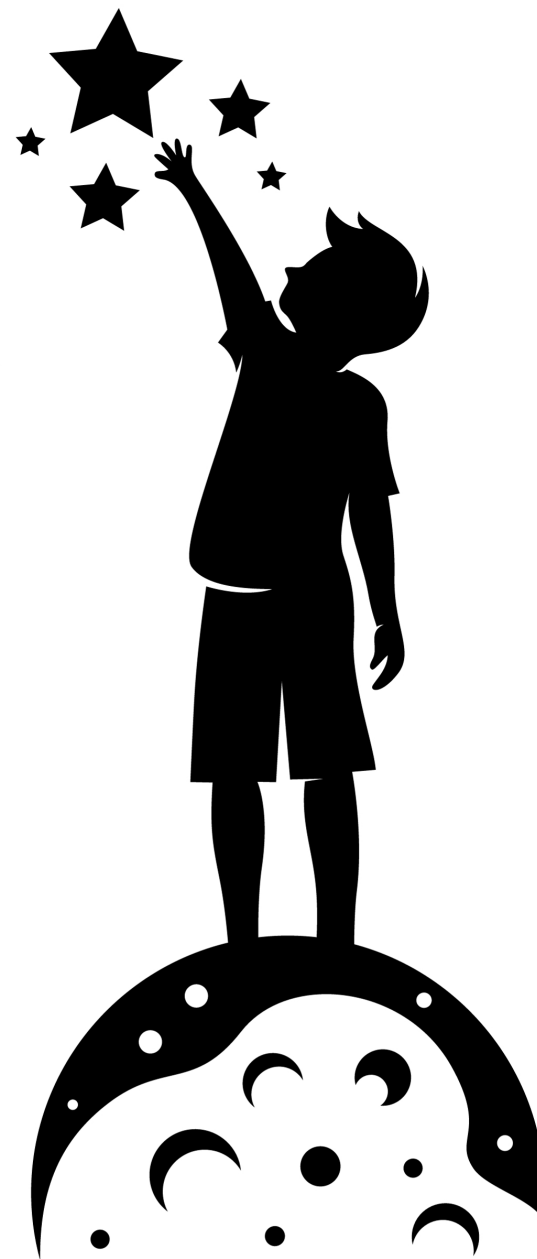


# PERSONAL COGNITIVE

December 2023



**What were your dreams and aspirations when you were younger, and how did they evolve over the years?**



**Have you ever visited a volcano?**  
**Where was it?**  
**Was it dormant or active?**  
**What was the experience like?**



**What types of  
foods did your  
parents cook for  
you as a child?**

**What was your  
favorite?**

**Where there any  
foods that you  
didn't like?**





**"In the shadow of Mount St. Helens, we find a lesson in resilience — both in the natural world's ability to recover and in our capacity to adapt and rebuild."**



**How many minutes a day do you walk  
or exercise?**



**This week, can you double the amount  
of minutes that you exercise?**

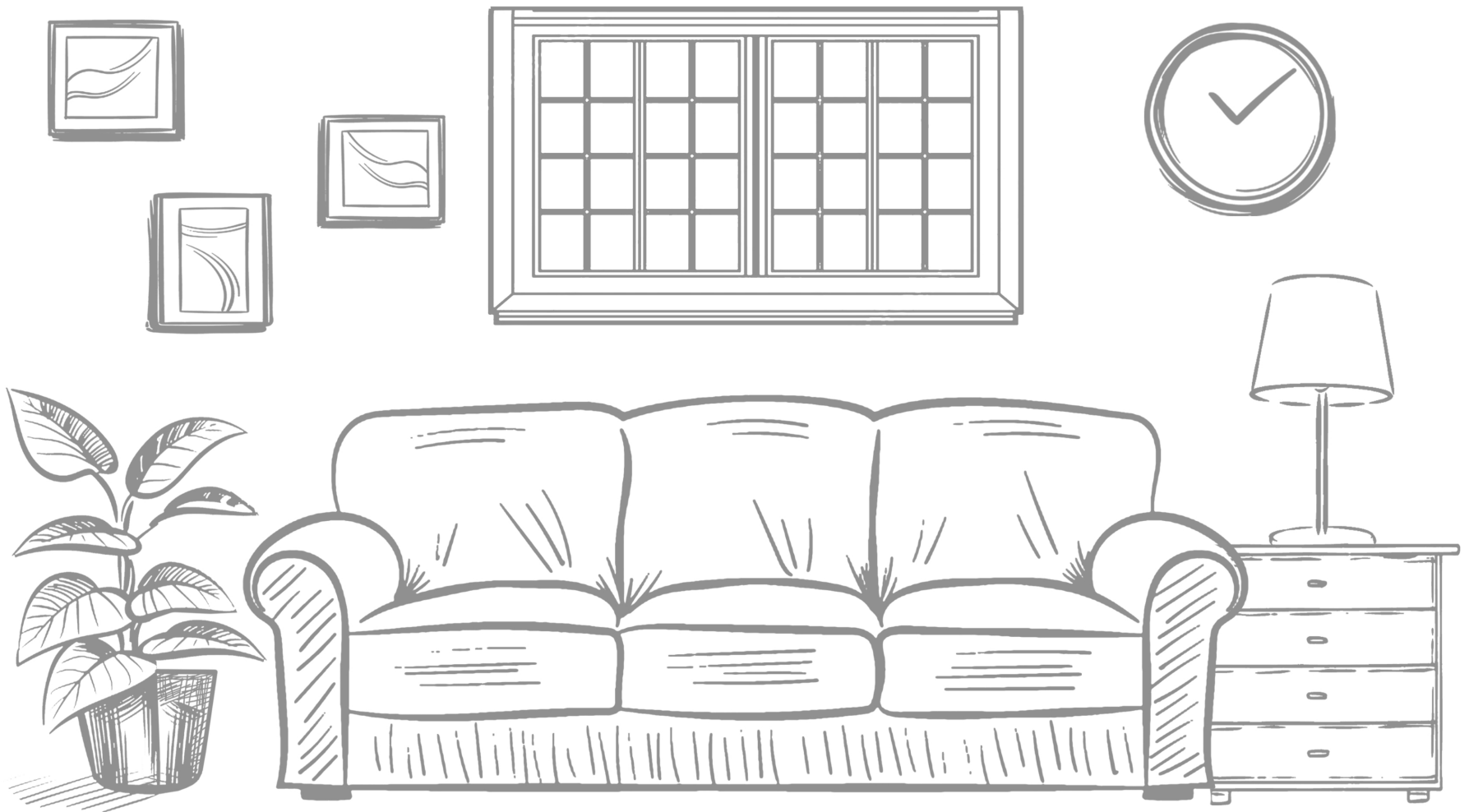


**What personal goals or aspirations do you  
have for the coming year?**

**How do you plan to work towards achieving  
them?**

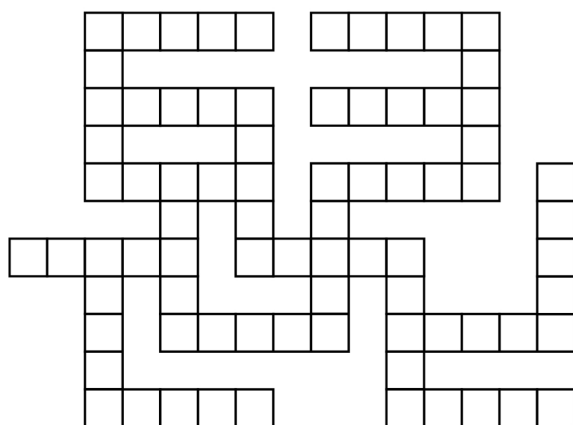
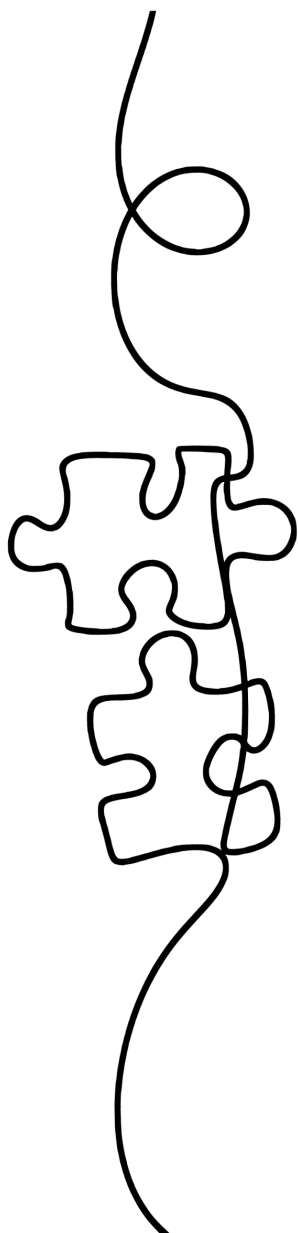
**How can family or friends support you?**

**Is there a book that has significantly impacted  
your perspective on life?  
What lessons or insights did you gain from it?**

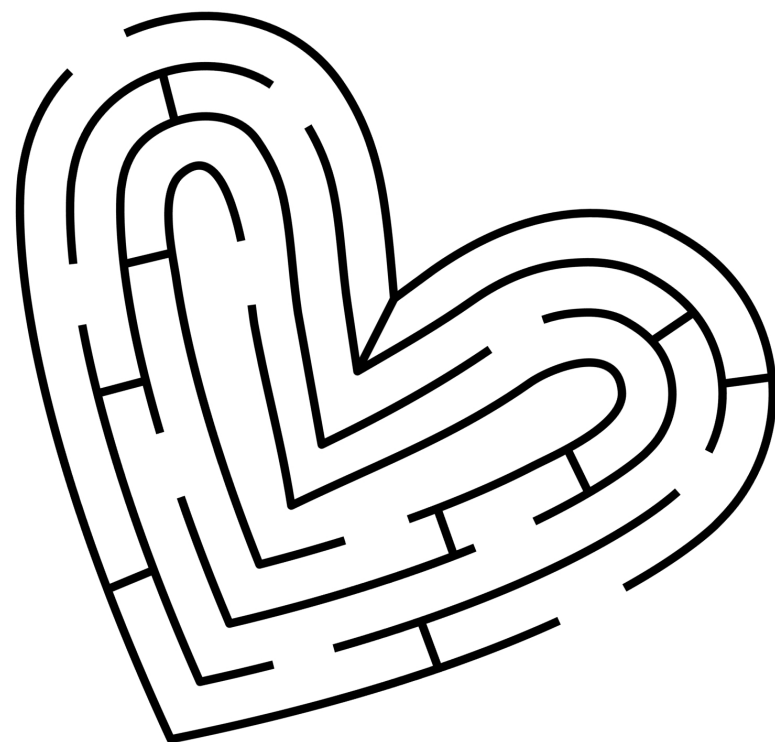


# What are your favorite types of puzzles?

## Have you tried any new puzzles this year?



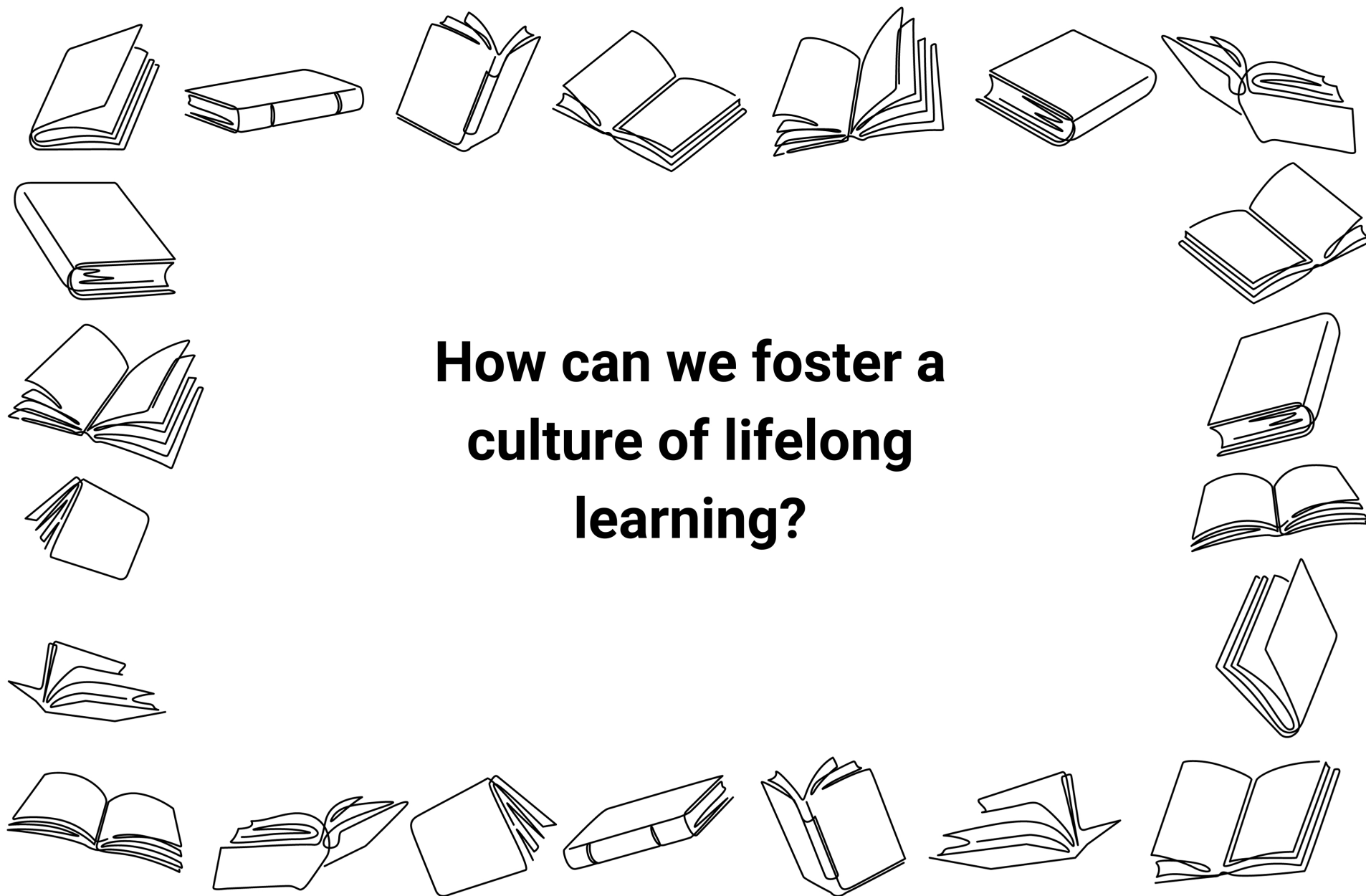
3	8	7	4	9	1	6	2	5
2	4	1	5	6	8	3	7	9
5	6	9	3	2	7	4	1	8
7	5	8	6	1	9	2	3	4
1	2	3	7	8	4	5	9	6
4	9	6	2	5	3	1	8	7
9	3	4	1	7	6	8	5	2
6	7	5	8	3	2	9	4	1
8	1	2	9	4	5	7	6	3



**Do you have a favorite basketball team?  
Is it your local team or from a different  
city?**



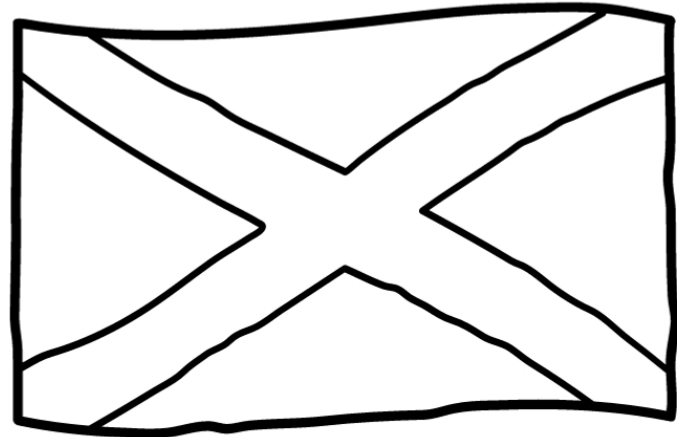
**What draws you to this team?**



# How can we foster a culture of lifelong learning?

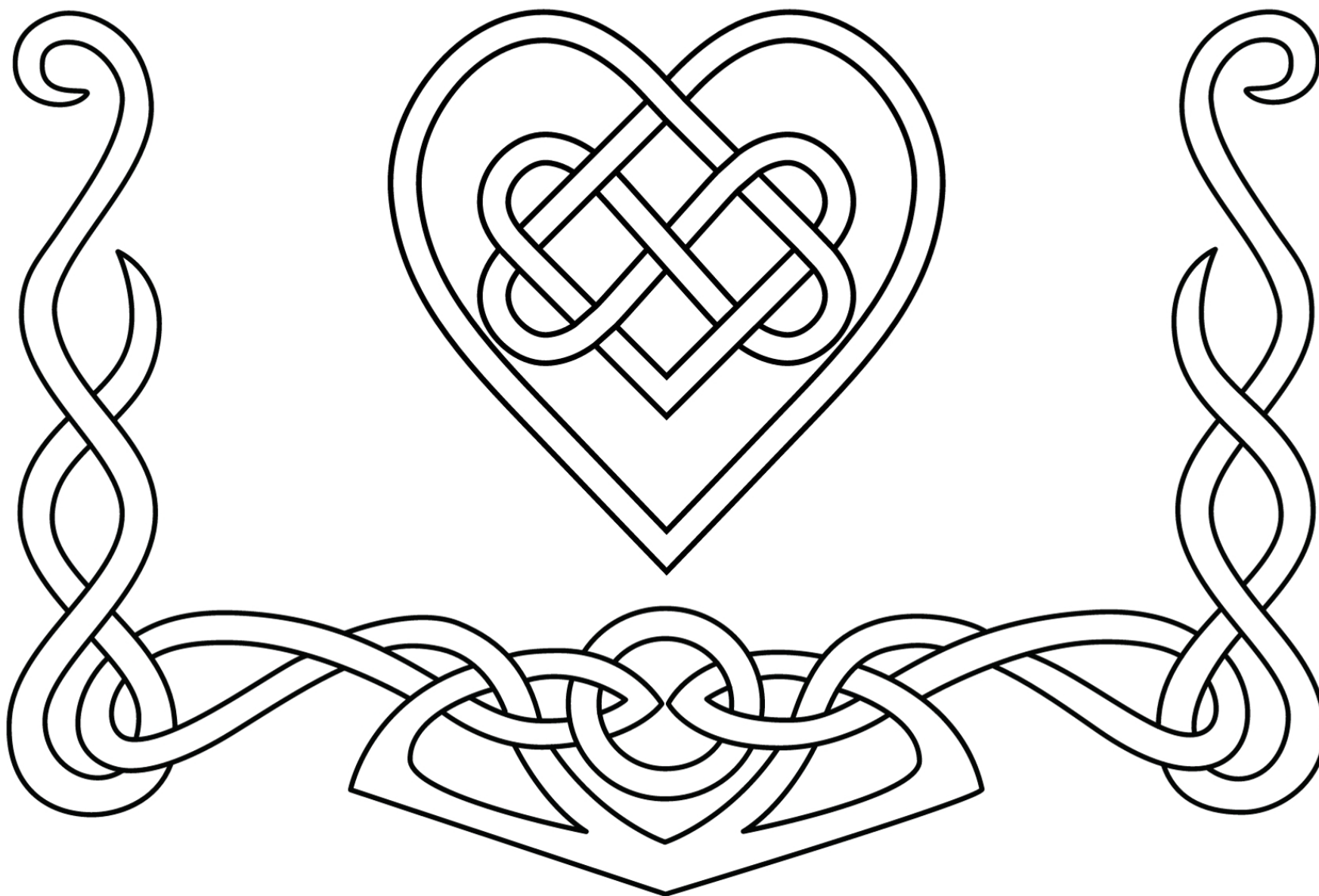
**Have you ever traveled to Scotland?**

**Do you know anybody who has been there or  
is from Scotland?**





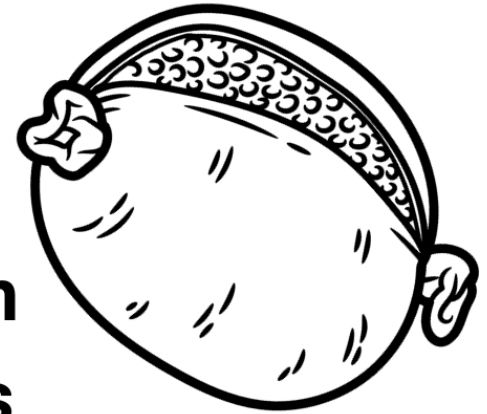
**Color these beautiful designs.**





**When you close your eyes and think of  
a bagpipe, what sound do you hear?**

# Would you eat it?



**Haggis is a traditional Scottish dish that consisting of sheep's heart, liver, and lungs, minced with onion, oatmeal, suet, spices, and salt, mixed with stock. The mixture is traditionally encased in the sheep's stomach lining.**



**Haggis is then typically boiled or steamed.**

**Scotland is known for its stunning landscapes, including rugged highlands, serene lochs, and historic castles.**

**What would it be like to visit and see this natural beauty?**





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**(360)**  
**321-1600**

## **Programs and Services**

### **Aging & Disability Resources (ADR)**

These programs provide assistance to help clients identify, understand, and access the services they need to live their best life.

#### **Medicaid In-Home Care and Case Management**

Promoting choice, flexibility, and community-based services instead of facility care for those who receive Medicaid and need in-home care services to live safely at home.

#### **Statewide Health Insurance Benefits Advisors (SHIBA)**

Trained volunteers provide objective information about Medicare through in-person and online classes as well as individual consultations.

### **Nutrition Programs**

Meals on Wheels, Frozen Take-Out Meals, Community Meals, and Liquid Nutritional Supplements for Island County Residents, age 60 and over.

#### **Medical Equipment Lending Library**

Need a walker, wheelchair, or other assistive devices? Or, do you have some to donate?

#### **Private In-Home Providers (PIP)**

Our Private In-home Provider (PIP) directory might have the person you need. Each provider on the list has passed a background check, and community members are able to give feedback on their experience.

#### **Support Groups**

Join in conversation with others facing similar challenges.



## **About Us**

We provide essential resources for seniors and adults with disabilities, their families, and caregivers, throughout Island County. We are the only private nonprofit in northwest Washington that provides the array of resources we do.

Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. Island Senior Resources is the trade name for Senior Services of Island County.

Island Senior Resources relies on community financial support. Only 33% of our funding comes from government grants. You can sustain our work by donating on our website or by mail at P.O.

Box 939 Freeland, WA 98249

## **We are here for you**

Contact us by phone , email, or request assistance on our website.

(360) 321-1600

[www.senior-resources.org](http://www.senior-resources.org)

[reception@islandseniorservices.org](mailto:reception@islandseniorservices.org).