



THE *Alzheimer*

SOCIETY OF IRELAND

October 2024







Dear Friends,

As the days grow shorter and the nights become cooler, we welcome the mystical season of Samhain, a time when the veil between worlds thins and we reflect on the cycles of life and nature. It's a season of flickering candlelight, warm hearths, and the quiet magic that fills the air.

This month's activity pack is dedicated to celebrating Samhain and the enchantment of autumn. We've included a variety of activities inspired by this ancient festival to engage your imagination and offer comfort during these cooler days. Whether you want to relax with spooky poems, enjoy the flavours of the season with a comforting chai latte recipe, or challenge yourself with a crossword or Sudoku, there's something for everyone.

Samhain is a time of transition and reflection, where we honour the past and embrace the present. We encourage you to pause, savour the beauty of autumn, and enjoy the moments of connection that come with this time of year.

We'd love to see how you're celebrating! If you'd like to share any of your artwork, festive moments, or even your Samhain creations, feel free to send them to us via email at communityengagement@alzheimer.ie for a chance to be featured on our social media.

And as always, remember that our Free Helpline is here to support you. You can reach us at Phone: 1800 341 341 or Email: helpline@alzheimer.ie.

We hope this month's pack brings you joy, warmth, and a touch of Samhain magic.



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Halloween Crafting

No Carve Pumpkins



Each new Season offers fantastic oportunites for getting crafty. Carving a pumpkin, or as was done during Samhain in Ireland a turnup is a long standing October tradition.

But pumpkin carving can be quite messy and not for everyone, so why not give 'no carve' pumpkin decorating a try!

What you will need:

- A pumpkin / turnip (Real or Decorative)
- Paint colours of your choice (Acrylic or Poster paints recomended)
- PVA Glue (fort sticking decorations on with)
- Decorative Materials. eg: Paper, crepe paper, beads, tape, pompoms, stikers etc
- Markers (For drawring shapes on the pumpkin)
- Pencils (For drawing shapes on the paper etc)
- Paint Brushes
- Scissors (For cutting shapes out of paper etc)
- **Imagination and Creativity**

Check out the below for some inspiration!



Wordsearch

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

Apples

Moon

Banshee

Treats

Masks

Cauldron

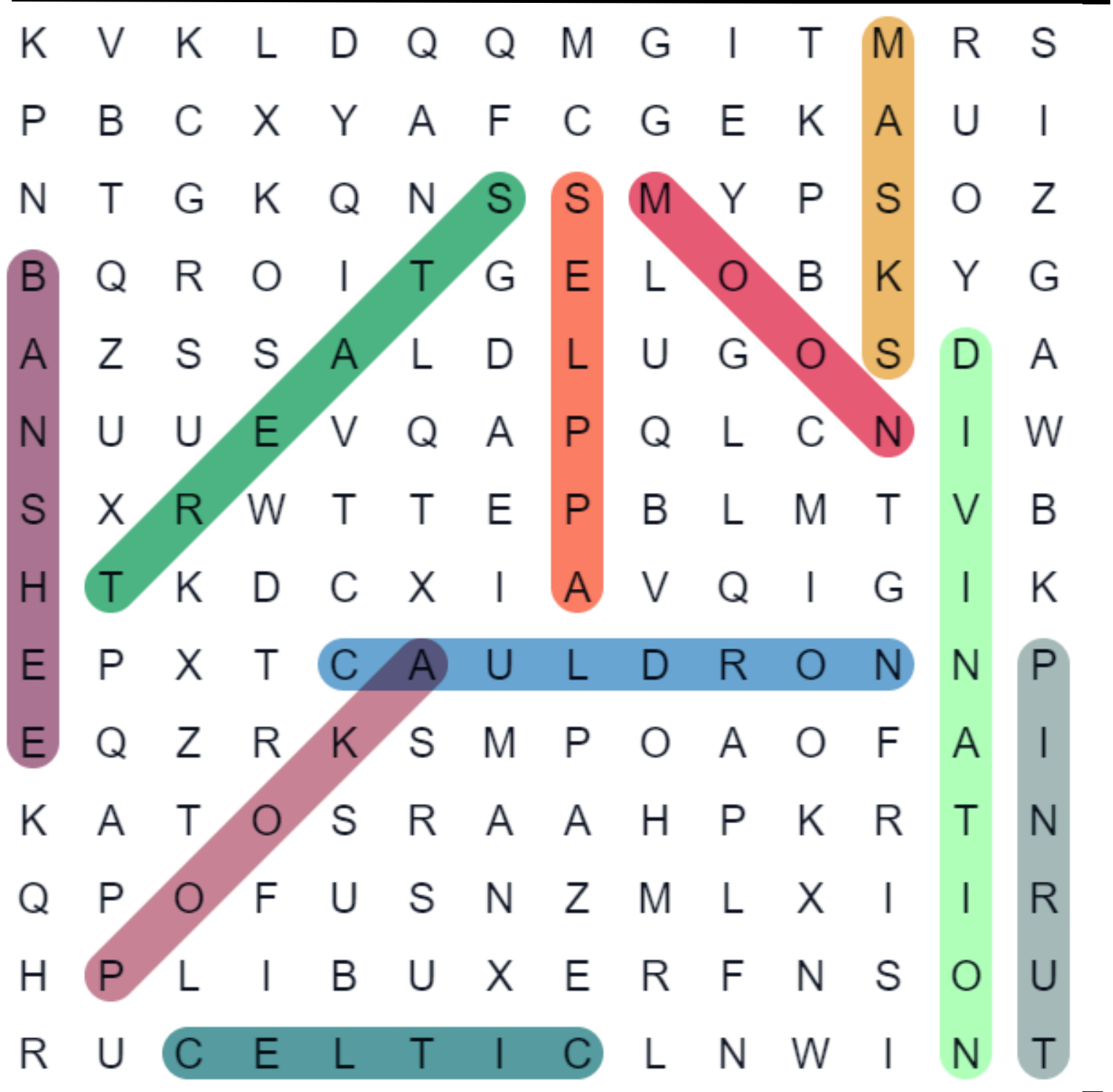
Pooka

Turnip

Divination

Celtic

Wordsearch



Apples

Moon

Banshee

Treats

Masks

Cauldron

Pooka

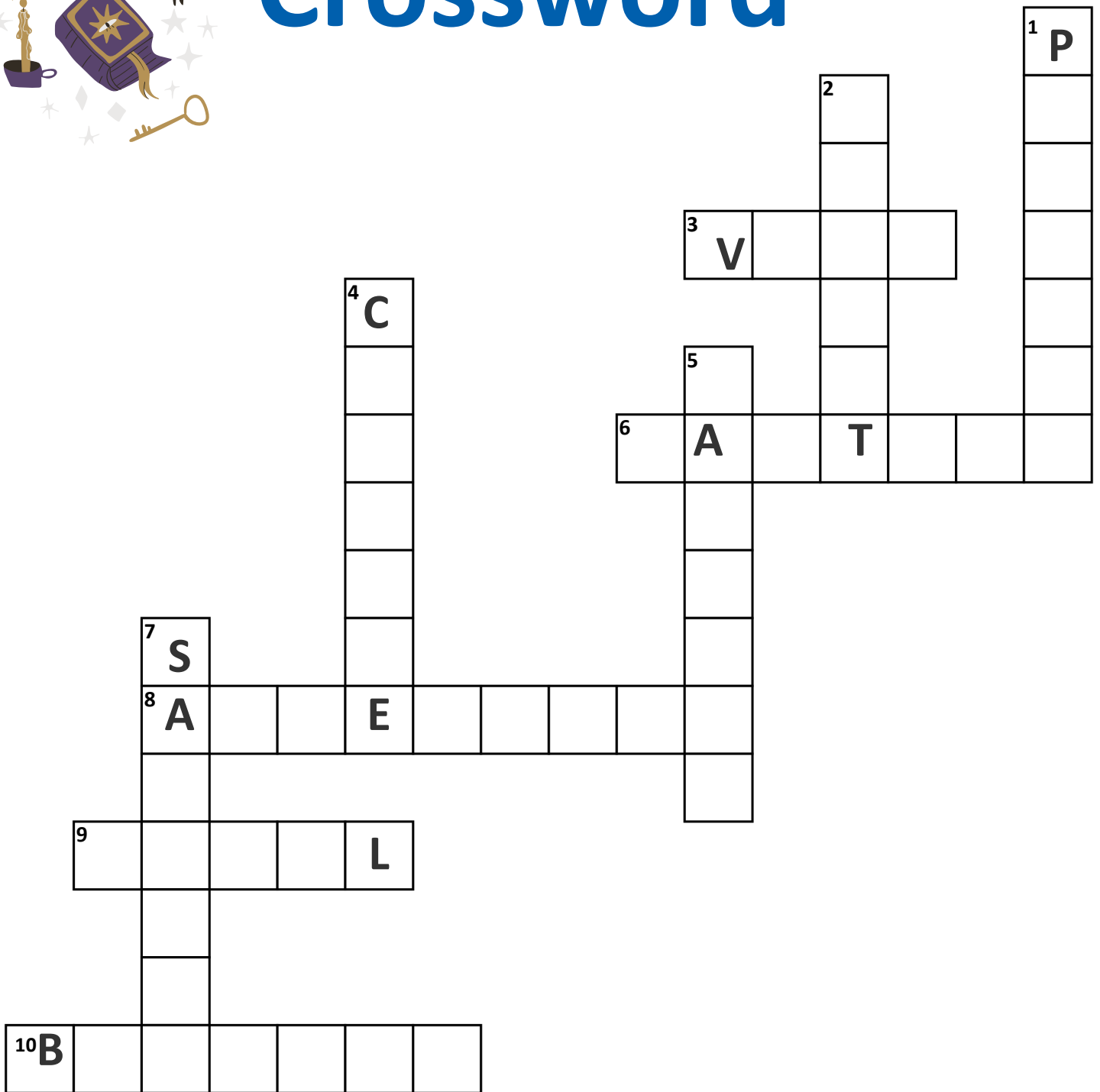
Turnip

Divination

Celtic



Crossword



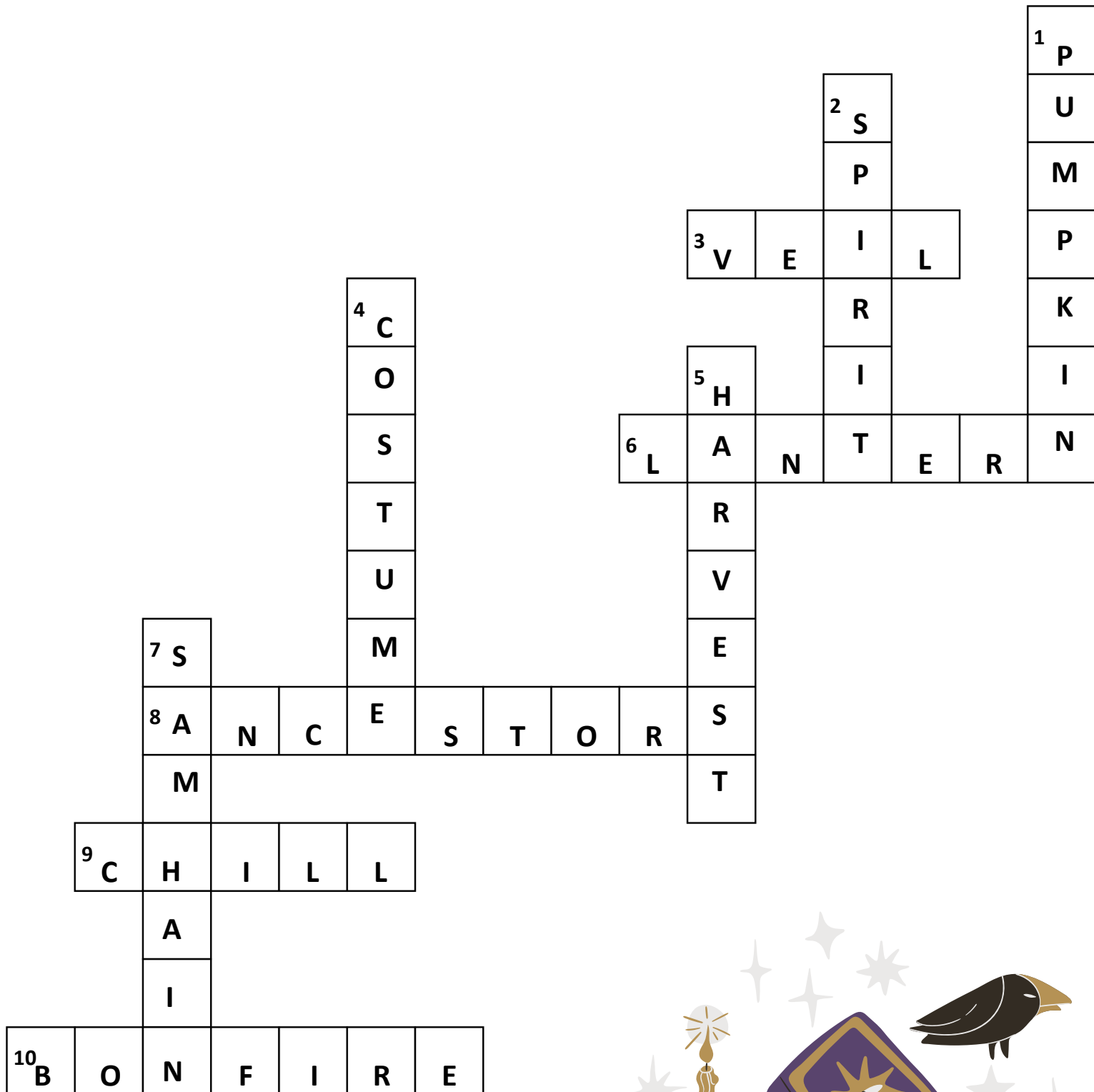
Across

- [3]** What is said to be "thin" between worlds during Samhain.
- [6]** Light source made from hollowed-out pumpkins in Samhain traditions.
- [8]** Loved ones remembered and honoured during Samhain.
- [9]** A cool sensation in the air, typical of late autumn.
- [10]** Traditional fire lit during Samhain to ward off spirits.

Down

- [1]** A seasonal vegetable often carved for Halloween.
- [2]** Believed to roam the earth during Samhain night.
- [4]** Worn to disguise from spirits during Samhain.
- [5]** The season of gathering crops, celebrated during Samhain.
- [7]** Ancient Celtic festival marking the end of the harvest.

Crossword Solutions





Sudoku

Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9.

Puzzle #1

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

Sudoku



Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9.

Puzzle #2

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



Sudoku

Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9.

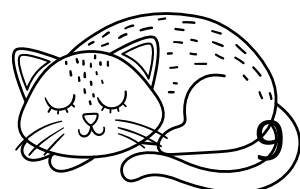
Puzzle #3

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

Sudoku Solutions

Puzzle #1

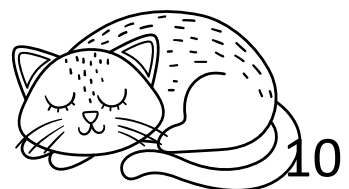
6	4	9	2	5	8	7	3	1
1	5	2	3	7	9	4	8	6
3	8	7	4	6	1	2	5	9
5	6	8	7	1	4	9	2	3
2	9	1	5	8	3	6	7	4
7	3	4	6	9	2	5	1	8
8	1	5	9	4	7	3	6	2
4	2	6	1	3	5	8	9	7
9	7	3	8	2	6	1	4	5



Sudoku Solutions

Puzzle #2

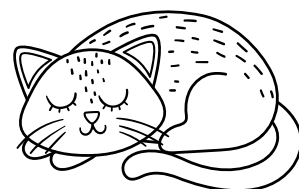
7	3	9	2	4	1	5	6	8
8	1	4	5	9	6	3	2	7
2	5	6	7	3	8	4	9	1
4	6	5	8	7	2	1	3	9
9	7	2	1	6	3	8	5	4
1	8	3	9	5	4	6	7	2
5	9	8	6	1	7	2	4	3
3	2	7	4	8	5	9	1	6
6	4	1	3	2	9	7	8	5



Sudoku Solutions

Puzzle #3

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

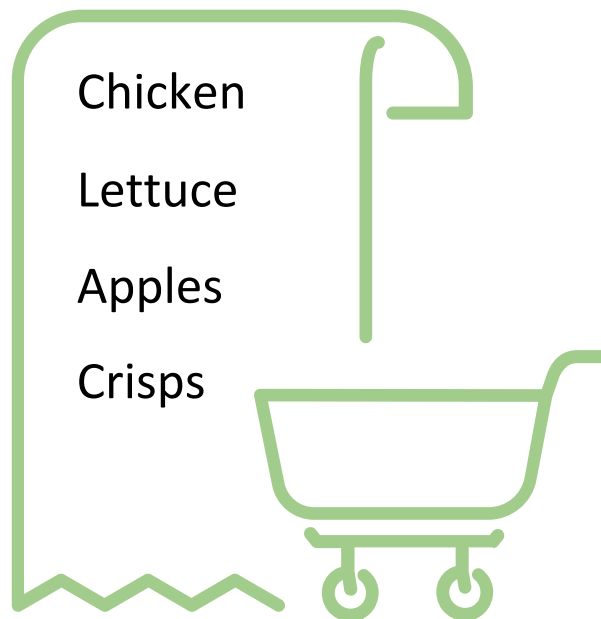




Grocery List

In this memory game, the goal is to memorize the list provided, then go to the next page, and circle the words you remember in the word grid.

Joan's List



Sarah's List



Grocery List



Now! Circle the words you remember from Joan and Sarah's list.

Joan's List

Crisps

Steak

Apples

Pumpkins Cheese

Chicken

Strawberries

Lettuce



Sarah's List

Salmon

Yogurt

Shampoo

Lamb

Soap

Bananas

Brocoli

Eggs

Chocolate



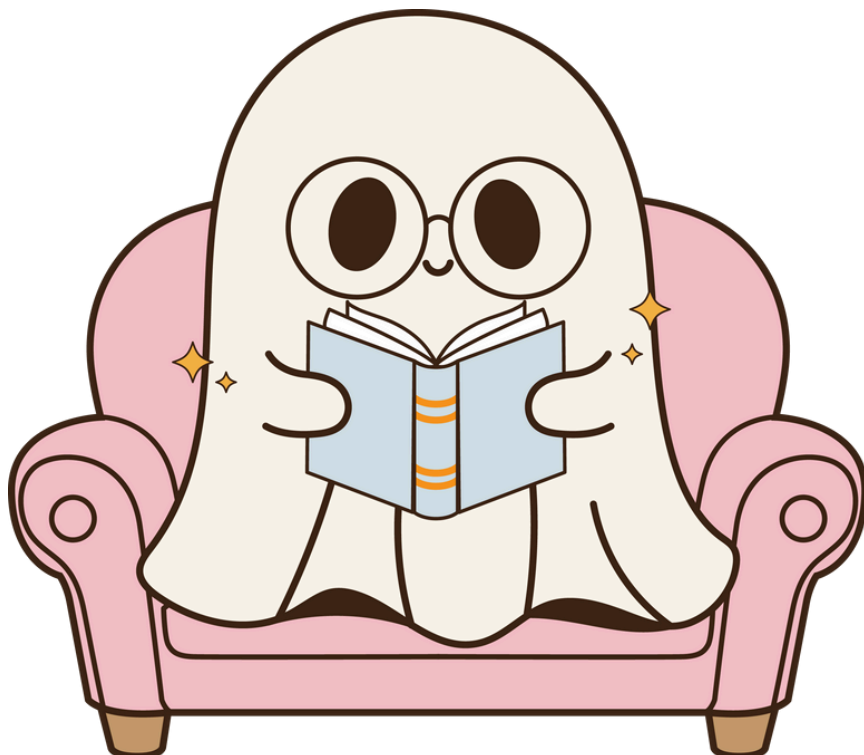


Stories

From the

Autumn Story

Writing Challenge



Oh Autumn!

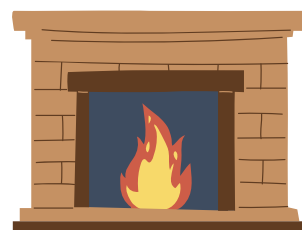
By

St. Clare's Day Centre in Bray

As the days get shorter and the evening set in earlier, the air turns crisp and the smell of open fires linger in the air. The sound of crispy leaves beneath my feet reminds me of the days I went back to school. The once vibrant green leaves now shimmer with glistening burnt orange and rusty shades. A gust of wind sends shivers down my spine and I'm hit by the chilly autumn air.

As I walk closer to the town I smell spicy aromas of cinnamon and pumpkin pie, nearby the children's laughter fills the air taking me back to my school days, when me and my friends would play games in the yard. Reminiscing about all the different games such as hopscotch, football, and marbles, a few of my favourites. Oh, how the years fly by! How such smells and noises remind me of great memories.

As my walk comes to an end and I reach home I can smell my husband's fresh stew simmering on the hob and look forward to eating this by the crackling fire, one of my many favourite things about Autumn!



OUR COMBINED MEMORIES OF AUTUMN

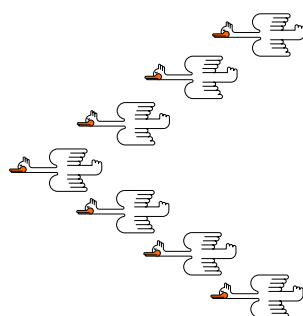
By

CLUB MEMBERS – ASI CASTLEBAR D.C.

Autumn is the third season, falling in between Summer and Winter. Our first noticeable sight is the decrease of light as our night closes in quickly, the temperatures cool considerably, our day length decreases and night length increases as our Autumn progresses.

The Autumn climate brings beautiful colours of golden, yellows, reds, mustards, oranges – glorious colours that catch our eye! There is something about the season – Autumn and “The Fall” – that makes everything feel that much more vivid.

As we sit and reminisce on Autumn, we remember growing up, farmers busy saving the harvest before the weather breaks, potatoes – our biggest crops in Ireland – picked and pitted. Beets are harvested, our vegetable gardens looking empty, Autumn vegetable gardens set as they like cooler climate - carrot and turnips, lettuce and onions, garlicks and spinach. Cattle still out eating our green grass, our fields rich in colour, late August brings the edible mushrooms, which as kids we picked very early in the morning before they got trampled by cows. So fresh we remember putting them on hot coals in the fire, a knob of butter and salt on them and eating – delicious! Picking the falling apples which are plentiful, the blackberries rich on the brambles. Baking time of apple pie and blackberry in many homes through our Autumn season. Horse chestnuts falling from the trees, we remember the games we played with them – conkers! Old stories of putting conkers around our houses to keep the spiders away, another noticeable sign of Autumn. The leaves are falling from our trees, the colours glorious, we carry them in our shoes as they blow around our back doors. Sounds and song of our birds change, our swallows/swifts fly home to warmer countries, we see and hear the geese fly over V-shaped early Autumn, pheasants become plenty – their beautiful colours as they roam our countryside.



Schools re-open to the sounds of kids in the playgrounds full of laughter and fun, we wrap up warmer in our heavier coats and hats and scarves, the air becomes cooler against our skin, yet the sun may still appear for short moments as we enjoy the heat on our faces for short spells. The air smells, as the fires begin to be lit late into the evenings, the aroma of the turf burning across the Connaught skies. We close our curtains earlier each night as the Autumn is closing in quickly, cozy nights in by the fire and hot chocolate drank on colder nights, story-telling, family gatherings, our activities change from outdoor to indoor.

The clocks will change, we fall back one hour preparing for the fourth season to arrive.

The End



Our School Adventure

By: Mistura Saka
ASI Mayo volunteer

It was a bright and chilly day when we set off for an excursion to Olumo Rock in Abeokuta (Ogun State Nigeria). Our geography teacher Mrs. Isah, and 10 of us, gathered in our school before we took off for the journey by bus. Can you guess what our mission to Olumo Rock was? Wow!

There was so much excitement in the air amongst us because of our attire. It was so amazing that we dressed appropriately in jeans, boots and sneakers, caps, t-shirts of various shapes, colours and designs and looking as if we were mountaineers. I wish you had been there to see my outfit! Our lunch packs and water bottles were tucked into bags which were then strapped onto our backs. We were indeed a sight to behold!

After we had left the school compound with our school bus, we began to imagine the exact picture of the rock and the landscape of our destination because Abeokuta in our native language literally means “under the rock”. In fact, I told a colleague of mine, Mariam – who sat beside me while on the school bus – that “I hope the rock will not fall on us.” Then she laughed jokingly at me. The majority of us were either eager or scared of the adventure ahead (particularly my humble self!)

We went through Igando town in Lagos State, along the Cementry Refinery Plant, and then we entered a village at the outskirts of Abeokuta called Ijebu-igbo. After a little distance, Mrs. Isah pointed to a big, ugly looking tree whose width and height were simply unbelievable. To our surprise, she said that the tree was much revered in the village to the extent that some villagers worshipped it.

What a misnomer! That was very weird to me and made me profusely irritated by their erroneous belief.

On arriving at Olumo town (where the rock is situated), we parked our school bus to one side of the parking space and greeted all the villagers sitting around where our bus was parked (just for respect). Suddenly, a riot of laughter evolved amongst us because of a crown-like rock we saw at a distance of about 60 metres away from Olumo Rock. Afterwards, we all walked up to the security personnel, or “gate men” in our local dialect. To call a spade a spade, dozens of tourist attractions are naturally installed in Olumo. A fellow student of mine named Bisola made me scared in front of our geography teacher.

At the foot of the rock, we looked up at the formidable height of the rock. My heart must have missed a beat and not a few among us would have wondered to themselves, “are we really going to climb to the top of the rock?”

There were caretakers who led the way for us to follow. Up the rock we went, some of us rushed ahead eagerly enjoying the refreshing breeze blowing down the rock. However, that did not last long because the surface of the rock was dark and wrinkled.

From the top of the rock, we looked down and saw that Olumo town was quite small. After we all had rested a little and caught our breath, the guides reminded us that it was getting late and that we had better begin to go down the rock while there was still some daylight remaining.

We humbly obeyed them, however, some of us hurriedly scribbled our names on the rock with stones before we came down.



Chai Latte Recipe



SERVES This is a great recipe for engaging all the senses
4 and bringing a sense of warmth to the day.

INGREDIENTS

- 2 cinnamon sticks, broken into pieces 2 teaspoons whole black peppercorns 10 whole cloves
- 6 green cardamom pods, cracked
- 4 cups water
- 1 (2-inch) piece fresh ginger, thinly sliced
- 2 tablespoons loose-leaf black tea, or 6 black tea bags
- 1/2 cup sweetener, such as brown sugar, honey, or maple syrup (optional)
- 3 cups cold whole milk, coconut milk, or other non-dairy milk

EQUIPMENT

- Measuring cups and spoons
- Medium saucepan
- Wooden spoon or rubber spatula
- Fine-mesh strainer
- Pitcher or teapot

RECIPE NOTES

Make ahead: The tea base can be made up to 5 days in advance and stored in an airtight container in the refrigerator. Gently reheat before frothing the milk.



Chai Latte Recipe

INSTRUCTIONS

Toast the spices.

Place 2 cinnamon sticks, 2 teaspoons whole black peppercorns, 10 whole cloves, and 10 cracked green cardamom pods in a small saucepan over medium heat and toast, shaking the pan occasionally, **until fragrant**, 3 to 4 minutes.

Meanwhile, thinly slice 1 (2-inch) piece of fresh ginger.



Brew the tea.

Add 4 cups water and thinly sliced fresh ginger and bring to a simmer.

Simmer for 5 minutes.



Chai Latte Recipe

Steep the tea.

Remove from heat and add 2 tablespoons loose-leaf black tea, or 6 black tea bags.

Cover and steep for 10 minutes.



Sweeten the tea.

While the tea is still warm, add 1/2 cup sweetener of your choice and stir until combined or dissolved.



Strain the tea.

Strain the tea through a fine-mesh strainer into a pitcher or teapot. Discard the spices and tea leaves. Store in the refrigerator for future use, or keep it warm while you froth the milk.



Chai Latte Recipe

Froth the milk.

For whole milk, froth 3 cups cold milk by shaking it in a jar or by whisking it vigorously over medium-high heat. For non-dairy milks, use an immersion blender to froth before heating.

Heat the milk. Heat the frothed milk in a small saucepan over low heat until warm.



Serve.

Pour 3/4 cup of the warm tea base into each mug. Add 1/2 cup of warmed milk and stir to combine. Top with a heaping spoonful of milk froth.





Colouring

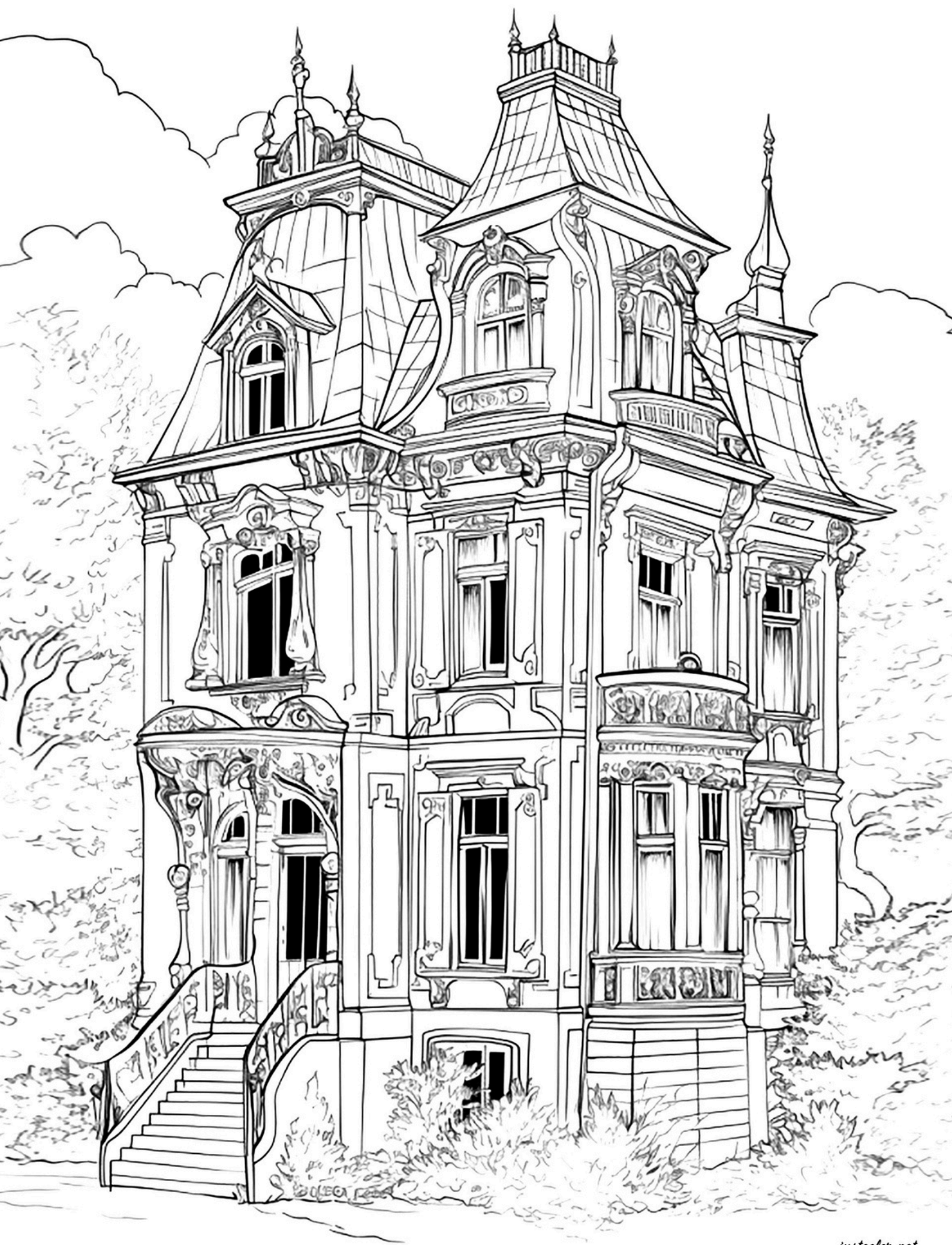
Inspired by

Samhain





Samhain

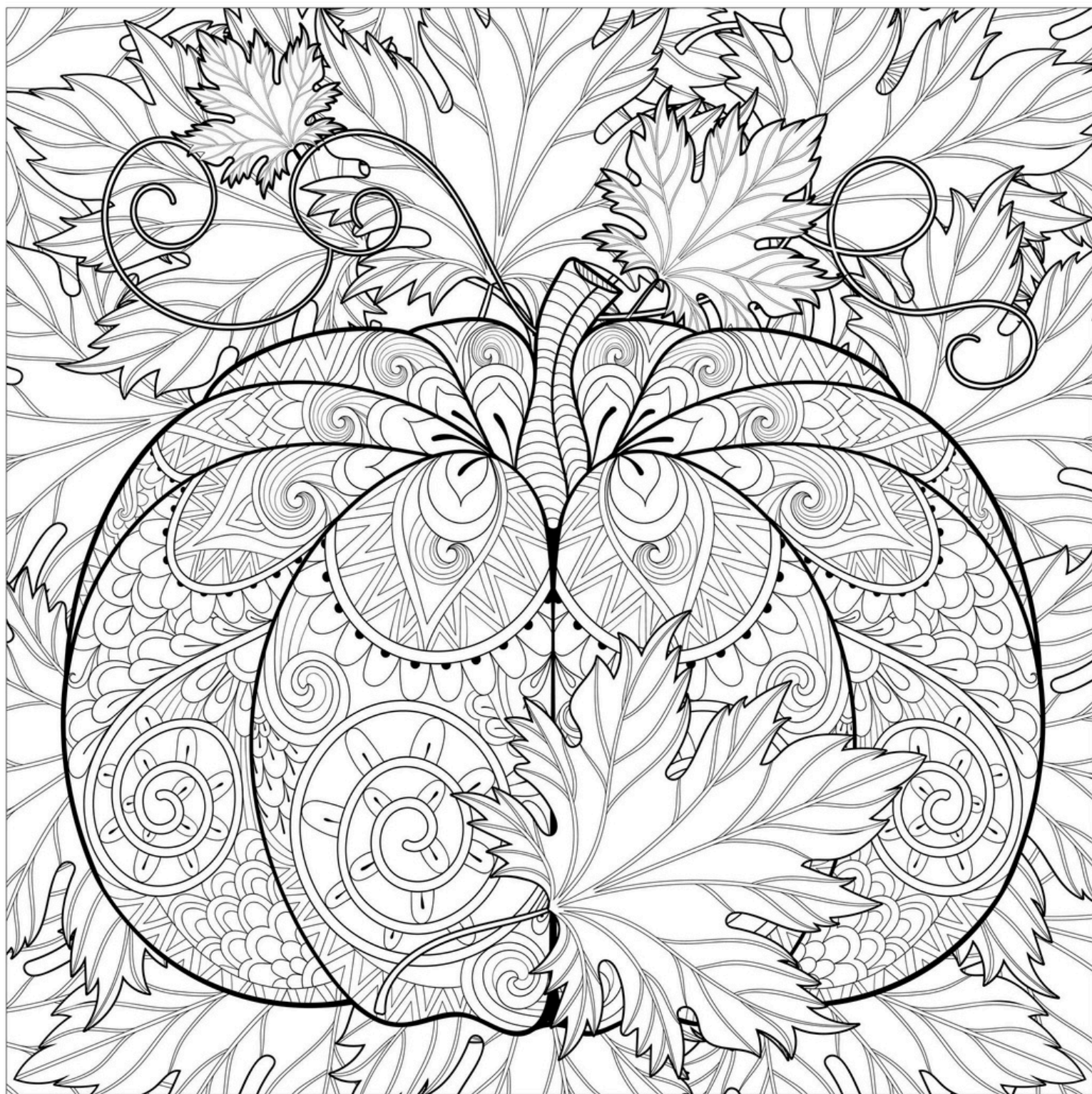








Happy
HALLOWEEN

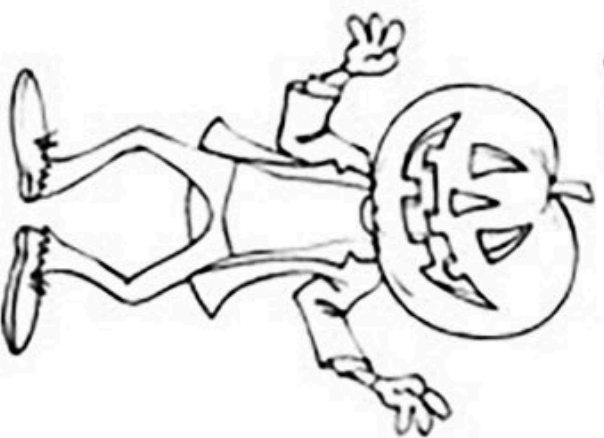






Bouuu !

Ha ha ha !



**Trickie
Treat?**



**JOYEUX
HALLOWEEN**



Samhain

By John Montague

Sing a song
for the mistress
of the bones
the player
on the black keys
the darker harmonies
light jig
of shoe buckles
on a coffin lid

∞

Harsh glint
of the wrecker's lantern
on a jagged cliff
across the ceaseless
glitter of the spume:
a seagull's creak.
The damp-haired
seaweed-stained
sorceress
marshflight of defeat

∞

Chill of winter
a slowly failing fire
faltering desire
Darkness of Darkness
we meet on our way
in loneliness
Blind Carolan
Blind Raftery





Extract from...

The Raven

By Edgar Allen Poe



Once upon a midnight dreary, while I pondered, weak and weary,
Over many a quaint and curious volume of forgotten lore—
While I nodded, nearly napping, suddenly there came a tapping,
As of some one gently rapping, rapping at my chamber door.
“’Tis some visitor,” I muttered, “tapping at my chamber door—
Only this and nothing more.”

Ah, distinctly I remember it was in the bleak December;
And each separate dying ember wrought its ghost upon the floor.
Eagerly I wished the morrow;—vainly I had sought to borrow
From my books surcease of sorrow—sorrow for the lost Lenore—
For the rare and radiant maiden whom the angels name Lenore—
Nameless here for evermore.

And the silken, sad, uncertain rustling of each purple curtain
Thrilled me—filled me with fantastic terrors never felt before;
So that now, to still the beating of my heart, I stood repeating
“’Tis some visitor entreating entrance at my chamber door—
Some late visitor entreating entrance at my chamber door;—
This it is and nothing more.”

Presently my soul grew stronger; hesitating then no longer,
“Sir,” said I, “or Madam, truly your forgiveness I implore;
But the fact is I was napping, and so gently you came rapping,
And so faintly you came tapping, tapping at my chamber door,
That I scarce was sure I heard you”—here I opened wide the door;—
Darkness there and nothing more.



An Irish Airman Foresees his Death

By W.B Yeats

I know that I shall meet my fate
Somewhere among the clouds above;
Those that I fight I do not hate,
Those that I guard I do not love;
My country is Kiltartan Cross,
My countrymen Kiltartan's poor,
No likely end could bring them loss
Or leave them happier than before.
Nor law, nor duty bade me fight,
Nor public men, nor cheering crowds,
A lonely impulse of delight
Drove to this tumult in the clouds;
I balanced all, brought all to mind,
The years to come seemed waste of breath,
A waste of breath the years behind
In balance with this life, this death.



Extract from...

Monster Mash

By Bobby “Boris” Pickett

[Verse 1]

I was working in the lab, late one night
When my eyes beheld an eerie sight
For my monster from his slab, began to rise
And suddenly to my surprise

[Chorus]

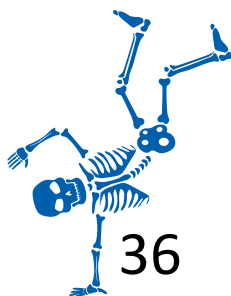
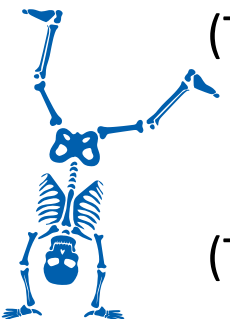
(He did the mash) He did the monster mash
(The monster mash) It was a graveyard smash
(He did the mash) It caught on in a flash
(He did the mash) He did the monster mash

[Verse 2]

(Wa-ooh) From my laboratory in the castle east
(Wa-ooh) To the master bedroom where the vampires feast
(Wah-wa-ooh) The ghouls all came from their humble abodes
(Wa-ooh) To get a jolt from my electrodes

[Chorus]

(They did the mash) They did the monster mash
(The monster mash) It was a graveyard smash
(They did the mash) It caught on in a flash
(They did the mash) They did the monster mash



The Old Lamplighter

The Browns

He made the night a little brighter
Wherever he would go
The old lamplighter
Of long, long ago

His snowy hair was so much whiter
Beneath the candle glow
The old lamplighter
Of long, long ago

You'd hear the patter of his feet
As he came toddling down the street
His smile would hide a lonely heart you see
If there were sweethearts in the park
He'd pass a lamp and leave it dark
Remembering the days that used to be

For he recalls when dreams were new
He loves someone who loves him too
Who walks with him alone in memory
He made the night a little brighter
Wherever he would go
The old lamplighter of long, long ago

Now if you look up at the sky
You'll understand the reason why
The little stars at night are all aglow
He turns them on when night is here
He turns them off when dawn is near
The little man we loved of long ago

He made the night a little brighter
Wherever he would go
The old lamplighter
Of long, long ago...



(You're the) Devil in Disguise

Elvis Presley

[Verse 1]

You look like an angel (Look like an angel)
Walk like an angel (Walk like an angel)
Talk like an angel
But I got wise

[Chorus]

You're the devil in disguise
Oh, yes you are
The devil in disguise, mmm
You fooled me with your kisses
You cheated and you schemed
Heaven knows how you lied to me
You're not the way you seemed

[Verse 2]

You look like an angel (Look like an angel)
Walk like an angel (Walk like an angel)
Talk like an angel
But I got wise

[Chorus]

You're the devil in disguise
Oh, yes you are
The devil in disguise, mmm, ah
I thought that I was in heaven
But I was sure surprised
Heaven help me, I didn't see
The devil in your eyes

[Verse 3]

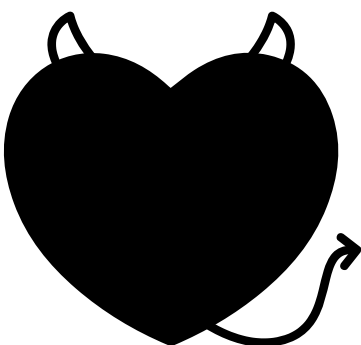
You look like an angel (Look like an angel)
Walk like an angel (Walk like an angel)
Talk like an angel
But I got wise

[Chorus]

You're the devil in disguise
Oh, yes you are
The devil in disguise, mmm

[Outro]

You're the devil in disguise
Oh, yes you are
The devil in disguise, mmm (Oh, yes you are)
The devil in disguise
Oh, yes you are
Devil in disguise (Oh, yes you are)
The devil in disguise



An Irish Halloween blessing:

At all Hallow's Tide, may God keep you safe
From goblin and pooka and black-hearted
stranger,
From harm of the water and hurt of the fire,
From thorns of the bramble, from all other
danger,
From Will O' The Wisp haunting the mire;
From stumbles and tumbles and tricksters to vex
you,
May God in His mercy, this week protect you.





USEFUL RESOURCE

Helpful Links

- The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>.

Cafés

- We are hosting several Alzheimer Cafés in September. They are a place to come together, share a cuppa and listen to our amazing guest speakers. For information on how to attend visit: www.alzheimer.ie/service/alzheimer-cafe/.

Social Clubs

- These are a social gathering where people can drop in to chat, access information and support, and meet other people. Click the link below to find your nearest Social Club <https://alzheimer.ie/service/socialclub/>.
- Engaging Dementia Rainbow Virtual Café is held online via Zoom on the last Friday of each month (excluding bank holidays). This is a welcoming space for older persons within the LGBT+ community, as well as family supporters, healthcare workers and proactive allies. virtualcafe@engagingdementia.ie

MUSIC

- The VIRTUAL ASI National Choir will return on September 19th.
- Classic Music for Autumn: <https://www.youtube.com/watch?v=IlxYSLiFHIk>
- Let's Sing Together: <https://youtu.be/KEFAxePeZ18>
- Playlist for Life: <https://www.playlistforlife.org.uk/>
- The Story of Playlist for Life: <https://www.youtube.com/watch?v=eWgBlmVQXoM>

MEDITATION

- A time for Ballance - Autumn Equinox: https://www.youtube.com/watch?v=WiNSWx_PN-8
- 5 Minute Meditation: <https://www.youtube.com/watch?v=Tjx3Whpmg8s>
- Deep Breathing Exercise: <https://www.youtube.com/watch?v=8PgcxsiZ4KQ>
- 12 Minute Chair Yoga: <https://www.youtube.com/watch?v=AKC4VsgHRzY>

OTHER

- Halloween Playlist: <https://www.youtube.com/watch?v=ckKeQNCyPBU&list=PLZH zdrTgk6oW6lvvEVCmuPw-PCOUUjBbi>
- Relaxing Music to Relieve Stress, Anxiety and Depression: <https://www.youtube.com/watch?v=WcXK5lw8yAk>
- Tactile Activities for People with Dementia: <https://www.youtube.com/watch?v=p5SvKDsFHVg>
- Halloween crafts for people living with Dementia: <https://loaids.com/easy-crafts-seniors-with-dementia/>



Online Supports

NATIONAL ONLINE FAMILY CARER SUPPORT GROUPS ONLINE

Phone: 1800 341 341

Email: onlinesupportgroup@alzheimer.ie

Every 3 weeks

Website: <https://alzheimer.ie/about-dementia/family-carer-training/>

NATIONAL VIRTUAL CHOIR

Contact: Catherine Bartels

Phone: 086 0490548

Email: cbartels@alzheimer.ie

Every Thursday

ENGAGING DEMENTIA VIRTUAL RAINBOW CAFE

Email: virtualcafe@engagingdementia.ie

Last Friday of every month

Note:

The Rainbow Café is specifically for older LGBT+ persons, proactive allies, and healthcare professionals supporting older persons.

The space is dementia-inclusive and those living with dementia, along with family carers and supporters, are encouraged to attend and will be assisted to do so in any way possible.

SINGING FOR THE BRAIN ONLINE VIA ZOOM

Date: Every Tuesday

Time: 2.30pm – 3.30pm

Contact: Mary

Phone: 087 4622616 (mornings)

Note: Everyone welcome to tune in online via Zoom

