

February/March Activity Kit

Version 2



Image: The snowy gates to downtown Hamilton

Source: Ryan McGreal/CBC



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

Winter Word Search

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



Word List

COLD	HAT
COZY	HOLIDAY
FOG	HOOD
FROZEN	SLED



Winter Word Search

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



Word List

BOOTS	FOG	JACKET
BRISK	FROST	PENGUIN
COCOA	FROZEN	SCARVES
DECEMBER	HEATER	SNOWMAN



Valentine's Day Word Scramble

Instructions: Unscramble the letters to find the Valentine's Day words from the list below.

m e a r d i r	— — — — —
r a e h t	— — — — —
h o t c a l e s o c	— — — — —
n d f i e r	— — — — —
a e n r c o m	— — — — —
e d a t s r e	— — — — —
k c c p a s e u	— — — — —
l e d a c n	— — — — —
g t f i s	— — — — —
c i u d p	— — — — —

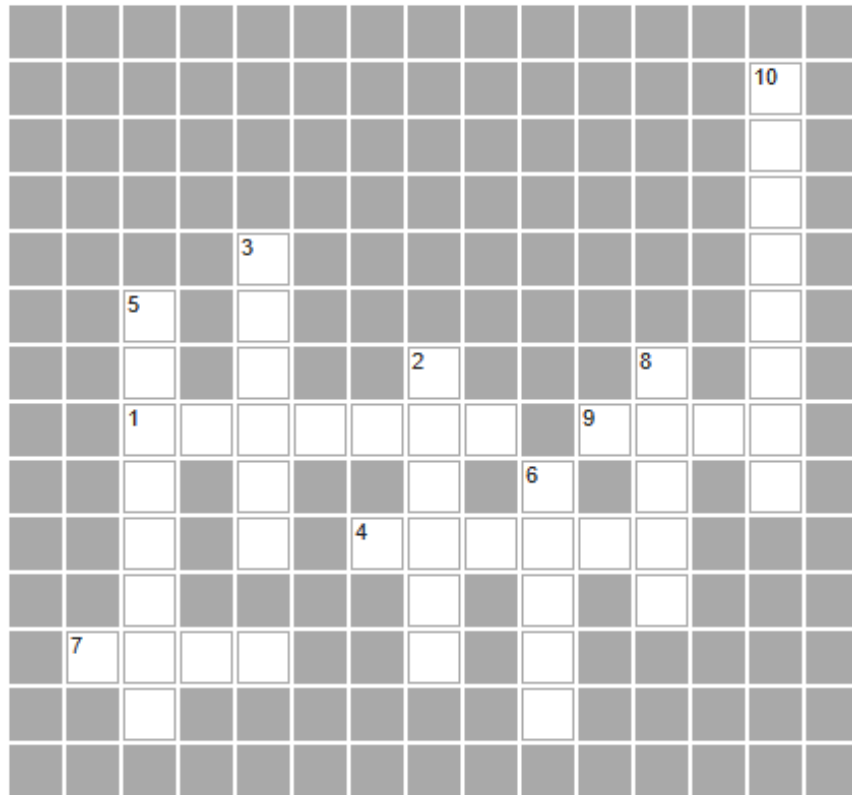
Word List

admirer	dearest
candle	friend
chocolates	gifts
cupcakes	heart
cupid	romance



Valentine's Day Crossword Puzzle

Instructions: Complete the crossword puzzle by filling in the Valentine's Day words that fit the clues.



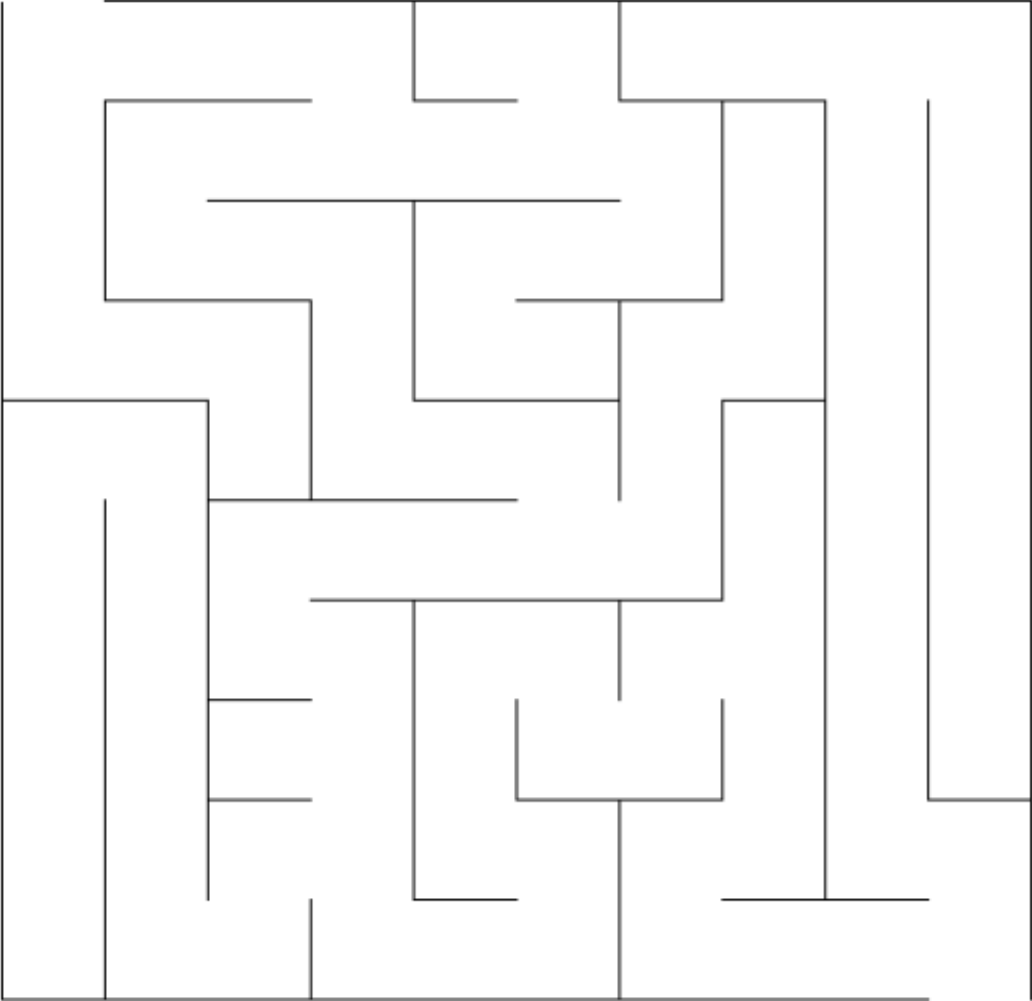
Across

1. Companions or friends
4. A person that you like
7. Opposite of false
9. Two people going out

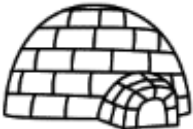
Down

2. Something you don't tell anyone
3. Piece of wax that is burned to give light
5. Second month of the year
6. A Valentine shape
8. Something sweet to eat
10. Soft plush toys

Instructions: Trace the path through the maze. Help get the snowflakes to the igloo.



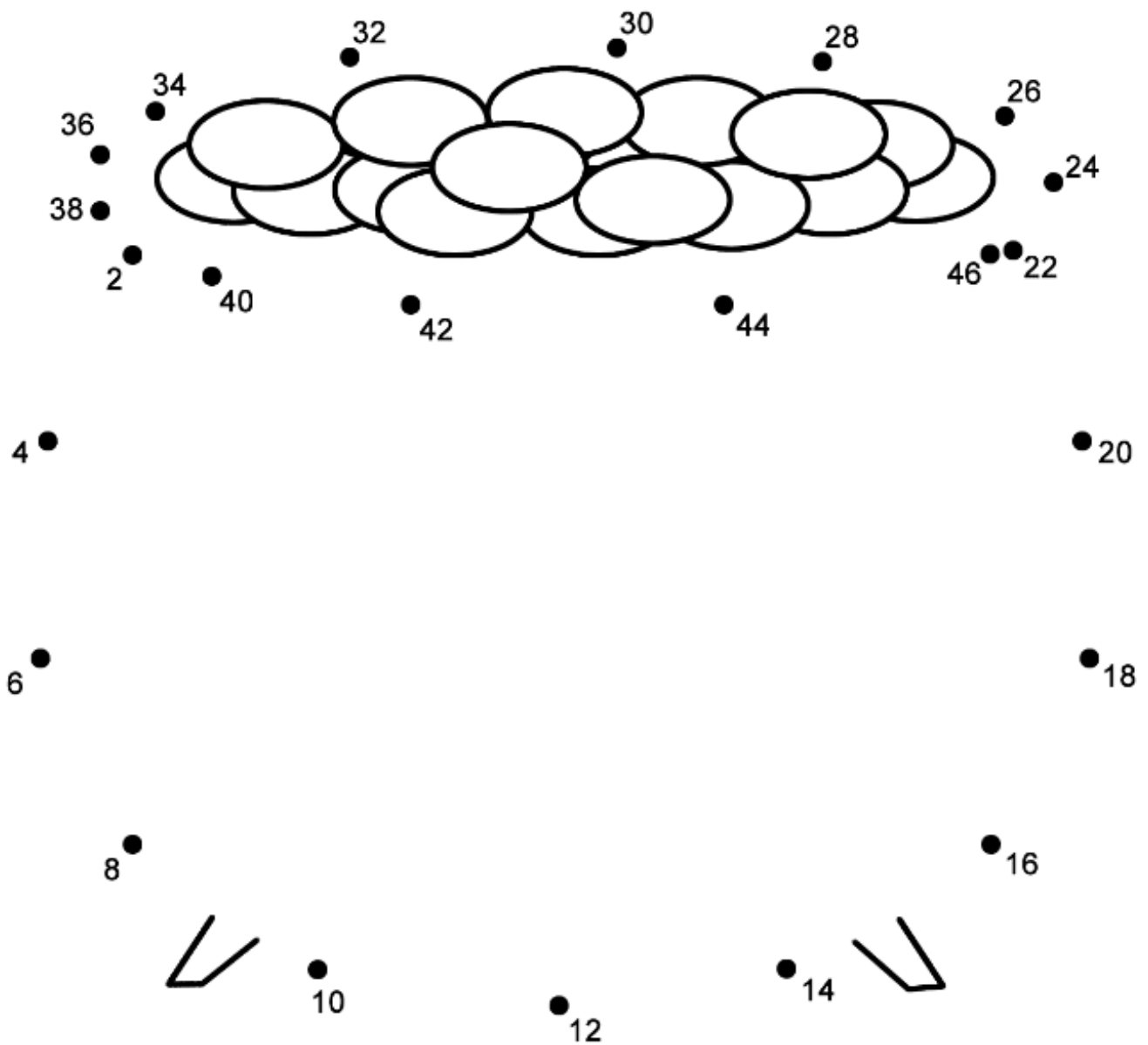
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Finish

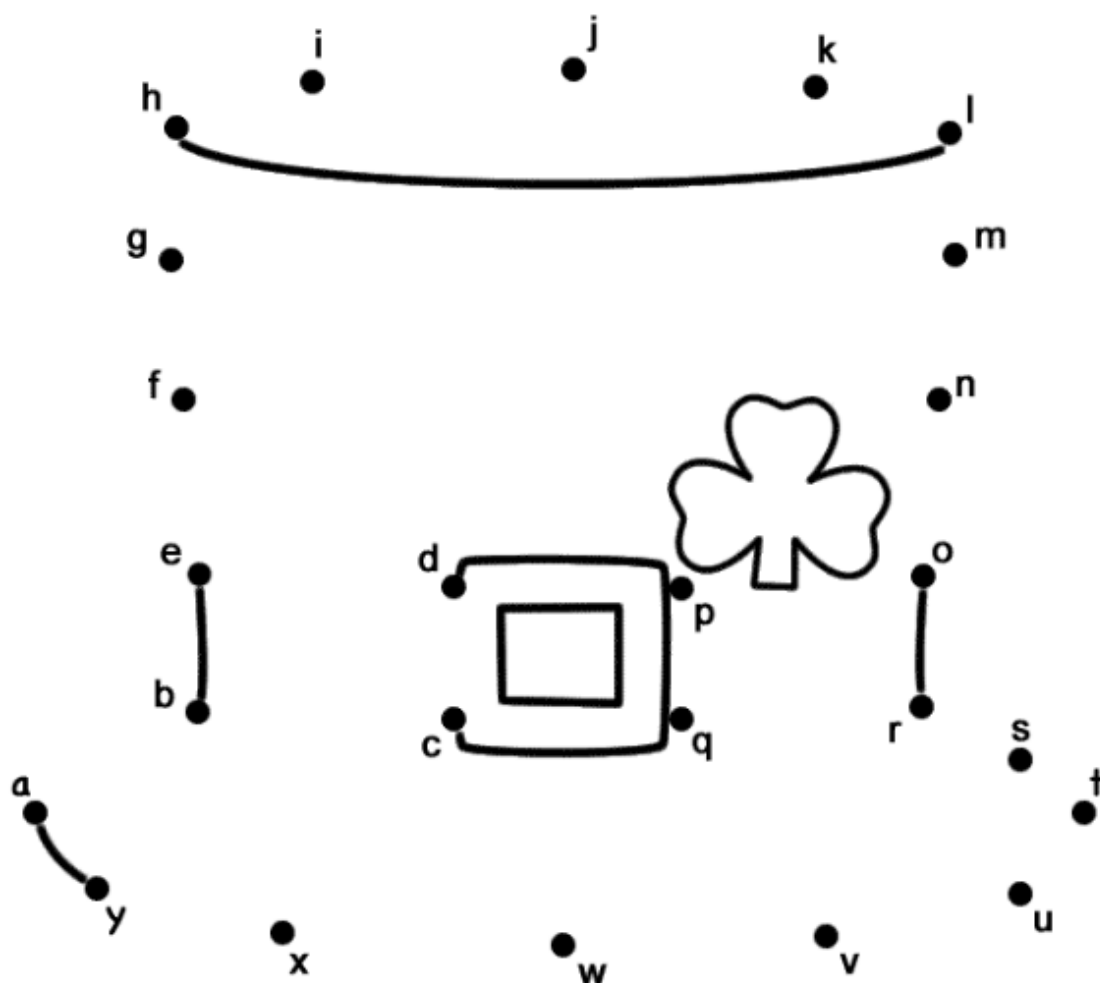
Instructions: Count by 2's. Connect the dots to make this St. Patrick's Day picture.

St. Patrick's Day



Instructions: Connect the dots by lowercase letters. Connect a, b, c, d, ... and so on. Connect the dots to make this St. Patrick's Day picture.

St. Patrick's Day

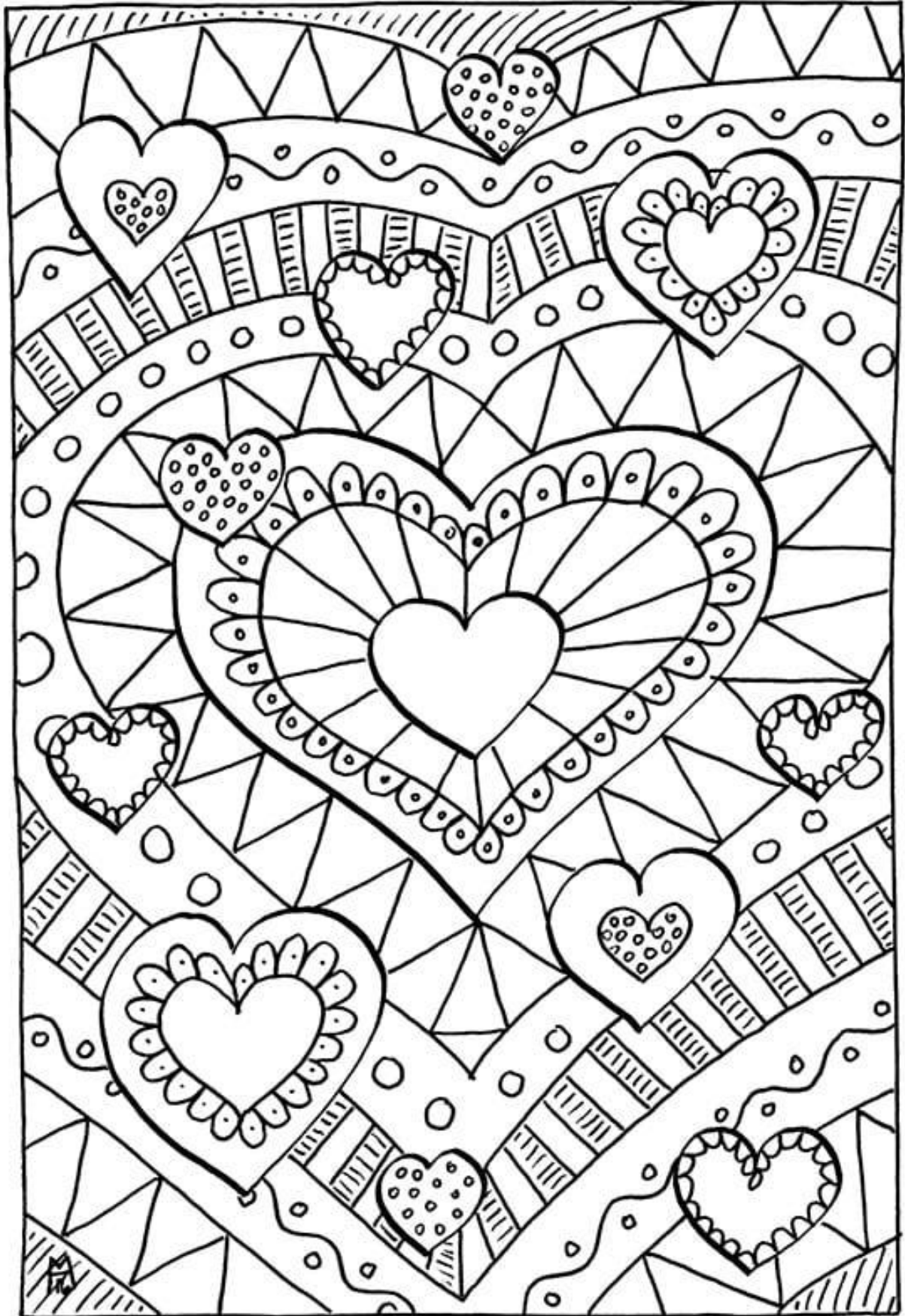


	5		4		3		1	
		3		7	6	5	4	
1	6	4			5	3	8	
8	4		7		1			3
5	3				9		7	1
7		9	8	3		6	5	4
6	7	5	9		8		3	2
3		1	5		4	7		8
4		8	3	6				5

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

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

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





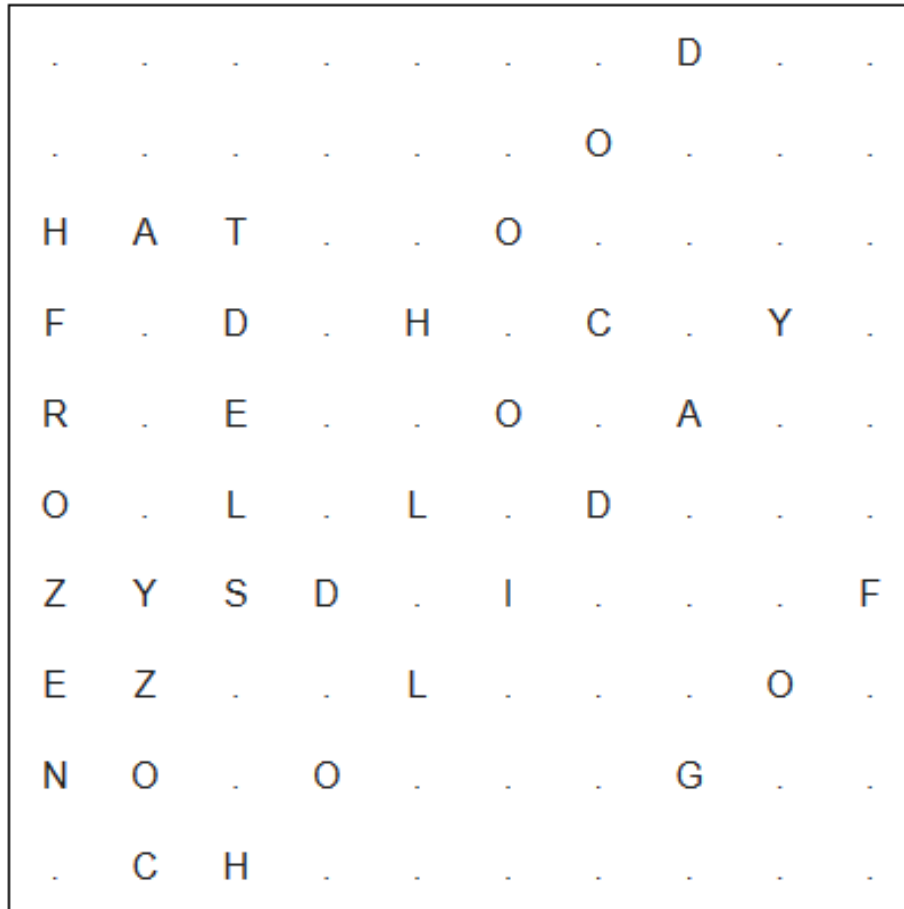


Homemade
GIFTS MADE EASY



SOLUTIONS AND ANSWERS

Winter Word Search Key

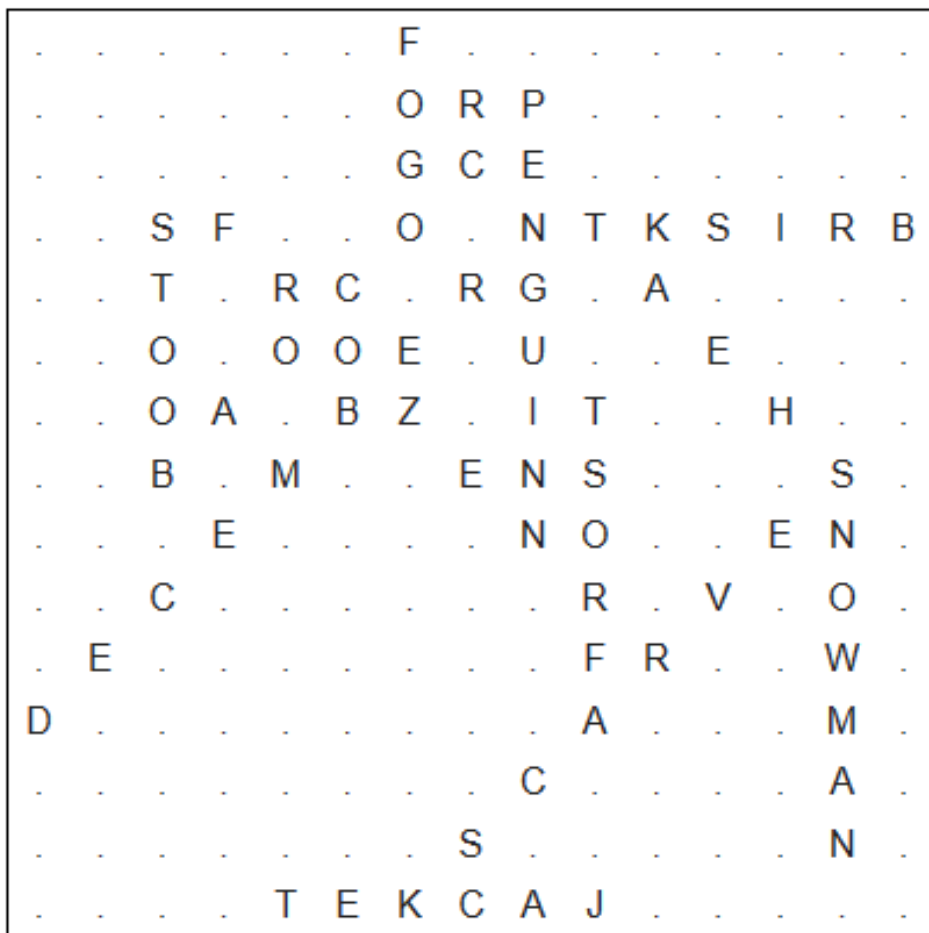


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FROZEN	SLED



Winter Word Search Key



Word List

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DECEMBER	HEATER	SNOWMAN



Valentine's Day Word Scramble Key

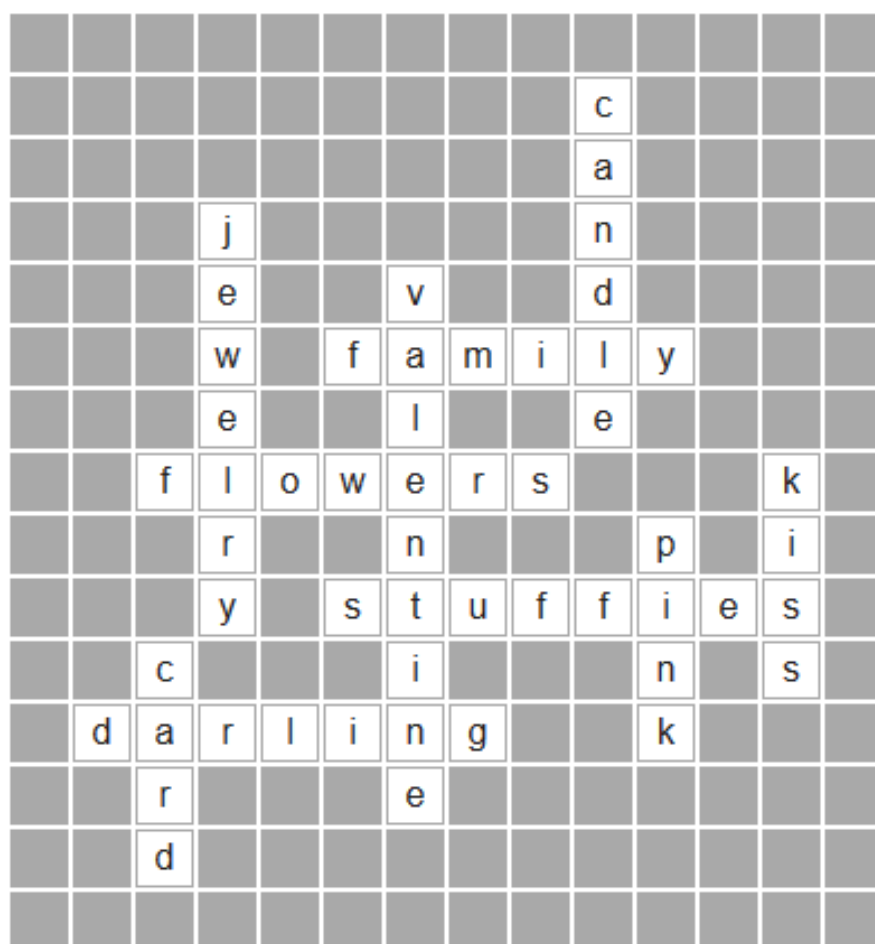
m e a r d i r	<u>a</u> <u>d</u> <u>m</u> <u>i</u> <u>r</u> <u>e</u> <u>r</u>
r a e h t	<u>h</u> <u>e</u> <u>a</u> <u>r</u> <u>t</u>
h o t c a l e s o c	<u>c</u> <u>h</u> <u>o</u> <u>c</u> <u>o</u> <u>l</u> <u>a</u> <u>t</u> <u>e</u> <u>s</u>
n d f i e r	<u>f</u> <u>r</u> <u>i</u> <u>e</u> <u>n</u> <u>d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

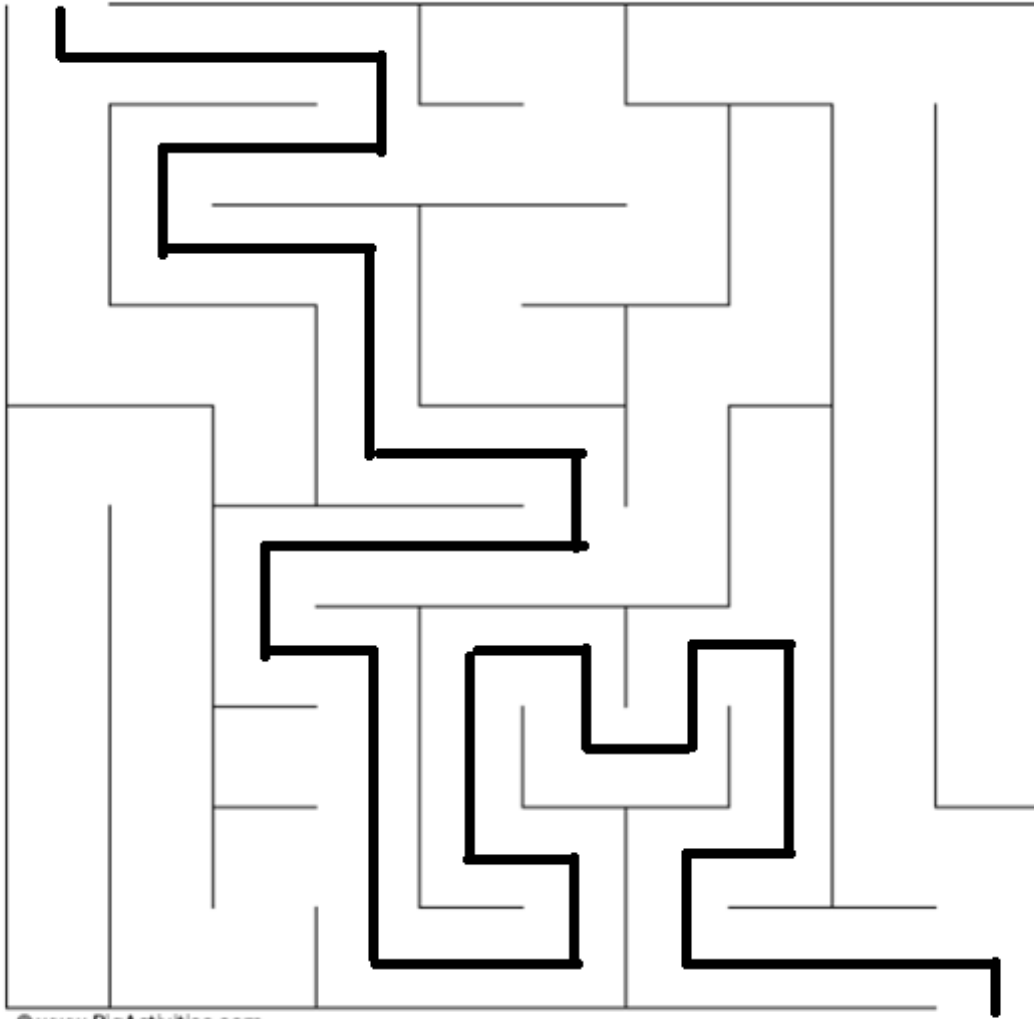
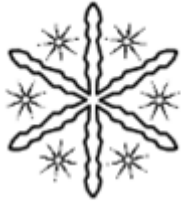
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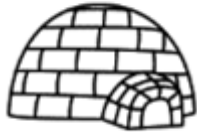


Valentine's Day Crossword Puzzle Key





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Finish

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

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

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