

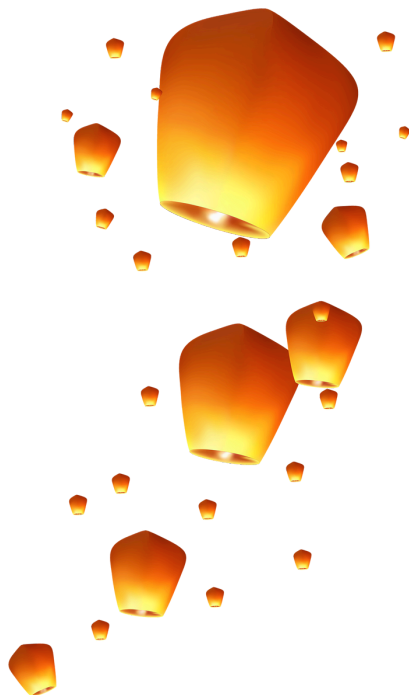


THE *Alzheimer*

SOCIETY OF IRELAND

November

2024





Activity Pack Two

Relaxed Engagement



Dear Friends,

As the days grow shorter and the nights stretch longer, we are reminded of the warmth and hope that light brings to our lives. This month, we invite you to join us in celebrating the many beautiful Festivals of Light that are embraced by cultures around the world. It's a time to illuminate the darkness, honour traditions, and find joy in the glow of connection and unity.

This month's activity pack is dedicated to celebrating the radiant beauty of these festivals. We've included a variety of activities to inspire creativity and reflection during November's quiet moments. You can enjoy crafting your own paper lanterns, unwind with peaceful meditation, or immerse yourself in stories that explore the significance of light in different traditions.

The Festival of Lights is a time to come together, celebrate diverse cultures, and reflect on the light we share within our communities. We encourage you to take a moment to embrace the brightness of this season and celebrate the joy and unity that these festivals represent.

We'd love to see how you're embracing the theme! If you'd like to share your artwork, paper lantern creations, or moments of celebration, feel free to send them to us via email at communityengagement@alzheimer.ie for a chance to be featured on our social media.

And as always, remember that our Free Helpline is here to support you. You can reach us at [Phone: 1800 341 341](tel:1800341341) or [Email: helpline@alzheimer.ie](mailto:helpline@alzheimer.ie).

We hope this month's pack brings you light, warmth, and a sense of connection to the world around you.

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Paper Lantern Making

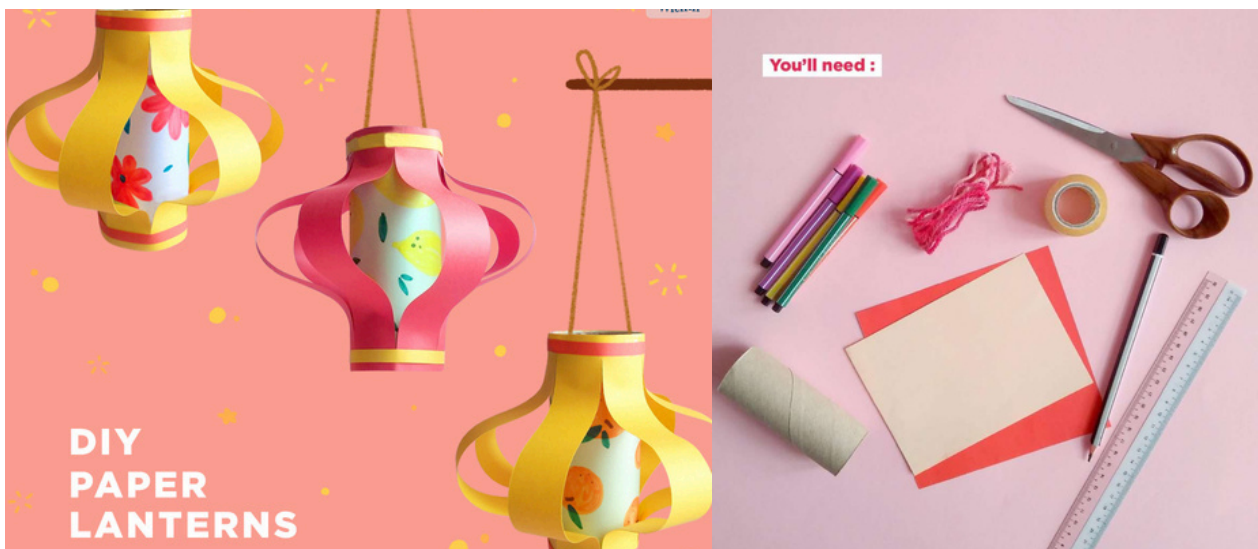
Did you know that paper lanterns have different meanings and symbolism in different countries? And, depending on where they're from, they can be made using paper, silk, with bamboo or wood, with real candles or just a pseudo-source of light?

There are also dozens of different festivals across the globe that are celebrated with lanterns at the heart of the celebration and festivities. Lanterns are just that amazing.

What you will need:

- Color Pencil
- Strings
- Color Papers
- Toilet Roll
- Pencil
- Ruler
- Masking Tape
- Scissor

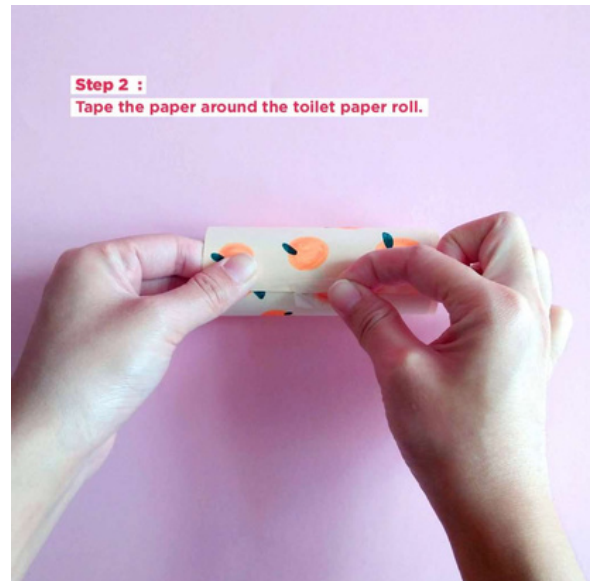
Check out the below for some inspiration!



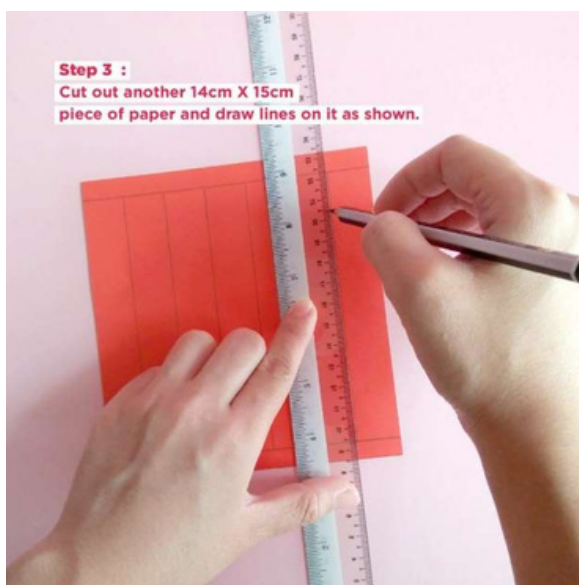
Seven Steps to Follow



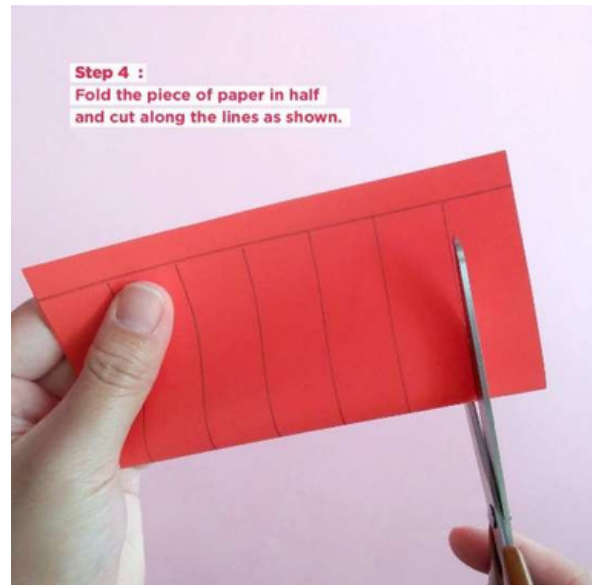
Step 1: Cut out a 10.5cm x 15cm piece of paper and draw a pattern on the paper



Step 2: Tape the paper around the toilet paper roll.



Step 3: Cut out another 14cm x 15cm piece of paper and draw lines on it as shown.



Step 4: Fold the piece of paper in half and cut along the lines as shown.



Step 5: Tape the paper to the top and bottom edges of the toilet roll.



Step 6: Form the lantern shape as shown.

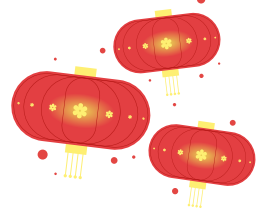


Step 7: Tape the string to the top edges of the toilet paper roll to make the handle.



Done!
Time to hang it up!

Wordsearch



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

CHRISTMAS

LIGHTS

DIWALI

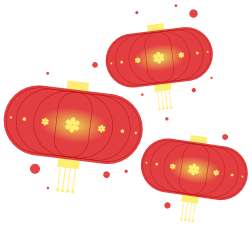
CANDLES

HANUKKAH

FAMILY

LANTERN

WINTER



Wordsearch



CHRISTMAS

LIGHTS

DIWALI

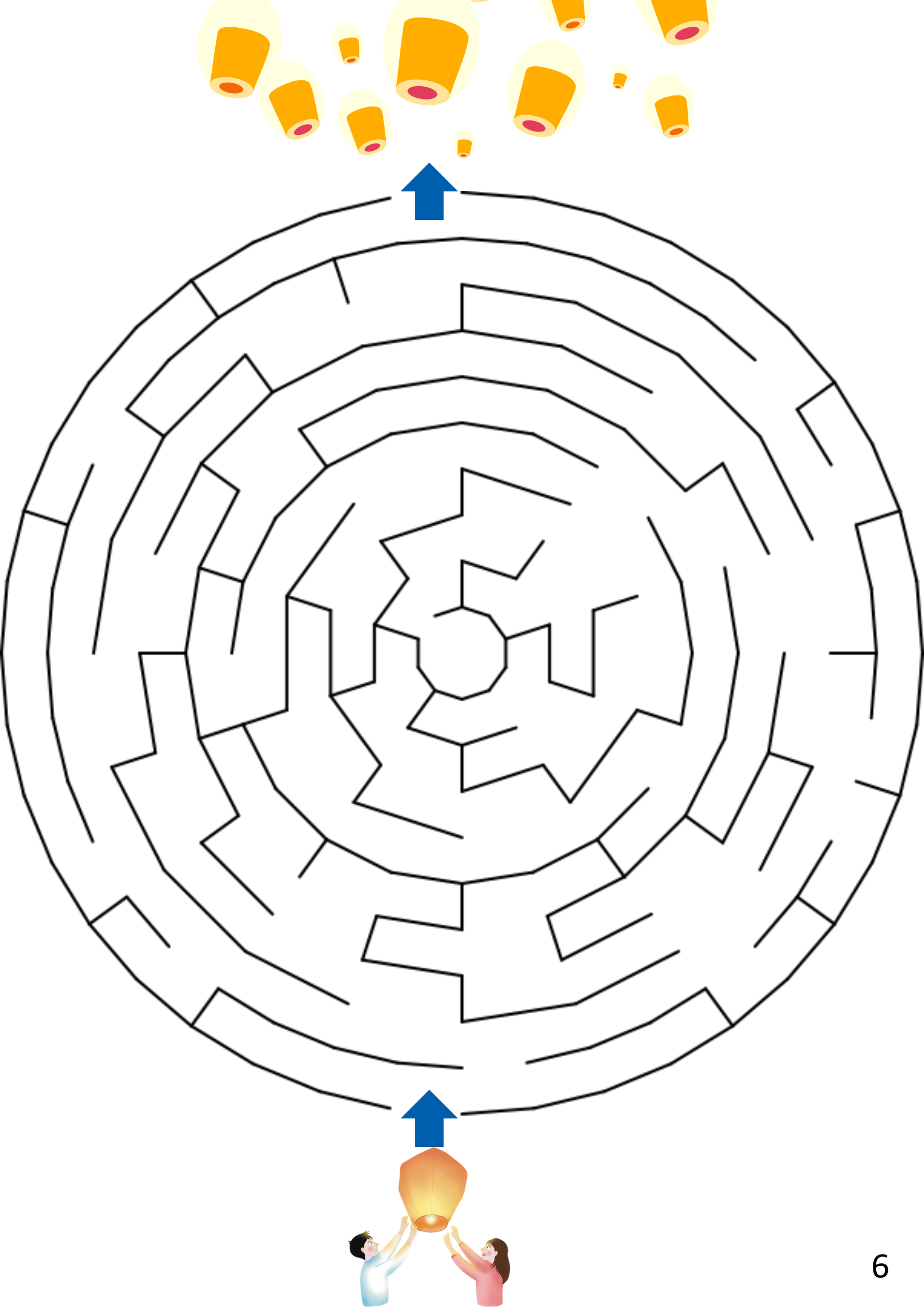
CANDLES

HANUKKAH

FAMILY

LANTERN

WINTER



Poetry Writing Challenge:

A Childhood Christmas



Overview:

The magic of Christmas often brings back memories of childhood, filled with joy, wonder, and warmth. In this challenge, we invite you to write a **poem** that captures the feelings, sights, and sounds of a “**childhood Christmas**” Whether it’s about decorating the tree, waiting for Santa, or the excitement of gifts under the tree, your poem should reflect the enchantment of the holiday season.

Poetry Prompts:

To spark your inspiration, choose one of the following prompts to guide your poem, or create your own. **If you didn’t celebrate Christmas we’d love to hear about your Winter traditions:**

- 1. The Glow of Christmas Lights:** Write about the excitement of seeing twinkling Christmas lights on houses and trees. How did it feel to walk or drive around the neighbourhood, watching the festive decorations?
- 2. The Christmas Eve Traditions:** Think of a special Christmas Eve tradition, like hanging stockings or baking cookies. Write a poem that describes this memory and why it was so meaningful.

Guidelines:

Length: Aim for a poem that is 4 to 12 lines long.

Style: Your poem can rhyme or be free verse. Focus on expressing emotion and painting a picture with your words.

Tips for Success:

Use Your Senses: Think about how Christmas felt, smelled, and sounded. Did you hear jingle bells? Smell gingerbread? Describe these sensations to bring your poem to life.

Capture the Wonder: Childhood Christmas memories are filled with wonder and excitement. Try to express the joy and magic of the holiday season through the eyes of a child.

Personal Touch: Reflect on your own Christmas memories or imagine how someone else might have felt. This will help your poem feel authentic and heartfelt.

Submission:

After writing your poem, share it with someone special, whether it's a friend or family member. Reading it aloud will bring out the rhythm and emotion of your words, making the experience even more meaningful. **Please send it to**

Communityengagement@alzheimer.ie for inclusion in our December Christmas pack.



Christmas Poem Writing Pages

Name:

Story Title:

Christmas Poem Writing Pages

Name:

Story Title:

Christmas Poem Writing Pages

Name:

Story Title:

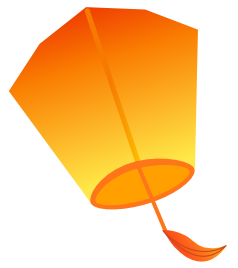
Fill in the missing numbers. Puzzle 1



The missing numbers are integers between 0 and 5. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

				12
	5			17
			4	13
1	2		4	12
3				12
9	16	14	15	13

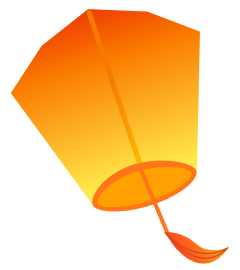
Fill in the missing numbers. Puzzle 2



The missing numbers are integers between 0 and 5. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

				11
				6
2	4	5		14
3	1	5		10
				12
9	6	17	10	14

Answer Puzzel 1:



				12
2	5	5	5	17
3	4	2	4	13
1	2	5	4	12
3	5	2	2	12
9	16	14	15	13

Answer Puzzel 2:

				11
0	0	5	1	6
2	4	5	3	14
3	1	5	1	10
4	1	2	5	12
9	6	17	10	14



Festivals of Light Around the World

Across the globe, many cultures celebrate festivals of light, symbolizing hope, community, and the triumph of light over darkness. Here's a look at some of these beautiful traditions:

1. DIWALI (HINDU, SIKH, JAIN)

Diwali, the Festival of Lights, marks the victory of good over evil. Families light oil lamps called "diyas", enjoy fireworks, and share sweets, welcoming new beginnings with hope and warmth.



2. Hanukkah (Jewish)

Hanukkah is an eight-day Jewish celebration where families light a "menorah" to commemorate a miracle of light. Special foods like "latkes" (potato pancakes) are enjoyed, and each night's candle represents hope and perseverance.



3. LOY KRATHONG AND YI PENG (THAILAND)

In Thailand, "Loy Krathong" involves floating candle-lit baskets on rivers, while "Yi Peng" releases lanterns into the sky, symbolizing letting go of misfortunes and embracing the future.



4. CHINESE LANTERN FESTIVAL

Celebrated at the end of Lunar New Year, the “Chinese Lantern Festival” sees families light lanterns and release them into the sky, wishing for happiness, peace, and good fortune in the year ahead.



5. CHRISTMAS (CHRISTIAN)

For Christians, Christmas celebrates the birth of Jesus, often symbolized by light. Homes and churches are decorated with lights and candles, representing hope and joy during the festive season.



6. SHAB-E YALDA (PERSIAN)

Shab-e Yalda, an ancient Persian festival, marks the winter solstice. Families gather to share food and stories, celebrating the victory of light as the days grow longer.



A SHARED TRADITION

Despite differences in customs, these festivals all celebrate the universal themes of light, warmth, and hope, bringing people together during the darkest times of the year.



Traditional Soul Cakes

INGREDIENTS

- 175g butter (6ozs)
- 175g caster sugar (6ozs)
- 3 egg yolks
- 450g plain flour (1lb)
- 2 teaspoons mixed spice
- 100g currants (4 ozs)
- a little milk to mix

DIRECTIONS

- Step 1 Pre-heat oven to 180C/375F/Gas mark 5.
- Cream the butter and sugar together and then beat in the egg yolks, one at a time.
- Step 2 Sift the flour into another bowl with the mixed spice and then add them to the butter, sugar and egg yolk mixture.





Traditional Soul Cakes

DIRECTIONS

- Step 3 Stir in the currants and add enough milk to make a soft dough, similar to scones.
- Step 4 Roll the dough out and cut out little cakes with a biscuit cutter. Mark each cake with a cross and then place them on a greased and/or lined baking sheet.
- Step 5 Bake the cakes for 10 to 15 minutes, or until golden brown.
- Step 6 Cool on a wire rack and then store in an airtight tin for up to 5 days.

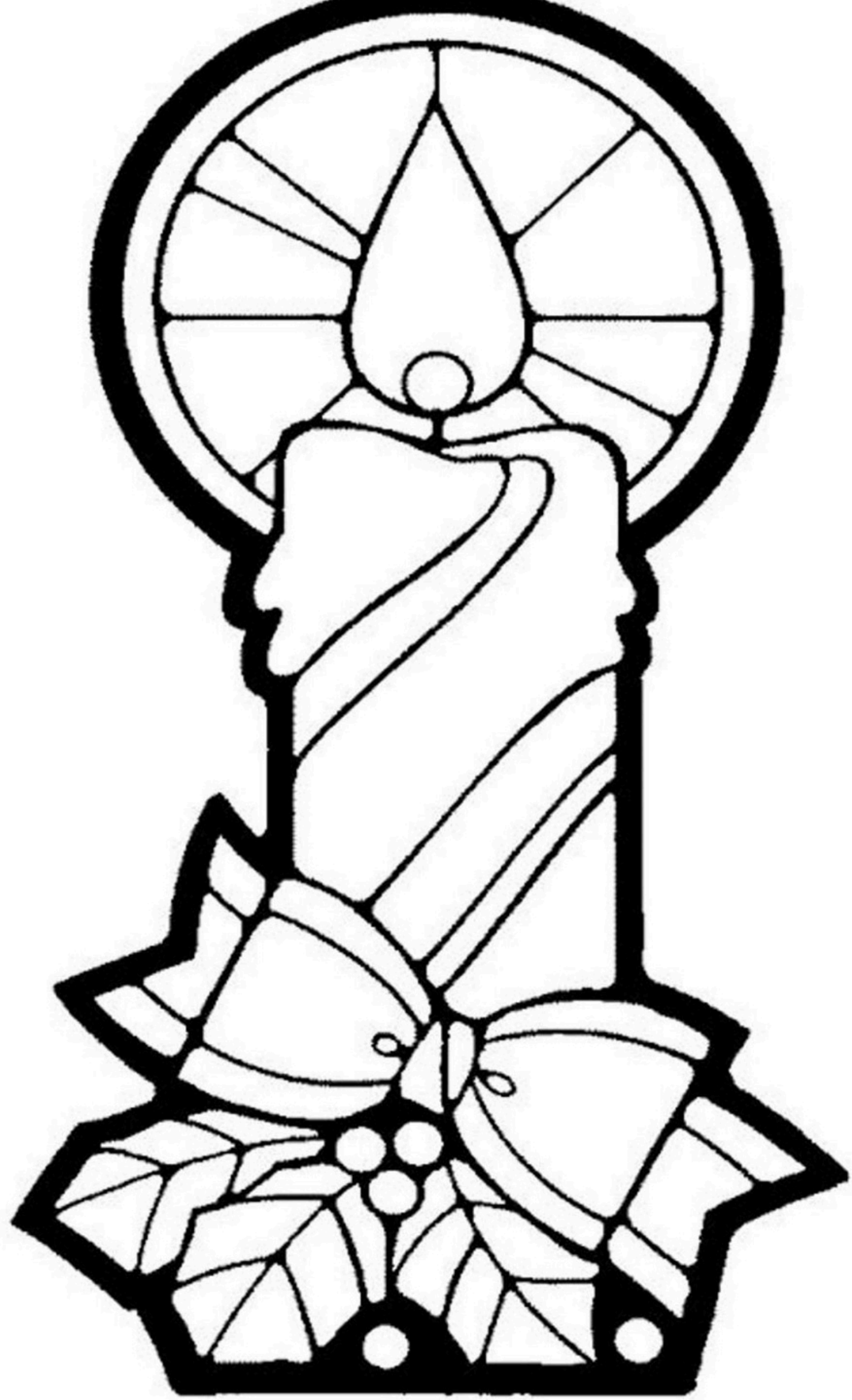




Colouring

Inspired by

Festivals of Light

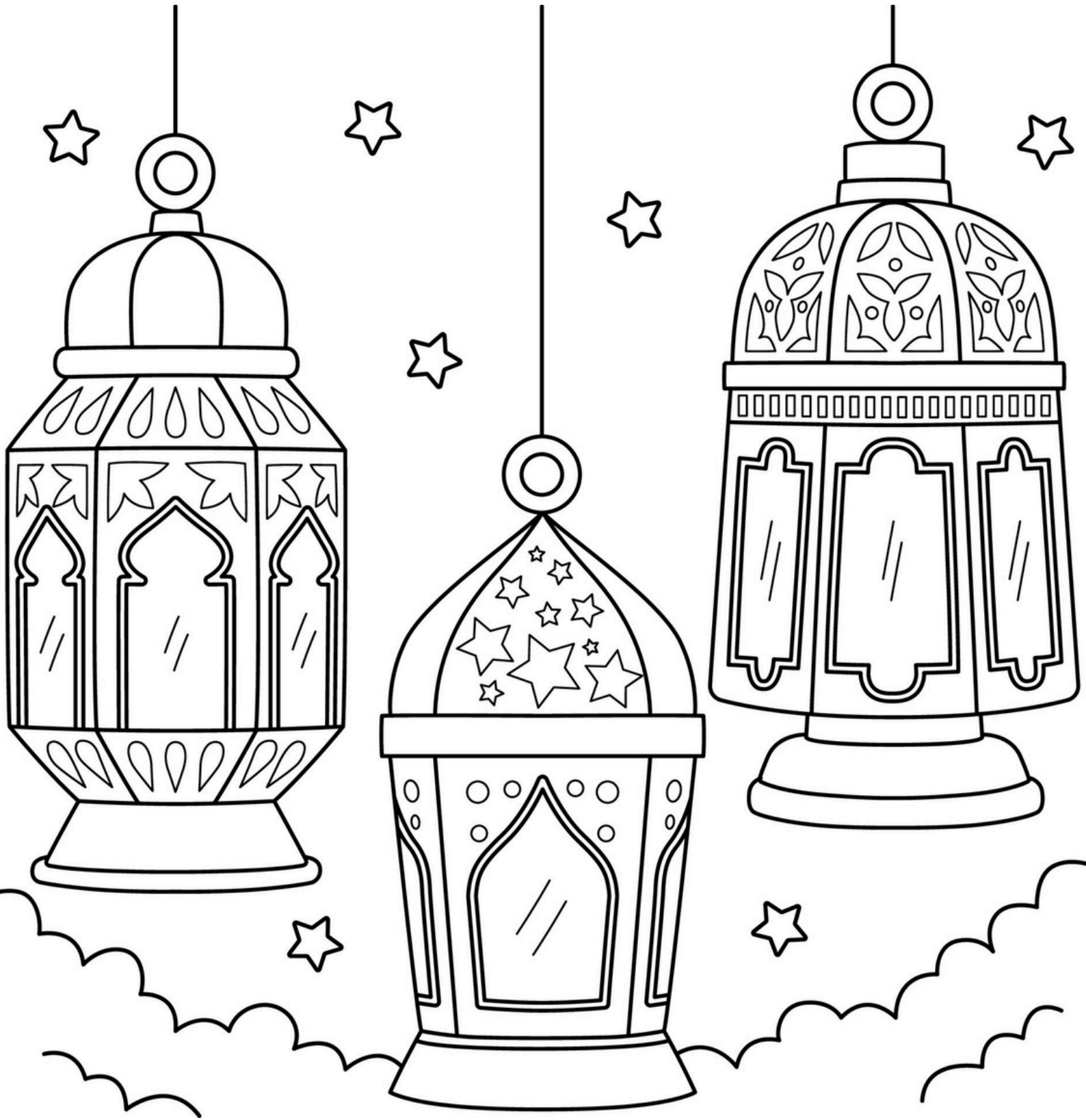
















“Hope” is a thing with feathers

By Emily Dickinson

“Hope” is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I’ve heard it in the chilliest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.



Acquainted with the Night

By Robert Frost

I have been one acquainted with the night.
I have walked out in rain—and back in rain.
I have outwalked the furthest city light.

I have looked down the saddest city lane.
I have passed by the watchman on his beat
And dropped my eyes, unwilling to explain.

I have stood still and stopped the sound of feet
When far away an interrupted cry
Came over houses from another street,

But not to call me back or say good-bye;
And further still at an unearthly height,
One luminary clock against the sky

Proclaimed the time was neither wrong nor right.
I have been one acquainted with the night.



Dreamland

By Lewis Carroll

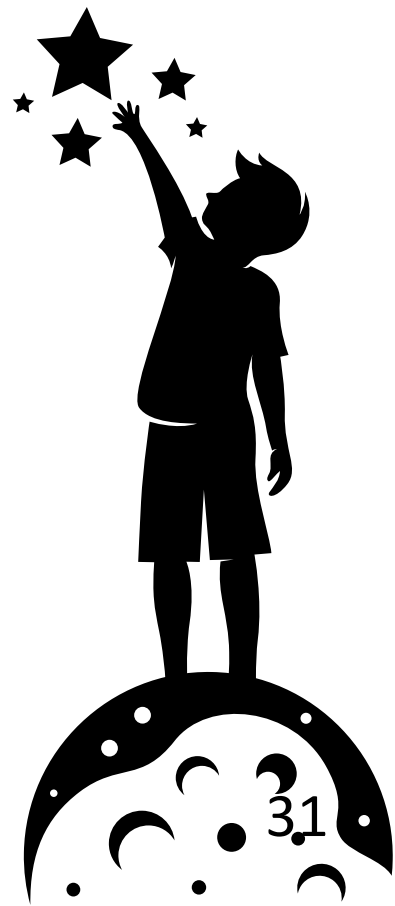
When midnight mists are creeping,
And all the land is sleeping,
Around me tread the mighty dead,
And slowly pass away.

Lo, warriors, saints, and sages,
From out the vanished ages,
With solemn pace and reverend face
Appear and pass away.

The blaze of noonday splendour,
The twilight soft and tender,
May charm the eye: yet they shall die,
Shall die and pass away.

But here, in Dreamland's centre,
No spoiler's hand may enter,
These visions fair, this radiance rare,
Shall never pass away.

I see the shadows falling,
The forms of old recalling;
Around me tread the mighty dead,
And slowly pass away.



MORNING HAS BROKEN



Christian Hymn with lyrics by Eleanor Farjeon

Morning has broken like the first morning
Blackbird has spoken like the first bird
Praise for the singing, praise for the morning
Praise for them springing fresh from the world

Sweet the rains new fall, sunlit from Heaven
Like the first dewfall on the first grass
Praise for the sweetness of the wet garden
Sprung in completeness where His feet pass

Mine is the sunlight, mine is the morning
Born of the one light, Eden saw play
Praise with elation, praise every morning
God's recreation of the new day

Morning has broken like the first morning
Blackbird has spoken like the first bird
Praise for the singing, praise for the morning
Praise for them springing fresh from the world



This Little Light of Mine



[Chorus]

This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
Let it shine, let it shine, let it shine

[1]

Each and every day, I'm gonna let it shine
Each and every day, I'm gonna let it shine
Each and every day, I'm gonna let it shine
Let it shine, let it shine, let it shine

[2]

All over my neighborhood, I'm gonna let it shine
All over my neighborhood, I'm gonna let it shine
All over my neighborhood, I'm gonna let it shine
Let it shine, let it shine, let it shine

[3]

All around the world, I'm gonna let it shine
All around the world, I'm gonna let it shine
All around the world, I'm gonna let it shine
Let it shine, let it shine, let it shine

[4]

Put it under a bushel - No! I'm gonna let it shine
Put it under a bushel - No! I'm gonna let it shine
Put it under a bushel - No! I'm gonna let it shine
Let it shine, let it shine, let it shine

[5]

Ain't nobody gonna whoof it out, I'm gonna let it shine
Ain't nobody gonna whoof it out, I'm gonna let it shine



Sunshine on my Shoulder

John Denver

[CHORUS]

Sunshine
On my shoulders makes me happy
Sunshine in my eyes
Can make me cry
Sunshine on the water
Looks so lovely
Sunshine
Almost always makes me high

[Verse 1]

If I had a day
That I could give you
I'd give to you
The day just like today
If I had a song
That I could sing for you
I'd sing a song
To make you feel this way

[CHORUS]

Sunshine
On my shoulders makes me happy
Sunshine in my eyes
Can make me cry
Sunshine on the water
Looks so lovely
Sunshine
Almost always makes me high

[Verse 2]

If I had a tale
That I could tell you
I'd tell a tale
Sure to make you smile
If I had a wish
That I could wish for you
I'd make a wish
For sunshine for all the while

USEFUL RESOURCE

Helpful Links

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

Cafés

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

Social Clubs

- These are a social gathering where people can drop in to chat, access information and support, and meet other people. Click the link below to find your nearest Social Club <https://alzheimer.ie/service/socialclub/>.
- Engaging Dementia Rainbow Virtual Café is held online via Zoom on the last Friday of each month (excluding bank holidays). This is a welcoming space for older persons within the LGBT+ community, as well as family supporters, healthcare workers and proactive allies. virtualcafe@engagingdementia.ie

MUSIC

- The VIRTUAL ASI National Choir will return on September 19th.
- Classic Music for Winter: https://www.youtube.com/watch?v=9E6b3swbnWg&list=RDQMKLWxD_vdIrc&start_radio=1
- 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

- In With The New Guided Meditation: <https://www.youtube.com/watch?v=JudOFQ8qYg4>
- 5 Minute Meditation: <https://www.youtube.com/watch?v=Tjx3Whpmg8s>
- Deep Breathing Exercise: <https://www.youtube.com/watch?v=8PgcxsiZ4KQ>
- 20 Minute Chair Yoga: <https://www.youtube.com/watch?v=1DYH5ud3zHo>

OTHER

- Light Relaxing Music: <https://www.youtube.com/watch?v=JfTrNF2pBLQ>
- Sunny Coffee Morning: <https://www.youtube.com/watch?v=-RvFMMmgzZ4>
- Relaxing Music to Relieve Stress, Anxiety and Depression:
<https://www.youtube.com/watch?v=WcXK5lw8yAk>
- Tactile Activities for People with Dementia: <https://www.youtube.com/watch?v=p5SvKDsFHVg>
- Lantern Crafts: <https://www.justthewoods.com/creative-diy-lanterns-ideas/>