

Home Care Assistance's

# *Life* ENRICHMENT GUIDE

Promoting  
Engagement and  
Stimulation While  
Staying In Place

HOME CARE  
ASSISTANCE



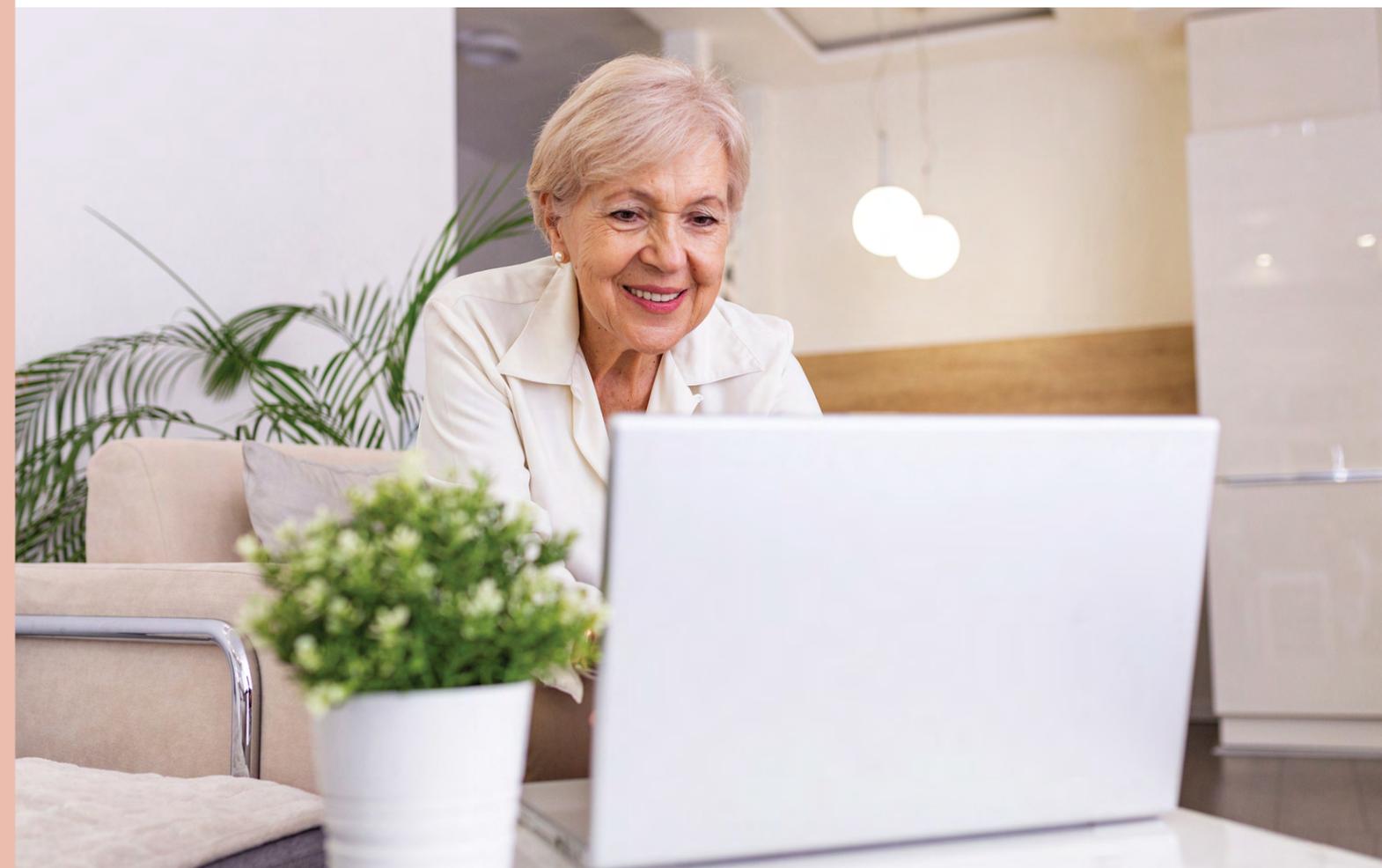
# Introduction

As Champions of Aging Well, we've created a comprehensive Life Enrichment Guide chock full of fun and meaningful activities to keep your minds and bodies active. All of these activities are accessible through a smartphone or a computer, and will open your eyes to a virtual world of possibility.

We've included a list of activities to keep you physically and mentally strong. And for those of you who have children, we've also included a course list to promote active learning and engagement in all areas, for all ages.

With every challenge comes an opportunity. We hope you'll embrace this one with us as we brave this new world together.

## *Bringing the Outside World in:* 12 Virtual Activities



With the help of the Internet and a smartphone or tablet, it's amazing what we can explore and learn from the comfort of our own homes. At Home Care Assistance, we've rounded-up our favourite enrichment resources to promote a healthy mind, body and spirit while social distancing.

Bringing the Outside World in:

## 12 Virtual Activities

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

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, now recovered from COVID-19, 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 offers you a little comfort – and a smile in a time of uncertainty and worry.

### 3. [Art Around the World](#)

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’s at your fingertips through the Google Arts and Culture Collections. From the Vancouver Art Gallery 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. [Tour Canadian museums virtually](#)

Whatever your interest, there’s a virtual Canadian museum exhibit ready to welcome you. Explore survivor stories at Montreal’s Holocaust Museum. Understand the land of thundering snow through the Revelstoke

Museum Archives. Dive into the world of prairie pollination at the Manitoba Museum. Dozens of museums are making it possible for you to enjoy their exhibits from the safety of your own home. The only question is: where do you want to begin?

### 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 ET 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. [Calling all animal lovers](#)

Who doesn’t enjoy watching our furry and fuzzy friends play around? The Calgary Zoo’s live [PandaCams](#) let you watch Er Shun and Da Mao enjoy their days together. Take a vivid peak under water with the [Shark Cam at Ripley’s Aquarium of Canada](#). Get to know the [penguins](#) at the Vancouver Aquarium or enjoy the views with stimulating content live from [Sea Lion Beach](#) on British Columbia’s Hanson Island. Interacting virtually with these beautiful creatures can be a great addition to your stay-home routine.

### 7. [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!

### 8. [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.

### 9. [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](#). Check in regularly for scheduling details.

### 10. [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. 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!

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

Stream your favourite 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](#).



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

Whether brushing up on your second language, or learning an entirely different one – new languages are a fantastic way to engage and challenge the brain. With Duolingo, a fun and intuitive app, you can go beyond English and French to 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 that we implement at Home Care Assistance to improve the quality of life for our clients. It's based on studies of the extraordinarily long-lived elders in the Okinawa region of Japan where life spans of over 100 years aren't 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 as a way you can stay active and mentally stimulated.

### In-Room Physical Activities

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 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're 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. Gradually 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](#) from the comfort of your room. You may find incorporating this workout into your daily routine can bring real benefits to your sense of well-being.

# In-Room Cognitive Engagement Activities

Studies have shown the benefits of staying mentally engaged throughout life; an active mind is a healthy mind.



Choose a topic (travel, sports, provinces, 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 the participant first unscramble the words, then figure out which word does not belong to the category.

## Exercise 1 (Answer on page 13)

### 1. Colours

- 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. ilmkn
- d. atrew
- e. uijce

## Exercise 2 (Answer on page 14)

### 1. Movie Genres

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

### 2. Book Genres

- a. hbuplsi
- b. epoyrt
- c. goaphbiyr
- d. ofnci
- 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. coahtcoel

### 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. Jewellery

- 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. taasp
- c. ckesanpa
- d. dwiashcn
- e. kcacilot

**2. Gems**

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

**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. Provinces**

- a. ecuebq
- b. ronotia
- c. anoosvicta
- d. bnamitoe
- e. eniutccocn

**7. Types of Meat**

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

**8. Technology**

- a. rimror
- b. evelsnitoe
- c. certupom
- d. erorfreagrit
- e. ethlonpel

**Answers to Exercise 1**

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

**1. Colours**

- 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. Jewellery**

- 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. pasta
- 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. Provinces**

- a. Quebec
- b. Ontario
- c. Nova Scotia
- d. Manitoba
- e. CONNECTICUT

**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 Hondas are \_\_\_\_\_

A: Cars

## Affinities Exercise 1 (Answers on page 18)

1. Fords and Hondas are \_\_\_\_\_
2. Roses and Marigolds are \_\_\_\_\_
3. Sparrows and Finches are \_\_\_\_\_
4. Moose Jaw and Markham are \_\_\_\_\_
5. Romeo and Juliet are \_\_\_\_\_
6. Maytag and Whirlpool are \_\_\_\_\_
7. Carleton and Simon Fraser are \_\_\_\_\_
8. du Maurier and Belmont Milds 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. Diefenbaker and Chretien were \_\_\_\_\_
15. Flannel and Satin are \_\_\_\_\_
16. Apples and Bananas are \_\_\_\_\_
17. Trout and Bass are \_\_\_\_\_
18. Pines and Maples are \_\_\_\_\_
19. Manitoba and Newfoundland are \_\_\_\_\_
20. Cornflakes and Cheerios are \_\_\_\_\_
21. Collies and Poodles are \_\_\_\_\_
22. Shell and Esso are \_\_\_\_\_
23. Tide and Gain are \_\_\_\_\_

## Affinities Exercise 2 (Answers on page 19)

1. Alberta and Quebec are \_\_\_\_\_
2. Neptune and Mercury are \_\_\_\_\_
3. Copper are Lead are \_\_\_\_\_
4. Feta and 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. Emily Carr and Bill Reid are \_\_\_\_\_
18. Wayne Gretzky and Patrick Roy were \_\_\_\_\_
19. Magic Johnson and Michael Jordan were \_\_\_\_\_
20. Red Maple and 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. Moose Jaw and Markham are (Cities)
5. Romeo and Juliet are (Lovers)
6. Maytag and Whirlpool are (Appliances)
7. Carleton and Simon Fraser are (Universities)
8. du Maurier and Belmont Milds 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. Diefenbaker and Chretien were (Prime Ministers)
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. Manitoba and Newfoundland are (Provinces)
20. Cornflakes and Cheerios are (Cereal)
21. Collies and Poodles are (Dogs)
22. Shell and Esso are (Gas companies)
23. Tide and Gain are (Laundry Detergent)

**Answers to Affinities Exercise 2**

1. Alberta and Quebec are (Provinces)
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. Emily Carr and Bill Reid were (Artists)
18. Wayne Gretzky and Patrick Roy were (Hockey 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



During this time of uncertainty, we want to make sure that you take care of your physical and mental health, to ensure you're best able to care for others. Below are three resources to help you keep peace of mind.

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

In an effort to help you cope with the stress, fear and anxiety that many of us are feeling, we'd like to share the Coronavirus Guided Meditation and Sanity Guide, which includes practical and actionable ways to manage 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're created so be sure to [check back regularly](#).

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

In an effort to promote health and fitness at home, Planet Fitness Canada is offering free exercise classes from their [Facebook](#) page or check out this [CBC-curated list](#) of free, no-equipment online options available now.

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. They've also created a [free resource page](#) filled with many mindful meditations - everything from calm music to sleep stories to practices to find ease. There's something here for everyone to stay centered, reduce anxiety and increase overall wellbeing.

# Homeschooling Resources for Lifelong Learners



## Art

- [The National Film Board of Canada](#) - Free audiovisual learning resources that give Canadian families and teachers new tools to engage young minds from grades K-12. Films, playlists, mini-lessons and more.
- [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

- [Dancing Backwards](#) - Free programming celebrating Canadian women in political leadership, gender parity in governance, and good citizenship. Geared for kids grade 5 and up.
- [Parliament of Canada](#) - Tap into a range of classroom activities for kids of different ages to learn about life on the Hill.

## 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

- [CBC Kids](#) - Videos, games, facts and activities to keep little minds busy and engaged - with a "Top 3" feature of new things to try daily.
- [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.

## Language Arts

- [Scholastic Canada](#) - Digital resources to keep children reading and learning through a digital portal that's free until the end of June.
- [Reading Eggs](#) - Learn to read with online games and activities.
- [Starfall](#) - K-3 reading and educational games platform. Stories, songs, and other activities.

## Math

- [TVO mPower](#) - Online math games and activities to help students aged K-6 master math, STEM and more. Free while schools are closed.
- [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 advanced mathematics and unsolved research problems baffling mathematicians still to this day.

[continued from page 23]

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

## Science & Technology

### General & Multi-Discipline Science

- [Telus World of Science Edmonton](#) - Free experiments kids can try at home with materials you most likely have on hand.
- [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

### Canadian History

- [Canada's History for Kids](#) - Games and activities to learn the ins and outs of Canada's story.
- [Inside Parliament](#) - Make the most of Google Maps to get a virtual tour inside Canada's Parliament buildings.
- [Canadian Museum of History](#) - Explore and interact with online exhibits.

### 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.

While older adults remain in their homes to reduce the risks of developing COVID-19, in-home caregivers can serve as a vital support system to keep elders cared for and safe.

**CALL FOR A FREE CONSULTATION NOW**



## The Home Care Assistance Difference



### Specialized COVID-19 Response Efforts

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

### A Care Team Dedicated to You - Virtually

More than 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.

### 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 elders physically and mentally engaged while staying safe at home.

## How does a customized Home Care Assistance long-term care plan work?

Home Care Assistance has developed a specific plan to address this pandemic and take care of elders in their homes as we battle COVID-19 and eventually adjust to a new normal.

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

Given the recommendation for distancing, we've developed a process for carrying out virtual assessments online, or by phone, so our team can create a care plan tailored to your 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 the world. 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 Employee Care Manager selects the caregiver who's the best fit for your loved one's needs and personality; your Business Development Manager provides access to vital community resources.

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

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 clients' mental and physical health, reducing the 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 wellbeing of our clients, provide families with peace of mind, 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 right care, we can help older family members live happier, healthier and more fulfilling lives.

### Trusted Care Expertise

We're 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 the home care experience is worry-free for all concerned.

### Connected in the Community

We're 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.

