

WORD QUIZ

Vocabulary seniors need to know

1. Neuroplasticity:

- a. A plastic product that resists breakage
- b. A new art form using clay
- c. Changes in neural pathways and synapses due to changes in behavior, environment, neural processes, thinking, and emotions

2. Jump-the-queue:

- a. To move in front of people who have been waiting longer for something than you
- b. A move in a croquet game
- c. A training exercise with batons

3. Peer Counselling:

- a. A form of local government
- b. A personal method of change based on the idea that most people prefer to seek out their peers for help when experiencing, challenges, frustrations, concerns and general problems.
- c. A computer program which tells you what to do when you have a problem

4. Property tax deferral:

- a. The commission which your real estate agent receives after selling your condo
- b. A move in a game of Monopoly
- c. Instances where a taxpayer can delay paying property taxes to some future period.

5. Generational Divide:

- a. The difference of financial and economic status that occurs between one generation and another, usually between younger people and their parents and/or grandparents
- b. The distance between your home and your grandchildren's residences
- c. The income disparities between married and single people.

6. Interdisciplinary Care:

- a. A group of health care professionals from diverse fields who work in a coordinated fashion toward a common goal for the patient.
- b. A physician who has several different medical degrees.
- c. An exercise program aimed at using the whole body

7. Senior Advocacy

- a. The advertisement a senior places in a publication to find a care-giver
- b. The act of pleading or arguing in favor of senior causes and concerns in order to gain support for an idea or policy
- c. The oldest person in the room

8. "Super Senior"

- a. A discount card to shop at Super Store
- b. The name of a large coffee sold at Starbucks
- c. Very old senior people who have no chronic diseases and who retain their high levels of energy and stamina

9. Poly-pharmacology

- a. The prescription by physicians of many different medications, which, taken together, may create negative side effects for the patient
- b. A chain of pharmacies
- c. Creating pills and capsules of different shapes and colours so patients will not get confused

10. Downsizing

- a. A new Olympic sport involving sliding down a chute of ice
- b. Selling a home and buying a smaller residence with the goal of adapting to old age and putting some money aside for future contingencies
- c. Losing 25 pounds and buying a new wardrobe



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Answers:

1c; 2a; 3b; 4c; 5a; 6a; 7b; 8c; 9a; 10b

Your Score:

8 – 10

You are brilliant, have you thought of writing an article for Senior Line?

5 – 7

Good work, room for improvement

0 – 4

Read the Senior Line more carefully