



THE ALZHEIMER
SOCIETY *of* IRELAND

May 2022 Activity Pack



(Pack 2)



Dear Friends,

We celebrate the ASI's Tea Day on the 5th of May and as you enjoy a cup and a sweet treat, we'd like you to think on the theme of this month's pack: Diversity.

A sense of community and belonging is of great value to our self-esteem and every person we meet has the potential to enrich our lives in some way. If we take to time to get to know people, no matter if they are from a different culture, religion, or country, we will find things in common as well as new stories to share.

This pack embraces the diversity in our communities. It looks at our similarities and the differences and how both can add more colours to the world around us. We encourage you to get to know the people near you and maybe even share a cup of tea.

Remember, you are a valuable part of your community too! You have talents, experiences, and memories to share, and you can contribute in many ways both big and small.

We at ASI want you to know you are never alone. We hope you have those around you whom you can connect with, and we encourage you to use the resources on the following page if you ever feel like you need to talk.

Best Wishes – All of Us in ASI



“A lot of different flowers make a bouquet”

~ Islamic Proverb

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.**
- The National Concert Hall hold their Tea Dance Tunes Concerts for people living with dementia and their families to enjoy a concert of favourite songs. They are delighted to hold them in person again and tickets can be booked by calling (01) 417 0000
- 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**

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Spot the Difference

See if you can find five differences between the pictures below



Spot the Difference

See if you can find five differences between the pictures below



Proverbs from Around the World

1. If you want to go fast, go alone. If you want to go far, go together. | African Proverb
2. Fall seven times, stand up eight. | Japanese Proverb
3. Shared joy is a double joy; shared sorrow is half a sorrow.
| Swedish Proverb
4. Words should be weighed, not counted. | Yiddish Proverb
5. If you can't live longer, live deeper. | Italian Proverb
6. Where love reigns, the impossible may be attained. | Indian Proverb
7. It's better to light a candle than curse the darkness. | Chinese Proverb
8. A man who uses force is afraid of reasoning. | Kenyan Proverb
9. Still waters run deep. | Latin Proverb
10. He who does not travel, does not know the value of men.
| Moorish Proverb
11. The night rinses what the day has soaped. | Swiss Proverb
12. Measure cloth a thousand times and cut once. | Turkish Proverb
13. The most beautiful fig may contain a worm. | Zulu Proverb

14. Change yourself and fortune will change. | Portuguese Proverb
15. In love, there is always one who kisses and one who offers the cheek. | French Proverb
16. Evil enters like a needle and spreads like an oak tree. | Ethiopian Proverb
17. Who begins too much accomplishes little. | German Proverb
18. Whoever gossips to you will gossip about you. | Spanish Proverb
19. Don't sail out farther than you can row back. | Danish Proverb
20. There is no shame in not knowing; the shame lies in not finding out. | Russian Proverb
21. Age is honorable and youth is noble. | Irish Proverb
22. In a battle between elephants, the ants get squashed. | Thai Proverb
23. If you take big paces, you leave big spaces. | Burmese Proverb



I'll Tell Me Ma Lyrics By Sham Rock

CHORUS:

Tell me, ma, when I go home
The boys won't leave the girls alone
They pull my hair, they stole my comb
Well, that's alright, 'til I go home
She is handsome, she is pretty
She is the belle of Belfast City
She is a-courting one, two, three
Pray, won't you tell me who is she?

Albert Mooney says he loves her
All the boys are fighting for her
Knock at the door and they ring that bell
Oh, my true love, are you well?
Out she comes, as white as snow
Rings on her fingers and bells on her toes
Old Johnny Murray says, "She will die
If she doesn't get the fella with the roving eye"

CHORUS

Let the wind and the rain and the hail blow high
And the snow come a-tumbling from the sky
She's as nice as apple pie
And she'll get her own lad, by and by
When she gets a lad of her own
She won't tell her ma, 'til she comes home
Let them all come, as they will
For it's Albert Mooney she loves still

CHORUS



My Aunt Jane Lyrics – Anon

My Aunt Jane, she took me in,
She gave me tea out of her wee tin.
Half a bap with sugar on the top,
Three black lumps out of her wee shop.

My Aunt Jane, she's awful smart,
She bakes wee rings in an apple tart.
And when Halloween comes around,
For next that tart I'm always found.

My Aunt Jane has a bell on the door,
A white stone step and a clean swept floor.
Candy apples, hard green pears,
Conversation lozenges.

My Aunt Jane, she can dance a jig,
Sing a song 'round a sweetie pig.
Wee red eyes and a cord for a tail,
Hanging in a bunch from a crooked nail.

My Aunt Jane she never cross,
She paid five shillings for an old wooden horse.
She jumped on its back, the bones let a crack,
You'll play the fiddle till I get back.

Treat Your Neighbours Well

In the town-land of Knockmahun and in the parish of Knockherra there lived an introverted woman who possessed a charm of taking the produce of her neighbours milk by means of drawing water from spring well and feeding it to her cow. The spring well was used daily by three of her neighbours and herself for all domestic purposes. She owned but one cow while the other three farmers each owned seven cows. She was joined with them in filling firkins. She was able to fill her firkin in turn without any trouble. Whereas her neighbours often had to throw their cream to pigs because it turned into curds when making the churn, because the woman had this in her charm also.

Her neighbours got very suspicious seeing that this woman had as much butter from her one cow as they had from their seven cows. They made up their minds to watch the cows on May morning and to their surprise they saw this woman coming from the spring well just at day-break with a bucket of water. She was about to go home with it when the three men of the households approached her, took and emptied the bucket of water. She went home but returned a second time for the water the men were again waiting for her and the same thing happened. The woman however was not to be beaten and set out a third time, this time putting her shawl about her. The men again emptied the bucket but before they succeeded in doing so she wet the end of her shawl in the water and whatever amount of water she brought in this way it was sufficient to work her charm. So the milk still continued to go, and they found it hard to churn.

After another poor month one neighbour had an idea. One night they snuck out in the wee hours of darkness, covered the woman's windows to block out the morning sun, and put a heavy log in front of her door. They then got up an hour earlier than usual themselves and went to fill their firkin and found the churn to be easy and the butter to be plentiful. They then went to the woman's house and told her that they would slaughter her only cow if she did not stop whatever charm she was using as they knew it must be her causing their bad luck.

The woman opened her door, eyes full of genuine tears and revealed that she did not mean to be so wicked. She was caring for her three children with no family to support her and so the money she earned from the butter was her only income. The neighbour's hearts softened for they were not so cruel as to see a family starve and so they came to the arrangement that during the day the woman would care for the children of the area, and in turn they would ensure that her family had enough to live well by. The woman loved children and delighted in her new role as she had a kind heart deep down. From that day forth they all learnt a lesson in being a good neighbour.



Flags of the World

How many of the flag below do you recognise?

Do you know anyone from there or have you visited these places?



Create Your Own Flag

Try creating your own a flag or banner using the template below. Think about your surroundings and what colours or pictures you might like to add to represent it.



Sweet Treats from Around the World

How many of the treats below have you tried?

Which do you think looks the tastiest?



Baklava
Greece and Turkey



Lamington
Australia



Pastel de Nata
Portugal



Churros
Spain



S'mores
America



Tiramisu
Italy

Traditional Irish Boxy and Oat Cake

The bread that was used in olden times consisted of wheaten bread, oaten bread, boxy, stampy and potato cake. Each farmer, tilled a piece of land each Spring, put in crops, especially corn and oats. In the Autumn, he reaped the corn and wheat, threshed them with a flail winnowed them on a riddle in the air, to separate the corn from the chaff.

Boxty is made of raw potatoes, boiled potatoes, flour and a little salt. Raw potatoes of as large a size as possible were used and the skin peeled carefully off them. A grater was kept standing in a disk and the raw potatoes were grated into pulp. Then, the potato pulp was put in a clean linen cloth and the juice was squeezed out of it. Next, an equal quantity of boiled potatoes were got. These were mixed with the raw pulp and a little salt was added to flavour. Then the flour was kneaded in and the mixture was flattened out with rolling-pin into a cake about an inch thick. This was baked in a pan or in a pot oven and when baked, fried in gravy, and served up hot with butter. Stampy is another name for boxy.

This is how oaten cake was made. Some oaten meal was put in a wooden disk. This meal was first sifted and the coarse part removed. This made the cake finer and more palatable. The coarse part was used in the making of stirabout or given to the fowl. A little salt was mixed with the meal and sometimes butter was rubbed in through the meal to make the cake softer. Lukewarm water was poured in to make a dough. This dough was formed into a cake about $\frac{1}{4}$ inch thick. This cake was baked against a griddle, before a clear fire and turned and moved till thoroughly baked. This was allowed to cool and eaten with butter.

The Emigrant's Letter by Percy French

I'm takin' the pen in me hand
To tell you we're just out o' sight o' land;
In the grand Allan liner we're sailin' in style,
But we're sailin' away from the Emerald Isle;
And a long sort o' sigh seemed to rise from us all
As the waves hid the last bit of Donegal.
Och! it's well to be you that is takin' yer tay.
Where they're cuttin' corn in Creeshla the day.

I spoke to the captain-he won't turn her round,
And if I swum back I'd be apt to be drowned,
So here I must stay-oh! I've no cause to fret,
For their dinner was what you might call a banquet.
But though it is 'sumpchus,' I'd swop the whole lot,
For the ould wooden spoon and the stirabout pot;
And Kathy for'inst me wettin' the tae
Where they're cutting the corn down in Creeshlough the day.

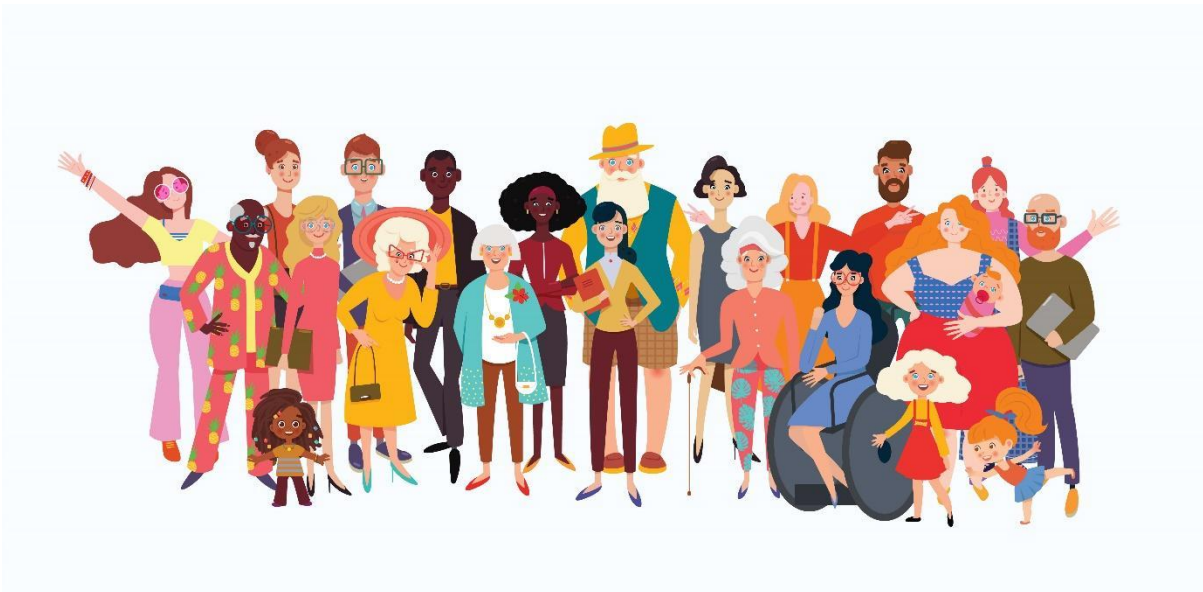
There's a woman on board who knows Katie by sight,
And we talked of auld times 'til they put out the light.
I'm to meet the good woman tomorrow on deck,
And we'll talk about Katie from here to Quebec,
I know I'm no match for her, no not the least
With her house and two cows, and her brother a priest.
But the woman declares Katie's heart's on the say,
While mine's back with Katie in Creeslough today.

We All Sing with the Same Voice

I am Jack and I'm Fred
My name's Amanda Sue
I'm called Kareem Abdul
Your name's just for you

I live in southern France
I'm from a Texas ranch
I come from Mecca and Peru
I live across the street
In the mountains, on a beach
I come from everywhere
And how about you?

We all sing with the same voice
The same song, the same voice
We all sing with the same voice
And we sing in harmony



Happy Place Meditation

Today, we take a walk together, you and me.

Today, we go together to a place. Your place.

I want you to visualize, with your eyes closed, the happiest moment of your entire existence. Where are you? What's the weather like where you are? Is there a breeze? Is there a lot of noise or a lot of stillness where you are?

Begin paying attention to even the smallest details that you can notice. Any smell or sight that stands out.

Slowly, begin to notice how this place is making you feel. Are you happy? Excited? Content? Focus on this feeling and gently wrap your arms around it, like an embrace. Hold the feeling tight and feel its warmth on your cheek.

Still holding on to this good feeling, continue breathing. Deep breaths through your nose and out your mouth. Slowly, open your eyes and allow the feeling to morph into you, so that you can take this happy place wherever you go.



The Blessing of Light, Rain and Earth

A nondenominational blessing for all

May the blessing of Light be on you
light without and light within.

May the blessed sunlight shine on you
And warm your heart till it glows

Like a great peat fire, so that the stranger
may come and warm himself at it and also a friend.

And may the light shine out of the two eyes of you
Like a candle set in the windows of a house

Bidding the wanderer to come in out of the storm.

And may the blessing of the Rain be upon you, the soft sweet rain.

May it fall upon your spirit so that all the little flowers spring up
And shed their sweetness on the air

And may the blessing of the Great Rains be on you

May they beat upon your spirit and wash it fair and clean

And leave there many a shining pool where the blue of heaven
shines

And sometimes a star.

And may the blessing of the Earth be upon you,

May you ever have a kindly greeting for them you pass

As you're going along the roads

May the earth be soft under you when you rest upon it

Tire at the end of the day

And may it rest easy over you

When at the last you lay out under it.

Number One Hits from May

How many of the number one songs below do you know?

Can you sing the first few lines or hum the tune?

DATE	TITLE	ARTIST	WEEKS AT TOP
08/05/1954	SECRET LOVE	DORIS DAY	8
04/05/1956	NO OTHER LOVE	RONNIE HILTON	6
05/05/1960	CATHY'S CLOWN	EVERLY BROTHERS	7
24/05/1962	GOOD LUCK CHARM	ELVIS PRESLEY	5
16/05/1970	BACK HOME	ENGLAND WORLD CUP SQUAD	3
20/05/1972	METAL GURU	T REX	4
18/05/1974	SUGAR BABY LOVE	RUBETTES	4
08/05/1976	FERNANDO	ABBA	4
17/05/1980	WHAT'S ANOTHER YEAR	JOHNNY LOGAN	2
29/05/1982	HOUSE OF FUN	MADNESS	2
17/05/1986	THE CHICKEN SONG	SPITTING IMAGE	3
04/05/1991	IT'S IN HIS KISS	CHER	5

Pictures To Colour

The carnation is the national flower of Spain



Lavender is the national flower of Portugal



Chamomile is the national flower of Russia



Iris is the national flower of France



The maple leaf is the national plant of Canada



The sunflower is the national flower of Ukraine



Woman in traditional Indian dress



Happiness Rocks Craft

A beautiful and fun activity can be rock painting. You can paint whatever you like on them and either keep them or hide them around your neighbourhood for others to find and brighten their day!

All you will need is:

Some rocks of a good size to handle and smooth surface

Acrylic paints and paintbrushes

Or, paint pens such as the Posca range.

Wash the rocks and ensure they are dry before painting, then let your imagination free – you can also use sponges, textures, glitter etc!

Some people paint inspirational quotes too – what a wonderful thing to see on a walk in your local areas.



