPN MQJ Н CKMMK GΡ Κ VSWGOO В J S S J L F н F S CUOXQE Т ZMHBMYVWKVQQYWB EMY M M Q H L N O G M W X Z W Q W L Q W R Y G Y T V L

Word List

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

Find the hidden pictures

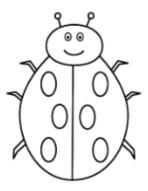


Summer Word Scremble

baulelrm _ S

marfer	
siuoqmot	
akpsr	
leesav	
ladassn	
eipdrs	
diwyn	
storhs	
musrme	

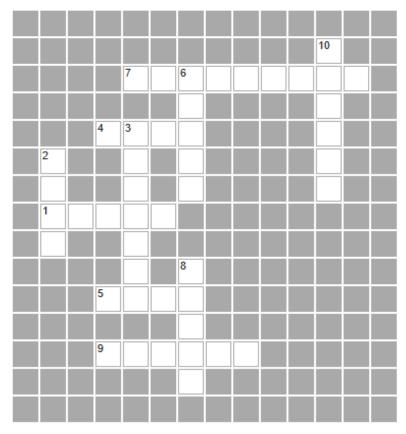
Word List						
farmer	shorts					
leaves	spider					
mosquito	summer					
parks	umbrella					
sandals	windy					



Instructions: Unscramble the letters to find the Summer words from the list below.

Summer Grossword Puzzle

Instructions: Complete the crossword puzzle by filling in the Summer words that fit the clues.



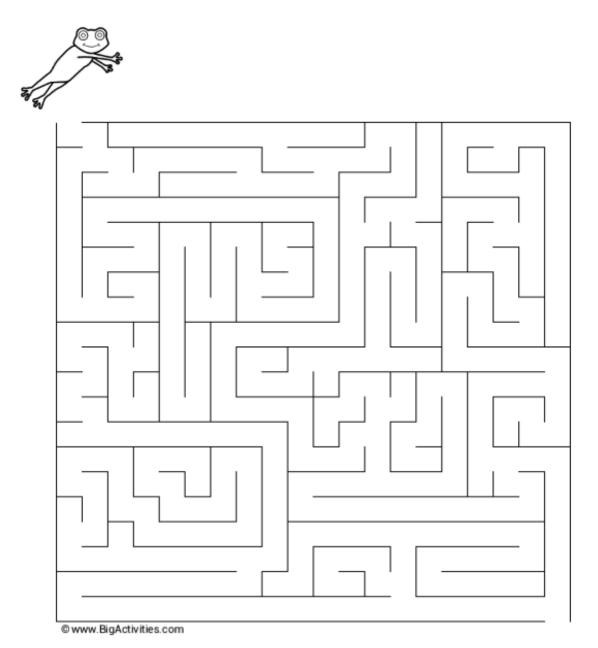
Across

- 1. You mow it
- 4. Container of water intended for swimming
- 5. Built by animals to hold eggs
- 7. Caterpillar when young
- 9. Worm in summer instead of pants

Down

- 2. Also known as insects
- 3. Opposite of inside
- 6. Flower planted as a bulb
- 8. Severe weather
- 10. They grow outside and are found in pots

Instructions: Trace the path through the maze. Help get the frog to the lily pad.

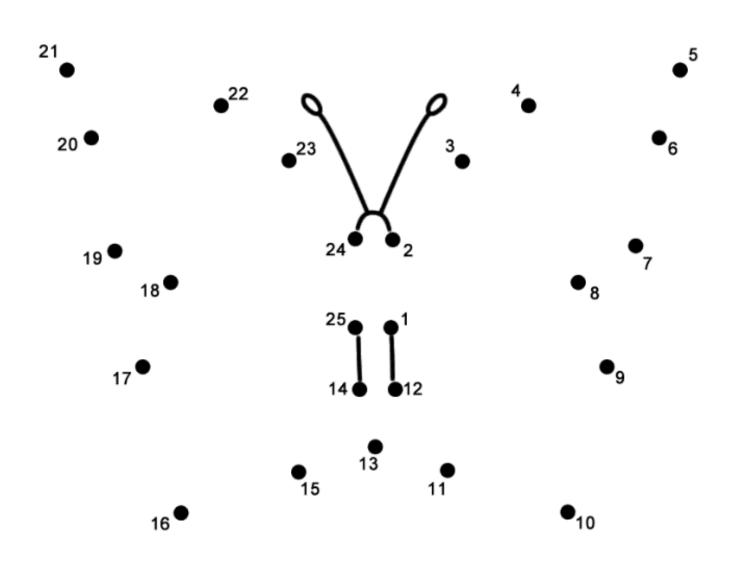




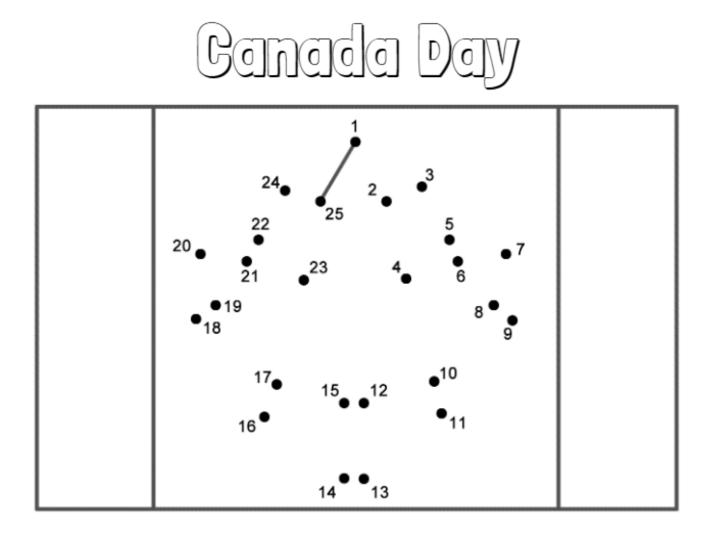




Instructions: Connect the dots to make this Summer picture.



Instructions: Connect the dots to make this Canada Day (July 1) picture.



	5			3		9	7	
		8		1	2		5	3
3		9			7	2		1
		6		9			1	
	2			7		3		
	1	3	5				9	2
1		5	3		9	7		
	3				1	5		
	9			2	5		3	

9			4		2	5	1	
		1	5	9		8		
2	4		8	1				9
		8		2				4
	2	4		7	8	9		
	9				5			8
8		3	2		9	4		
1	5				4	2		3
4					1	6		

	1	5		4			2	
6		4		2			1	9
	9		1	7				6
	6	3		1			9	2
1		9		5	2		6	3
4	2			6	9	1		5
		2		3		9		
		1	2					4
	5	6	4	9			3	1

	6	7		8	2	9	5	
1			6		5	7		8
		8	7	1			6	
	5			7			9	
	7	9		5				6
2			8		6		7	
		2		6		5	8	
9		6	5		8		3	7
		5			7	6	1	







SOME SOLUTIONS AND ANSWERS

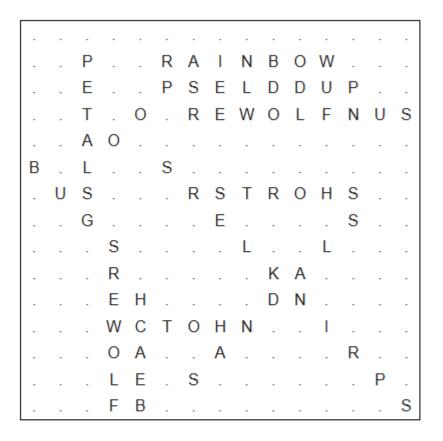
Summer Word Search Key

			С			S			
	-	М	-	L	U	Н	Ρ		R
			0	М	0	L	0	Α	
			М	S	Α	U	T	т	Р
		Е	-	Ν	S	Ν	D		Т
	R		т		В	0		Y	L
	-	S	-	0			L		U
			W					В	т
С	Α	Μ	Ρ	T	Ν	G			

Word List							
BLOSSOM	PLANTS						
CAMPING	RAINBOW						
CLOUDY	SUMMER						
HOT	TULIP						



Summer Word Search Key



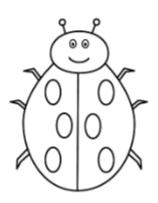
Word List								
BEACH	PETALS	SANDALS						
BUGS	POOL	SHORTS						
FLOWERS	PUDDLES	SPRINKLERS						
HOT	RAINBOW	SUNFLOWER						



Summer Word Scramble Key

baulelrm	<u>u m b r e l l a</u>
marfer	f <u>armer</u>
siuoqmot	<u>m o s q u i t o</u>
akpsr	<u>parks</u>
leesav	<u>leaves</u>
ladassn	<u>s a n d a l s</u>
eipdrs	<u>spider</u>
diwyn	windy
storhs	<u>shorts</u>
musrme	<u>summer</u>

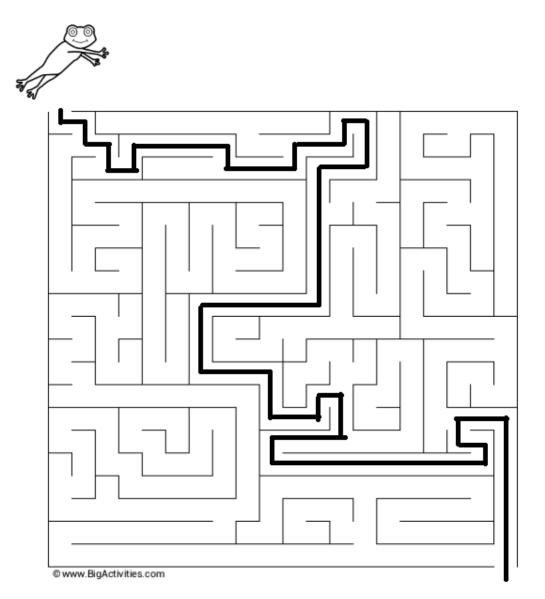
Word List							
farmer	shorts						
leaves	spider						
mosquito	summer						
parks	umbrella						
sandals	windy						



Summer Grossword Puzzle Key

										р		
			b	u	t	t	е	r	f	Ι	у	
					u					а		
		р	0	0	Ι					n		
b			u		i					t		
u			t		р					S		
g	r	а	S	S								
s			i									
			d		S							
		n	е	S	t							
					0							
		S	h	0	r	t	S					
					m							

Instructions: Trace the path through the maze. Help get the frog to the lily pad.







2	5	1	4	3	6	9	7	8
4	7	8	9	1	2	6	5	3
3	6	9	8	5	7	2	4	1
5	8	6	2	9	3	4	1	7
9	2	4	1	7	8	3	6	5
7	1	3	5	6	4	8	9	2
1	4	5	3	8	9	7	2	6
6	3	2	7	4	1	5	8	9
8	9	7	6	2	5	1	3	4

9	8	6	4	3	2	5	1	7
7	3	1	5	9	6	8	4	2
2	4	5	8	1	7	3	6	9
6	1	8	9	2	3	7	5	4
5	2	4	1	7	8	9	3	6
3	9	7	6	4	5	1	2	8
8	6	3	2	5	9	4	7	1
1	5	9	7	6	4	2	8	3
4	7	2	3	8	1	6	9	5

3	1	5	9	4	6	8	2	7
6	7	4	5	2	8	3	1	9
2	9	8	1	7	3	5	4	6
5	6	3	8	1	4	7	9	2
1	8	9	7	5	2	4	6	3
4	2	7	3	6	9	1	8	5
7	4	2	6	3	1	9	5	8
9	3	1	2	8	5	6	7	4
8	5	6	4	9	7	2	3	1

3	6	7	4	8	2	9	5	1
1	9	4	6	3	5	7	2	8
5	2	8	7	1	9	4	6	3
6	5	3	1	7	4	8	9	2
8	7	9	2	5	3	1	4	6
2	4	1	8	9	6	3	7	5
7	3	2	9	6	1	5	8	4
9	1	6	5	4	8	2	3	7
4	8	5	3	2	7	6	1	9