

1. **Spelling Test for Listening Part A**
2. **Vocabulary in groups**
3. **Vocabulary diagram (12 words) – study it this week**

SPELLING TEST:

- 1 routinely
- 2 weakness
- 3 triple
- 4 decline
- 5 goal
- 6 stye
- 7 lump
- 8 jaundice
- 9 febrile
- 10 seizure

- | A | B |
|------------------------|---|
| A. Routinely | 1. something performed with good judgement, wise |
| B. Weakness | 2. large, not slight |
| C. Cognitive | 3. as part of a regular procedure |
| D. Triple | 4. relating to logical thought, awareness and mental processes |
| E. Decline | 5. target, something you are working towards |
| F. Lag time | 6. three times |
| G. Aging | 7. to go down, or reduce |
| H. Considerable | 8. an interval between two periods, e.g. between cause and effect |
| I. Judicious | 9. a impairment of movement |
| J. Mobility disability | 10. a vulnerability or lack of strength |
| K. Goals | 11. a process of becoming older |

GROUP WORK

Look at the words in Group A and match them with a definition in Group B:

- | A | B |
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Exercise 2

Read the following article and scan for the words from exercise 1 Group A, underline them.

By 2050, the American 85 years old and over population will triple. Clinicians and the public health community need to develop a culture of sensitivity to the needs of this population and its subgroups. Sensory changes, cognitive changes, and weakness may be subtle or may be severe in the heterogeneous population of people over age 85. Falls, cardiovascular disease, and difficulty with activities of daily living are common but not universal [all cases]. This paper reviews relevant changes of normal aging, diseases, and syndromes common in octogenarians as well as nonagenarians, cognitive and psychological changes, social and environmental changes, and then reviews common discussions which clinicians routinely have with these patients and their families. Some hearing and vision loss are a part of normal aging as is decline in immune function. Cardiovascular disease and osteoporosis and dementia are common chronic conditions at age 85. Osteoarthritis, diabetes, and related mobility disability will increase in prevalence as the population ages and becomes more overweight. These population changes can deliver significant hard knocks to public health systems. Caregiver support, services in the home, assistive technologies, and promotion of home exercise programs as well as further rumination regarding of transportation and housing policies are recommended. For clinicians, judicious prescribing and ordering of tests includes a consideration of life expectancy, lag time to benefit, and patient goals. Furthermore, healthy behaviours starting in early childhood can optimize quality of life among the oldest-old. Western liberal democracies have come a long way from the Dickensian conditions of previous centuries, however, when it comes to the resurgence of inequality...

Homework: write example sentences

Word	Type	Definition	Example
<u>judicious</u>	adjective	something performed with good judgement, wise	?
<u>considerable</u>	adjective	Large not slight, small	?
lag time	noun phrase	an interval between two periods, for example between cause and effect	?
<u>cognitive</u>	adjective	relating to logical thought, awareness and mental processes	?
subtle	adjective	difficult to notice / not obvious	?
prevalence	noun	the occurrence of / how common	?
optimize	verb	Make it the best it can be	?
hard knock	noun	Bad painful experience	?
<u>rumination</u>	noun	Thinking deeply about something	?
universal	noun/adj.?	All cases	?
<i>Dickensian</i>	noun	1800 – 1900 – very bad / poor conditions	
resurgence	noun	Come back in a big / rise again	?

By 2050, the American 85 years old and over population will triple. Clinicians and the public health community need to develop a culture of sensitivity to the needs of this population and its subgroups. Sensory changes, cognitive changes, and weakness may be *subtle* or may be severe in the heterogeneous population of people over age 85. Falls, cardiovascular disease, and difficulty with activities of daily living are common but not *universal*. This paper reviews relevant changes of normal aging, diseases, and syndromes common in octogenarians as well as nonagenarians, cognitive and psychological changes, social and environmental changes, and then reviews common discussions which clinicians routinely have with these patients and their families. Some hearing and vision loss are a part of normal aging as is decline in immune function. Cardiovascular disease and osteoporosis and dementia are common chronic conditions at age 85. Osteoarthritis, diabetes, and related mobility disability will increase in *prevalence* as the population ages and becomes more overweight. These population changes can deliver significant hard knocks to public health systems. Caregiver support, services in the home, assistive technologies, and promotion of home exercise programs as well as further *rumination* regarding of transportation and housing policies are recommended. For clinicians, judicious prescribing and ordering of tests includes a consideration of life expectancy, lag time to benefit, and patient goals. Furthermore, healthy behaviours starting in early childhood can *optimize* quality of life among the oldest-old. Western liberal democracies have come a long way from the *Dickensian* conditions of previous centuries, however, when it comes to the *resurgence* of inequality...

What is the main idea of this passage?

alain@set-english.com