



THE ALZHEIMER  
SOCIETY *of* IRELAND

# April 2022 Activity Pack



(Pack 2)



Dear Friends,

This month's pack has a double focus as we celebrate both Easter weekend and Mother's Day. We have songs, stories, cards, and crafts to keep you entertained and, as always, we invite suggestions and feedback to be emailed to [danielle.keogh@alzheimer.ie](mailto:danielle.keogh@alzheimer.ie). We'd also love to see any of your coloured pictures, or photos of your painted eggs (see inside for an easy, fun method to get a gorgeous result!)

Did you know that Easter in Ireland blends the old Pagan traditions with the Christian resurrection?

Originally a festival of Spring and Ostara, the Goddess of spring, the dawn, and fertility; the symbols of eggs and rabbits are used to rejoice in the fertile nature of the land and welcoming back the plants and baby animals. The eggs can also symbolize the "new life" shown by the resurrection - people began decorating eggs and eating them as a treat following mass on Easter Sunday after fasting through Lent.

What a fascinating time to celebrate!

We Wish You a Wonderful April,

- All of Us in the ASI



***"A mother's hug lasts long after she lets go."***

- Anon.

~ 2 ~



## 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.**
- A Movement to Music Dementia-Inclusive Class is being run on Wednesdays in Dun Laoghaire. To learn more contact Mary Spain: [mspain@livingwellwithdementia.ie](mailto:mspain@livingwellwithdementia.ie) or 086 041 8450.
- 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/>
- 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>
Dyed Easter Eggs Activity	5
iSpy and Counting	6
Easter Egg Hunt	7
The Meaning of the Resurrection	8
Happy Easter Limerick	9
Old Irish Easter Traditions	10 - 11
Pictures to Colour	12 – 18
Mother's Day Cards	19 - 20
An Chearc agus an Lach	21
The Easter Bunny	21
A Bunny's Tale	22 – 23
Easter Egg Maze	24
Sweet Marie Lyrics	25
Let the Toast Pass Lyrics	26
Spot the Difference	27

## Dyed Easter Eggs Using Shaving Cream

(method and images from marthastewart.com)

### What you need

White-shelled, hardboiled eggs

Liquid food colouring

Shaving cream

Containers to dye the eggs in

Tongs

Coffee stirrers or lollipop sticks

Paper towels



1. Pour shaving cream into containers. Add drops of the first food colouring, mixing well with coffee stirrer until combined.
2. Add a few drops of the second colour; drag stirrer/stick through cream to add swirls and create designs; work over whole container or focus on specific areas.
3. Submerge your eggs (hard boiled then cooled) in the coloured cream and let sit for 20 minutes.
4. Remove the eggs from the dye with tongs, and gently wipe clean with a paper towel.
5. Display your beautiful marble dyed Easter eggs!



# iSpy and Counting

How many of each of the items can you see?

Write you answer at the bottom.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

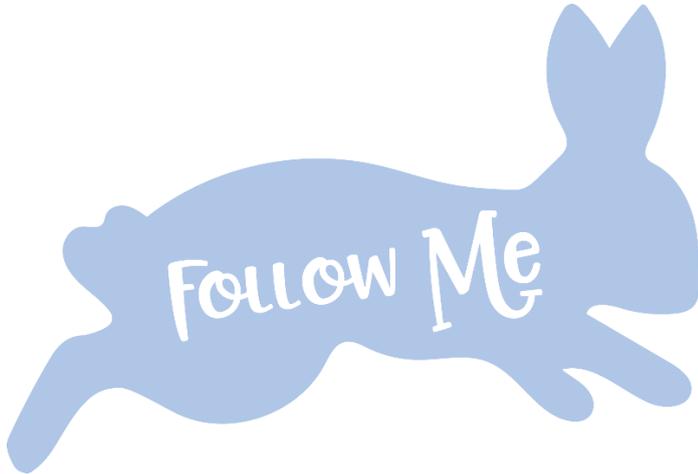


\_\_\_\_\_

## Easter Egg Hunt!

Hide some chocolate eggs and treats around your garden, home or day center and use the signs below to give clues as to the location. Then give the players a basket or bag and get them to search.

Happy Hunting!



# The Meaning of the Resurrection

by Michael Burke Sr.

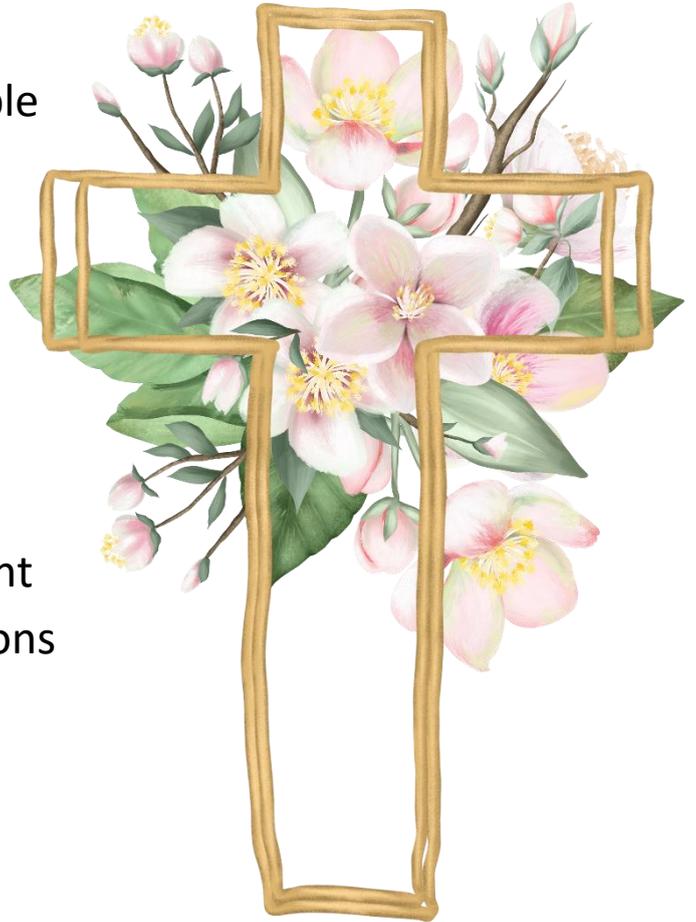
When Jesus came on the scene  
He came in a way that was humble  
Here on earth in every way  
He never griped nor grumbled

Easter is a day set aside  
For Christ's death, burial and  
resurrection  
If in your life you're not living right  
This is the time to make corrections

Jesus bore the cross  
Heading for Calvary  
Through God's love  
Allowed us to be free

He was put in His tomb  
And on the 3rd day He got out  
So I could capture salvation  
And for this reason I can jump and shout

Now when I think of Easter  
I don't think of material things  
I use it as a reminder  
Of the joy it brings.



## Happy Easter Limerick

Easter weekend's a time when we feast  
On a turkey that's freshly deceased  
Or a slow roasted duck  
That has run out of pluck  
Or a lamb that's been recently fleeced

Many places are holding parades  
With traffic cut off by blockades  
As folks line the streets  
And as cops walk the beats  
Of their city and town promenades

Many candies and eggs will be hid  
So that many a cute little kid  
Can damage their teeth  
And their gums underneath  
In a sugary takeover bid



## Old Irish Easter Traditions (from 1938!)

Before Easter Sunday boys and girls from the city go out the country looking for their "Easter Cupoge". The "Easter Cupoge" consists of eggs for Easter Sunday which they get in most farmers' houses. Evidently only one "Easter Cupoge" is given from each house because the excuse "You're too late. Somebody has been here before you" is frequently given. This results in great rivalry amongst the children, each trying to get to the house before the other. "Cupoges" are also promised beforehand so you'd want to be on your neighbour's good side!

The following traditions are common regarding the "Cupoge".

1. It is unlucky to go for your Easter Cupoge on Good Friday.
2. If you get a bad egg in a house it means that the person has an bad wish for you and you should never go there again for an Easter Cupoge.
3. If a person gives bad eggs for the Cupoge some bad luck will befall him (or her) generally the hens will refuse to lay eggs.

On Easter Sunday everybody eats a number of eggs. There is no tradition to explain the reason except that on account of the Lenten fast people were forbidden to eat eggs and then they ate many on Easter Sunday to compensate for the Lenten fast.

"A Good Friday Egg" i.e. an egg laid on Good Friday is marked with a cross. It is boiled on Easter Sunday everybody in the house getting

some of it. It is supposed to prevent sickness in those who eat it. It is said that if you are sick on Good Friday you won't get well for a month.

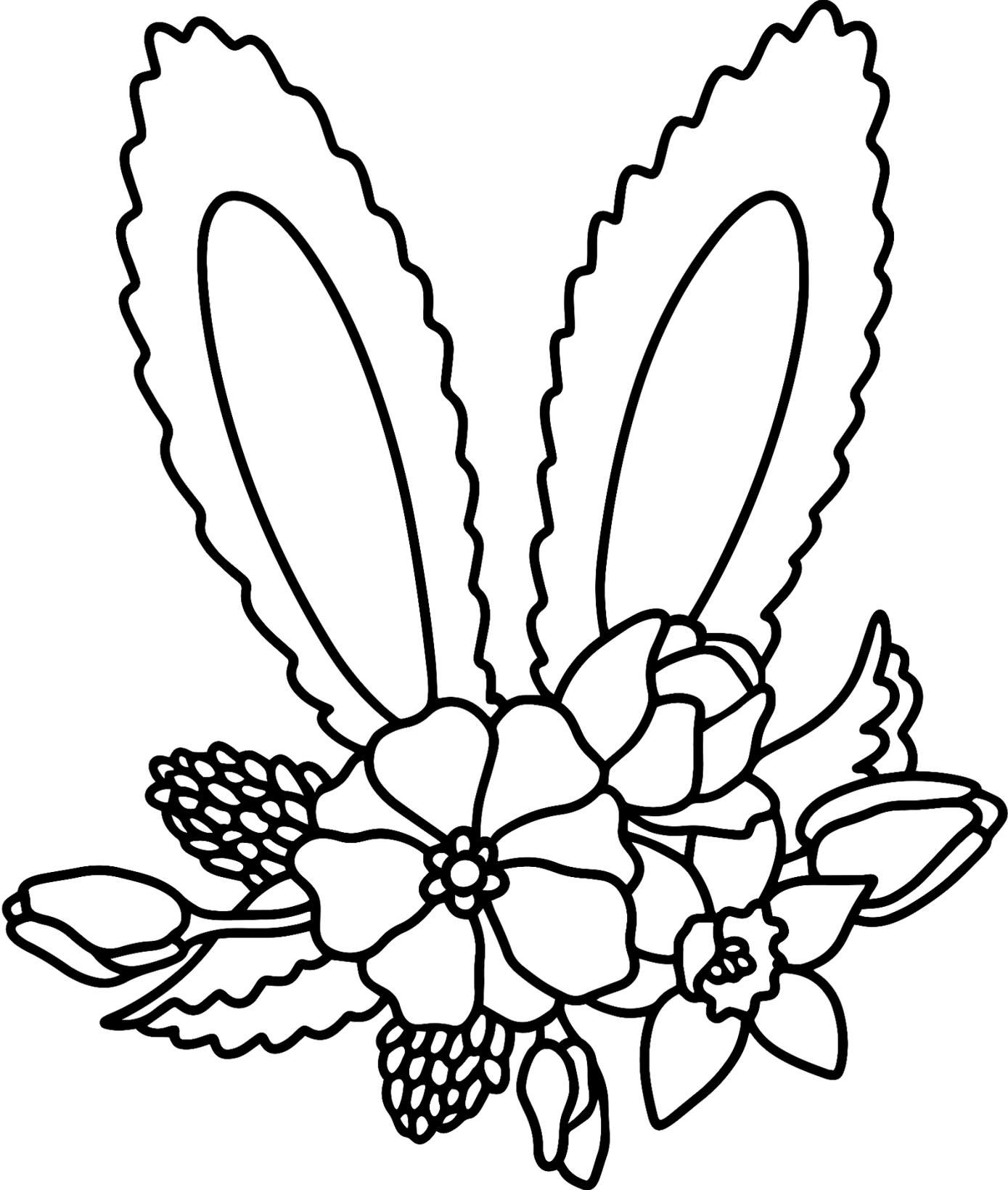
Easter Water:

On Holy Saturday "Easter Water" is blessed in the churches and people come with cans, jugs and bottles to bring home the "Easter Water". On Easter Sunday after Mass and Holy Communion everybody in the house goes on his knees, a cup of Easter Water is passed around and each takes three sips of it saying "In the name of the Father, and of the Son, and of the Holy Ghost "Amen". This is to preserve them from all harm and danger during the year.

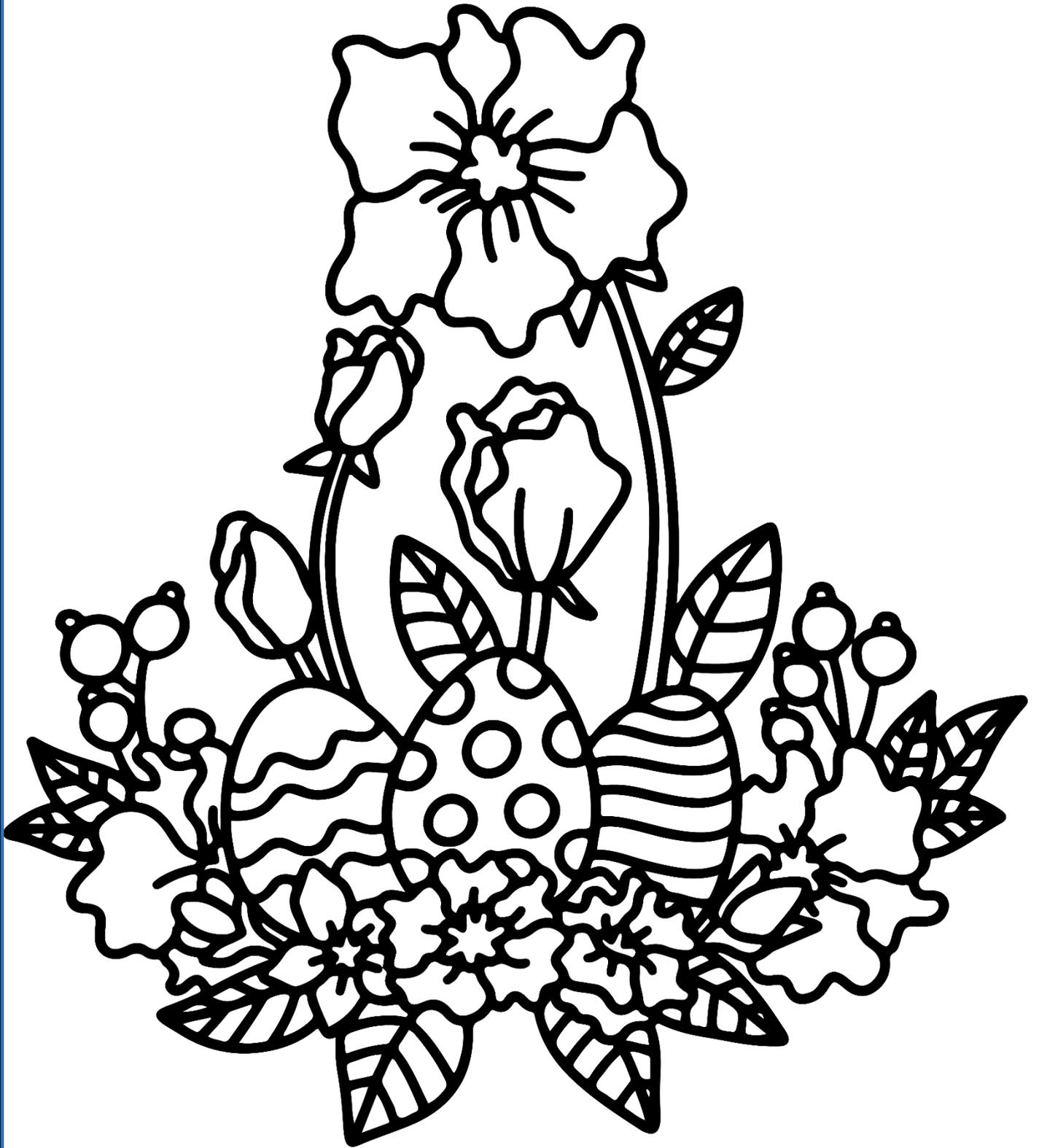
Amongst the farming community it is a tradition that if a calf is born between Easter Sunday and Low Sunday unless Easter water is shaken over him he will never "make anything". Some even say he will not grow any bigger.

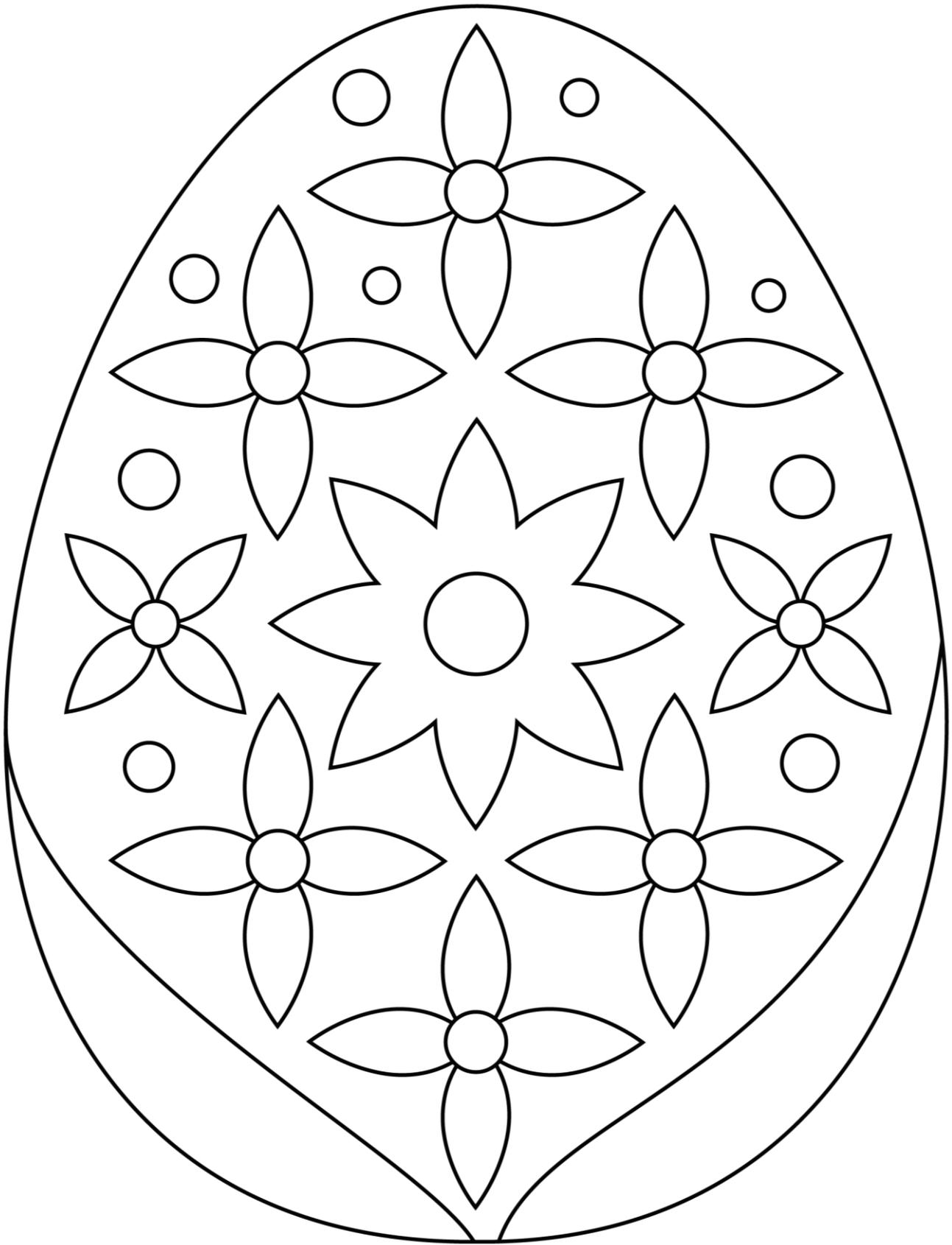


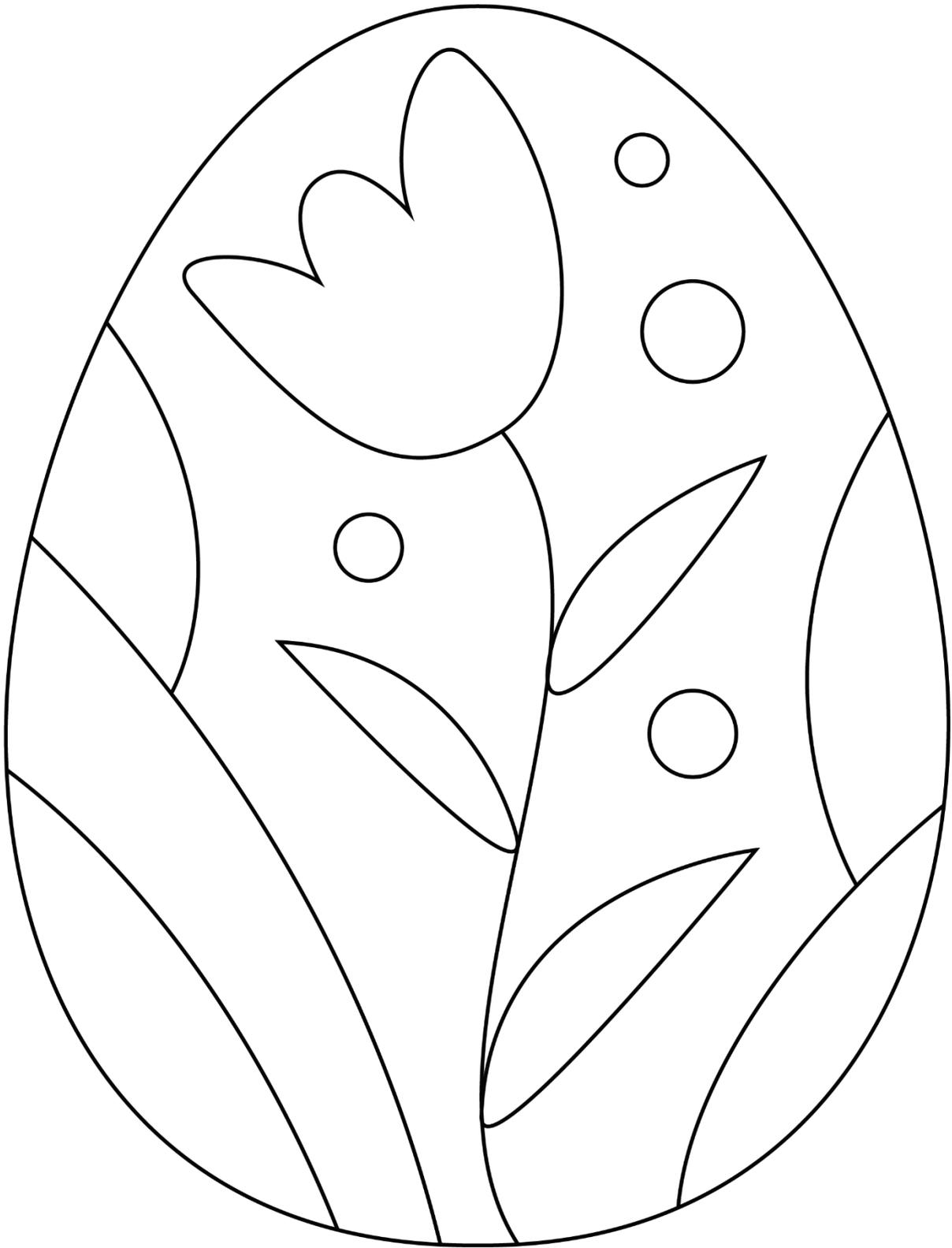
Pictures to Colour













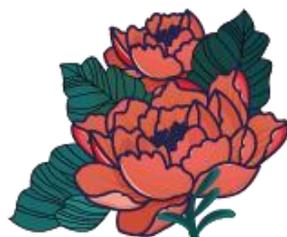


HAPPY MOTHER'S DAY

## Mother's Day Cards

Use the images on this page and next to make a collage on a blank piece of paper to create a unique Mother's Day card for any mothers in your life.





## An Chearc agus an Lach (or, how the duck got its shine)

### A Folktale from Ireland by Gráinne Ni Éagrain

Fuair cearc agus lach píosa ime, gach ceann aca in am amháin.  
D'alp an chearc siar giota s'aice fhéin ach chuimil an lach an giota a fuair sí fhéin thart uirthí fhéin uilig. Ó'n lá sin go dtí an lá indiu má bhíonn an chearc amuigh i bhfearthainn bíonn cuma dhíblíghe uirthi ach sé rud a fhóghnann an fhearthainn de'n lach siocair gur chuimil sí an bealthú díthe féin.

### The Easter Bunny by Susan Paprocki

“I’m an Easter Bunny, watch me hop.  
Here are my two ears, see how they flop.  
Here is my cotton tail, here is my nose,  
I’m all furry from my head to my toes!”



## A Bunny's Tale

Told by Mrs. Mary Furlong, Co. Wexford

In the year of '47 a great famine broke out in Ireland. It lasted three years '47, '48 and '49 and hundreds died of hunger. There was a poor old woman who lived by herself in a small hut on "the mountain" (a mountain about two miles outside Wexford Town. C.Ó hÉilighe). She had only one meal a day and some days she would not have anything to eat at all. She used to travel around to the farmers' houses. She would get some oaten meal and a bit of hard bread, and she would come home to make a meal of it to keep the life in her and pray to God to send her some help.

One day a little black rabbit came in through a hole in the wall. It sat down on a mat beside the fire with her. She wondered, where it came from. She said to it "Bunny are you hungry or what brought you here", and she gave it some food on a saucer. She said, "Here Bunny, I am hungry myself, but I will share a part with you. You know Bunny, that during the hard times in which we are living now, hundreds of people are dying with hunger and have no money for the little food that there is. It brings great sadness to me to see anyone or thing hungry even though my own belly is never full".

The little rabbit seemed to enjoy the meal and when he had finished, he went back through the hole in the wall.

Every day he used to come in and sit beside her. She would talk to the rabbit as if it was a child, and she would divide with it anything she would have. This went on for about three weeks. She was very

fond of it as it kept her company. One day the poor woman had nothing at all to eat and the little rabbit came in as usual. "Poor little creature", said the old woman, "I must refuse you today as I have not one morsel to eat. I am afraid I will be dead to-morrow when you will come to see me". The rabbit looked at her quite sorrowfully and disappeared through the hole in the wall again.

The old woman was sitting by the fire that night. At nine o'clock, she heard the rabbit coming back through the hole in the wall and he dragging something after him. The poor old woman looked around in amazement, wondering what was going to happen. To her great surprise he pulled out a little black purse-bag, and laid it at her feet, and then he went over, and lay down in the middle of the floor and appeared to be unconscious, or worse.

The woman took up the purse-bag and opened it and it was full of gold. The poor woman wrapped the bunny's body in a blanket and ran off and told the priest what had happened. He told her that the money was meant for her. It was a treasure hidden in the wall from the time of the rebellion, and the little rabbit was sent with it as a reward for her kindness.

When she returned home, the rabbit was gone. She never found trace of it after and while she lived she had plenty, with a full belly each day and a little more to share at each meal.



# Easter Egg Maze

Help the chicken find her eggs!



## Sweet Marie by Percy French

I've a little racin' mare called Sweet Marie;  
And the temper of a bear has Sweet Marie.  
But I've backed the mare to win, and on her I've all my tin,  
So we'll take a trial spin, Sweet Marie.

Hould your hould, Sweet Marie,  
If you bolt, Sweet Marie,  
Sure, you'll never win the Farmer's Cup for me;  
And if YOU don't pull it through, faith, I'm done, and so are you  
For I'll trade you off for glue Sweet Marie!

Now, the colours that I chose for Sweet Marie  
Were lavender and rose for Sweet Marie,  
Och, but now, no thanks to you, sure I'm quite another hue,  
For I'm only black and blue, Sweet Marie!

Hould your hould, Sweet Marie,  
If you bolt, Sweet Marie  
Sure you'll never win the Farmers' Cup for me,  
Every daisy in the dell ought to know me mighty well,  
For on everyone I fell, Sweet Marie.

Now we're started for the Cup, Sweet Marie,  
Weight for age and owners up, my Sweet Marie.  
Owners up just now I own, but the way you're waltzing roun'  
Sure, 'twill soon be owners down, Sweet Marie.

**Let The Toast Pass by Richard Brinsley Sheridan**  
**(a song celebrating the women in our lives)**

Here's to the maiden of bashful fifteen;  
Here's to the widow of fifty;  
Here's to the flaunting extravagant quean,  
And here's to the housewife that's thrifty.

Chorus

Let the toast pass,--  
Drink to the lass,  
I'll warrant she'll prove an excuse for the glass.

Here's to the charmer whose dimples we prize;  
Now to the maid who has none, sir:  
Here's to the girl with a pair of blue eyes,  
And here's to the gal with but one, sir.  
(Chorus)

Here's to the maid with a visage of snow;  
And to her that's as brown as a berry:  
Here's to the wife with her face full of woe,  
And now to the damsel that's merry.  
(Chorus)

For let 'em be clumsy, or let 'em be slim,  
Young or ancient, I care not a feather;  
So fill a pint bumper quite up to the brim,  
And let us e'en toast them together.



## Spot the Difference

Can you see five differences between these two pictures?

