



Describe a situation where you helped an old person.

You should say:

- when you helped?
- where you helped?
- how you helped?
- how you felt about it?

Whenever I start thinking about what the future's got **(1) in store for** me down the road, say 40 years it sorts of makes me **(2) cringe**. Well, getting old and living in the **(3) decrepitude** is no good thing. **(4) Best case scenario**, you're gonna have an offspring to rely on of course if they're generous enough to be that way, and that's a big if. U know The world has kind of a funny way of keeping things balanced I don't mean to be superstitious but if you do good by people then most probably you'll work thing without **(5) a hitch** during your whole life. That being my **(6) credo**, whenever I see an old timer in trouble I'll do my best to be of some use and help the poor **(7) fella** out. Some months ago, I was heading home from work and man I was **(8) fried**. I was literally sleeping at the wheel. I decided to **(9) pull over** and get some fresh air before going on driving since it'd got a little **(10) stuffy** in the car. It was then that I noticed an old man who I reckon was in his 70's had **(11) had a bit of a spill** and **(12) sprained** an ankle. **(13) I didn't know him from Adam**, yet I didn't hesitate even a sec to help him. When I actually got to him I noticed he'd panicked and **(14) wouldn't budge**. First I made sure that it was only his ankle and that he didn't have a fracture I was also afraid of a potential concussion so I even checked to see if he was fully conscious. Not knowing what to do next, I called an ambulance. right after that I noticed that he was mumbling something and when **(15) I pricked up my ears** I realized that he was thanking me. It meant the world to mean since all I did was just **(16) a ham-fisted attempt** to help and it seemed as if I'd done something extraordinary.

Collocations and useful phrases:

1. In store (for somebody)FUTURE

If something unexpected such as a surprise or problem is in store for someone, it is about to happen to them:

There is a real treat in store for you this Christmas!
As we left, I wondered what the future **held in store**.

2. cringe

To feel embarrassed by something you have said or done because you think it makes you seem silly

She cringed at the sound of her own voice.
It makes me cringe when I think how stupid I was.

3. Decrepit (adj)

In bad condition:

The buildings were in a decrepit state.
He was a rather decrepit old man.

Decrepitude noun [uncountable]

4. The best case scenario (=the best thing that might happen)

5. A hitch

A small problem that makes something difficult or delays it for a short time

Technical/slight/last-minute hitch

In spite of some technical hitches, the first program was a success.
The whole show went without a hitch.

6. Credo

A formal statement of the beliefs of a particular person, group, religion etc.

American Express is emphasizing its 'the customer is first' credo.

7. fella

A man

There is a fella outside who wants to see you.

8. fried

Unable to think clearly, because you are tired, anxious etc.:

My brain is just totally fried.

9. Pull over

To drive to the side of the road and stop your car, or to make someone else do this:

The policeman signaled to him to pull over.

Pull somebody/something over

He pulled the car over.

A cop pulled him over and gave him a speeding ticket.

10. Stuffy

A room or building that is stuffy does not have enough fresh air in it:

It is getting stuffy in here – do you mind if I open the window?

11. have/ take a spill

To have a fall; to tip over.

12. Sprain

To damage a joint in your body by suddenly twisting it

SYN twist

I fell down the steps and sprained my ankle.

13. Not know someone from Adam

KNOW SB *informal*

To not know someone at all

14. budge

To change one's opinion or stated position; yield:

Once her father had said “no,” he **wouldn't budge**.

15. prick (up) your ears

LISTEN

If you prick up your ears or your ears prick up, you listen carefully because you have heard something interesting

Jay pricked up his ears when I mentioned a vacation.

16. Ham-fisted

Not at all skillful or careful in the way that you deal with people

SYN inept

They made several ham-fisted attempts to spy on her.

CLUMSY/not at all skillful with your hands SYN clumsy