



THE ALZHEIMER
SOCIETY *of* IRELAND

February 2022 Activity Pack





Dear Friends,

Love is in the air and Spring is on its way!

Love comes in all shapes and sizes – from parent to child, in lover's kisses, shared with friends, in the eyes of our pets, to the kindness of strangers. This February we'd like to look at love in all its forms and encourage you to reflect on the gestures of kindness that surround you – both big and small.

This month's activity pack is full of crafts, stories, songs, and pictures to have you thinking about those around you and how you might like to express how you feel, and in return recognize the love given to you.

Signs are all around us... even as the daffodils begin to peek their head above ground as the weather gets milder you will see some bloom with butter yellow petals enhanced by a bright orange trumpet – the name of which is "Loveday"!

Wishing you every kindness this month

- All of Us in the ASI



"There are as many forms of love as there are moments in time"
Jane Austen



Useful Resources:

- Our Free Helpline is available at: **1800 341 341**
- 50808 text service: 50808 provides a safe space where you're listened to by a trained Crisis Volunteer. You'll text back and forth, only sharing what you feel comfortable with. **Text the word "hello" to 50808 to begin.**
- Age and Opportunity have expanded their Azure Programme to help those living with dementia engage with arts and culture in a meaningful way. To find out more visit:
<https://ageandopportunity.ie/engage/azure-dementia-friendly-tours/>
- The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>
- M4D Radio is a 24/7 online radio station with songs specifically picked to evoke memories and aid reminiscence. To find out more and to listen, please visit: <https://m4dradio.com/>
- Contact ALONE if you have concerns about your own wellbeing, or the wellbeing of an older person you know. Their National Support Line is available seven days a week from 8am – 8pm on **0818 222 024**
- Emergency Response Numbers: **999 or 112**
- HSE 24/7 Your Mental Health Information Helpline: **1800 111 888**

Table of Contents

<u>Activity</u>	<u>Pages</u>
February Number Ones	5
Tree of Love	6
Easy Sugar Cookies	7 - 8
Valentine's Wordsearch	9
Adoration Wordsearch	10
A Valentine Poem	11
My Loves Poem	12
Love Finds a Way Maze	13
A Tale of Saint Brigid	14
Tales of Marriage	15 - 16
I-Spy and Counting Game	17
Paper Roses Craft	18 - 21
Paper Roses Lyrics	22
Nora Lyrics	23
Paper Cones Craft	24
Pictures to Colour	25 - 30
Make your Own Card	31 - 32

February Number Ones

- ★ How many of these classic chart topping songs do you remember?
- ★ Can you hum the tune or even sing a verse or two?
- ★ As a game, get a friend or carer to play the beginning of one of these songs and see if you can guess which one it is – then have a sing along!

<u>DATE</u>	<u>TITLE</u>	<u>ARTIST</u>	<u>WEEKS AT NO.1</u>
06/02/1953	DON'T LET THE STARS GET IN YOUR EYES	PERRY COMO WITH THE RAMBLERS	5
17/02/1956	MEMORIES ARE MADE OF THIS	DEAN MARTIN	4
22/02/1957	YOUNG LOVE	TAB HUNTER	7
27/02/1964	ANYONE WHO HAD A HEART	CILLA BLACK	3
04/02/1965	YOU'VE LOST THAT LOVING FEELIN'	RIGHTEOUS BROTHERS	2
14/02/1968	MIGHTY QUINN	MANFRED MANN	2
22/02/1975	MAKE ME SMILE (COME UP AND SEE ME)	STEVE HARLEY & COCKNEY REBEL	2
19/02/1977	WHEN I NEED YOU	LEO SAYER	3
03/02/1979	HEART OF GLASS	BLONDIE	4
09/02/1985	I KNOW HIM SO WELL	ELAINE PAIGE & BARBARA DICKSON	4
20/02/1988	I SHOULD BE SO LUCKY	KYLIE MINOGUE	5
22/02/1992	STAY	SHAKESPEAR'S SISTER	8
02/02/2002	HERO	ENRIQUE IGLESIAS	4

Tree Of Love

Take a moment to think of those around you who mean the most to you. Write their names below on the Tree of Love and don't forget to include your own! Then write a key word such as "love", "family", "warmth" in the space below the hearts to finish it off. You can keep this heart somewhere you can see it to remind you each day of all the love surrounding you – you can even add on more hearts and names if you like!



Easy Sugar Cookies (recipe from Bellyfull website)

Quick and easy sugar cookies made with only 4 pantry ingredients and no egg!

Prep Time: 10 mins

Cook Time: 15 mins

Cool down: 15 mins

Total Time: 40 mins

Ingredients

- 225 grams unsalted butter at room temperature
- 180 grams granulated sugar , plus a little extra for dusting/rolling
- 250 grams tablespoon all-purpose flour
- 1 teaspoon of vanilla extract
- To Decorate: icing, sprinkles, sweets, chocolate etc - if desired

Instructions

1. Preheat oven to 160 degrees Celsius.
2. Line two large baking sheets with parchment paper.
3. In a medium bowl, using a handheld electric mixer, beat together butter, sugar and vanilla until combined. (It will be a little gritty - that's ok.)
4. Add in flour bit by bit and blend well.
5. Roll the dough into roughly 1-inch high balls.
6. Sprinkle some extra sugar onto your countertop and gently roll the balls in it until lightly coated; then transfer to the baking sheets two inches apart.
7. With the bottom of a glass or your palm, press down on the balls to flatten. If you wish you can either shape with your hands or a

cookie-cutter into a heart shape but this is optional . The dough should end up being between roughly 1/4 inch thick - they will look pretty small in circumference, but they will spread a bit to a normal size cookie.)

8. Bake for 14-16 minutes or until just slightly golden around the edges and on the bottom.
9. Remove from the oven and let rest on the baking sheets for at least 10-15 minutes (don't skip this step!) before cooling completed on a wire rack
10. Decorate with icing, chocolate, sprinkles, sweets or whatever you wish
11. Enjoy!



Valentines Wordsearch

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

ADMIRER

BETROTHED

CHOCOLATE

GIFT

LOVE

VALENTINE

BALLOONS

CARDS

FOURTEENTH

HEART

SECRET

YOURS

Adoration Wordsearch

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

ADMIRE

ATTRACTION

CUPID

FONDNESS

LOVEBIRDS

PARTNER

TENDER

ADORE

CARING

FAMILY

FRIENDS

LOVING

SPOUSE

A Valentine

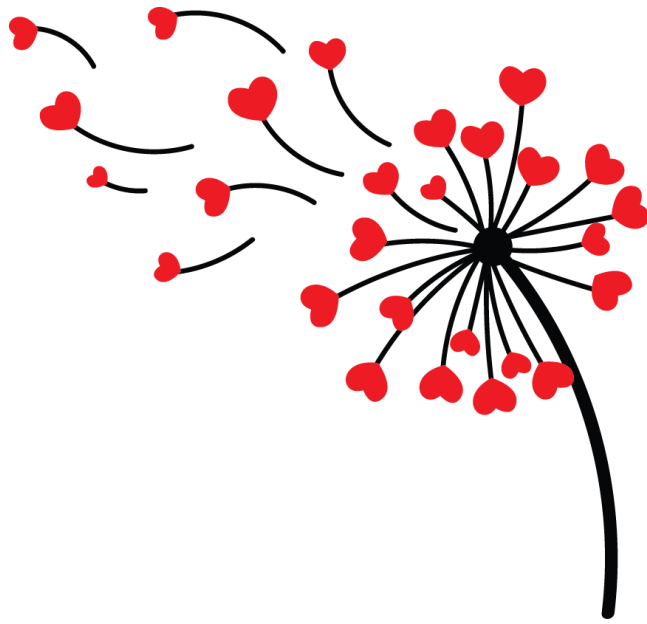
By Priscilla Jane Thompson

Out of the depths of a heart of love,
Out of the birth-place of sighs,
Freighted with hope and freighted with fear,
My all in a valentine, hides.
Oh, frail little missive
Of delicate texture,
Speed thee, on thy journey,
And give her a lecture!
Fathom her heart, that seems to me, cold,
Trouble her bosom, as mine,
Let it be mutual, this that I crave,
Her 'yes' for a valentine.
Oh, frail little missive,
In coy Cupid's keeping,
Oh! speed back a message,
To set my pulse leaping.



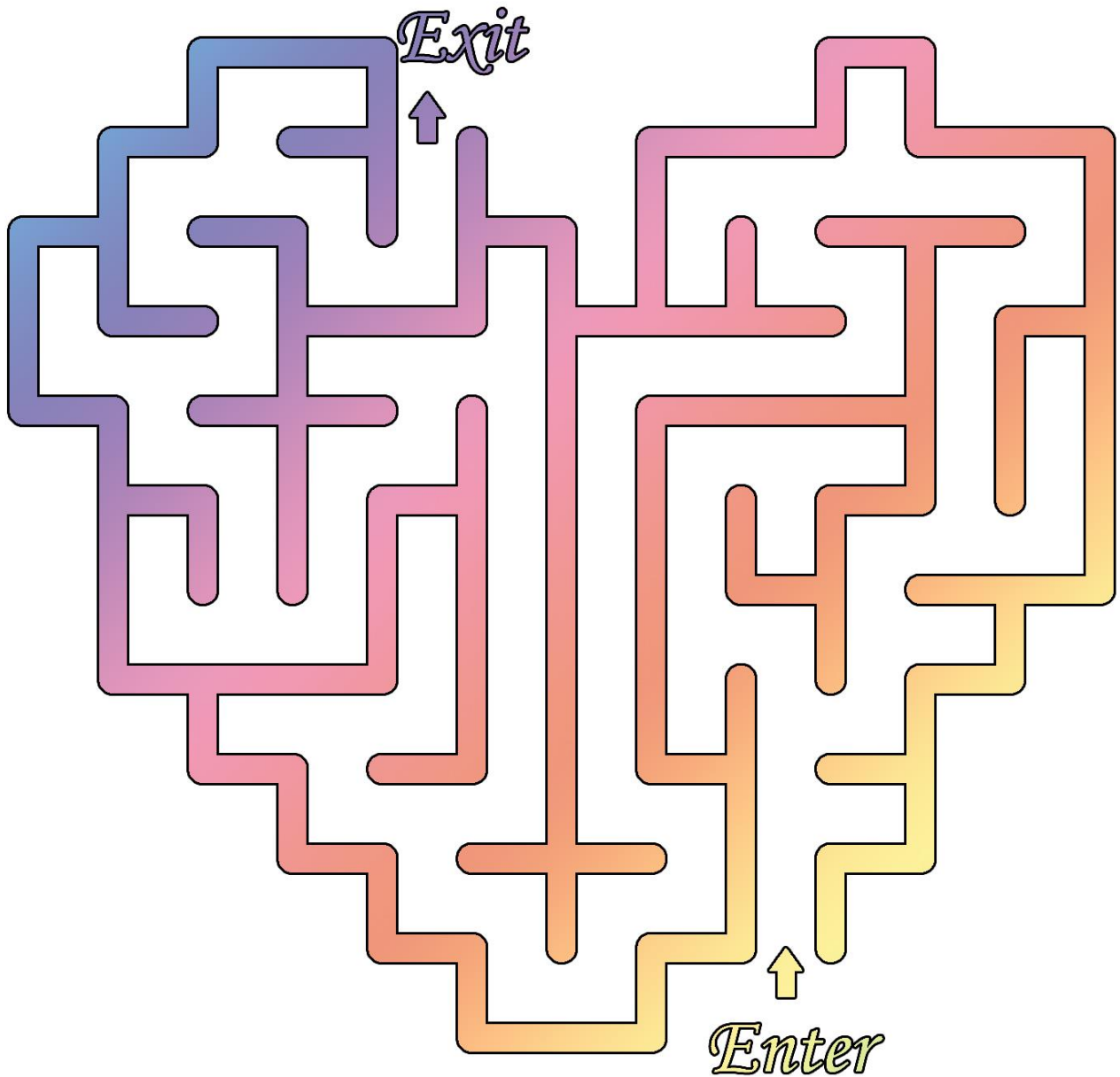
My Loves
By Langston Hughes

I love to see the big white moon,
A-shining in the sky;
I love to see the little stars,
When the shadow clouds go by.
I love the rain drops falling
On my roof-top in the night;
I love the soft wind's sighing,
Before the dawn's gray light.
I love the deepness of the blue,
In my Lord's heaven above;
But better than all these things I think,
I love my lady love.



Love Finds a Way

Find the way through this loveheart maze



A Tale of St. Brigid

St Brigid's crosses are made nearly in all parts of the country to this day. They are made of rushes and it is said that hanging one on your door will protect the house from fire.



It was St Brigid who made the first rush cross and there is a story connected with it: One day while St Brigid was in a Convent in the County Mayo she went walking with a number of other Sisters. St Brigid said she wanted to visit a house some distant off. She and another started on their way. Before they got back the foggy dark night fell. They saw a light some distance off and they went to it to enquire the way. It happened to be the house of a pagan. They were greeted cheerfully and asked inside. St Brigid said she would like a drink, that she was thirsty. St Brigid wore a cross on her outfit. The man and woman of the house had a whisper and the woman asked St Brigid if she would like another drink, and she said she did not mind. This time the women went to the room to get the drink. Just as St Brigid was about to take some of the drink an angel appeared to her and told her that the drink was poisoned. There were rushes on the floor and St Brigid stooped down and pick up one and formed a cross of it. She put one end of the cross into the drink and whatever poison was in the drink came out on the rush. She then drank it and asked the woman why did she want to poison her. The woman almost fainted at this and admitted she wanted to get the cross and fell at the feet of St Brigid and asked pardon. St Brigid forgave her and gave this blessing: "whoever shall make a rush cross and have it blessed in honour of my escaping from been poisoned, they shall have good luck."

Local Marriage Customs (A Tale from Co. Sligo, 1938)

There are various marriage customs in this country, not so many now as years ago. At one time there was a marriage custom that if a boy and girl intended getting married and their parents did not wish it the young pair ran away with each other. He took her away to a friend's house of his and left her there until she was claimed by her parents, then they were married after a certain time. Another custom that was in vogue: - if a young man wanted to get married and knew where there was a young girl with a large fortune he bought a bottle of whiskey and got a neighbour or nearest friend to take the bottle of whiskey and go to the girl's house. When he arrived at the house the friend told her parents his business was that he wanted their daughter in marriage for a certain young man. If he was made welcome the bottle of whiskey was produced and drank and he was told to bring his friend with him on a certain night which was named and a marriage was arranged between the young people - although they had never known each other before. This form of marriage was called match-making.

Old Time Marriages

A Tale from Co. Mayo told in 1937!

In the remote parts of this country the old customs regarding marriages haven't changed much with the march of the time. The good old folks of long ago would be horrified at anything trivial or joyous as they looked upon marriage the most serious undertaking in life. When a young man decided to get married he choose some male elder whom he thought capable and of good understanding to interview the father of the girl of his choice. If the father approved

of the young man they were invited to call, but the hour or date of this call was never mentioned as it was to take the appearance of a surprise visit in the young girl's eyes. The call was invariably at midnight and the visitors kept an eye to see if the young girl had her lamp trimmed. Then she was supposed to prepare tea - making hot soda, cakes, and it was noticed how deftly or otherwise she did it. Meantime the men were having a drink which the friend had brought in his pocket.

After tea, negotiation as to the dowry etc began and as a matter of course the bride to be was asked if she was "pleased."

The marriage then took place with the least delay, but let it be remembered the couple have scarcely a bowing acquaintance put to this time! The wedding party is on horseback. The woman riding pillion fashion. There is usually a race from the Church - the rider who arrives first at the bride's home had the honour of distributing the first drink to the wedding party. After this a simple tea is given and then Bacchus (wine) becomes master of ceremonies and the elements ring with song.

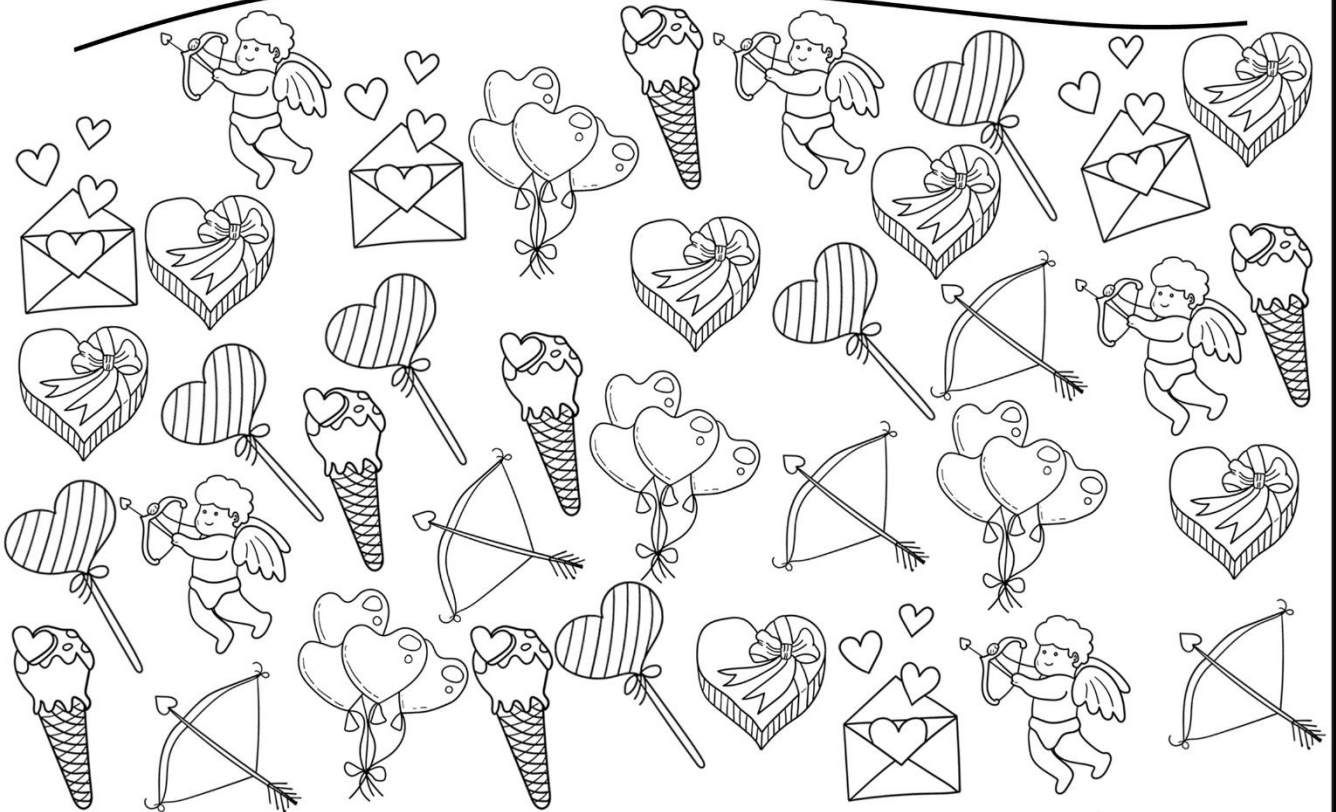
St Valentine's Day or thereabouts is the time the modest Irish maiden likes for her wedding day. She trusts St Valentine (the guardian of true love) to watch over her lover and herself.



I-Spy and Counting Game

Could how many of each of the items there are in the picture below.
When you are finished you can colour it in!

I SPY



Paper Roses

Create these simple and pretty paper roses, Experiment with colours, textures, add glitter, feathers and we've a page of phrases and images after the tutorial that you can cut out and stick on to you bouquet!

Needed:

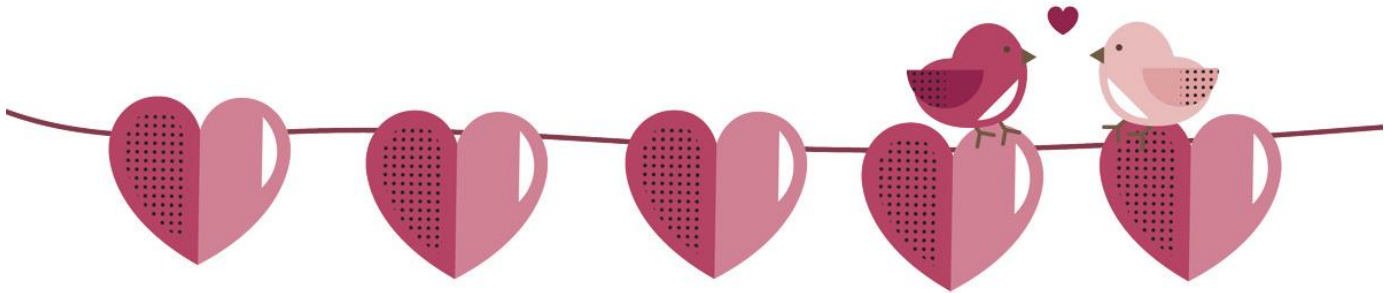
- White, light paper plates
- Paint, paintbrush
- Scissors
- Admornments such as glitter, gems, stickers etc
- Lollipop sticks or similar.

Instructions:

1. Get a plain, light, white paper plate and paint or decorate it as you wish. Do not add too many items at this stage as we will be cutting it.
2. Using a scissors, carefully cut out a spiral going from the outside inwards. Use a wavy line to add the texture of petals, or you can get some craft scissors that will give this effect when used.
3. Roll up your spiral loosely as seen in the second picture.
4. Glue , tape or staple the paper to keep the shape in place.
5. Now add any details you like – glitter, gemstones, stickers, feathers etc. you can even lightly spray it with perfume so it smells nice!
6. Attach the rose to a green pipecleaner, a lollipop stick or similar to give it a stem.



Images to decorate your bouquets or Valentine's card





Paper Roses by Janice Torre

I realise the way your eyes deceive me
With tender looks that I mistook for love
So take away the flowers that you gave me
And send the kind that you remind me of

Paper roses, paper roses,
Oh how real those roses seem to me
But they're only imitation
Like your imitation love for me

I thought that you would be a perfect lover
You seemed so full of sweetness at the start
But like a big red rose that's made of paper
There isn't any sweetness in your heart

Paper roses, paper roses,
Oh how real those roses seem to me
But they're only imitation
Like your imitation love for me



Nora by Sean O'Casey

Oh the violets were scenting the woods, Nora
Displaying their charm to the bee
When I first said I loved only you, Nora
And you said you loved only me

The chestnut blooms gleamed through the glade, Nora
A robin sang loud from a tree
When I first said I loved only you, Nora
And you said you loved only me

The golden-robed daffodils shone, Nora
And danced in the breeze on the Lea
When I first said I loved only you, Nora
And you said you loved only me

The trees, birds and bees sang a song, Nora
Of happier transports to be
When I first said I loved only you, Nora
And you said you loved only me



Paper Cones

All you will need for these pretty paper cones is several sheets of paper - any colour, some paper doilies or a second smaller sheet of paper, some glue or tape.

Roll the larger piece of paper into a cone shape and stick together. Then roll the doily around this cone, and against secure this closed.

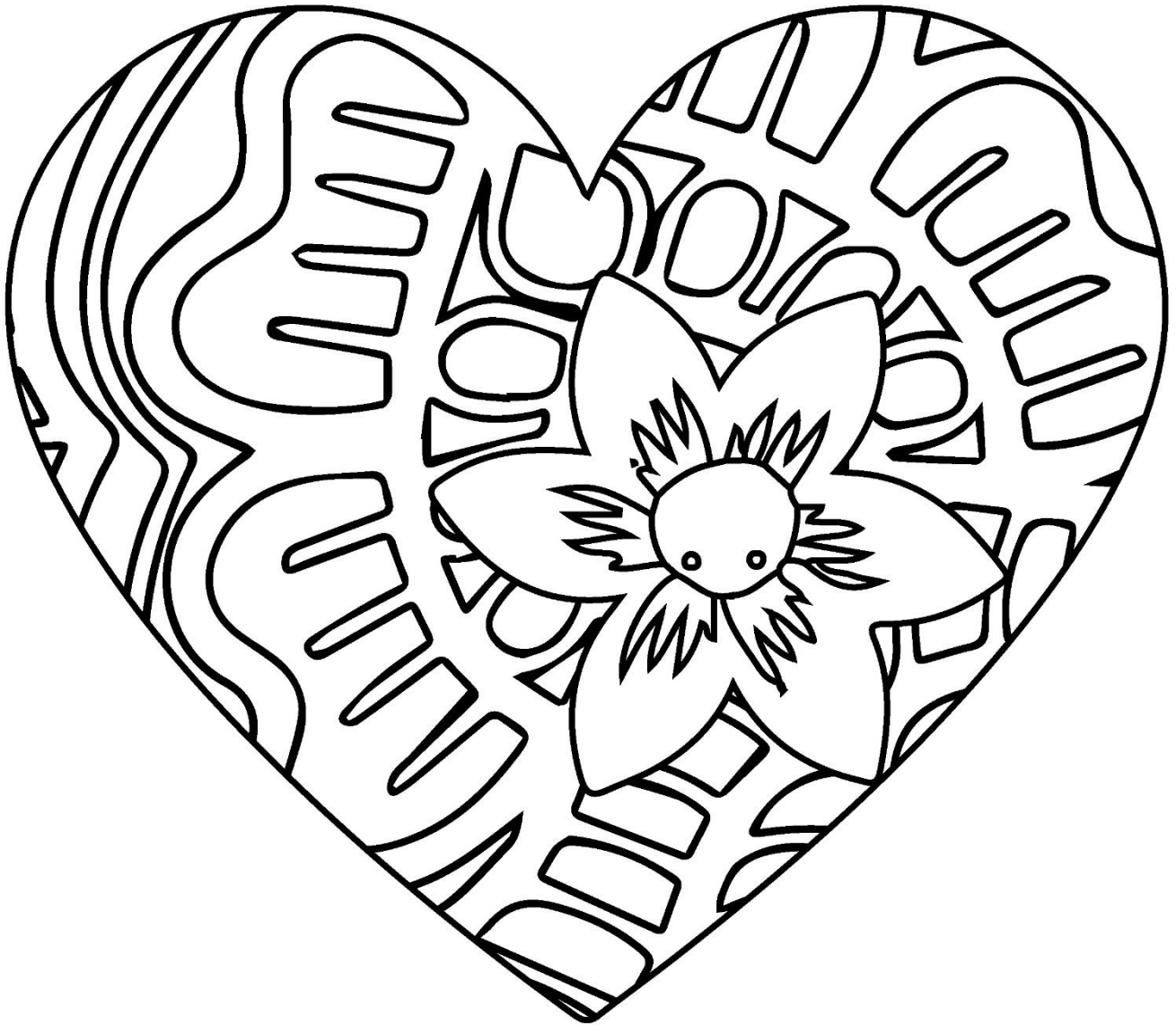
Then simply fill with a gift for someone you love! Sweets, a love note or some flowers make lovely additions to this container.

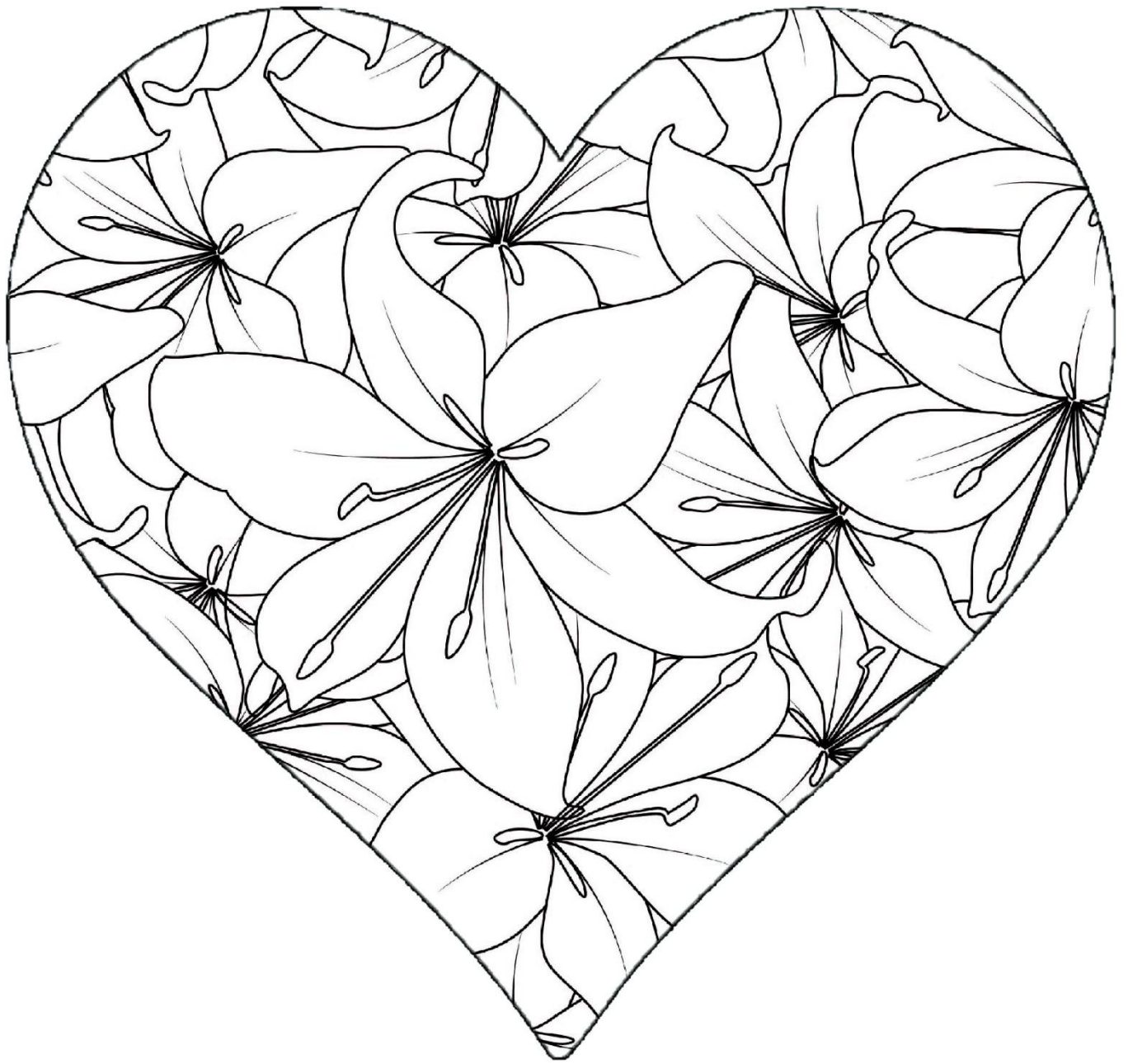
You can also feel free to decorate the paper before rolling it up. Why not paint it, add stickers, draw a picture ...?



Pictures to Colour

Why not add a little message at the side
and give to someone you love?



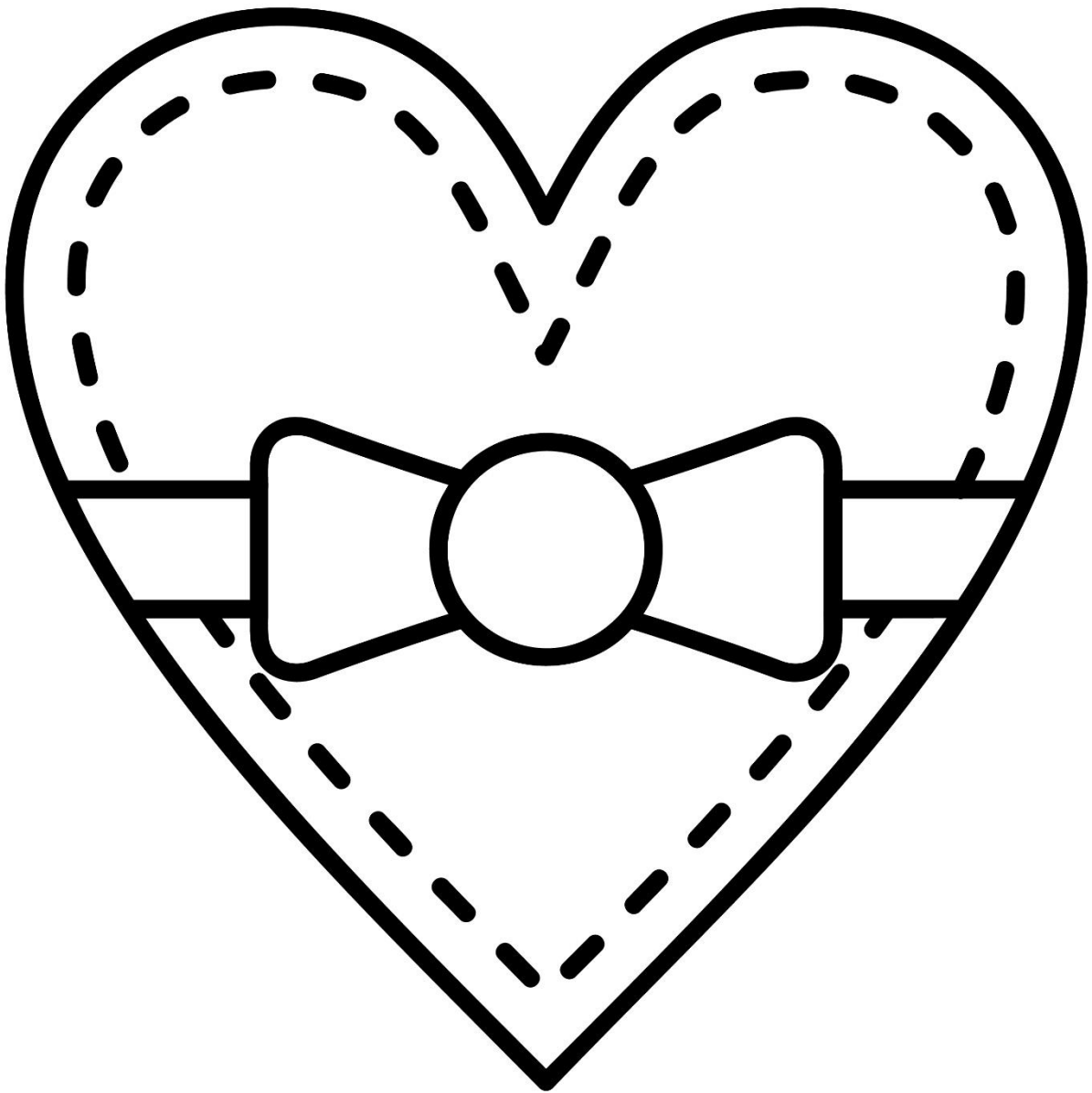


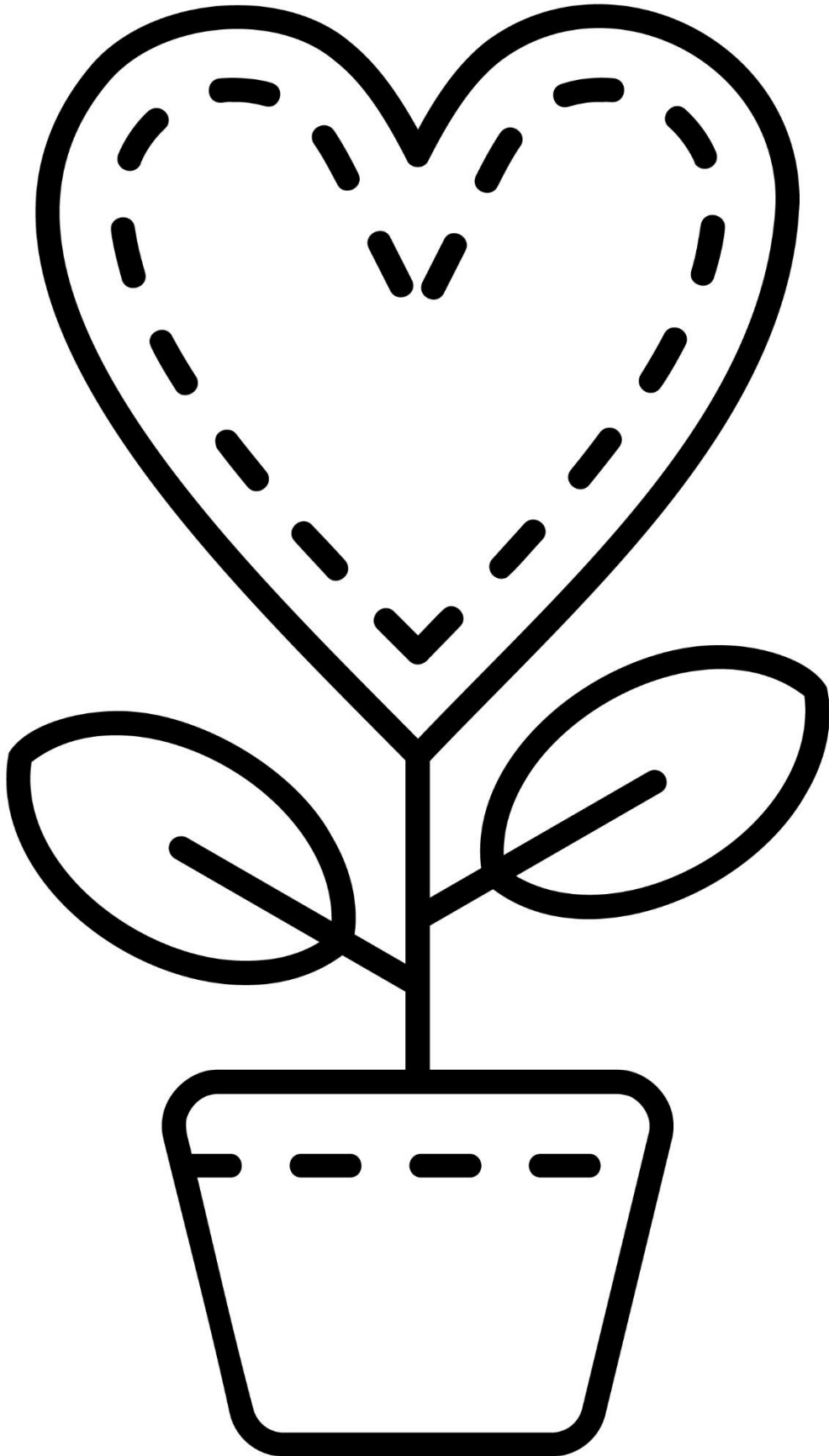


love



love





Make Your Own Card

Take a piece of paper, fold it in half and use the images below to make your own Valentines Day Card.

Then write a message inside for someone special!



