

WELLNESS PROGRAM GUIDE

March 2024



Wellness Program Guide

MARCH 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



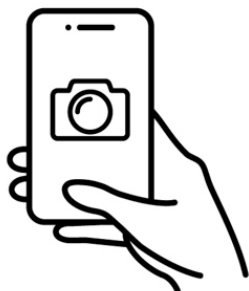
OUT & ABOUT PLAYLIST



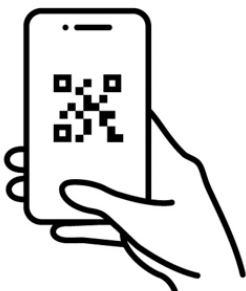
IN MY LIFE PLAYLIST



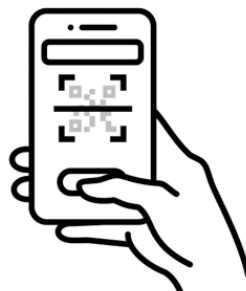
How to Scan QR Codes



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!

15 MAGICAL MOMENTS

- DIY Craft Fair
- Fishing Trip
- Letter Writing
- Virtual Pet Visit
- Drive Through Coffee Date
- Cooking Class at Home
- Family Video Call
- Outdoor Art Exhibition
- Balloon Release
- Gentle Yoga Retreat at Home
- Local Farmers Market Visit
- Cookie Decorating
- Personalized Storybook
- Local Live Music Event
- Dance Party

MEMORY JOGGERS



SCAN ME

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

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

- Easier said than... **done**
- Don't judge a book by its... **cover**
- A penny for your... **thoughts**
- Time flies when you're having... **fun**
- Actions speak louder than... **words**
- Up a creek without a... **paddle**
- Close, but no... **cigar**
- Don't count your chickens before they... **hatch**
- Back to the drawing... **board**
- Best thing since sliced... **bread**

Ways 2 Wellness Publication Guide

MARCH 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

Let's travel up to Canada! We can learn the history of the Indigenous people, visit amazing cities, and find out what Canadians love to eat.

OUT & ABOUT

We are trekking and skiing through Banff National Park in Canada as well as taking in some history at the Royal Ontario Museum.

IN MY LIFE

While we are in Canada let's take in the mighty Niagara Falls. Then we will explore some famous lighthouses and recall the winter adventures of our youth.

COLORFUL FUN

Thematic publications for dementia care.

LIVING IN

Have you been to Canada? It has a rich cultural history and beautiful scenery. Come on an adventure with us to this amazing land.

OUT & ABOUT

We might do some skiing in the Canadian Rockies or maybe we will just stay snug with some hot chocolate as we tour through some museums. Either way, we will have a great time Out and About in Canada.

IN MY LIFE

Have you ever climbed up a lighthouse? We are visiting some famous lighthouses this month and looking back on some of the great winter adventures we had as kids.

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.

MOVEMENT TIPS

- Engage in daily walks to improve cardiovascular health, boost mood, and maintain mobility.
 - Incorporate seated exercises, such as leg lifts and seated marches, to enhance strength and flexibility.
 - Develop a regular stretching routine to improve flexibility and reduce the risk of injury.
 - Include activities that enhance balance, such as standing on one foot or heel-to-toe walking, to prevent falls.
-

NUTRITION TIPS

- Minimize the intake of foods and beverages high in added sugars for better blood sugar control.
 - Be mindful of portion sizes to prevent overconsumption and maintain a healthy weight.
 - Try to maintain regular meal times to help regulate metabolism and digestion.
 - Prepare meals at home using fresh ingredients to have more control over the nutritional content.
-

MINDFULNESS TIPS

- Engage in volunteer work or help others in your community. Acts of kindness can provide a sense of purpose and satisfaction.
- Reflect on past challenges you've overcome, emphasizing your resilience and strength in navigating difficult situations.
- Set positive intentions for the day ahead, focusing on what you want to achieve and the positive aspects of your experiences.
- Enjoy a cup of tea or coffee mindfully, paying attention to the aroma, taste, and warmth of the beverage.

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.



Coyote - Joni Mitchell
The Fisherman's Lament - Great Big Sea
From This Moment On - Shania Twain
Snowbird - Anne Murray
Land Of The Silver Birch - Melinda Carroll
The Logdriver's Waltz - Captain Tractor
Wild Mountain Thyme - Emmylou Harris
Four Strong Winds - The Kingston Trio
Song For The Mira - Anne Murray
Canada In My Pocket - Michael Mitchell
California Dreamin' - The Mamas & The Papas
Cold, Cold Heart - Hank Williams
Baby, It's Cold Outside - Frank Sinatra, Dorothy Kirsten
Winter Winds - Mumford & Sons

Winter In My Heart - The Vett Brothers
Snowin' on Raton - Emmylou Harris
Let It Snow! Let It Snow! Let It Snow! - Frank Sinatra
I Love The Winter Weather - Tony Bennett
Alberta Bound - Gordon Lightfoot
Moondance - Michael Buble
Summer of '69 - Bryan Adams
The Hockey Song - Stompin' Tom Connors
River - Joni Mitchell
Sundown - Gordon Lightfoot
This Land Is Your Land - Travelers
Canadian Railroad Trilogy - Gordon Lightfoot
Canadian Girls - Dean Brody
Now That I Found You - Terri Clark

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 CANADA

TOPICS: Quebec, Indigenous Peoples, Toronto, Banff National Park

Canada extends a warm welcome, inviting you to uncover experiences that await. Explore the enchanting charm of Quebec, where cobblestone streets and historic architecture transport you to a bygone era. Immerse yourself in the vibrant tapestry of Indigenous cultures, discovering traditions and stories that have shaped Canada's identity. In the bustling metropolis of Toronto, embrace the cosmopolitan energy as you explore iconic landmarks and cultural hubs. For nature enthusiasts, Banff National Park in the Canadian Rockies promises awe-inspiring landscapes, pristine lakes, and the majesty of the mountains. Canada beckons seniors to embark on a journey of discovery, blending history, culture, urban vibrancy, and natural splendor for a truly enriching experience.

YOUR OWN MATCHING GAME

Think of five famous couples, like Fred and Wilma Flintstone or Humphrey Bogart & Lauren Bacall. Then, think of five couples in your life. Write all your couples' names below. We will use them to play a fun memory game.

Famous Couples

1. _____
2. _____
3. _____
4. _____
5. _____

In my Life Couples

1. _____
2. _____
3. _____
4. _____
5. _____

We will create our own memory-matching game using the ten couples listed above. Cut index cards or small pieces of paper into 20 pieces. Write on name on each piece of paper. Shuffle the cards and place them face down on a table or any flat surface. The aim of the game is to find matching pairs by turning over two cards simultaneously. Each player takes turns flipping over two cards. If the cards match, the player keeps the pair and gets another turn. If the cards don't match, they are turned face down again, and the next player takes a turn. The game continues until all pairs are found. This activity is a fun way to test your memory and, if playing with a friend, a chance to learn more about their family or friends.

ALTERNATIVE ACTIVITY

Cookie Decorating

Looking for a fun and tasty activity to do with friends? Cookie decorating is the perfect choice! Choose where you will do the decorating (maybe it will be your house). Set up a cozy and clean workspace with pre-baked cookies in different shapes, colorful icing, bowls of sprinkles, and candy toppings, and don't forget a few spoons. To make things more interesting, choose a theme like Canadian colors or winter designs. You'll have a blast sharing ideas and helping each other out. And what's better than some refreshing tea or coffee and soothing music in the background? Wrap up the activity by creating a display area for your finished cookies and take your sweet creations home in prepared bags. Let's get decorating!

SPOTIFY PLAYLIST



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NATIONAL SYMBOLS

Canada has several national symbols representing its identity and heritage. Can you draw a line to match the correct answers?

On the Canadian Flag	A Mari Usque Ad Mare
National Anthem	A Beaver
Emblem	Trillium
Motto	Maple Leaf
Flower	Eastern White Pine
Tree	O Canada



Colorful Fun! coloring page - Toronto

Answers: On the Canadian Flag: Maple Leaf, National Anthem: O Canada, Emblem: A beaver, Motto: A Mari Usque Ad Mare, Flower: Trillium, Tree: Eastern White Pine

ALTERNATIVE ACTIVITY

Skiing-Inspired Exercises

Many Canadian athletes love to ski down the mountains in the winter snow. To improve your skiing abilities, focusing on exercises that enhance strength, balance, flexibility, and endurance is beneficial. Here are some exercises you can do at home that interest any athlete who loves to ski or needs strong legs.

Leg Exercises: Strong legs are crucial to skiing and mobility.

Build quadriceps and hamstring strength by doing squats. Do five squats.

Forward and side lunges help improve leg strength and stability. Make five forward lunges and five side lunges.

Flexibility and Mobility: Stretching often will improve flexibility and daily movements.

Perform stretches to enhance overall flexibility. Reach your arms up over your head and lower them down to your legs. Do this ten times.

Do five more squats. Then, reach your arms over your head and then lower them down to your legs five more times.

Exercising for a short period of time every day will drastically improve your overall strength. Pick a time in the day when you feel the most energetic to do these skiing-inspired exercises.

SPOTIFY PLAYLIST



Out and About CANADA

TOPICS: Royal Ontario Museum, Skiing Canadian Rockies, Niagara Falls, Canadian Cuisine

Envision an extraordinary journey to Canada, where a mosaic of experiences awaits your exploration. Immerse yourself in the cultural treasures at the Royal Ontario Museum, offering a captivating exploration of history, art, and natural wonders. For those seeking adventure, the Canadian Rockies beckon with world-class skiing opportunities, where crisp mountain air and breathtaking landscapes create an idyllic winter retreat. Discover the awe-inspiring spectacle of Niagara Falls, a natural wonder that never fails to leave a lasting impression. Indulge in the culinary delights of Canada with its renowned seafood cuisine, where the freshest catches from the Atlantic and Pacific coasts promise a delectable culinary journey. Canada invites seniors to embrace the diversity of its attractions, promising a blend of culture, adventure, natural beauty, and gastronomic delights for an enriching and memorable experience.

FOSTERING CONNECTIONS

Indigenous peoples in Canada, including First Nations, Inuit, and Métis, possess a rich cultural heritage and diverse histories that have shaped the country for thousands of years. With a presence dating back well before European contact, Indigenous communities across Canada maintain unique languages, traditions, and spiritual practices. Despite historical challenges, Indigenous peoples contribute significantly to Canada's cultural mosaic. Efforts are ongoing to preserve and revitalize Indigenous languages, promote cultural understanding, and address historical injustices. Today, Indigenous communities play a vital role in shaping Canada's social, political, and economic landscapes, fostering resilience, and advocating for their rights and self-determination. Recognizing and respecting the contributions of Indigenous peoples is an essential step toward reconciliation and building more robust, inclusive connections within the Canadian nation.

After reading the above paragraph, take some time to think about your own life and experiences with people from different backgrounds.

How can we preserve and revitalize languages?

What is one way to promote cultural understanding?

Is there anything that you can do today to build a stronger, more inclusive connection with someone from another heritage or background?

ALTERNATIVE ACTIVITY

Explore Online

Nestled in the heart of the Canadian Rockies in Alberta, Banff National Park stands as a majestic testament to the beauty of the natural world. Established in 1885, it is Canada's first national park and a UNESCO World Heritage Site. Renowned for its stunning mountain scenery, turquoise glacial lakes, and abundant wildlife, Banff attracts nature enthusiasts and adventurers alike. Iconic landmarks such as Lake Louise and Moraine Lake, framed by rugged peaks, draw visitors seeking a breathtaking alpine experience. The park offers a range of outdoor activities, from hiking and skiing to wildlife watching. The charming town of Banff, located within the park, provides a gateway to this pristine wilderness, combining the allure of nature with the comforts of a vibrant mountain community. Banff National Park remains a cherished haven where visitors can immerse themselves in the untamed beauty of the Rockies.

Here is a link to the official Parks Canada website: parks.canada.ca/pn-np/ab/banff. Put this into a computer browser and show a friend the beauty of Banff today! This is a great activity to introduce seniors to technology they may be unfamiliar with. If you don't have access to a computer, talk or think about what computers mean to you. How has technology changed throughout your life?

SPOTIFY PLAYLIST



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A DAY AT THE MUSEUM

A day at the museum is a journey into knowledge, culture, and history. The experience is akin to stepping into a living encyclopedia, where every exhibit holds the promise of discovery. From ancient artifacts to modern marvels, a museum visit offers a chance to marvel at the wonders of the natural world, explore diverse cultures, and witness the evolution of human creativity. It's a day of wandering through corridors lined with artifacts, standing before the remnants of ancient civilizations, and immersing oneself in the stories told by each carefully curated display.

The Royal Ontario Museum (ROM) in Toronto, Canada, is known for its diverse and extensive collection that spans natural history, world cultures, and art. Here are a few of the most popular exhibits at the ROM:

Dinosaur Gallery: This exhibit features an impressive collection of dinosaur fossils, including a *Tyrannosaurus rex* and other ancient specimens.

Ancient Egypt: This exhibit showcases artifacts, mummies, and insights into the daily life and rituals of this ancient culture.

Bat Cave: The Bat Cave is a popular exhibit allowing visitors to experience the sights, sounds, and smells of a realistic bat habitat.

First Peoples Gallery: The First Peoples Gallery provides insights into Canada's Indigenous peoples' history, culture, and traditions.

Think about a time when you visited a museum. Where was it? What were your favorite types of exhibits? Describe how you felt after seeing historical artifacts.

ALTERNATIVE ACTIVITY

A Sense of Wonder

The first sight of Niagara Falls is often met with sheer amazement. Witnessing the mighty cascading waters against the lush greenery is a visual spectacle. The falls consist of three primary sections: the Horseshoe Falls (largest and most famous), the American Falls, and the Bridal Veil Falls. Each section offers a unique perspective and an excellent opportunity for photography. Taking the Maid of the Mist boat tour is a must-do experience. You are provided with a blue poncho to wear, and you get up close to the falls, feeling the mist on your face as the boat navigates the turbulent waters.

In your life, have you ever visited Niagara Falls or seen a mighty waterfall? If so, what was your experience like?

SPOTIFY PLAYLIST



In My Life CANADA

TOPICS: Winter Adventures, Ice Hockey, Playing in the Snow, Cold Weather Animals

As we celebrate Canada's rich history, seniors can fondly revisit the enchanting winter wonderland of their youth. The joyous moments of playing in the snow, bundled up against the crisp air, evoke a sense of nostalgia for the simple pleasures of winter adventures. For those who once laced up their skates and glided across frozen ponds, the exhilaration of playing hockey becomes a cherished memory, filled with laughter and camaraderie. Winter in Canada, with its snow-covered landscapes and wildlife gracefully navigating the cold, provides seniors with unique opportunities for wildlife viewing. The sight of woodland creatures leaving their delicate footprints in the snow serves as a testament to the beauty and resilience of nature. These memories of winter escapades, filled with laughter, sportsmanship, and the wonders of wildlife, continue to warm the hearts of Canadian seniors as they reflect on the magic of their snowy days gone by.

GIVE ME A 1, AND A 2, AND A 3

Think of 1 thing that you would like to learn:

Think of 2 people in your life who know how to do this:

Now, think of 3 ways that you could learn how to do it:

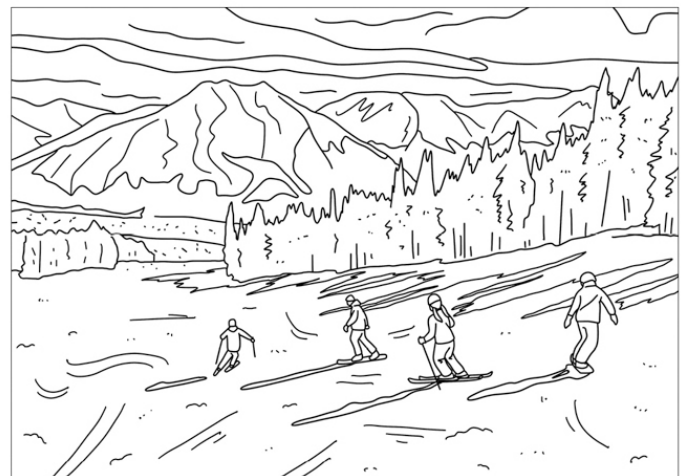
Achieving goals starts by breaking big goals into smaller, doable steps. Challenges will come up, but they're chances to learn and grow. To succeed, stay focused and celebrate small wins to keep motivated.

ALTERNATIVE ACTIVITY

Can you imagine?

Many people have never seen snow. Are you one of those people? Can you imagine what it would be like to see snow for the first time and experience the cold air that winter brings? Can you think of any questions someone who has never seen snow might ask?

SPOTIFY PLAYLIST



Colorful Fun! coloring page - Winter Adventures

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WHO PLAYS IT?

Think of all the musicians in your life. Do you know anybody who plays each instrument below? If so, write down their name. Do you play any instruments? If you were to be able to learn one of the instruments below, which would you choose?

Piano

Guitar

Violin

Cello

Flute

Saxophone

Drums

Trumpet

Clarinet

Bass Guitar

Harp

Trombone

ALTERNATIVE ACTIVITY

Fill in the Blanks

Adventures	Cabins
Evergreen	Footsteps
Lakes	Landscapes
Magic	Postcard
Snowflake	Warmth

An ideal winter wonderland conjures images of pristine, snow-covered _____ where each _____ glistens in the soft glow of sunlight or moonlight. Towering _____ trees wear a heavy coat of snow, creating a tranquil scene straight from a holiday _____. Frozen _____ reflect the clear, crisp sky, and the air is filled with the hushed whispers of falling snow. The ground sparkles under the sunlight, and the sound of _____ on freshly fallen snow echoes the quiet beauty of winter. Cozy _____ with smoke curling from chimneys dot the landscape, promising _____ and comfort. This winter wonderland invites you to embrace the _____ of the season, where the stillness of the surroundings contrasts with the vibrant joy of snowy _____.

Answers: Landscapes, Snowflake, Evergreen, Postcard, Lakes, Footsteps, Cabins, Warmth, Magic, Adventures



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

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