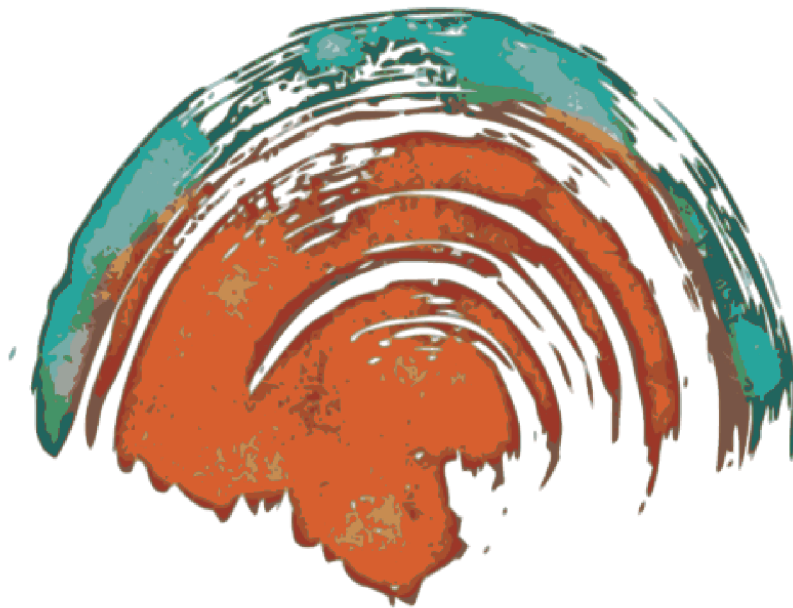


BRAIN STRENGTHENING EXERCISES

VOLUME III



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



Amelia Crotwell, JD
Certified Elder Law
Attorney*



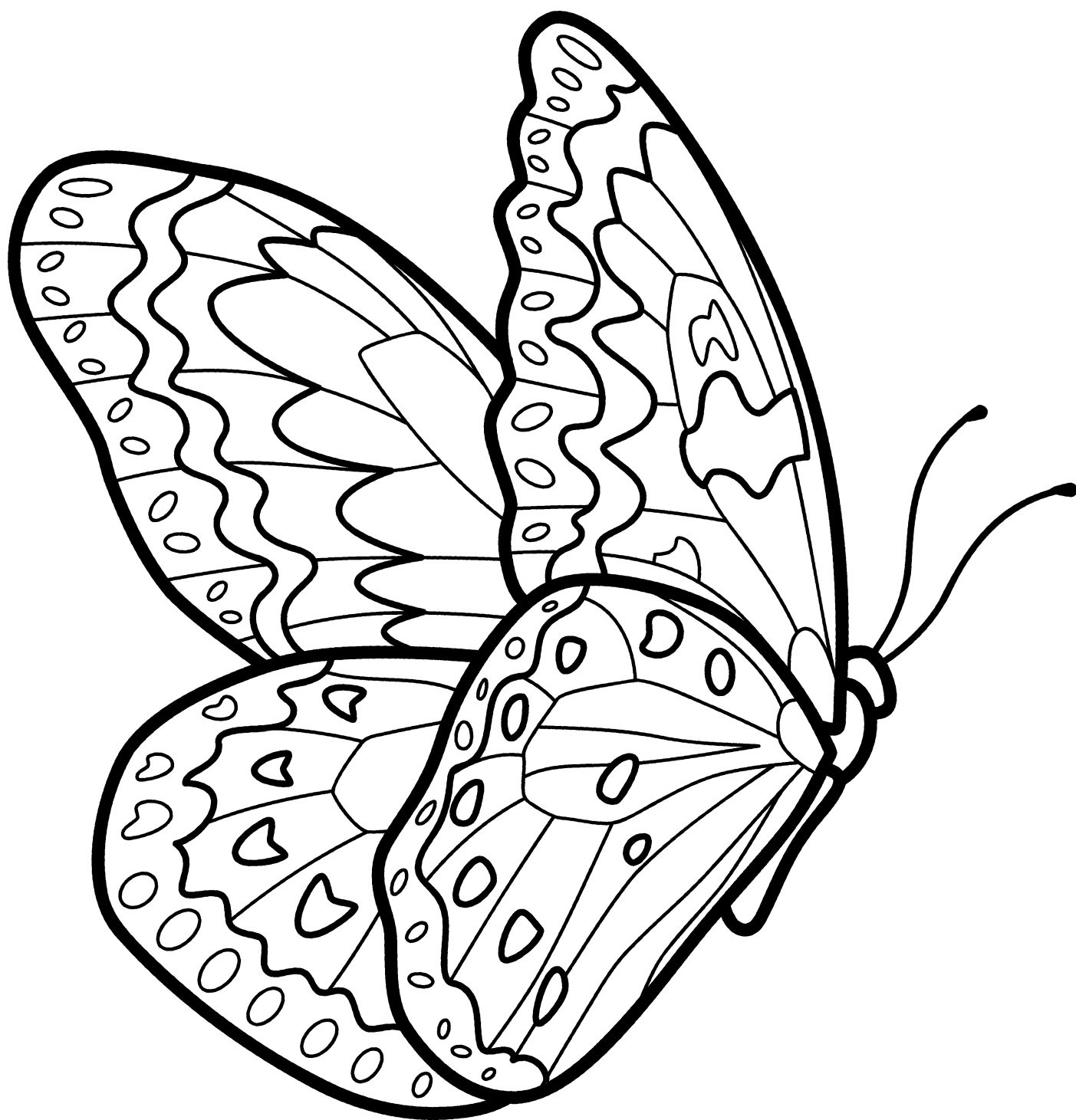
Bailey Schiermeyer, JD
Certified Elder Law
Attorney*



Julia K. Price, JD
Certified Elder Law
Attorney*



Patty Crotwell, JD
Elder Law
Attorney



Family Members

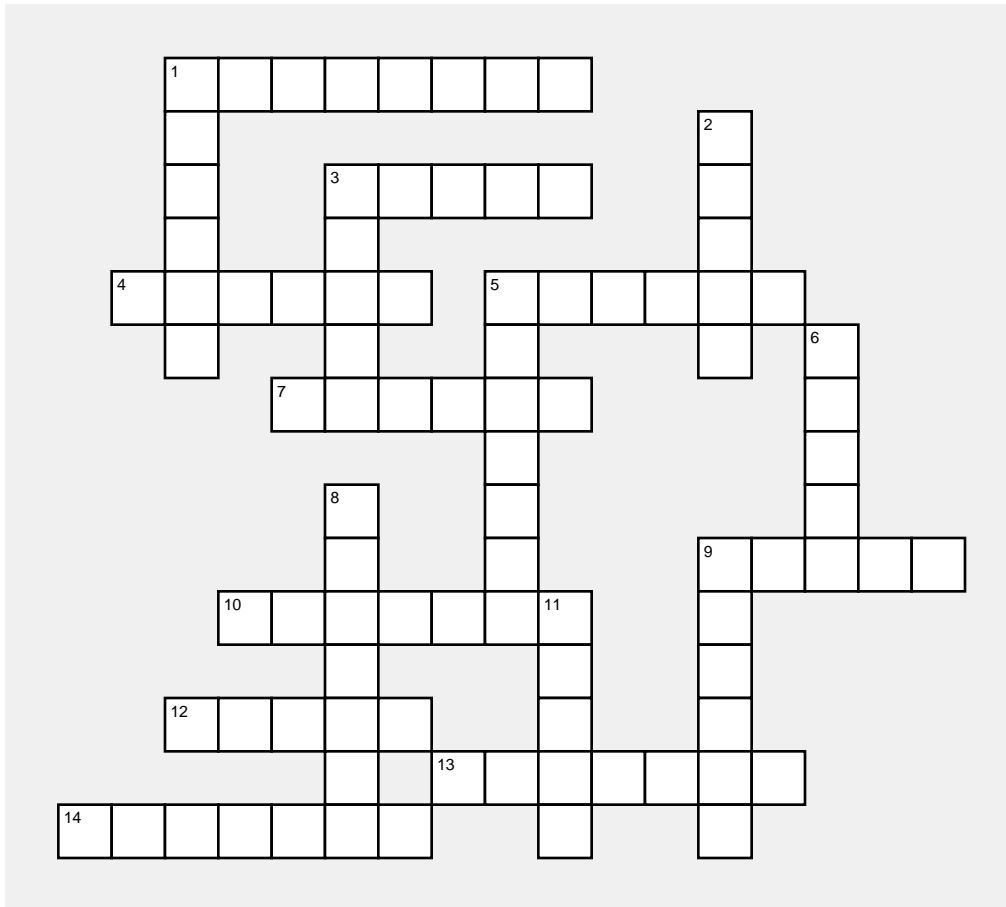
WORDSEARCH

Find and circle the words.

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

- sister
- father
- family
- mother
- son
- aunt
- uncle
- cousin
- brother
- daughter
- grandfather
- grandmother

Golden Age of Hollywood Crossword



ACROSS

- 1) Gilda Mundson Farrell, 1946
- 3) Rhett Butler, 1939
- 4) Charlie Allnut, 1951
- 5) Stanley Kowalski, 1951
- 7) Kitty Foyle, 1940
- 9) John T. Chance, 1959
- 10) Dorothy Gale, 1939
- 12) Roger Thornhill, 1959
- 13) Heathcliff, 1939
- 14) Holly Golightly, 1961

DOWN

- 1) Judah Ben-Hur, 1959
- 2) Mister Douglas Roberts, 1955
- 3) Felicitas von Rhaden, 1926
- 5) Ilsa Lund, 1942
- 6) Joe Wilson, 1936
- 8) Kitty Collins, 1946
- 9) Charles Foster Kane, 1941
- 11) Margo Channing, 1950



SUMMER

WORD SEARCH

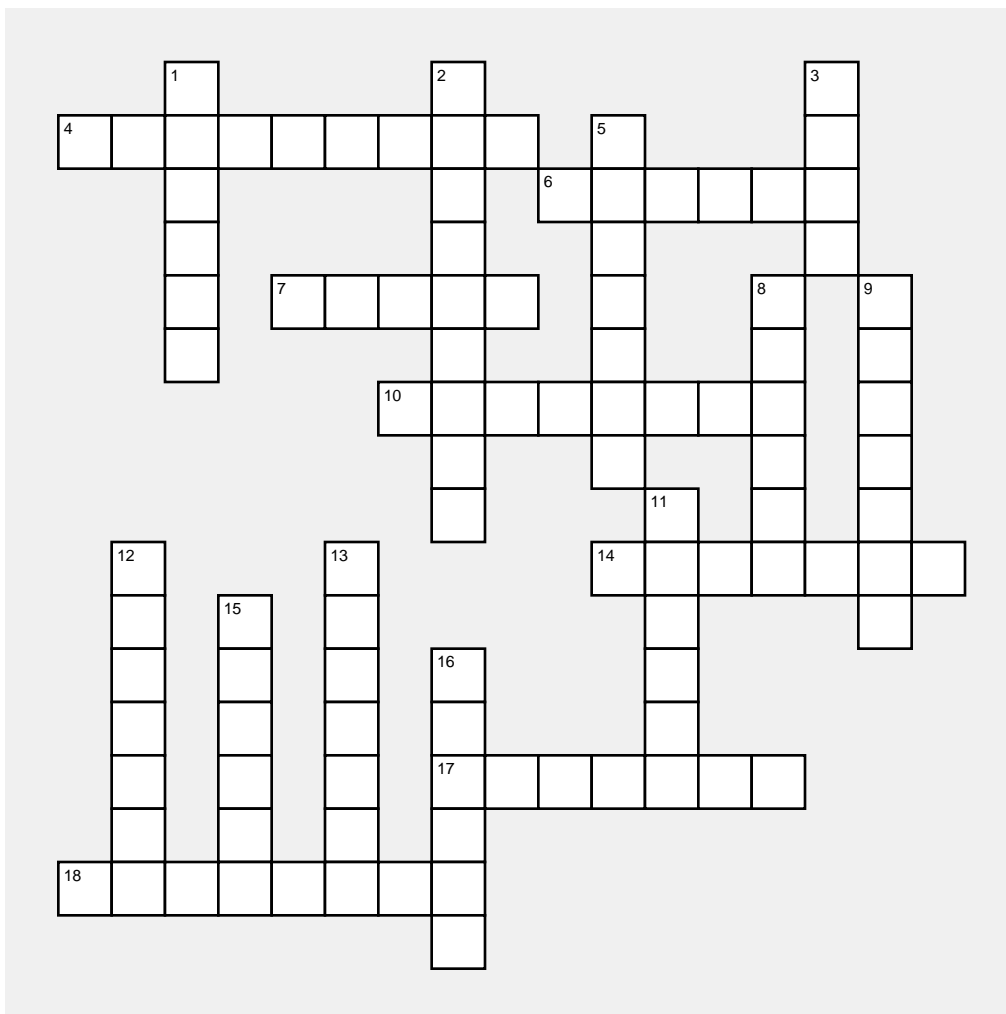
D N G X S P R K D N X D A A T
D Q A G I V O F T N A D V M T
C S P C S P U U H W L V C S U
K W N R Z S T Y W F E L U M T
P I K N H K H Z W M R G P X S
C M L O X Z M O S B U K A S W
C S H L W C L K T A P N D Z I
A U J E N M R N H O A W C T M
M I U M E O H C O C W T P A F
P T L R W J I L E V A R T D K
C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

AUGUST
BEACH
CAMP
FIREWORKS
HOT

JULY
JUNE
PICNIC
POOL
RELAX

SWIM
SWIMSUIT
TRAVEL
VACATION
WATERMELON

Periodic Table Crossword

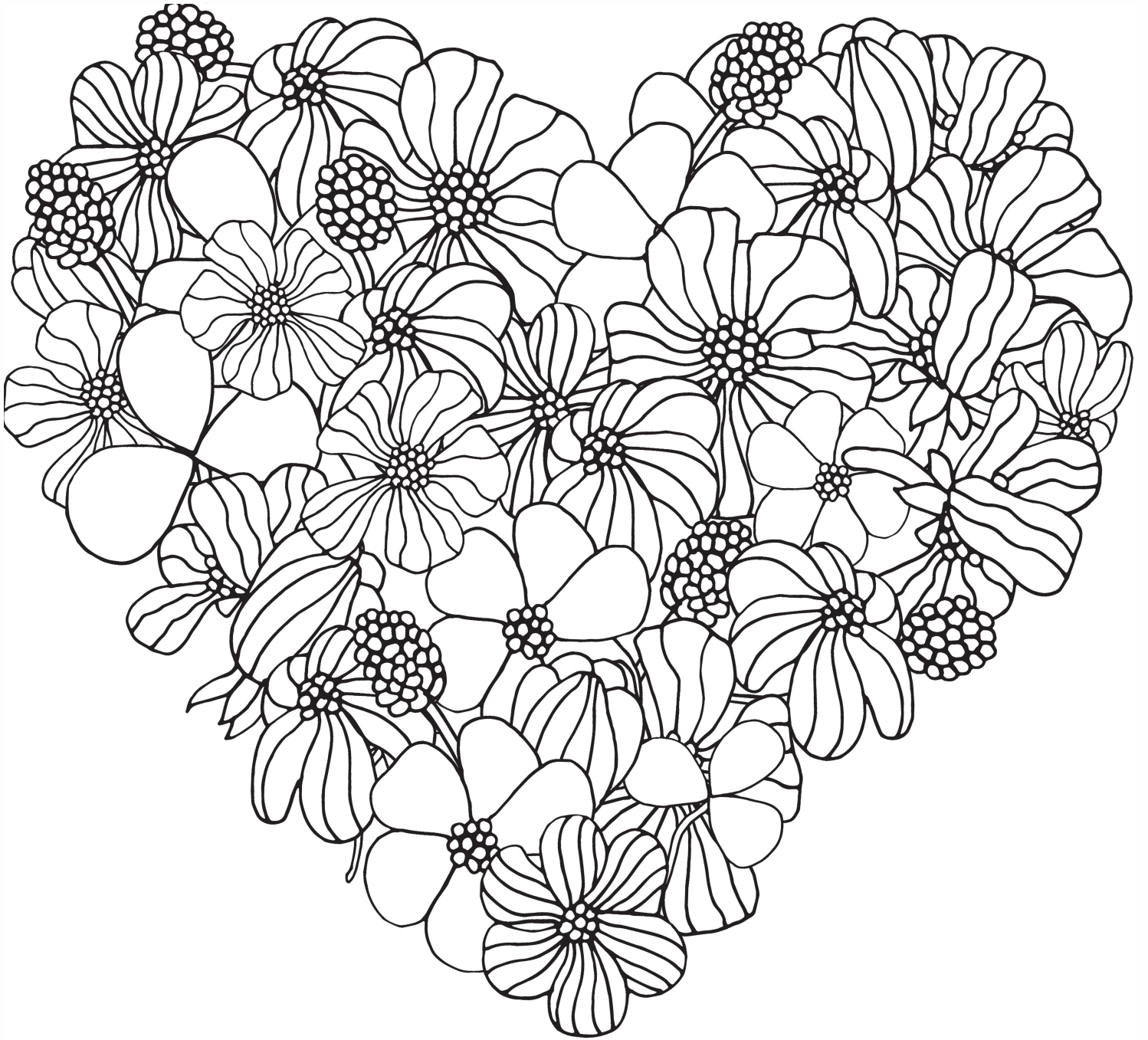


ACROSS

- 4) Last row of the table
- 6) Basis of organic chemistry
- 7) High-minded like neon
- 10) Element like oxygen or carbon
- 14) Periodic Table entry
- 17) Mass-to-volume ratio
- 18) It's always number one

DOWN

- 1) Kind of clock
- 2) Arsenic or silicon
- 3) Copper's partner in brass
- 5) Fluorine or chlorine, e.g.
- 8) Second lightest element
- 9) Going from solid to liquid
- 11) Acid's opposite
- 12) Barometer filler
- 13) Seething or bubbling with heat
- 15) Brimstone
- 16) Thyroid need



ASK US ABOUT OUR FREE RESOURCES

NAVIGATING CARE GUIDE

ELET created a comprehensive guide for navigating the challenges that come with planning for the future and long-term care. This guide is available by request, and can also be downloaded by visiting our website.



CAREGIVER PROGRAM

Our Elder Care Coordinators facilitate a small caregiver workshop, "*Powerful Tools for Caregivers*." This six week course is free and allows for up to ten people per session.



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. Visit the Educational Series tab on our website to request a speaker.



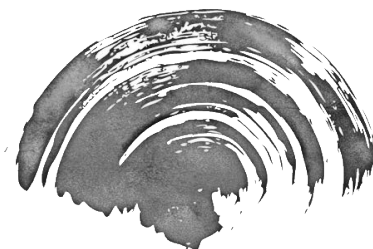
QUESTIONS

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 at.



Knoxville: (865) 951-2410

Tri-Cities: (423) 301-6551



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

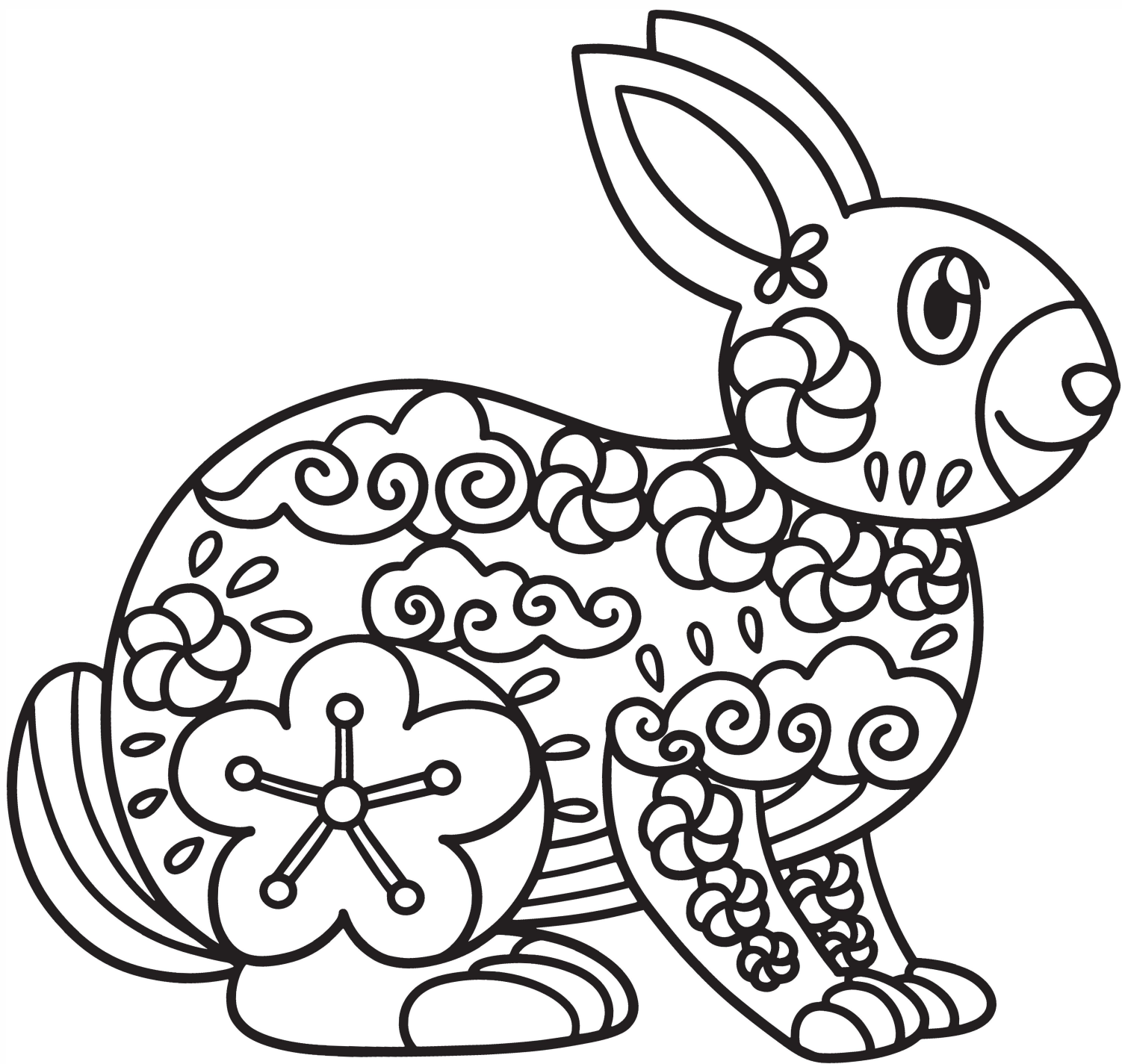
An elder is in rehab following a medical emergency, and the family will have to pay out-of-pocket for skilled care after 100 days.

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.



The Solar System Word Search

Can you find the words hidden in the puzzle?

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

SUN

MERCURY

MARS

URANUS

STARS

VENUS

JUPITER

NEPTUNE

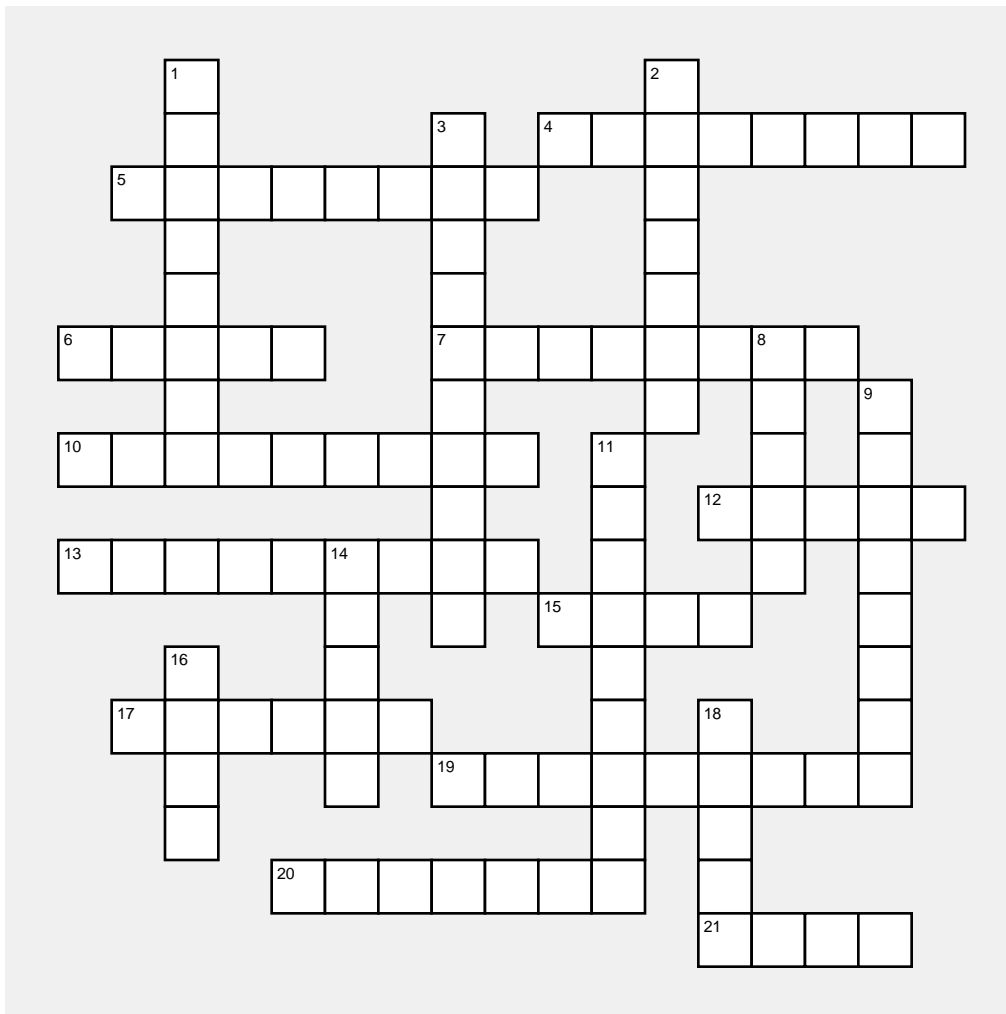
MOONS

EARTH

SATURN

COMETS

Seaside Crossword



ACROSS

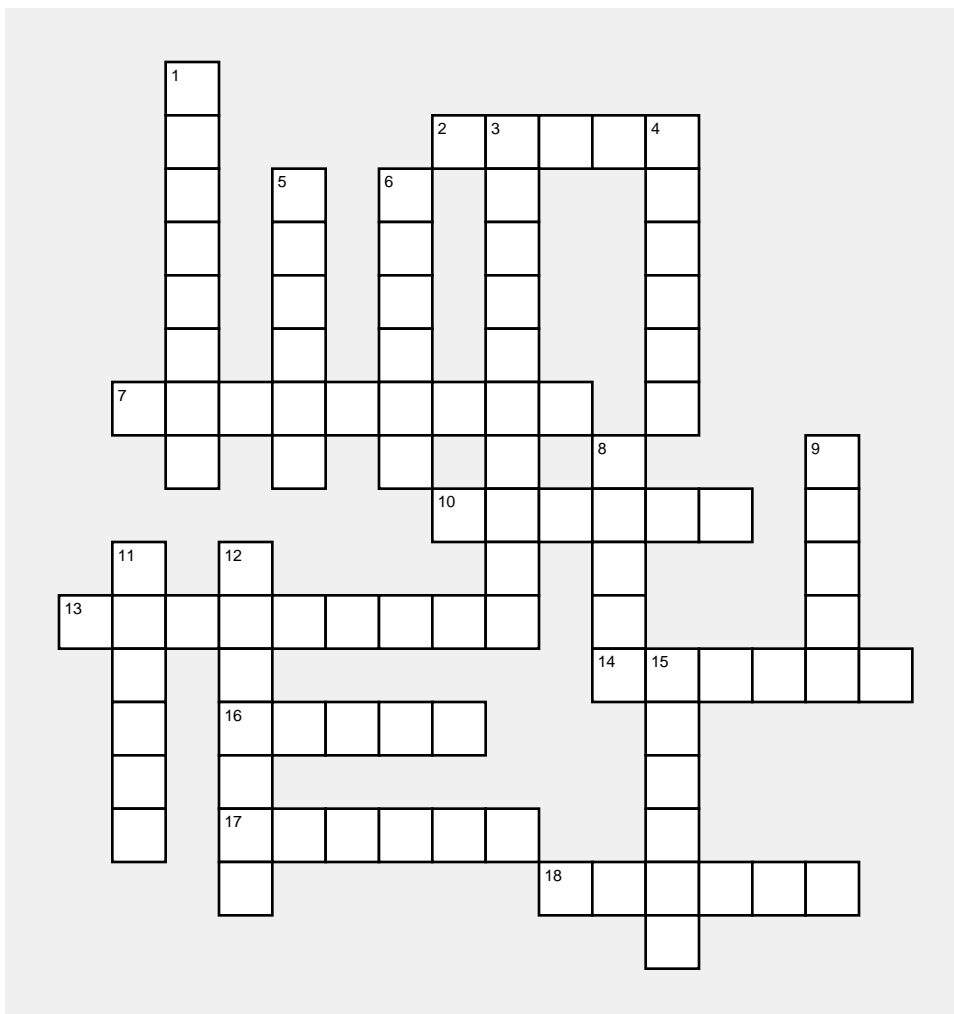
- 4) Clingy crustacean
- 5) Wind-driven craft
- 6) Where the buoys are
- 7) Moving waters
- 10) Spineless one
- 12) Sandy area
- 13) Coney Island attraction
- 15) Coral formation
- 17) Wave rider
- 19) Two-hulled vessel
- 20) Saturday and Sunday
- 21) Ocean motion

DOWN

- 1) Marine creature's home
- 2) Flying saucer
- 3) Shore construction
- 8) Drying cloth
- 9) Holiday from work
- 11) Beach whistle-blower
- 14) Breakers
- 16) Beach hill
- 18) Luxury boat



Astronomy Crossword

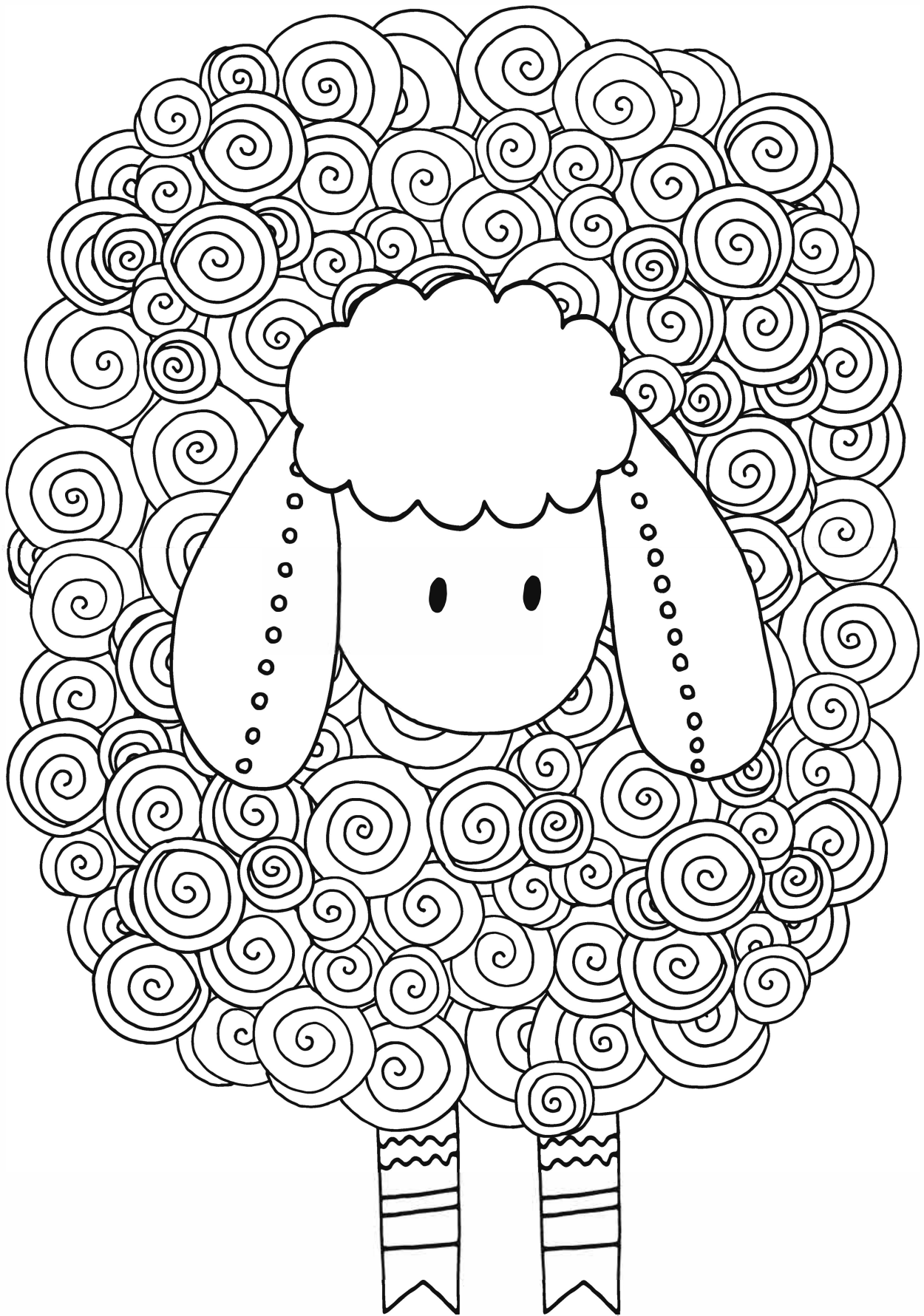


ACROSS

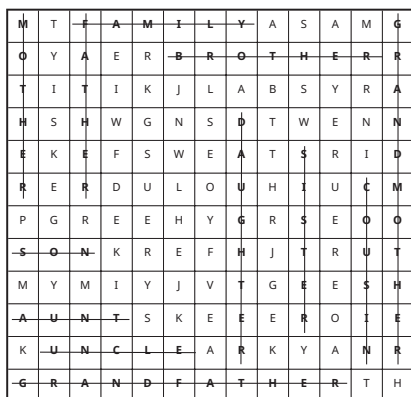
- 2) Terra firma
- 7) Galileo's child
- 10) Falling star
- 13) Orbiting body
- 14) Ringed planet
- 16) Reindeer name
- 17) Space missile
- 18) Milky Way, for one

DOWN

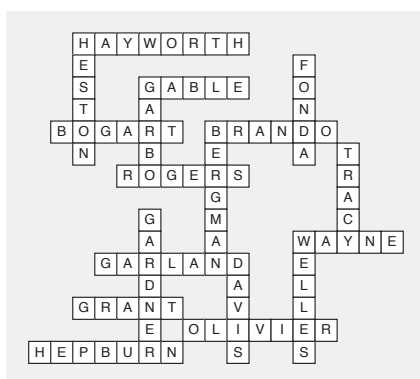
- 1) Lightest element
- 3) It covers the earth
- 4) Eye in the heavens
- 5) Impact site
- 6) Send up
- 8) Evening star
- 9) Of the moon
- 11) Empty space
- 12) Planet nearest the sun
- 15) Moon-landing program



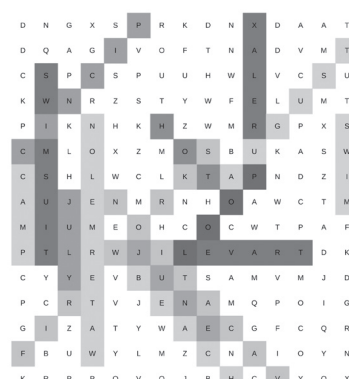
ANSWER KEY



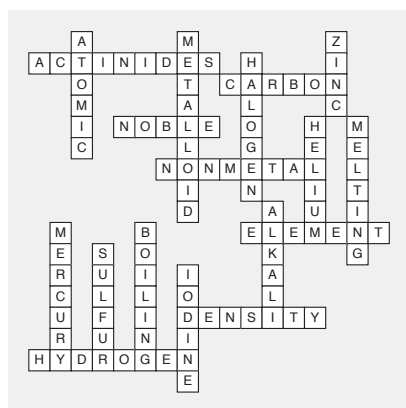
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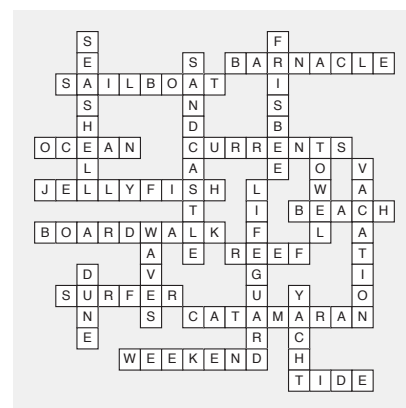
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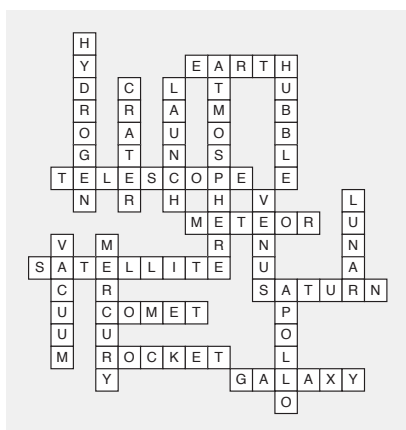
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5 INDOOR ACTIVITIES

- 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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