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Home Care Assistance's *Life* ENRICHMENT GUIDE

Promoting
Engagement and
Stimulation While
Socially Isolated

HOME CARE
ASSISTANCE

Introduction

In a world where social distancing and shelter-in-place orders are the new norm, now, more than ever, it's imperative that we do whatever we can to reduce isolation among the seniors we serve...and that we care about deeply.

In an effort to keep our elderly population safe, social distancing has been recommended to reduce the risks associated with COVID-19. However, with decreased social engagement and stimulation comes decreased mood and overall wellbeing, and in some cases, results in depression.

As Champions of Aging Well, we have created a comprehensive **Life Enrichment Guide**, chock full of fun and meaningful activities to keep the mind and body active from the comfort and safety of home. All of these activities can be accessed through a smartphone or a computer, and will open their eyes to a virtual world of possibility -- taking tours of impressionist artwork at Paris's Musée d'Orsay, viewing a timeline of the world at the British Museum, listening to the Vancouver Symphony's final performance from BeethovenFest, watching the animals at the San Diego Zoo, and so much more!

As we are well aware, in order for you to provide the best care to an aging loved one, you need to take care of yourself first. We have included a list of activities that will keep you physically and mentally strong, and for those of you who have children, we have also included a robust online course list to promote active learning and engagement in all areas, for all ages.

We hope this guide will provide enrichment for you and your family members, in areas you may not have otherwise explored if it weren't for social distancing. With every challenge comes an opportunity, and we hope you embrace this one with us as we brave this new world together.

Bringing the Outside World in: 13 Virtual Activities You Can Do to Stay Engaged



With the help of technology, the Internet or a smartphone, it's amazing what we can explore and learn every day from the comfort of our home. At Home Care Assistance, we have rounded-up our favorite enrichment resources to promote a healthy mind, body and spirit during this time of social distancing.

Bringing the Outside World in: 13 Virtual Activities You Can Do to Stay Engaged

1. [Seniorly Presents Free Live-Streaming Show, Curtain Up!, Specially Produced for Seniors](#)

During this unprecedented time, Home Care Assistance has teamed up with Seniorly who has put together an amazing group of performers from Broadway, Hollywood and all across the country who are volunteering their time to entertain and connect with seniors. Subscribe to Seniorly's [YouTube channel](#) to watch the shows that air at 1pm PT/ 4pm ET every day.

2. [Special Episode: This Tom Hanks Story Will Make You Feel Less Bad](#)

Taffy Brodessor-Akner, *New York Times* feature writer, hosts a nearly 40 minute podcast where stories about Tom Hanks, who is currently under coronavirus quarantine in Australia, are read. Listen to this feel good episode about a man many of us know through the big screen, who embodies kindness and consideration. We hope this story will provide you comfort in a time of uncertainty and worry.

3. [Virtual Museum Tours](#)

We can't think of a more enriching way to spend our day than virtually touring thousands of museums around the world...it's truly astounding what is at your fingertips through the Google Arts and Culture Collections. From the MoMA in New York to the Van Gogh Museum in Amsterdam to the Musée d'Orsay in Paris, the exhibits and artwork are amazing. Set aside time each day to explore one or more museums and learn something new.

4. [Virtual White House Tour](#)

For more than 200 years, the White House has been more than just the home of the Presidents and their families. Throughout the world, it is recognized as the symbol of the President, of the

President's administration, and of the United States. The White House is the only private residence of a head of state that is open to the public, free of charge. Take this opportunity to explore the inside and the outside grounds of the White House, the Eisenhower Executive Office Building, and the artwork and furniture that adorn the walls and rooms.

5. [Lunch Doodle Series](#)

Mo Willems, the children's book author and illustrator (the Pigeon, Knuffle Bunny and Elephant and Piggie series) has launched a series that streams from the Kennedy Center YouTube page at 1pm daily. This fun and engaging series allows you to safely social distance while also providing comic relief and drawing techniques. Watch this series over lunch and try drawing along as Mo guides you.



6. [San Diego Zoo Live Cams](#)

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 all over the park, so you can select the animal you would like to see depending on which ones are your favorite. 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. [Cincinnati Zoo Home Safaris via Facebook Live](#)

Cincinnati Zoo started hosting Home Safaris on their Facebook page last week, with the first one featuring the world's most famous hippo, Fiona! These daily live sessions will provide fun and educational content. If this is something that interests you, follow their Facebook page so that you can be alerted when these start and are posted.

8. [Smithsonian Art, Culture and the Learning Lab](#)

In addition to the vast collections and research surrounding them, The Smithsonian Learning Lab puts the treasures of the world's largest museum, education, and research within your reach. The Lab is a free, interactive platform for discovering millions of authentic digital resources, creating content with online tools, and sharing it with the Smithsonian's community of knowledge and learning. The content on the Smithsonian's website is so expansive, it would take a lifetime and then some to even scratch the surface!

9. [Yayoi Kusama Infinity Mirrors](#)

If you have two minutes to spare, we highly recommend watching this YouTube video featuring Japanese artist, Yayoi Kusama's, Infinity Mirror Rooms. Known for her repetitive polka dots and peep-show-like chamber rooms that create the illusion of infinite space, this virtual tour of six of the rooms will open your eyes and expand your imagination.

10. [The Royal Opera House](#)

The Royal Opera House will be bringing ballet and opera to every home and device around the world, offering free online broadcasts, musical master classes and cultural insights that audiences will surely enjoy. The following productions will be offered on-demand via the ROH's [YouTube Channel](#) and their [Facebook page](#):

- *Peter and the Wolf*, The Royal Ballet, 2010 – March 27th, 2020, 7pm GMT
- *Acis and Galatea*, The Royal Opera, 2009 – April 3rd, 2020, 7pm BST
- *Così fan tutte*, The Royal Opera, 2010 – April 10th, 2020, 7pm BST

- *The Metamorphosis*, The Royal Ballet, 2013 – April 17th, 2020, 7pm BST

11. [Social Distancing Festival](#)

The Social Distancing Festival is an online artist's community made to celebrate and showcase the work of many artists worldwide who have been affected by the need for social distancing that has come about due to the spread of Coronavirus (COVID-19). Check out their [live-streams page](#) to see events from all over the world. There are multiple events happening each day, so something is sure to fit your fancy!

12. [Bringing Broadway Hits to You](#)

Stream your favorite Broadway hits right to your computer. Whether you are into musicals, the classics, drama, or Shakespeare, there is something for everyone. What better way to wind down for the evening than putting on a show. You can sign-up for a free trial [here](#).



13. [Learn a New Language with Duolingo](#)

Learning a new language is a fantastic way to engage and challenge the brain. With Duolingo, a fun and intuitive app, you can learn close to 25 different languages. Users are incentivized to learn through points and levels. Download this free app and get started learning that language you always wanted to today.



Balanced Care Method™

Activities to Promote A Healthy Mind, Body and Spirit

[The Balanced Care Method](#) is a unique approach to care we implement at Home Care Assistance to improve the quality of life for our clients. It is based on studies of the extraordinarily long-lived elders in the Okinawa region of Japan where life spans of over 100 years are not unusual. Perhaps even more astounding than their longevity is the quality of health these elders enjoy; people in their 70s, 80s, and beyond enjoy excellent physical health, mental acuity, independence, and inner calm. Studies have found that genetic factors only account for about one third of the Okinawan elders' extraordinary health and long lifespans.

Two tenets of our Balanced Care Method are physical activity and cognitive engagement. We want to share some of these activities with you as a way to help you and your loved ones stay active and mentally stimulated.

Activities to Promote Physical Wellness

Being as active as possible helps people at all stages of life achieve and maintain a healthy body mass, heart health and mind. For older adults, exercise can help prevent the loss of muscle strength, bone density and balance, thereby reducing the risk of falls.

During this time of social distancing, outdoor exercise and activities will be limited, but stretching is one thing you can do daily that will help maintain flexibility and joint function. Stretching is an activity that can be adapted to all levels of mobility. The best stretching program covers all major joints (hips, shoulders, knees, elbows, neck and spine) and is best done when the body is warm, after another form of exercise like a walk, or a bath or shower.

Here are 8 easy stretches that can be done sitting or standing:

Neck Stretches

With a straight spine and chin up for good posture, tilt the head from side to side – trying to touch each ear to each shoulder. Hold each side for 30 to 60 seconds, breathing steadily and deeply. Keep shoulders down, jaw relaxed, and eyes looking forward. Repeat until you are comfortable. Another stretch for the neck involves bringing your chin to your chest as close as possible and holding for 30 to 60 seconds. Breathe deeply and keep the jaw relaxed throughout the stretch.

Shoulder Stretches

Maintaining good posture, roll your shoulders forward several times and then reverse direction and roll shoulders backwards several times. Next, hold your arms down at your sides with palms facing forward. Lift them up as you inhale, keeping palms facing forward, as high as you can. Lower them slowly as you exhale. Repeat until you feel relaxed.

Torso Stretches

Reach your right arm straight up and lean to the left as far as you can. Repeat with your left arm over your right side. Next, reach both arms straight up and lean slowly to the right. Slowly come back up and repeat on the left side. Another effective way to stretch the torso is to lie on your back on the floor with your knees bent. Lower your knees, still bent, to the right, reaching the floor if possible. Repeat on the left side.

Arm, Wrist and Hand Stretches

Hold your arms out in front of you with your palms up. Bend your elbows and try to touch your shoulders without lifting your elbows higher than your shoulders. You can also do this one arm at a time. Next, hold your wrists out in front

of you and make a gentle fist. Roll your hands clockwise several times, and then roll them counterclockwise several times.

Stretching Hips

Stand with the right side of your body next to the back of a chair. Put your right hand on the back of the chair and cross your left foot in front of your right leg. Lift your left hand as high up above your head as you can and gently lean to the right. Hold for at least one deep breath. Repeat on the left side.

Tai Chi



Tai chi has many proven benefits, including boosting cognitive function, improving quality of sleep, increased flexibility, decreased risk of falls, and so much more! We encourage you to [try this 15-minute seated tai chi workout](#) at home. You may discover incorporating this workout into your daily routine will prove beneficial to your overall wellbeing.

Activities to Promote Cognitive Engagement

Studies have shown the benefits of staying mentally engaged throughout life; an active mind is a healthy mind. Below are some fun cognitive exercises that you can select based on what is most appropriate and enjoyable for your loved one.



Choose a topic (travel, sports, state, countries, movies, books, female/male names) and write related words that begin with each letter of the alphabet.

TOPIC: _____ TOPIC: _____ TOPIC: _____

A. _____	A. _____	A. _____
B. _____	B. _____	B. _____
C. _____	C. _____	C. _____
D. _____	D. _____	D. _____
E. _____	E. _____	E. _____
F. _____	F. _____	F. _____
G. _____	G. _____	G. _____
H. _____	H. _____	H. _____
I. _____	I. _____	I. _____
J. _____	J. _____	J. _____
K. _____	K. _____	K. _____
L. _____	L. _____	L. _____
M. _____	M. _____	M. _____
N. _____	N. _____	N. _____
O. _____	O. _____	O. _____
P. _____	P. _____	P. _____
Q. _____	Q. _____	Q. _____
R. _____	R. _____	R. _____
S. _____	S. _____	S. _____
T. _____	T. _____	T. _____
U. _____	U. _____	U. _____
V. _____	V. _____	V. _____
W. _____	W. _____	W. _____
X. _____	X. _____	X. _____
Y. _____	Y. _____	Y. _____
Z. _____	Z. _____	Z. _____

Categorical Scrambles

Each category has five word scrambles; four of them match the category and one of them does not. Have your loved one first unscramble the words, then figure out which word does not belong to the category.

Exercise 1 (Answer on page 13)

1. Colors

- a. erd
- b. elub
- c. eerng
- d. itghl
- e. lackb

2. Numbers

- a. neo
- b. ivef
- c. xsi
- d. wot
- e. ewf

3. Emotions

- a. unr
- b. adm
- c. hppay
- d. sda
- e. ladg

4. Pets

- a. atc
- b. odg
- c. ishf
- d. msoue
- e. lantp

5. Temperatures

- a. olcd
- b. raf
- c. oolc
- d. toh
- e. rmwa

6. Animals

- a. ofx
- b. tac
- c. dgo
- d. ishf
- e. gru

7. Senses

- a. itsgh
- b. ufn
- c. outch
- d. atest
- e. emsll

8. Drinks

- a. uttber
- b. odas
- c. ilmk
- d. atrew
- e. uijce

Exercise 2 (Answer on page 14)

1. Movie Genres

- a. tnoaci
- b. ytafasn
- c. decoym
- d. nrocema
- e. rcasy

2. Book Genres

- a. hbuplsi
- b. epoyrt
- c. goaphbiyr
- d. otfnci
- e. mrcie

3. Natural Disasters

- a. zrdazilb
- b. dmuih
- c. erqaekutah
- d. lancovo
- e. airunehrc

4. Types of Food

- a. neicxma
- b. hait
- c. taialni
- d. cenishe
- e. coahhtcoel

5. Fruit

- a. plape
- b. daomnl
- c. nabnaa
- d. aerp
- e. aegnor

6. Desserts

- a. eip
- b. keca
- c. cbcroli
- d. okioce
- e. erbwnoi

7. Jewelry

- a. katjetc
- b. gnir
- c. acbretle
- d. knlceeac
- e. rairneg

8. Transportation

- a. rca
- b. abto
- c. lapen
- d. ikte
- e. cyeclib

Exercise 3 (Answer on page 15)

1. Food

- a. mburgaher
- b. cilahenad
- c. ckesanpa
- d. dwiashcn
- e. kcacilot

2. Gems

- a. iaondmd
- b. eayhtstm
- c. phiapsre
- d. laticps
- e. rældme

3. Sea Creatures

- a. usinatm
- b. osertlb
- c. ifhasasrt
- d. enamoen
- e. yifslehlj

4. Clothing

- a. aithrsestw
- b. baenahdb
- c. orseturs
- d. uesblo
- e. setrwea

5. Tools

- a. ewhncr
- b. acltandiesck
- c. wsdivcere
- d. amherm
- e. wbcoarr

6. States

- a. ykkcunet
- b. gcmiahni
- c. acanda
- d. eniutccocn
- e. ynesiaplvna

7. Types of Meat

- a. neosvin
- b. uyekrt
- c. eicnhkc
- d. rctihakeo
- e. ubfloaf

8. Technology

- a. rimror
- b. evelsnitoi
- c. certupom
- d. erorfreaagrit
- e. ethlonpel

Answers to Exercise 1

(The word that is in capital letters is the answer that does not belong to the category.)

1. Colors

- a. red
- b. blue
- c. green
- d. LIGHT
- e. black

2. Numbers

- a. one
- b. five
- c. six
- d. two
- e. FEW

3. Emotions

- a. RUN
- b. mad
- c. happy
- d. sad
- e. glad

4. Pets

- a. cat
- b. dog
- c. fish
- d. mouse
- e. PLANT

5. Temperatures

- a. cold
- b. FAR
- c. cool
- d. hot
- e. warm

6. Animals

- a. fox
- b. cat
- c. dog
- d. fish
- e. RUG

7. Senses

- a. sight
- b. FUN
- c. touch
- d. taste
- e. smell

8. Drinks

- a. BUTTER
- b. soda
- c. milk
- d. water
- e. juice

Answers to Exercise 2

1. Movie Genres

- a. action
- b. fantasy
- c. comedy
- d. romance
- e. SCARY

2. Book Genres

- a. PUBLISH
- b. poetry
- c. biography
- d. fiction
- e. crime

3. Natural Disasters

- a. blizzard
- b. HUMID
- c. earthquake
- d. volcano
- e. hurricane

4. Types of Food

- a. Mexican
- b. Thai
- c. Italian
- d. Chinese
- e. CHOCOLATE

5. Fruit

- a. apple
- b. ALMOND
- c. banana
- d. pear
- e. orange

6. Desserts

- a. pie
- b. cake
- c. BROCCOLI
- d. cookie
- e. brownie

7. Jewelry

- a. JACKET
- b. Ring
- c. Bracelet
- d. Necklace
- e. Earring

8. Transportation

- a. car
- b. boat
- c. plane
- d. KITE
- e. bicycle

Answers to Exercise 3

1. Food

- a. hamburger
- b. enchilada
- c. pancakes
- d. sandwich
- e. COCKTAIL

2. Gems

- a. diamond
- b. amethyst
- c. sapphire
- d. PLASTIC
- e. emerald

3. Sea Creatures

- a. TSUNAMI
- b. lobster
- c. starfish
- d. anemone
- e. jellyfish

4. Clothing

- a. sweatshirt
- b. HEADBAND
- c. trousers
- d. blouse
- e. sweater

5. Tools

- a. wrench
- b. CANDLESTICK
- c. screwdriver
- d. hammer
- e. crowbar

6. States

- a. Kentucky
- b. Michigan
- c. CANADA
- d. Connecticut
- e. Pennsylvania

7. Types of Meat

- a. venison
- b. turkey
- c. chicken
- d. ARTICHOKE
- e. buffalo

8. Technology

- a. MIRROR
- b. television
- c. computer
- d. refrigerator
- e. telephone

Affinities

Determine the word/category to which the two words belong.

Example:

Q: Fords and Pontiacs are _____

A: Cars

Affinities Exercise 1 (Answers on page 18)

1. Fords and Pontiacs are _____
2. Roses and Marigolds are _____
3. Sparrows and Finches are _____
4. Boston and Bangor are _____
5. Romeo and Juliet are _____
6. Maytag and Whirlpool are _____
7. Harvard and Yale are _____
8. Camels and Winstons 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. Vermont and Maine are _____
20. Wheaties and Cheerios are _____
21. Collies and Poodles are _____
22. Texaco and Mobil are _____
23. Tide and Gain are _____

Affinities Exercise 2 (Answers on page 19)

1. Vermont and Missouri 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. Gray 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. Jackie Robinson and Willie Mays 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. Boston and Bangor are (Cities)
5. Romeo and Juliet are (Lovers)
6. Maytag and Whirlpool are (Appliances)
7. Harvard and Yale are (Universities)
8. Camels and Winstons 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 (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. Vermont and Maine are (States)
20. Wheaties and Cheerios are (Cereal)
21. Collies and Poodles are (Dogs)
22. Texaco and Mobil are (Gas companies)
23. Tide and Gain are (Laundry Detergent)

Answers to Affinities Exercise 2

1. Vermont and Missouri are (States)
2. Neptune and Mercury are (Planets)
3. Copper and Lead are (Materials)
4. Feta and Gouda are (Cheese)
5. Yen and Rupee are (Currency)
6. Serenity and Apprehension are (Emotions)
7. Gray and Violet are (Colors)
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. Trouser 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. Jackie Robinson and Willie Mays were (Baseball Players)
19. Magic Johnson and Michael Jordan were (Basketball Players)
20. Red Maple and Weeping Willow are (Trees)
21. Seattle and Tokyo are (Cities)

3

Activities to Promote a Healthy Mind and Body



To those of you taking care of aging loved ones, we see you, and we thank you for everything you are doing. During this time of uncertainty, we want to make sure that you are doing things to take care of yourself, physically and mentally, to ensure you are best able to care for others. Below are three resources to help you keep peace of mind.

1. [Coronavirus Guided Meditation and Sanity Guide](#)

In an effort to help you cope with the stress, fear and anxiety that you are surely feeling, we would like to share the Coronavirus Guided Meditation and Sanity Guide, which includes practical and actionable ways to deal with these feelings. The meditations, podcasts, blog posts and talks on this page will help you build resilience and find some calm amidst the chaos. They continue to add more resources as they are created so be sure to [check back regularly](#).

2. [Free Exercise Classes with Planet Fitness](#)

In an effort to promote health and fitness at home, Planet Fitness is offering free exercise classes from [their](#)

[facebook page](#). No better way to clear the mind and relieve anxiety than a good workout!

3. [Daily Calm Live Stream and Resource Page](#)

Calm, the leading app for meditation and sleep, is currently running a [daily live stream](#) to offer support through these uncertain times. The company is streaming their signature ten-minute meditations Monday through Friday on their [Facebook](#) and [YouTube](#) pages. In addition, they have also created a [free resource page](#) filled with many mindful meditations - everything from calm music to sleep stories to practices to find ease, there is something here for everyone to stay centered, reduce anxiety and increase overall wellbeing.

Homeschooling Resources for Lifelong Learners



To complicate an already challenging time, many of us have children at home due to schools and daycares being closed. Below is a list of educational resources for those of you who have children to ensure they stay enriched at home.

Art

- [The Art Sherpa](#) - Live streaming and previously recorded videos that teach a variety of painting techniques and projects.
- [Art with Everyone](#) - Drawing and painting tutorials for all ages and skill levels.

Civics

- [iCivics](#) - Founded by Justice Sandra Day O'Connor, students learn how government works by experiencing it. They step into the role of a judge, a member of Congress, a community activist, even the President of the United States - and do the job they do.

Coding & Computer Science

- [Code.org](#) - Online learning platform to teach K-12 students coding and computer science.
- [Scratch](#) - Free, online coding platform developed by MIT Media Lab for children using intuitive drag and drop visual interface that teaches coding basics.

Economics

- [The Stock Market Game](#) - An online simulation of the global capital markets that engages students grades 4-12 in the world of economics, investing, and personal finance.

General

- [BrainPOP](#) - HK-8 and ELL online resource for learning almost every subject. Courses include videos, games, quizzes, vocab, and related reading.
- [Khan Academy](#) - Created by experts, Khan Academy's library of trusted, standards-aligned practice and lessons covers math K-12 through early college, grammar, science, history, AP®, SAT®, and more.
- [Teachers Pay Teachers](#) - Over 3 million free and paid resources, created by educators, on the full spectrum of subjects and grade levels.

Language Arts

- [Night Zoo Keeper](#) - Online writing tool and library of interactive lessons with fun, engaging games that increase vocabulary and improve spelling.
- [Reading Eggs](#) - Learn to read with online games and activities.
- [Starfall](#) - K-3 reading and educational games platform. Stories, songs, and other activities.

Math

- [Beast Academy](#) - Online math and problem solving for ages 8-13. Fun, comic-book style format.
- [Global Math Project](#) - Join students (ages 10+) from around the world on a global math project (Exploding Dots) that is a mathematical story that starts at the very beginning of mathematics, assuming nothing, and swiftly takes you on a "wondrous journey" through grade school arithmetic, high-school polynomials algebra, infinite sums, and

[continued from page 23]

advanced mathematics and unsolved research problems baffling mathematicians still to this day.

- [Prodigy Math](#) - Engaging, curriculum-aligned math platform for grades 1-8. Game-based, adaptive, and personalized. Free.

Science & Technology

General & Multi-Discipline Science

- [The Science Guys](#) - Educational science videos that can be done at home and for all ages.
- [Astronomy](#) - Universe, galaxy, stars, systems, solar system, and exploration.
- [Biology](#) - Cell structure and function, microorganisms, plants, animals and animal systems.

Chemistry

- [Chemistry 4 Kids](#) - Matter, atoms, periodic table, elements, reactions, biochemistry.
- [Minecraft Chemistry](#) - Discover the building blocks of matter, combine elements into useful compounds and Minecraft items, and conduct amazing experiments with new lessons and a downloadable world.
- [Tyler DeWitt](#) - Research scientist and educator who creates chemistry and microbiology videos shared on his personal site and YouTube.

Engineering

- [Teach Engineering](#) - Digital library comprised of standards-aligned engineering curricula for K-12 educators to make applied science and math come alive through engineering design.

Physics

- [Physics 4 Kids](#) - Motion, heat & thermodynamics, electricity & magnetism, light, modern physics.

Social & Ethnic Studies

US History

- [The 1619 Project](#) - An ongoing initiative from The New York Times Magazine that began in August 2019, the 400th anniversary of the beginning of American slavery, it aims to reframe the country's history by placing the consequences of slavery and the contributions of black Americans at the very center of our national narrative.
- [Zinn Education Project](#) - For more than ten years, the Zinn Education Project has introduced students to a more accurate, complex, and engaging understanding of history than is found in traditional textbooks and curricula.

World History

- [Big History Project](#) - A free, online social studies course that encourages students to have a big-picture view of the world and emphasizes skill development as students draw "mind-blowing connections" between past, present, and future.





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.

Speak to a Care Advisor Now

866-454-8346

The CDC currently recommends older adults remain in their homes to reduce the risks associated with COVID-19. In-home caregivers can serve as a vital support system to keep seniors cared for and safe.



The Home Care Assistance Difference



Specialized COVID-19 Response Efforts

Our Rapid Response Team is constantly updating protocols and communicating best practices to our caregivers through our caregiver app to help keep our senior clients safe at home.

A Care Team Dedicated to You - Virtually

More than a just a caregiver, we assign each client a Care Team. Our thousands of thoroughly-vetted and qualified caregivers are there to provide care to clients, with the support of a remote Care Team led by a Client Care Manager.

Social Distancing at Home - Thanks to a Personalized Care Plan

In addition to essential daily life activities, our care plans often include basic house cleaning, grocery shopping, and medication pickups, which promote successful social distancing. Our trained caregivers also help keep seniors physically and mentally engaged while staying safe at home.

How a Customized Long-Term Care Plan from Home Care Assistance Works

In this time of COVID-19, Home Care Assistance has developed a specific plan to address this pandemic and take care of seniors in their homes, now and in the long-term.

1. We determine your needs to craft a personalized care plan remotely

Given the CDC recommendation for social distancing, we've developed a process for conducting virtual assessments either online, or by phone, so our team can create a care plan tailored to your loved one's evolving needs.

2. Caregivers are expertly matched and adhere to special COVID-19 protocols

Home Care Assistance has one of the largest caregiver networks in America. We hire dedicated caregivers and expertly match them to clients in a manner that helps minimize risks associated with COVID-19. Our caregivers are properly screened for COVID-19. Our caregiver app, among other means, allows for immediate screening before the start of each shift.

3. We assign a virtual Care Team that's accessible 24/7

When you hire us, you receive a full-time care team to assist you remotely. Your Client Care Manager develops a specialized care plan and provides quality assurance throughout the length of service. Your Staffing Manager selects the caregiver who is the best fit for your loved one's needs and personality, and your Home Care Liaison provides access to vital community resources.

4. Our Balanced Care Method™ promotes emotional and physical wellbeing for seniors

Our proprietary Balanced Care Method™, a training program for caregivers, promotes cognitive stimulation, nutrition, physical activity, a sense of calm and social engagement. This program supports our client's mental as well as physical health, reducing the potentially negative side effects of isolation.

About

Home Care Assistance

Our mission is to be the premier partner of choice for families seeking personalized, dignified care for their aging 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 aging 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 caregivers, 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 caregivers 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.



866-454-8346 | HomeCareAssistance.com