



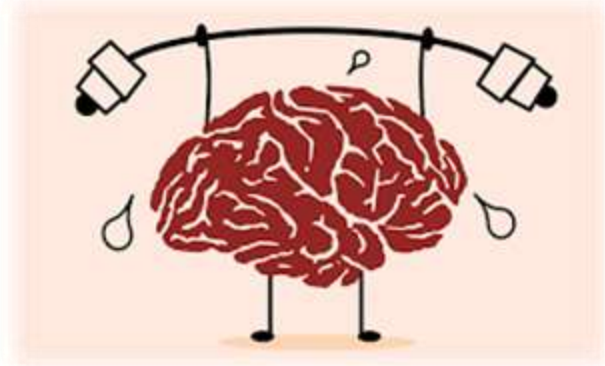
ADRC OF DOOR COUNTY
RESOURCE GUIDE-

CONNECT WHILE SOCIAL DISTANCING

BRAIN HEALTH

1. Brain Teasers

- a. [Print](#)
- b. [Thinkable Puzzles](#)
- c. [Fun Brain Teasers](#)
- d. [Free Unblocked Games](#)



2. Trivia or Question of the Day

- a. [Trivia Games for Seniors](#)
- b. [Sing-along for Seniors](#)

3. [The Libby App](#)—allows library patrons to access free eBooks, audiobooks, music and videos from your local public library onto your phone or tablet for free.



4. **Weekly Guided Meditations:** Healthy Minds Innovations, Inc. (HMI)--Founded by world-renowned neuroscientist Dr. Richard Davidson from the Center for Healthy Minds at the University of Wisconsin Madison, HMI is dedicated to cultivating well-being and relieving suffering through a scientific understanding of the mind. These virtual events are free and open to the public. All are welcome! Please "like" and visit Healthy Minds Innovations on Facebook to see a schedule of all guided meditations offered:

<http://facebook.com/pg/HealthyMindsInnovations/events/>



5. [Badger Talks](#)--UW Connects brings the resources of the University of Wisconsin-Madison to citizens of Wisconsin. The program brings the Wisconsin Idea to life.

6. [Campus for Creative Aging](#)—A variety of classes and programs for older adults

7. **NWTC Fall Courses:** <https://www.nwtc.edu/admissions/take-a-class>

8. [COVID-19: Resilient Wisconsin](#)—Resource from Wisconsin Department of Health Services

9. Mental Health Apps:

- a. [What's Up?](#) Free iOS, Android app based on Cognitive Behavioral Therapy. Diary to keep thoughts and feelings, grounding games created to help keep you in the present when stress is taking over, and the ability to connect with others who may be feeling just like you.

- b. [SAM: Self-help for Anxiety Management](#)—Free iOS, Android app. Tell the app how you're feeling, the app's self-help features walk you through some calming or relaxation practices.

PHYSICAL FITNESS

1. Go4Life—Go4Life, an exercise and physical activity campaign from the National Institute on Aging (NIH), is designed to help you fit exercise and physical activity into your daily life. This comprehensive website offers free videos and tips on endurance, strength, balance and flexibility activities. Participants can also sign up to receive motivation and fitness tips directly to their inbox. The Go4Life website (<https://go4life.nia.nih.gov/>) offers free tracking tools such as weekly exercise and physical activity plan, and goal setting worksheets.

- a. [Go4Life 15 Minute Sample Workouts](#)
b. [Go4Life 20 Minute Sample Workouts](#)

2. Daily Wellness Challenge

- c. [Wellness Challengers & Trackers](#)
d. [Workplace Wellness Challenges](#)
e. [Aging Mastery](#)



3. [Sliver Sneakers Yoga](#) (7 minutes)

4. Please check the “**ADRC @ Home**” page to find a class list that has Zumba or Chair yoga classes offered virtually through Zoom or Webex.



5.. [YMCA Health and Fitness Videos](#):

6. [WIHA Physical Activity Resources](#) & [WIHA Falls Prevention Resources](#)

7. [Strong Bodies](#) -Exercise video with strength training exercises designed to maintain fitness and to increase both strength and bone density.

8. [Senior Exercises Online](#) Senior Exercises Online

9. [HASFit YouTube](#)—Station offering exercise workouts for seniors and those with limited mobility.

10. [Deliver Rehab](#) - Move! Exercise videos for seniors.

ENTERTAINMENT

1. **Coloring Books/Pages**

- [Download Free Coloring Books from 113 Museums](#)
- [Download Free Coloring Pages from Mary Engelbreit](#)
- [Color with the Wisconsin Union](#)

2. **Free Music and Theater Performances:**

- [Berliner Philharmoniker](#)
- [Metropolitan Opera's Nightly Met Opera Streams](#)
- [All Arts](#)

3. **Virtual Tours**

- [Virtual Museum Tours](#)
- [30 Virtual Field Trips](#)
- [Art Museum Virtual Tours](#)
- [National Parks Virtual Tours](#)



4. **Poetry**--Have people call in with written poems and add them to your newsletters. Or have them submit poems to local TV or newspaper.



5. **Door County Parks:**

<https://www.travelwisconsin.com/natural-attractions-and-parks/five-state-parks-in-door-county-199937>

6. **[OTR Streamer Old Time Radio](#)**--Free app with an archive of popular radio shows from 1930s through 1950s.

7. **[Librivox](#)**--Free, ad-free nonprofit public domain with many languages available. Choose to listen to an audiobook read by a volunteer or volunteer to read a book for others.

8. **The Sofa Singers**—A free and weekly online singing event from James Sills that brings hundreds of people together from around the world to spark joy and human connection.



9. **Mather Telephone Topics**- Simply call a toll-free number to listen to a wide range of interesting discussions and programs including wellness, education, music reviews, live performances, and more! Browse and register here.

10. **The UnLonely Project**— There are over 35 films that are inspiring, moving and engaging.

SOCIAL OPPORTUNITITES

1. **Well Connected**— Free site that offers several opportunities for engagement using just a phone.

2. **Social Call**— Free site matches volunteers with seniors on a one-to-one basis, bringing compassionate conversation and care into their lives and giving volunteers an opportunity to listen and learn.

3. **ADRC of Door County Newsletter**—Pick up your complimentary newsletter at over 40 local organizations or find it online @ www.adrcdoorcounty.org



4. Book club groups-

a. Local book club groups:

<http://doorcountylibrary.org/groups>

b. Join a book club via zoom:

<http://doorcountylibrary.org/node/1332>

c. Try one of these free online book clubs

- [Action Book Club](#)
- [Andrew Luck Book Club](#)
- [Oprah's Book Club](#)
- [Reese's Book Club](#)

5. **Play Cards Together**

6. **Goosechase**- A virtual scavenger hunt you can play with friends and family, while maintaining safe social distancing. Recreational tier is free for up to three teams, unlimited missions.





7. [Generations On Line](#)- This resource guides older adults on using FaceTime, Zoom, Skype, texting, taking photos, and email with large type, simple on-screen instructions.

8. [Stitch](#)—International online community for 50+ year olds. Focused on companionship and community. Basic free membership; \$5 per month access to online community and all events.

9. [AARP Foundation: connect2affect](#)— You can complete a self-assessment to help understand how connected you are. AARP Foundation will they provide you with helpful resources.

10. [Meals Together](#)—They pair you with a

Food Friend from a different generation to share a meal over a video call and cook up hearty conversations!

11. [ASK: Answers for Seniors & Kids](#)—This project was created to connect people together with positivity during a time of crisis. Anonymously submit questions and/or answers for another generation to respond to.

POSITIVITY & GRATITUDE

1. [Mindfulness Resource](#)

2. [Gratitude Wall](#)--Share something you are grateful for, have a “gratitude wall” where people can submit items to be posted.

3. [Joy4All Hotline](#)--“Students launch a hotline with jokes, stories and support for isolated seniors,” Christopher Dawson, CNN (4/18/20)

4. [Staying Mentally Healthy During Coronavirus](#)-- Free resources for emotional and physical health



WELLNESS & SUPPORT

While “Safer at Home” continues, many older adults long for social connection. Words are powerful, they can inspire hope, offer encouragement and strength. Consider asking older adults and caregivers to share words of encouragement with their peers. This allows them to give back and have a purpose. It’s a great way to instill a sense of community and connectedness even when we are apart. Many people want to volunteer and utilizing them to make calls, emails, or texts is a win-win-win for them, the older adult, and our agencies.

Scripts/Conversation Starters

- [Nutrition Education & Activities](#)—Click on Activities-Conversation Starters > Conversation Starter SparkCards
- [Sample Telephone Reassurance Instructions & Checklist](#)—Click on links listed on the right

Meals on Wheels program—Sign up for a healthy noon meal through the ADRC and have it delivered to your door.

Nutritional Advice - Make an appointment with a nutritionist to be sure you are on the right track.

Caregiver Support Group - We are here for you and can make a difference in your life and the life of your loved one. Call 920-743-2372 to speak with a I & A Specialist to join a support group.



ADDITIONAL RESOURCES

[“Older Adults Remain Isolated Despite Reopening. These Programs Help”](#) -Muriel Padilla, The New York Times (6/8/20)

[“Staying busy and engaged while at home”](#)– Council on Aging (3/19/20)

[“Coping with Isolation”](#)– SpringWell (4/28/20)

[“Reimagine Your Life”](#)– Richard J Leider and Alan M. Webber, AARP The Magazine, Oct/Nov 2013

[Loneliness as a Risk Factor: Making Connections to Improve Health](#) Video

[Administration for Community Living](#) - COVID19 • ACL

Printable Tip Sheet:

<https://acl.gov/sites/default/files/oam/2020/EngageVirtually.pdf>

<https://www.dhs.wisconsin.gov/covid-19/ltc.htm> DHS COVID-19

<https://adaa.org/>Anxiety and Depression Association of America

<https://www.nami.org/Home>National Alliance on Mental Illness

["Comforting Wisconsin Seniors During Coronavirus Pandemic"](#)

Marti Glaser, Spectrum News (4/29/20)

["Older and Stuck at Home? Expert Advice on Fitness"](#) Gretchen Reynolds, New York Times (4/24/20)

["Exercising with Chronic Conditions"](#) National Institute on Aging (4/3/20)

["What submarine crews and astronauts can teach us about isolation"](#) Anna Russell, New Yorker (4/9/20)

["Protecting older adults during social distancing,"](#) Ali Jawaid, Science Magazine (4/10/20)

[The Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults](#), publication by National Academies of Sciences, Engineering, and Medicine (2020)

["COVID-19 and the consequences of isolating the elderly,"](#) COVID-19 and the consequences of isolating the elderly," Richard Armitage & Laura B. Nellums, Lancet Public Health (March 2020)

["Caring from a distance,"](#) Gazette staff, *GazetteXtra* (3/25/20)

["Loneliness among seniors"](#) Jeffery Borenstein, *Psychology Today* (4/13/20)

Mental Health in Older Adults During COVID-19 Webinar: ["You Can Make a Difference: Having difficult conversations during times of crisis with older adults"](#)

