

# Caring for the Community: A Day in Elena's Life

Healthcare, Nursing, and Public Health

## PART 01 Pre-Reading & Visualization

| *"Is technology a tool to help us reach our goals, or is it a shortcut that erases our individual voices?"*

## PART 02 The Reading Text

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**E**lena is a community health nurse. She has worked at the Riverside Health Center for five years. Unlike hospital nurses who treat emergencies, Elena focuses on "preventative care." This means she helps people stay healthy so they don't have to go to the hospital. Every morning, she visits patients in their homes to check their vital signs and talk about their nutrition.

Today, Elena is visiting Mr. Chen. He is 75 years old and has a chronic heart condition. Elena checks his blood pressure and asks, "Have you taken your medicine today?" She doesn't just give him pills; she listens to his stories. Elena knows that mental health is just as important as physical health. She encourages him to walk in the park for ten minutes a day to stay active.

In the afternoon, Elena leads a public health workshop at the local library. She teaches families about the importance of vaccinations and clean water. "Public health is about the whole neighborhood," she tells the group. Elena believes that education is the best medicine. By teaching people how to prevent illness, she makes the entire community stronger and more resilient.

**PART 03** Active Reading (QAR)

## 1. Right There (Find the facts):

1. How long has Elena worked at the Riverside Health Center?

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2. What is one specific thing Elena checks when she visits Mr. Chen?

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## 2. Think and Search (Connect the ideas):

3. What is the main difference between Elena's job and the job of an emergency hospital nurse?

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4. How does Elena support Mr. Chen's mental health, not just his physical health?

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## 3. Author and You (Infer and analyze):

5. The text says "education is the best medicine." Do you agree? Why or why not?

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6. In your home country or community, are home visits from nurses common? How do people usually receive health advice?

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**PART 04** Glossary

1. **Preventative care (noun):** Healthcare focused on preventing diseases instead of treating them after they start.
2. **Vital signs (noun):** Important medical signs that show the body is functioning (e.g., heart rate, blood pressure).
3. **Chronic (adjective):** A health condition that lasts for a long time and requires ongoing treatment.
4. **Resilient (adjective):** Able to become strong, healthy, or successful again after something bad happens.

**WORKSHEET CORE REFLECTION**

Review your answers and vocabulary entries above. Prepare to discuss how these terms apply to real-world contexts.

## **ACTIVITY OVERVIEW**

### TOPIC CONTEXT

#### **Caring for the Community: A Day in Elena's Life**

### OBJECTIVE

*Students will demonstrate B1-level reading comprehension by identifying key details and inferring the importance of public health initiatives.*

### VOCABULARY TERMS

Preventative care Vital signs

Chronic Resilient

### GRAMMAR FOCUS

- Present Perfect for life experiences
- Imperatives for health advice

## **INSTRUCTIONAL PROCEDURE**

- 1. Pre-reading (10 mins):** Show the image prompt description. Ask students to describe a time a healthcare worker made them feel comfortable. This activates prior knowledge and vocabulary related to empathy and care.
- 2. Reading & Chunked Tasks (20 mins):**
  - **First Read:** Students read silently for the "gist."
  - **Second Read:** Students highlight verbs in the *Present Perfect* (e.g., "has worked") and *Imperatives* (e.g., "Walk in the park").
  - **Chunking:** Ask students to give a 1-sentence summary for each of the three paragraphs to ensure they are following the transition from individual care to community health.
- 3. Post-Reading & QAR Discussion (15 mins):**
  - Use the QAR questions to lead a class discussion.
  - Focus heavily on the "Author and You" section. This allows students to bring their own cultural backgrounds into the English-speaking classroom, comparing healthcare systems and the role of "community" in wellness.