

# PERSONAL COGNITIVE

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March 2024

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**Do you know anybody from Canada?**

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**Can you think of any celebrities or famous athletes  
who are Canadian?**

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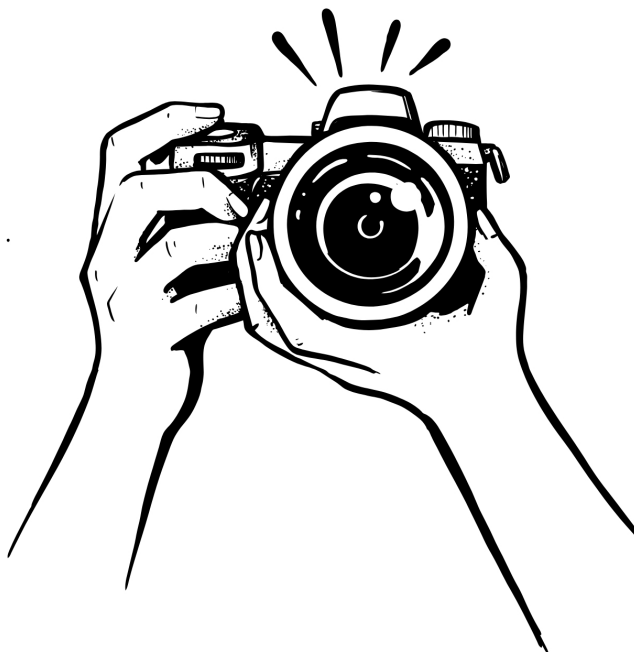
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**Do you like to take pictures?**

**What kind of camera would you like  
to try?**

**What would your subject be?**



**Canada is divided into 10 provinces and 3 territories.  
Can you fill in this list of the provinces, given only the  
first letter?**

**A**

**B**

**M**

**N**

**N**

**N**

**O**

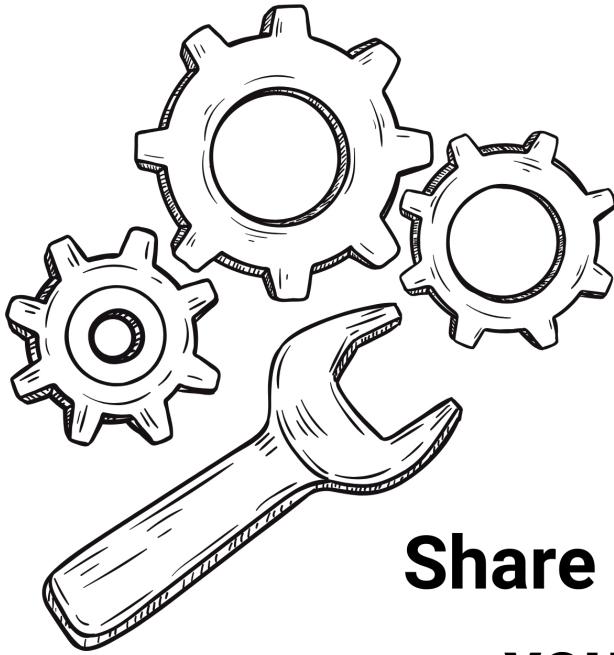
**P**

**Q**

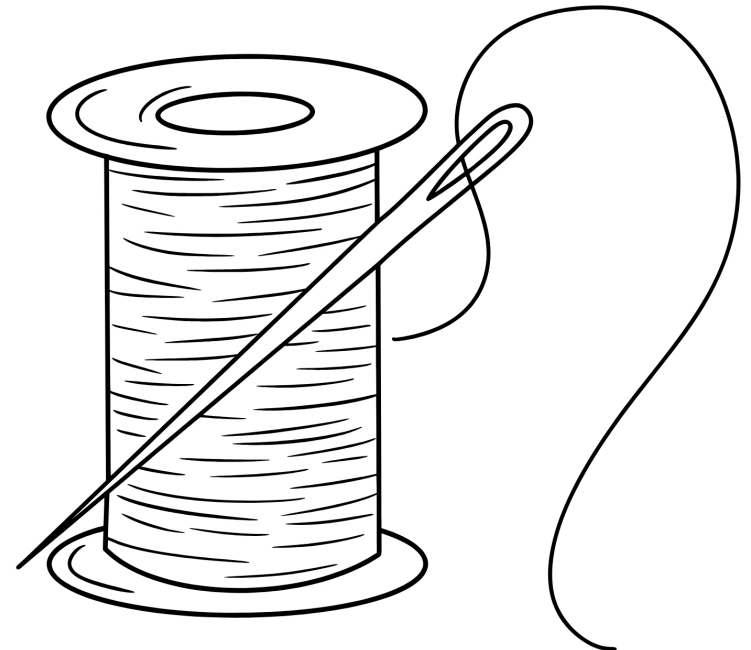
**S**

Alberta, British Columbia, Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia,  
Ontario, Prince Edward Island, Quebec, Saskatchewan



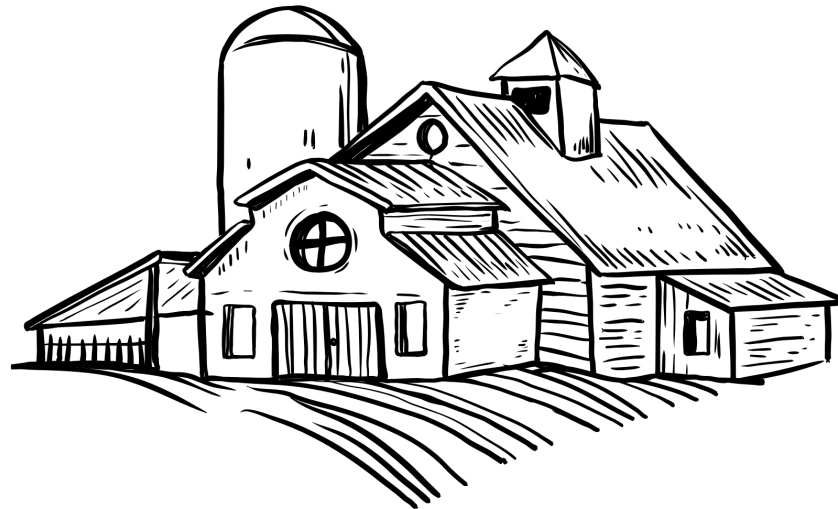


**Share a story about a skill or hobby  
you developed unexpectedly.**



**Where did you grow up?**

**How different is the area now from when you  
were young?**





**If you could witness any  
historical event, what would  
it be and why?**





**Can you describe a memorable birthday celebration?**



## **Can you do the math?**

**Calculate the following. Use a calendar to count, a calculator to add, or just this paper to do the math.**

**When is your birthday?**

**How many months until your birthday?**

**How many weeks until your birthday?**

**How many days until your birthday?**

## Do you know what these Canadian words mean?



**Mountie**

**Loonie**

**Toonie**

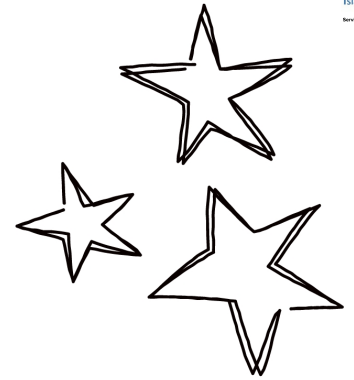
**Canuck**



**When did you learn what these words meant? Were you a child or an adult?**

Answers: Member Royal Canadian Mounted Police. Canadian dollar. Coin worth 2 Canadian dollars. Slang for a Canadian

**If you could possess  
any superpower, what  
would it be, and how  
would you use it?**



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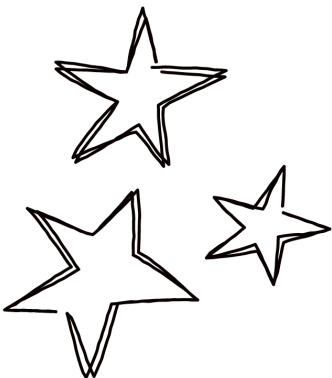
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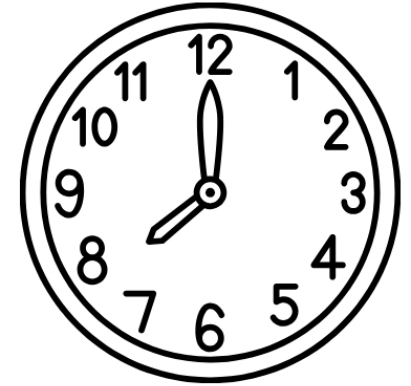
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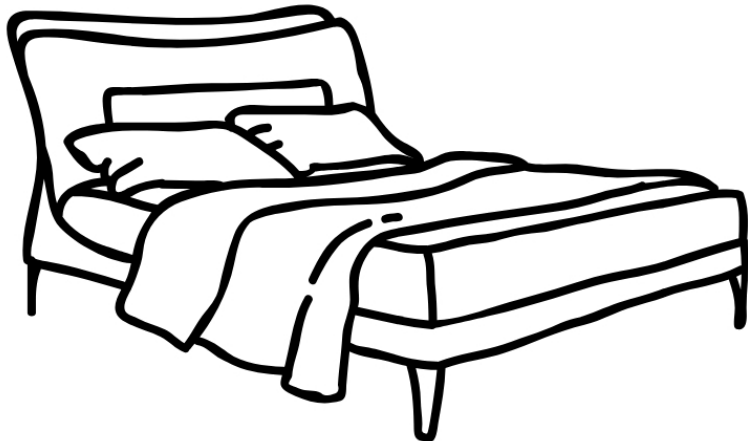
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**Are you getting enough  
sleep every night?**

**What could you do tonight to  
improve your sleep?**





**Name 3 of your best qualities.**

1

2

3

**Maintain a positive  
outlook and resilience  
in the face of  
challenges.**

**Focus on strengths,  
accomplishments, and  
things to be grateful  
for.**

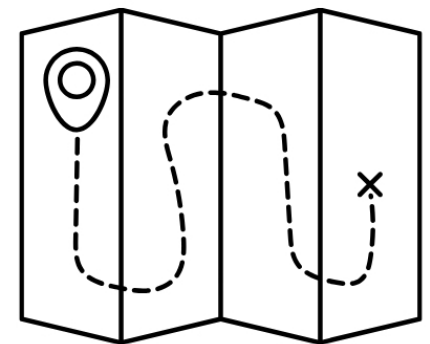




**What is the closest national park to you?**

**Could you describe the park?**

**Is it a place that is highly visited? Why or why not?**



**How many glasses of water did  
you drink today?  
Count how many other beverages  
you drank.**

**Staying hydrated is a key piece of  
good health.**



**Remember to drink water  
throughout the day!**





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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).