

# August/September Activity Kit

Version 2



Image: Webster's Falls  
Source: Paige Deasley/Pexels

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

## 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.*

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

### MOVING

Promote physical activity - at least 3 times a day.



03

### SLEEPING WELL

Use techniques to promote relaxation and sufficient sleep.



04

### SEEING AND HEARING

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



05

### STAYING HYDRATED

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



06

### EATING

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



Supported by:



Ontario

Toronto Central Local Health Integration Network



REGIONAL GERIATRIC PROGRAM OF TORONTO

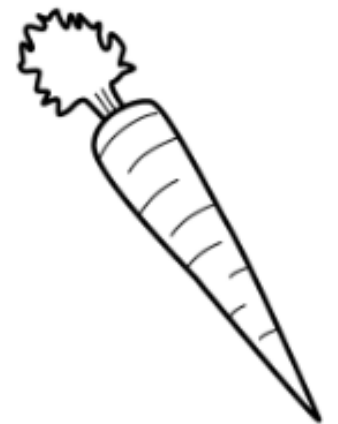
# Vegetables Word Search

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



## Word List

ARUGULA	CUCUMBER	POTATO
CABBAGE	OKRA	PUMPKIN
CHARD	ONION	SPINACH
CORN	PEPPER	YAM



# Aquarium Fish Word Search

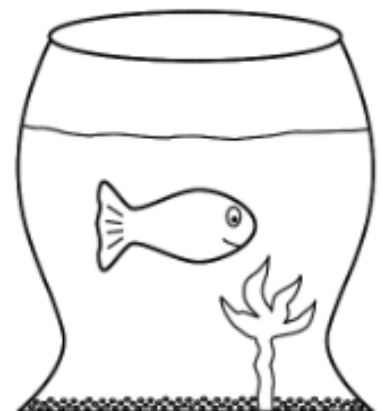
**Instructions:** Try to find all of the hidden Aquarium Fish words in the word search puzzle below.

(Words can be spelled forwards, backwards, diagonally, up, or down.)



## Word List

ANGELFISH	GLOFISH	PLATY
CATFISH	GOURAMI	PLECO
COMET	LOACH	PUFFERFISH
DANIO	ORANDA	TETRA



# Rainbow Word Scramble

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

i e n s s u n h

— — — — — — — —

p m s i r

— — — — —

l r o c l o u f

— — — — — — — —

i e o l v t

— — — — —

s n d b a

— — — — —

l c u o s d

— — — — —

n i g d o i

— — — — —

g a r o n e

— — — — —

o o s r c l

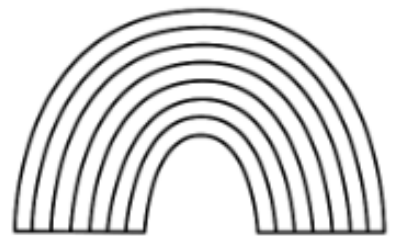
— — — — —

w l e y l o

— — — — —

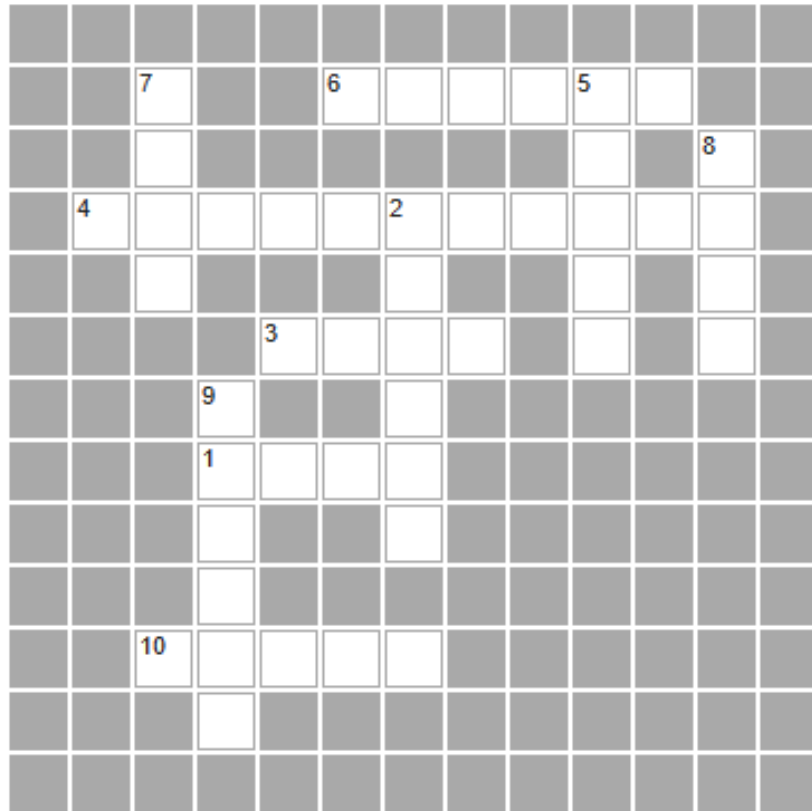
## Word List

bands	orange
clouds	prism
colorful	sunshine
colors	violet
indigo	yellow



# Summer Crossword Puzzle

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



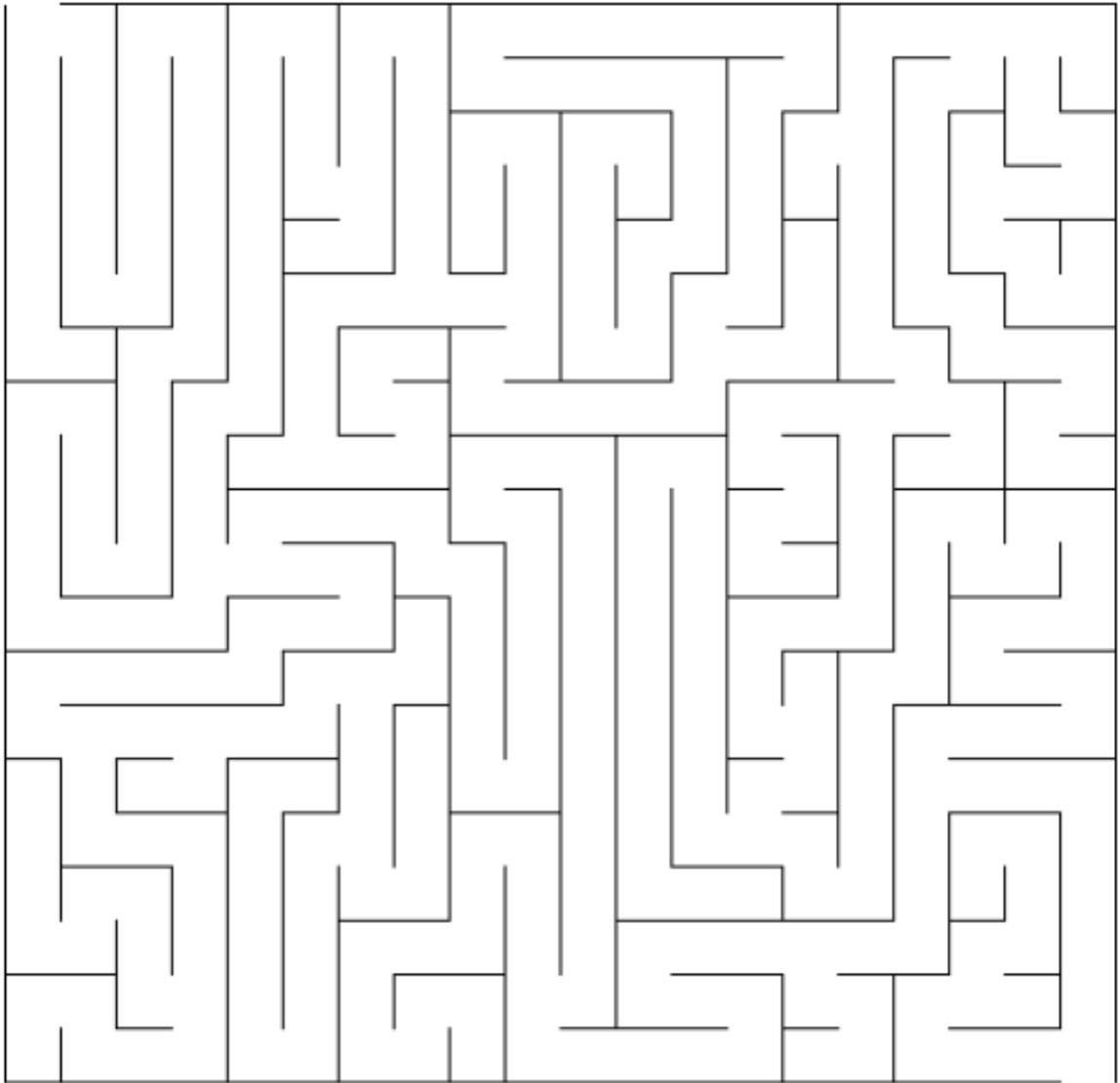
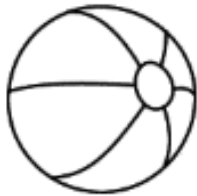
## Across

1. Container of water intended for swimming
3. It flies and is attached to a string
4. Turns into a butterfly
6. Worm in summer instead of pants
10. Plant them to grow plants

## Down

2. Colorful parts of a flower
5. Flower planted as a bulb
7. Transportation across water
8. To get bigger over time
9. Has eight legs and spins a web

**Instructions:** Trace the path through the maze. Help get the beach ball to the beautiful summer day.

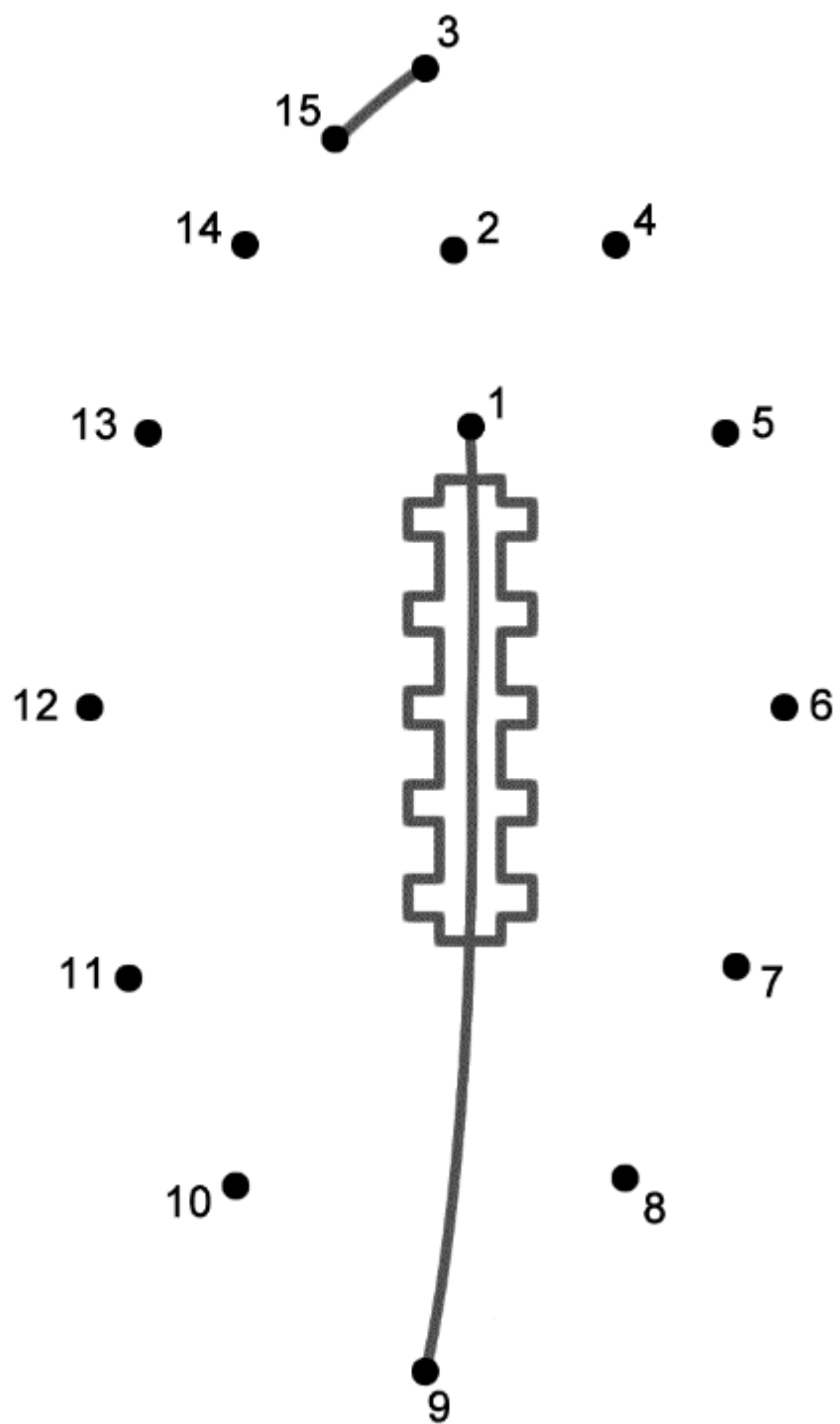


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Finish

**Instructions:** Connect the dots to make this Sports picture.





**Instructions:** Connect the dots to make this Dinosaur picture.

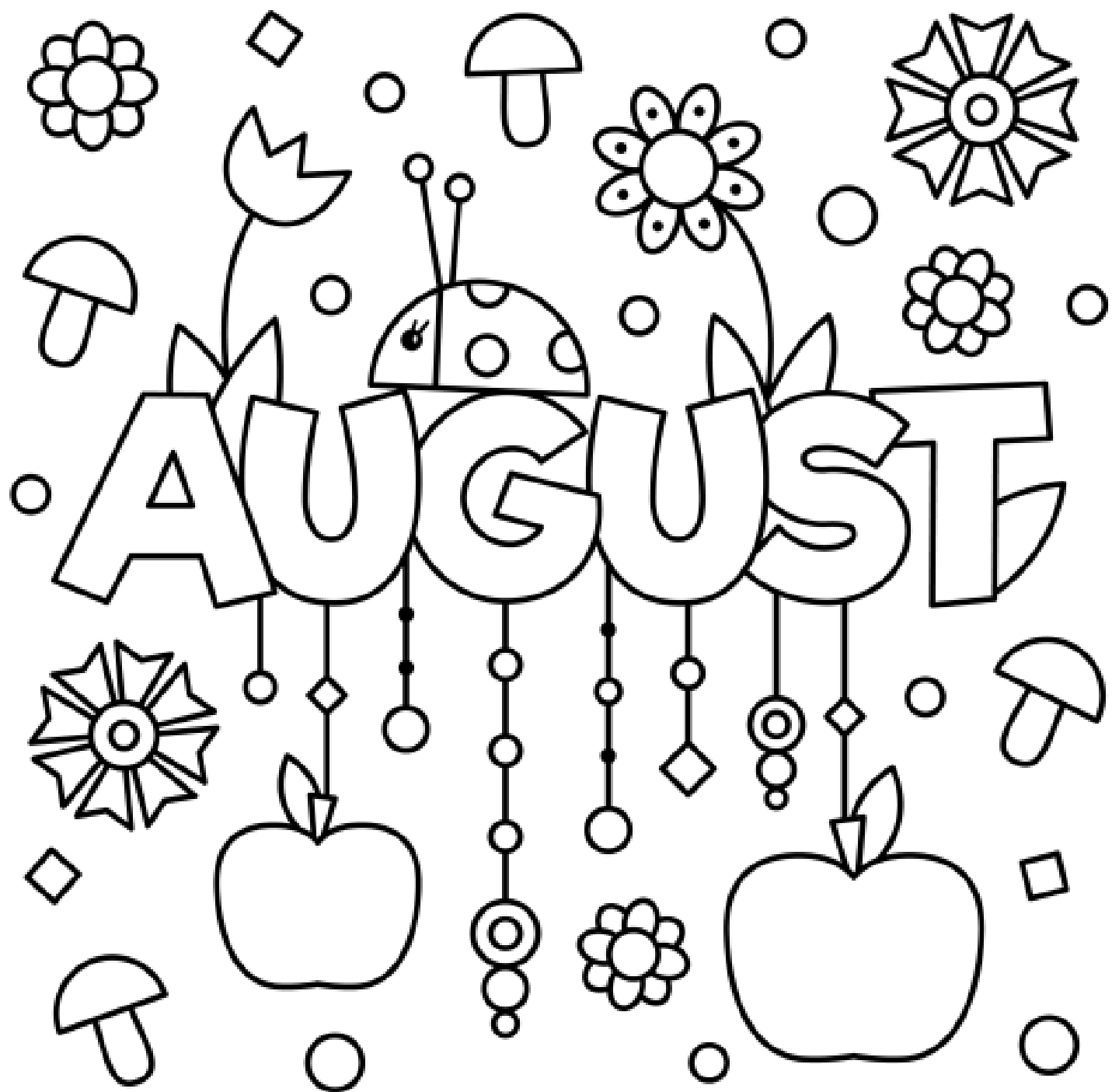


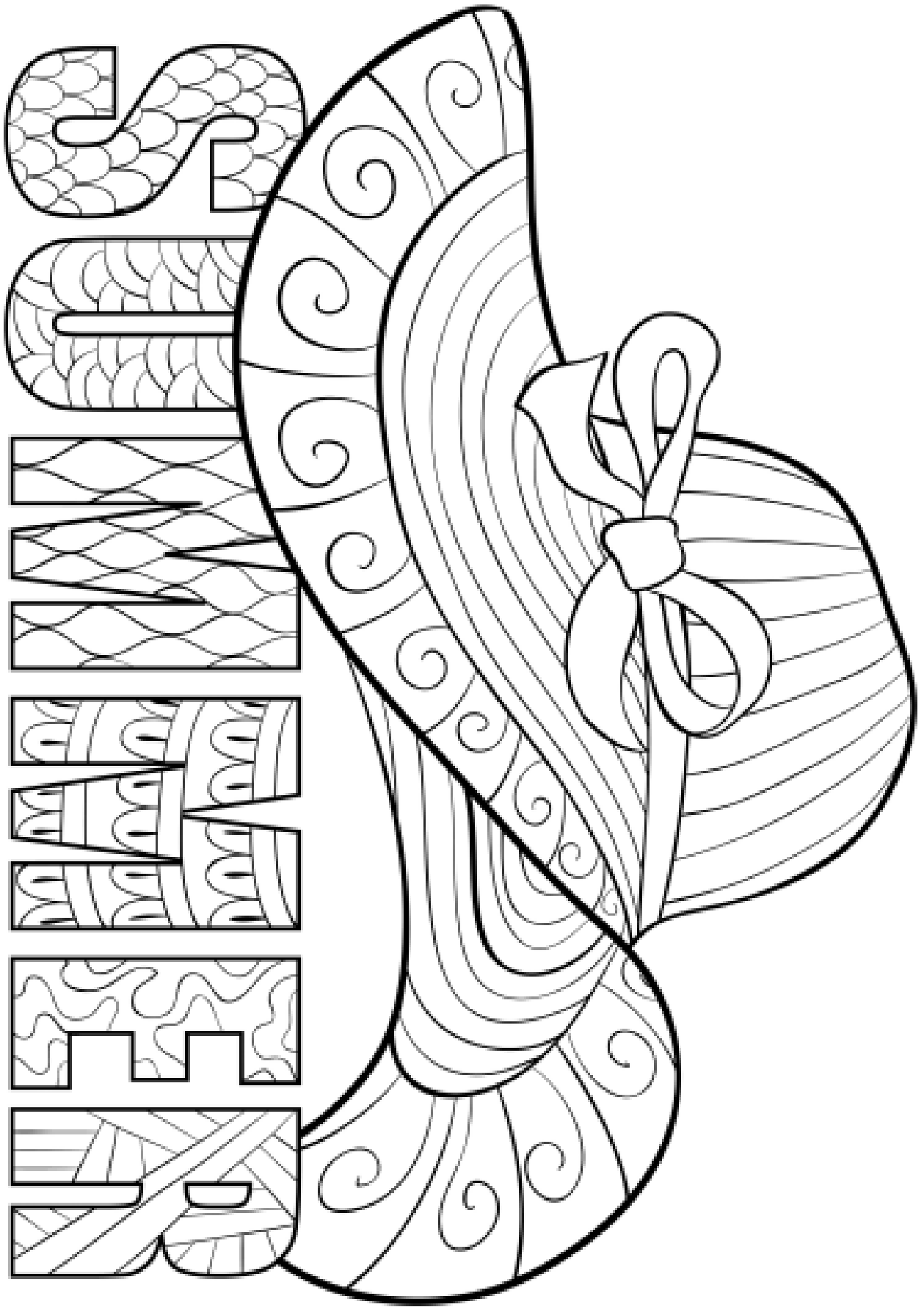
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7		5		9		3	8	
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	9				6	2		
		4		3		6	5	
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8	5			4	7	9	3	

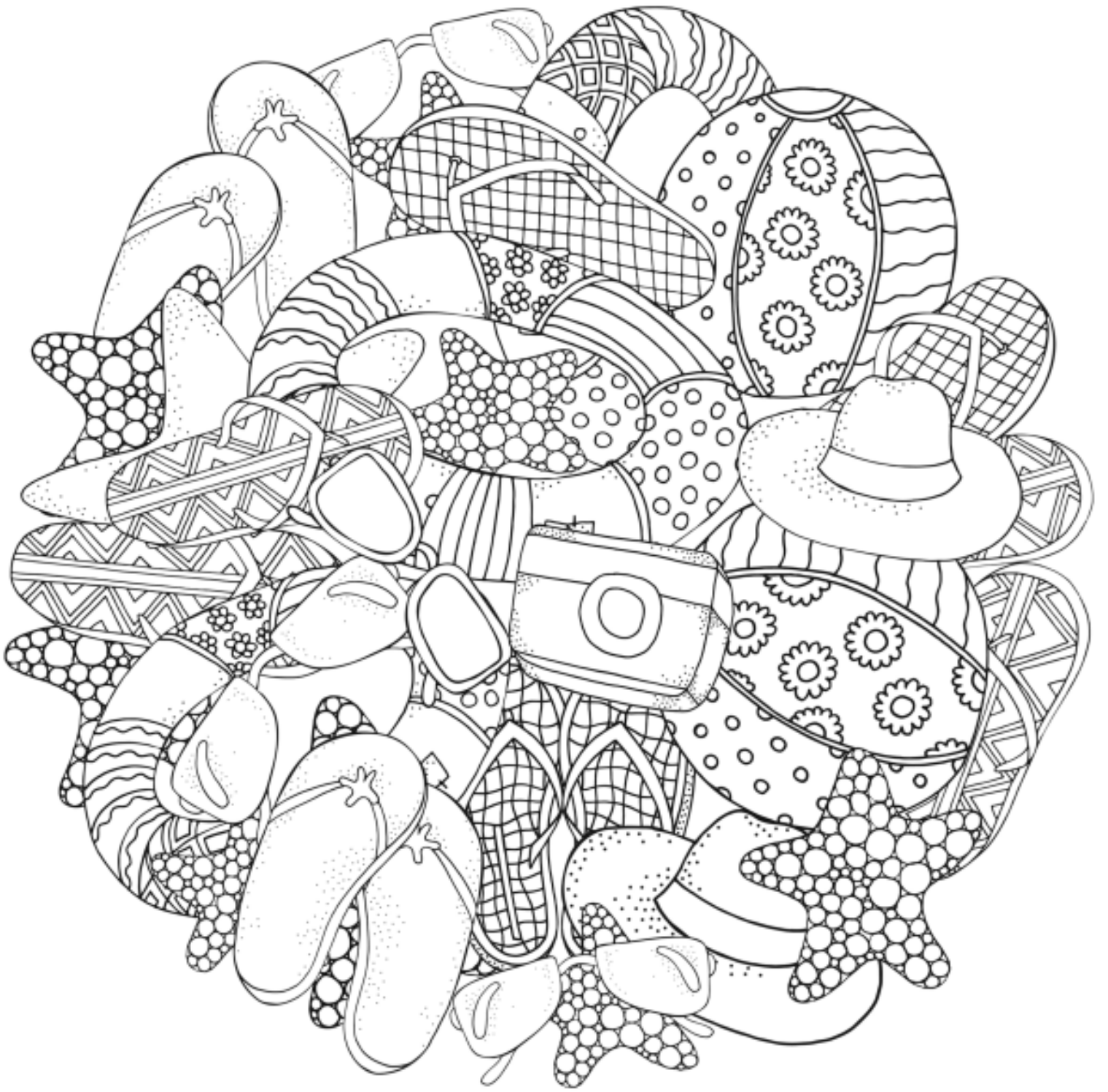
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2			5			3		8
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4					2			3
	4	1	7				3	2
	5		2			7	4	
	2		3		5		1	

8	9			6				2
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2		4		8				5
4		6	9	5				8
9			8		2			6
	8	5		3	6		2	9
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		8	6		3		4	













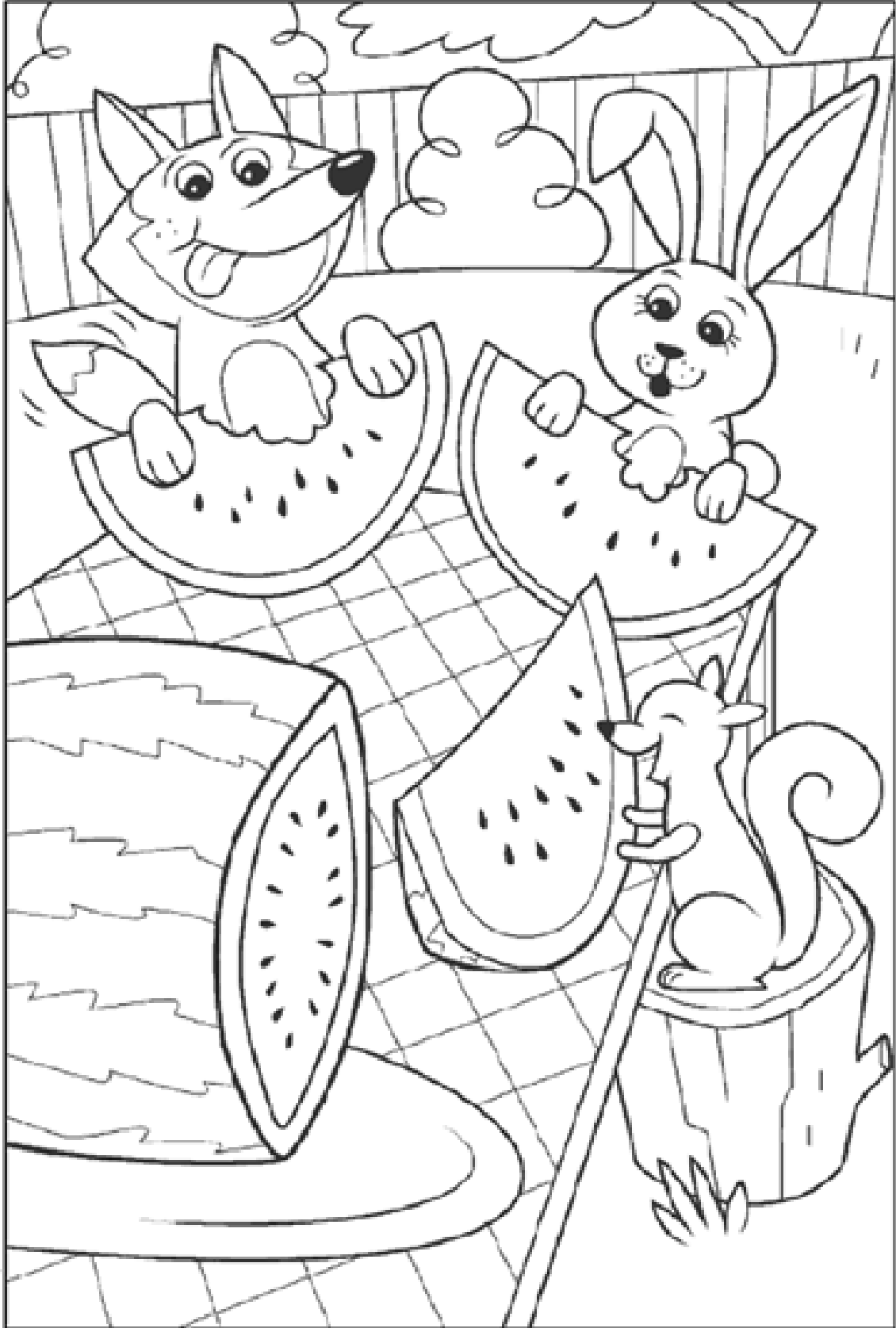
Summer



# September

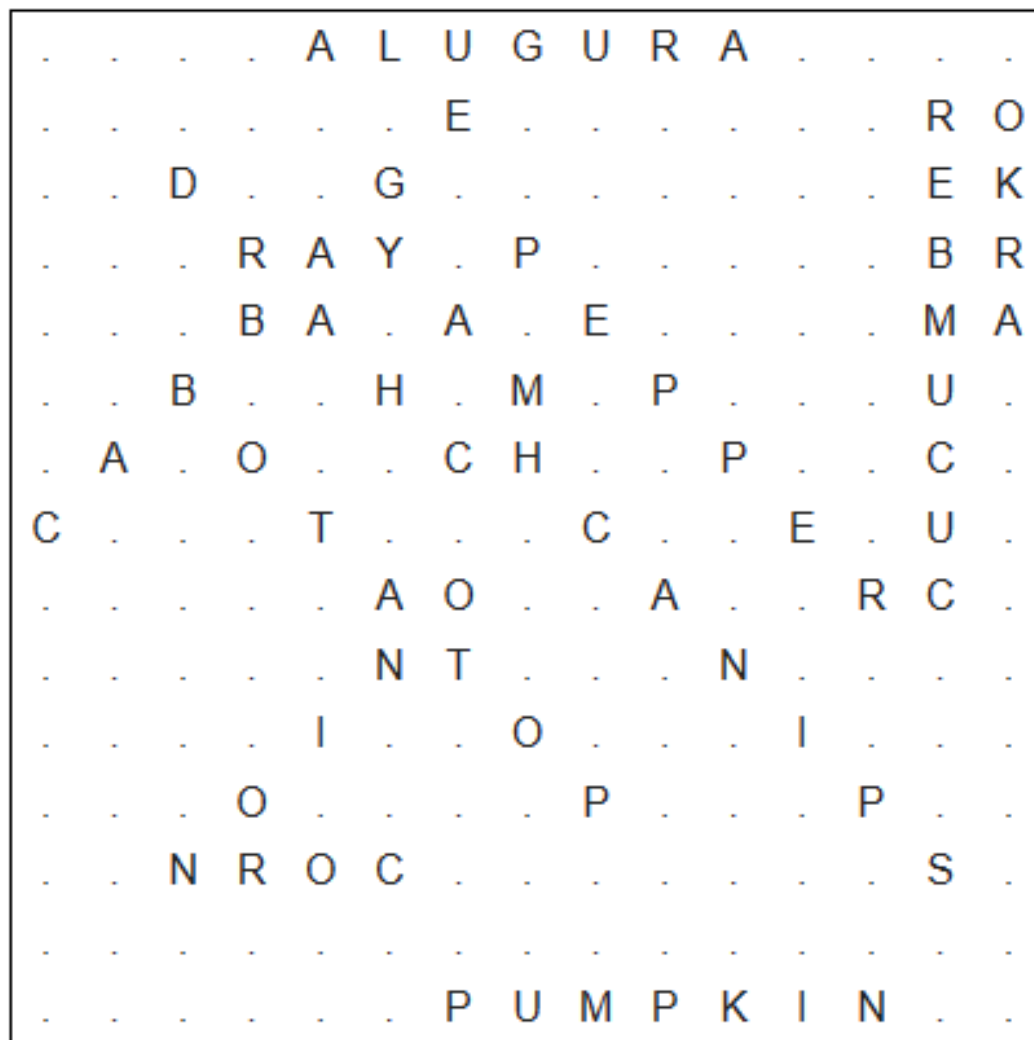






# **SOLUTIONS AND ANSWERS**

# Vegetables Word Search Key



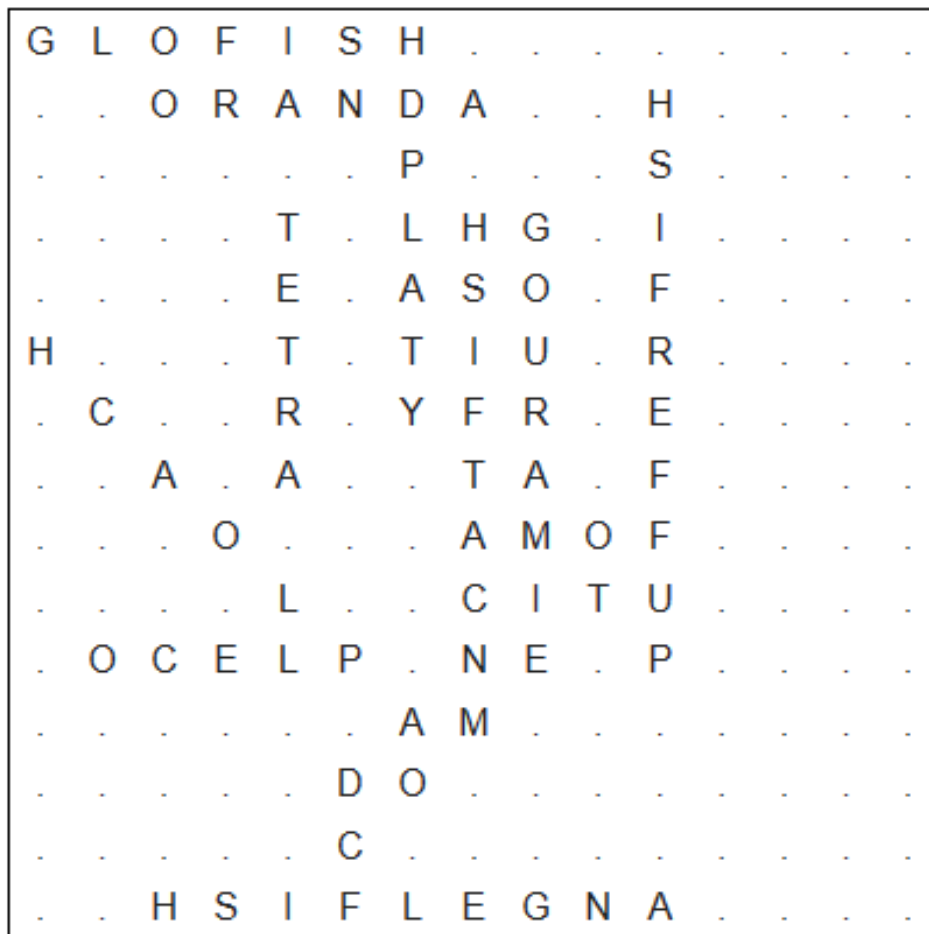
## Word List

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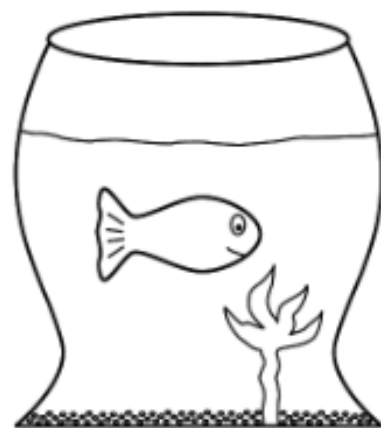


# Aquarium Fish Word Search Key



## Word List

ANGELFISH	GLOFISH	PLATY
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COMET	LOACH	PUFFERFISH
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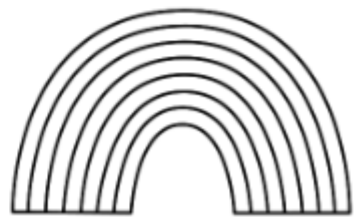


# Rainbow Word Scramble Key

i e n s s u n h	<u>s</u> <u>u</u> <u>n</u> <u>s</u> <u>h</u> <u>i</u> <u>n</u> <u>e</u>
p m s i r	<u>p</u> <u>r</u> <u>i</u> <u>s</u> <u>m</u>
l r o c l o u f	<u>c</u> <u>o</u> <u>l</u> <u>o</u> <u>r</u> <u>f</u> <u>u</u> <u>l</u>
i e o l v t	<u>v</u> <u>i</u> <u>o</u> <u>l</u> <u>e</u> <u>t</u>
s n d b a	<u>b</u> <u>a</u> <u>n</u> <u>d</u> <u>s</u>
l c u o s d	<u>c</u> <u>l</u> <u>o</u> <u>u</u> <u>d</u> <u>s</u>
n i g d o i	<u>i</u> <u>n</u> <u>d</u> <u>i</u> <u>g</u> <u>o</u>
g a r o n e	<u>o</u> <u>r</u> <u>a</u> <u>n</u> <u>g</u> <u>e</u>
o o s r c l	<u>c</u> <u>o</u> <u>l</u> <u>o</u> <u>r</u> <u>s</u>
w l e y l o	<u>y</u> <u>e</u> <u>l</u> <u>l</u> <u>o</u> <u>w</u>

## Word List

bands	orange
clouds	prism
colorful	sunshine
colors	violet
indigo	yellow









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