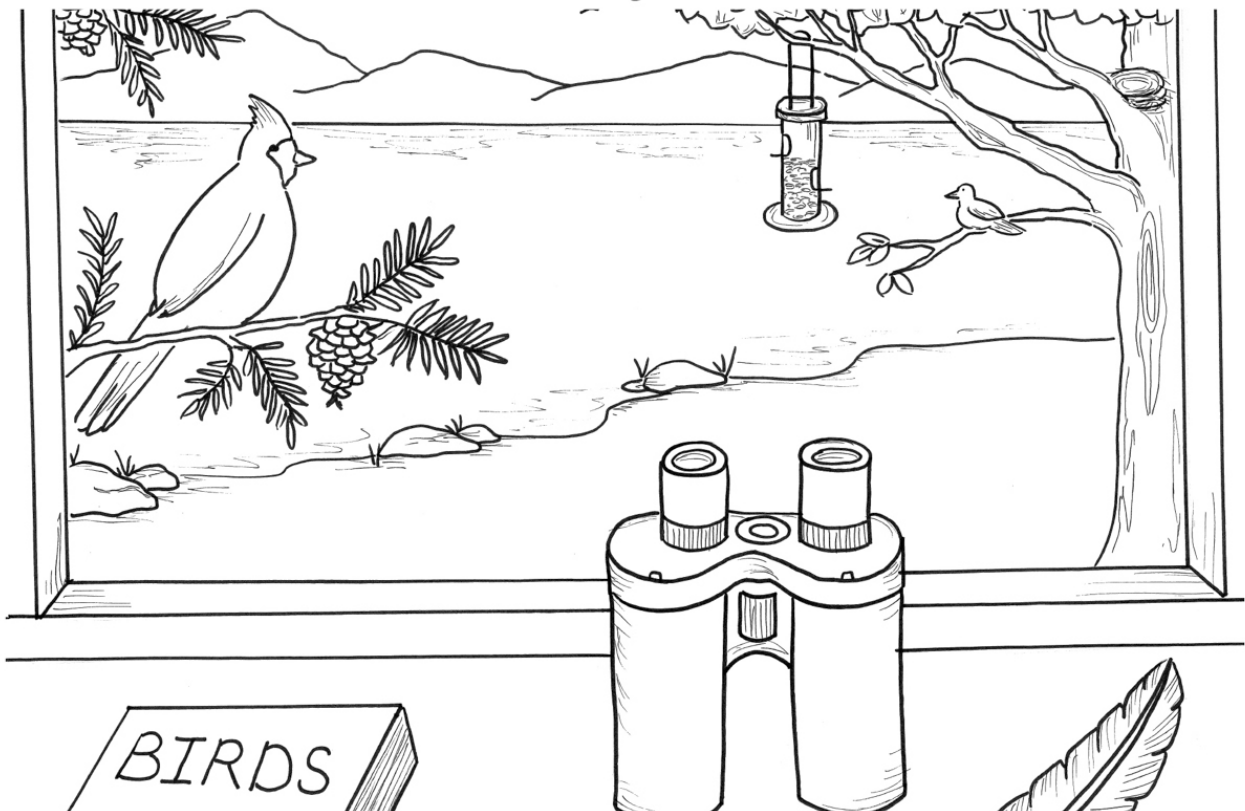


# WELLNESS PROGRAM GUIDE

January 2024



# Wellness Program Guide

## JANUARY 2024

### WELCOME!

**T**he Wellness Program Guide for Caregivers accompanies our monthly publications and dives deeper into the topics and themes of the month. This Program Guide provides ideas for dynamic conversations based on the monthly content. It is specifically designed to cater to all skill levels, and the activities can be easily done alone or with a friend in your home environment with minimal supplies. Our thought-provoking questions aim to spark creativity and enhance emotional connectivity, while our simple exercises will add movement and variety to your daily routine.

Ways 2 Wellness is creating content on regional themes this year. Each month's puzzles and 15 illustrations are based on a unique country or state. As you work through the puzzles, we will explore topics based on that region's main cities, landscapes, national parks, and cuisine. Even if you haven't visited these destinations before, you will have fun learning and exploring some of the world's most incredible locations!

Each monthly publication will also provide moments to reflect on your personal experiences. Throughout the puzzles and the Wellness Program Guide, we will reminisce about childhood moments and memorabilia like playing sports and classic toys.

Enjoy!

---

## Your Ways 2 Wellness Playlists

---

### LIVING IN PLAYLIST



### OUT & ABOUT PLAYLIST



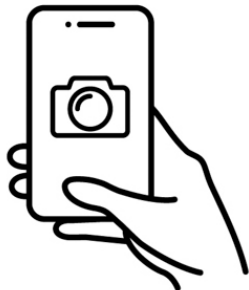
### IN MY LIFE PLAYLIST



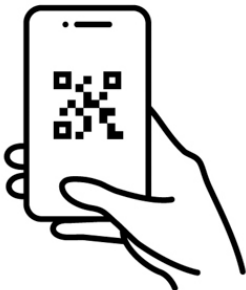
---

## How to Scan QR Codes

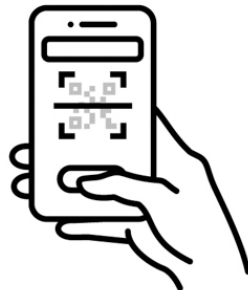
---



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

## JANUARY 2024

### GET STARTED

#### WELLNESS PROGRAM GUIDE

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

#### PUZZLE EXPERIENCE

Thematic publications for staying sharp.

##### LIVING IN

Who wouldn't want to live in the glorious Sunshine State of Florida? This month we delve into Florida's history and famous towns. Let's relax into some puzzles with sunglasses on to shade the sunshine.

##### OUT & ABOUT

We are off adventuring in Florida. Bring the binoculars and try to spot some of the amazing bird life. Keep your fingers and toes out of the water as we cross the Everglades, and dive into some Cuban heritage.

##### IN MY LIFE

We spend a bit more time in Florida as we delve into some Miami Art Deco, but then we roll back the years to enjoy cartoons, toys and theme parks. This will be fun!

#### COLORFUL FUN

Thematic publications for dementia care.

##### LIVING IN

Do you live in Florida? Have you ever visited Florida? What is it like living in a state with such amazing history, and beautiful beaches and towns? Come with us to find out.

##### OUT & ABOUT

Florida has some amazing sites to visit. We are going to the Everglades and the Biscayne National Park. Come along and help us spot some of Florida's amazing wildlife.

##### IN MY LIFE

What was your, or your children's, favorite cartoon? What about your favorite childhood toy? Did you ever go to a theme park? Maybe you took your children. This month we fondly remember those childhood joys.



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

- Memory Lane Tour
  - Picnic in the Park
  - Storytelling Session
  - Music Jam Session
  - Arts and Crafts Time
  - Virtual Travel Experience
  - Book Club for Two
  - Nature Walk
  - Baking Together
  - Outdoor Movie Night
  - Planting a Garden
  - Museum Day
  - Memory Board
  - Tea Time
  - Photography Session
- 

## 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!

- Take your own sweet... **time**
- The squeaky wheel gets the... **grease**
- One person's trash is another person's... **treasure**
- It's better to be safe than... **sorry**
- The way to a man's heart is through his... **stomach**
- Imitation is the sincerest form of... **flattery**
- Still waters run... **deep**
- There is a time and place for... **everything**
- To err is human, but to forgive is... **divine**
- All that glitters is not... **gold**



## **MOVEMENT TIPS**

- **Water Aerobics:** Consider water aerobics for a low-impact, joint-friendly exercise that improves strength and endurance.
  - **Strength Training:** Integrate light resistance training using resistance bands or light weights to maintain muscle mass.
  - **Tai Chi or Yoga:** Practice activities like Tai Chi or yoga to enhance balance, flexibility, and mental well-being.
  - **Gentle Aerobics:** Participate in low-impact aerobic exercises like brisk walking, stationary cycling, or dancing to boost cardiovascular health.
- 

## **NUTRITION TIPS**

- **Stay Hydrated:** Drink plenty of water throughout the day to stay hydrated, which is crucial for overall health.
  - **Balanced Meals:** Aim for balanced meals with a mix of lean proteins, whole grains, fruits, and vegetables.
  - **Colorful Plate:** Include a variety of colorful fruits and vegetables to ensure a diverse range of nutrients.
  - **Calcium-Rich Foods:** Incorporate calcium-rich foods like low-fat dairy, leafy greens, and fortified cereals to support bone health.
- 

## **MINDFULNESS TIPS**

- **Positive Affirmations:** Start or end each day with positive affirmations. Repeat statements that reinforce self-worth and a positive outlook.
- **Memory Journal:** Keep a memory journal and regularly jot down positive experiences, accomplishments, or things for which you are grateful.
- **Deep Breathing:** Practice deep, diaphragmatic breathing to promote relaxation. Inhale deeply through the nose, hold briefly, and exhale slowly through the mouth.
- **Mindful Walking:** Take a slow, mindful walk, paying attention to each step, the sensations in your feet, and the sounds around you.

# 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.



Three Little Birds - Bob Marley & The Wailers  
Mockingbird - Carly Simon, James Taylor  
Chan Chan - Buena Vista Social Club  
Rhythm Is Gonna Get You - Gloria Estefan, Miami Sound Machine  
Conga - Gloria Estefan, Miami Sound Machine  
Everglades - The Kingston Trio  
Seminole Wind - John Anderson  
Black Water - Doobie Brothers  
Toyland - Doris Day  
Teddy Bears' Picnic - Anne Murray  
Walt Disney and the Sherman Brothers Sing  
The Happiest Place on Earth - AJ Rafael  
Sesame Street Theme - Gladys Knight & The Pips  
Rainbow Connection - Willie Nelson  
Mah Na Mah Na - Mahna Mahna and The Two Snowths

Childhood Memories - Enio Morricone  
When You Wish Upon a Star - Louis Armstrong  
Toy Soldiers - Martika  
The Gulf of Mexico - Clint Black  
Drift Away - Dobie Gray  
A Pirate Looks At Forty - Jimmy Buffett  
Coastal - Kenny Chesney  
Toes - Zac Brown Band  
St Augustine - Band of Horses  
Sarasota Sunset - Johnny Betz  
Key West Time - Jesse Rice  
Bama Breeze - Jimmy Buffett  
Orange Blossom Special - Johnny Cash  
Okeechobee - The Bellamy Brothers  
Key Largo - Bertie Higgins

---

## 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!

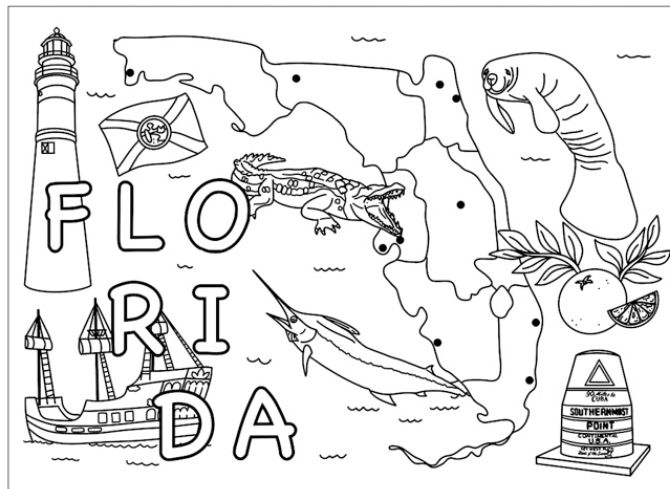
# Living In FLORIDA

## TOPICS: Florida History, Key West, Sarasota, St. Augustine

Tallahassee, the capital of Florida, is a charming city known for its unique blend of Southern hospitality and vibrant culture. You'll love strolling along the oak-lined streets and checking out the historical landmarks that reflect the city's rich heritage. And if you're looking for a more laid-back atmosphere, Key West is the perfect destination. With the tranquil beaches, crystal-clear waters, and escapism that defines the island, you'll feel like you're in paradise. Sarasota is another excellent spot to visit, especially if you love art and culture. The John and Mable Ringling Museum of Art is a must-see, and the Gulf Coast beaches are simply stunning. Another famous city is St. Augustine, the oldest city in the U.S. With its cobblestone streets and well-preserved Spanish colonial architecture, it exudes a unique charm you won't find anywhere else.

## GO OUTSIDE AND BIRD-WATCH

Going on a bird-watching walk is a great way to enjoy a lovely stroll in nature and discover local birds. Bring binoculars and a guidebook while you explore different landscapes, from sunny woods to peaceful ponds. As you walk, you might spot colorful warblers and graceful herons. Listening closely, you can hear the unique calls of each bird. It's a calm yet exciting journey where every step brings a new chance to connect with the fantastic world of birds, appreciating their beauty and behaviors.



Colorful Fun! coloring page - Florida

### SPOTIFY PLAYLIST



## ALTERNATIVE ACTIVITY

### Your local birds

Florida is a diverse state with various ecosystems, making it an excellent destination for birdwatching. Florida is home to a wide variety of resident and migratory bird species.

What birds come to your area?

---



---



---

Can you name five birds that come seasonally into your area and five that are visible year-round?

---



---



---



---



---

Can you also name their habitat (wetlands, coastal areas, forests, and urban environments)?

---



---



---

Do you have any favorite bird species that you hope to see?

---



---



---

# Living In FLORIDA

## TOPICS: Florida History, Key West, Sarasota, St. Augustine

Tallahassee, the capital of Florida, is a charming city known for its unique blend of Southern hospitality and vibrant culture. You'll love strolling along the oak-lined streets and checking out the historical landmarks that reflect the city's rich heritage. And if you're looking for a more laid-back atmosphere, Key West is the perfect destination. With the tranquil beaches, crystal-clear waters, and escapism that defines the island, you'll feel like you're in paradise. Sarasota is another excellent spot to visit, especially if you love art and culture. The John and Mable Ringling Museum of Art is a must-see, and the Gulf Coast beaches are simply stunning. Another famous city is St. Augustine, the oldest city in the U.S. With its cobblestone streets and well-preserved Spanish colonial architecture, it exudes a unique charm you won't find anywhere else.

## A NEW YEAR

As we begin 2024, take a moment for self-reflection and consider setting some New Year's resolutions. This tradition provides a valuable opportunity to contemplate personal growth, positive change, and pursuing goals to enhance your well-being. Whether it's introducing healthier habits, pursuing new passions, or fostering meaningful connections, resolutions serve as a roadmap for self-improvement. Embrace the fresh start of the upcoming year, and let your resolutions inspire a journey of growth and fulfillment.

What aspirations do you hold for the coming year, and how can you channel them into achievable resolutions that align with your vision for a brighter future? Ask a friend or family member if they have any resolutions.

### ALTERNATIVE ACTIVITY

#### Write it Out

Take a short break from your daily routine and write out one specific goal and one way to achieve it. Remember that goals don't need to be big. Even small changes can have a significant impact on your life.

#### Personal growth

GOAL:

---

HOW I CAN ACHIEVE THIS:

---

#### Positive change

GOAL:

---

HOW I CAN ACHIEVE THIS:

---

#### Healthier habits

GOAL:

---

HOW I CAN ACHIEVE THIS:

---

#### Pursuing new passions

GOAL:

---

HOW I CAN ACHIEVE THIS:

---

#### Fostering meaningful connections

GOAL:

---

HOW I CAN ACHIEVE THIS:

---



# Living In FLORIDA

## TOPICS: Florida History, Key West, Sarasota, St. Augustine

Tallahassee, the capital of Florida, is a charming city known for its unique blend of Southern hospitality and vibrant culture. You'll love strolling along the oak-lined streets and checking out the historical landmarks that reflect the city's rich heritage. And if you're looking for a more laid-back atmosphere, Key West is the perfect destination. With the tranquil beaches, crystal-clear waters, and escapism that defines the island, you'll feel like you're in paradise. Sarasota is another excellent spot to visit, especially if you love art and culture. The John and Mable Ringling Museum of Art is a must-see, and the Gulf Coast beaches are simply stunning. Another famous city is St. Augustine, the oldest city in the U.S. With its cobblestone streets and well-preserved Spanish colonial architecture, it exudes a unique charm you won't find anywhere else.

## SARASOTA AND ST. AUGUSTINE

*Fill in the Blanks*

Beaches	Castillo de San Marcos
Cobblestone	European
Northeast	Oldest
Ringling Museum of Art	Spanish
Southwestern	Urban

St. Augustine, located on the \_\_\_\_\_ coast of Florida, is a city steeped in history and charm, earning the distinction of being the \_\_\_\_\_ continuously inhabited European-established settlement in the continental United States. Founded by the \_\_\_\_\_ in 1565, St. Augustine exudes a unique blend of Old World and New World influences. The city's historic district features \_\_\_\_\_ streets, well-preserved colonial architecture, and notable landmarks like the \_\_\_\_\_, a 17th-century fortress. Visitors can explore the narrow lanes, visit museums, and take in the centuries-old ambiance that permeates the area.

Sarasota is a city located on the \_\_\_\_\_ coast of Florida. The city boasts beautiful white-sand \_\_\_\_\_, including the famous Siesta Key Beach, known for its powdery quartz sand. Sarasota also offers a range of cultural attractions, such as the John and Mable \_\_\_\_\_, which houses an impressive collection of \_\_\_\_\_ paintings and decorative arts. Sarasota's downtown area features a mix of shops, restaurants, and entertainment options, providing a lively and charming \_\_\_\_\_ experience.

## ALTERNATIVE ACTIVITY

### Read it and Move

Read the following paragraphs about Biscayne National Park and do the attached short exercise.

#### -Get a fresh glass of water.

Biscayne National Park is 95% water, making it one of the largest marine parks in the National Park System. The park is renowned for its crystal-clear waters and diverse marine life, including colorful coral reefs, sea turtles, manatees, and various fish species. Snorkeling and scuba diving are popular activities for exploring the vibrant underwater world.

#### -Stand up from your chair and sit back down ten times.

The park encompasses four distinct ecosystems, including extensive mangrove forests. These coastal wetlands are crucial for protecting against erosion, providing habitat for marine life, and serving as nurseries for many fish species.

-Find a lightweight object near you, like a magazine or pillow, and do four arm lifts by raising the object in one hand, extending your arm over your head, and back down. Repeat four times with the other arm.

#### -Stand up from your chair and sit back down ten times.

*Answers: Northeast, oldest, Spanish, cobblestone, Castillo de San Marcos, Southwestern, beaches, Ringling Museum of Art, European, urban*

# Living In FLORIDA

## TOPICS: Florida History, Key West, Sarasota, St. Augustine

Tallahassee, the capital of Florida, is a charming city known for its unique blend of Southern hospitality and vibrant culture. You'll love strolling along the oak-lined streets and checking out the historical landmarks that reflect the city's rich heritage. And if you're looking for a more laid-back atmosphere, Key West is the perfect destination. With the tranquil beaches, crystal-clear waters, and escapism that defines the island, you'll feel like you're in paradise. Sarasota is another excellent spot to visit, especially if you love art and culture. The John and Mable Ringling Museum of Art is a must-see, and the Gulf Coast beaches are simply stunning. Another famous city is St. Augustine, the oldest city in the U.S. With its cobblestone streets and well-preserved Spanish colonial architecture, it exudes a unique charm you won't find anywhere else.

## HAVE YOU BEEN THERE?

Have you had the chance to visit Florida? The Sunshine State is renowned for its beautiful beaches, vibrant cities, and diverse attractions. Whether you've experienced the excitement of theme parks in Orlando, strolled along the white sandy beaches of Miami, or explored the unique ecosystems of the Everglades, Florida offers a wide array of experiences for visitors. If you've been, take a moment to reminisce about your favorite moments and discoveries. If not, is it a destination on your travel wish list? If you know someone who has also been to Florida, ask about their experiences to start a great conversation today!



Colorful Fun! coloring page - Key West

## ALTERNATIVE ACTIVITY

### Name One

*Read the question and try to name one answer.*

A Florida city on the Atlantic Ocean?

---

A Florida city on the Gulf Coast?

---

A destination in Key West?

---

One unique item to take to the beach?

---

One thing you love about the beach?

---

One animal you'd like to see in the Everglades?

---

## SPOTIFY PLAYLIST





# In My Life FLORIDA

## TOPICS: Miami Art Deco, Collectible Toys, Childhood Cartoons, Theme Parks

Our last theme for January is all about the fun activities we enjoyed during our childhood. Remembering the simpler joys of yesteryears can bring a flood of nostalgia, especially when it comes to toys, childhood cartoons, and the enchanting world of theme parks. Whether it's dolls, classic action figures, or treasured limited editions, toys have the power to evoke memories of carefree hours spent in imaginative play. These tangible links to the past become cherished relics, stirring emotions and stories of youthful innocence. Take some time today to remember your childhood and the things that made you smile.

## CARTOON CHARADES

Want to play a fun game with your friends? All you need are a pencil, some pieces of paper, a bowl or container, and your favorite childhood cartoon memories! Take a few minutes to talk to your friends about their favorite childhood cartoons. Then, write down the names of different cartoon characters on small pieces of paper. Next, take turns picking a piece of paper from the bowl. You need to voice mimic, act out or mime the cartoon character on the paper for your friends to guess. Set a timer for 1 to 2 minutes to guess the cartoon character. If you guess right, you get a point! Ensure everyone gets a turn to act out and guess the cartoon characters. It's a great way to spend time with friends and enjoy laughs together!

## ALTERNATIVE ACTIVITY

### Letter Word Game

Would you like to play a simple word game, by yourself or with a friend? Below is a list of several categories. Write them down on paper, leaving a few inches of space to fill in your answers. Choose a letter at random and set a timer for three minutes. Within this time limit, players try to come up with words for each category that start with the chosen letter.

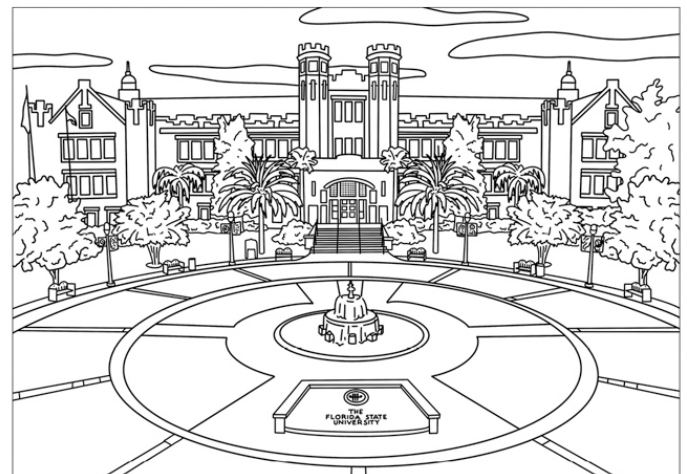
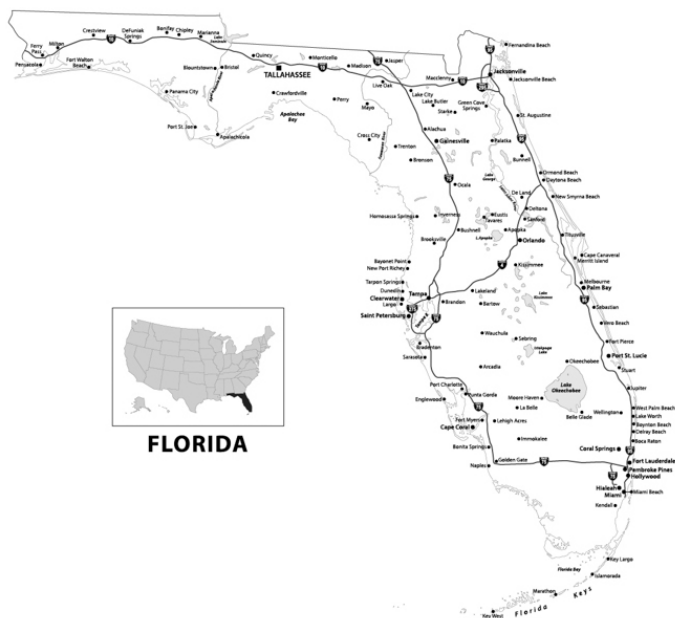
*Categories:*

**Toys**

**Childhood**

**School**

**Art & Hobbies**



Colorful Fun! coloring page - Tallahassee

# In My Life FLORIDA

## TOPICS: Miami Art Deco, Collectible Toys, Childhood Cartoons, Theme Parks

Our last theme for January is all about the fun activities we enjoyed during our childhood. Remembering the simpler joys of yesteryears can bring a flood of nostalgia, especially when it comes to toys, childhood cartoons, and the enchanting world of theme parks. Whether it's dolls, classic action figures, or treasured limited editions, toys have the power to evoke memories of carefree hours spent in imaginative play. These tangible links to the past become cherished relics, stirring emotions and stories of youthful innocence. Take some time today to remember your childhood and the things that made you smile.

## VIBRANT SIGHTS

The Art Deco buildings in Miami are known for their bright colors, neon lights, and unique geometric shapes. They are often featured in movies set in the city, particularly in South Beach. Have you ever had the chance to visit these buildings in person or seen any movies filmed in this area?

If you're a fan of this architectural style, check out some of the films made in these districts. Here are a few movies filmed in Miami's Art Deco neighborhoods. Have you seen any of these movies? If so, do you remember any of the featured buildings?

*The Birdcage* (1996): Starring Robin Williams and Nathan Lane, "The Birdcage" is a comedy film that includes scenes filmed in and around the Art Deco district of South Beach. The film features the colorful and lively atmosphere of the area.

*The Specialist* (1994): This action thriller, starring Sylvester Stallone and Sharon Stone, features scenes shot in various locations in Miami, including the Art Deco district. The film captures the city's distinctive architecture and atmosphere.

*Miami Vice* (2006): Based on the popular 1980s television series, the "Miami Vice" film adaptation, directed by Michael Mann, showcases various Miami locations, including the Art Deco architecture of South Beach.

## SPOTIFY PLAYLIST



## ALTERNATIVE ACTIVITY

### Disney Fill in the Blanks

Animal	Countries
Entertainment	Epcot
Lagoon	Magic Kingdom
Pirates	Safaris
Star	Technology

The \_\_\_\_\_ was the first theme park to open at Walt Disney World. It features iconic attractions such as Cinderella Castle, Space Mountain, \_\_\_\_\_ of the Caribbean, and the Haunted Mansion.

\_\_\_\_\_, short for Experimental Prototype Community of Tomorrow, opened in 1982. It is divided into two sections: Future World, focusing on \_\_\_\_\_ and innovation, and World Showcase, featuring pavilions representing different \_\_\_\_\_.

Disney's Hollywood Studios: Formerly known as Disney-MGM Studios, this park is themed around the \_\_\_\_\_ industry. It features attractions like the Twilight Zone Tower of Terror and the recently added \_\_\_\_\_ Wars: Galaxy's Edge.

Disney's \_\_\_\_\_ Kingdom: Opened in 1998, this park combines a traditional theme park with a zoo and features attractions such as Expedition Everest, Pandora – The World of Avatar, and the Kilimanjaro \_\_\_\_\_.

Disney World includes two water parks, Blizzard Beach and Typhoon\_\_\_\_\_, offering water attractions and experiences for visitors looking to cool off.

Answers: Magic Kingdom, Pirates, Epcot, Technology, Countries, Entertainment, Star, Animal, Safaris, Lagoon





Serving Whidbey and Camano islands

## **Programs and Services**

### **Resources and Coaching**

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.

### **Benefits Counseling**

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](http://www.senior-resources.org)

[reception@islandseniorservices.org](mailto:reception@islandseniorservices.org).