# June/July Activity Kit

Version 2



Image: Gore Park Fountain Source: Alwin Lee/Shutterstock





### 6 PROVEN<sup>\*</sup> 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<sup>zzz</sup>

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

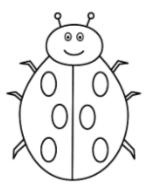


### Summer Word Scremble

baulelrm \_ S

marfer	
siuoqmot	
akpsr	
leesav	
ladassn	
eipdrs	
diwyn	
storhs	
musrme	

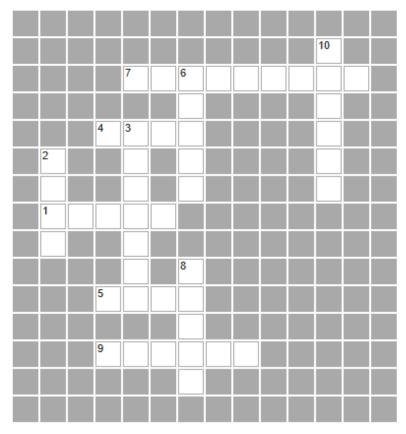
Word List						
farmer	shorts					
leaves	spider					
mosquito	summer					
parks	umbrella					
sandals	windy					



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.



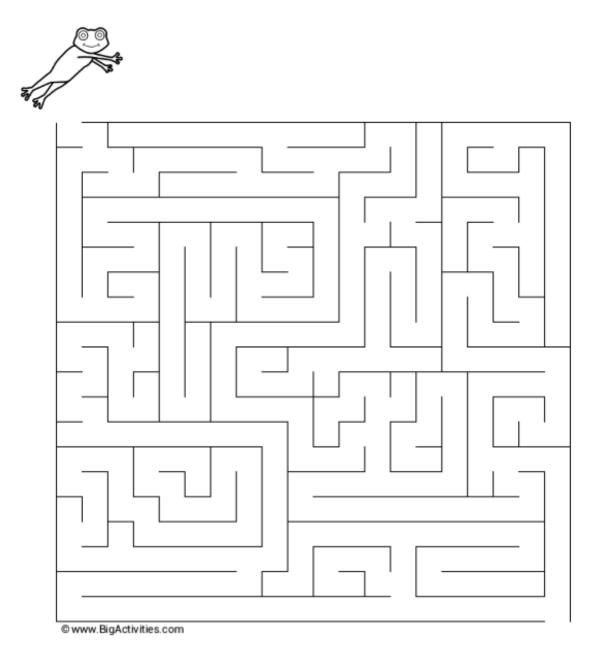
#### Across

- 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.

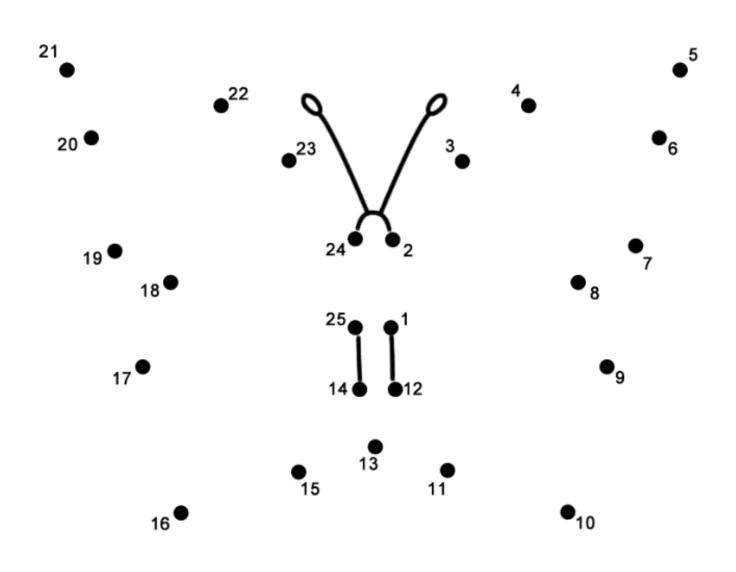




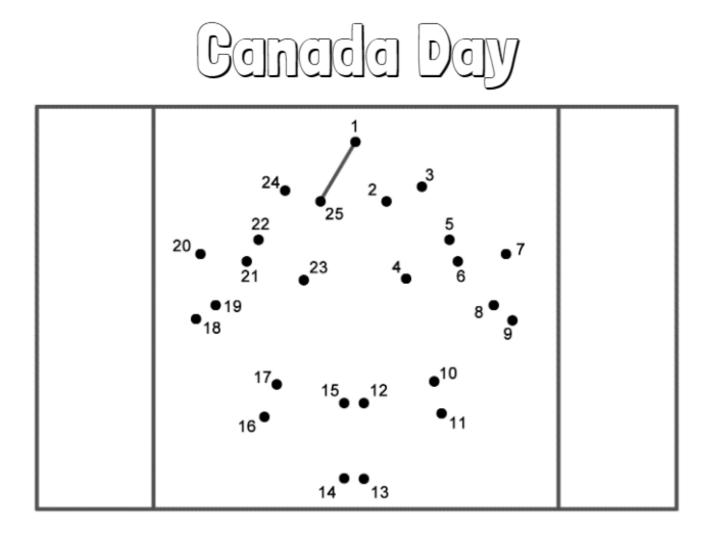




Instructions: Connect the dots to make this Summer picture.



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

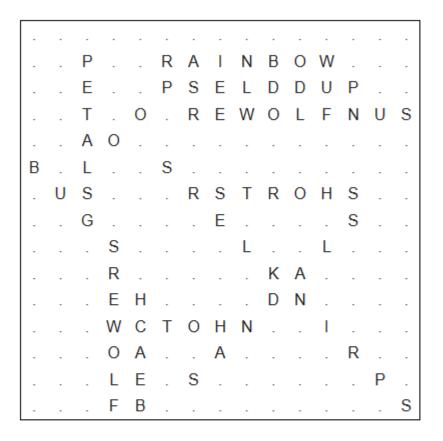
## Summer Word Search Key

			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



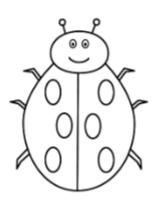
Word List								
BEACH	PETALS	SANDALS						
BUGS	POOL	SHORTS						
FLOWERS	PUDDLES	SPRINKLERS						
HOT	RAINBOW	SUNFLOWER						



### 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>

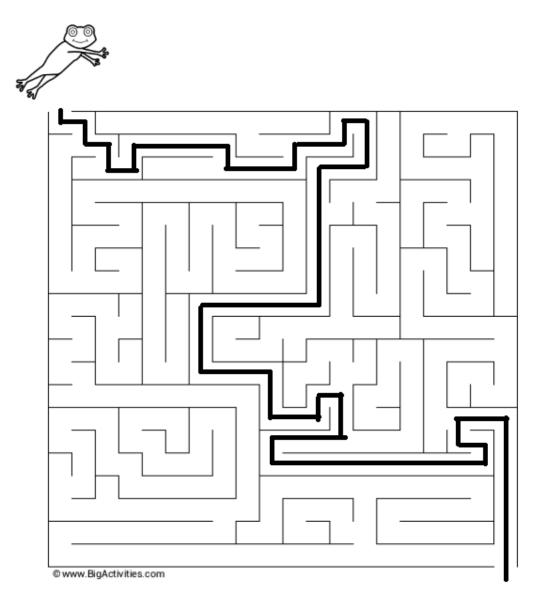
Word List							
farmer	shorts						
leaves	spider						
mosquito	summer						
parks	umbrella						
sandals	windy						



# 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