

Home Care Assistance's

# *Life* ENRICHMENT GUIDE

Activities that Promote a Healthy  
Mind, Body, and Spirit



**HOME CARE**  
ASSISTANCE

# Introduction



When the pandemic hit back in March 2020, we released a 28-page [Life Enrichment Guide](#) that received overwhelmingly positive feedback from senior care and healthcare professionals, senior living community residents, as well as 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 10 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 Canadians 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 high, 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 favourite 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, renowned 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. The pandemic has clearly shown that social isolation negatively impacts brain health, with significant spikes in cognitive decline over the past 10 months. Knowledge is power, so take this time at home to exercise the brain... and have fun while doing so! Try Luminosity, 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.

## *Bringing the Outside World in:* 16 Virtual Activities You Can Do to Stay Engaged

### 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 Japan, to the [Kunsthaus Zurich](#) in Switzerland, the opportunities to explore, enrich, and inspire your mind are endless!

### 6. Live Animal Cams: San Diego Zoo, Vancouver 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. Or, if it's the theatre itself you're after - check out this virtual tour of [Toronto's Elgin and Winter Garden Theatre Centre](#) for a behind-the-scenes view of one of Canada's most magical spaces.

### 8. Tour Canada's national parks

When's the last time you explored a national park? Many have been closed since the coronavirus started, and with winter officially here, it may be awhile before you visit in person. Luckily, [Banff National Park](#) offers interactive video tours of some of the area's most popular spots. Roam Johnston Canyon, where thousands of years of water erosion have forged this natural attraction right into the limestone bedrock. Explore the Hoodoos Trail, Lake Minnewanka, and much more. Or, make the most of [Google Earth](#) to explore Canada's natural beauty and tour dozens of national parks from coast to coast.

## Social Connection

### 9. Goodnight Zoom

What better way to connect and boost your mood than through virtual storytime with a child and his or her parents? Goodnight Zoom's storytimes provide virtual entertainment and learning for a child while also benefitting 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 can 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.

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## Games

### 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 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!

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## Food

### 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 flavour 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.

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## Engaging Playlists

### 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 includes 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 or choral masterpiece all in one mix. If you are more of a jazz connoisseur, listen to the [Top 100 Jazz Classics Playlist](#), which 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 clients' everyday diets. Nutrition is a proven backbone of both physical health and longevity. Nutritious foods that we regularly try to incorporate into our clients' diets are called superfoods. Superfoods are known to be nutritionally dense, good for one's health, and 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 a woman's risk of developing breast cancer.
13. **Barley** – This grain contains lignans, which help fight cancer and lower cholesterol, as well as 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 flavour that's simply delicious. It's easy to make and perfect for breakfast on the go or an afternoon pick-me-up.

### Ingredients

- 1/2 cup mixed berries (fresh or frozen)
- 1/2 cup almond milk
- 1/4 cup plain low-fat or nonfat yogurt
- 1/4 cup calcium-fortified orange juice
- 1/2 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
- 1/2 cup toasted wheat germ
- 1/2 cup cornmeal
- 1 Tbsp. light brown sugar
- 1 Tbsp. baking powder
- 1/2 tsp. salt
- 1 egg
- 1/3 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 1/4 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 flavourful.

#### 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 flavour.

#### **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

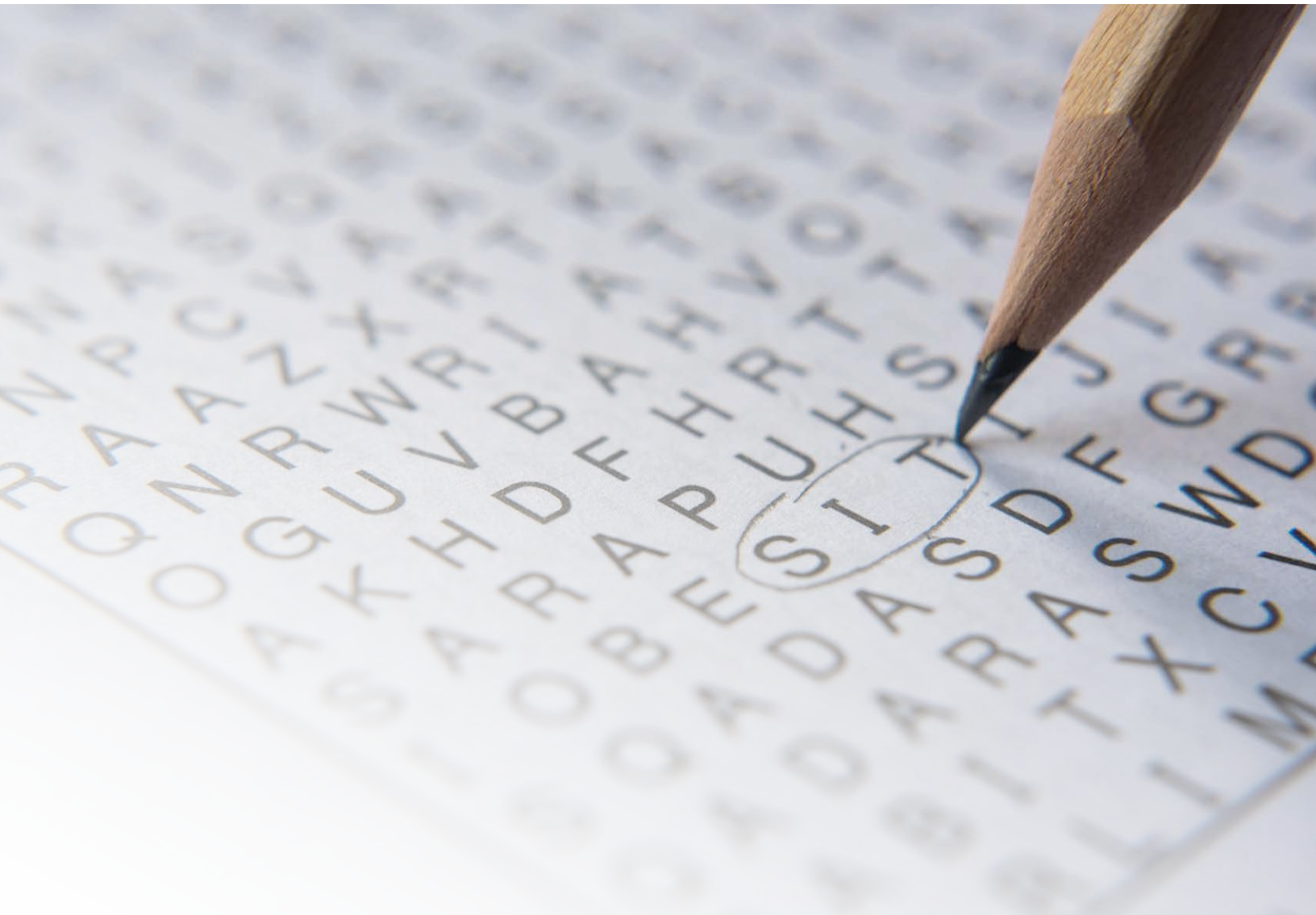
#### **Directions**

1. In a large frying pan, heat olive oil over medium heat. Cook chicken, turning once, until it is no longer pink in the centre, 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 you 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. Toronto and Winnipeg are \_\_\_\_\_
5. Romeo and Juliet are \_\_\_\_\_
6. Maytag and Whirlpool are \_\_\_\_\_
7. Harvard and Yale are \_\_\_\_\_
8. du Maurier and Player's 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. Chrétien and Mulroney were \_\_\_\_\_
15. Flannel and Satin are \_\_\_\_\_
16. Apples and Bananas are \_\_\_\_\_
17. Trout and Bass are \_\_\_\_\_
18. Pines and Maples are \_\_\_\_\_
19. Ontario and Saskatchewan are \_\_\_\_\_
20. Wheaties and Cheerios are \_\_\_\_\_
21. Collies and Poodles are \_\_\_\_\_
22. Esso and Petro-Canada are \_\_\_\_\_
23. Tide and Gain are \_\_\_\_\_

**Exercise 2** (Answers on page 15)

1. Nova Scotia and Québec 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

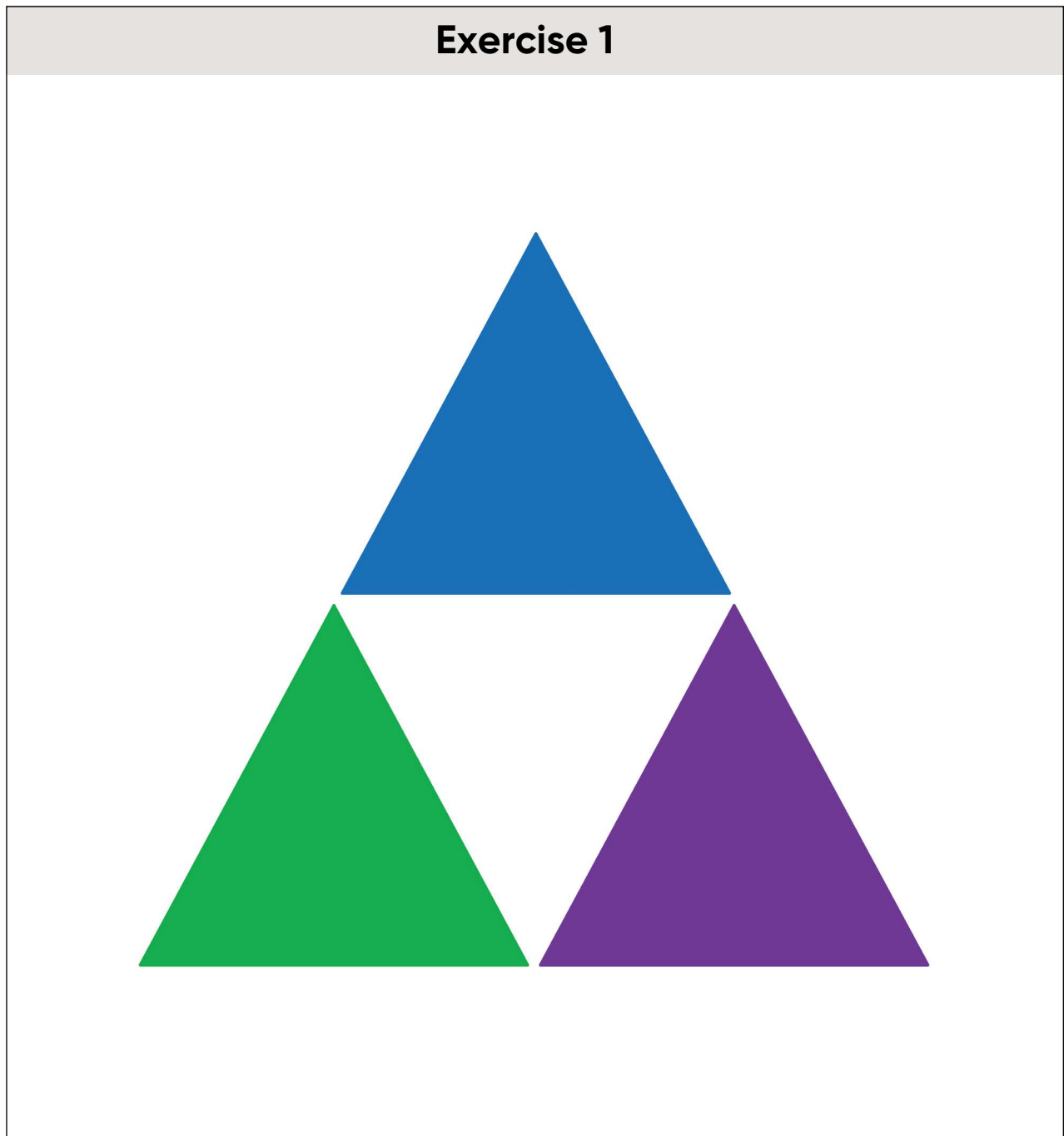
1. Fords and Pontiacs are (Cars)
2. Roses and Marigolds are (Flowers)
3. Sparrows and Finches are (Birds)
4. Toronto and Winnipeg are (Cities)
5. Romeo and Juliet are (Lovers)
6. Maytag and Whirlpool are (Appliances)
7. Harvard and Yale are (Universities)
8. du Maurier and Player's are (Cigarettes)
9. 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. Chrétien and Mulroney were (Prime ministers)
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. Ontario and Saskatchewan are (Provinces)
20. Wheaties and Cheerios are (Cereal)
21. Collies and Poodles are (Dogs)
22. Esso and Petro-Canada are (Gas companies)
23. Tide and Gain are (Laundry detergent)

## **Answers to Affinities Exercise 2**

1. Nova Scotia and Québec are (Provinces)
2. Neptune and Mercury are (Planets)
3. Copper and Lead are (Materials)
4. Feta and Gouda are (Cheese)
5. Yen and Rupee are (Currency)
6. Serenity and Apprehension are (Emotions)
7. Gray and Violet are (Colours)
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 and 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.

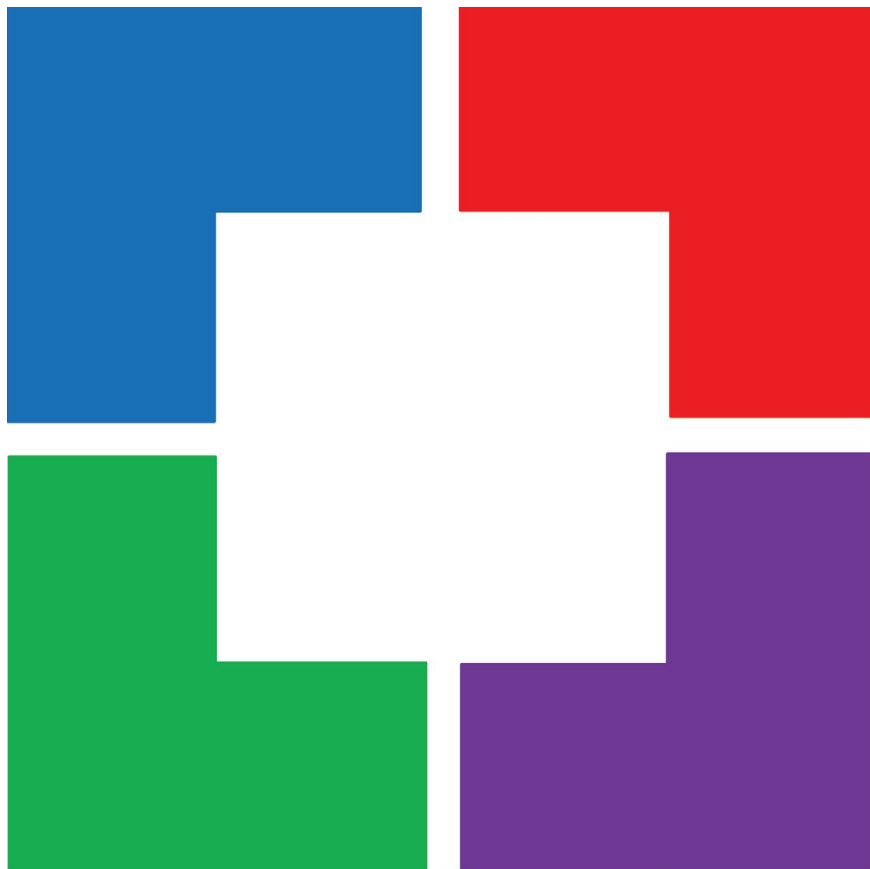




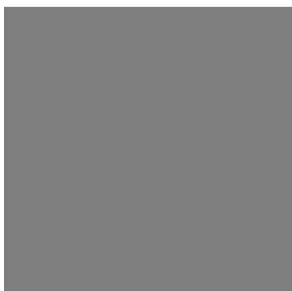
## Exercise 2



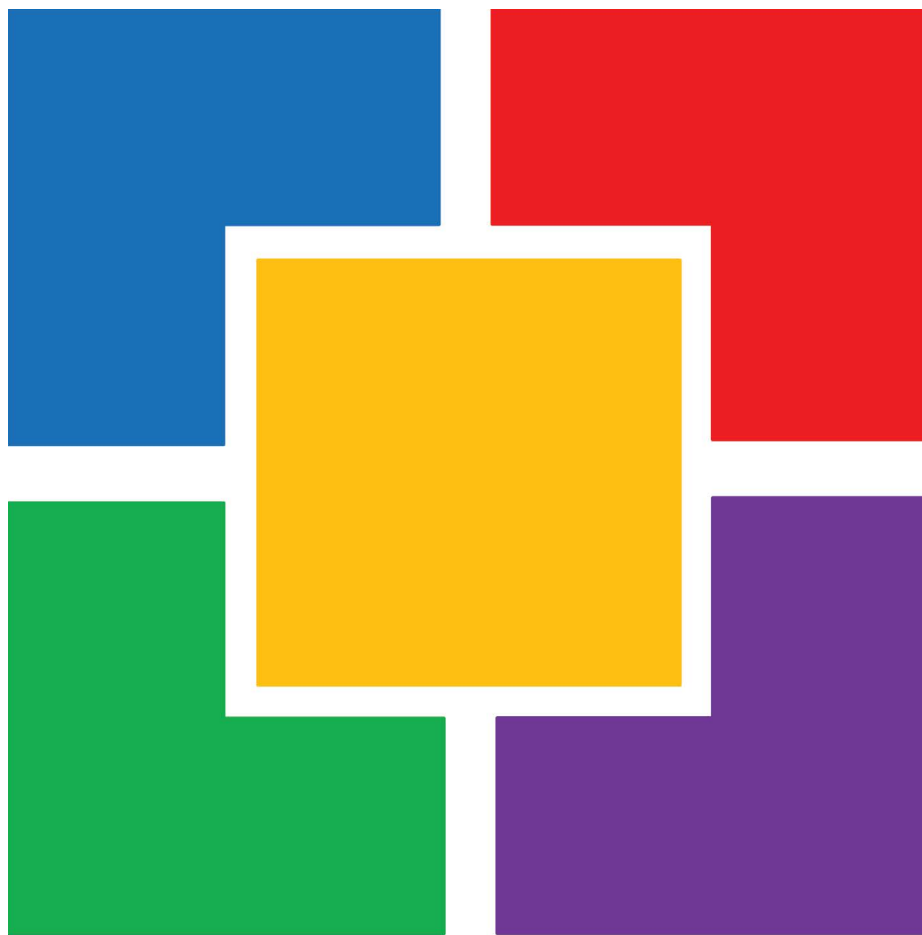
### Exercise 3



## 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 <u>E</u> <u>L</u> <u>O</u> <u>W</u> | 13. Empty – F _ _ _ _         |
| 2. Answer – Q _ _ _ _ _ _ _ _                    | 14. Entrance – E _ _ _ _      |
| 3. Back – F _ _ _ _ _                            | 15. Frail – S _ _ _ _ _ _     |
| 4. Better – W _ _ _ _ _                          | 16. Fresh – S _ _ _ _ _       |
| 5. Cause – E _ _ _ _ _ _                         | 17. Flood – D _ _ _ _ _ _ _ _ |
| 6. Clean – D _ _ _ _ _                           | 18. Hard – S _ _ _ _          |
| 7. Close – O _ _ _ _                             | 19. Harsh – M _ _ _ _         |
| 8. Cruel – K _ _ _ _                             | 20. Help – H _ _ _ _ _ _      |
| 9. Dusk – D _ _ _ _                              | 21. Hot – C _ _ _ _           |
| 10. Deep – S _ _ _ _ _ _ _ _                     | 22. Hurt – H _ _ _ _          |
| 11. Defence – O _ _ _ _ _ _ _ _                  | 23. In – O _ _ _              |
| 12. Deposit – W _ _ _ _ _ _ _ _ _                | 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     | Below       |
| 2. Answer – Q    | Question    |
| 3. Back – F      | Front/Forth |
| 4. Better – W    | Worse       |
| 5. Cause – E     | Effect      |
| 6. Clean – D     | Dirty       |
| 7. Close – O     | Open        |
| 8. Cruel – K     | Kind        |
| 9. Dusk – D      | Dawn        |
| 10. Deep – S     | Shallow     |
| 11. Defence – O  | Offence     |
| 12. Deposit – W  | Withdraw    |
| 13. Empty – F    | Full        |
| 14. Entrance – E | Exit        |
| 15. Frail – S    | Strong      |
| 16. Fresh – S    | Stale       |
| 17. Flood – D    | Drought     |
| 18. Hard – S     | Soft        |
| 19. Harsh – M    | Mild        |
| 20. Help – H     | Hinder      |
| 21. Hot – C      | Cold        |
| 22. Hurt – H     | Heal        |
| 23. In – O       | Out         |
| 24. Keep – L     | Lose        |

## Answers to Antonyms Exercise 2

- |                    |       |                  |
|--------------------|-------|------------------|
| 1. Wise – F        | _____ | <b>Foolish</b>   |
| 2. Alert – T       | _____ | <b>Tired</b>     |
| 3. Repair – D      | _____ | <b>Damage</b>    |
| 4. Straighten – B  | _____ | <b>Bend</b>      |
| 5. Strength – W    | _____ | <b>Weakness</b>  |
| 6. Save – S        | _____ | <b>Spend</b>     |
| 7. Vanish – A      | _____ | <b>Appear</b>    |
| 8. Vice – V        | _____ | <b>Virtue</b>    |
| 9. Vital – T       | _____ | <b>Trivial</b>   |
| 10. Merit – F      | _____ | <b>Fault</b>     |
| 11. Modern – A     | _____ | <b>Ancient</b>   |
| 12. Neglect – C    | _____ | <b>Care</b>      |
| 13. Particular – G | _____ | <b>General</b>   |
| 14. Prosecute – D  | _____ | <b>Defend</b>    |
| 15. Proper – I     | _____ | <b>Improper</b>  |
| 16. Rapid – S      | _____ | <b>Slow</b>      |
| 17. Rare – C       | _____ | <b>Common</b>    |
| 18. Expose – C     | _____ | <b>Conceal</b>   |
| 19. Flexible – R   | _____ | <b>Rigid</b>     |
| 20. Foreign – L    | _____ | <b>Local</b>     |
| 21. Just – U       | _____ | <b>Unfair</b>    |
| 22. Freedom – C    | _____ | <b>Captivity</b> |
| 23. Juvenile – M   | _____ | <b>Mature</b>    |
| 24. Lack – E       | _____ | <b>Excess</b>    |



## 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 *Journal*

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



## Childhood

1. What do you remember most about your childhood?

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2. Where did you grow up?

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

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

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

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### **Adolescence**

1. What do you remember most about your adolescence?

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

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

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

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### **Favourite Games**

1. What was your favourite childhood game?

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2. Do you have any fond memories of a particular game you played as a child?

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3. Did you prefer board games, card games or other types of games (e.g. hide and seek)?

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

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## Job

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

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

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

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

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## Vacations

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

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

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

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## Holidays

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

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

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

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

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## Music

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

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

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

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4. What were your favourite times to listen to music? In the car? In the morning? During a dinner party?

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# 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.

In-home caregivers can serve as a vital support system to keep seniors cared for and safe at home, reducing the risks associated with COVID-19.

# 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.



[HomeCareAssistance.com](https://www.HomeCareAssistance.com)