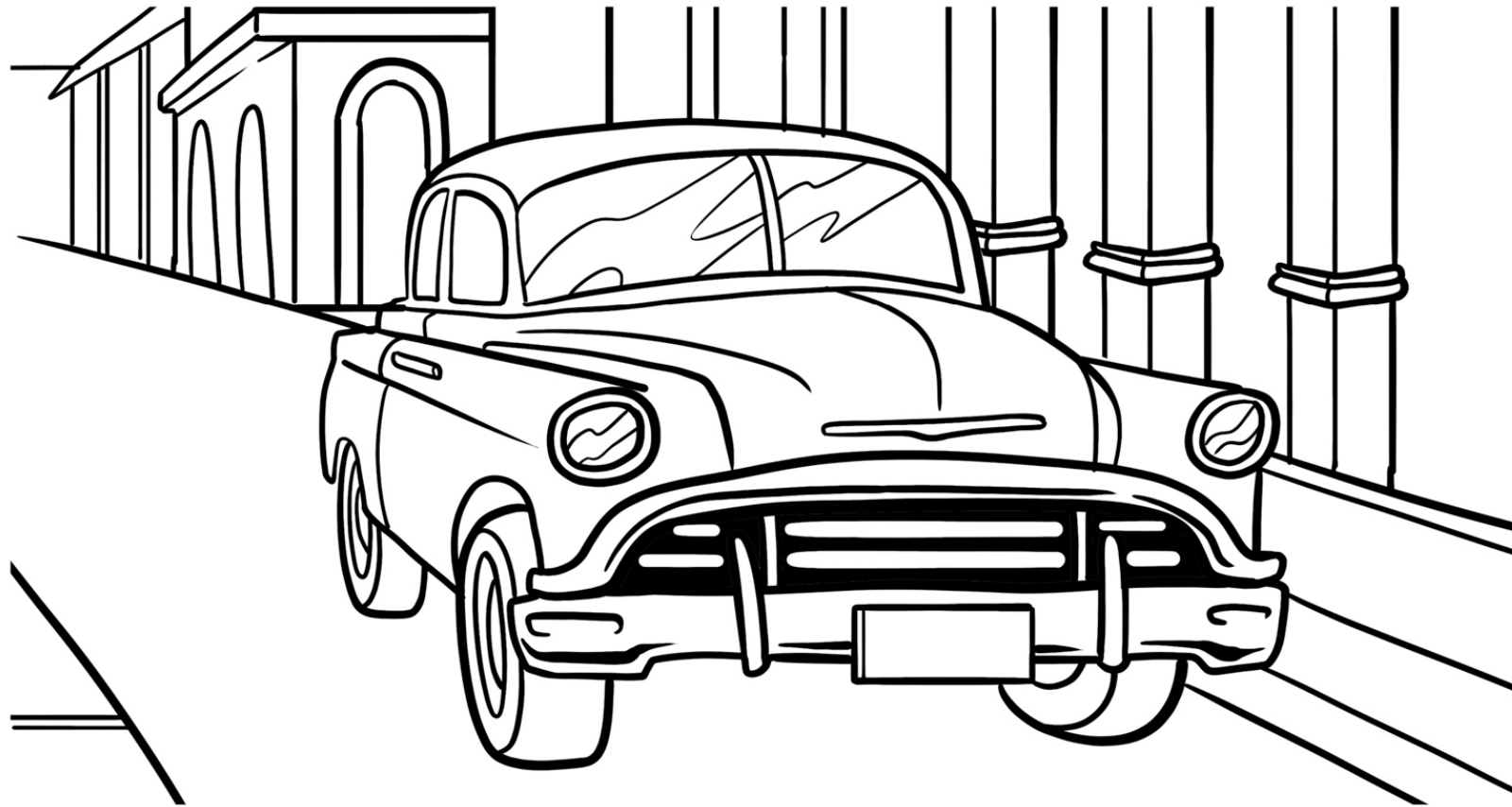



# PERSONAL COGNITIVE

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January 2024

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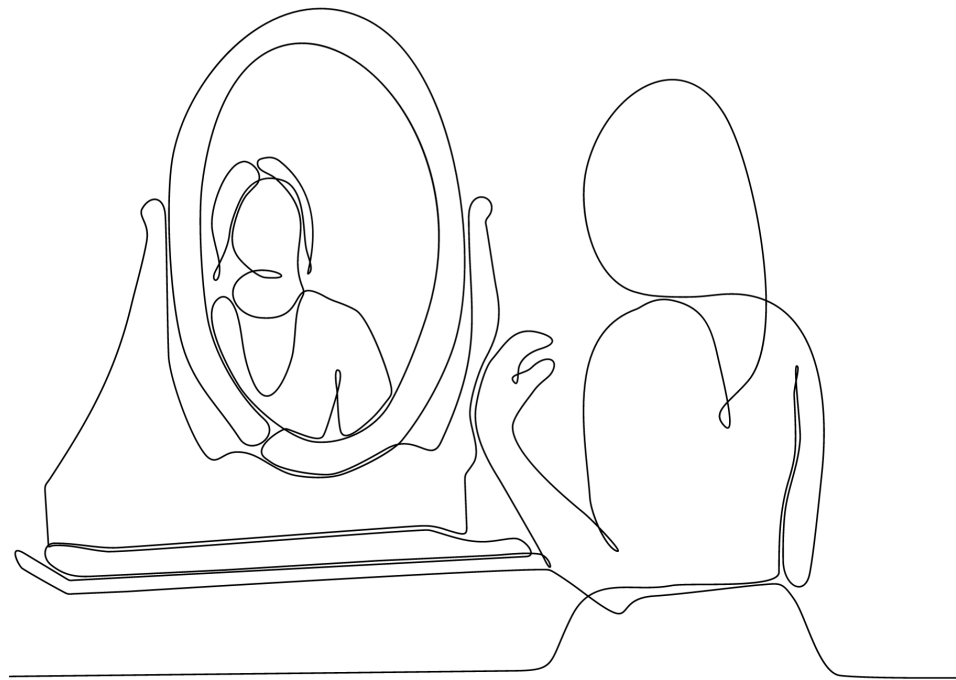


**Describe a dream or  
aspiration you have for the  
new year.**



**2024**

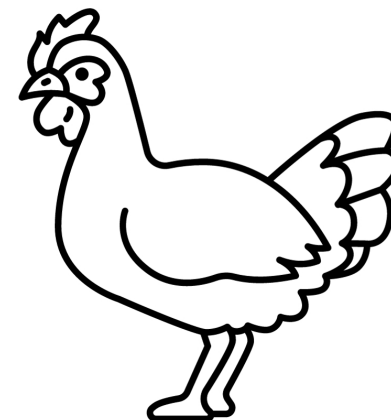
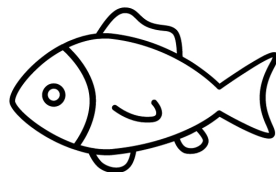
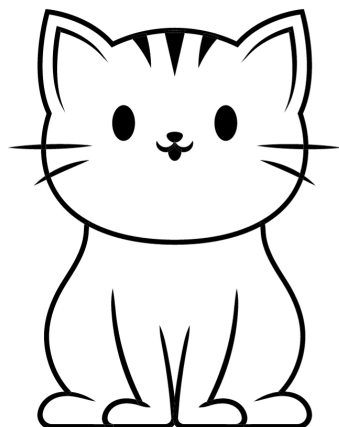
**If you could have a conversation with  
your younger self, what advice would  
you give?**



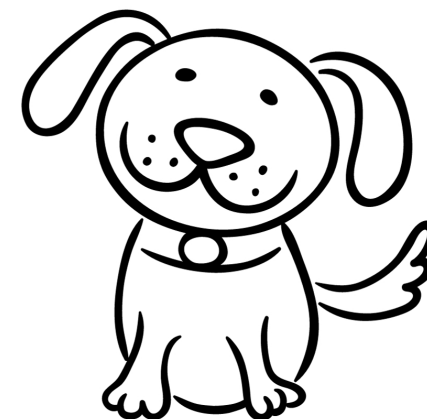
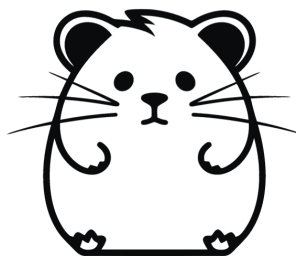
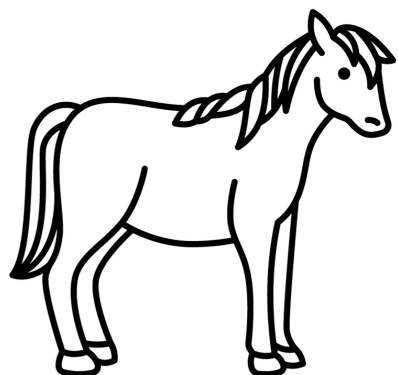
**Share a story about a  
friendship that stood  
the test of time.**





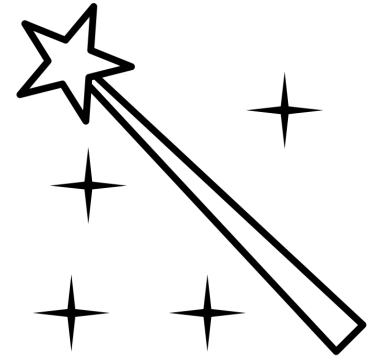


**Name the pets you've had  
throughout the years.**



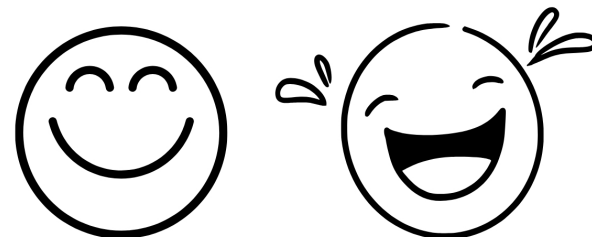
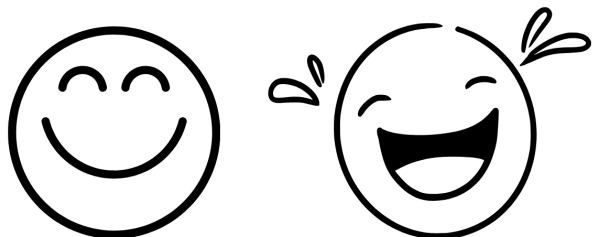
**What is one thing you can release  
to benefit your mental health?**



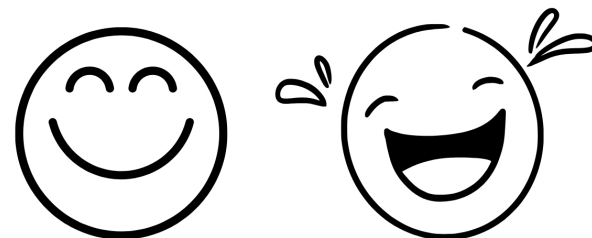
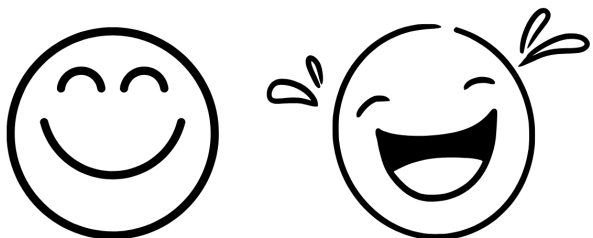


**What's your favorite  
childhood story or fairy tale,  
and why does it resonate  
with you?**

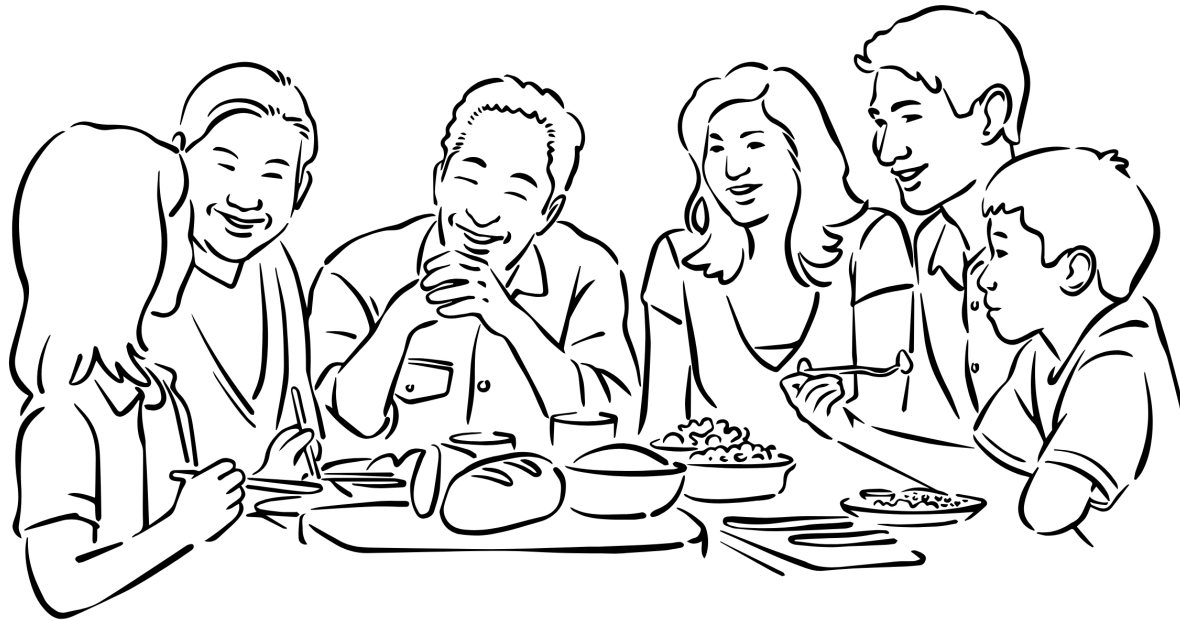




**Share a funny anecdote  
from your life that never  
fails to make you laugh.**

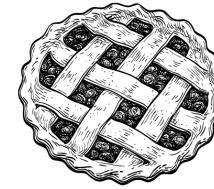
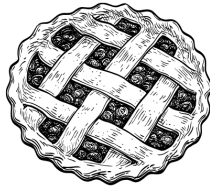


**Share a story about a family tradition that  
you cherish.**



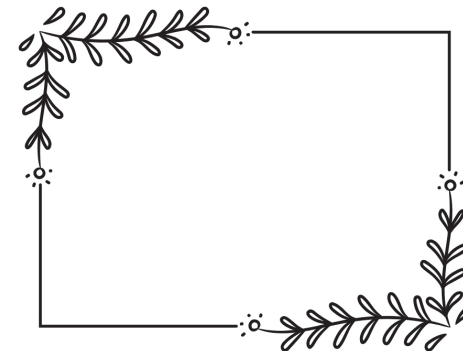
**Word problem-solving activities can be enjoyable and mentally stimulating  
for people of all ages.  
Here are a few to try:**

**A bakery sold 35 cherry pies and 24 apple pies. If each pie costs \$8, what is the total  
revenue from selling all the pies?**



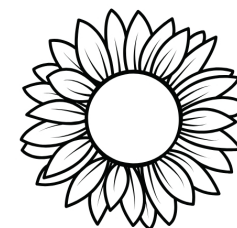
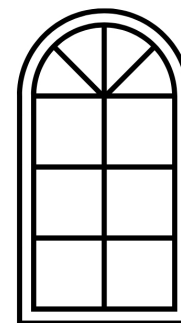
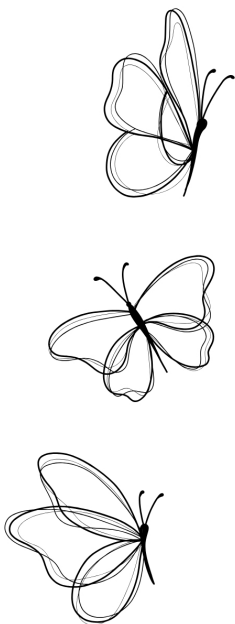
**Mark is three times as old as his younger sister, Lisa. If Lisa is 7 years old, how old  
is Mark?**

**A rectangular garden is 18 meters long and 12 meters wide. What is the perimeter of  
the garden?**

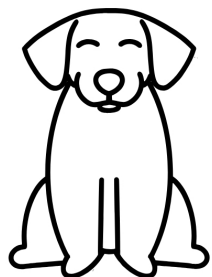
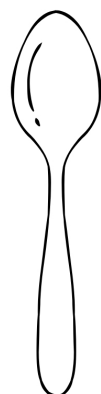


Answers: \$472, 21, 60m

**I fly without wings. I cry  
without eyes. Wherever I  
go, darkness follows me.  
What am I?**



**I'm tall when I'm young,  
and short when I'm old.  
What am I?**

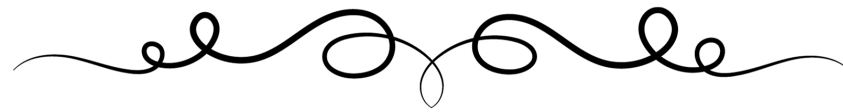


Answers: cloud, candle

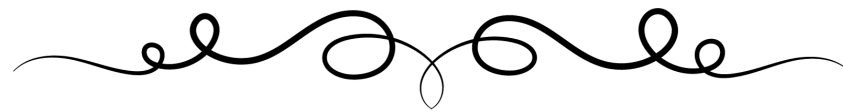
**Describe a place from your past that holds  
special memories for you.**







**If you were a  
character in a novel,  
how would the author  
describe you?**





**Age is merely the number of years the  
world has been enjoying you.**



**Can you think of five reasons why many seniors like to retire in Florida?**

**Write your answers below:**



**Describe a place you've never been but would love to explore.**

**What interests you most about this place?**





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

## **Programs and Services**

### **Resources and Coaching**

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.

### **Benefits Counseling**

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).