Activities that Promote a Healthy Mind, Body, and Spirit
Introduction

When the pandemic hit back in March, we released a 28-page Life Enrichment Guide that received overwhelmingly positive feedback from senior care and healthcare professionals, senior living community residents, and clients and their families. It was also featured on Care.com and a local ABC affiliate channel. This specially curated guide helped individuals combat social isolation by illuminating the many virtual possibilities accessible through a computer or smartphone.

We are now nine months into the pandemic with a new surge in COVID-19 cases as we head into the winter months. The vaccine is becoming more of a reality with each passing day, but we’ve also learned over the past year that the impact of social isolation has been devastating for many Americans when it comes to cognitive and mental health.

As champions of aging well, we make it our mission to collectively do whatever we can to help older adults combat social isolation, keep spirits lifted, and gain access to resources needed to keep the mind and body engaged and uplifted.

Please enjoy the 2nd Edition of our HCA Life Enrichment Guide that aligns closely with our proprietary program, the Balanced Care Method™. The Balanced Care Method is a holistic approach to senior care that promotes a healthy mind, body, and spirit and is based on the lifestyles of the longest-living people in the world. We have included our 16 favorite virtual activities that you can do to stay engaged and enriched from the comfort of home, Balanced Care-based nutrition and recipes, and activities from our Cognitive Therapeutics Method™.
Bringing the Outside World in:
16 Virtual Activities You Can Do to Stay Engaged

Brain Health

1. **Mind Fit Series by Home Care Assistance**
The Mind Fit Series, led by Michelle Wile, a Home Care Assistance Client Care Manager and Interventionist, is a 30-minute series to keep the mind and body engaged! This virtual series is based on our proprietary program, the Balanced Care Method™, our holistic approach to aging and longevity. Each session features different activities to keep the mind engaged and active.

2. **SuperSoul Conversations by Oprah**
Listening to podcasts is a great way to gain a new perspective and feel enlightened. It’s as simple as pressing play and tuning in! Oprah Winfrey, renown American talk show host, philanthropist, and author hosts SuperSoul Conversations, a podcast where she interviews thought leaders, best-selling authors, spiritual exemplars, as well as health and wellness experts. Her podcast is designed to light you up, guide you through life’s big questions and help bring you one step closer to your best self. What’s holding you back from tuning in today?

3. **Brain Training with Luminosity**
Cognitive health is correlated with quality of life, and is something that we should prioritize, no matter our age. What the pandemic has clearly illuminated is that social isolation does negatively impact brain health, with significant spikes in cognitive decline over the past nine months. Power is knowledge, so take this time at home to exercise the brain...and have fun while doing so! Try Lumosity, a science-based brain training app with more than 50 games designed to exercise your memory, attention, speed, math, language, and problem-solving skills. Use it on your computer, or download it to your iPhone or iPad, so you can play it on the go.
**Life ENRICHMENT GUIDE**

4. **Mindfulness by Calm**
Mindfulness can help relieve stress, improve sleep, lower blood pressure, and even reduce chronic pain. The YouTube channel, Calm, is chock-full of meditative videos and stories that are a great way to start or end your day with relaxation and purpose. They have playlists such as Calm Sleep Stories to help you fall asleep, Daily Calm which has 10-minute meditations, and Soothing Sounds, which contains videos of relaxing nature sounds for deep sleep, focus, and mental clarity.

**Art, Culture, & Exploration**

5. **75 Virtual Museum Tours**
What better way to spend your day than virtually touring thousands of museums around the world? It’s amazing how many museums and exhibits are at your fingertips through your screen. Virtually tour any, or all of, the 75 museums listed. From the Museo del Prado in Spain, to the Tokyo National Museum in Tokyo, to the Kunsthaus Zurich in Switzerland, the opportunities to explore, enrich and inspire your mind are endless!

6. **Live Animal Cams: San Diego Zoo, Georgia Aquarium, Smithsonian National Zoo, and Monterey Bay**
Do you love aquatic animals? If you answered yes, spend an afternoon watching beautiful creatures that live under the sea via live webcams without physically going to the zoo! These webcams are all over the zoos, making it easy to select an animal you would like to observe. Whether it’s hippos and baboons, or platypuses and polar bears, there is something for every animal lover.

7. **Playbill’s Upcoming and Current Live Stream Broadcast Shows**
Calling all Broadway fanatics! Plan a day to watch a musical or play with these 13 upcoming and current live stream broadcast shows! Visit Playbill’s list for your own guide to where and when to watch these live plays and musicals. Watch a reenactment of Shakespeare’s famous play, Much Ado About Nothing, or watch an inspiring play, Red, about Mark Rothko, a famous painter, hosted in the National Theatre in London. You can even view a 90-minute adaptation of Romeo and Juliet, filmed at Shakespeare’s Globe in London.

8. **Tour Yellowstone National Park**
When’s the last time you explored a national park? Many parks have been closed since the coronavirus started, and with the weather getting colder, it may be awhile until you will be able to visit a national park in-person. Lucky for you, Yellowstone National Park offers virtual tours of some of the main attractions of the park. Roam around Mammoth Hot Springs, the Mud Volcano, and more! You can also explore Yosemite and Hawaiian Landmarks virtually, or watch this stunning Hidden Worlds of National Parks video led by an expert park ranger.

**Social Connection**

9. **Goodnight Zoom**
What better way to connect and boost your mood than through virtual story time with a child and his or her parents? Goodnight Zoom’s storytimes provide virtual entertainment and learning for a child while also benefiting the older adult who reads a story to him or her. The socialization and connection formed on both sides is special, and something that both parties enjoy and look forward to every week.

10. **The Foundation for Art & Healing: Stuck at Home Together**
The Foundation for Art and Healing offers a wide range of opportunities for engaging in creative expression, and enabling social connection. Their website has Creativity Challenges, which is a forum where anyone can add a topic, respond to other people’s challenges, all while safely social-distancing. On the website there is also a Community Story Share where people share their experiences with being ‘stuck at home’. The
Foundation for Art and Healing also hosts the UnLonely Film Festival with over 35 short films available to watch, including films on topics such as mental health, creativity and connection, everyday life, award-winning short films, and more.

11. Sudoku
Sudoku is a popular Japanese puzzle game based on the logical placement of numbers. It doesn’t require any calculations or any special math skills. Known for its brain boosting power, challenge yourself to a game of Sudoku online. Start incorporating at least one puzzle a day into your routine; not only will it help improve your concentration, but it’s a productive and fun way to pass the time!

12. Play Games Online
The website, Pogo, has a bunch of online games that you can play for free. From Bingo and board games to multiplayer games and mahjong, this website is a great resource to game and have fun! You can also play other games like UNO, Words With Friends, Fortnite, and Scavenger Hunts & Adventures. Arrange a time, pick a game, and play it online with a loved one! Use Google Meet, Zoom, or FaceTime to facilitate these games, and have a blast playing something new!

13. Try Four Easy 10-Minute Recipes
Are you ready to make something tasty and exciting in the kitchen and surprise the people you know with your new skills? HealthNut Nutrition made a video with four easy 10-minute recipes that will bring new combinations of flavor into your diet! Follow along with the video to learn how to make a chickpea curry, a cashew chicken stir fry, cauliflower tacos, and a buddha bowl. These recipes come with simple ingredients that caregivers can easily pick up at the grocery store. Cook these recipes with your caregiver as a fun activity, or try it yourself!

14. Maria Shriver’s Sunday Paper Dinner Club
Maria Shriver, the founder of the Women’s Alzheimer’s Movement, author, journalist, and former First Lady of California, has a section on her website called the Sunday Paper Dinner Club. This page is full of delicious recipes for dinners, deserts, and snacks from famous chefs around the globe. The Sunday Paper Dinner Club was created with the intention to build a more caring, kinder and compassionate world, inspiring people to gather virtually at their tables, opening their hearts and minds. Each week there is a new recipe that comes with a “Meaningful Conversation Starter” to help you connect, even without being physically in the same room as your loved ones.

15. Yoga with Adrien
There are endless benefits to adopting a yoga practice, some of which are mental clarity and calmness, increased body awareness, relief of chronic stress, and enhanced concentration. Yoga with Adrien has an impressive following of more than 8 million subscribers and 700 videos of yoga instruction. Her YouTube Channel also has a playlist, Yoga for Mental Health, which has yoga videos designed specifically for mental health challenges such as stress and anxiety, PTSD, depression, grief, and more. This healing playlist will benefit anyone with their mental state who is willing to give it a try.

16. Listen to the Best of Classical Music
A passive way to feel enlightened and content is to listen to music. Whether you are taking a walk, stretching, or just simply listening, this three and a half hour long playlist contains the best of Mozart, Beethoven, Bach, Chopin, Vivaldi, Wagner, Grieg, and many more famous musicians. Enjoy the sound of a beautiful piano, violin, orchestral, symphonic and choral masterpieces all in one mix. If you are more of a jazz connoisseur, listen to the Top 100 Jazz Classics Playlist that has over 100 songs to choose from! You won’t be disappointed.
Balanced Care Nutrition & Recipes
Superfoods

Part of Home Care Assistance’s Balanced Care Method is incorporating healthy foods into our client’s every day diets. Nutrition is one of the proven backbone's of both physical health and longevity. Nutritious foods that we regularly try to incorporate into our client’s diets are called superfoods. Superfoods are known to be nutritionally dense, good for one’s health, and are often low in calories. They include a variety of health-promoting properties such as antioxidants, which are thought to ward off cancer, and healthy fats, which are known to prevent heart disease. The key to incorporating these foods into your diet is to consume a variety of them in the right quantities, consistently.

Try to incorporate one or more of these Superfoods into your diet on a daily basis:

1. **Salmon** – Contains omega-3 fatty acids that fight artery deposits of LDL cholesterol.
2. **Walnuts and other nuts** – Cholesterol-free and high in heart healthy unsaturated fat including omega-3s, certain nuts have been shown to reduce the risk of heart disease.
3. **Carrots** – Contain vitamin A and antioxidants. The beta-carotene helps prevent macular degeneration, the leading cause of blindness as we age.
4. **Eggs** – A superior source of protein, eggs include all the essential amino acids the human body requires for good health.
5. **Flaxseeds** – Evidence suggests that these seeds can reduce the risks of heart disease, cancer, and stroke.
6. **Blueberries** – Loaded with vitamins B-6, B-12 and C, along with folic acid and potassium.
7. **Dark chocolate** – With a high cocoa percentage (60% or more) this treat is full of antioxidants.
8. **Jicama** – Has probiotic properties to boost healthy bacteria in the stomach and aid in digestion. It is also high in vitamin C which helps fight wrinkles.
9. **Chia** – These tiny seeds are excellent sources of fiber, calcium, iron and omega-3s.
10. **Sprouts** – These germinating seeds (e.g. bean, alfalfa, broccoli) can be eaten raw or cooked and can come from different beans. Broccoli sprouts contain about 50 times more of the anti-cancer agent, sulforaphane, than their fully mature stalks.
11. **Black Garlic** – This sweet garlic has cholesterol lowering properties and nearly double the antioxidants compared to a regular raw bulb of garlic.
12. **Kelp** – Packed with vitamin K and calcium, certain studies have shown that it can help decrease women’s risk of developing breast cancer.
13. **Barley** – This grain contains lignans, which help fight cancer and lower cholesterol, and niacin, which helps keep skin and hair healthy.
14. **Nutritional Yeast** – Loaded with protein and vitamin B, this yeast helps keep energy levels high and stress levels low.
Superfood Meals

Here are six recipes for breakfast, lunch, and dinner meals that incorporate superfoods. Plan a couple of meals for your week with these recipes in mind!

**Mixed Berry Almond Smoothie**
*Can be served with a slice of whole wheat toast*

**Serves 1**

This refreshing blend of berries, yogurt, and almond milk gets a vitamin C boost from orange juice, with a flavor that’s simply delicious. It’s easy to make and perfect for breakfast on the go or an afternoon pick me up.

**Ingredients**
- ½ cup mixed berries (fresh or frozen)
- ½ cup almond milk
- ¼ cup plain low-fat or nonfat yogurt
- ¼ cup calcium-fortified orange juice
- ½ tsp vanilla extract

**Directions**
Combine and blend all the ingredients until frothy and smooth. Pour into glasses and serve.

**Whole Grain Blueberry Pancakes**
*Can be served with coffee, tea or calcium–fortified orange juice and a slice of turkey bacon*

**Serves 2**

A sweet but healthy alternative to traditional blueberry pancakes.

**Ingredients**
- 1 cup whole wheat flour
- ½ cup toasted wheat germ
- ½ cup cornmeal
- 1 Tbsp. light brown sugar
- 1 Tbsp. baking powder
- ½ tsp. salt
- 1 egg
- ¼ cup nonfat milk
- 2 tsp. canola oil
- 1 cup fresh blueberries

**Directions**
1. In a large bowl, mix together flour, cornmeal, wheat germ, baking powder, brown sugar, and salt.
2. In a small bowl, whisk together egg, milk and oil. Pour into the dry mix and stir to combine. Add in blueberries.
3. Pour batter onto a heated non-stick griddle or frying pan, about ¼ cup per pancake, and cook until bubbles appear in the batter. Flip and cook until browned on the second side. Repeat with remaining batter. Top with light maple syrup and blueberries.
Grape Walnut Chicken Salad
*Can be served with whole grain bread or crackers and shredded cabbage or coleslaw tossed with a light dressing*

Serves 1

This fresh salad is perfect when you want something light but flavorful.

**Ingredients**
- 2 Tbsp. thick Greek-style plain yogurt or nonfat plain yogurt
- 1⁄2 tsp. lemon juice
- Freshly ground black pepper
- 1⁄2 cup shredded or chopped cooked chicken or turkey
- 2 Tbsp. chopped walnuts
- 1 small stalk celery, finely chopped
- 1⁄4 cup grapes, halved

**Directions**
1. In a medium bowl, combine yogurt, lemon juice, and pepper to taste.
2. Add chicken, walnuts, celery, and grapes and toss to combine thoroughly. Serve immediately or cover and chill until ready to eat.

Three-Bean Chili
*Can be served with cornbread and a small salad*

Serves 3–4

This recipe makes a hearty batch of vegetarian chili. Freeze leftovers in individual servings to make reheating quick and easy for a healthy lunch or hassle free dinner.

**Ingredients**
- 2 carrots, peeled and finely chopped
- 1 can (14-oz.) chopped tomatoes (no salt added)
- 1 can (14-oz.) crushed tomatoes
- 3 cans (14-oz. each) pinto, kidney, white and/or black beans, rinsed and drained
- 1 cup frozen whole-kernel corn
- 1 red bell pepper, chopped (optional)
- 1 zucchini, chopped (optional)
- 1 1⁄2 Tbsp. rice vinegar
- 4 cups of water

**Directions**
1. Put carrots, tomatoes, beans, corn, red pepper, and zucchini into a large pot with 4 cups of water. Bring to a boil. Cover, reduce heat, and simmer until carrots are tender, about 25 minutes. Add salt and pepper to taste.
2. Stir in vinegar. Top with fresh cilantro and nonfat yogurt, if you like.
Miso-Glazed Salmon or Arctic Char
*Can be served with steamed broccoli or spinach and brown rice*

Serves 1

This one dish supper is pretty quick to pull together and packed with flavor.

**Ingredients**
- 1 wild salmon or arctic char fillet (6 oz.)
- 2 Tbsp. white or yellow miso
- 1 tsp. rice vinegar
- 1 tsp. fresh grated ginger
- 1⁄2 tsp. toasted sesame oil

**Directions**
1. Preheat the broiler and place salmon on a baking sheet.
2. In a small bowl, combine miso, vinegar, ginger, and sesame oil. Spread over the salmon.
3. Broil until cooked through—it should flake easily when prodded with a fork, about 10 minutes.

Tuscan Rosemary Chicken
*Can be served with a whole grain roll and steamed asparagus*

Serves 2

This one-pot dinner is easy to make. Any leftovers can be reheated a day or two later for lunch or dinner, or frozen and reheated at a later time.

**Ingredients**
- 1 boneless, skinless chicken breast (about 8 oz.), cut in half
- 1 Tbsp. olive oil
- 1 small zucchini, halved lengthwise and sliced
- 1⁄2 cup green beans, trimmed and cut into 1⁄2-inch lengths
- 1 cup low-sodium chicken or vegetable broth
- 1 tsp. minced fresh or 1⁄4 tsp. dried rosemary (optional)
- 1⁄4 cup mashed white beans
- 1 cup halved cherry or grape tomatoes

**Directions**
1. In a large frying pan heat olive oil over medium heat. Cook chicken, turning once, until it is no longer pink in the center, about 10 minutes. When you cut into the chicken the juices should run clear. Transfer chicken to a platter and cover to keep warm.
2. Add zucchini, green beans, broth and rosemary to the pan. Bring to a boil and then reduce heat to a simmer. Cover and cook until vegetables are tender, about 3 minutes.
3. Stir the mashed beans and tomatoes into the sauce. Add the chicken breast back into the pan to warm it up and serve.
Cognitive Therapeutic Method Activities

Addressing the need for in-home brain health, the Cognitive Therapeutics Method is a fun, yet effective way to keep aging minds sharp. Keep your mind active and engaged with some of Home Care Assistance’s activities from the Cognitive Therapeutics Method, including cognitive engagement games and social reminiscing!
Affinities (Language, Executive Function)

Determine the word/category to which the two words belong.

Example:
Q: Fords and Pontiacs are ___________________ A: Cars

Exercise 1 (Answers on page 14)

1. Fords and Pontiacs are ____________________________________________
2. Roses and Marigolds are __________________________________________
3. Sparrows and Finches are __________________________________________
4. Boston and Bangor are _____________________________________________
5. Romeo and Juliet are ______________________________________________
6. Maytag and Whirlpool are __________________________________________
7. Harvard and Yale are ______________________________________________
8. Camels and Winstons are __________________________________________
9. T-Bone and Porterhouse are ________________________________________
10. Valentino and Gable were __________________________________________
11. Frank Sinatra and Judy Garland were ________________________________
12. Squash and Cucumbers are _________________________________________
13. Coke and Pepsi are ________________________________________________
14. Roosevelt and Eisenhower were _____________________________________
15. Flannel and Satin are ______________________________________________
16. Apples and Bananas are __________________________________________
17. Trout and Bass are ________________________________________________
18. Pines and Maples are ______________________________________________
19. Vermont and Maine are _____________________________________________
20. Wheaties and Cheerios are _________________________________________
21. Collies and Poodles are ____________________________________________
22. Texaco and Mobil are ______________________________________________
23. Tide and Gain are ________________________________________________
Exercise 2 (Answers on page 15)

1. Vermont and Missouri are ______________________________________________________
2. Neptune and Mercury are ______________________________________________________
3. Copper and Lead are __________________________________________________________
4. Feta and Gouda are _____________________________________________________________
5. Yen and Rupee are _____________________________________________________________
6. Serenity and Apprehension are __________________________________________________
7. Gray and Violet are ____________________________________________________________
8. Tea and Coffee are _____________________________________________________________
9. Tsunami and Hurricane are _____________________________________________________
10. Taj Mahal and Stonehenge are __________________________________________________
11. Casa Blanca and The Shawshank Redemption are __________________________________
12. Trouser and Cardigan are ______________________________________________________
13. Ferry and Tram are ____________________________________________________________
14. Wrench and Screwdriver are ___________________________________________________
15. Mobile Phone and Laptop are __________________________________________________
16. Shark and Salmon are _________________________________________________________
17. Frida Kahlo and Georgia O’Keeffe are ____________________________________________
18. Jackie Robinson and Willie Mays were ____________________________________________
19. Magic Johnson and Michael Jordan were __________________________________________
20. Red Maple and Weeping Willow are ______________________________________________
21. Seattle and Tokyo are __________________________________________________________
Answers to Affinities Exercise 1

1. Fords and Pontiacs are (Cars)
2. Roses and Marigolds are (Flowers)
3. Sparrows and Finches are (Birds)
4. Boston and Bangor are (Cities)
5. Romeo and Juliet are (Lovers)
6. Maytag and Whirlpool are (Appliances)
7. Harvard and Yale are (Universities)
8. Camels and Winstons are (Cigarettes)
9. T-Bone and Porterhouse are (Steaks)
10. Valentino and Gable were (Actors)
11. Frank Sinatra and Judy Garland were (Singers)
12. Squash and Cucumbers are (Vegetables)
13. Coke and Pepsi are (Soft drinks)
14. Roosevelt and Eisenhower were (Presidents)
15. Flannel and Satin are (Fabrics)
16. Apples and Bananas are (Fruits)
17. Trout and Bass are (Fish)
18. Pines and Maples are (Trees)
19. Vermont and Maine are (States)
20. Wheaties and Cheerios are (Cereal)
21. Collies and Poodles are (Dogs)
22. Texaco and Mobil are (Gas companies)
23. Tide and Gain are (Laundry Detergent)
Answers to Affinities Exercise 2

1. Vermont and Missouri are (States)
2. Neptune and Mercury are (Planets)
3. Copper are Lead are (Materials)
4. Feta are Gouda are (Cheese)
5. Yen and Rupee are (Currency)
6. Serenity and Apprehension are (Emotions)
7. Gray and Violet are (Colors)
8. Tea and Coffee are (Drinks)
9. Tsunami and Hurricane are (Natural Disasters)
10. Taj Mahal and Stonehenge are (Monuments)
11. Casa Blanca and The Shawshank Redemption are (Movies)
12. Trouser and Cardigan are (Clothing)
13. Ferry and Tram are (Transportation)
14. Wrench and Screwdriver are (Tools)
15. Mobile Phone and Laptop are (Technology)
16. Shark and Salmon are (Fish)
17. Frida Kahlo and Georgia O'Keeffe are (Artists)
18. Jackie Robinson and Willie Mays were (Baseball Players)
19. Magic Johnson and Michael Jordan were (Basketball Players)
20. Red Maple are Weeping Willow are (Trees)
21. Seattle and Tokyo are (Cities)
Block Tapping (Attention)

Do this activity with a caregiver or friend. Have the other person tap the shapes on each page with your finger in an order they can remember. Watch them, and then try to copy them. You will tap the shapes in the order that your caregiver or friend does. Watch first and then repeat the pattern.
Exercise 2
Exercise 3
Exercise 4
Exercise 5
Antonyms (Language)

An antonym is a word opposite in meaning to another (e.g., bad and good). Determine the antonym for the words below. The first letter of each answer is provided. The number of spaces indicates the number of letters in the word.

Example:
Above – B____ ____ ____ ____ A: Below

Exercise 1 (Answers on page 23)

Find the antonym for the provided word; the first letter is provided.

1. Above – B E L O W
2. Answer – Q ____ ____ ____ ____
3. Back – F ____ ____
4. Better – W ____ ____
5. Cause – E ____ ____ ____
6. Clean – D ____ ____
7. Close – O ____ __
8. Cruel – K ____ __
9. Dusk – D ____ __
10. Deep – S ____ ____ ____ ____
11. Defense – O ____ ____ ____ ____
12. Deposit – W ____ ____ ____ ____ ____
13. Empty – F ____ __
14. Entrance – E ____ __
15. Frail – S ____ ____ ____ ____
16. Fresh – S ____ ____
17. Flood – D ____ ____ ____ ____
18. Hard – S ____ ____
19. Harsh – M ____ __
20. Help – H ____ ____ ____ ____
21. Hot – C ____ __
22. Hurt – H ____ ____
23. In – O ____
24. Keep – L ____ ____
Exercise 2 (Answers on page 24)
Find the antonym for the below word. The first letter is provided.

1. Wise – F __ __ __ __ __
2. Alert – T __ __ __ __
3. Repair – D __ __ __ __ __
4. Straighten – B __ __ __
5. Strength – W __ __ __ __ __ __
6. Save – S __ __ __ __
7. Vanish – A __ __ __ __ __
8. Vice – V __ __ __ __ __
9. Vital – T __ __ __ __ __ __
10. Merit – F __ __ __ __
11. Modern – A __ __ __ __ __
12. Neglect – C __ __ __
13. Particular – G __ __ __ __ __ __
14. Prosecute – D __ __ __ __ __
15. Proper – I __ __ __ __ __ __
16. Rapid – S __ __ __ __
17. Rare – C __ __ __ __ __
18. Expose – C __ __ __ __ __ __
19. Flexible – R __ __ __ __
20. Foreign – L __ __ __ __
21. Just – U __ __ __ __ __
22. Freedom – C __ __ __ __ __ __ __
23. Juvenile – M __ __ __ __ __
24. Lack – E __ __ __ __ __
Answers to Antonyms Exercise 1

1. Above – B ___ ___ ___
2. Answer – Q ___ ___ ___ ___ ___
3. Back – F ___ ___ ___
4. Better – W ___ ___ ___
5. Cause – E ___ ___ ___ ___
6. Clean – D ___ ___ ___
7. Close – O ___ ___
8. Cruel – K ___ ___
9. Dusk – D ___ ___
10. Deep – S ___ ___ ___ ___ ___
11. Defense – O ___ ___ ___ ___ ___
12. Deposit – W ___ ___ ___ ___ ___ ___
13. Empty – F ___ ___
14. Entrance – E ___ ___
15. Frail – S ___ ___ ___ ___
16. Fresh – S ___ ___ ___
17. Flood – D ___ ___ ___ ___ ___
18. Hard – S ___ ___
19. Harsh – M ___ ___
20. Help – H ___ ___ ___ ___
21. Hot – C ___ ___
22. Hurt – H ___ ___
23. In – O ___ ___
24. Keep – L ___ ___

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### Answers to Antonyms Exercise 2

1. Wise – F__ __ __ __ __ __  
   Foolish

2. Alert – T __ __ __ __  
   Tired

3. Repair – D __ __ __ __ __  
   Damage

4. Straighten – B __ __ __ __  
   Bend

5. Strength – W __ __ __ __ __ __ __  
   Weakness

6. Save – S __ __ __ __  
   Spend

7. Vanish – A __ __ __ __ __  
   Appear

8. Vice – V __ __ __ __ __  
   Virtue

9. Vital – T __ __ __ __ __ __  
   Trivial

10. Merit – F __ __ __ __ __  
    Fault

11. Modern – A __ __ __ __ __ __  
    Ancient

12. Neglect – C __ __ __  
    Care

13. Particular – G __ __ __ __ __ __ __  
    General

14. Prosecute – D __ __ __ __ __ __  
    Defend

15. Proper – I __ __ __ __ __ __ __  
    Improper

16. Rapid – S __ __ __ __ __ __  
    Slow

17. Rare – C __ __ __ __ __ __  
    Common

18. Expose – C __ __ __ __ __ __ __ __  
    Conceal

19. Flexible – R __ __ __ __ __ __  
    Rigid

20. Foreign – L __ __ __ __ __  
    Local

21. Just – U __ __ __ __ __ __  
    Unfair

22. Freedom – C __ __ __ __ __ __ __ __ __ __  
    Captivity

23. Juvenile – M __ __ __ __ __ __  
    Mature

24. Lack – E __ __ __ __ __ __  
    Excess
Idiom Completion (Language and Memory)

An idiom is a common saying or phrase that does not have a literal meaning. Come up with the missing word to complete the idiom.

Exercise 1 (Answer on page 27)

1. A penny for your _____________
2. ________________ makes the heart grow fonder
3. Actions speak ________________ than words
4. To add ________________ to the fire
5. To ________________ insult to injury
6. A little ________________ told me
7. All in a ________________ work
8. ________________ of someone’s eye
9. Armed to the ________________
10. At each other’s ________________
11. The ________________ of both worlds
12. Ball-______________ figure
13. To bark up the ________________ tree
14. To be up to no ________________
15. To beat ________________ the bush
16. Big fish in a ________________ sea
17. To bite the ________________ that feeds you
18. Costs an arm and a ________________
19. A clean ________________ of health
20. To come away ________________ handed
21. Come to ________________ of it
22. A cut above the ________________
23. To ________________ a hard bargain
24. A dream come ________________
Exercise 2 (Answer on page 27)

1. Pull the _____________ over other people’s eyes
2. To pass the _____________
3. A _____________ of cake
4. To play something by _____________
5. To play it _____________
6. To _____________ a fast one
7. To push one’s _____________
8. To put up a _____________ fight
9. As quiet as a _____________
10. _____________ and dirty
11. To _____________ one’s brain
12. To rain _____________ and dogs
13. To read _____________ the lines
14. To rock the _____________
15. To rub someone the _____________ way
16. Safe and _____________
17. To save money for a _____________ day
18. To see the _____________ on the wall
19. Speak of the _____________!
20. Strong as an _____________
21. Take it or _____________ it
22. To take something/someone for _____________
23. To take something with a grain of _____________
24. _____________ in cheek
Answers to Idiom Completion

Exercise 1
1. A penny for your thoughts
2. Absence makes the heart grow fonder
3. Actions speak louder than words
4. To add fuel to the fire
5. To add insult to injury
6. A little bird told me
7. All in a day’s work
8. Apple of someone’s eye
9. Armed to the teeth
10. At each other’s throats
11. The best of both worlds
12. Ball-park figure
13. To bark up the wrong tree
14. To be up to no good
15. To beat around the bush
16. Big fish in a little sea
17. To bite the hand that feeds you
18. Costs an arm and a leg
19. A clean bill of health
20. To come away empty handed
21. Come to think of it
22. A cut above the rest
23. To drive a hard bargain
24. A dream come true

Exercise 2
1. Pull the wool over other people’s eyes
2. To pass the buck
3. A piece of cake
4. To play something by ear
5. To play it safe
6. To pull a fast one
7. To push one’s luck
8. To put up a good fight
9. As quiet as a mouse
10. Quick and dirty
11. To rack one’s brain
12. To rain cats and dogs
13. To read between the lines
14. To rock the boat
15. To rub someone the wrong way
16. Safe and sound
17. To save money for a rainy day
18. To see the writing on the wall
19. Speak of the devil!
20. Strong as an ox
21. Take it or leave it
22. To take something/someone for granted
23. To take something with a grain of salt
24. Tongue in cheek
Social Reminiscing

A great way to pass the time is exploring your childhood, young adult memories, and happy events from the past. Example questions are provided below. Pick a couple categories and write down what comes to mind. You might even begin to remember things that you thought you had forgotten!
Childhood

1. What do you remember most about your childhood?

2. Where did you grow up?

3. Did you have a large family? Brothers? Sisters? What about your extended family?

4. If you could relive one memory of your childhood, what would it be? Why?

5. What did you used to love to do when you were a child?
Adolescence

1. What do you remember most about your adolescence?
   
   ___________________________________________________________

2. What was the most significant change from childhood to adolescence for you?
   
   ___________________________________________________________

3. What did you do for fun? Who were your friends?
   
   ___________________________________________________________

4. Adolescence can be a challenging time. What was most challenging for you?
   
   ___________________________________________________________

Favorite Games

1. What was your favorite childhood game?
   
   ___________________________________________________________

2. Do you have any fond memories of a particular game you used to play that you remember from your childhood?
   
   ___________________________________________________________

3. Did you prefer board games, card games or other types of games (Ex. Hide and Seek)?
   
   ___________________________________________________________

4. Are you competitive? What do you like about playing games?
   
   ___________________________________________________________
Job

1. What was your first job? How long did you work there?

2. Did you ever work at a restaurant or in retail? What was it like? What other types of jobs did you have?

3. What was your favorite job? What did you like about it?

4. What is one good memory you have about a job you had?

Vacations

1. What is your favorite type of vacation (beach, camping, hiking, safari, etc.)?

2. What is your most memorable vacation? Were you with your family, friends or were you alone?

3. What is your favorite holiday? What is your favorite holiday memory?

4. When you were a young adult, did you like to travel or spend vacations at home?
Holidays

1. What was your favorite holiday growing up? Why?

2. If you could relive one holiday memory, which one would it be? Why is it so special?

3. Did you celebrate holidays with extended family? What did you do?

4. Did you travel anywhere special for particular holidays? With who? Where? How did holiday celebrations change throughout your life?

Music

1. What was your favorite kind of music growing up? Has it changed?

2. Do you have any of your old albums? Who were your favorite artists?

3. Did you ever go to a concert? Who did you see? Who would you have liked to see?

4. What were your favorite times to listen to music? In the car? In the morning? During a dinner party?
Looking for a Solution to Keep Seniors Safe at Home?

During the COVID-19 pandemic, dedicated care from Home Care Assistance is your best choice.

The CDC currently recommends older adults remain in their homes to reduce the risks associated with COVID-19. In-home caregivers can serve as a vital support system to keep seniors cared for and safe.

Speak to a Care Advisor Now
303-957-3100
About
Home Care Assistance

Our mission is to be the premier partner of choice for families seeking personalized, dignified care for their aging loved ones. We champion the well-being of our clients, deliver peace of mind to their families, and instill pride of purpose in our care teams, each and every day.

High Quality Care
We go above and beyond to deliver concierge-level care for clients who want, and expect, the very best for their aging loved ones.

Committed to Our Clients
We believe the best way to deliver exceptional care is to focus on building long-term, trusting relationships between caregivers, seniors and their families.

Elevated Quality of Life
Our Balanced Care Method™ emphasizes healthy mind, body and spirit. We believe that with the proper care, we can help older family members live happier, healthier and more fulfilled lives.

Trusted Care Expertise
We are experts in all aspects of home care, from family dynamics to nutrition, around-the-clock care to dementia. And we train our caregivers accordingly.

Total Peace of Mind
We understand the trust you place in us, and do everything possible to ensure that the home care experience is worry-free for all concerned.

Connected in the Community
We are the trusted partner of reputable care professionals in the communities we serve. We pride ourselves on connecting our clients to the care solutions they need - even if it’s outside our service offerings.