

WELLNESS PROGRAM GUIDE

February 2024



Wellness Program Guide

FEBRUARY 2024

WELCOME!

The 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 about 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 on childhood memories and moments like playing sports and classical toys.

Enjoy!

Your Ways 2 Wellness Playlists

LIVING IN PLAYLIST



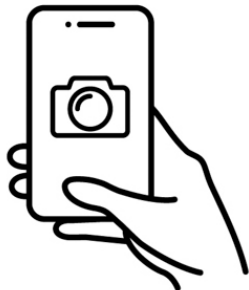
OUT & ABOUT PLAYLIST



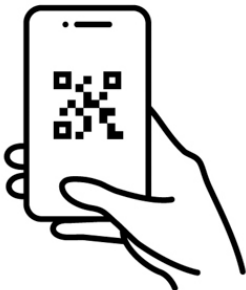
IN MY LIFE PLAYLIST



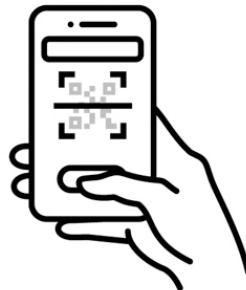
How to Scan QR Codes



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

FEBRUARY 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

We are visiting beautiful North Carolina this month. We will be tapping our toes to some great bluegrass music, and visiting beautiful cities as we travel through this historic state. Come along and discover why this state is so special.

OUT & ABOUT

Mountains, fried fish, barbecue and wildlife. North Carolina is a feast for the eyes and the stomach! We are trekking the Blue Ridge and Great Smoky Mountains, swimming at Cape Hatteras and climbing lighthouses. Fill your belly, have a good stretch, and get ready for adventure.

IN MY LIFE

We take a look back at folk music and Appalachian culture. We are also reminiscing on the origin of flight here in the USA. Let's stir some memories about the Golden Age of Flight when it was so special to fly somewhere in an airplane.

COLORFUL FUN

Thematic publications for dementia care.

LIVING IN

Come along with us to North Carolina. There is so much to see, do and eat! You will need your energy to dance to some hillbilly music and tour some of the state's beautiful historic cities and towns.

OUT & ABOUT

What is your favorite barbecue food? Do you prefer hamburger, ribs or shrimp on your barbecue plate? Whatever you prefer, eat up, because we are going to be busy exploring North Carolina's beautiful Blue Ridge and Great Smoky Mountains.

IN MY LIFE

What is your earliest memory of air travel? Did you fly on a plane as a child? We look back to where it all started in Kitty Hawk. What can you add to our memories?

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

- Bird Watching
 - Board Games or Puzzles
 - Pampering Session
 - Scenic Drive
 - Personalized Playlist
 - Online Learning Together
 - Ice Cream Social
 - Window Shopping
 - Stargazing Night
 - Karaoke Fun
 - Storybook Reading
 - Local History Exploration
 - Drive-In Movie
 - Create a Personalized Calendar
 - Yoga or Gentle Exercise
-

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!

- A rising tide lifts all... **boats**
- If you can't stand the heat, get out of the... **kitchen**
- Absence makes heart grow... **fonder**
- A cat has nine... **lives**
- If you're not part of the solution, you're part of the... **problem**
- A jack of all trades, but master of... **none**
- Beggars can't be... **choosers**
- A journey of a thousand miles begins with a single... **step**
- Necessity is the mother of... **invention**
- All is fair in love and... **war**

MOVEMENT TIPS

- Perform joint mobility exercises to maintain flexibility and reduce stiffness, focusing on movements for the wrists, ankles, and shoulders.
 - Engage in gardening activities, such as planting and weeding, to promote joint movement and strengthen muscles.
 - While sitting, lift and extend your legs to strengthen the lower body muscles.
 - Explore Pilates exercises for core strength, which can improve posture and stability.
-

NUTRITION TIPS

- Choose whole grains, legumes, and fruits to increase fiber intake for digestive health.
 - Include lean protein sources such as poultry, fish, beans, and nuts to support muscle health.
 - Opt for healthy fats from sources like avocados, nuts, and olive oil while limiting saturated and trans fats.
 - Practice mindful eating by paying attention to hunger and fullness cues to avoid overeating.
-

MINDFULNESS TIPS

- Engage in mindful eating by savoring each bite, paying attention to flavors, textures, and the overall eating experience.
- Keep a gratitude journal, jotting down three things you're grateful for each day to foster a positive mindset.
- Engage in activities that make you laugh, whether it's watching a comedy, sharing jokes, or spending time with humorous friends.
- Regularly connect with family and friends, whether in person, over the phone, or through video calls, to foster a sense of connection and support.

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.



My Home's Across the Blue Ridge Mountains - Doc Watson

Blue Ridge Mountain Girl - Blue Highway

Blue Ridge Mountain Song - Alan Jackson

Blue Side of the Mountain - The Steeldrivers

Carolina Moon - Dean Martin

Blue Ridge Mountain Blues - Doc & Merle Watson

Take Me Home Country Roads - John Denver

Rocky Top - Dolly Parton

Smoky Mountain Rain - Ronnie Milsap

Sittin on the Dock of the Bay - Otis Redding

Fishin Blues - Taj Mahal

Fisherman's Blues - The Waterboys

Leaving on a Jet Plane - Peter, Paul and Mary

Jet Airliner - Steve Miller Band

Come Fly With Me - Frank Sinatra

Cripple Creek - Buffy Sainte-Marie

Red Rocking Chair - Doc & Merle Watson

Old Joe Clark - Doc Watson

Wayfaring Stranger - Johnny Cash

Wagon Wheel - Old Crow Medicine Show

Carolina in My Mind - James Taylor

Carolina Girls - The Mixed Emotions

Talladega - Eric Church

Carolina Blues - Blues Traveler

Carolina Dreams - Ronnie Milsap

Jolene - Zac Brown Band

Amie - Pure Prairie League

Down Home - Alabama

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 NORTH CAROLINA

TOPICS: Raleigh, History, Bath Historic City, Asheville

Raleigh, the capital city of North Carolina, boasts a rich history intertwined with the legacy of Sir Walter Raleigh, the famed English explorer and adventurer. Established in 1792 as the state capital, Raleigh stands as a testament to its colonial roots and the visionary ideals of its founders. Sir Walter Raleigh's influence extends beyond the city's name, as his expeditions contributed to the exploration and colonization of the New World. The city's diverse cultural scene, thriving economy, and vibrant community make it a hub of activity in the state. While Raleigh and Asheville, another notable North Carolina city, differ in character, both contribute significantly to the state's unique identity. Additionally, the Bath Historic District, one of the state's oldest towns, provides a glimpse into North Carolina's colonial past with its well-preserved architecture and historic charm. Together, these elements create a tapestry of history, culture, and community in the heart of North Carolina.

FILL IN THE BLANKS

Asheville	Beaches
Birthplace	Blue
Great	Home
Islands	Lighthouse
Tar Heel	Triangle

North Carolina is known as the _____ of aviation and is often called the "_____ State." The Research _____ Park, located in the Raleigh-Durham area, is one of the largest research parks in the world. _____ is home to the Biltmore Estate, the largest privately owned _____ in the United States. North Carolina is part of the Appalachian Mountain range, home to a significant portion of the _____ Ridge Mountains. Part of the _____ Smoky Mountains National Park, shared with Tennessee, is in North Carolina. The Outer Banks, a string of barrier _____ off the coast of North Carolina, are known for their beautiful _____, historic sites like the Wright Brothers National Memorial, and the iconic Cape Hatteras _____.

Answers: Birthplace, Tar Heel, Triangle, Asheville, Home, Blue, Great, Islands, Beaches, Lighthouse

ALTERNATIVE ACTIVITY

A Pirate's Tale

The infamous pirate Blackbeard, whose real name was Edward Teach or Thatch, is associated with Bath, North Carolina, during the early 18th century. Bath was one of the major ports in the region during this time. In 1718, Blackbeard blockaded the port of Bath for several days. During this time, he confiscated goods and valuables from ships attempting to enter or leave the port.

Blackbeard's legacy has left an indelible mark on Bath and the coastal areas of North Carolina. The legend of his buried treasure has sparked numerous myths and stories. Bath commemorates its pirate history, including its association with Blackbeard, through historical markers, exhibits, and events. Visitors to Bath can explore the town's rich maritime history and learn about the exploits of one of the most infamous pirates in history.

How has Blackbeard's legacy endured over time? Have you heard any myths or legends associated with his name or story?

SPOTIFY PLAYLIST



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MOVE & GROOVE BINGO

Here's a simple and enjoyable movement game for seniors. This bingo game is designed to be gentle and adaptable to various abilities. It promotes flexibility, coordination, and social interaction by using exercises instead of numbers.

First, we need to make simple 4x4 bingo cards with different movements listed in each square.

Here are 20 exercises: Arm circles, Leg lifts, Toe taps, Seated marching, Shoulder shrugs, Neck stretches (gentle side-to-side), Side leg lifts, Seated torso twists, Ankle circles, Wrist stretches, Head nods (gentle up and down), Seated side stretches, Heel raises, Knee extensions, Seated bicycle kicks, Calf raises, Hand squeezes (gently make fists and release), Seated shoulder rolls, Side-to-side steps, Seated hip circles.

The goal is to complete a line (horizontal, vertical, or diagonal) by performing the movements listed on the bingo card. As you call out each movement, participants perform the action listed on their bingo cards. Encourage participants to move at their own pace and modify movements if needed. Call out "bingo!" and receive a small prize or treat once you complete a line on your bingo card.

SPOTIFY PLAYLIST



ALTERNATIVE ACTIVITY

How Many Words?

Scramble the letters from the words below. Try to come up with as many small words as possible.

Word 1: Mountains

Here are a few hints to help you get started: A canned fish, a squirrel snack, your dad's sister, a vehicle, a light brown color, a small bug, how to use a chair, a scientific building block, a yoga supply, the most important street in town, to leave out, a granola ingredient.

Word 2: Hatteras

Here are a few hints to help you get started: a period of time, another word for ocean, an object for your head, a location, how to warm your house, our planet, rubbish, a dessert, what your tongue does, the beginning of a race.

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WHO DO YOU KNOW?

North Carolina has been home to many notable individuals across various fields.

Andy Griffith was born in Mount Airy, North Carolina. He is best known for his iconic roles in "The Andy Griffith Show" and "Matlock."

The notable American novelist Thomas Wolfe was born in Asheville, North Carolina. His best-known works include "Look Homeward, Angel" and "You Can't Go Home Again."

Politician and former U.S. Senator Elizabeth Dole was born in Salisbury, North Carolina. She has served in various government roles, including as the U.S. Secretary of Transportation.

Widely regarded as one of the greatest basketball players of all time, Michael Jordan was born in Brooklyn, New York, but he spent much of his childhood in Wilmington, North Carolina.

Do you know anybody who was born in North Carolina, has lived in the state, or has visited before? Write one short sentence about the person, highlighting the area and describing their connection to the state.

ALTERNATIVE ACTIVITY

A Guiding Light

Cape Hatteras, situated on the Outer Banks of North Carolina, is a distinctive headland known for its natural beauty and historical significance. The iconic Cape Hatteras Lighthouse, marked by black and white stripes, is a testament to the area's maritime heritage. As part of the Cape Hatteras National Seashore, the region offers pristine beaches, dunes, and maritime forests, attracting visitors to swimming, surfing, and fishing activities. The cape's waters are notorious for shipwrecks, earning it the name "Graveyard of the Atlantic." Cape Hatteras is also a haven for diverse wildlife, providing a habitat for migratory birds, sea turtles, and various fish species. With its dynamic shoreline and popular spots like Cape Point, the area offers a unique blend of recreation, history, and natural wonders, making it a cherished destination for tourists and nature enthusiasts alike.

Can you name one lighthouse in your area? What color is it? Do you know its history, like when it was constructed and who used it?

SPOTIFY PLAYLIST



In My Life

NORTH CAROLINA

TOPICS: Folk Music, Fishing, Flying, Appalachian Culture

As we celebrate North Carolina's vibrant history, seniors can take a nostalgic trip down memory lane, revisiting the cherished moments of their youth. The soulful melodies of folk music that once filled the air in the heart of Appalachian culture can transport them back to simpler times, where each note carried a story. Imagine the joy of casting a fishing line into peaceful waters, sharing tales with friends, and relishing the thrill of a successful catch—a pastime etched in the memory of many seniors. Recall the days when the skies above witnessed the early days of aviation, from the Wright Brothers' historic flight to the present, capturing the awe-inspiring progress of airborne exploration. These are more than just recollections; they are precious threads of American cultural fabric, woven into the very fabric of seniors' youthful experiences, waiting to be shared and cherished once again.

LEADING THE WAY

North Carolina uses the phrase “first in flight” to commemorate the Wright Brothers. Orville and Wilbur Wright are credited with achieving the first powered, controlled, and sustained airplane flight in history. This groundbreaking event occurred on December 17, 1903, near Kitty Hawk, North Carolina.

On that historic day, the Wright Brothers successfully piloted their aircraft, the Wright Flyer, for 120 feet in 12 seconds. This remarkable achievement marked a monumental milestone in aviation history and laid the foundation for the development of modern aviation.

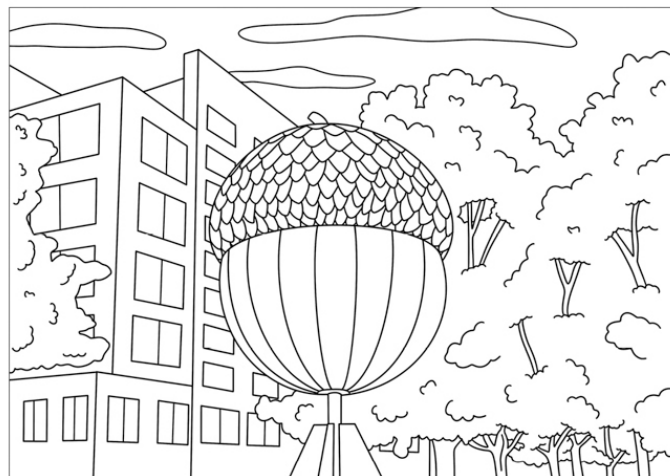
Can you recall when you were the first to do something in your group? It could be anything — starting a new tradition, trying an adventurous activity, or even pioneering a unique idea.

ALTERNATIVE ACTIVITY

Made by Hand

North Carolina is known for its Appalachian crafts, including pottery, basket weaving, and woodworking. The state hosts numerous craft fairs and festivals where artisans showcase their skills and traditional creations. Have you ever been to a craft fair? What types of crafts do you enjoy? What draws you to these specific crafts?

SPOTIFY PLAYLIST



Colorful Fun! coloring page - Raleigh

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MEMORY LANE DUO

Here's a simple "get to know you" memory game for a pair to play. All you need is a friend, a pen, and a few small pieces of paper. Each player will take a moment to think of three memorable experiences from their past. These can be funny, heartwarming, or significant events. On their pieces of paper, each player writes down a brief description of their three memories. They can include details like the time, place, people involved, and emotions felt during the event. Exchange papers and allow each partner to read about the memories. Don't discuss anything yet; just absorb the information. After reading, players return the papers to each other and take turns trying to recall the details of their partner's memories. This encourages active listening and memory retention.

Once both players have had a chance to recall the memories, they can discuss each memory together. Share additional details, ask questions, and talk about the significance of each experience.

After both players have shared and recalled memories, take a moment to reflect on what you've learned about each other.

SPOTIFY PLAYLIST



ALTERNATIVE ACTIVITY

Memorable Moments

Reflect on a moment from your life that holds a special place in your heart. It could be an event, a milestone, or even a simple, everyday occurrence. Describe the details of the moment and the emotions it evoked. What makes this memory stand out to you? How does it contribute to the person you are today? Take a journey back in time through your words and share the significance of this memorable moment in your life with a friend or family member.



Colorful Fun! coloring page - North Carolina History

In My Life

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THE LEGEND OF THE TALKING ROCKS

Let's explore a lighthearted and whimsical piece of Appalachian folklore from North Carolina. Here's the story of the "Talking Rocks."

In a secluded valley nestled deep within the Appalachian Mountains of North Carolina, a magical place exists where rocks are said to come to life and speak with one another. According to the local folklore, this enchanting phenomenon occurs at a special time each year during the spring equinox.

As the legend goes, when the first rays of sunlight touch the valley floor on the morning of the equinox, the rocks awaken from their slumber. Each rock, with its unique personality, starts sharing tales of ancient times, stories of the natural world, and the whispered secrets of the mountains.

It is said that those fortunate enough to be present in the valley during this magical moment can witness the rocks humming with gentle vibrations as they engage in lively conversations. Some even claim to have heard laughter and melodious tunes from the talking rocks.

The origin of this delightful legend is rooted in the deep connection that Appalachian communities have with nature. The story serves as a reminder to cherish and appreciate the natural wonders surrounding them, fostering a sense of wonder and joy. Today, locals celebrate the arrival of spring by sharing stories, playing music, and enjoying the beauty of the Appalachian landscape, keeping the spirit of the Talking Rocks alive in their hearts.

What do you think of this piece of folklore? Is there anything in nature that you feel connected to? Do you know of any folklore stories from your area that celebrate the changing of seasons?

ALTERNATIVE ACTIVITY

A Fishing Trip

Take a trip down memory lane to your childhood and recall your fishing adventures. Whether with family or friends or on a solo expedition, share the details of that fishing experience. What was the setting like? Can you vividly remember that day's sights, sounds, and smells by the water? Describe the excitement of catching a fish or the peaceful moments spent waiting for a nibble. Reflect on how these childhood fishing adventures might have shaped your connection to nature or influenced your love for the great outdoors.

SPOTIFY PLAYLIST





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

reception@islandseniorservices.org.