** In the Moment**

**Tips for those Working with Persons with Dementia in a Care Community**

Most likely you have created a loving, relationship-centered environment where team members hug residents, hold hands and residents do the same with one another. You sit close for meals and leisure time and you go on outings regularly. Now, none of this can happen. Actually, it’s the opposite. We need to stay 6 feet away and be mindful of washing hands and surfaces. So now what?

**Overall Tips**

1. You need to adapt your actions to meet their needs. They are not going to wash their hands more or use sanitizer. Because of this you need to be creative and find ways to help them.
2. Slow down. Take a breath. I believe folks living with dementia have a sixth sense and can pick up on our anxiety and nervousness. Let’s not pass that onto to each other.
3. Understand that they may not be able to express what they are feeling or hearing you talk about. They may feel scared, which is normal. Watch for non-verbal cues about this so you can help them feel less stressed.
4. Try not to get frustrated when they are frustrated.
5. If the concern is that people with dementia are walking around and interacting with others too much, dig deep to think about what would really interest a person so that they do not need to seek out something to do. Base this on what is important to them, what really makes them happy. I’m thinking of “what gives people a sense of flow”. Flow is the state when we are doing something that is so enjoyable/interesting to us, we lose track us time and get engulfed in that thing. Are there things where people are in flow? (SBC)
6. I know this is almost impossible right now but try to find something that gives you happiness in all of this. Even if it is 2 minutes alone with a double stuf Oreo.

**Focus on the strengths of the person living with dementia; their talents and abilities. You need to adapt to meet them where they are.**

**Hand washing**

* A somewhat tangible suggestion is to have hand massages with hand sanitizer as much as it seems needed. That way, rather than trying to remind people to use sanitizer or wash their hands, you can make it enjoyable and take matters into your own hands (pun intended). As always, ask ourselves, how do we change OUR “behavior” rather than trying to change the “behavior” of the person with dementia. ((from Sonya Barsness)

A picture containing indoor, sitting, table, food

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* Sing together as you wash your hands for 20 seconds

We know Happy Birthday, but that could get confusing when your Loved One may expect cake after each hand washing. Other songs work too.

Here is the refrain from Dolly Parton’s hit Jolene

Jolene, Jolene, Jolene, Jolene,

I'm begging of you please don't take my man.

Jolene, Jolene, Jolene, Jolene.

Please don't take him just because you can.

Or maybe a little from Queen

"We will, we will rock you (rock you)." Say 3 times. or change to: "We will, we will wash you."

Or maybe Woody Guthrie

This land is your land, this land is my land  
From the California to the New York island  
From the Redwood Forest, to the gulf stream waters  
This land was made for you and me

**Taking Care of YOU too**

* You may not be able to stop the hugs. Just turn your face the opposite direction and give loving pats. Wash your hands after every interaction. Then remember you need to take care of yourself and those you live with, a good idea is to change your clothes before heading home or in the laundry room at home.
* Put up some notes to remind yourself how amazing you are. See last page.
* Take your breaks. You may need solo time right now. To just relax. Or you may need to laugh with some of your co-workers. Just be mindful of 6 ft as much as you can.
* When you leave work. Leave work. Park at the end of the parking lot and as you leave take deep breaths and walk slow. AS you walk let the day go so you can be with those at home fully – even if it is a fur baby.

**Knowing the Person**

* Hopefully your community has put into a place an About Me sheet or other Get to Know Me kind of questionnaire about each resident. If not this may be a good time to see if you can sit down with 1 resident and answer some of the questions. (Attached to this document)
* If you do have a questionnaire that has been answered by residents, take a few moments to review it and think of “If I was them, what would I like to do?” “What would make me happy?”
* If I was your resident and you tried to get me to read about the Civil War, I would smile at you and then throw the book to the floor when you walked out. Okay honestly, I probably wouldn’t wait til you walked out. But if you handed me a coffee table book with travel pictures or a cookbook with lots of pictures. I would happily sit and look through it. Those are both interested of mine. Oh and no birds. I don’t like birds.

**Engagement**

True engagement is about knowing the person and what they like to do. Webster’s dictionary says:

1. to provide occupation for. 2. to hold the attention of 3. to induce to participate

* This is time for One-One Engagement. I feel this is truly an all hands-on deck moment. Administrative staff can help. Chaplains can help. Receptionists can help. Ask non direct care staff what they may like to share with a resident or if you have a resident that is unable to read or has poor eyesight perhaps they could read to them.
* If people are needing to stay in their rooms more, what can you do to provide joy via looking out the window? Some out of the box ideas: have people bring their dogs for walks around building so people living and worked there can see them from their windows. Are there other animals or activities you can have out their windows? (from Sonya Barsness)
* Throwing any 1-1 activity at a person isn’t going to work. Think about what they like to do. What do you know about them that is not on any About Me Sheet? Did you notice how much they loved seeing the Christmas lights last year and talked about it for days? How about a video of lights? Or their favorite club is the cooking club? You can watch every Julia Child show online.
* Here are some 1-1 ideas:
  + So many free resources online/ Free museum tours, Zoo videos and Virtual travel sites.
  + Cards. My Mom could play Gin Rummy into her 16th year of living with Alzheimer’s. And still win. And still cheat.
  + Adult coloring pages. You can print greats work of Art from Museums to color.
  + Painting with a resident. I would never do this alone but I would with another person.
  + Singing. 1-1 or if you still have an overhead paging system (that is not used much anymore) You can sing over it or do easy finish the sentence.
  + Many churches and temples are streaming their services and they are on You Tube or their own website that you can watch anytime. May be nice to sing some hymns before or after.
  + Exercise 1-1 or over the intercom with staff helping those who may need help.
  + When thinking about TV, books or videos, try to find items that reach the person. Things that may spark joy for them or they find interesting.
  + Staff person sit with a bird book and watch birds by a feeder? Color some bird pictures?
  + Get outside! We are all struggling with staying inside and I am sure persons living with dementia struggle with this daily. Take a walk outside. Just sit with someone and talk about what you see. Sit out front and play I spy.
  + Write a story. See [www.timeslips.org](http://www.timeslips.org)
* A Few Group Ideas (6ft a part)
  + Church Service. Live or recorded. If you know someone who like to attend but also like to walk, just have a staff person sit close by or the person can be in the back so they can leave.
  + Do you normally hire musicians? If they can play outside a large window with an audience 6ft apart?
  + If you have an overhead system still, be creative with ways to use it. Telling silly jokes. Singing together.

**Connecting with Families**

This is so important. Please find ways to keep the families connected.

* Do you have an IT person? If not someone who is technically with it? Can it be their “job” during this time to help families connect to their loved ones through technology? Skype, Zoom, Facetime, Email messages.
* Even if the resident does not want to connect with their family virtually, (they may not understand it) you can connect and send a picture to let them know their loved one is okay.
* If families are still able to come and physically be there, they can see the person on the other side of the glass. They can hold messages or talk on the phone while seeing them.
* Kids can make drawings and send through email.
* Encourage families to make a heart (or hearts) and write a message in it and you put the hearts all over your community.
* Ask families for recipes you can talk 1-1 with the resident.
* Families could read a favorite poems or stories to their Loved One and send them.

A few links for you of items I referenced.

[Holiday Lights](https://youtu.be/6fJxlZ74hMI)

[Museum Coloring Pages](https://mymodernmet.com/free-coloring-pages-color-our-collections/)

[Julia Child Shows](https://www.pbs.org/food/julia-child/julia-child-video-collection/)

[Silly Jokes](https://www.beano.com/posts/silly-jokes)

[Jokes from Reader's Digest](https://www.rd.com/jokes/)

[Clean Jokes](http://www.laughfactory.com/jokes/clean-jokes)

[Monterey Aquarium](https://www.montereybayaquarium.org/animals/live-cams?gclid=Cj0KCQjwsYb0BRCOARIsAHbLPhHamtk_sBHGo1Ikhmae6GnLEFTtEpGORwt3HQCX_ebtHWfc1oUaC2IaAlGBEALw_wcB)

More links for you

[**Stella's Best Leaf Jumps**](https://youtu.be/Tu3HN-MmJc4)

[**NASA'S Entire Photo Library**](https://www.nasa.gov/)

[**Storyline Online: Betty White**](https://www.storylineonline.net/books/harry-the-dirty-dog/)

[**Milwaukee County Zoo Animal Cams**](http://www.zooview.tv/)

[**Tour of Buckingham Palace**](https://www.royal.uk/virtual-tours-buckingham-palace)

[**Tours of 33 National Parks**](https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home?fbclid=IwAR13gmPtfV451xq8CmqKEgF_ooe2flsbN3J39h7gy0502BJtcbFkPYCOqtw)

[**Broadway Plays and Musicals**](https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR0wb-kA0SWnRe1KaDLdBud4pK3ANqV9-IDwjcYJC0Gg3mo5WQsm3uNRcOA)

[**San Diego Zoo Fun Stuff**](https://kids.sandiegozoo.org/)

[**Baby Animals**](https://youtu.be/NGC8IS4gjpM)

[**Funny animals**](https://www.youtube.com/watch?v=bgxFHfNZID0)

[**Babies Laughing**](https://youtu.be/j5-6bI3hR2M)

[**Commercials from the 50's & 60's**](https://www.youtube.com/watch?v=V9Ob0tjdr5M)

[**Free Classical Music**](https://www.bostonglobe.com/2020/03/13/arts/all-classical-music-you-can-livestream-free/)

[**The Metropolitan Opera: Free Operas**](https://www.metopera.org/)

[**Shakespeare at the Globe Theatre**](https://londonist.com/london/theatre-and-arts/globe-theatre-streaming-plays-online?fbclid=IwAR0Eiid3OlsXTScZe0zWVNZDcuMDPHupRHcn_2BkuCiij1kebgqAzYEauYM)

[**Archive of Old Movies**](https://archive.org/details/feature_films)

[**Archive of Old Time Radio**](https://archive.org/details/oldtimeradio)

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Filled By \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Answers provided by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructions: It is best to fill this out when the new resident is moving in. It’s okay if you are not able to answer all the questions. You can fill them out over time if needed. You may want to ask family members the questions too.

# 

# **About Me**

I like to be called\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I like to get up around \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the morning.

First thing I do in the morning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I like to drink \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in the morning.

I like to get dressed before /after I eat breakfast. (circle one)

I like to go to bed at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I like to have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ before bed.

I can go to sleep best when (# of pillows/fan/cold room?/Etc) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I love to eat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I really don’t like to eat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My favorite thing to cook \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My favorite ice cream is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I grew up In the town/city of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_\_\_\_\_\_

In a (apt/farm/?) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My favorite story about growing up is about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To me, friendship means \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The way I like to socialize is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When I get angry I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When I feel sad I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What makes me happy\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Things that make me afraid are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have had this trauma in my life \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

One thing that can instantly make my day better is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I really laugh when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I love to talk about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My pet peeve is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My favorite type of music is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My favorite song is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My favorite TV show is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My favorite thing I own is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My occupation/s were \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My hero is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My favorite holiday is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The best vacation I ever took was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My hobbies are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When I go outside I like to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I really like to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I speak these languages: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

One thing I am very proud of is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have always wanted to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I know a lot about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I am really good at\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I am Curious about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

One thing I would like to learn is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My favorite animal is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It is important to me that I do this every day \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My religious background is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This “feeds my soul” \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If I won a million dollars I would\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A good day for me would be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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A screenshot of a cell phone

Description automatically generatedA picture containing laptop, table, green

Description automatically generated

A close up of a logo

Description automatically generated

A picture containing food

Description automatically generated

A picture containing bird

Description automatically generatedA picture containing sitting, green, holding, laptop

Description automatically generated