

Home Care Assistance's

Life ENRICHMENT GUIDE

Activities that Promote a Healthy
Mind, Body, and Spirit



HOME CARE
ASSISTANCE

Introduction



When the Coronavirus became part of our lives in 2020, 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. This specially curated guide helped individuals combat social isolation by illuminating the many virtual possibilities accessible through a computer or smartphone.

The experience of living through a pandemic has certainly opened our eyes to the significant and sometimes devastating impacts that social isolation can have on one's cognitive and mental well-being.

As champions of ageing 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 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 ageing 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 prioritise, regardless of 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 Luminosity, a science-based brain training app with more than 50 games designed to exercise your memory, attention, speed, maths, 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 Tokyo, to the [Kunsthaus Zurich](#) in Switzerland, the opportunities to explore, enrich and inspire your mind are endless!

6. Taronga Zoo and Zoos Victoria live

Calling all animal lovers out there! Who doesn't enjoy watching our furry and fuzzy friends play around at the Zoo? Live cameras are set-up at Tooronga Zoo and across Zoos Victoria parks so you can observe the animals live. Make it part of your routine to check the live cameras throughout the day and see what they are doing in the morning, afternoon and evening.

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 socialisation 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.

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 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!

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 Care Workers can easily pick up at the supermarket. Cook these recipes with your Care Worker 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, desserts, and snacks from famous chefs around the globe. The Sunday Paper Dinner Club was created with the intention to build a more caring 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.

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 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.

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 fibre, 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 wholemeal toast

Serves 1

This refreshing blend of berries, yoghurt, 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.

Serves 2

A sweet but healthy alternative to traditional blueberry pancakes.

Ingredients

- 1 cup wholemeal flour
- 1/2 cup toasted wheat germ
- 1/2 cup polenta
- 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, polenta, 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 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 wholemeal 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 flavoursome.

Ingredients

- 2 Tbsp. thick Greek-style plain yoghurt or nonfat plain yoghurt
- 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 yoghurt, 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 tortillas 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 chopped tomatoes (no salt added)
- 1 can crushed tomatoes
- 3 cans pinto, kidney, white and/or black beans, rinsed and drained
- 1 cup frozen whole-kernel corn
- 1 red capsicum, chopped (optional)
- 1 zucchini, chopped (optional)
- 1 1/2 Tbsp. rice wine vinegar
- 4 cups of water

Directions

1. Put carrots, tomatoes, beans, corn, red capsicum, 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 coriander and nonfat yoghurt, if you like.





Miso-Glazed Salmon

Can be served with steamed broccoli or spinach and brown rice

Serves 1

This one dish dinner is pretty quick to pull together and packed with flavour.

Ingredients

- 1 wild salmon fillet
- 2 Tbsp. white or yellow miso
- 1 tsp. rice wine vinegar
- 1 tsp. fresh grated ginger
- 1/2 tsp. toasted sesame oil

Directions

1. Preheat oven and place salmon on a baking sheet.
2. In a small bowl, combine miso, vinegar, ginger, and sesame oil. Spread over the salmon.
3. Cook for about 10 minutes. It should flake easily when prodded with a fork.

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, cut in half
- 1 Tbsp. olive oil
- 1 small zucchini, halved lengthwise and sliced
- 1/2 cup green beans, trimmed and cut into 2cm 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

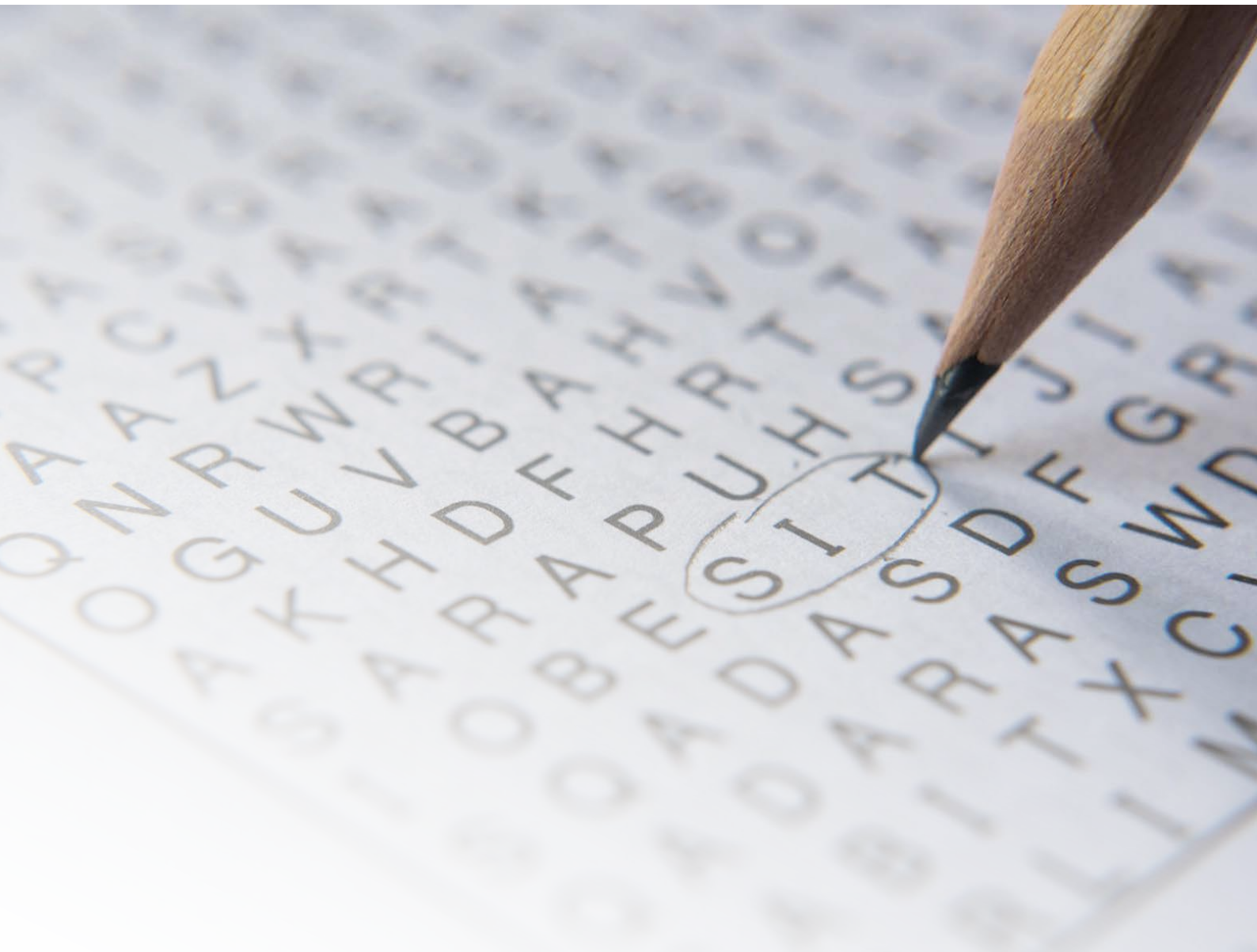
Directions

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 ageing 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. Melbourne and Sydney are _____
5. Romeo and Juliet are _____
6. Maytag and Whirlpool are _____
7. Harvard and Yale are _____
8. Marlborough and Winfields 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. South Australia and Tasmania are _____
20. Weet Bix and Corn Flakes are _____
21. Collies and Poodles are _____
22. Caltex and Mobil are _____
23. Omo and Cold Power are _____

Exercise 2 (Answers on page 15)

1. Victoria and Queensland are _____
2. Neptune and Mercury are _____
3. Copper are Lead are _____
4. Feta are Gouda are _____
5. Yen and Rupee are _____
6. Serenity and Apprehension are _____
7. Grey 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. Allan Border and Shane Warne were _____
19. Magic Johnson and Michael Jordan were _____
20. Red Maple are 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. Melbourne and Sydney are (Cities)
5. Romeo and Juliet are (Lovers)
6. Maytag and Whirlpool are (Appliances)
7. Harvard and Yale are (Universities)
8. Marlborough and Winfields 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 (American 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. South Australia and Tasmania are (States)
20. Weet Bix and Cornflakes are (Cereal)
21. Collies and Poodles are (Dogs)
22. Caltex and Mobil are (Petrol companies)
23. Omo and Cold Power are (Laundry Detergent)

Answers to Affinities Exercise 2

1. Victoria and Queensland are (States)
2. Neptune and Mercury are (Planets)
3. Copper and Lead are (Metals)
4. Feta and Gouda are (Cheese)
5. Yen and Rupee are (Currency)
6. Serenity and Apprehension are (Emotions)
7. Grey 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. Trousers 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. Allan Border and Shane Warne were (Cricket 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 friend does. Watch first and then repeat the pattern.

Exercise 1



Exercise 2



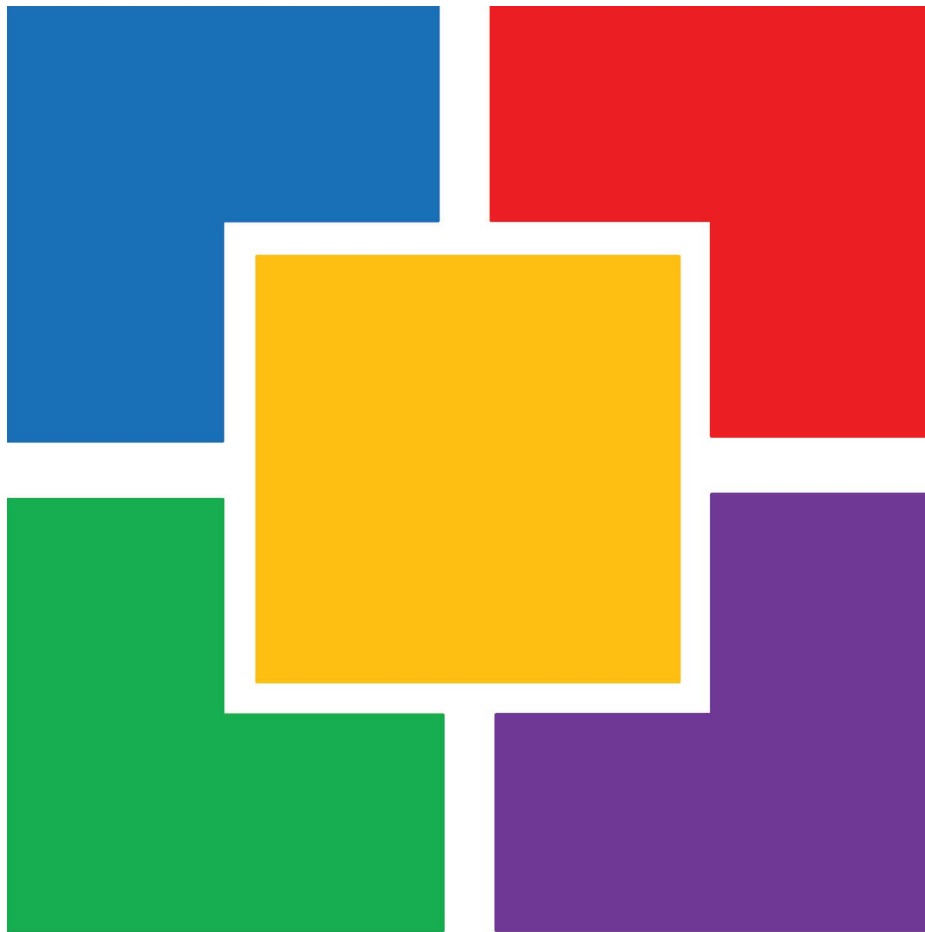
Exercise 3



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. Defense – 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. Defense – O _ _ _ _ _ | Offense |
| 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 _ _ _ _ _ | 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 *Journal*

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 of 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 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?

Favourite Games

1. What was your favourite childhood game?

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

3. Did you prefer board games, card games or other types of games (E.g. 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 favourite job? What did you like about it?

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

Holidays

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

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

3. What is your favourite public holiday? What is your favourite public holiday memory?

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

Traditional Celebrations

1. What was your favourite traditional celebration growing up? Why?

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

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

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

Music

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

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

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

4. What were your favourite 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.

In-home Care Workers can serve as a vital support system to keep seniors cared for and safe.

About

Home Care Assistance

Our mission is to be the premier partner of choice for families seeking personalised, dignified care for their ageing 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 ageing 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 Care Workers, 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 Care Workers 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.au](https://www.HomeCareAssistance.com.au)