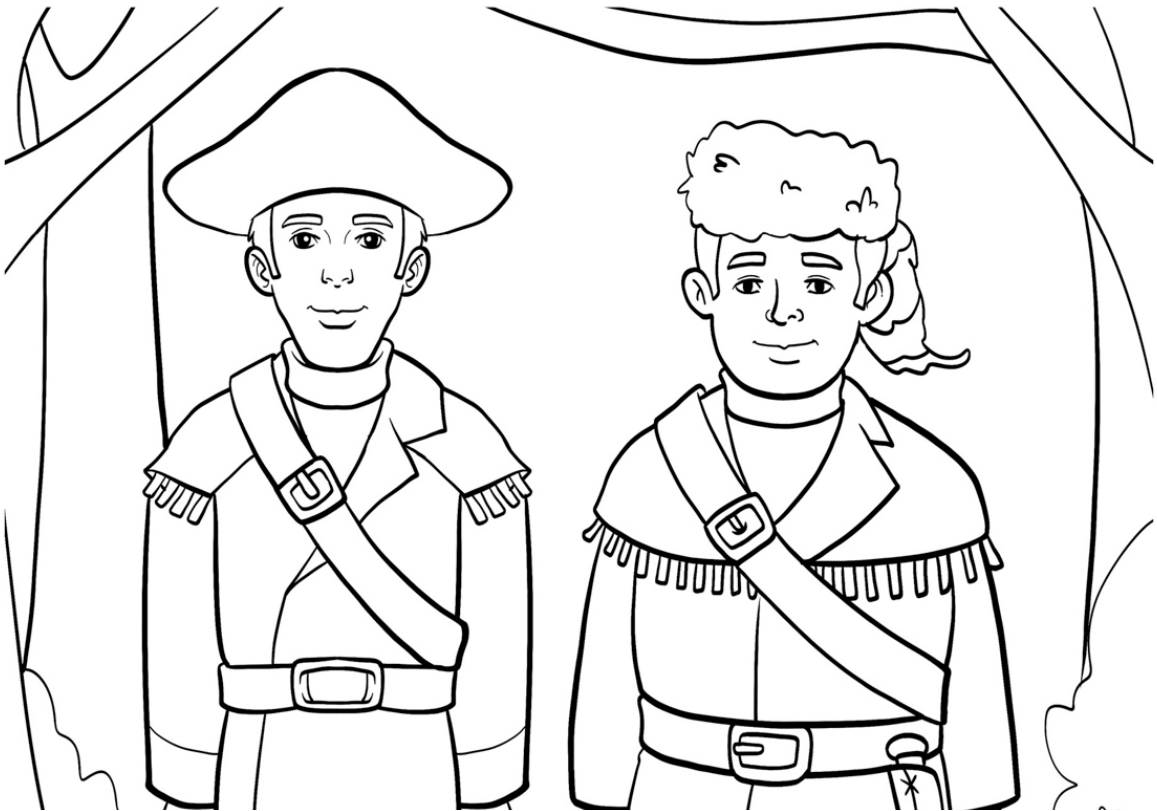


WELLNESS PROGRAM GUIDE

November 2023



Wellness Program Guide

NOVEMBER 2023

WELCOME!

The Wellness Program Guide for Caregivers accompanies all our monthly publications, providing ideas for dynamic conversations and activities between you and your senior. Each activity is specifically designed to cater for all skill levels, and all are easily done in your home environment. Our questions will spark creativity and enhance emotional connectivity, while our simple exercises will add movement and variety to your daily routine.

This year, Ways 2 Wellness is hand-creating content on three travel themes. Each month's puzzles and 15 illustrations are based on traveling along trails, around the globe, and through time.

The first theme is trail travel, where we imagine visiting famous American Trails, such as the Pacific Crest or the Appalachian Trail. During these trips, we explore relevant outdoor topics like movement, exercise, natural landscapes and the flora and fauna found along the trail.

Next, we will travel to a unique global destination such as Australia or Kenya. On this trip, we will explore the sights, sounds, culture, and cuisine of a destination. You may have traveled to one of these destinations previously. But even if you haven't visited before, you will have fun learning and exploring some of the world's greatest locations!

Finally, we travel back in time to reminisce on the greatest decades in American history. These puzzles and activities dive into the decade's artistic styles, music and fashion, and the era's mentality.

Your Ways 2 Wellness Playlists

CONTINENTAL DIVIDE TRAIL PLAYLIST



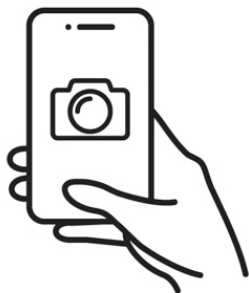
1970S PLAYLIST



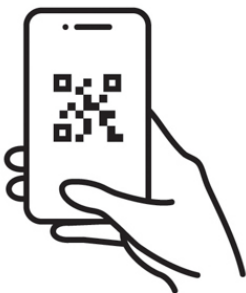
BELIZE PLAYLIST



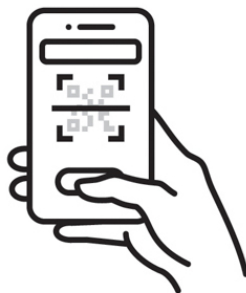
How to Scan QR Codes



1. Open the camera app on your smartphone.



2. Point the camera at the black box QR code.



3. Tap the pop-up banner that appears on your screen.



4. Follow the link to access our online resources!

Ways 2 Wellness Publication Guide

NOVEMBER 2023

GET STARTED

WELLNESS PROGRAM GUIDE

Creative ideas to engage your senior in physical and mental activities.



PUZZLE EXPERIENCE

Thematic publications for staying sharp.

TRAILS

We'd better get our glutes limbered up ready to do some skiing across the northern Continental Divide. We might have to dodge the odd grizzly bear, and watch out you don't ski into that glacier!

TIME

There were some amazing architectural achievements in America during the 1970s. Come visit some of them with us as we listen to some country music and have a giggle about all those great martial arts movies of the era.

GLOBE

It's time to relax and enjoy the tranquility of beautiful Belize. We will do a spot of snorkeling in the Caribbean and enjoy some tacos and tortillas for lunch.

COLORFUL FUN

Thematic publications for dementia care.

TRAILS

Have you ever come close to a grizzly bear in the wild? We promise it won't be that scary when you come with us along the northern Continental Divide Trail. We will see glaciers and walk in the footsteps of Lewis and Clark. Come for an adventure!

TIME

Was a skyscraper built near your home in the 1970s? What was your favorite country and western song from that decade? Were you a fan of the martial arts movies that came out during that time?

GLOBE

We are off to Belize where we will swim in the beautiful Caribbean Sea. How many different colors can you see in the coral? What is your favorite taco or tortilla filling?

NEW IN 2023

Printable activity packets with one puzzle type.

COGNITIVE CROSSWORDS

Use your knowledge and experiences to solve these puzzles.

WORD WIZARD

Can you make sense of these jumbled letters?

SUDOKU NINJA

Every number has its place. Can you figure out where they go?

AMAZING MINDS

Enter the maze if you dare. Can you find your way out?

STIMULATING SEARCH

Challenge yourself to find all the words hidden in these puzzles.

SIMPLY SEARCH

Find the words hidden in these simple word searches.

MAZINGLY EASY

Try not to get lost in these simple maze puzzles.

ARTISTIC ACTIVITIES

Relax by spending time doing these coloring activities.

MIGHTY MANDALAS

Get creative and color these beautiful mandala images.

PERSONAL COGNITIVE

Take some time to reflect on the past, present and future.

15 MAGICAL MOMENTS

- Find dementia groups near you
 - Make a collage from newspaper
 - Take a walk
 - Visit a beach or forest preserve
 - Bake holiday desserts
 - Complete a puzzle together
 - Make and fly a kite
 - Talk about childhood toys
 - Look at magazines from the library
 - Play with cards
 - Play checkers or dominos
 - Watch a favorite sport on television
 - Read the newspaper together or read it to them
 - Visit a museum
 - Identify states on a U.S. map
-

MEMORY JOGGERS



A fun, mentally stimulating game from our friends at **MemoryCafeDirectory.com**

It's simple. Read the first part; encourage players to finish the phrase!

- It's not personal, it's... **business**
- Get back into the swing of... **things**
- Well, that's it in a nut... **shell**
- You're my lucky... **charm**
- Rebuild it from the ground... **up**
- Easy come, easy... **go**
- You caught me off... **guard**
- Like an airplane circling the... **field**
- Variety is the spice of... **life**
- That's water under the... **bridge**

MOVEMENT TIPS

- We are at a time of year when we socialize and travel more. Try to get some extra steps in or even go for a walk each day. Every bit of movement helps our body, brain, and emotional well-being.
 - Are you sitting down as you read this? We encourage you to stand up and sit down ten times right now. Keeping legs strong is imperative to keep us mobile and independent.
 - As Americans we have a tendency to overindulge on a holiday like Thanksgiving. To counterbalance that enjoyment with our family and friends, encourage your group to go out for a walk before or after your Thanksgiving meal.
 - Instead of fighting crowds and the chaos that can accompany the biggest shopping day of the year after Thanksgiving, enjoy a walk, special exercise class, or dancing with family and friends.
-

NUTRITION TIPS

- Ever eat too much turkey on Thanksgiving and find yourself getting sleepy? It is because of an amino acid in turkey called tryptophan. Once digested, the brain converts tryptophan to serotonin, a hormone that calms us and makes us sleepy.
 - An apple has 3 to 4 grams of fiber which is good for digestion and keeping us regular. So go ahead and have that second piece of apple pie!
 - Nutmeg is a spice used in many autumn and Thanksgiving dishes. Nutmeg's benefits include its ability to relieve pain, soothe digestion, reduce insomnia, and elevate the immune system.
 - Did you know that stuffing dates back to the Roman Empire and often included ingredients such as chicken, rabbit, and pork?
-

MINDFULNESS TIPS

- November is often a time of year when we think about what we are thankful or grateful for in our lives. What are three things you are grateful for today?
- During this hectic time of year, with more socializing and traveling, it is important to take time for yourself to decompress or practice mindfulness. Try mindful coffee or tea drinking. Make your preferred beverage and sit in a comfortable chair. Enjoy it without the distractions of television, smartphones, or reading materials.
- If you find yourself becoming stressed or overwhelmed with all that is going on this month, find a quiet place and spend two minutes sitting and breathing in and out through your nose.
- When you are together with family and friends this month, reminisce about some of your favorite Thanksgiving memories. Share details and laughs.

Musical Moments

SING TOGETHER!

Sing Together! We invite you to put on some music and sing along. Here is the song list for this month. The QR code on each page links to the playlist.

We created Spotify playlists to accompany this month's topics. Filled with wonderful music from the 40s-90s, we want your community to enjoy music as they puzzle and work on art projects together. Scan the QR code below to access this month's playlist.



The Gambler - Kenny Rogers
All the gold in California - The Gatlin Brothers
Mammas Don't Let Your Babies Grow Up To Be
Cowboys - Waylon Jennings, Willie Nelson
Jolene - Dolly Parton
Kiss an Angel Good Mornin' - Charlie Pride
Behind Closed Doors - Charlie Rich
Rhinestone Cowboy - Glen Campbell
Take Me Home, Country Roads - John Denver
You Needed Me - Anne Murray
Don't It Make My Brown Eyes Blue - Crystal Gayle
Blue Eyes Crying in the Rain - Willie Nelson
Here You Come Again - Dolly Parton
England Swings - Roger Miller
Catch A Wave - The Beach Boys
Summer Nights - John Travolta, Olivia Newton-John
Margaritaville - Jimmy Buffett

Beyond the Sea - Bobby Darin
Put The Lime in the Coconut - The Hit Crew
Shrimp Boats - Jo Stafford
Rocky Mountain High - John Denver
Teddy Bears' Picnic - Anne Murray
Moon River - Andy Williams
Down By The Riverside - Louis Armstrong
Down To The River To Pray - Alison Krauss
Yellowstone Theme - Brian Tyler
Roll On Columbia - Pete Seeger
Red Headed Stranger - Willie Nelson
Vincent - Don McLean
Catch a Falling Star - Perry Como
Don't Let the Stars Get In Your Eyes - Perry Como
Stardust - Nat King Cole
Swingin' On A Star - Frank Sinatra
When you Wish Upon A Star - Sara Bareilles

GUESS THE THEME

Another way to enjoy these curated playlists is to play a musical game! Put the playlists on shuffle and match each song to the content category. We love this game because it will get your brain to listen to the lyrics, think about the overall message, and connect the song to a monthly theme!

Trail Travel

CONTINENTAL DIVIDE TRAIL - NORTH

TOPICS: Skiing & Glutes, Grizzly Bears, Glacier National Park, Lewis & Clark

The northern section of the Continental Divide Trail traverses the Rocky Mountains from Montana to Canada. Skiers and glute enthusiasts can enjoy this challenging trail, but should take precautions due to the rugged terrain and unpredictable weather. The trail passes through grizzly bear habitat, and hikers and skiers should carry bear spray and follow safety guidelines. The section also includes Glacier National Park, home to stunning mountain scenery, glaciers, and diverse wildlife. Finally, the trail follows in the footsteps of the Lewis and Clark expedition, providing a unique historical perspective for those who explore this section of the trail.

PAPER COLLAGE CREATIONS

This activity is a simple and enjoyable way to explore creativity, share stories, and bond over your seniors' artistic expressions. It's a great way to engage in a calming and fulfilling art project, reusing readily available materials.

Instructions:

Paper Collection: Gather a variety of colorful paper. You can use old magazines, colored construction paper, or any paper with interesting textures and colors.

Theme Selection: Choose a theme for the collage. It could be nature, travel, favorite memories, or simply creating anything you like.

Cut and Create!

ALTERNATIVE ACTIVITY

Play a Game

The game of Bingo has humble origins, starting as a simple carnival game called "Beano" in the early 1920s. It involved players marking numbers on their cards as they were called out, striving to complete a row or column. However, Bingo's modern name was born by chance when a player excitedly shouted "Bingo" instead of "Beano" during a game. Toy salesman Edwin S. Lowe, who observed this incident, seized the opportunity and renamed the game "Bingo." From these playful beginnings, Bingo evolved into the popular and widely enjoyed game we know today.

Do you enjoy playing Bingo?

Do you have access to a game night near you?

Do you play any games on a computer or tablet?



Colorful Fun! coloring page - Lewis & Clark



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CHAIR EXERCISE ROUTINE

These exercises are designed to be gentle and can be done while seated in a chair. They promote mobility, flexibility, and strength, making them suitable for seniors of various fitness levels. Here's a basic routine you can follow:

Seated March: While seated, lift one knee and then the other in a marching motion. Repeat for 1-2 minutes.

Shoulder Rolls: Roll the shoulders forward in a circular motion for 30 seconds and then backward for 30 seconds.

Leg Extensions: While seated, extend one leg forward, hold for a few seconds, then switch to the other leg. Repeat 10-12 times for each leg.

Ankle Circles: Lift one foot off the ground and make gentle circles with your ankle in one direction for 30 seconds, then in the opposite direction for 30 seconds. Switch to your other foot and make circles in both directions again.

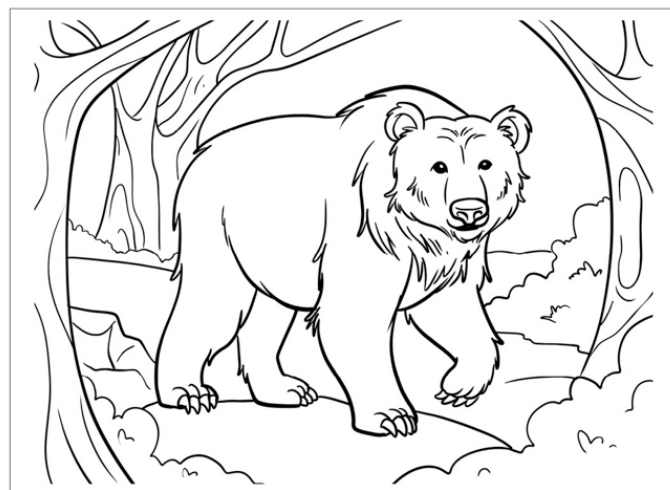
ALTERNATIVE ACTIVITY

A Famous Trail

Lewis and Clark Pass via Alice Creek Trail is a journey through history and nature. Nestled in the rugged Montana wilderness, this trail retraces the footsteps of the famous explorers Lewis and Clark, who ventured into the uncharted West in the early 1800s. As you hike through the serene landscape, you'll encounter towering peaks, pristine alpine lakes, and the same awe-inspiring vistas that captivated these early pioneers. The trail offers a blend of adventure and history, making it a favorite for hikers seeking a deep connection with the past while surrounded by the untamed beauty of the Rocky Mountains.

Thinking about your life, when were you brave enough to explore something new? What was this new adventure? Did any of your family or friends follow you?

SPOTIFY PLAYLIST



Colorful Fun! coloring page - Grizzly Bears

Time Travel

1970S

TOPICS: Towers & Architecture, Country Music, Martial Arts, Enjoying Nature

The 1970s delivered numerous architectural achievements, including constructing iconic towers like the World Trade Center in New York City and the Sears Tower in Chicago. Country music also thrived during this time, with artists like Dolly Parton and Willie Nelson achieving mainstream success. The popularity of martial arts grew in the 1970s, largely due to the rising popularity of Bruce Lee and his films. Additionally, people were increasingly interested in enjoying nature, and outdoor activities like hiking and camping became more popular during the 1970s.

ENJOYING NATURE

There's a serene magic in immersing oneself in nature. One can find a profound sense of peace and connection when surrounded by the whispering leaves of towering trees, the gentle rush of a winding river, or the vibrant colors of wildflowers. As the sun warms your skin and the breeze dances through the air, you're reminded of the simple joys of life. Each step on a forest path or gaze upon a breathtaking vista is a reminder that nature, with its boundless beauty, offers a refuge from the fast pace of the modern world. Whether it's a quiet moment in a secluded forest or an adventure to a majestic mountain peak, enjoying nature's embrace provides a timeless source of solace and wonder.

Think about the nature around you and fill in the blanks based on your favorites.

A towering tree:

A winding river:

A forest path:

A breathtaking vista:

A mountain peak:

SPOTIFY PLAYLIST



ALTERNATIVE ACTIVITY

Martial Arts Masters

The 1970s was a significant decade for martial arts, particularly in popular culture. Several martial arts gained fame and prominence during this time, partly thanks to movies and television.

Do you know anyone who trains in Judo, Taekwondo, Karate, or Jiu-Jitsu?

THE 1970s AT A GLANCE

1970	—	The first Earth Day is celebrated
1971	—	The 26th Amendment to the U.S. Constitution is ratified, lowering the voting age to 18
1972	—	Pong, one of the earliest arcade games, is released by Atari Inc.
1973	—	Pink Floyd releases <i>The Dark Side of the Moon</i> , the decade's highest-selling album
1974	—	President Nixon resigns in the wake of the Watergate scandal
1975	—	<i>Saturday Night Live</i> premieres on NBC
1976	—	The U.S. celebrates its bicentennial
1977	—	The first Star Wars movie premieres
1978	—	The New York Yankees win the World Series
1979	—	The WHO certifies the eradication of smallpox

Time Travel

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MATCH 'EM!

The artists and their songs below were instrumental in shaping the country music landscape of the 1970s. Their music continues to be celebrated and cherished by country music enthusiasts today. Match the following country music artists with their famous songs for this activity.

Johnny Cash	Merle Haggard
Conway Twitty	Tammy Wynette
Willie Nelson	Kenny Rogers
Loretta Lynn	Dolly Parton

SONGS:

"Jolene" _____

"Lucille" _____

"Coal Miner's Daughter" _____

"Okie from Muskogee" _____

"Stand by Your Man" _____

"Sunday Morning Coming Down" _____

"On the Road Again" _____

"Hello Darlin'" _____

SPOTIFY PLAYLIST



Answers: Dolly Parton, Kenny Rogers, Loretta Lynn, Merle Haggard, Tammy Wynette, Johnny Cash, Willie Nelson, Conway Twitty

ALTERNATIVE ACTIVITY

Country Trivia

How well do you know country music? Can you answer these trivia questions based on famous country musicians?

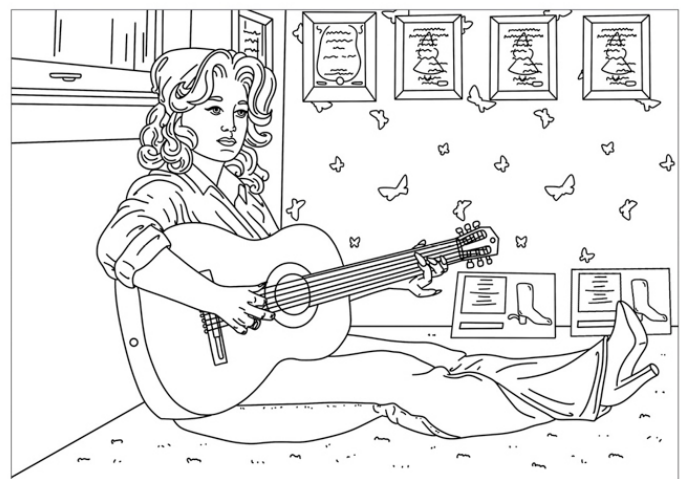
Who is often referred to as the "Queen of Country Music"?

What is the title of Johnny Cash's famous live album recorded at Folsom State Prison?

Which country artist released the hit song "Achy Breaky Heart"?

What instrument is prominently featured in bluegrass music?

Finish the lyric: "I've got friends in low places..."



Colorful Fun! coloring page - Country Music

Answers: Dolly Parton, "At Folsom Prison", Billy Ray Cyrus, Banjo, "Where the whiskey drowns, and the beer chases my blues away."

Global Travel

BELIZE

TOPICS: Belize Animals, Catholicism, Tacos & Tortillas, Coral Reef

Belize is a small Central American country known for its diverse wildlife. The country is home to several unique animals, including jaguars, howler monkeys, tapirs, and a wide variety of bird species. The majority of the population in Belize is Catholic, and the country demonstrates its rich religious history in its numerous Catholic churches and religious festivals. Tacos and tortillas are popular foods in Belize, and the country's cuisine reflects the influence of both Spanish and Mayan cultures. Belize is also home to the second-largest coral reef system in the world, which attracts visitors from all over the globe for snorkeling and diving adventures.

BUILD YOUR TACO

Building your own taco is a culinary adventure that lets you create a personalized masterpiece. Start with a warm, soft tortilla or a crispy shell, depending on your preference. Next, the possibilities are endless. For protein, choose from succulent grilled chicken, tender marinated steak, flavorful ground beef, or hearty beans for a vegetarian option. Top it off with crisp lettuce, diced tomatoes, and a generous helping of shredded cheese. Then, add a burst of freshness with options like zesty salsa, creamy guacamole, or tangy sour cream. Want a little kick? Sliced jalapeños or a drizzle of hot sauce will do the trick. Your custom taco, a delightful fusion of flavors and textures, is a testament to your culinary creativity and a guaranteed crowd-pleaser.

What is your taco order?

Type of tortilla: _____

Choice of meat: _____

Beans: _____

Cheese: _____

Toppings: _____

Salsa: _____

ALTERNATIVE ACTIVITY

Belize's Background

Belize is a special place in Central America known for its beautiful nature and diverse cultures. It has tropical forests, fantastic coral reefs, and old Mayan ruins to explore. The coral reefs are excellent for diving and snorkeling. You can find ancient caves in the jungle with interesting things to see. People in Belize are very friendly, and they come from different backgrounds. You can have adventures learning about the Maya, watching birds in the forest, or relaxing on the beaches. Belize is a unique mix of nature, history, and a peaceful Caribbean feel.

Have you ever been to Belize?

Do you know anybody who has ever visited Belize?

What would you want to see if you were to go and visit this beautiful country?

SPOTIFY PLAYLIST



Global Travel

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FILL IN THE BLANK: BELIZE'S ANIMALS

Tapir	Toucans
Eagles	Turtle
Howler Monkeys	Dolphins

Bottlenose and spinner _____ are commonly seen in the waters around Belize, and you can often spot them on boat tours.

These noisy primates, _____, are a common sight and sound in Belize's forests. Their distinctive howls can be heard from a distance.

Keel-billed _____, with their colorful bills, are a common and striking bird species in Belize.

Belize is home to several sea _____ species, including loggerhead, green, and hawksbill, which can be observed while snorkeling or diving.

The Baird's _____, the largest land mammal in Central America, is often seen in Belize's forests and near water sources.

Belize's _____ are among the largest and most powerful birds of prey in the world. They can be found in Belize's forests.

SPOTIFY PLAYLIST



Answers: Dolphins, Howler Monkeys, Toucans, Turtle, Tapir, Eagles

ALTERNATIVE ACTIVITY

Cherished Travel Photos

Engaging in a nostalgic journey with a special person in your life is a heartwarming activity. Together, you can sift through old photo albums, uncovering cherished travel photos. As each image comes to life, you'll embark on a shared adventure through time and memory. You'll listen to captivating stories of places explored and experiences lived, bridging generations and forging deeper connections. Photos serve as windows into unique life adventures, providing an opportunity to learn, appreciate, and create new memories by reliving cherished tales. Find at least two old travel photos and share the memories with someone special in your life. Then, ask a friend to share two of their memories with you.





Serving Whidbey and Camano islands

Programs and Services

Aging & Disability Resources (ADR)

These programs provide assistance to help clients identify, understand, and access the services they need to live their best life.

Nutrition Programs

Meals on Wheels, Frozen Take-Out Meals, Community Meals, and Liquid Nutritional Supplements for Island County Residents, age 60 and over.

Medicaid In-Home Care and Case Management

Promoting choice, flexibility, and community-based services instead of facility care for those who receive Medicaid and need in-home care services to live safely at home.

Medical Equipment Lending Library

Need a walker, wheelchair, or other assistive devices? Or, do you have some to donate?

Private In-Home Providers (PIP)

Our Private In-home Provider (PIP) directory might have the person you need. Each provider on the list has passed a background check, and community members are able to give feedback on their experience.

Statewide Health Insurance Benefits Advisors (SHIBA)

Trained volunteers provide objective information about Medicare through in-person and online classes as well as individual consultations.

Support Groups

Join in conversation with others facing similar challenges.

Call Us!
(360) 321-1600



Serving Whidbey and Camano islands

About Us

We provide essential resources for seniors and adults with disabilities, their families, and caregivers, throughout Island County. We are the only private nonprofit in northwest Washington that provides the array of resources we do.

Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. Island Senior Resources is the trade name for Senior Services of Island County.

Island Senior Resources relies on community financial support.

Only 33% of our funding comes from government grants.

You can sustain our work by donating on our website or by mail at P.O. Box 939 Freeland, WA 98249

We are here for you

Contact us by phone , email, or request assistance on our website.

(360) 321-1600

www.senior-resources.org

reception@islandseniorservices.org.