

August 2024

Activity Pack 2

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Dear Friends,

The year is really flying by and we find ourselves already in August! The long days and nice weather make is a wonderful time to take a moment to pause and reflect.

This month’s activity pack theme is “Relaxation”. This can come in many forms – reading, walking, gardening, prayer, treating yourself to a pampering treatment or even a round of golf!

We realise that life can be a rollercoaster at times and it is important that we take time out to look after ourselves, slow down and take a break to re-energise.

If you'd like your artwork from this pack or photos of any local fundraising events showcased on our social media, please send your images via email to [communityengagement@alzheimer.ie](mailto:communityengagement@alzheimer.ie).

Our Free Helpline is available at Phone: 1800 341 341 and Email: [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie).

We hope you all enjoy this month’s pack.



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**Gardening Spot the Difference**

See if you can see the 5 differences between these two pictures.

Graphical user interface

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**Gardening Spot the Difference**

See if you can see the 5 differences between these two pictures

A picture containing text, fabric

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**Fishing Counting Game**

Oh no! Someone has dropped their fishing tackle box!

Count the different fishing lures and write your totals below.

Shape, arrow

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**Pictures to Colour**

We have included some ”mandala” designs for you to colour – some people colour, or visualise, these whilst mediating to help relax and give insight as they relax into the pattern.

A picture containing diagram

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Diagram

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A picture containing linedrawing

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A picture containing shape

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Diagram, engineering drawing

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A picture containing text, map

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Diagram

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**Aromatherapy Scents**

Essential oils have been used for thousands of years for their exquisite aromas and ability to calm and relax us. Aromas can trigger emotional and even physical responses and allow vivid memory recall of people or places.

You might like to include the scents below in incense, diffusers, hand cream or lotion, shower gel etc. Be sure however that you do not have any allergies as all scents may not be suitable for everyone.

**Rosemary**

You’ve probably cooked with rosemary before, but you should also consider including this fragrance as part of your aromatherapy routine. Rosemary has both energizing and relaxing effects, so if you need to improve your concentration and reduce stress while working on a major project, you should definitely try it out.

**Lavender**

Lavender is one of the most popular scents for relaxing and falling asleep, and with good reason. This fragrance oil has many calming properties, and it can help release tension, soothe racing thoughts and help you unwind. Whether you’re stressed from work or just want to supercharge a relaxing evening, lavender will help you calm down and unwind in no time.

**Jasmine**

This sweet, rich floral scent is known for its calming properties. If you’re tired and stressed, this fragrance oil will help soothe your tension and promote relaxation. Jasmine is not only available as an oil but can also be found in many candles, perfumes, soaps and even alcohol and desserts.

**Vanilla**

This sweet, mild scent doesn’t get enough credit for its calming properties. While many people dismiss vanilla as a pedestrian fragrance, it’s a fantastic base scent that will also help you relax—not to mention it makes your whole house smell like baked goods, minus the hassle and mess of getting in the kitchen. We call that a win-win.

**Peppermint**

If you’re looking for an invigorating yet calming scent, but don’t want a citrus fragrance, then peppermint is a good alternative. The minty nature of this refreshing scent will gently invigorate you while soothing away tension.

A picture containing LEGO, toy

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**Pampering Day**

If you can’t do out to a hairdresser or beautician, why not have a pampering day at home? Here are some ideas of activities you might like to include:

* Set the scene with some relaxing music, low light and candles if safe to do so.
* Begin by taking some slow, deep breaths and relaxing your body and mind.
* Stretch each limb out and relax it into a comfortable position.
* Begin with a gentle hand massage using lotion if you like, this can be on yourself or on a loved one. Take your time and enjoy the contact and this gentle form of care.
* You might like to have a bubble bath – treat yourself to a glass of wine, some chocolate or even a nice cup of tea!
* Giving your nails a trim and file can really make you feel good and if you like finish with a coat of your favourite polish.
* Put your feet up and read a book with a hot drink and some calm music in the background.
* Icon

  Description automatically generated with medium confidenceIf assisting a loved one why not do their hair? Wash, comb and dry it into a style and finish with a spritz of perfume or cologne.
* The main thing is not to rush – set out some dedicated time to give to these activities.

**A Perfect Day by Carrie Jacobs Bond**

When you come to the end of a perfect day

And you sit alone with your thought

While the chimes ring out with a song so gay

For the joy that the day has brought,

Do you think what the end of a perfect day

Can mean to a tired heart?

When the sun goes down with a flaming ray

And the dear friends have to part?

Well, this is the end of a perfect day,

Near the end of a journey, too;

But it leaves a thought that is big and strong,

With a wish that is kind and true;

For mem'ry has painted this perfect day

With colors that never fade,

And we find, at the end of a perfect day,

The soul of a friend we've made.

A picture containing diagram

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**The Lost Heifer by Austin Clarke**

When the black herds of the rain were grazing,  
In the gap of the pure cold wind  
And the watery hazes of the hazel  
Brought her into my mind,  
I thought of the last honey by the water  
That no hive can find.

Brightness was drenching through the branches  
When she wandered again,  
Turning sliver out of dark grasses  
Where the skylark had lain,  
And her voice coming softly over the meadow  
Was the mist becoming rain.

**Cúl an Tí by Seán Pádraig Ó Ríordáin**

Cúl an Tí

Tá Tír na nÓg ar chúl an tí,

Tír álainn trína chéile,

Lucht cheithre chos ag súil na slí,

Gan bróga orthu ná léine,

Gan Béarla acu ná Gaeilge.

Ach fásann clóca ar gach droím

Sa tír seo trína chéile,

Is labhartar teanga ar chúl a’ tí

Nár thuig aon fhear ach Aesop,

Is tá sé siúd sa chré anois.

Tá cearca ann is ál sicín,

Is lacha righin mhothaolach,

Is gadhar mór dubh mar namhaid sa tír

A picture containing text, clipart

Description automatically generatedAg drannadh le gach éinne,

Is cat ag crú na gréine.

Sa chúinne thiar tá banc dramhaíl,

Is iontaisi an tsaoil ann,

Coinnleoir, búclaí, seanhata tuí,

Is trúmpa balbh néata,

Is citeal bán mar ghé ann.

**Canal Bank Walk by Patrick Kavanagh**

Leafy-with-love banks and the green waters of the canal

Pouring redemption for me, that I do

The will of God, wallow in the habitual, the banal,

Grow with nature again as before I grew.

The bright stick trapped, the breeze adding a third

Party to the couple kissing on an old seat,

And a bird gathering materials for the nest for the Word

Eloquently new and abandoned to its delirious beat.

O unworn world enrapture me, encapture me in a web

Of fabulous grass and eternal voices by a beech,

Feed the gaping need of my senses, give me ad lib

To pray unselfconsciously with overflowing speech

For this soul needs to be honoured with a new dress woven From green and blue things and arguments that cannot be proven.

**Take Me Home, Country Roads by John Denver**

Almost heaven, West Virginia

Blue Ridge Mountains, Shenandoah River

Life is old there, older than the trees

Younger than the mountains, growin' like a breeze

Country roads, take me home

To the place I belong

West Virginia, mountain mama

Take me home, country roads

All my memories gather 'round her

Miner's lady, stranger to blue water

Dark and dusty, painted on the sky

Misty taste of moonshine, teardrop in my eye

Country roads, take me home

To the place I belong

West Virginia, mountain mama

Take me home, country roads

I hear her voice in the mornin' hour, she calls me

The radio reminds me of my home far away

Drivin' down the road, I get a feelin'

That I should've been home yesterday, yesterday

Country roads, take me home

To the place I belong

West Virginia, mountain mama

Take me home, country roads

Country roads, take me home

To the place I belong

West Virginia, mountain mama

Take me home, country roads

Take me home, (down) country roads

Take me home, (down) country roads

Background pattern

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**Come by the Hills By Tommy Makem**

Oh, come by the hills to the land where fancy is free.

Stand where the peaks meet the sky and the loughs meet the sea,

Where rivers run clear, bracken is gold in the sun;

Ah, the cares of tomorrow can wait till this day is done.

Oh, come by the hills to the land where life is a song.

Stand where the birds fill the air with their joy all day long,

Where the trees sway in time, even the wind sings in tune;

Ah, the cares of tomorrow can wait till this day is done.

Oh, come by the hills to the land where legend remains.

The stories of old fill the heart and may yet come again,

Where the past has been lost, the future is still to be won;

Ah, the cares of tomorrow can wait till this day is done.

Oh, come by the hills to the land where fancy is free.

Stand where the peaks meet the sky and the loughs meet the sea,

Where rivers run clear, bracken is gold in the sun;

Ah, the cares of tomorrow can wait till this day is done.

A picture containing table, dining table

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**The Gypsy Rover by Leo Maguire**

A gypsy rover came over the hill

Down through the valley so shady

He whistled and he sang 'til the green woods rang

And he won the heart of a lady.

Ah-dee-doo-ah-dee-doo-dah-day

Ah-dee-doo-ah-dee-day-dee

He whistled and he sang 'til the green woods rang

And he won the heart of a lady.

She left her father's castle gate

She left her own fine lover

She left her servants and her state

To follow her gypsy rover.

She left behind her velvet gown

And shoes of Spanish leather

They whistled and they sang 'till the green woods rang

As they rode off together.

Last night, she slept on a goose feather bed

With silken sheets for cover

Tonight she'll sleep on the cold, cold ground

Beside her gypsy lover.

**Galway Bay by Dr. Arthur Cohalan**

If you ever go across the sea to Ireland  
Then maybe at the closing of your day  
You will sit and watch the moonrise over Claddagh  
And watch the barefoot gossoons at their play.  
  
Just to hear again the ripple of the trout stream  
The women in the meadows making hay  
And to sit beside a turf fire in the cabin  
And see the sun go down on Galway Bay  
  
For the breezes blowing o'er the seas from Ireland  
Are perfumed by the heather as they blow  
And the women in the uplands diggin' prates  
Speak a language that the strangers do not know.  
  
For the strangers came and tried to teach us their way  
They scorned us just for being what we are  
But they might as well go chasing after moonbeams  
Or light a penny candle from a star.  
  
And if there is going to be a life hereafter  
And faith I'm sure there's going to be  
I will ask my God to let me make my heaven  
In that dear land across the Irish sea.

**Shetland Ponies**

I remember the morning perfectly. The bay was all dotted with the white sails of the fishing boats. The town was all awake carrying dried fish to the boats at anchor, and on the corners of the streets were gathered women and young girls selling potatoes they had just brought in from the distant field. We took a rowboat, and rowed across Bressay Sound to Bressay Island, and then walking across it, and after looking back at the town and out at sea, we came to a small strait, and had to hire another boat to take us across the water to Noss Island. This island is not very large but has more green grass than any other of the Shetland group. One end of it almost buries itself in the sea, and then it gradually rises higher and higher, until the opposite end rises a thousand feet right up from the sea. There is only one house on the island, and in that lives the keeper of the ponies and his two children. I wish you could have seen these children when they saw us coming in the boat.

They hardly ever leave the island themselves, and so when any strangers come to see their ponies, how happy it makes them! They were very pretty and bright children, too. They had light hair and bright blue eyes, and cheeks as red as roses. Running down with them, was their pet dog, who seemed just as glad as any of the rest to see strangers. The house the man lived in was very lonely-looking to us. It was built of stone, and then painted white, and stood on a little knoll overlooking the blue waters of the cold North Sea.

After a short rest we walked out to explore the island and see the ponies. Here was their home and we should see them here in their real life. As we walked along, we came to a part of the island where it was rather sandy, and there found such a nest of rabbits. We almost stumbled into their holes, there were so many of them when we came upon them. There must have been fully a hundred nibbling the short grass or standing up to see who was coming to disturb them. The keeper said they were a great nuisance to the island, they undermined it so.

But a sight that interested us more than that of the rabbits was the great herd of ponies we saw before us.

There must have been fully two hundred of the shaggy-maned little fellows. Some were eating, some biting one another, some running as though having a race, and others stood still looking at us. When we came nearer the whole herd pricked up their ears, gave little snorts of anger, and galloped away as fast as their short legs could carry them.

The keeper told us that when one wishes a pony, to ride or sell, he must take the one he keeps near his house, mount him, and then riding out to the herd, lasso one at a time until you obtain all you wish. In winter the ponies of Noss Island have rather a hard time of it. Though there is not much snow on the island, still the winds often blow very fiercely, and poor pony has no warm barn to go to. Sometimes the keeper builds a wall about a square piece of ground, and pony can go into the enclosure and so be somewhat sheltered. But usually he must face the wind and storm, no matter what the weather.

**Enchanted Fall Forest Mediation**

Gently close your eyes and take in a nice deep breath.

Do this several times and allow your body to relax more and more with each deep breath. Notice how peaceful you become with this deep breathing. Notice how all your muscles begin to relax and feel good and loose. Continue to breathe normally now as I guide you on this marvellous adventure!

Imagine yourself now, walking down a well-worn path in a beautiful forest. The trees have changed all their foliage and now you see an amazing display of colours – gold, red, orange and speckles of green. Leaves crunch beneath your feet as you walk along. The air smells so crisp and fresh. Its coolness tickles your nose and ears. It feels so very wonderful to be out here, in nature, enjoying the beauty of this place. In the distance you hear a waterfall, and you carefully walk towards the rushing water sound. As you come to the path’s end, you see the rushing stream.

You see the most beautiful white waterfall right in front of you. It’s so calming and looks as if wet sunshine is cascading down onto large rocks. The sound of rushing water relaxes you. The water must be pretty cold because its fall now and days are growing shorter. Sit down a while and enjoy the spectacular scenery. Listen as the water pounds down on the rocks.

Here any stress or worries you have seem to be washed away for good. The sound of the waterfall gushing down seems to make you relax more. It clears your mind and washes away any frustration and difficult thoughts. Allow the sounds to wash any worries away… just let them go.

You may notice that you’re feeling calm and relaxed here in this place. This magical forest dressed up for fall is a special place just for you. You can come back here at any time to calm your body and mind and let go of any worries or stress.

You know that everyone has worries and stress sometimes. The difference is that you know how to deal with them. When you want to relax and find peace, you can come here just by thinking of this place and imagining yourself here. This calm, peaceful place by the waterfall invites you to wash away your worries or stress anytime.

**A pink flower on a white surface

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**Helpful Resources**

Cafés

We are hosting several Alzheimer Cafés in August. They are a place to come together, share a cuppa and listen to our amazing guest speakers. For information on how to attend visit: [https://alzheimer.ie/service/alzheimer-cafe/](https://alzheimer.ie/service/alzheimer-cafe/.v).

The Court House Café in Roscrea and the Cabin Café in Carlow will be taking a break for the month of August.

The Bookwork Café in Thurles is scheduled for September 4th. It will be taking a break for August.

The Deise Memories Café is scheduled for August 14th at 10.30am to 12pm. Located in the Sacred Heart Centre, Ballytruckle, Waterford.

Ballincollig, Macroom, Killarney, Sligo and Kenmare are not hosting cafés in August.

Social Clubs

Some of our Social Clubs will be running in August. These are a social gathering where people can drop in to chat, access information and support, meet other people. Click the link below to find your nearest Social Club <https://alzheimer.ie/service/socialclub/>.

There will be no Social Club in Ennis, North Meath, Waterford and Macroom during August.

Support Groups

The Le Cairde Support Group (Clonmel) will be taking a break for August.

Music

The VIRTUAL ASI National Choir is taking a break for the summer and will return on September 19th.

Helpful Links

The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>.

Music

* Let’s Sing Together: <https://youtu.be/KEFAxePeZ18>
* Playlist for Life: <https://www.playlistforlife.org.uk/>
* The Story of Playlist for Life: <https://www.youtube.com/watch?v=eWgBlmVQXoM>

Meditation

* [5 Minute Mindfulness Meditation (youtube.com)](https://www.youtube.com/watch?v=ssss7V1_eyA)
* [Clear Your Mind, 5 Minute Meditation, Calm & Relaxed (youtube.com)](https://www.youtube.com/watch?v=nlEoLYREbXo)
* [Breathing Exercises with Guided Meditation | 5 Minutes | TAKE A DEEP BREATH (youtube.com)](https://www.youtube.com/watch?v=DbDoBzGY3vo)
* [Clear Your Mind in the Morning - A Guided Mindfulness Meditation (8 minutes) (youtube.com)](https://www.youtube.com/watch?v=P1w3j3D5LEc)

Other

* [Videos For Dementia Patients - Beautiful Birds - YouTube](https://www.youtube.com/watch?v=oXc0ABTx_IU)
* [Relaxing Music to Relieve Stress, Anxiety and Depression • Mind, Body 🐬 Soothing music for nerves (youtube.com)](https://www.youtube.com/watch?v=WCJMayi-acw)