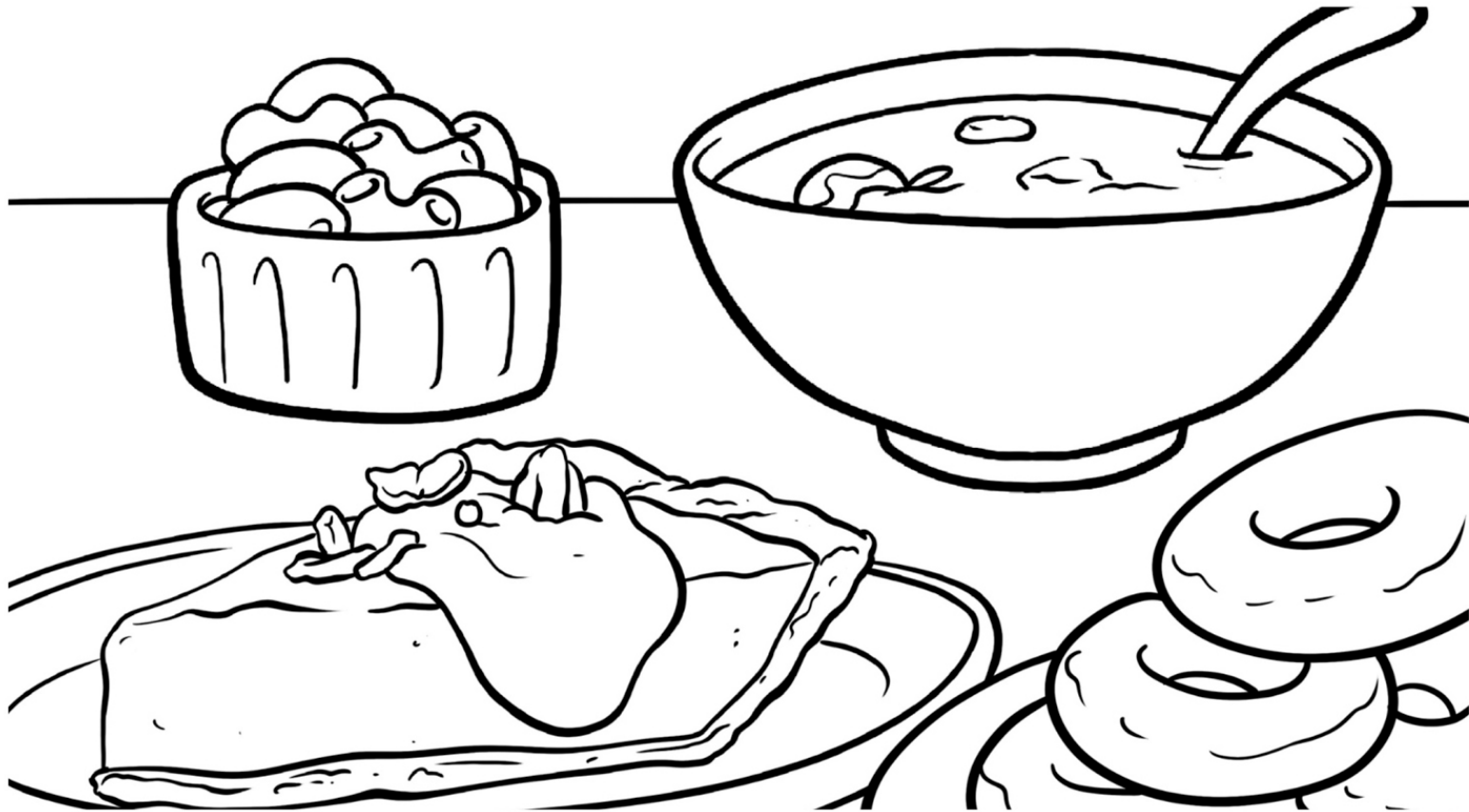


# PERSONAL COGNITIVE

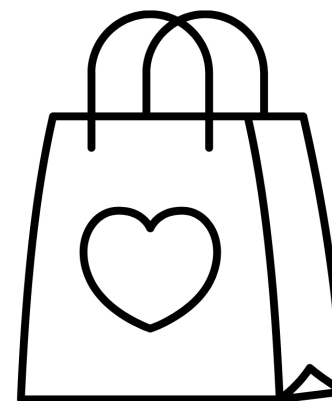
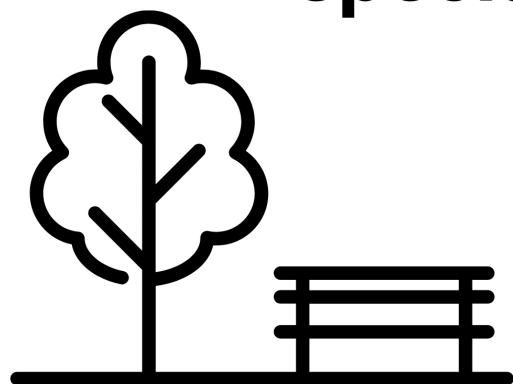
February 2024



**What are your favorite spots  
in the local area?**

**It could be a favorite park,  
restaurant, or store.**

**What makes this place  
special to you?**



**Write out the names of 10 special people in  
your life and for how many years you've  
known each person.**



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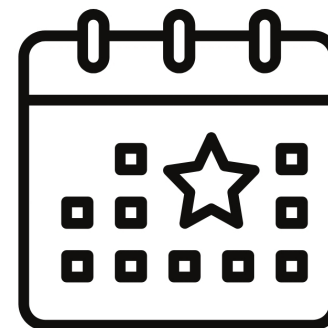
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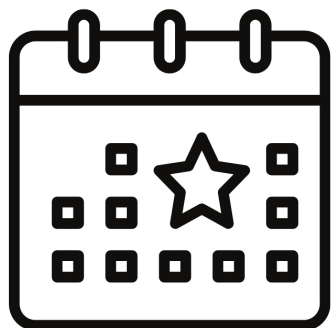
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**Do you have any special events or  
appointments this month?**

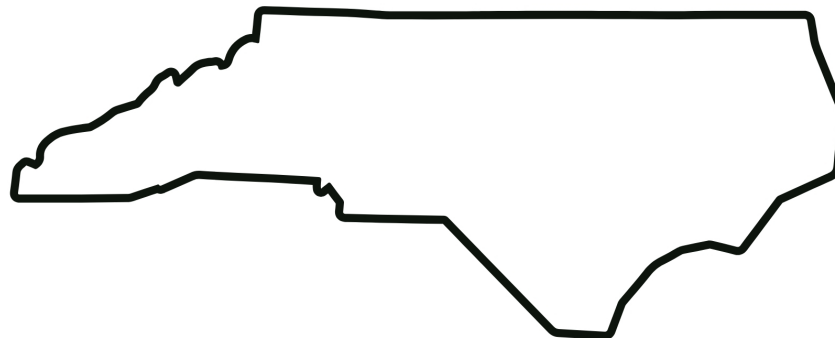


**Write them down so that you don't forget!**





**When you think of North  
Carolina, what comes to your  
mind?**



**Can you name a**  
**Sibling:**  
**Child:**  
**Grandchild:**  
**Great grandchild:**

**Take turns and ask a friend!**



**What's the most meaningful  
compliment or piece of  
advice you've ever  
received?**



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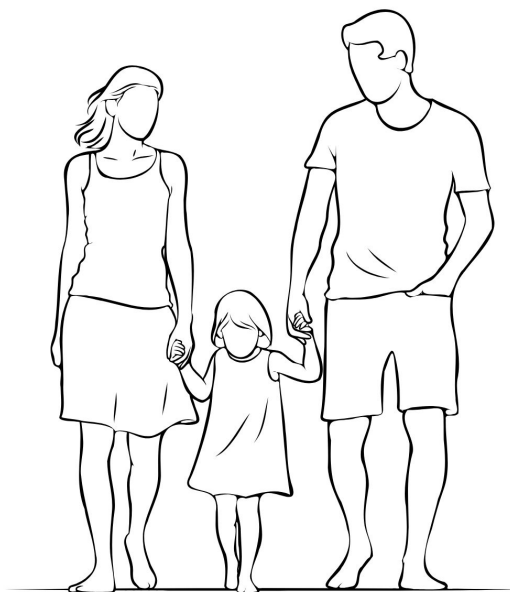
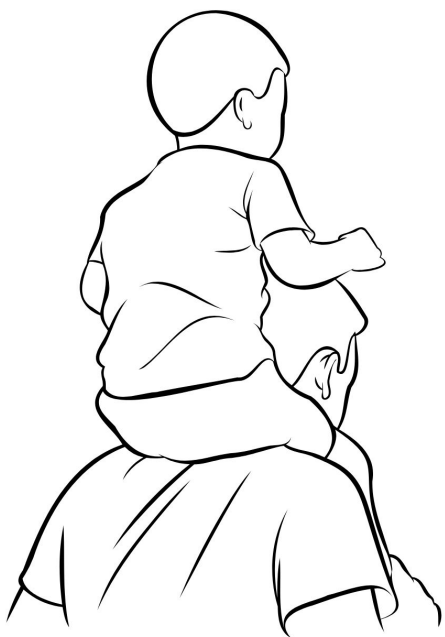
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**Recall a moment when you  
felt truly proud of yourself  
or someone else.**



**If you were to write an autobiography,  
what would be the central theme?**



**Word problem-solving activities can be enjoyable and mentally stimulating  
for people of all ages.**

**Here are a few to try:**

**What kind of room has no doors or windows?**

**What is full of holes but still holds water?**



Answers: Mushroom, Sponge

# Find the words that make the equations true.

Equation:  $24 = \text{H. in a D.}$

Solution: 24 hours in a day.

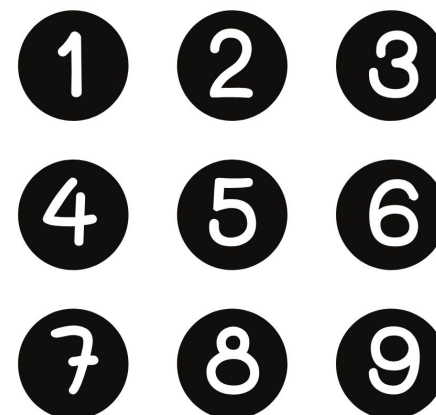
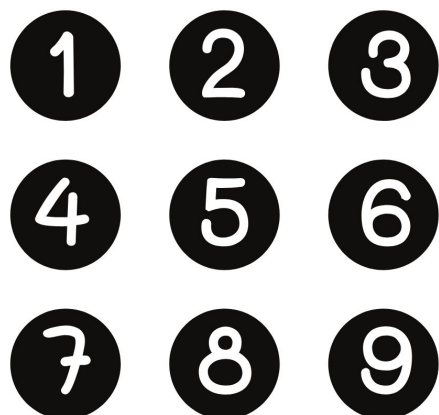
$26 = \text{L. of the A.}$

$90 \text{ D} = \text{R. A.}$

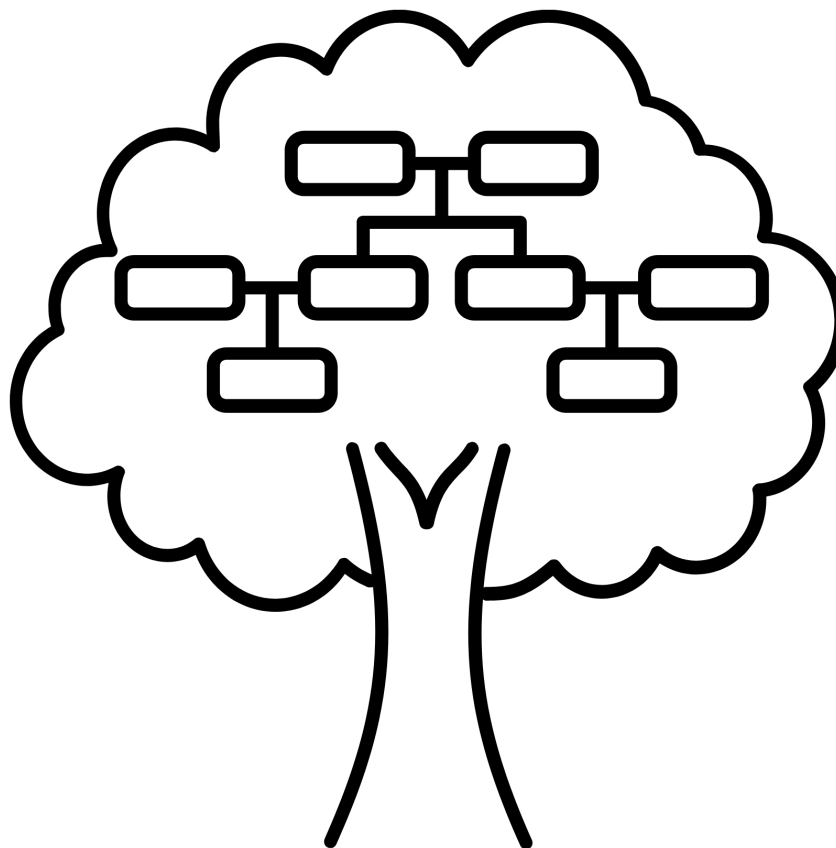
$7 = \text{W. of the A. W.}$

$4 = \text{Q. in a G.}$

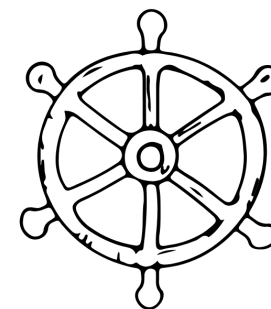
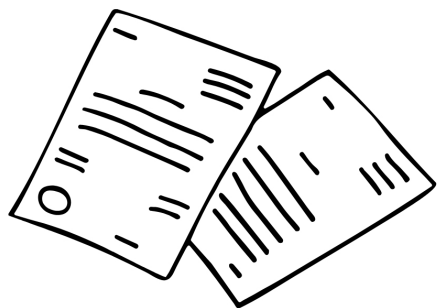
$52 = \text{C. in a D. (without the J.)}$



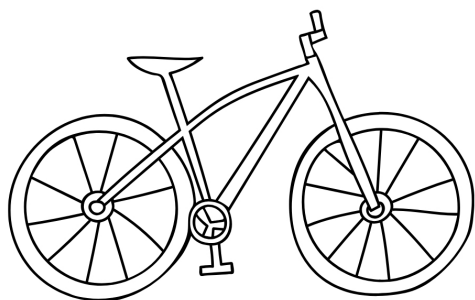
Answers: letters of the alphabet, degrees in a right angle, wonders of the ancient world, quarts in a gallon, cards in a deck without the jokers

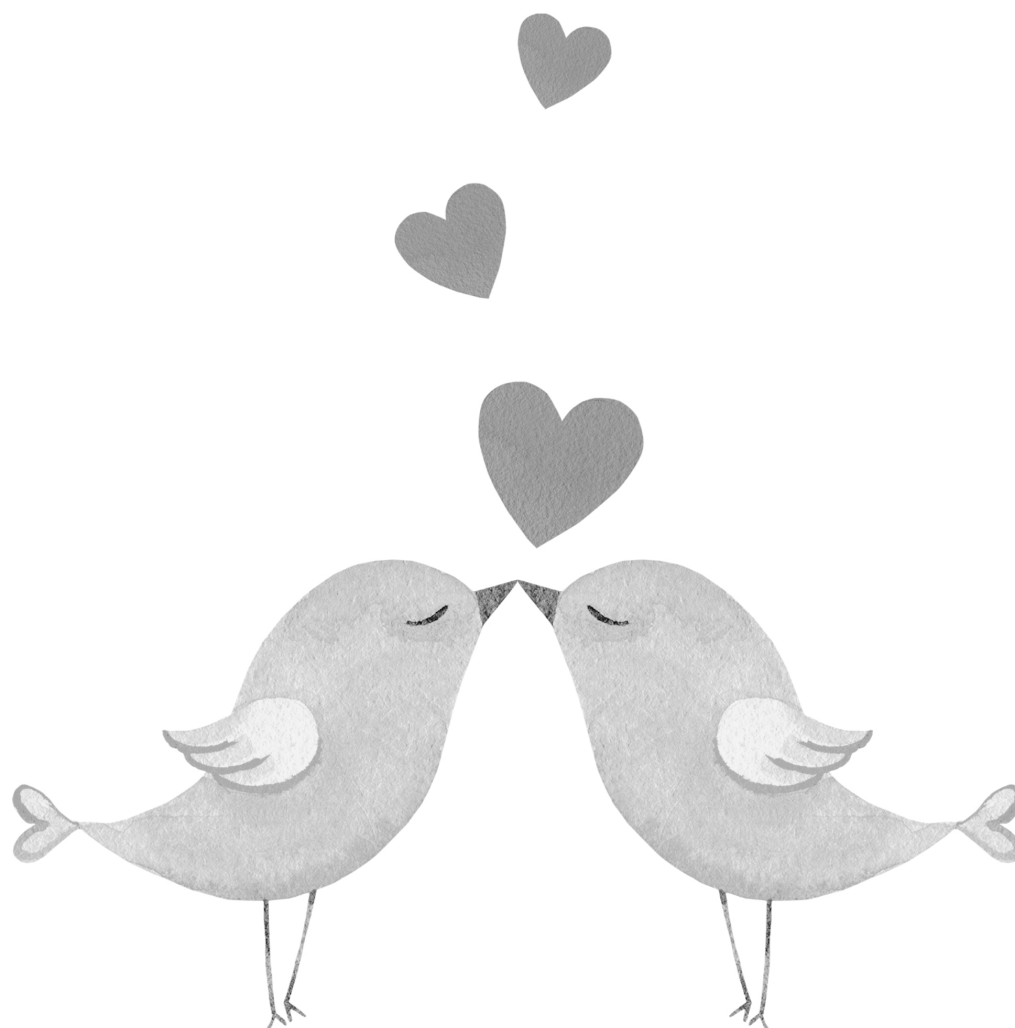


**Describe a family member who has been a significant role model in your life.**



**What's the most  
adventurous thing  
you've ever done?**





**Do you have any Valentine's day traditions?**

**Whom do you know who celebrates a special day in February?  
Write their name, date, and occasion.**

[illegible]

**Did you ever go fishing as a child?**

**If so, what was the experience like?**

**If not, did anybody in your family like to fish?**





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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).