



THE Alzheimer

SOCIETY OF IRELAND

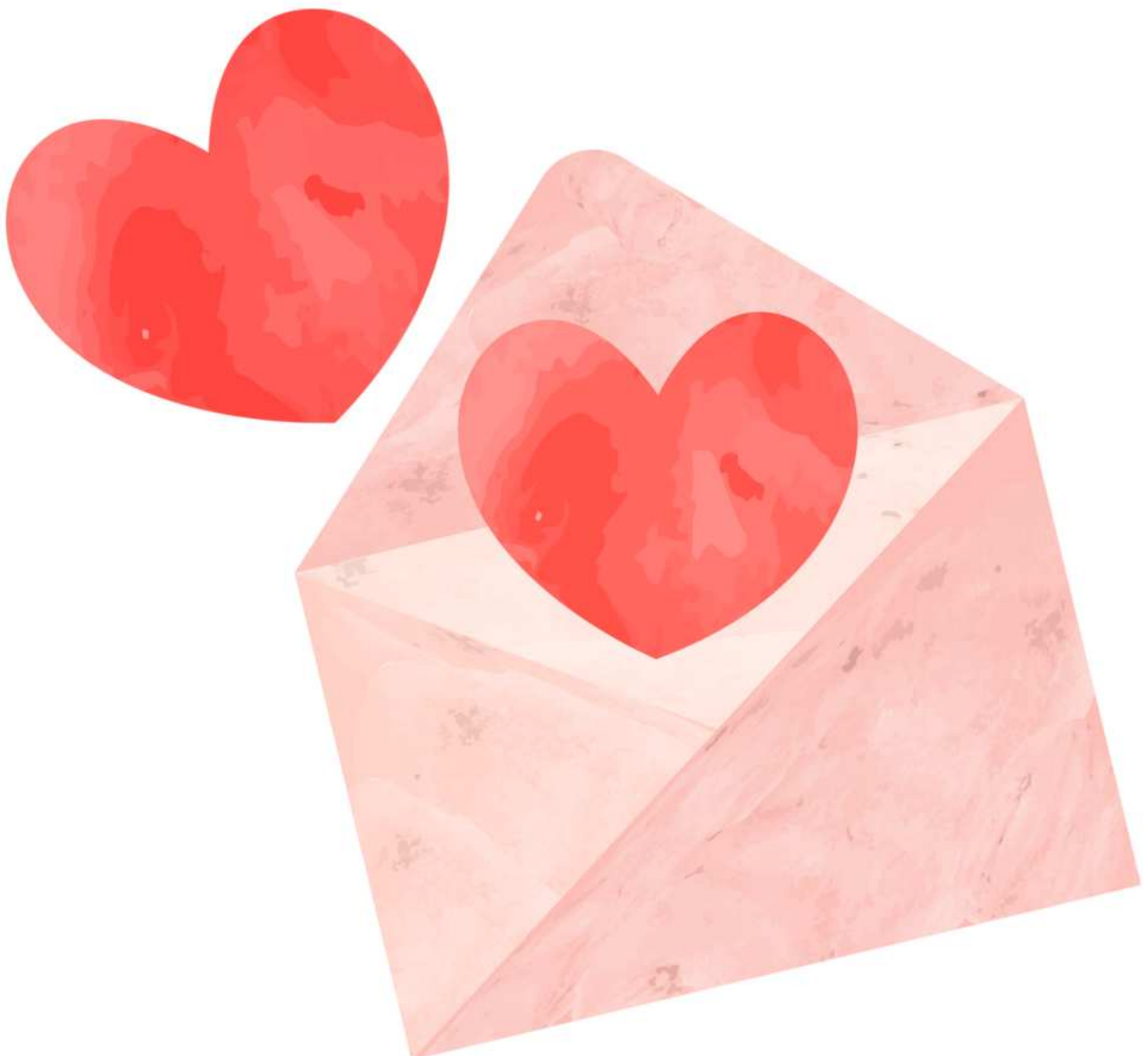
FEBRUARY





Activity Pack Two

Relaxed Engagement





Dear Friends,

Hello and welcome! This month, we're embracing all the joys of February with a delightful mix of activities to brighten your days.

As the season hints at spring, we're celebrating St. Brigid's Day with creativity and reflection. Valentine's Day also makes an appearance, bringing moments to enjoy heartwarming poems, music, and crafts that celebrate love in all its forms.

For those who enjoy a little hands-on fun, you'll find a delicious cookies recipe to try and colouring pages to spark your artistic side. There are plenty of opportunities to relax, laugh, and create something special.

Whether you dip into one activity or try them all, we hope this pack brings a little extra joy to your February.

Send us images of your creations to; communityengagement@alzheimer.ie for a chance to be featured on our social media.

And as always, our Free Helpline is here for you. You can reach us at Phone: [1800 341 341](tel:1800341341) or Email: helpline@alzheimer.ie.

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Love Heart Garland

Add a touch of charm to your space with a handmade love heart garland! Perfect for Valentine's Day, anniversaries, or just because, this craft is as simple as it is sweet.

All you need are a few basic materials and a bit of creativity.

Let's get started and make something truly special!

What you will need:

- 3 sheets of coloured card
- Ribbon
- Scissors
- Stapler



Tutorial available at

<https://virtualdementiahub.ie/category/uncategorized/activity-packs/>

Check out the below for some inspiration!



Steps to Follow



Cut out 9 strips of paper about 3cm wide by 30cm long. - Each strip of paper will become one heart in your wreath. If you add more than 9 hearts to your wreath it will start to get a little droopy.



Fold each strip of paper in half.



Curve the ends of the paper inwards to make a heart shape and staple the two ends to hold it together. I used a regular sized stapler, but if you have a smaller stapler, it would probably work even better.



How easy is that to make a perfect heart shape!?



If you plan to hang up your wreath, you'll want to attach a ribbon to hang it from. It looks nicest if you staple the ribbon right into the middle of two of the hearts. Cut a piece of ribbon about 18" long. Make your paper heart shape as you did before, but this time slide the ribbon between the two curved ends of the paper. Staple the ribbon and paper in place.



Staple the ribbon into a second heart, making sure you plan out your colour pattern (if you have one)



Once you've made the two hearts that the ribbon will hang from, go ahead and staple the rest of the strips of paper into heart shapes.



To connect the hearts together, line up the bottom points of two heart shapes, then staple them together about half way between the bottom and top of the heart. Try to staple close to the back edge, so that the staple isn't obvious when you look at it from the front.



Staple one heart in between the two hearts with the ribbons, again, making sure you line up the bottom points of each heart and stapling half way between the bottom and top of the hearts.



Then continue stapling the hearts together – close to the back edge – until you've made it all the way around the circle.

As long as you use cardstock paper and don't add more than 9 hearts to your wreath, it keeps its shape really well when you hang it up!



Valentines Wordsearch



Hugs

Love

Valentine

Cupid

Gift

Kisses

Heart



Valentines Wordsearch

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

Hugs

Love

Valentine

Cupid

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Kisses

Heart

Irish Proverbs

The longest way round is the shortest way home.

This is one of many Irish sayings that'll be familiar to fans of James Joyce. In particular, his book 'Ulysses'. The phrase "The longest way round is the shortest way home" is an Irish proverb that suggests that, sometimes, taking a more indirect route to achieve a goal can actually be more efficient in the long run.

Never scald your lips with another man's porridge.

"Never scald your lips with another man's porridge" can be interpreted in a couple of different ways. The first interpretation is that it's advising the listener that they shouldn't get involved in another person's affairs. The second interpretation of this old Irish proverb is that it's a warning against having an affair with another man's wife.

You can't make a silk purse out of a sow's ear.

"You can't make a silk purse out of a sow's ear" is a way of saying that you can't turn something that's of poor quality (or bad in nature) into something that's high quality (or good in nature).

Many a ship is lost within sight of the harbour.

Another of the Irish proverbs with a fine bit of advice behind it, this phrase reminds the listener to not count their chickens before they've hatched. "Many a ship is lost within sight of the harbour" conveys the fact that just because the end/the goal is in sight doesn't mean the desired outcome is guaranteed.

As crooked as the hind leg of a dog.

The Irish phrase "As crooked as the hind leg of a dog" is a colorful way of describing something that is of an odd shape or a person that operates in a shady manner. The first interpretation is clear – the hind leg of a dog sits at an angle. I.e. whatever you're describing is crooked/bent. The second is that "crooked" is Irish slang for someone behaving in a shady/dubious manner.



Sudoku



1. Fill in all the empty squares so that every row, column, and 2x2 box contains the numbers 1 to 4.

2. Rules:

- Each number from 1 to 4 can appear only once in each row.
- Each number from 1 to 4 can appear only once in each column.
- Each number from 1 to 4 can appear only once in each 2x2 box.

3. How to Solve:

- Look for rows, columns, or boxes that are nearly complete. Find which numbers are missing and where they can go.
- Use logic to figure out where numbers fit without breaking the rules.
- Take your time and check your work as you go.

Sudoku is about patience and problem-solving. Have fun!

			3
	3	2	
	4		2
		3	4

Sudoku Solution

1	2	4	3
4	3	2	1
3	4	1	2
2	1	3	4



Hand Massage Therapy



Discover the soothing benefits of sensory and touch therapy with this hand massage exercise. Using gentle movements and fragrant massage or moisturising oil, this activity nurtures relaxation, stimulates the senses, and fosters a sense of connection. Perfect for promoting calmness and enhancing well-being, it's a simple yet effective way to engage in self-care or share a moment of comfort with others.



Hand Massage Therapy



- Place your loved one's hand onto a small folded towel for support. Apply Massage Oil to your hands and rub them together to warm the oil before taking your loved one's hand in yours. Hold for a moment as this helps your loved one become used to your touch and feel calm and relaxed.
- Use both hands to stroke the hand and forearm using slow, gentle movements and some light pressure: run your hands up and down the front and back of the forearm from just below the elbow joint down to the wrist. This will help the muscles warm and relax. Repeat 2 to 3 times.
- Moving to the hands, gently hold their hand in both of yours, with the back of the hand facing up. With both thumbs gently massage the back of the hand, moving from the middle of the hand to the outside, then from their wrist to the base of their fingers. Rub in a circular motion towards the heart.

Hand Massage Therapy



- With your thumb and index finger, rub the top of each of your loved one's fingers and thumb in the direction of the fingertips.
- Now, turn your loved one's hand over so the palm is facing upwards, continuing to rest it on a flat surface. Check that you still have enough massage oil for your hand to glide soothingly over the skin. Using your thumbs as before, apply a tiny bit of gentle pressure and rub in a circular motion, massaging the palm, mount of Venus and area where the fingers join the hand. Remember your motions should always go towards the heart.
- Still with their palm facing up, use your thumb and index finger, to rub each finger gently from fingertip towards the palm – again, working in the direction of the heart.
- Finally, use a gentle stroking motion to massage from the palm of the hand back up to the elbow joint.
- Repeat for the other arm and hand.

Supportive Links:

<https://www.youtube.com/watch?v=oWkLLIOedFg>

<https://www.youtube.com/watch?v=5tX9PvUdk2g>

Cookies



INGREDIENTS

- 275g unsalted butter, softened:
- 275g soft light brown sugar
- 225g granulated sugar
- 2 large free-range eggs:
- 1 tbsp vanilla extract:
- 475g plain flour
- 2 tsp baking powder
- 300g good-quality milk chocolate, chopped roughly into chunks
- sea salt

DIRECTIONS

- Put the butter and sugars into a large mixing bowl. Beat together with an electric hand whisk until smooth and light in colour.
- Break in the eggs one at a time, mixing as you break in each egg. Once the eggs are combined, add the vanilla extract.
- Sift in the flour and baking powder and mix in with a wooden spoon until completely incorporated. Add the chocolate chunks and mix in until thoroughly combined. Divide the dough in half.

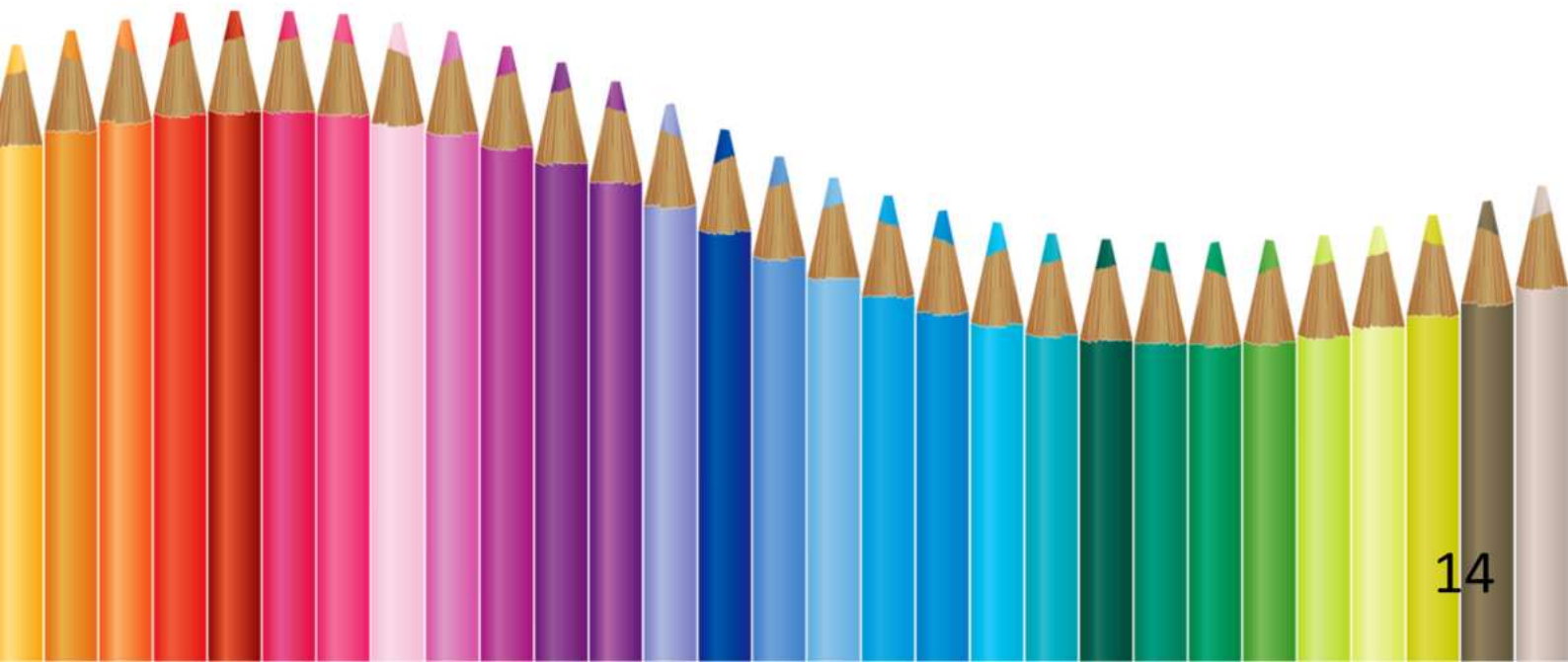
Cookies



- Place each half onto a large sheet of cling film. Roll the dough into a wide sausage shape and wrap in the cling film, twisting the ends to seal. Each sausage will make nine large cookies (but you can roll them smaller and make more). The dough sausages can be frozen at this point. However if you wish to bake them straightaway, chill the dough in the fridge for 30 minutes before use.
- Once ready to use the cookie dough, remove from the freezer and allow to warm up enough to slice. Preheat the oven to 180C/350F/Gas 4.
- Slice the dough sausage into nine discs and place onto a non-stick baking tray or a tray that has been lined with baking parchment.
- Sprinkle each cookie with a tiny pinch of salt and bake in the preheated oven for 20 minutes, or until they are golden-brown on the edge and slightly paler in the centre.
- Remove from the oven and transfer to a wire rack to cool before serving.



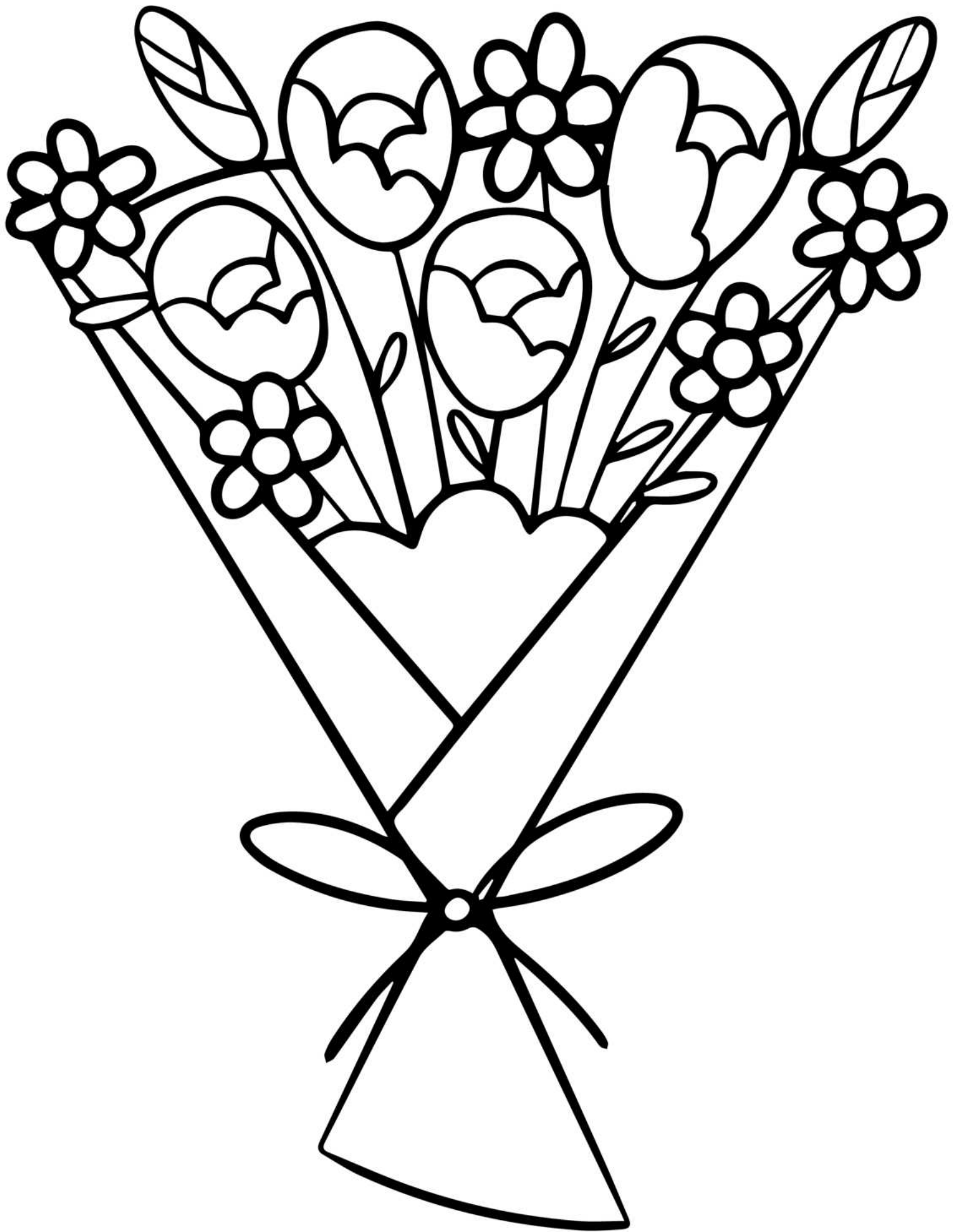
Colouring Pages



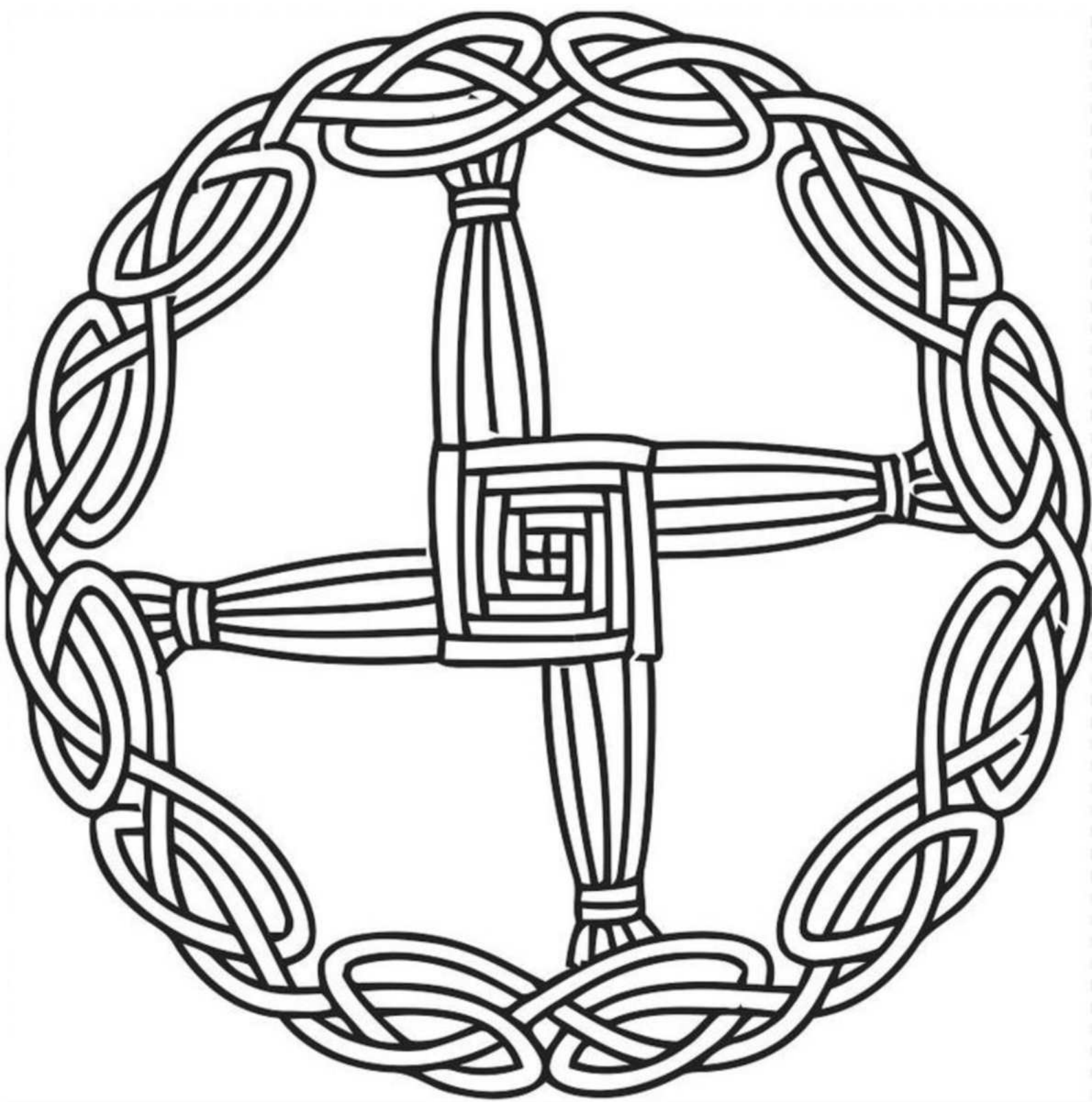


Love









Scaffolding

Seamus Heaney

Masons, when they start upon a building,
Are careful to test out the scaffolding;

Make sure that planks won't slip at busy points,
Secure all ladders, tighten bolted joints.

And yet all this comes down when the job's done
Showing off walls of sure and solid stone.

So if, my dear, there sometimes seem to be
Old bridges breaking between you and me

Never fear. We may let the scaffolds fall
Confident that we have built our wall.



At Bridget's Well

by Doireann Ní Ghríofa

When rain fell on a path of stone,
one by one, we appeared alone.

Each of us wore a different face,
but we were all the same –

drawn by ache to lift green latches,
drawn by want to walk the dark

passage. Past paper stares, we knelt
and wept, we who fed the well in rivulets,

whose plunged wrists trembled
with vessels of blue violets.

We each spoke a spell of stone
and in her gloom heard prayers turn poems.

Ask her, Bríd, what will be
come of us?

Listen. Liquid, the syllables;
the echo, luminous.



Mirror In February

Thomas Kinsella

The day dawns, with scent of must and rain, Of opened
soil, dark trees, dry bedroom air. Under the fading lamp,
half-dressed – my brain Idling on some compulsive
fantasy – I towel my shaven jaw and stop, and stare,
Riveted by a dark exhausted eye, A dry downturning
mouth.

It seems again that it is time to learn, In this contented,
crumbling place of growth To which, for the time being,
I return. Now plainly in the mirror of my soul I read that
I have looked my last on youth And little more: for they
are not made whole That reach the age of Christ.

Below my window the awakening trees, Hacked clean
for better bearing, stand defaced Suffering their brute
necessities; And how should the flesh not quail, that
span for span Is mutilated more? In slow distaste I fold
my towel with what grace I can, Not young, and not
renewable, but man.



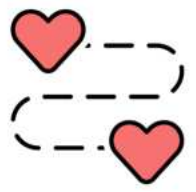
Black is the Colour

Christy Moore

Black is the colour of my true love's hair,
Her lips are like some roses fair,
She has the sweetest smile, and the gentlest hands,
And I love the ground, whereon she stands.
I love my love and well she knows,
I love the ground, whereon she goes,
I wish the day, it soon would come,
When she and I could be as one.
I go to the Clyde and I mourn and weep,
For satisfied, I ne'er can be,
I write her a letter, just a few short lines,
And suffer death, a thousand times.
Black is the colour of my true love's hair,
Her lips are like some roses fair,
She has the sweetest smile, and the gentlest hands,
I love the ground, whereon she stands.



Only Fools Rush In



Elvis Presley

[Verse 1]

Wise men say
"Only fools rush in"
But I can't help
Falling in love with you

[Verse 2]

Shall I stay?
Would it be a sin
If I can't help
Falling in love with you?

[Chorus]

Like a river flows
Surely to the sea
Darling, so it goes
Some things are meant to be

[Verse 3]

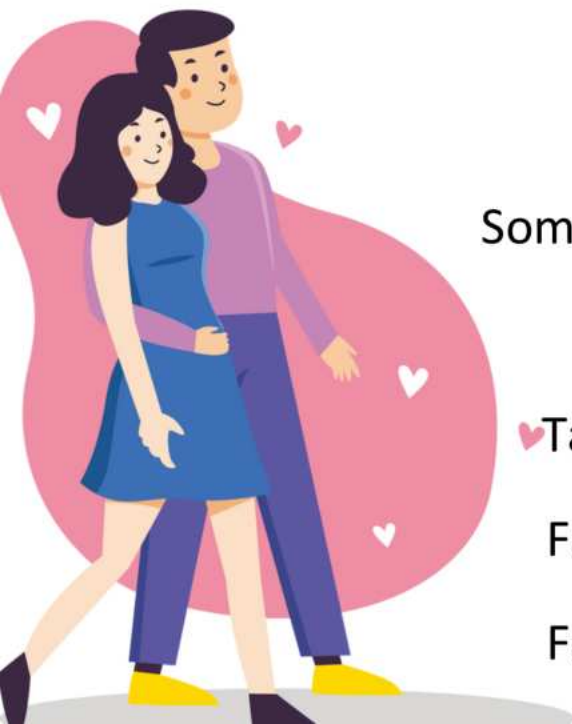
Take my hand
Take my whole life, too
For I can't help
Falling in love with you

[Chorus]

Like a river flows
Surely to the sea
Darling, so it goes
Some things are meant to be

[Outro]

Take my hand
Take my whole life, too
For I can't help
Falling in love with you
For I can't help
Falling in love with you



We Sing a Song to Brigid

Unkown

We sing a song to Brigid,
Brigid brings the spring
Awakens all the fields and the flowers
And calls the birds to sing.

All were welcome at her door,
no one was turned away.
She loved the poor, the sick and the sore,
She helped them on their way.

She laid her cloak out on the ground
And watched it grow and grow,
In wells and streams and fields of green
St. Brigid's blessings flow.





Useful Resources

HELPFUL LINKS

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

CAFÉS

- We are hosting several Alzheimer Cafés this month. 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 National Choir Contact: Catherine Bartels Phone: 086 0490548 Email: cbartels@alzheimer.ie
- 50's Love Songs: https://www.youtube.com/watch?v=WJPMAhAFpbE&list=PL9gzG0N_O-Ta1EdXH3as5zZ2m3laxGvlb
- 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

- Love Energy: <https://www.youtube.com/watch?v=JudOFQ8qYg4>
- 5 Minute Meditation: <https://www.youtube.com/watch?v=Tjx3Whpmg8s>
- Deep Breathing Exercise: <https://www.youtube.com/watch?v=8PqcxsiZ4KQ>
- 28 day challenge Chair Yoga: <https://www.youtube.com/watch?v=VoKOWQwOmfQ&list=PLD2LeigHmZ4FYco7wrQuqOgLQ3Fk9gQin>



OTHER

- Beautiful Relaxing Music: <https://www.youtube.com/watch?v=IFcSrYw-ARY>
- Calm Classical: https://www.youtube.com/watch?v=o_4cEfuyNFo
- 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>
- Valentine Crafts:
<https://www.marthastewart.com/274866/valentines-day-crafts>
- Online Colouring: <https://coloring-for-adults.com/all-coloring-pages>
- Irish Museum of Modern Art
<https://imma.ie/learn-engage/imma-horizons/>