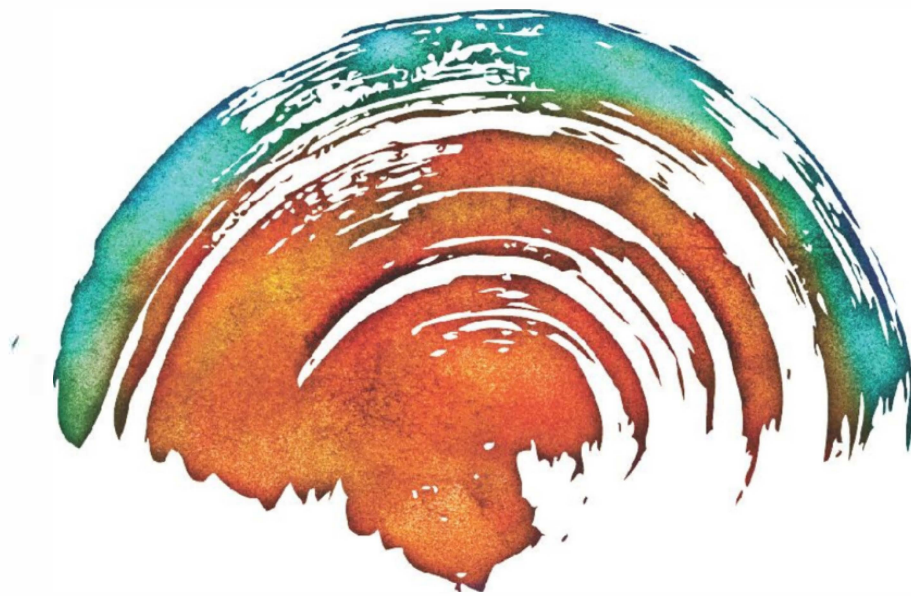


# BRAIN EXERCISES

## FOR SENIORS

VOLUME II



CREATED WITH ❤️ BY  
ELDER LAW OF EAST TENNESSEE

# ABOUT ELDER LAW OF EAST TENNESSEE

**Elder Law of East Tennessee** was founded in 2010 by Certified Elder Law Attorney Amelia Crotwell as a specialized practice serving elders and persons with disabilities throughout East Tennessee. In 2016, Amelia welcomed attorney Julia Price and attorney Bailey Schiermeyer as partners in the firm. In June of 2019, the firm welcomed part-time attorney Patty Crotwell.

As an elder care law and estate planning firm, **Elder Law of East Tennessee** helps families respond with confidence to the challenges of aging, chronic illness, and disability. Through a comprehensive collection of highly individualized services delivered with honesty, respect, and compassion, we help protect what matters most to our clients: quality of life for loved ones, cherished relationships, family wealth, and peace of mind. Elder Law of East Tennessee serves clients throughout the region from our offices in Knoxville and Johnson City.

At **Elder Law of East Tennessee**, we know that it's the little things that often make the biggest difference. Like how easy our office is to find; the warm reception you'll experience every visit; the way our beautifully restored historic home creates a welcoming, comfortable, and accessible space; and most importantly, being in the presence of caring professionals who understand what you are going through. With four attorneys on staff, we are large enough to handle the needs of many East Tennessee families, and small enough to give you the personal service you deserve.

When you work with **Elder Law of East Tennessee**, you are doing more than just hiring an attorney; you're gaining an entire team of experienced advisors who will provide compassionate guidance, advocacy, and support throughout the long-term care journey. Together, we will open the door to peace of mind. You may come to us as a client, but you'll leave feeling like family.

*The advice you trust. The care you deserve.*

## MEET OUR ATTORNEYS



**Ameila Crotwell, JD**  
Certified Elder Law  
Attorney\*



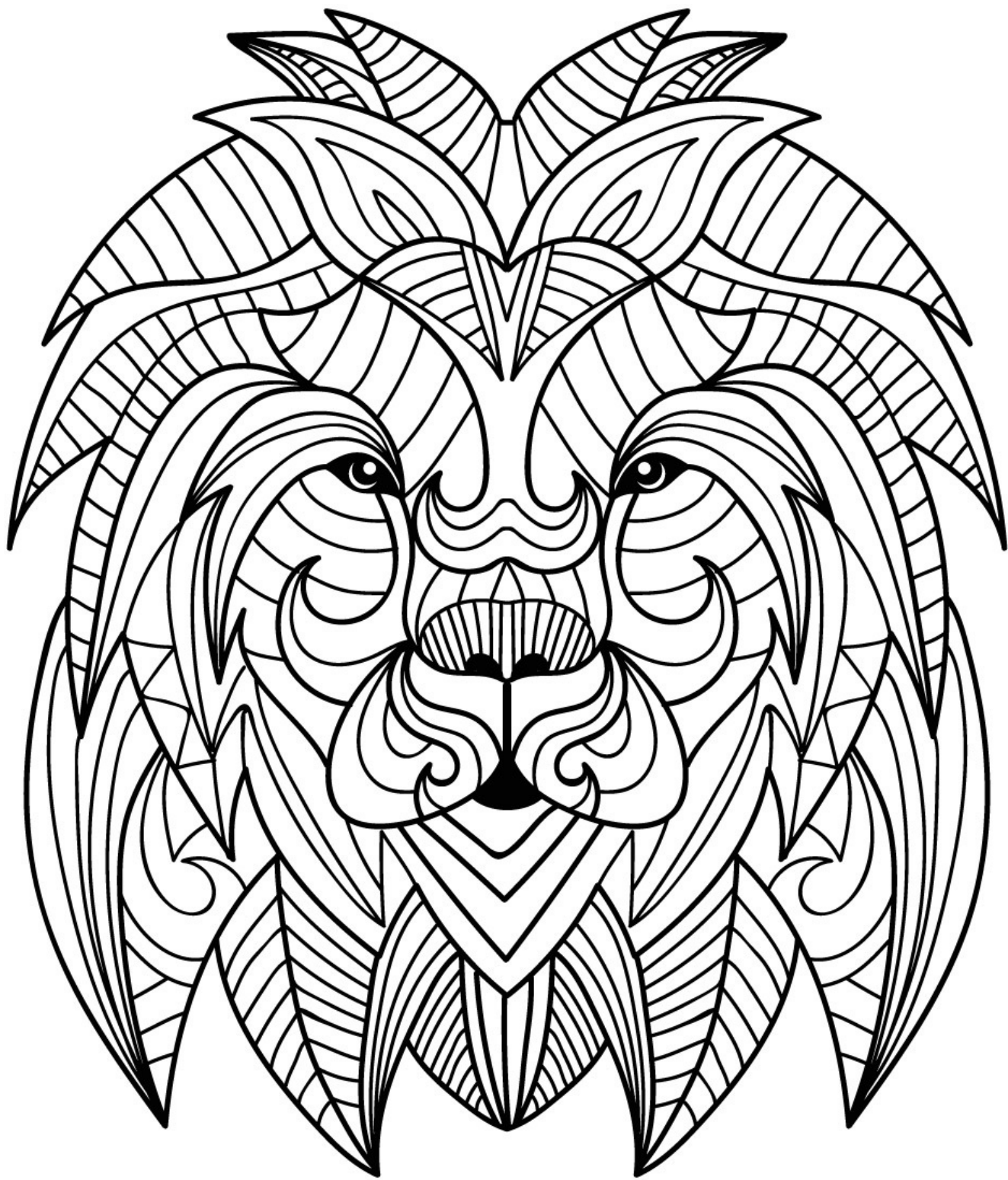
**Bailey Schiermeyer, JD**  
Life Care Planning  
Attorney



**Julia K. Price, JD**  
Certified Elder Law  
Attorney\*



**Patty Crotwell**  
Elder Law Attorney



## Word Search: DOG BREEDS

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

|           |          |           |
|-----------|----------|-----------|
| BEAGLE    | BICHON   | BULLDOG   |
| COLLIE    | CORGI    | DACHSHUND |
| DALMATIAN | HOKKAIDO | LABRADOR  |
| MALTESE   | POODLE   | SCHNAUZER |
| SHEEPDOG  | SPANIEL  | TERRIER   |

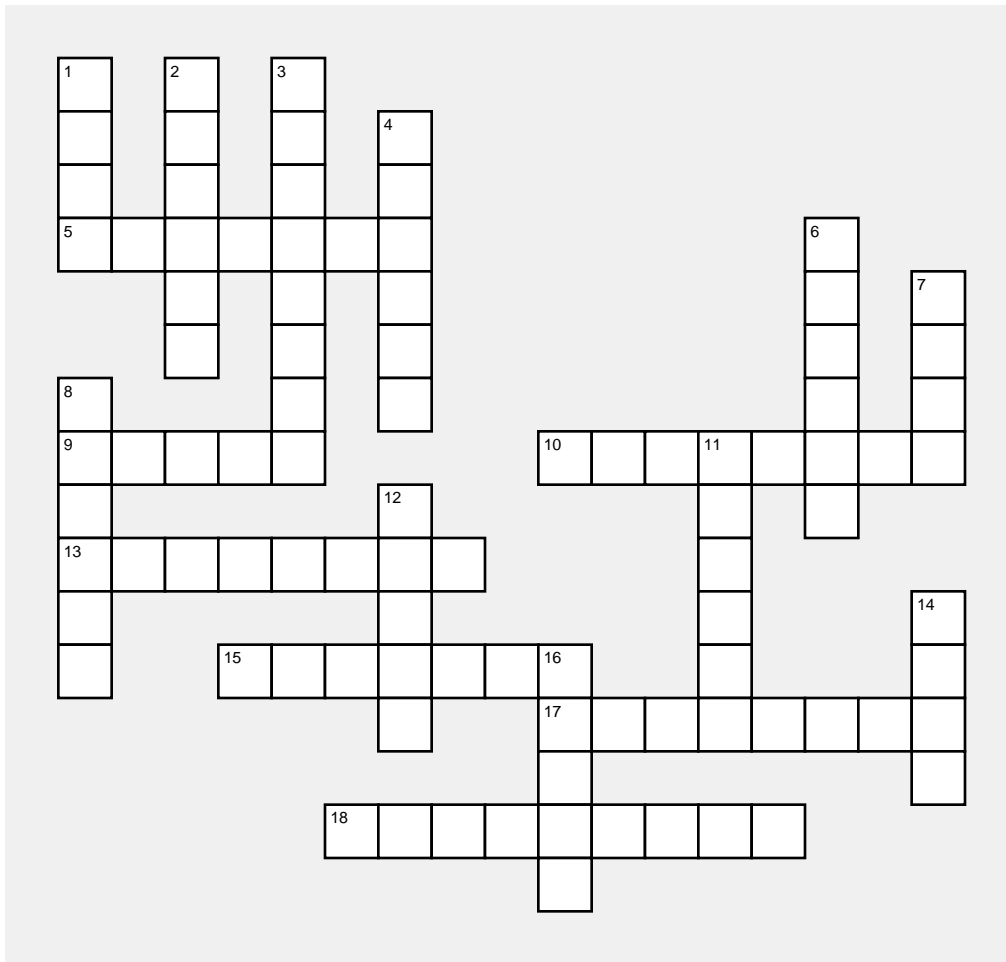


### Instructions:

Find and circle the words from the list.  
Words may be forward, backward,  
vertical, or diagonal within the puzzle.



# Spring Crossword

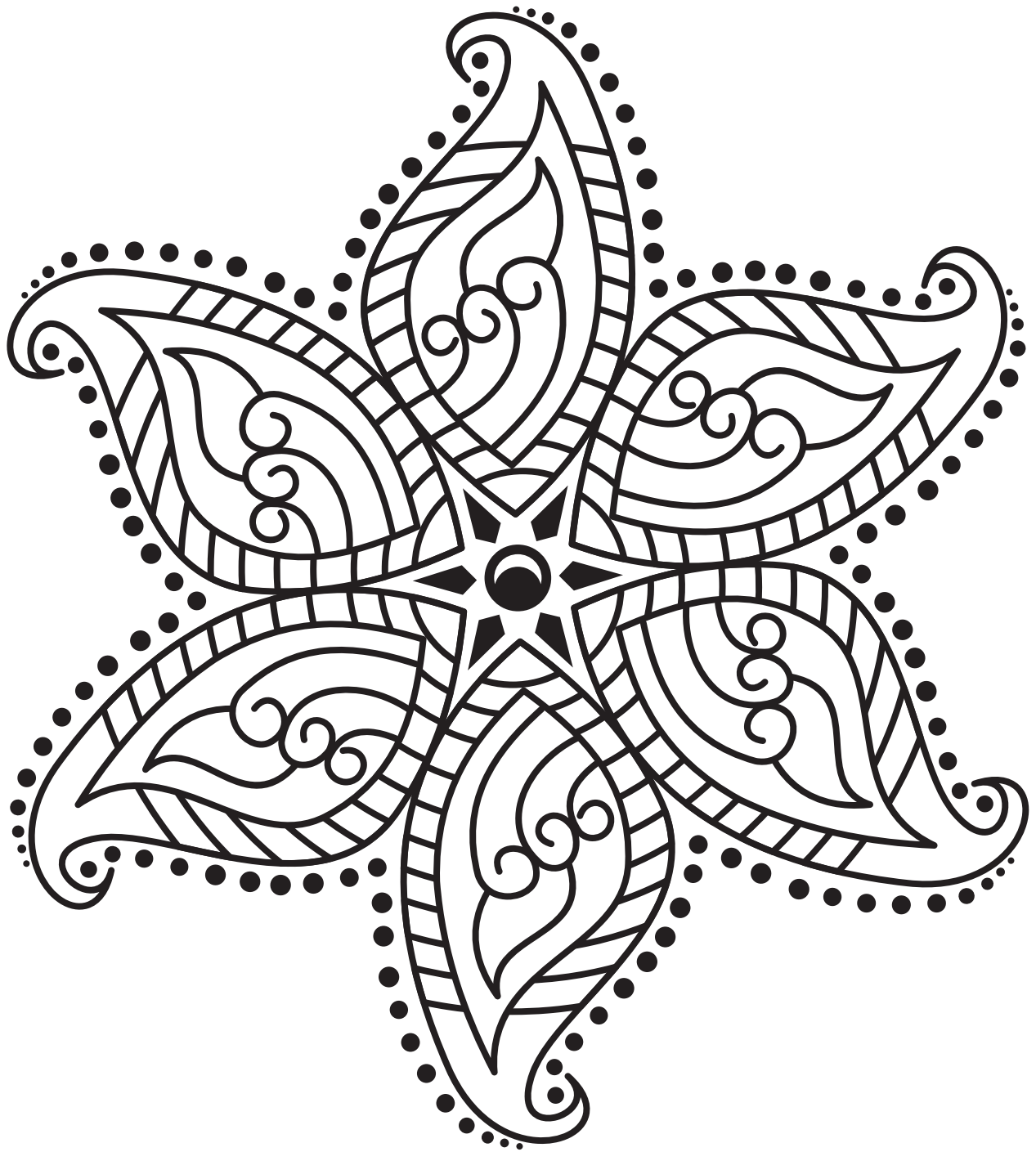


## ACROSS

- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 17) Shower apparel?
- 18) Monarch, e.g.

## DOWN

- 1) Sport with tees
- 2) Fledgling plant
- 3) America's pastime
- 4) \_\_\_\_ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot
- 11) One of four in a year
- 12) Breezy
- 14) Flying toy with a tail
- 16) Verdant

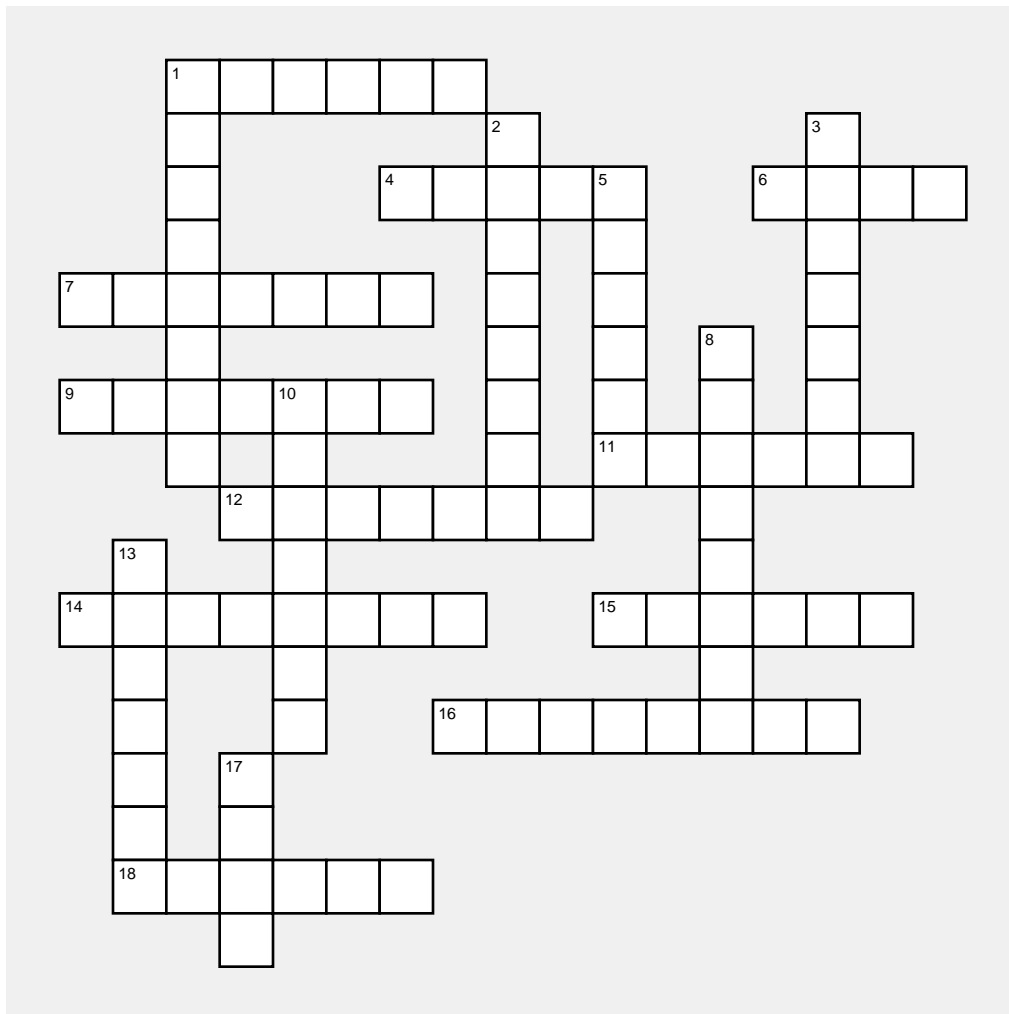


# U.S. Presidents Word Search

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

|            |         |            |
|------------|---------|------------|
| ADAMS      | BUSH    | CARTER     |
| EISENHOWER | GRANT   | HARRISON   |
| HOOVER     | JACKSON | JEFFERSON  |
| KENNEDY    | LINCOLN | MADISON    |
| MONROE     | OBAMA   | REAGAN     |
| ROOSEVELT  | TRUMAN  | WASHINGTON |

# Summer Crossword



## ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda \_\_\_\_\_

## DOWN

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler





# ASK US ABOUT OUR FREE RESOURCES

## NAVIGATING CARE GUIDE

In 2019, ELET compiled a comprehensive guide for navigating the aspects of life care and crisis planning. This guide is available by request, at no cost to you.



## CAREGIVER PROGRAM

Twice a year our Care Coordinators host a small caregiver workshop, "*Powerful Tools for Caregivers*." This six week course is free and allows for up to ten people per session. Visit our website for more information.



## PUBLIC SEMINARS

Our team of attorneys and elder care professionals provide education on a variety of topics from elder care law to related long-term care issues, such as public benefits, asset protection, and Medicare.



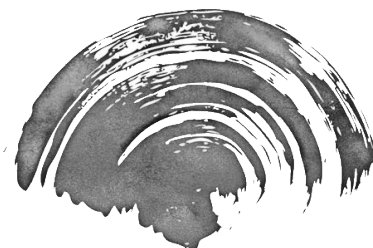
## CARE COORDINATION

Elder Law of East Tennessee employs a team of full-time Elder Care Coordinators. They assist families by identifying high-quality long-term care facilities and navigating the complexities of the healthcare system.



## QUESTIONS

Our team has a dedicated Intake Specialist to answer your questions and connect you with the right person in or out of our firm. We encourage you to contact us with any questions.



THE ADVICE YOU TRUST. THE CARE YOU DESERVE.

# 10 SIGNS THAT A FAMILY NEEDS HELP

## 1 RECENT DIAGNOSIS

Someone in the home has been diagnosed with cancer, Alzheimer's, Parkinson's, or another complicated progressive condition.

## 2 FULL-TIME CARE

A spouse, child, or other caregiver has limited time since their loved one can't be left alone for very long.

## 3 LIMITED FUNDS

An elder or person with disability needs more care or supervision than the family can provide, but there isn't a lot of money to pay for care.

## 4 OVERWHELMED

A family member or friend who has been providing care is overwhelmed by the demands of caregiving.

## 5 LONG DISTANCE, LIMITED TIME

Adult children live out of town or are busy with demanding jobs, and their parents need daily assistance or monitoring.

## 6 PUBLIC BENEFITS

The family needs Medicaid/TennCare or VA benefits to help pay for care, but they've been told they don't qualify or are worried about losing their home if they pursue benefits.

## 7 NO BACKUP PLAN

The family has no backup plan in case the primary caregiver becomes unavailable.

## 8 SKILLED CARE DAYS RUNNING OUT

An elder is in rehab following a medical emergency, and the family will have to pay out-of-pocket for skilled care after 100 days.

## 9 RECENT INJURY

A fall, car accident, or medical emergency has the family worried about the elder's ability to continue living independently.

## 10 DECLINING HEALTH

An elder is forgetful, gets lost, has trouble finding words, fails to take medication, or shows signs of malnourishment, dehydration, or lack of attention to personal hygiene.



# EARTH DAY WORD SEARCH

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

ANIMAL

ENERGY

OCEANS

RECYCLE

ELECTRICITY

CONSUME

ENVIRONMENT

POLLUTION

EXTINCTION

POPULATION

EARTH

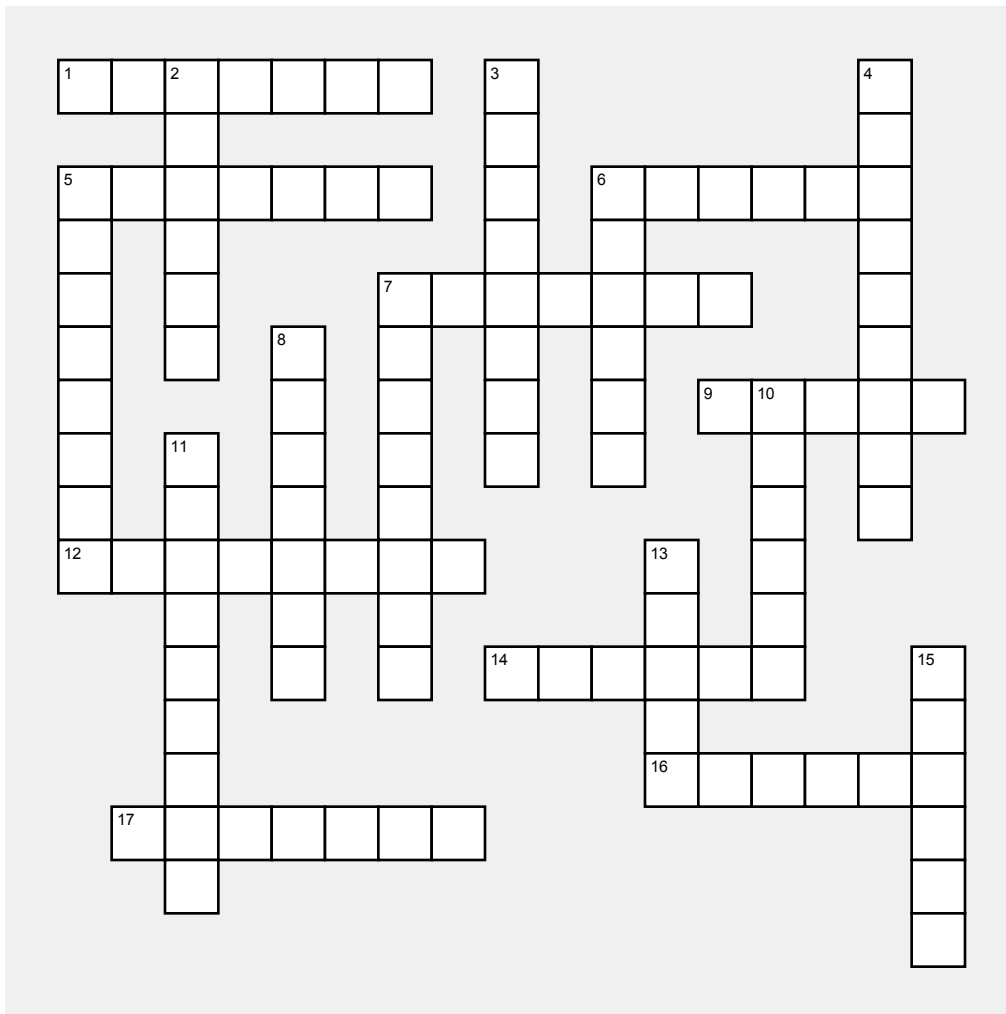
FOSSIL FUEL

WILDLIFE

HARMFUL

ACID RAIN

# Thanksgiving Crossword



## ACROSS

- 1) Sweet course
- 5) Not hogging
- 6) Devout petition
- 7) Stranger in a strange land
- 9) Apple beverage
- 12) Most appreciative
- 14) Fall
- 16) You can dish it out
- 17) Festive time

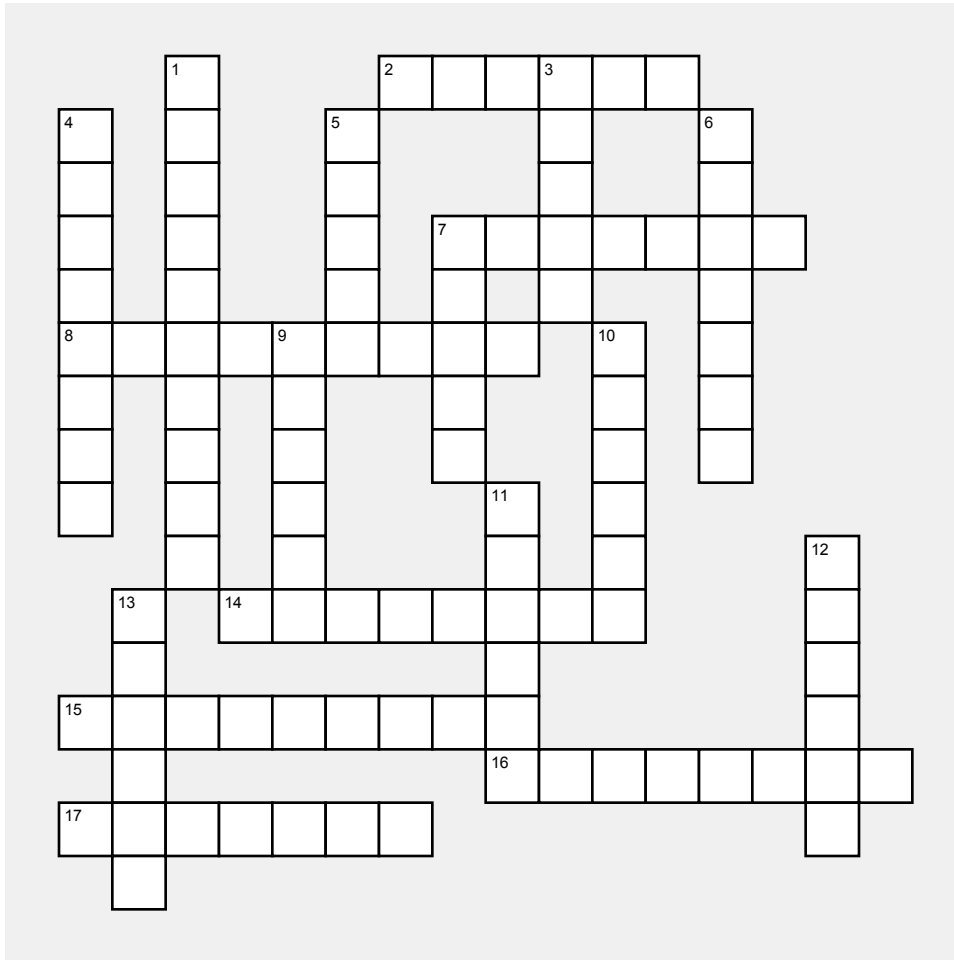
## DOWN

- 2) Three-month period
- 3) Early residents
- 4) Johnnycake
- 5) Thanksgiving staple
- 6) Traffic stopper
- 7) Site of first Thanksgiving
- 8) Gather crops
- 10) Native American
- 11) It's handed down
- 13) Pumpkin kin
- 15) Gobbling fowl





# Winter Crossword

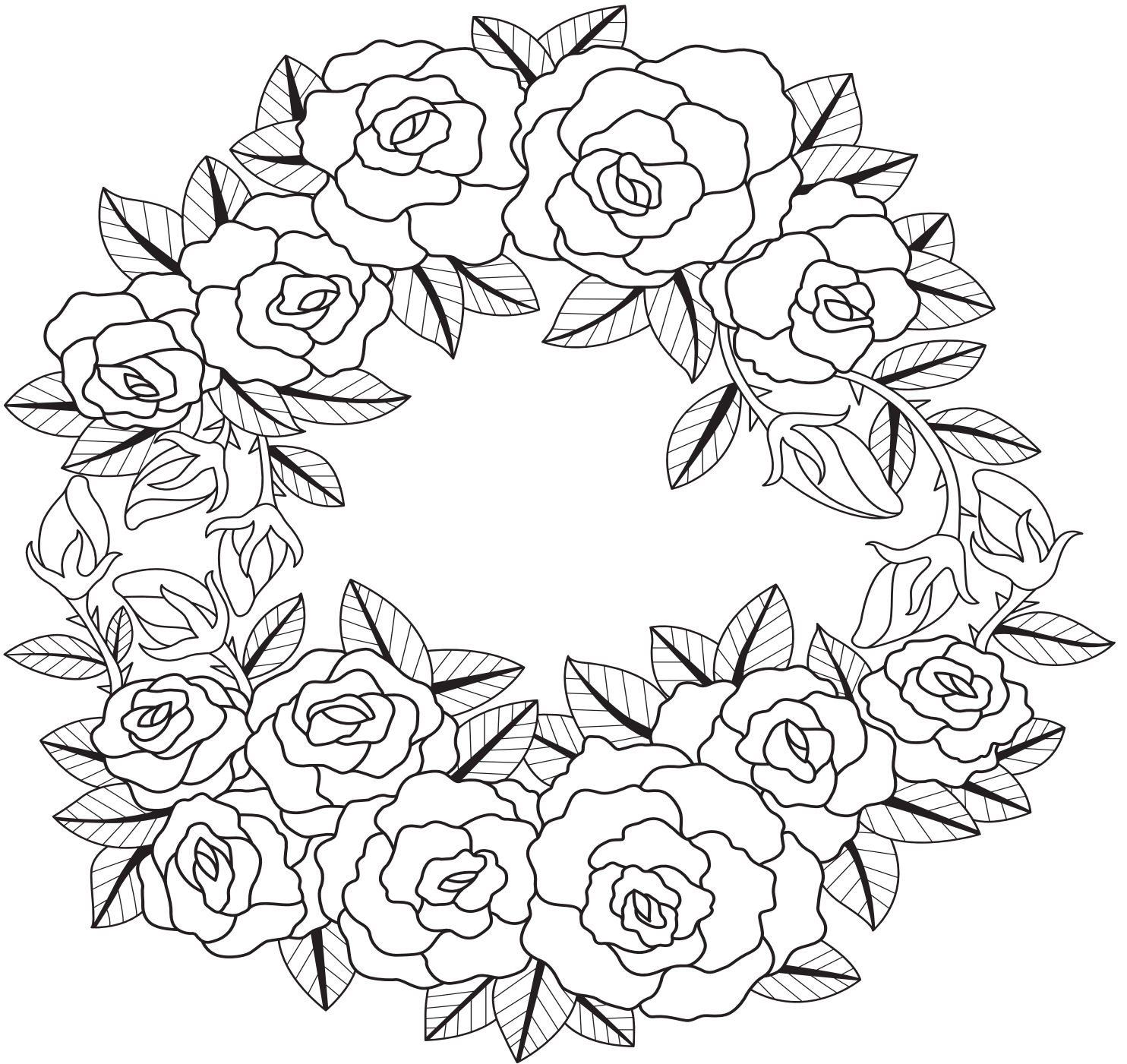


## ACROSS

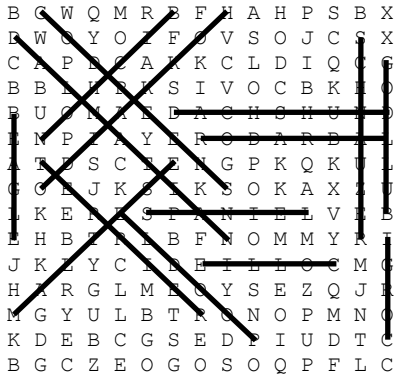
- 2) Frozen spike
- 7) Winter sculpture
- 8) Present day?
- 14) Winter coasting
- 15) Hearth
- 16) Rudolph and teammates
- 17) Winter \_\_\_\_ Games

## DOWN

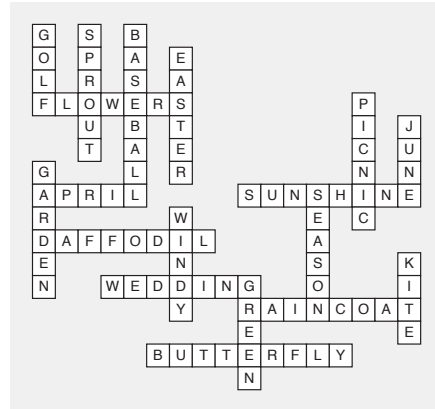
- 1) White Rabbit's milieu
- 3) Hot chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool



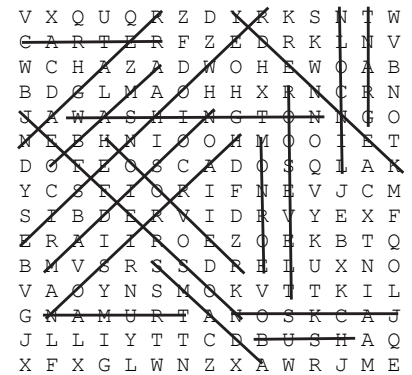
# ANSWER KEY



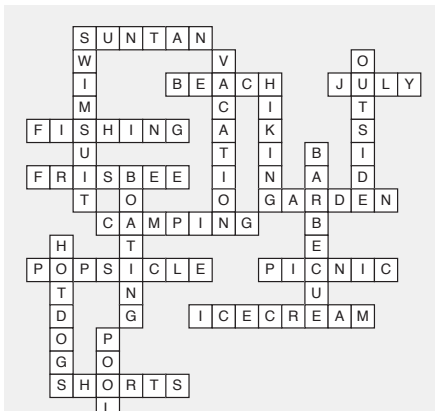
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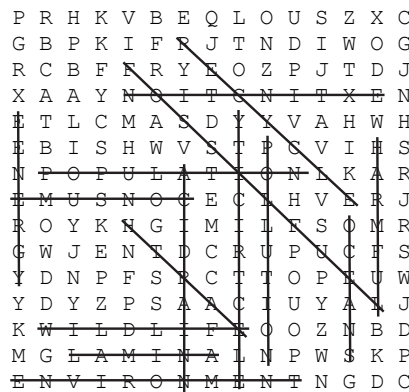
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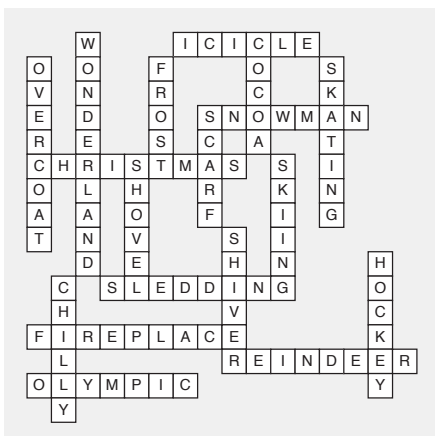
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## 5 INDOOR ACTIVITIES

- **Games: Virtual Games, Puzzles, Card Games**
- **Hobbies: Knitting, Sewing, Wood Work, Crafting**
- **Chair Exercises: Knee Lifts, Push-Ups, Heel Tap, Chair Stands**
- **Movies/Books**
- **Indoor Gardening**

# WHAT IS LIFE CARE PLANNING?

**Life Care Planning** is a holistic approach to helping elders, individuals with disabilities, and their families tackle legal, financial, and health care challenges by combining traditional legal services, like Estate Planning and Asset Protection Planning, with creative care planning services. We work to customize a comprehensive plan that serves as a roadmap to help the family meet the inevitable challenges of caring for an aging family member or person with a disability. We assess the individual's specialized needs and then give them and their families the guidance they need to secure the best long-term care available. In Life Care Planning, our primary goal is to promote the long-term good health, safety, and well-being of the elder or person with disability.

That's what **Life Care Planning** is all about: helping people find, get, and pay for long-term care. A Life Care Plan offers assurances and restores peace of mind for the whole family.

## GET TO KNOW OUR PROCESS



### INTAKE CALL

Speak with our Intake Specialist to allow us to better understand your situation and how we may help.

Start here.



### CONSULTATION

A two hour meeting with an elder care attorney at which time you will review your options for providing the best care for you and your loved one. This meeting will conclude with the attorney's recommendations for next steps.



### PLAN OPTIONS

If our team can assist you and your family, a customized plan will be prepared for your review. Our most comprehensive and popular plan is the **Life Care Plan**.



**(865) 951-2410**





# Elder Law

OF EAST TENNESSEE

**ELDER CARE PLANNING • SPECIAL NEEDS PLANNING  
ESTATE PLANNING • VA BENEFITS • MEDICAID**

**ELDERLAWETN.COM | INFO@ELDERLAWETN.COM |**     

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1907 N. ROAN STREET SUITE 406, JOHNSON CITY, TN 37601 | (423) 301-6551

