

June/July Activity Kit

Version 2



Image: Gore Park Fountain
Source: Alwin Lee/Shutterstock

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:



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
 B H K K U N M E G G R W N U A X O M T Z N F G E S
 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
 Z U U U U S X O O I T E R T H G J C Y Q B E N S K
 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.)



Word List

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



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



www.hiddenpicturepuzzles.com



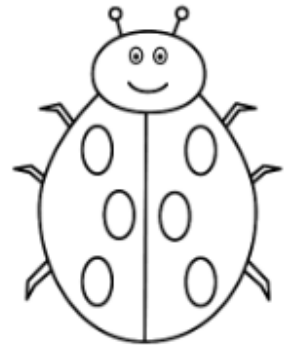
Summer Word Scramble

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

b a u l e l r m	— — — — — — — —
m a r f e r	— — — — — —
s i u o q m o t	— — — — — — — —
a k p s r	— — — — —
l e e s a v	— — — — — —
l a d a s s n	— — — — — — —
e i p d r s	— — — — — —
d i w y n	— — — — —
s t o r h s	— — — — — —
m u s r m e	— — — — — —

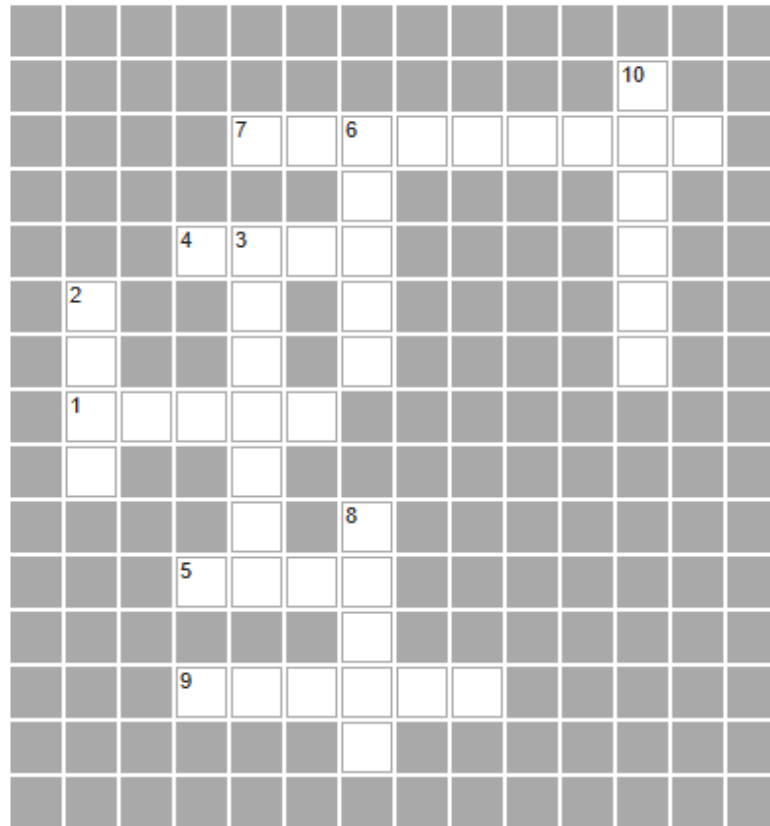
Word List

farmer	shorts
leaves	spider
mosquito	summer
parks	umbrella
sandals	windy



Summer Crossword Puzzle

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



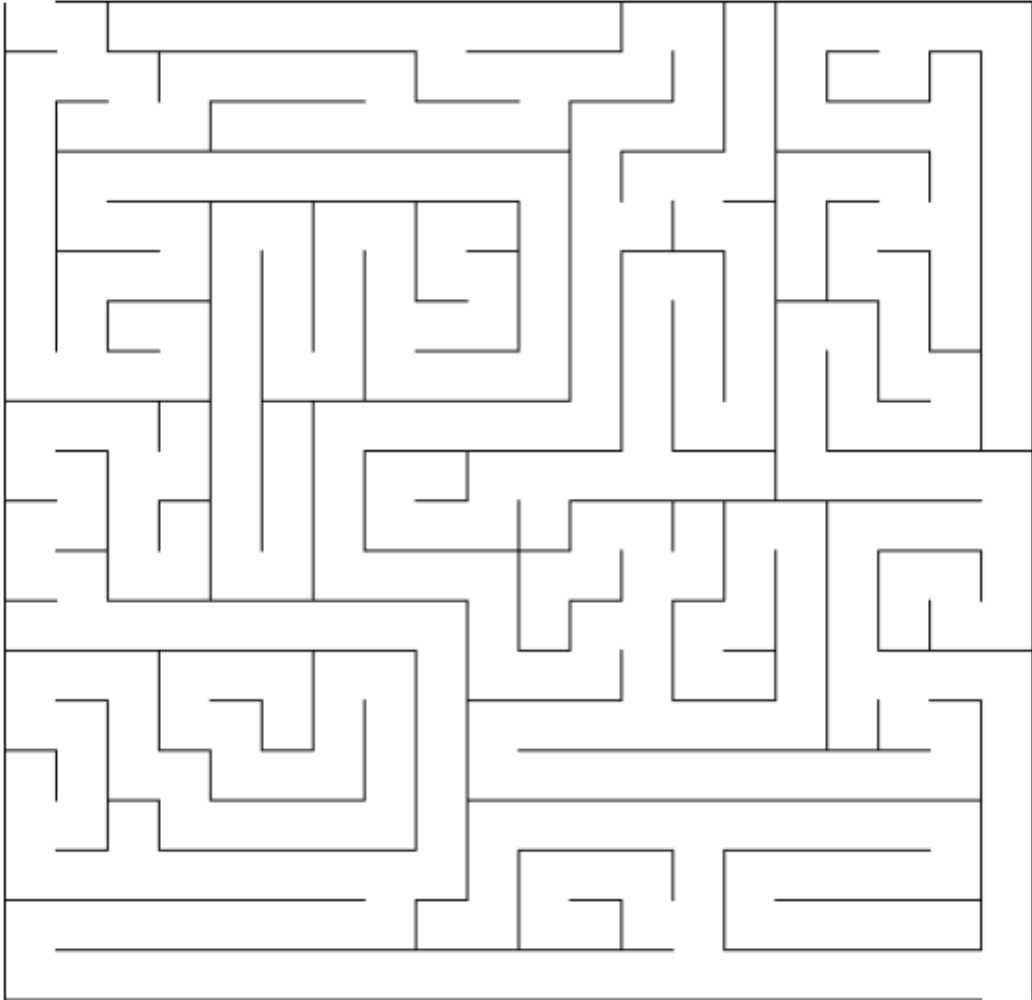
Across

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.

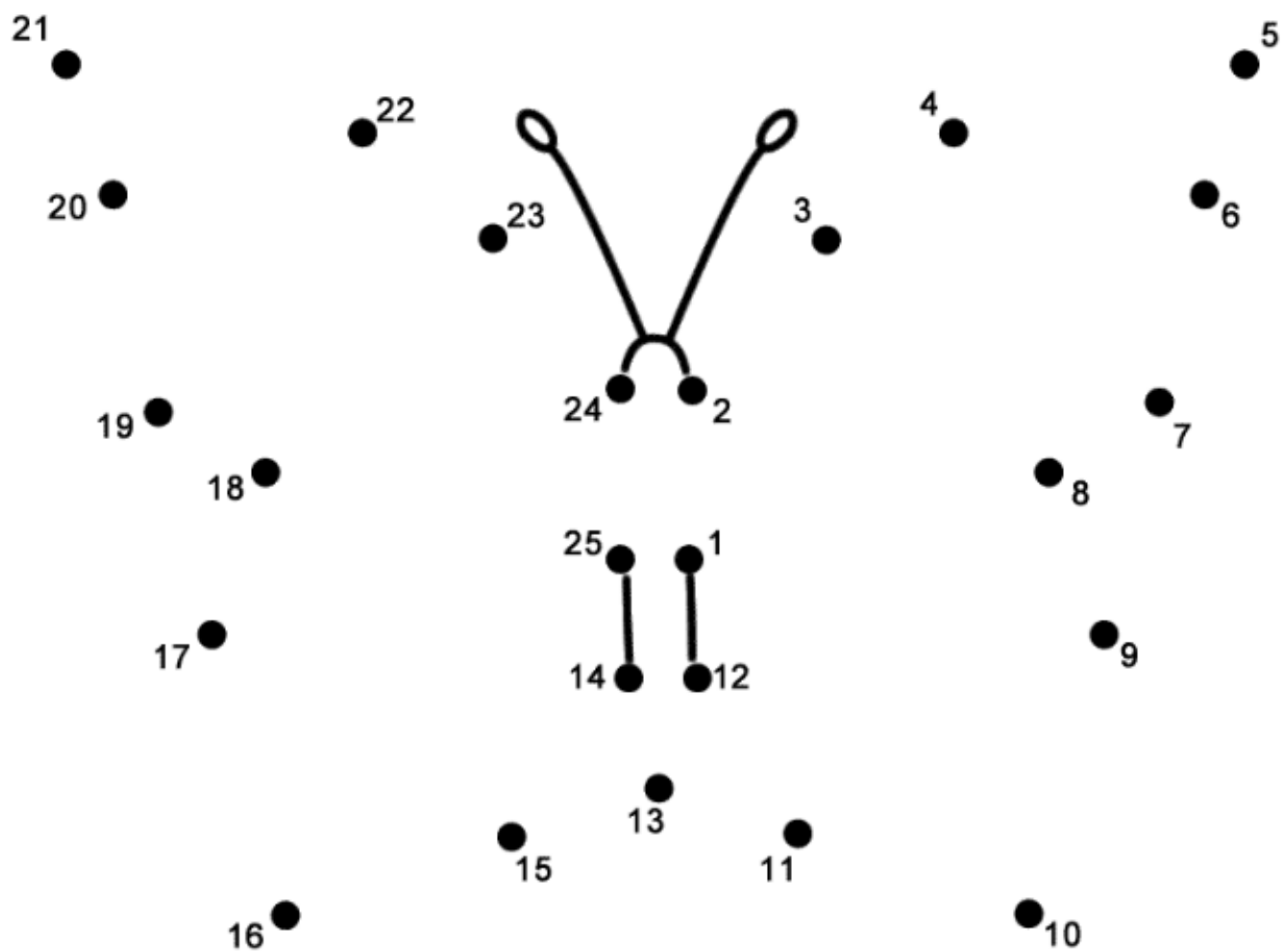


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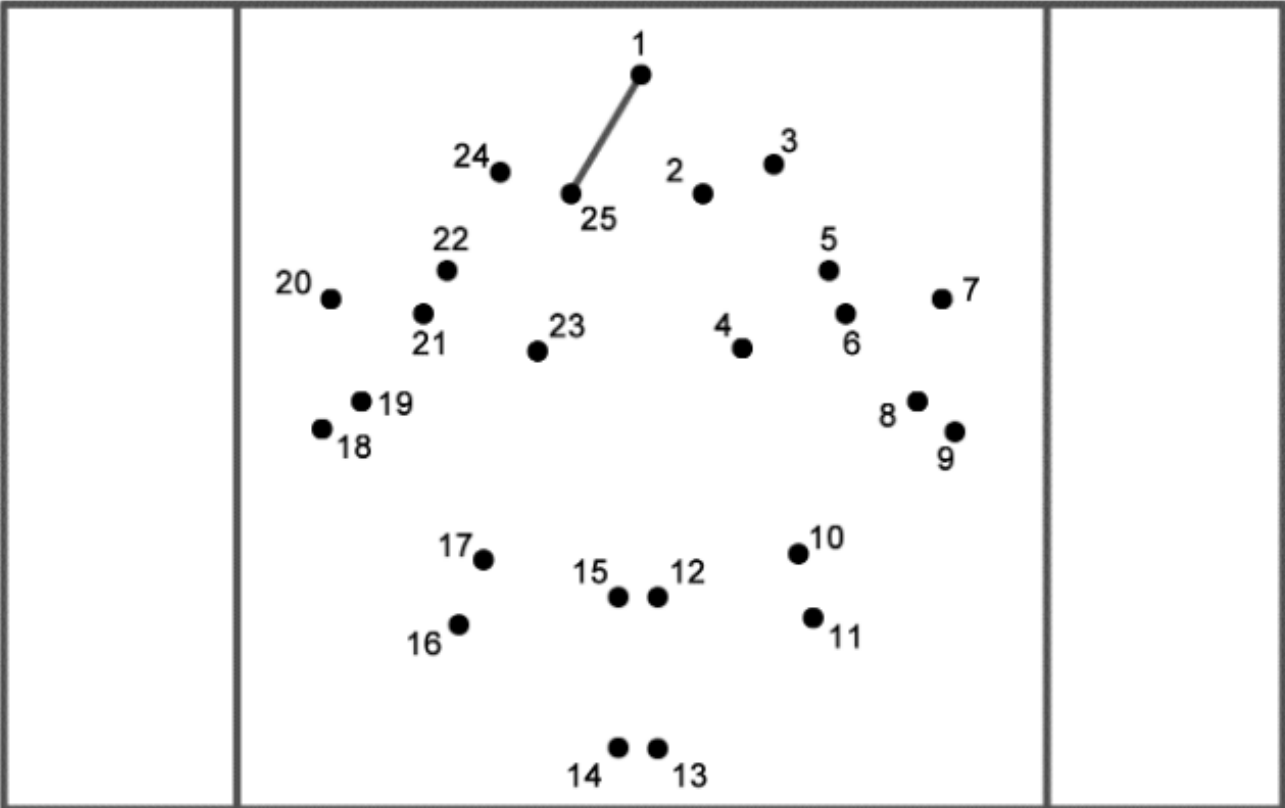
Finish

Instructions: Connect the dots to make this Summer picture.



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

Canada Day



	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	

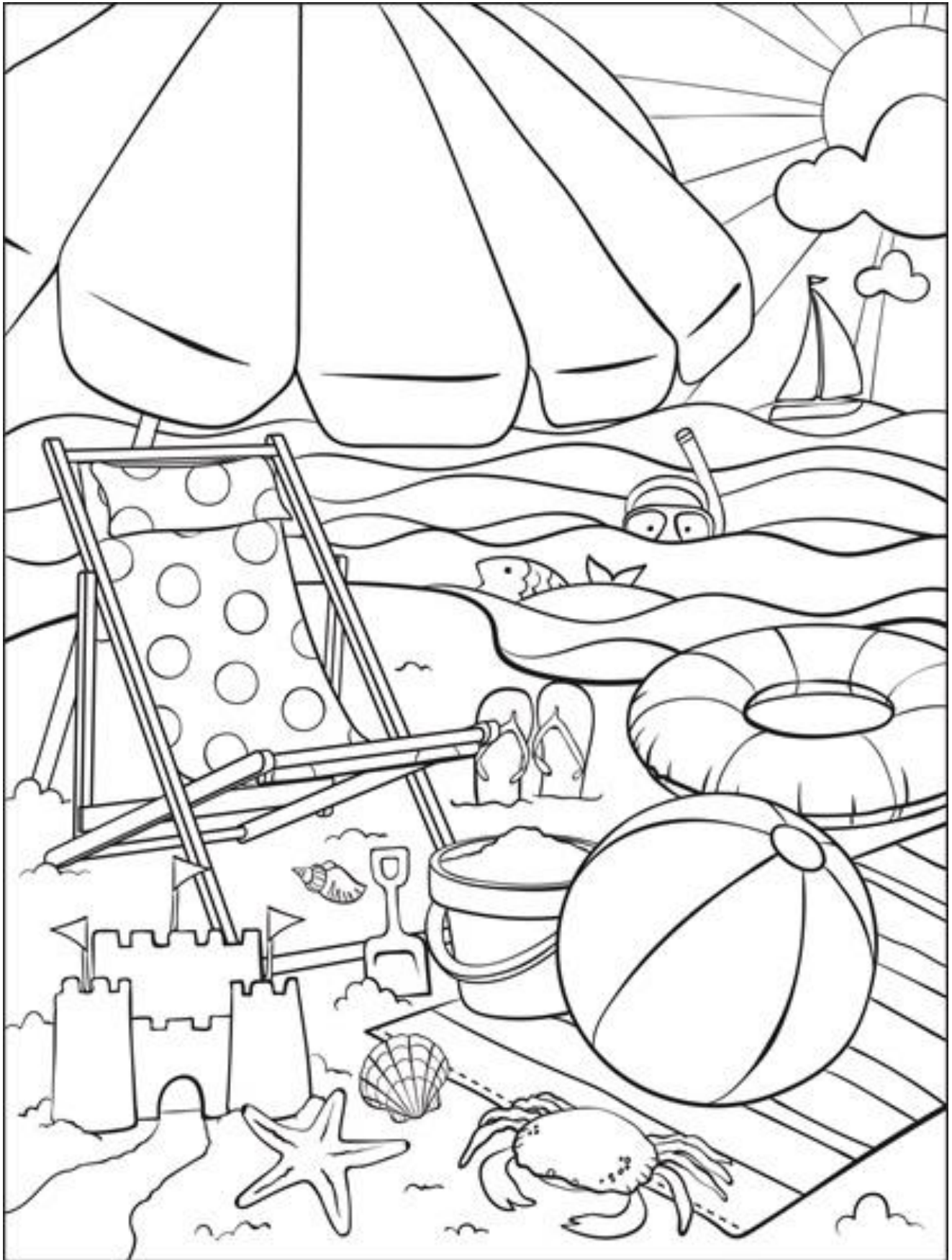
9			4		2	5	1	
		1	5	9		8		
2	4		8	1				9
		8		2				4
	2	4		7	8	9		
	9				5			8
8		3	2		9	4		
1	5				4	2		3
4					1	6		

	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	

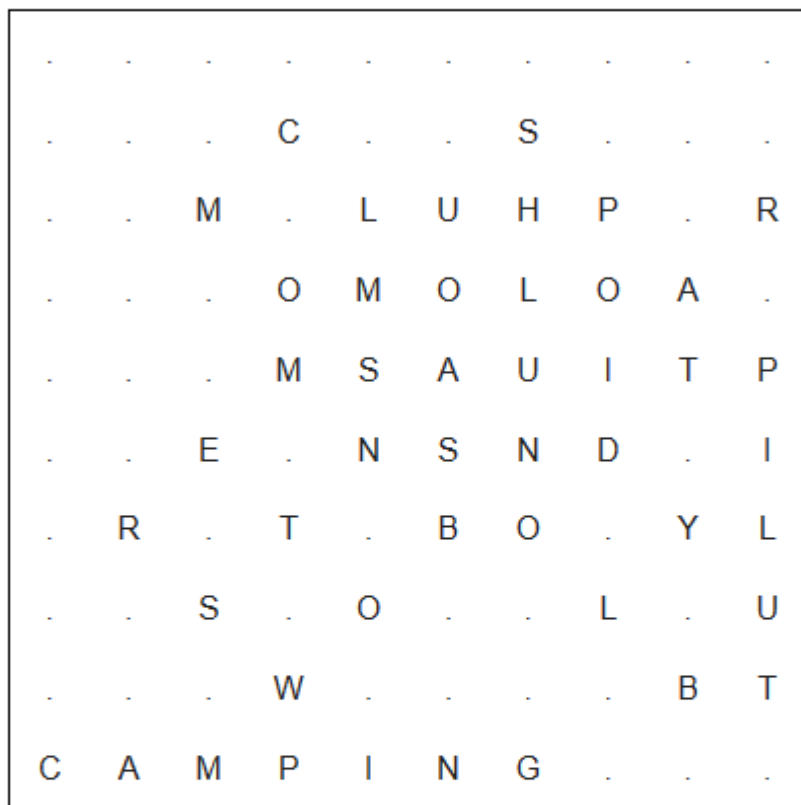






SOME SOLUTIONS AND ANSWERS

Summer Word Search Key

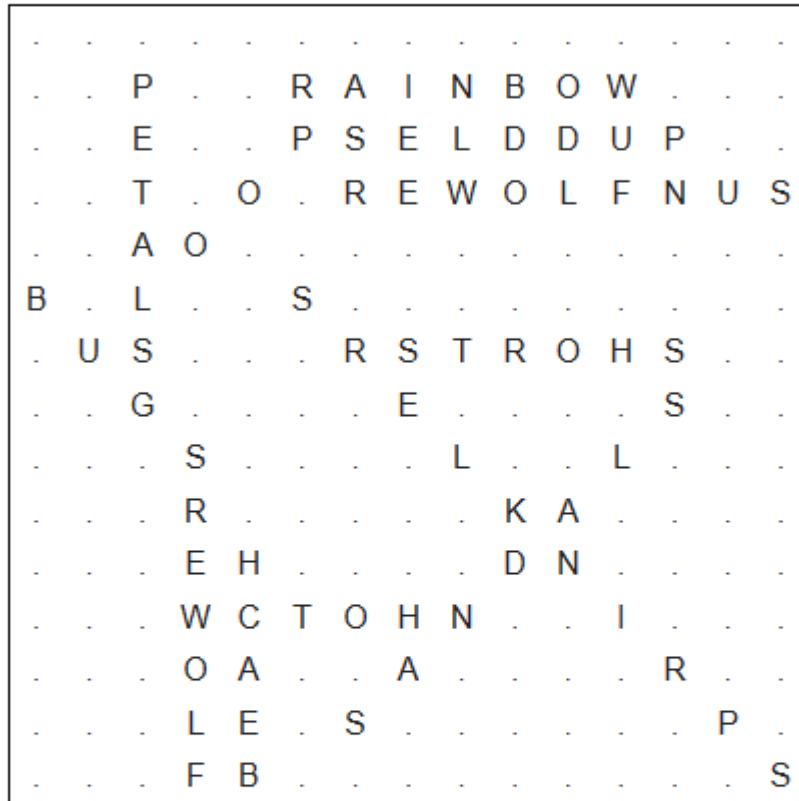


Word List

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

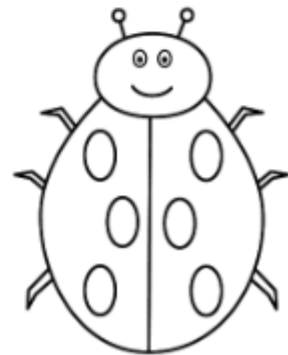


Summer Word Scramble Key

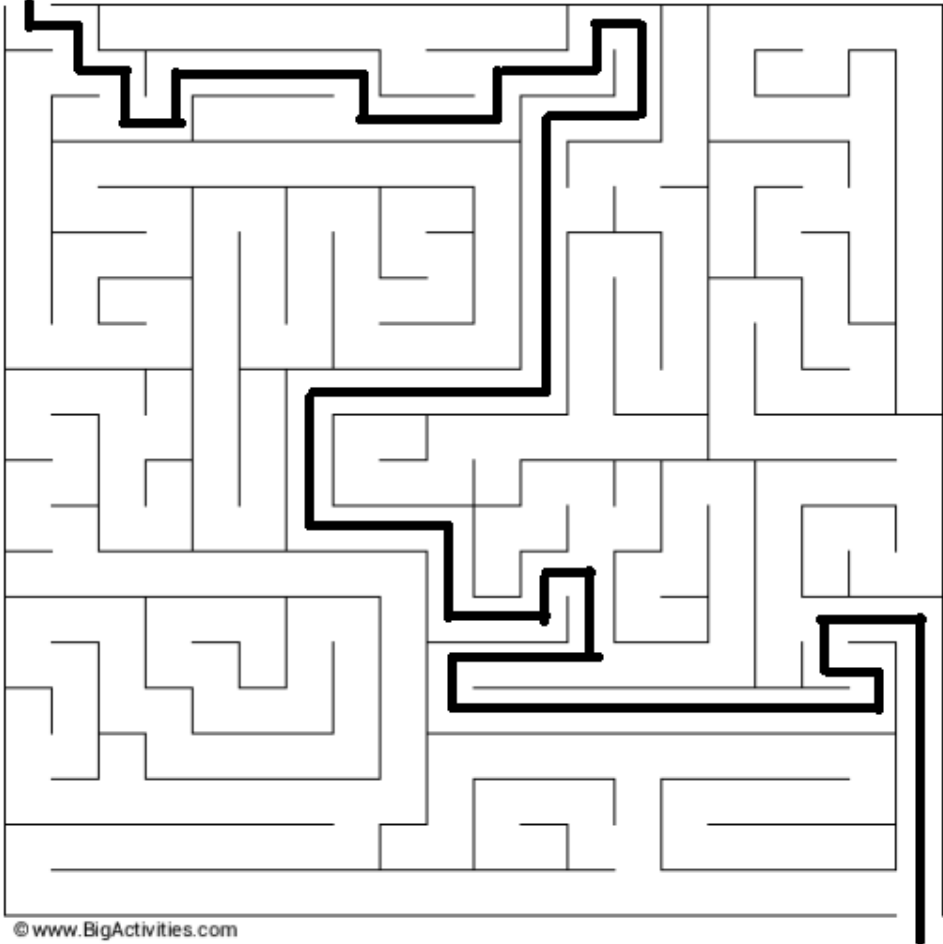
b a u l e l r m	<u>u</u> <u>m</u> <u>b</u> <u>r</u> <u>e</u> <u>l</u> <u>l</u> <u>a</u>
m a r f e r	<u>f</u> <u>a</u> <u>r</u> <u>m</u> <u>e</u> <u>r</u>
s i u o q m o t	<u>m</u> <u>o</u> <u>s</u> <u>q</u> <u>u</u> <u>i</u> <u>t</u> <u>o</u>
a k p s r	<u>p</u> <u>a</u> <u>r</u> <u>k</u> <u>s</u>
l e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

Word List

farmer	shorts
leaves	spider
mosquito	summer
parks	umbrella
sandals	windy



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



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Finish

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