

*Activities
for the*

MIND
BODY
& Soul

Home  Instead
SENIOR CARE®

To us, it's personal.®

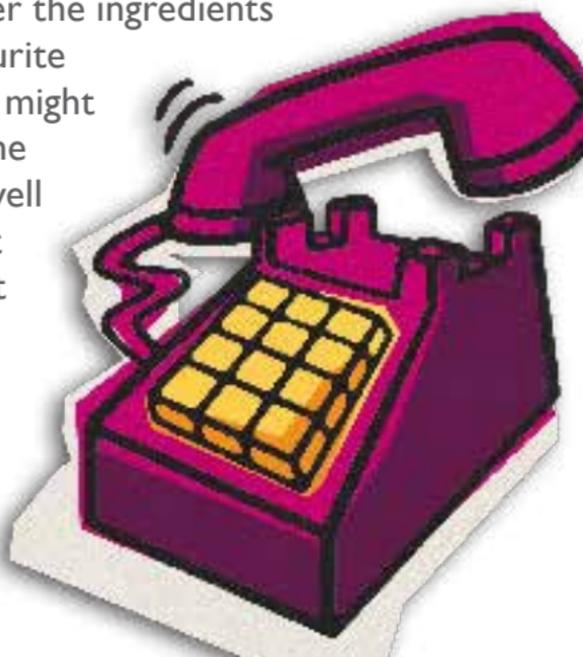
On Call

MIND

Many older adults have a telephone that is programmed with the numbers of family and friends. So all they have to do is hit a speed dial button to make that important connection. A senior can attempt to recall all of the numbers in the telephone directory and make a list.

A senior may want to think of a different telephone number each day this week that she might need and memorise that number. At the end of the week, review all the new numbers.

Incorporate this new skill by asking your loved ones to try to remember the ingredients and directions of a favourite recipe. (Your loved one might want to double check the cookbook to see how well she did.) Or think about a hobby he or she hasn't done for a long time. Suggest they remember the steps and write them down.



Change Direction

If a senior has a regular route through the grocery store or to the postbox, she may want to try a different route. Research has revealed that such a technique exercises the brain.

Or, if an older adult can't leave the house, help your senior break a routine. Drink tea in the afternoon instead of coffee in the morning. If he reads the newspaper in the morning and watches television in the afternoon, suggest that he try switching that around.

Make a note of what she likes and doesn't like about the new order.

While she is going about her day, ask your mum to use her opposite hand to open doors and brush her teeth. Or suggest to dad he wear his watch on the opposite wrist. These activities will help their brains re-think daily tasks.



A Puzzle A Day

MIIND

Doing puzzles is a great way to help a senior keep his or her mind active. Try this one by writing out the correct words on a separate sheet of paper.

Sea Animals

Unscramble the words.

Created with the help of Worksheets - www.Qualint.com

ESAHRESO

ETOSLBR

HSFTSAIR

SRTYOE

HSKRA

MCLA

HPLIDON

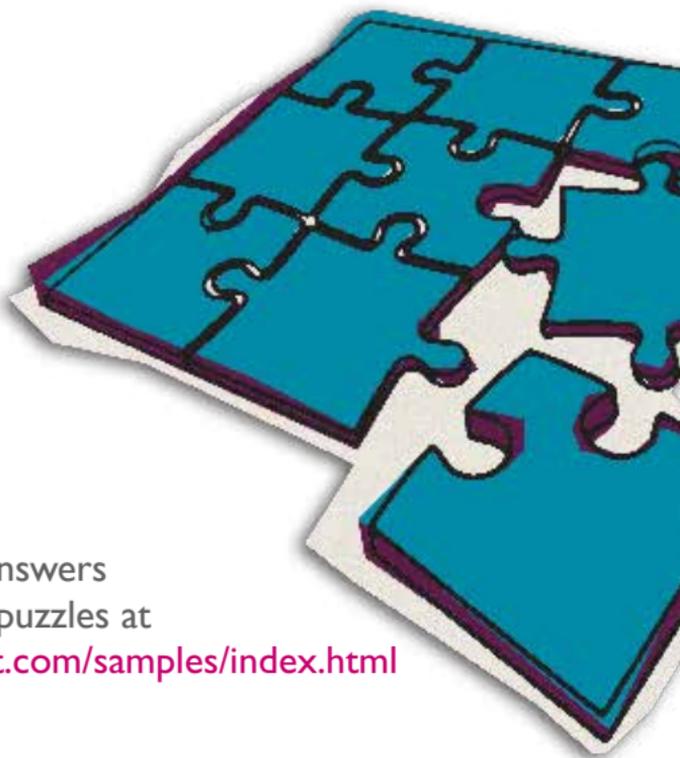
IUDSQ

RCAB

HAWLE

You can find the answers
and more sample puzzles at

<http://www.qualint.com/samples/index.html>



Crazy 8s

MIND

Cards are a great form of socialisation that may help improve a senior's overall sense of well-being. How about a game of "Crazy 8s?"

1. The basic game of Crazy 8s uses a standard 52-card pack.
2. The dealer deals (singly) five cards to each player (seven each if there are only two players).
3. The un-dealt stock is placed face down on the table, and the top card of the stock is turned face up and placed beside the stock to start the discard pile.
4. Starting with the player to dealer's left, and continuing clockwise, each player in turn must either play a legal card face up on top of the discard pile, or draw a card from the un-dealt stock.
5. If the top card of the discard pile is not an eight, play any card which matches the rank or suit of the previous card (for example if the top card was the king of hearts you could play any king or any heart).
6. An eight may be played on any card, and the player of the eight must nominate a suit, which must be played next.
7. If an eight is on top of the pile, you may play any card of the suit nominated by the person who played the eight.

The first player who gets rid of all their cards wins, and the other players score penalty points according to the cards they have left in their hands. Remember that meaningful conversation while playing can boost a senior's outlook as well.



Memory Lane

Remembering and memorising song lyrics is a great way to keep the mind active. How about “Moon River,” the hit made popular in the 1960s by legendary crooner Andy Williams. If you don’t know the tune, Google it, or let your senior teach you how it goes.

Here are a few others from the 1940s, ‘50s and early ‘60s that your loved ones might remember:

“Chances Are” (Johnny Mathis)

“Blueberry Hill” (Fats Domino)

“When You Wish Upon a Star” (Cliff Edwards)

“You Send Me” (Sam Cooke)

“Wake Up Little Susie” (The Everly Brothers)

“Sentimental Journey” (Doris Day)

“Fly Me to the Moon” (Frank Sinatra)

Ask a senior to remember and sing other songs as he or she is going about the day.



Power Grip

BODY

Having the strength to grip can impact the everyday lives of seniors. Seniors can do this squeezing exercise with a tennis ball while watching TV:

1. Hold a tennis ball or other small rubber or foam ball in one hand.
2. Slowly squeeze the ball as hard as you can and hold it for 3-5 seconds.
3. Relax the squeeze slowly.
4. Repeat 10 - 15 times.
5. Repeat 10 - 15 times with the other hand.
6. Repeat 10 - 15 times more with each hand.

Encourage your senior to incorporate this skill by opening a jar of pickles or olives. Or suggest playing fetch with the dog before naptime. Keep hands and fingers limber by folding towels or the laundry.

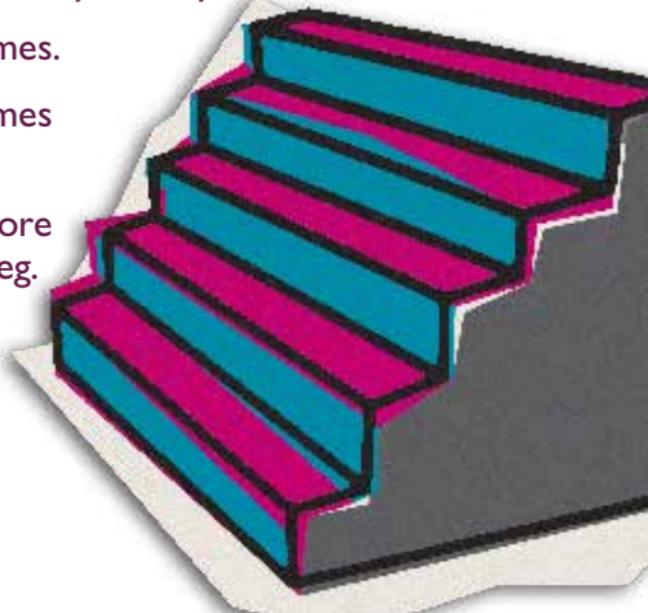


Walking Strong

BODY

The Leg Curl is designed to help make walking and climbing stairs easier for a senior:

1. Stand behind a sturdy chair, hold on for balance. Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible.
3. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
4. Hold position for 1 second.
5. Breathe in as you slowly lower your foot to the floor.
6. Repeat 10 - 15 times.
7. Repeat 10 - 15 times with other leg.
8. Repeat 10 - 15 more times with each leg.



LEG Strengthening

This activity helps strengthen thighs and may reduce symptoms of arthritis of the knee. Encourage a senior to:

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front as straight as possible, but don't lock your knee.
3. Flex foot to point toes toward the ceiling. Hold position for 1 second.
4. Breathe in as you slowly lower leg back down.
5. Repeat 10 - 15 times.
6. Repeat 10 - 15 times with other leg.
7. Repeat 10 - 15 more times with each leg.

As the senior progresses, he or she may want to add ankle weights. Encourage your older adult to try walking from one end of the house to another or, if they're up to it and the weather is nice, take a jaunt around the block, through the mall or to the gym!



Day At The Beach

BODY

This mobility activity can be made easier for seniors with eyesight problems if the family caregiver describes the actions:

1. Hold the beach ball at chest level in both hands.
2. Stretch arms out straight.
3. Then pull arms back to the chest.
4. Repeat while counting to 10.

Put this skill to work while doing something a senior enjoys. When watching TV or listening to the radio, march to the beat of a favourite song while in this sitting position.



Cinema Matinee

Soul

What could be more fun than an afternoon at the cinema? Check the cinema listing and call a friend to go along with you and your mum.

(If dad is hard-of-hearing, remember his hearing aids or choose a closed-captioned cinema.)

If your loved one can't get out, plan a film at your house. Or dig into your parents' old collection of John Wayne or Doris Day films.

*Don't forget
the popcorn!*



Plant a Garden

Soul

It doesn't have to be summer, and you don't need a big plot of land, to get the feel for gardening. Container pots are easy and fun any time of year, and are sure to please any senior.



Fill a clay strawberry pot with potting soil and then fill the openings with your favourite herbs. Check the pot daily and water accordingly. Locate in full sun.

You can bring some herbs indoors for the colder winter months as long as you have adequate sunlight. This means a southern exposure ideally with about eight hours of sunlight a day.

Encourage your senior to use these fresh herbs in their favourite recipes.

This is Your Life

Soul

Why not check out those old photo albums while you take a trip down memory lane. Going through the pictures will undoubtedly jog a senior's memory and prompt a few stories.

While you're looking through those old pictures, let your senior's imagination and memories run wild. Do those old photo albums need a face lift?

Tackle one of those projects today. Why not write down all those stories next to the photos. You'll treasure them in years to come.



Start a Collection

Soul

Think about items of interest that have been collected through the years. Many seniors have stashed away old coins or stamps or baseball cards. How about costume jewellery from the 1940s or '50s?

Perhaps pieces of the collection are scattered around the house. Make it a treasure hunt of sorts.

Next, decide where you would store this collection. Depending on what you have gathered or decided to collect, you may need a lot of room or a special place that will help preserve the items you are collecting. Think about different ways you could display these treasures. If you decide to collect valuable items, such as baseball cards, consider a safe deposit box at the bank.

Or you could begin a collection that a senior would pass down through the family. Need help? Start collecting by visiting garage sales, looking for the items while traveling or researching on the internet.