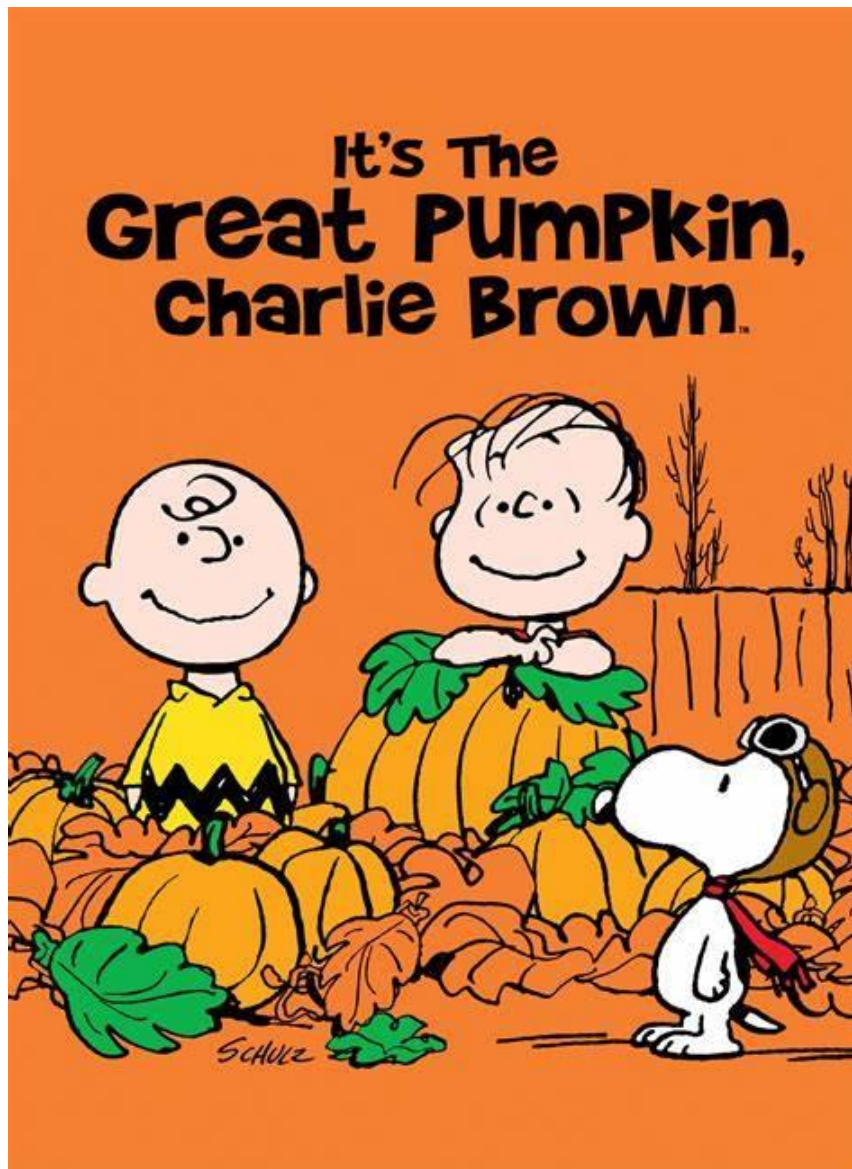


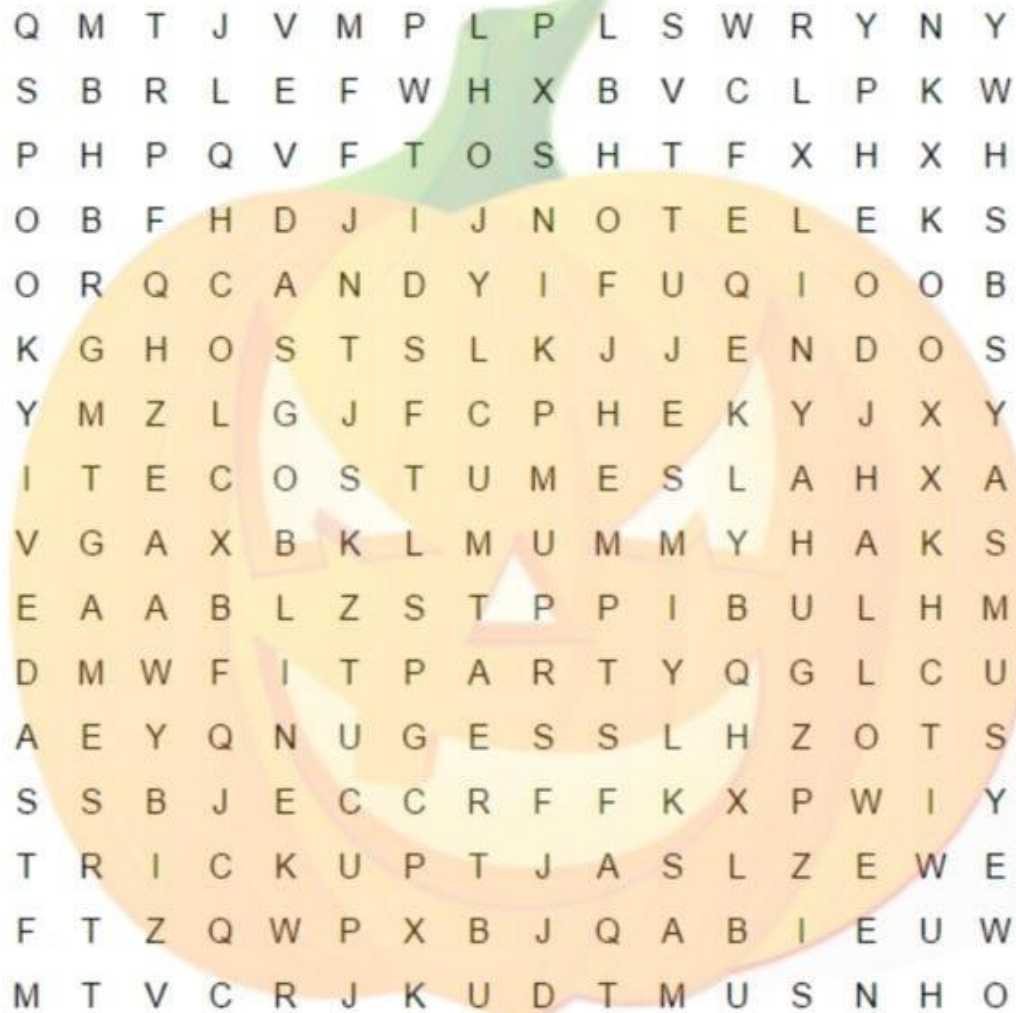


Welcome! This is a guide designed to encourage you to enjoy Gathering Place activities at home. Each Month has a new theme. You can print the document as a whole or only in part. Here you will find everything you need to have a fun, joyful, and active day with your loved one filled with games, crafts, a simple exercise routine, and even a recipe. We hope you enjoy!

The Great Pumpkin



Halloween Word Search



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

BOO
GAMES
HALLOWEEN
PARTY
SPOOKY
WITCH

CANDY
GHOSTS
MASK
PUMPKINS
TRICK

COSTUMES
GOBLIN
MUMMY
SKELETON
TREAT

www.thetypicalmom.com

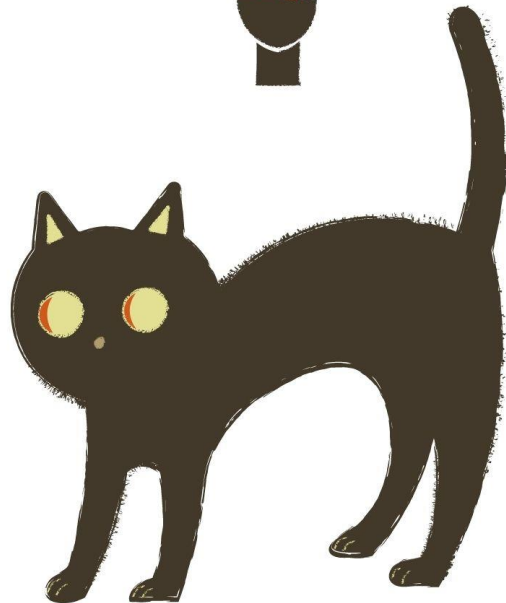
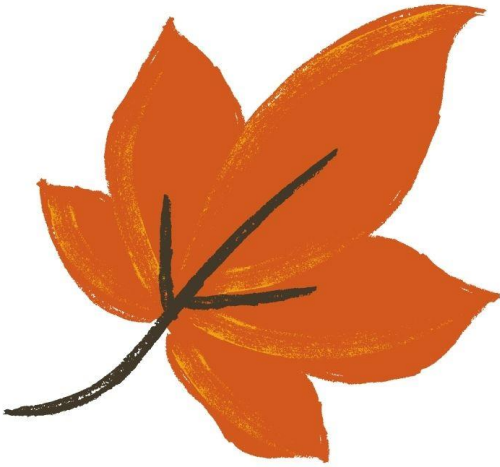
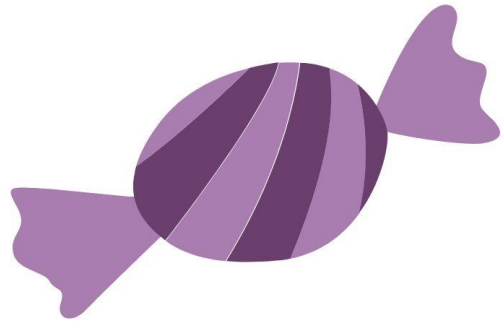


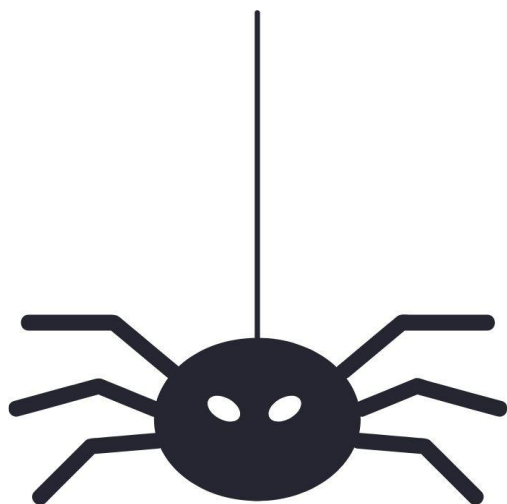




Games

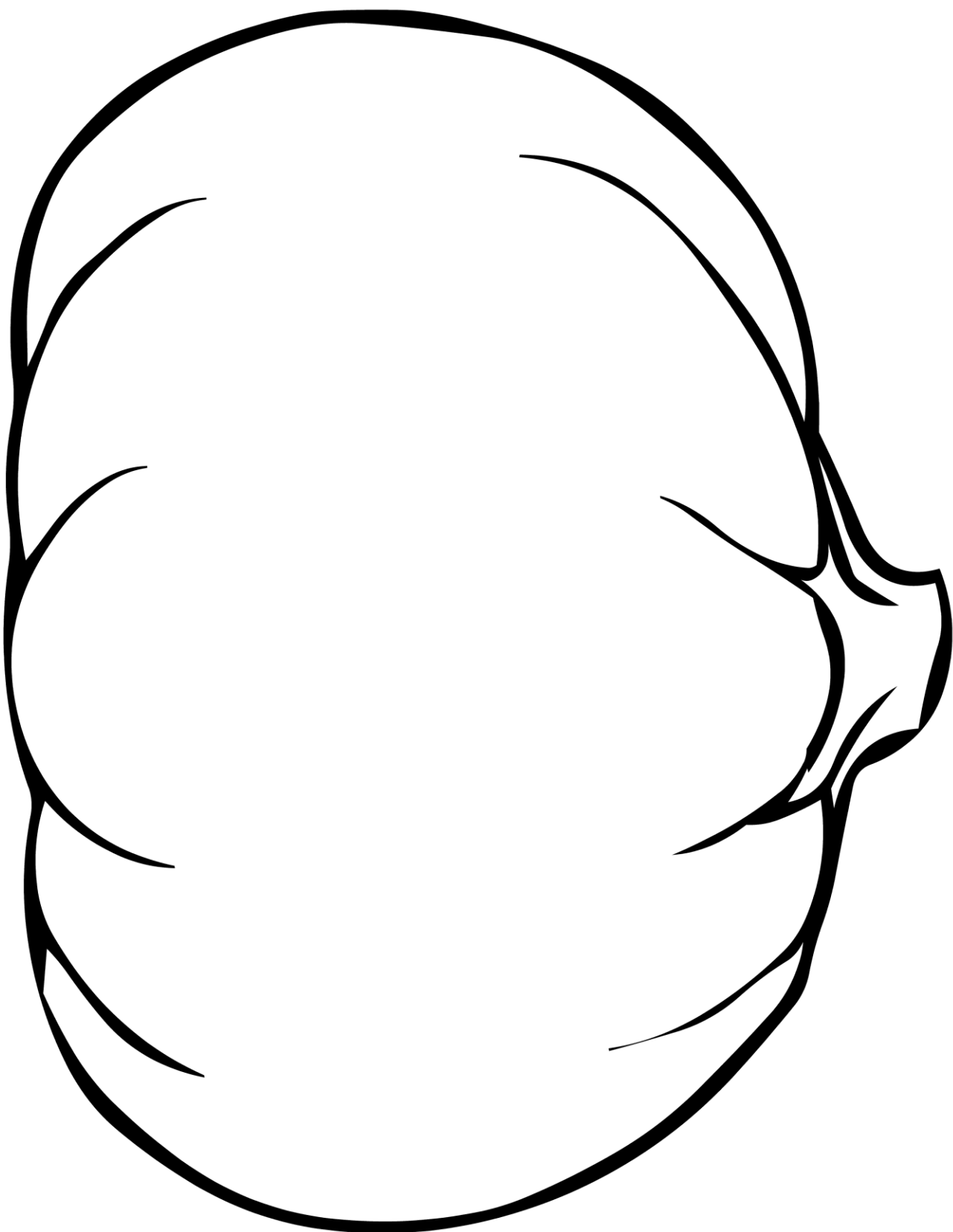
For a simple matching game, print out two copies of the next two pages. Cut them into 6 pieces and flip them over. See if your loved one can find the pairs by flipping the “cards” over.

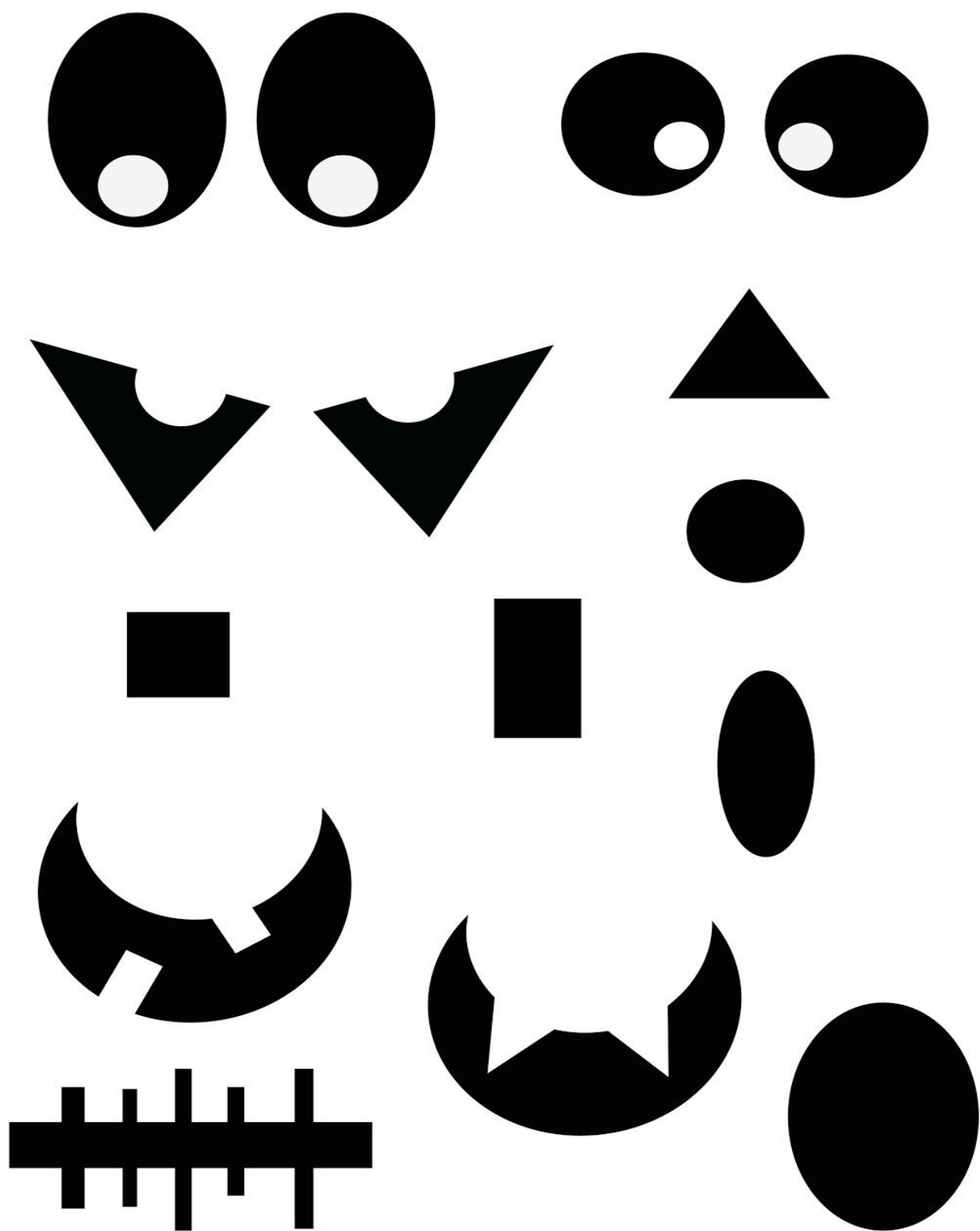


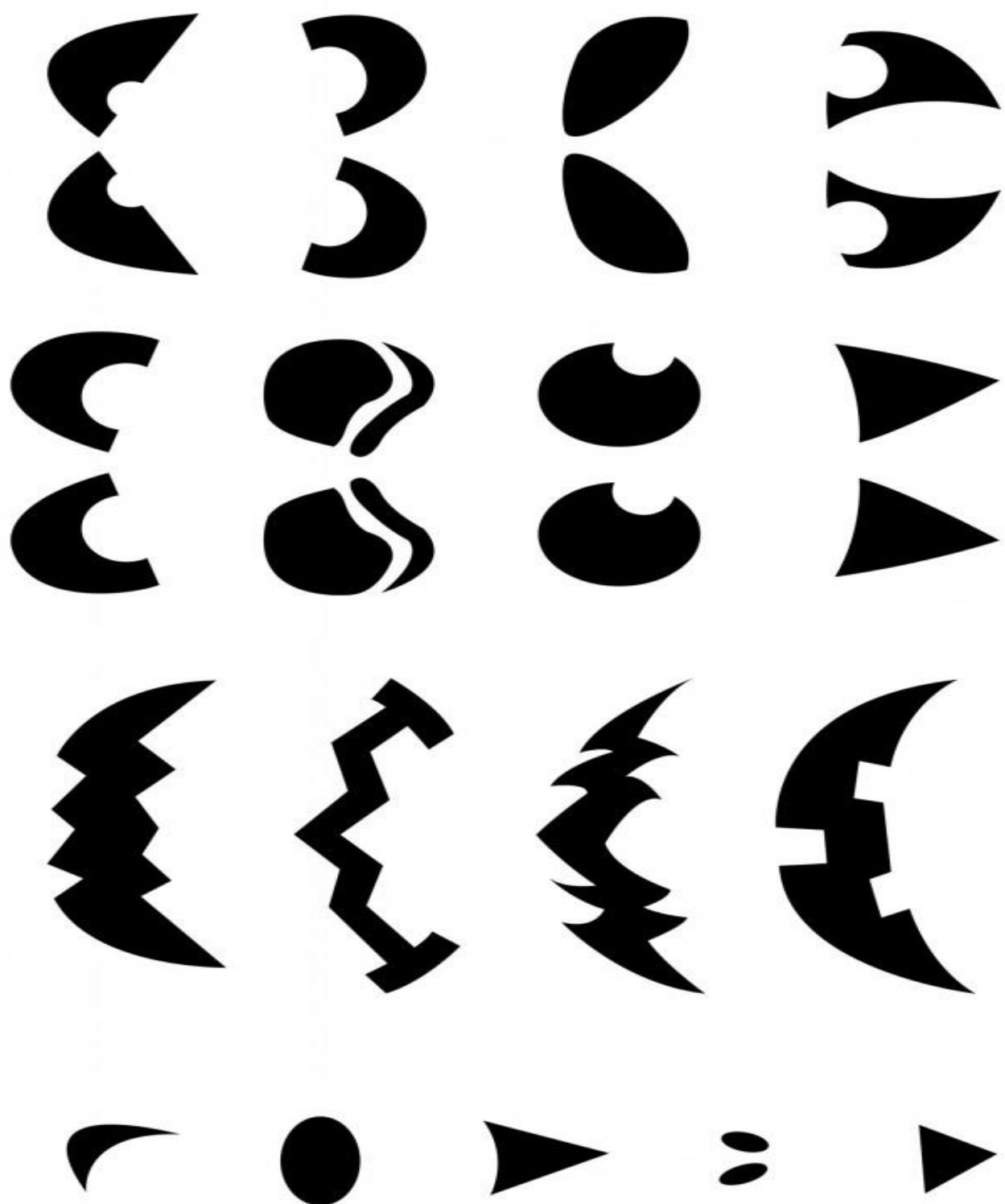


Crafts

Here is a safe way to decorate your pumpkin, without the actual carving. Print out the next few pages and cut out the shapes. Color your pumpkin with your loved one with crayons, markers, or paint. Then use the face shapes to create scary or silly pumpkins to hang in your windows for the Trick-or-Treaters on Halloween! (Tip, if you can, glue the pumpkin to some heavier paper like cardstock to prevent the glue and colors from bleeding through the paper.)







Exercise

At Home Mini-Workout

Can be done in a chair or standing

Warm-Up Routine

- Stretch arms above head and breathe in and breathe out. Repeat twice.
- Shrug shoulders up and down 3 times
- Roll shoulders back 10 times and forward 10 times
- Stretch arm across body on each side.
- Turn your head to each side and hold for 30 seconds each side.
- Take your head and look down at lap and up at ceiling holding as long as needed.

Workout Routine:

- March in place for one minute.
- Move right foot side to side alternating with left foot, side to side about a minute-(like dancing in place).
- Change feet to a kick, alternating right kick, left kick for a minute
- Back to marching in place for a minute.
- Raise heels up and down 30 seconds. Raise toes up and down 30 seconds.
- Now rock back and forth- heel toe, heel toe, about 30 seconds.
- Sitting or standing up straight, raise each knee one at a time as high as you can on each side, back and forth-right, left, right, left. Do this about a minute total.
- (Do this part sitting) Pull one knee to your chest and hold and stretch. Then bring the other knee to your chest and hold and stretch.
- Place feet back on the floor. Stretch one leg at a time straight out in front of you. Rotate your ankle to the left around in a circle. Then rotate your ankle to the right side in a circle for 30 seconds
- Do the same rotations with your other ankle.
- Back to marching in place for one minute.
- Reach arms above head, one at a time, reaching for the ceiling. Do this 5 times on each side.
- Reach each arm side to side, moving your torso with each movement-right to left, 5 times on each side.
- Reach each arm low, on each side as if you were trying to touch the floor, moving your body along with your reaches. Do this 5 times on each side.

Cool-Down Routine

- Stretch your arms above your head, take a deep breath.
- Bring your arms down and stretch them again above your head and breathe out.
- Stretch your arms above your head to the right, leaning into the stretch. Do the same thing on your left side, reaching above your head and leaning into the stretch.
- Rest your arms and feet. Close your eyes and take one more deep breath in and out 3 times

Finished

Devotion

Prayers for Caregivers

Dear God, keep my eyes and ears alert to clues that my loved one needs medical attention, since his/her expressing those needs is no longer possible. Lead us to perceptive medical personnel who can read between the lines and diagnose adequately. Help me carry out my role as a patient advocate with a balanced blend of graciousness and firmness.

Dear God, I confess that I am not a perfect caregiver. Forgive my times of negligence and impatience. Deliver me from the futility of wallowing in guilt when I fall short. Give me insight to learn from my mistakes and courage to continue on – a better, wiser person.

Dear God, protect me from “What if” and “If only” thoughts that keep me from experiencing the joy of today. Give me a heart of contentment and keep my sense of humor intact.

Dear God, when reality and delusions clash head-on, remind me that my goal is to calm anxious fears and communicate love and respect rather than to set the record straight. Thank you that you always demonstrate love for me even when my ideas and intentions are misguided. Help me extend that same grace to my loved one today.

Dear God, thank you that you are my rock, my sure and steady place in this sea of caregiving. Thank you that even when times are hard and I don’t know what to do, you will not lead me to flounder on my own. You have promised never to leave me, to be with me always, and to be my help in times of trouble. I thank you.

Dear God, if I should be doing more for my loved one, bless me with specific ideas of what to do and the energy to carry them out. Give me wisdom to reject feelings of inadequacy and guilt that come from my own unrealistic expectations or those of others. May my heart be at peace and my loved one blessed with the care that I give today.

*From: the Hedge People – how I kept my sanity and sense of humor as an Alzheimer’s caregiver
– Louise Carey*

Applesauce Pumpkin Spice Bread

Yield: 2 loaves

Ingredients:

- 3 ½ Cups unbleached all-purpose flour
- 3 Tbsp ground cinnamon
- 1 ½ Tbsp ground nutmeg
- 2 tsp ground cloves
- 1 tsp ground ginger
- 1 tap baking soda
- 1 tsp salt
- ½ tsp baking powder
- 2 Cups dark brown sugar
- 1 Cups granulated sugar
- 1 Cup unsweetened applesauce
- 4 large eggs, lightly beaten
- 1 15 oz. can solid-pack pumpkin
- ½ Cup water

Preheat oven to 350 degrees. Grease two loaf pans with cooking spray.

- 1.Mix flour, cinnamon, nutmeg, cloves, ginger, baking soda, salt and baking powder together in a large bowl.
- 2.Combine brown sugar, white sugar, applesauce, and eggs in a large bowl. Add pumpkin and mix well. Add flour mixture alternately with water, mixing well between additions. Divide between the prepared loaf pans.
- 3.Bake loaves until a toothpick inserted into the center comes out clean 60-65 minutes. Cool in pans for 10 minutes. Invert onto a wire rack to cool completely.

Recipe from *The Food Network*