



BOREDOM BUSTERS



A monthly activity packet brought to you by Caregiver Connect and
HealthTeam Advantage Community Connections

HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal. MULTI-PLAN_25283_C

Community Connections

At HealthTeam Advantage, we take our “community connections” seriously. We’re proud to partner with local nonprofits to sponsor a wide variety of community events each year. Simply put, it’s part of our mission to improve the health and well-being of North Carolina communities. Scan the QR code to learn more.



Caregiver Connect, Inc.

Caregiver Connect is a nonprofit organization established to address the needs of family caregivers through training and education, resources, and support. The organization was founded by members, leaders, and staff of Mount Zion Baptist Church in 2016. Scan the QR code to learn more.

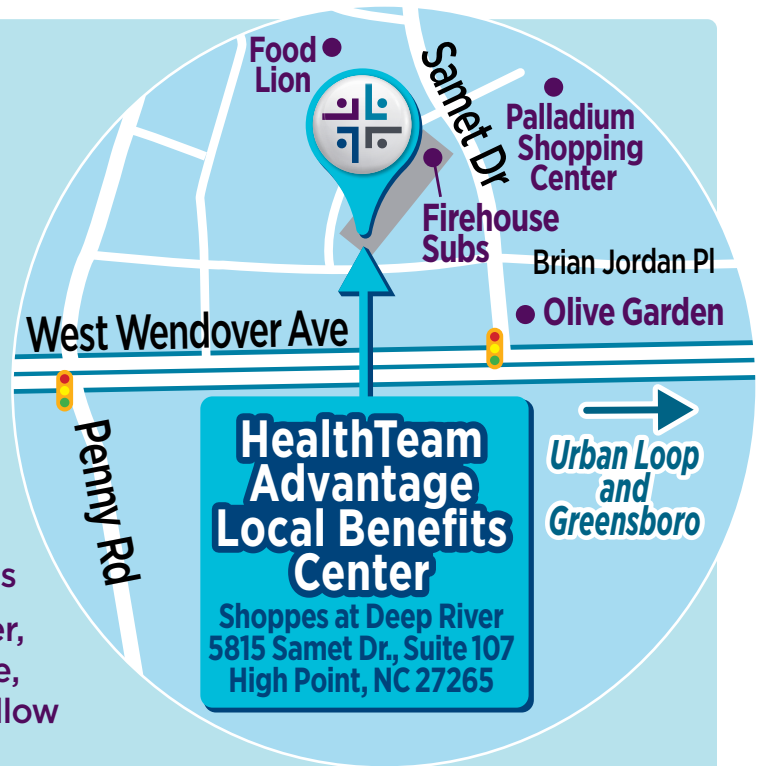


HealthTeam Advantage Local Benefit Center

If you have Medicare questions and live in the Triad, the Local Benefit Center (LBC) is the place to go! Located in High Point, the LBC makes it easy to:

- ◆ Take a class about Medicare
- ◆ Meet with a licensed agent who can help with Medicare plan comparisons
- ◆ Get information on HealthTeam Advantage’s Medicare Advantage plans

If you’re a HealthTeam Advantage member, you can meet with a Healthcare Concierge, pick up plan materials, and gather with fellow members for classes.



The Local Benefit Center is open Monday–Friday from 9 am to 4 pm.

Visit HealthTeam Advantage’s YouTube Channel for healthy recipes, exercise tips, and Medicare information.

 [@healthteamadvantage](https://www.youtube.com/@healthteamadvantage)



Here is your August **BOREDOM BUSTERS** packet



We hope you're enjoying your summer! We're sharing lots of coloring sheets, puzzles, and other August-themed activities in this month's packet, plus information on health resources and events that may be of interest.

Preventing Falls (Part 2)

Falling is something people usually don't like to think about — but it's important to be aware of the risks and how to minimize them. This month, we're sharing more steps you can take to reduce the risk of falling.

How to Sign Up . . .

Have a friend or loved one who would like to receive a monthly Boredom Busters packet? There are three easy ways to register:

1. Scan QR Code and complete the online form
2. Email Shelby Kline at skline@htanc.com
3. Call Shelby Kline at 336-707-6285



. . . or Sign Off We hate to see you go, but if you no longer wish to receive the monthly packet, you may also use one of the methods above to have your name removed from the mailing list.



Why Fall Prevention Matters

Falls can lead to serious injuries, such as fractures or head trauma, and may result in a loss of independence. Taking preventive measures can help you stay active and avoid unnecessary hospital visits.



Step 2:

Stay Active and Strengthen Your Body

Regular physical activity helps improve balance, strength, and flexibility.

Exercise Regularly

Activities like walking, yoga, or tai chi can enhance balance and coordination.





Strengthen Your Legs

Simple exercises, such as leg lifts or standing on one foot, can help build muscle.

Stretch Daily

Stretching improves flexibility and reduces stiffness, lowering the risk of falls.



SAVE THE DATE

SEPTEMBER 16, 2025

9:00AM



WEBINAR

All Ages, All Stages NC is North Carolina's 10-year Multisector Plan for Aging (MPA). It's a strategic initiative focused on improving the lives of older adults, individuals with disabilities, and their families by addressing the opportunities and challenges posed by the state's growing aging population.

To Register Scan QR Code Below:



www.trla.info

Walk for T1D Breakthroughs

The Breakthrough T1D Walk is a movement where thousands rally to transform the future for everyone facing type 1 diabetes (T1D). With nearly 130 events nationwide, you can be the breakthrough—fueling research, finding community, and driving progress toward cures. Whether you walk with family, friends, or coworkers, you will be surrounded by the T1D community every step of the way.

Register today at walk.BreakthroughT1D.org



Walk with Us!

Piedmont Triad

Saturday, October 25, 9 AM

Triad Park Amphitheater
9652 W Market St,
Kernersville, NC 27284

Join us in the heart of the Piedmont Triad to celebrate the T1D community.

Create a team, come as an individual, involve your company, or volunteer. Attendees will enjoy activities, playgrounds, food trucks, and entertainment. We'll kick off with updates, a powerful T1D Warrior Procession and team t-shirt parade, followed by a walk through beautiful Triad Park. Participants that choose to fundraise toward the mission will have the opportunity to earn fun rewards along the way!

Visit walk.BreakthroughT1D.org for details.



North Carolina Chapter
Danielle Hayes
DHayes@BreakthroughT1D.org
www.BreakthroughT1D.org/NorthCarolina



More Jeopardy Trivia

(Questions with Answers)

Geography

1. (\$100) Term meaning "of or relating to the sea or ocean"; also relating to navigation by watercraft

Answer: What is marine? One example is marine biologists, who study the ocean and everything that lives in it.

2. (\$200) An image of a place, city, state, or the world, drawn to scale

Answer: What is a map? A globe is one type of map of the world. A bound collection of maps is called an atlas.

3. (\$400) Spooky term that describes a deserted village or town with remains of infrastructure and buildings

Answer: What is ghost town? Examples include Death Valley in California; Pripyat, Ukraine, the city affected by the Chernobyl Nuclear Power Plant meltdown; and Hashima Island, Japan, which once was densely populated by workers who worked in the mines for Mitsubishi but was abandoned in 1974.

4. (\$600) A barrier that restricts the flow of water in a river or creek, whether built by people or created by animals

Answer: What is dam? Beavers are notorious for creating dams; it's their life's work. Hoover Dam was built in the early 20th century to harness the water from the Colorado River to provide hydroelectric power.

5. (\$800) A chain or collection of islands, such as the Galapagos Islands off the coast of Ecuador

Answer: What is archipelago? Other examples include the Greek Cyclades in the Aegean Sea, the Florida Keys, and the Hawaiian Islands.

6. (\$1,000) A navigable route by waterway

Answer: What is sea lane (or shipping route or shipping lane)? Major shipping routes include the Panama Canal, Suez Canal, and St. Lawrence Seaway.

Night at the Movies

7. (\$100) This 1976 sports drama launched a popular franchise featuring a boxer played by Sylvester Stallone.

Answer: What is *Rocky*? There are six *Rocky* movies, which were made between 1976 and 2006.

8. (\$200) This 1977 romantic film stars Woody Allen and Diane Keaton.

Answer: What is *Annie Hall*? The storyline is emblematic of Allen films, which often feature internal conflict, as Alvy Singer (Allen) obsesses over his broken relationship with Annie Hall (Keaton). The two couldn't be more different. He's a neurotic, Jewish stand-up comic, and she's a Midwestern WASP and wannabe nightclub singer.

9. (\$400) Louise Fletcher plays this character in *One Flew Over the Cuckoo's Nest*, the nemesis of Jack Nicholson's character.

Answer: Who is Nurse Ratched? Her name has become synonymous today with authoritarian nurses.

10. (\$600) Cary Grant (as Peter Joshua) and Audrey Hepburn (as Regina Lampert) headline this classic 1963 rom-com set in France, in which, unbeknownst to Regina, her husband has been thrown off a train to his death.

Answer: What is *Charade*? Shortly after the opening scene, Regina returns from vacation and finds her apartment empty. The rest of the film is full of twists and turns, including three men pursuing Regina with different motives and a shocking twist ending.

11. (\$800) In *Good Morning, Vietnam*, he plays the lead, a morning radio DJ on a military base.

Answer: Who is Robin Williams? He plays irreverent DJ Adrian Cronauer, who has never encountered a rule he could follow.

12. (\$1,000) This Watergate movie was released in 1976 and stars Dustin Hoffman and Robert Redford.

Answer: What is *All the President's Men*? The two stars play Carl Bernstein and Bob Woodward, respectively.

Potpourri

13. (\$100) Main computer input device for text

Answer: What is keyboard? Other computer input devices include the microphone for those who want to speak into the computer, and the mouse, which positions the cursor or selects text or images. A pen or stylus can be used with cell phones and notebooks that support them.

14. (\$200) The largest planet in our solar system

Answer: What is Jupiter? Its mass is 318 times the mass of Earth.

15. (\$400) Dutch artist who painted the famous painting *The Starry Night*

Answer: Who is Vincent van Gogh? He painted it while in an asylum in France after he cut off part of his ear.

16. (\$600) Process plants use to convert sunlight to energy

Answer: What is photosynthesis? We often equate this process with producing green leaves; however, other colors are also derived through photosynthesis. Algae use photosynthesis to generate their own food.

17. (\$800) The name of the treaty that ended World War I

Answer: What is the Treaty of Versailles? It was signed at the Paris Peace Conference, which took place at the Hall of Mirrors in the Palace of Versailles. Germany paid a heavy price for the war, ceding territory to neighboring countries and agreeing to international supervision of other lands, paying reparations to the Allies, and more.

18. (\$1,000) The chemical symbol for gold on the periodic table

Answer: What is *Au*? Its atomic number is 79. The symbol for silver is *Ag*, and its atomic number is 47.

Sounds of Summer

19. (\$100) In August, these insects' chirps could raise Rumpelstiltskin from his sleep.

Answer: What are crickets? The higher the temperature, the more frequent the chirps. Today, the expression "crickets" is used to indicate silence on a subject.

20. (\$200) Humming and whirring are associated with this flying animal.

Answer: What is the hummingbird? Hummingbirds take 150 breaths per minute. Don't try this at home.

21. (\$400) On a sunny summer day in the neighborhood, often you can hear the racket made by these yard machines.

Answer: What are lawnmowers? Mowing the lawn is frequently near the top of many men's honey-do lists—right after taking out the garbage.

22. (\$600) Sizzling sounds often indicate food is being prepared on this summer staple.

Answer: What is the backyard grill? The sizzling sounds and the accompanying aromas are no longer relegated to summer; grilling has become an all-year activity.

23. (\$800) Kids come running when they hear music coming from this truck.

Answer: What is the ice cream truck? Ice cream trucks still come through neighborhoods today just as they did back then, an enduring summer tradition.

24. (\$1,000) When you hear the crackling sound coming from this, get ready to sing some songs or tell your favorite ghost story.

Answer: What is a campfire? Always remember fire safety during and after a campfire. The best way to put out the fire safely is to douse it with water. If you have time, wait until the logs have turned into embers. Keep pouring water until you no longer hear any hissing from the embers. Then stir the ashes to ensure that there's nothing still burning. Keep dousing and stirring until nothing is burning.

Shades of Red

25. (\$100) If you receive this red flower, it signifies the sender's love.

Answer: What is a rose? *Rose* is an anagram for *eros*, the Greek word for romantic love.

26. (\$200) This octagonal red sign is the universal sign for this.

Answer: What is "stop"? A yellow sign generally means "caution" or "warning" and is often in the shape of a triangle.

27. (\$400) This is the only red precious gemstone.

Answer: What is the ruby? The other precious stones are diamonds, sapphires, and emeralds.

28. (\$600) A red necktie is often called this, as it symbolizes authority and confidence in the wearer.

Answer: What is a power tie? Wearing a red tie or a red dress makes a strong statement. The British royals often wear red to show power.

29. (\$800) This red vegetable with an edible pink stalk is sometimes mistakenly thought to be a fruit.

Answer: What is rhubarb? A member of the buckwheat family, rhubarb is in fact a vegetable. Rhubarb is tart, often combined with strawberries, and always cooked.

30. (\$1,000) This red "fish" is often mistaken for a crustacean, but it is an echinoderm.

Answer: What is a starfish? Crustaceans have exoderms, while echinoderms are usually symmetrical in shape with spiny skin.

State Secrets

31. (\$100) One of two states that is rectangular in shape.

Answer: What is Colorado or Wyoming? They are rectangular states due to the method of land surveying used during Western expansion.

32. (\$200) The state of Washington is home to the largest building in the world, which belongs to this aviation company.

Answer: What is Boeing? The factory covers 98.3 acres (39.8 hectares).

33. (\$400) This state has the largest economy in the United States.

Answer: What is California? It has the fifth-largest economy in the world, and its GDP is equivalent to India's.

34. (\$600) This state has the most incorporated companies.

Answer: What is Delaware? According to *Forbes*, 68 percent of Fortune 500 companies are incorporated in Delaware due to lenient tax laws.

35. (\$800) Alaska is more than twice as large as this giant southern U.S. state.

Answer: What is Texas? Alaska is the undisputed champion when it comes to the size of U.S. states. In fact, Alaska's Wrangell-St. Elias National Park & Preserve alone is larger than 10 of the 50 U.S. states, at 13.2 million acres (5.3 million hectares).

36. (\$1,000) This state's official state song is "Yankee Doodle."

Answer: What is Connecticut? The song was written by the British to mock the volunteer soldiers from Connecticut who fought in the French and Indian War.

Final Jeopardy

This prehistoric toy was inducted into the Strong National Museum of Play's Toy Hall of Fame in 2008.

Answer: What is the stick? Delighting imaginative children since the dawn of time, the stick just might be the world's oldest toy. And kids aren't the only stick aficionados. Nothing delights a dog more than chasing after a stick and returning it for another throw.

Refreshing Watermelon Salad

Makes 4 servings

Ingredients:

- 4 cups cubed seedless watermelon
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped fresh mint leaves
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and black pepper to taste



Directions

1. In a large bowl, combine the watermelon cubes, feta cheese, and chopped mint.
2. In a small bowl, whisk together olive oil, balsamic vinegar, salt, and pepper.
3. Pour the dressing over the watermelon mixture and toss gently to combine.
4. Serve immediately or chill for up to one hour before serving.

Cooking Tidbit

Use cold watermelon straight from the fridge for a crisp, refreshing bite. Try adding thinly sliced red onion or cucumber for extra crunch and contrast.

The Best Egg Salad Sandwich

Makes 2 servings

Ingredients:

- 4 hard-boiled eggs, peeled and chopped
- 3 tablespoons mayonnaise
- 1 teaspoon yellow mustard
- 1 tablespoon chopped fresh chives
- Salt and pepper to taste
- 4 slices of bread



Directions

1. In a bowl, combine chopped eggs, mayonnaise, mustard, chives, salt, and pepper.
2. Mix until creamy and combined well.
3. Spread the egg salad evenly onto two slices of bread, then top with the remaining slices.
4. Cut sandwiches in half and serve.

Cooking Tidbit

For extra flavor, sprinkle in a dash of paprika or a splash of pickle juice. Toast the bread lightly for added crunch or serve on croissants for a fancier presentation.

Old-Timey Words and Phrases

Match the definition to the correct old-timey word or phrase.

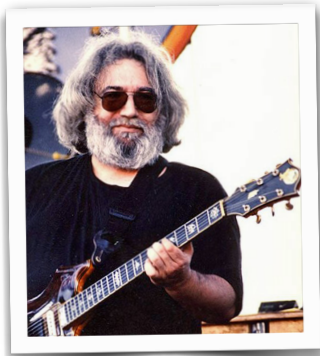
- | | |
|--|------------------------|
| 1. Conduct a serious romantic relationship _____ | A. hobnob |
| 2. Mingle with a VIP _____ | B. skeddadle |
| 3. Courage _____ | C. lollygag |
| 4. Do something with great intensity _____ | D. court |
| 5. Make someone happy _____ | E. Heavens to Betsy! |
| 6. Scruffy child _____ | F. twitterpated |
| 7. Drag one's feet _____ | G. ragamuffin |
| 8. Formerly; in the past _____ | H. topsy-turvy |
| 9. Stick-in-the-mud _____ | I. moxie |
| 10. Upside down or disorderly _____ | J. erstwhile |
| 11. Nonsense _____ | K. scalawag |
| 12. Mischievous act; prank _____ | L. fuddy-duddy |
| 13. Feeling lovesick _____ | M. kerfuffle |
| 14. Scatterbrained or talkative person _____ | N. monkeyshine |
| 15. A fuss or commotion _____ | O. flibbertigibbet |
| 16. Rascal or mischief-maker _____ | P. balderdash |
| 17. To run away quickly _____ | Q. like the dickens |
| 18. An exclamation of surprise _____ | R. gladden one's heart |



Old-Timey Words and Phrases

(solution)

- | | |
|--|------------------------|
| 1. Conduct a serious romantic relationship | D. court |
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| 17. To run away quickly | B. skedaddle |
| 18. An exclamation of surprise | E. Heavens to Betsy! |



Famous August Birthdays

The following people were born in August. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Ingrid **BERGMAN**
- B. Kobe **BRYANT**
- C. Rosalynn **CARTER**
- D. Connie **CHUNG**
- E. Claude **DEBUSSY**
- F. Jerry **GARCIA**
- G. Elliott **GOULD**
- H. Buddy **HACKETT**
- I. Scott **HAMILTON**
- J. Ogden **NASH**
- K. Kenny **ROGERS**
- L. Mary **SHELLEY**

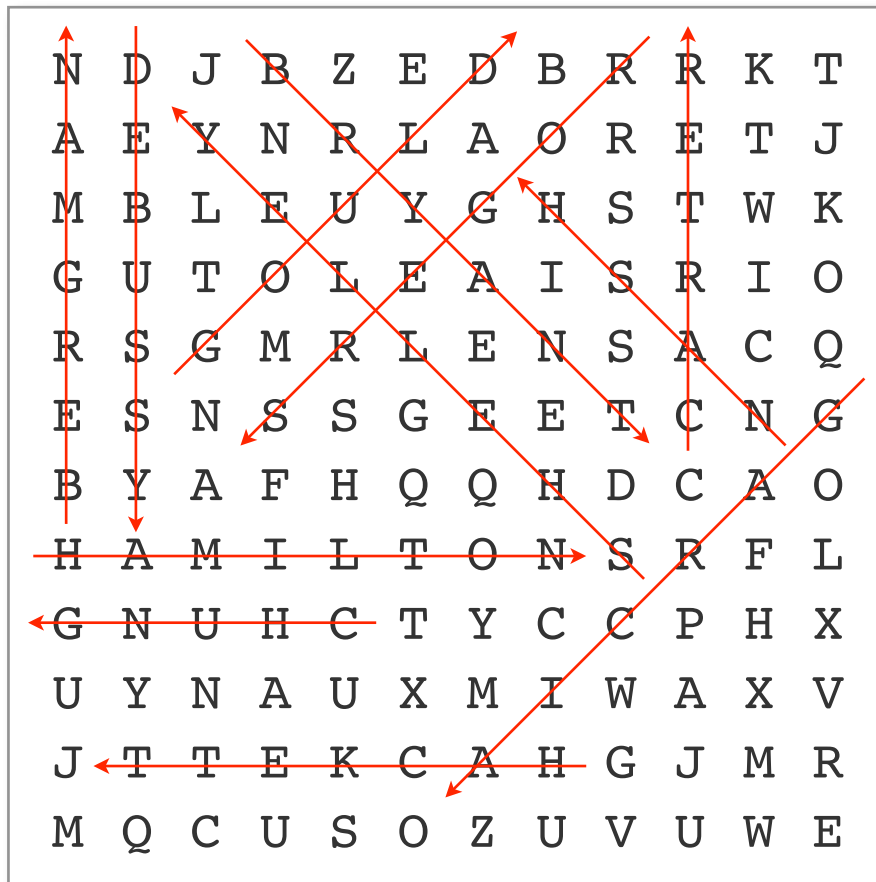
N	D	J	B	Z	E	D	B	R	R	K	T
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M	B	L	E	U	Y	G	H	S	T	W	K
G	U	T	O	L	E	A	I	S	R	I	O
R	S	G	M	R	L	E	N	S	A	C	Q
E	S	N	S	S	G	E	E	T	C	N	G
B	Y	A	F	H	Q	Q	H	D	C	A	O
H	A	M	I	L	T	O	N	S	R	F	L
G	N	U	H	C	T	Y	C	C	P	H	X
U	Y	N	A	U	X	M	I	W	A	X	V
J	T	T	E	K	C	A	H	G	J	M	R
M	Q	C	U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

Bonus: Match the person to the correct clue.

- | | |
|-------------------------------|-------------------------------|
| 1. Author ____ | 7. TV journalist ____ |
| 2. Olympic figure skater ____ | 8. Composer/musician ____ |
| 3. Grateful Dead member ____ | 9. Actress ____ |
| 4. Actor/comedian ____ | 10. Humorous poet ____ |
| 5. Country singer ____ | 11. First lady ____ |
| 6. NBA basketball player ____ | 12. <i>M*A*S*H</i> actor ____ |

Famous August Birthdays

(solution)



Bonus: Match the person to the correct clue.

- | | |
|------------------------------|------------------------------|
| 1. Author – L | 7. TV journalist – D |
| 2. Olympic figure skater – I | 8. Composer/musician – E |
| 3. Grateful Dead member – F | 9. Actress – A |
| 4. Actor/comedian – H | 10. Humorous poet – J |
| 5. Country singer – K | 11. First lady – C |
| 6. NBA basketball player – B | 12. <i>M*A*S*H</i> actor – G |

Searching for August

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

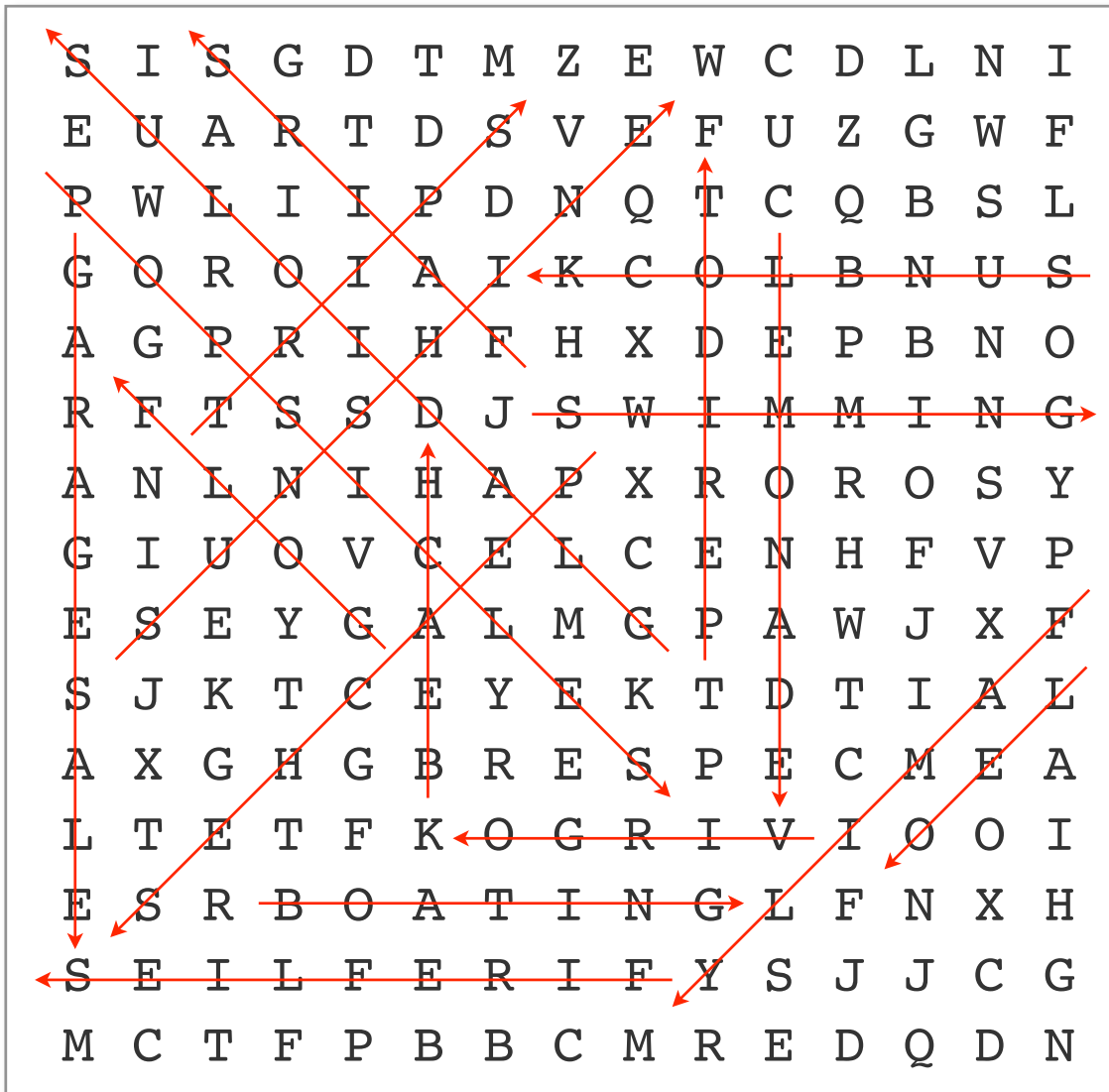
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G	O	R	O	I	A	I	K	C	O	L	B	N	U	S
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R	F	T	S	S	D	J	S	W	I	M	M	I	N	G
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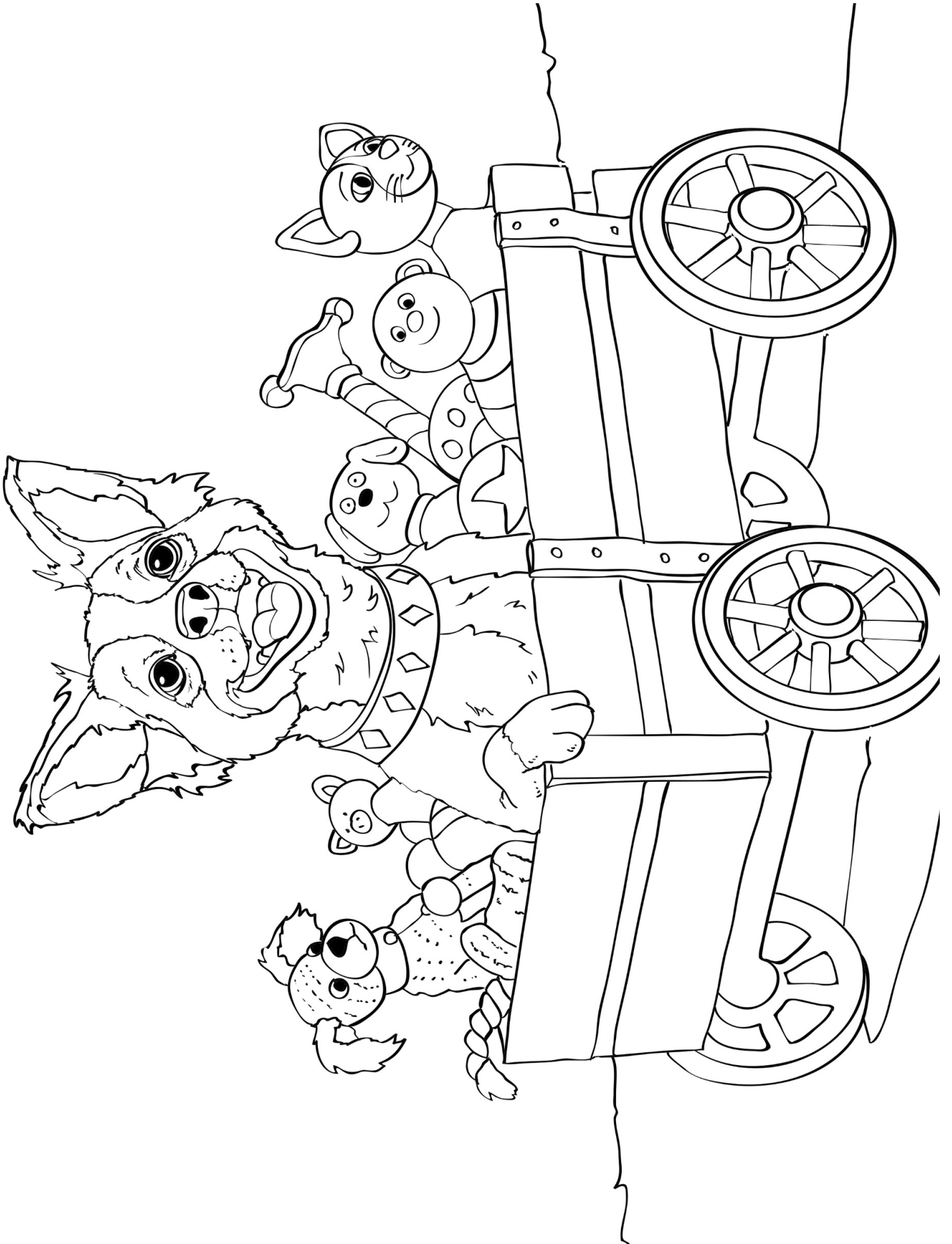


BEACH	GLADIOLUS	POPSICLES
BOATING	GOLF	SUNBLOCK
FAIRS	LEMONADE	SUNSHINE
FAMILY	LEO	SWIMMING
FIREFLIES	PEACHES	TRIPS
GARAGE SALE	PERIDOT	VIRGO

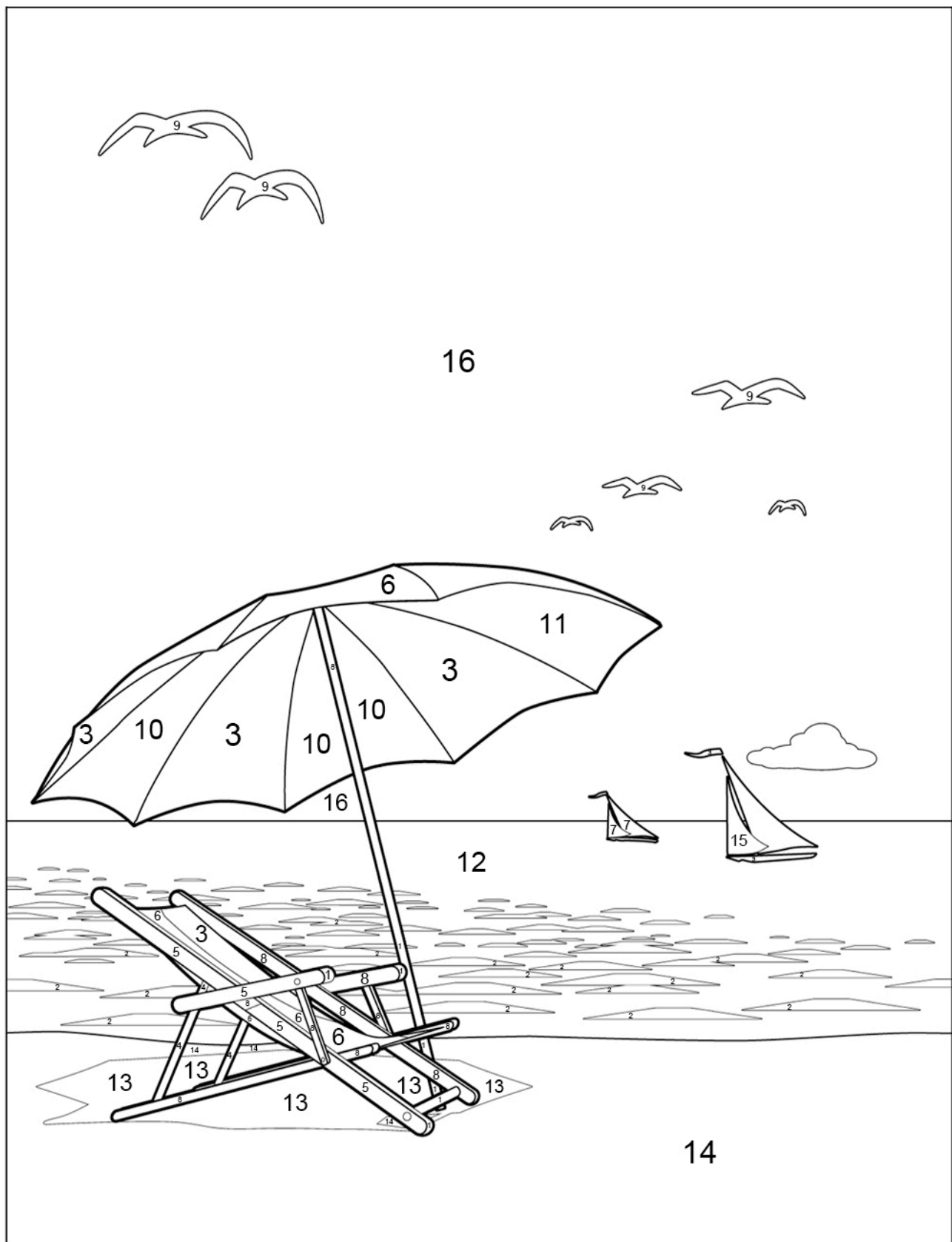
Searching for August

(solution)

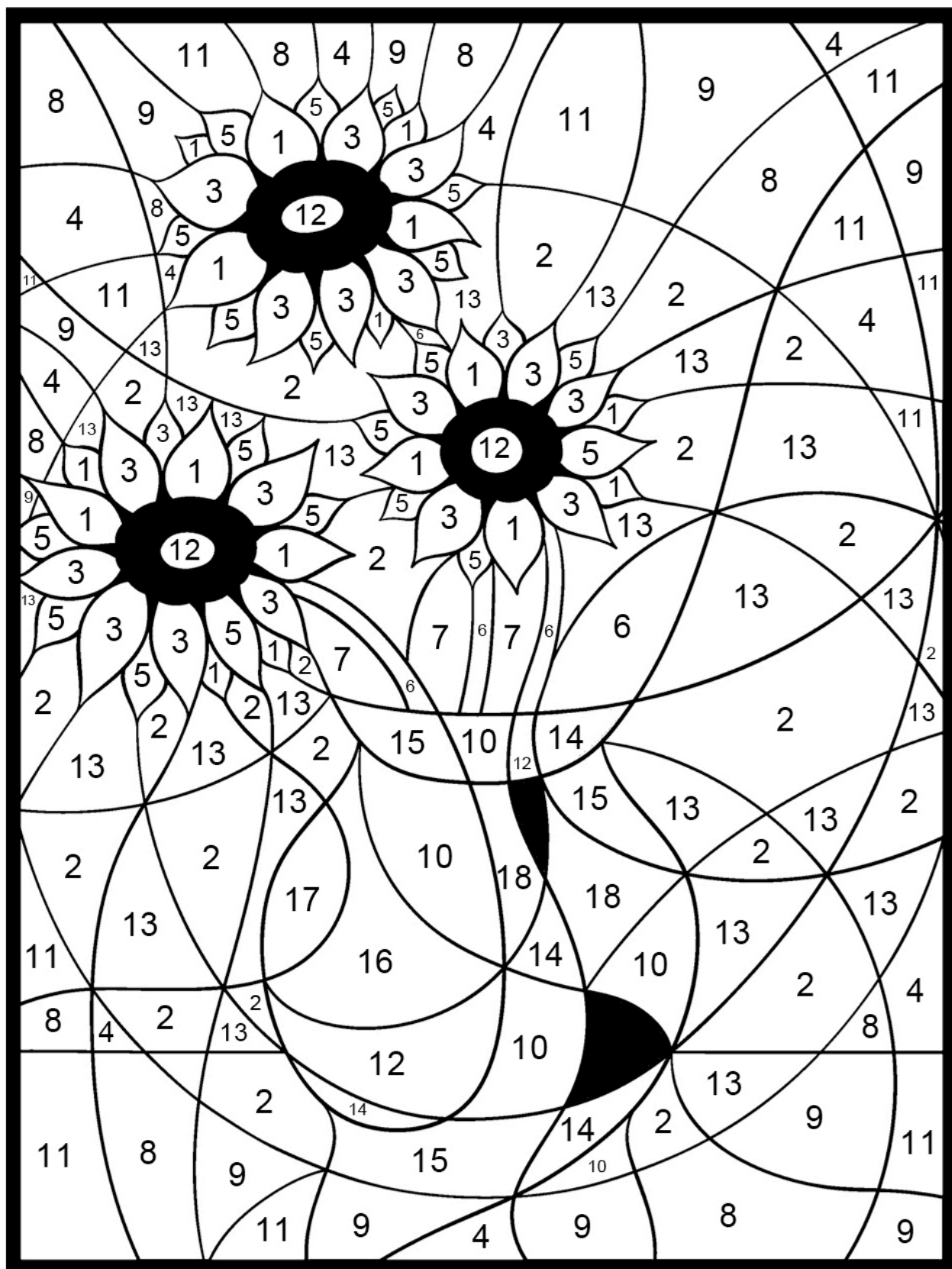








1 = Tan 2 = Midnight Blue 3 = Dark Magenta 4 = Dark Brown
 5 = Dark Tan 6 = Magenta 7 = Chartreuse 8 = Medium Brown
 9 = Pale Blue 10 = Medium Gray 11 = Dark Gray 12 = Ocean Blue
 13 = Sand 14 = Orange-Gold 15 = Light Purple 16 = Sky Blue



1 = Yellow 2 = Powder Blue 3 = Gold 4 = Rose 5 = Orange
 6 = Green 7 = Lime 8 = Mauve 9 = Heather 10 = Coffee
 11 = Light Lilac 12 = Chestnut 13 = Sky Blue 14 = Chocolate
 15 = Mocha 16 = Light Brown 17 = Light Olive 18 = Khaki