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| SIPS Weekly Resources to Support Resident Connection and Well-being | | | | | |
| Week | SIPS | Format | Resource | Suggested ways to keep residents engaged and/or socially connected | Benefits |
| 10 | Intellectual | newsletter | <https://www.seniorlivingmedia.com/resident-tales> | Resident Tales is a newsletter for residents by residents. Encourage residents to submit an article or poem. Information is on the newsletter. | From Mather’s tips for aging well:  *Writing for an audience—even an audience of one—is a challenging intellectual exercise that expands the brain’s capacity. For even more benefits, challenge yourself to include a high percentage of words six letters or more.*  To sign up for daily tips via email use this link:<https://www.mather.com/agewell> |
| 10 | Spiritual | Worksheet | [Boundaries Part 2- Moment of Reflection #8](https://mymasterpieceliving.com/resource/boundaries-part-2-moment-of-reflection-8) | Deliver the reflection guide and encourage a brief 10-minute daily participation. | Support your life in a positive manner by reflecting on how you can best care for yourself by setting healthy boundaries. We hope this sheet will inspire new actions to enhance your life. |
| 10 | Social | Virtual games | [Best Games to Play on Zoom](https://www.goodhousekeeping.com/life/entertainment/g32098665/best-games-to-play-on-zoom/) | Bring out the kid in you and the residents...turn your virtual connections into game hour trying different games each time you connect! | “Laughter reduces stress hormones and enhances your immune system. Laughter also increases beta-endorphins, which improve mood, reduce pain and increase relaxation - not to mention the fact that your abdomen gets a workout every time you let out a belly laugh.”  Dr. Roger |
| 10 | Intellectual | Short Videos | [Managing Mental Health: Considerations in COVID-19](http://marketing.leadingage.org/wNEF2dZPq0000pAi00S0y0k)  [Boosting Your Resilience During Adversity](http://marketing.leadingage.org/E0Z0P0pjNzE020SF0k0dq0A)  [Creating Calm: Simple Activities for Stressful Times](http://marketing.leadingage.org/NN00APSZ000ApkF0k2d0E0q)  [Supporting Social Connectedness through Technology](http://marketing.leadingage.org/ZN2dp0ATZ0000S0E700qFPm) | Leading Age offers free on-demand, short-form learning opportunities called QuickCasts. Post these 10-15-minute videos on your internal TV channels.  Access other resources for free on the [Learning Hub page](http://marketing.leadingage.org/e20E9F00000NPm0SdAVqp0Z). | “Our brains are not static organs but are dynamic, alterable and have the incredible potential for growing, rewiring, and healing. **Neurogenesis** (the ability to make new neurons) and **neuroplasticity** (the ability of the brain to reorganize and build new neural pathways as a response to stimulation) continue well into old age. Which means that we are, in fact, architects of our own brains.” Dr. Roger |
| 10 | Intellectual | Short Video | <https://www.facebook.com/brightsideoflongevity/videos/688292301955159/> | **Abundance vs. Scarcity**  There is nothing like a pandemic to spark feelings of scarcity: scarcity of food, supplies, money, time, and work. In this video, Dr. Roger, Teresa, and Danielle discuss the scarcity mindset vs. the abundance mindset. | Cultivating positive thoughts and emotions and overcoming our negativity bias can help us experience greater abundance. |
| 9 | Social | Online singing group | [The Sofa Singers](https://www.thesofasingers.com/) | Set up by vocal leader [James Sills](http://www.jamessillsmusic.co.uk/) as a response to global self-isolation during the Coronavirus outbreak, The Sofa Singers brings together hundreds of people in real time for 45 minutes of simultaneous singing. | An excerpt from this Blue Zones article: [Casual Friendships, Coworkers, and Even Your Outer Circle Influence Your Health](https://www.bluezones.com/2020/04/casual-friendships-coworkers-and-even-your-outer-circle-influence-your-health/?utm_source=BLUE+ZONES+Newsletter&utm_campaign=408e87c2c6-MAY-2020-1&utm_medium=email&utm_term=0_9642311849-408e87c2c6-199690857&mc_cid=408e87c2c6&mc_eid=959e194062)  *“If we’re lonely, Dunbar says, one of the best ways we can develop a middle circle of friends is to join a singing group, be it a barbershop quartet, a church choral group, or a local blues or rock band. His research has found that singing produces far more satisfying social bonds than group activities such as creative writing and crafts. He calls the bonding power released by group singing the “icebreaker effect.”* |
| 9 | Intellectual | Short Video | <https://www.facebook.com/brightsideoflongevity/videos/2943706395750147/> | [Respect for One Another and Practicing Patience](https://www.facebook.com/brightsideoflongevity/videos/2943706395750147/)  In this short video, Dr. Roger, Teresa, and Danielle discuss tips for remaining calm, re-directing negative reactions, and navigating in a world where the Covid-19 virus is still a threat. | As businesses struggle to adjust to new protocols and people grow impatient wanting to get back to “normal”, it’s easy to become irritable with those around us. This is a great reminder to have patience and be positive! |
| 9 | Spiritual | Printable exercises | 1. [Mindfulness of the Earth Element](https://mindfulnessexercises.acemlnb.com/lt.php?s=fc36e9e805c8e55a3bc56d0231206f66&i=688A974A2A11758)  2. [Noticing Movement Through the Breath](https://mindfulnessexercises.acemlnb.com/lt.php?s=fc36e9e805c8e55a3bc56d0231206f66&i=688A974A2A11759)  3.[Grounding Through Breath Awareness](https://mindfulnessexercises.acemlnb.com/lt.php?s=fc36e9e805c8e55a3bc56d0231206f66&i=688A974A2A11760)  4.[Pleasant vs. Unpleasant Feelings](https://mindfulnessexercises.acemlnb.com/lt.php?s=fc36e9e805c8e55a3bc56d0231206f66&i=688A974A2A11761)  5. [Exploring the Five Senses](https://mindfulnessexercises.acemlnb.com/lt.php?s=fc36e9e805c8e55a3bc56d0231206f66&i=688A974A2A11762) | [Mindful Exercises](https://mindfulnessexercises.com/) has 2,000 free mindfulness exercises including courses and videos.  Here are links to five of their mindful worksheets to print out and share with team members and residents. | From Sean Fargo, creator of the Mindful Exercises website: *“Mindfulness is a bridge that grants us with a deeper understanding of whatever is currently present within and around us. With anxiety, depression, and stress prevalent across the globe, mindfulness practice has never been more necessary than it is today.”* |
| 9 | Spiritual | Relaxation  Worksheet and Audio Recording | [Mindful Relaxation Activity](https://mymasterpieceliving.com/resource/mindful-relaxation-activity/) | Start or end your team member meeting with this 11-minute relaxation recording. Email or print the worksheet for residents. | Mindfulness takes practice as Danielle Palli explains in this article: [The Importance of Doing Nothing](https://mymasterpieceliving.com/content/uploads/2019/04/Article_The-Importance-of-Doing-Nothing_5-minute-Meditation.docx). She also explains the benefits including less stress, a healthier immune system, better memory and concentration, and greater emotional stability. |
| 9 | Physical | Checklist with exercise links | [Ideas to Keep You Moving](https://mymasterpieceliving.com/resource/ideas-to-keep-you-moving/) | Email or print the checklist for residents as a reminder on small and different ways to move every day. It also includes links to exercise classes from Silver Sneakers and YMCA. | [Dr. Roger's blog: We Are Meant to Move!](https://mymasterpieceliving.com/resource/we-are-meant-to-move/) |
| 8 | SIPS | Printable | [www.seniorlivingmedia.com/printable-products](http://www.seniorlivingmedia.com/printable-products)  *(This resource shared by Presbyterian Senior Living)* | Various worksheets to slide under the door including Mother’s Day ideas, exercise booklet, Residents’ Tales (stories by residents for residents), puzzles and more! | Taking time each day to purposefully engage in intellectual, physical, creative, and fun activities helps provide structure while receiving the stimulating mental and physical benefits from participation. |
| 8 | Intellectual | Short Video | <https://www.facebook.com/brightsideoflongevity/videos/222862135671123/> | **Notice Anything Different? Changes…**  Dr. Roger, Teresa, and Danielle  talk about the major changes we all have been experiencing lately, our brain's response to change, and tips for coping. | Reminding ourselves that change is constant, how *we* adjust to change is within our control, and that we have successfully adapted to changes many, many times in our lives is helpful to creating a positive mindset that will support us once again. |
| 8 | Intellectual | Video links | [TED Talks May 2020](https://mymasterpieceliving.com/resource/ted-talks-may-2020/) | A list of 8 additional TED Talks categorized by SIPS to use on your internal channel or app. | TED talks are often inspirational and filled with intellectually stimulating material. Enjoy listening to these or select from many other available TED presentations specific to your areas of interest. |
| 8 | Spiritual | Worksheet | [Boundaries Part 1- Moment of Reflection #7](https://mymasterpieceliving.com/resource/boundaries-part-1-moment-of-reflection-7/) | Deliver the reflection guide and encourage a brief 10-minute daily participation. | Support your life in a positive manner by reflecting on how you take better care of yourself by setting healthy boundaries. We hope this sheet will inspire new action in your life. |
| 7 | Intellectual | Short Video | <https://www.facebook.com/brightsideoflongevity/videos/654948495327906/> | “**We’re Flattening the Curve … Now What?”** Dr. Roger, [Teresa and](https://www.facebook.com/teresa.a.beshwate?__tn__=K-R&eid=ARCHVKYukiNVOc9tGprtVD_UD1cFsktamqjHbEuEwiVUYPqDnBFF1aaDAFCNLiiVQcZLnU1PU4ajpscI&fref=mentions&__xts__%5B0%5D=68.ARDEn46SFbAtJCos_NUx0_qXXIH_Y9S92hiOVwURxm2_jPq6eWMQFonvGyjlvJ_gYitGSJrPg7dzwCBbqe_1J6jlb8E6UJlhTJeCe6DpxY_b65ocJNGb2bDsw8Exnd_0sFf4i17bGiO-RSBjWpKWPI15Yy75_q7SjpepW8OuC9PqnaaNSMS2KNONIzjMQu3GMbnE9kuOkip-dBFN3qYd978g3SnR0AtwMDhf038YzQQeKbBzvCvAufnytiNyF0A797YqdRjWbAy8BxozfT2yLsezR9pwUN9EKyDfo9tJZC-UfYaZFj4eqqTHZEXvnihWE6F5lcSHwFgE0rQWbwU4i_eL8t2nVyILHgY) Danielle talk about what's next as some businesses begin reopening. They share practical precautions, discuss how to practice discernment vs. judgement, and ways to navigate your thoughts and emotions in helpful vs. harmful ways.  Post on your internal channel or share through email. | Knowing that we are “in this together” supports our well-being and helps us remain positive during Covid19. |
| 7 | Spiritual | Instructional Video | [Alternate Nostril Breathing Instructional Video](https://vimeo.com/409810967/13003bed19) | Use this 8-minute instructional video on your internal TV channel. Also, the technique can be used with other mediation classes. | This breath work can help calm your mind and body which may  reduce anxiety and help you to manage stressors in your life. It promotes focus and overall well-being. |
| 7 | SIPS | Printable worksheets and a toll-free phone number | <https://www.mather.com/neighborhood-programs/telephone-topics>  <https://www.mather.com/alerts/resources>  *(This resource shared by Presbyterian Senior Living)* | With **Telephone Topics**, you simply call a toll-free number to listen to a wide range of interesting discussions and programs during a specific date and time (all times are in CST).  All calls are **FREE!**  The **Daily Wellness** resources offer printable activities for Movement, Mindfulness,  Brain Games and Question of the Day. | No access to a computer? No problem. These interesting topic phone calls are a great way to connect and learn, and the packet materials allow for stimulating the body and mind at a time that you choose. |
| 7 | Social | Online Platform and printable questions | [StoryCorps-Connect](https://storycorps.org/participate/storycorps-connect/?mkt_tok=eyJpIjoiWVRnME9HWmlNRFl6TnprMCIsInQiOiJLUTNtaU5SNUxGNkQwYmpza1VmU2lrc05jRzFQYzU3NzlkcnQwekRzRVJ2MDRmaDFDKys5UWt1Qm14dDVEYktSeUFqVFhSN2xlOUt4NUpnaFdWT0J6WjJQMFRIVmd1T1wvOSs5UWRrVktiWFJNMmpcLzFSUjlWT2RXMEhWNWNMcEZOIn0%3D)  [Story Crops Connect Interview Questions](https://mymasterpieceliving.com/resource/story-corps-connect-interview-questions/) | Invite family members or friends to use this platform to interview their loved ones and encourage them to share their story. Use the questions to have meaningful conversations remotely and/or the interview can be part of American history that is archived in the Library of Congress. | Telling one’s own story can support meaning and purpose, life reflection, family history and social connection. If telling your story took second place to all the activity and busyness in typical everyday life, now may be the time to enjoy pulling it together. |
| 7 | Spiritual | Printable Instructions | [Make a Nature Mandala](https://www.wildlifetrusts.org/sites/default/files/2020-04/NATURE-MANDALA_0.jpg)    [Mandala Coloring Pages](http://www.supercoloring.com/coloring-pages/arts-culture/mandala)  For more nature ideas: <https://www.wildlifetrusts.org/looking-after-yourself-and-nature> | Pick a week focused on making the nature mandala and have residents collect items throughout the week. Pair it with a meditation series or mandala coloring pages. | Mandala’s traditionally teach two principals, mindfulness and focus while creating the art, and non-attachment when letting it go. Use these exercises to focus on those two principals as well as spending relaxing and reflective time in nature while collecting your materials. |
| 6 | Spiritual | Reflection Worksheet | [Strengths-Based Support- Moment of Reflection #6](https://mymasterpieceliving.com/resource/strengths-based-support-moment-of-refection-6/) | Deliver the reflection guide and encourage a brief 10-minute daily participation. | Reflecting on powerful thoughts and questions can support positive life change. This worksheet is focused on using your personal character strengths to support you and others through challenges. |
| 6 | Spiritual | Meditation Worksheet and Audio Recording | <https://www.spreaker.com/e/5YpJ24JaBsw>  [Ocean Breathing Meditation Worksheet](https://mymasterpieceliving.com/resource/ocean-breathing-meditation/) | This is a follow-up to the last meditation that focuses on a technique - ocean breathing. | Meditation supports the practice of mindfulness - a process of centering, calming, and focusing. This guided meditation will take you through a 3-part breathing exercise called Ujjayi to support centering in the body, mind, and spirit. |
| 6 | Social | Art ideas with links | [Collaborative Art Ideas](https://mymasterpieceliving.com/resource/collaborative-art-ideas/) | Use these art ideas to bring your community together. Share where the art piece will be displayed after everyone (TMs and residents) complete their piece. | We are socially connected even if we are physically distant. Creating joint art provides connection and fosters the energy of working together. When it is completed, you will have a beautiful creation to share together. |
| 6 | Intellectual | Short videos | [Dr. Roger and Friends Facebook Videos](https://mymasterpieceliving.com/resource/dr-roger-and-friends-facebook-videos/) | Dr. Roger and Friends have posted short (about 10 minutes) videos on Facebook focusing on life during the COVID-19 pandemic. Post them on your internal channel or share through email. | Enjoy short videos with a positive angle on maintaining well-being during Covid19. |
| 6 | Physical | Online course | [Free 8-lesson Master Sleep Course](https://courses.drhyman.com/sleep-course-own?utm_source=Broken+Brain+1+%2B+2+%28Combined+List%29&utm_campaign=a186bf6e10-EMAIL_CAMPAIGN_2018_03_29_COPY_01&utm_medium=email&utm_term=0_c903b97dee-a186bf6e10-119951117&mc_cid=a186bf6e10&mc_eid=a377599daa) | Dr. Mark Hyman has offered his Master Sleep Course for free! It includes 8 lessons with practical tips to reset your sleep. | “The best bridge between despair and hope is a good night’s sleep.” – **E. Joseph Cossman**  “Sleep is that golden chain that ties health and our bodies together.” –  **Thomas Dekker** |
| 5 | Intellectual | Audio Book | Live Long Die Short Summary: <https://www.spreaker.com/e/cwAttHFUn8R>  Book Club Questions:  <https://mymasterpieceliving.com/resource/the-live-long-die-short-book-club-facilitators-guide/> | This is a nice option for everyone, including those with limited vision and preferences for learning through listening. Consider creating a book club, with distributed questions and scheduled times to meet virtually or on a conference phone line for group discussion. | Reading, or listening to a book supports continued intellectual growth. An audio book can be excellent for individuals who learn better auditorily. Reap the benefits by taking on the actions listed in this book that are proven through research to support living well. |
| 5 | SIPS | ICAA Activity Booklet | <https://drive.google.com/file/d/1W0jDLBvsqdBr0HE97-2pdxveXkBeeZ5R/view> | This ICAA booklet includes 30 different ideas with attached links or printable resources. | Continuing to stay mentally engaged in daily life, whether through virtual or traditional (paper) means, supports overall mental and physical well-being, and helps you move through the day with less stress. |
| 5 | Spiritual | Meditation Worksheet and Audio Recording | <https://mymasterpieceliving.com/resource/three-part-breathing-meditation/>  <https://www.spreaker.com/e/YpAuTjynvHs> | Start or end your **team member** meeting with this 7-minute breathing meditation. Post the Spreaker link and worksheet on your internal communication or on your Facebook page. | Meditation supports the practice of mindfulness. It is a process of centering, calming, and focusing. This guided meditation will take you through a 3-part breathing exercise to support centering in the body, mind, and spirit. |
| 5 | Physical | Charity Miles App | <https://miles.app.link/s74mrs7IE5> | We invite **team members** and **residents** to join our Charity Miles team during the month of May as we track our miles to raise money for [Feeding America.](https://www.feedingamerica.org/) | Movement always matters and especially right now. This app provides motivation through group effort and movement that raises money for charity. Move with Masterpiece Living. |
| 5 | Physical | Recipe PDF | <https://mymasterpieceliving.com/resource/no-bake-energy-balls-recipe/> | Schedule a 20-minute **team member** meeting to make and enjoy the no-bake energy balls.  Delivery this recipe and ingredients to **residents**. | Taking time to support and energize team members through an activity of connection and fun (while creating a source of on-the-go energy) helps promote engagement and refill one’s emotional bucket. |
| 4 | Spiritual | Reflection Worksheet | <https://mymasterpieceliving.com/resource/creative-problem-solving-moment-of-reflection-4/> | Deliver the reflection guide and encourage a brief 10-minute daily participation. | Reflecting on powerful thoughts and questions can support positivity in life. This worksheet is focused on using wisdom, experience, and creativity to tackle current problems. |
| 4 | Intellectual | Online Documentaries | <https://www.documentary24.com/> | Stream documentaries for **free**, no download or subscription required.  Call your neighbors and watch the same documentary and set up a time to discuss it. | Connecting with others, even over the phone or in groups through online services like Zoom, can be a lot of fun and bring valuable social connection to your day. |
| 4 | Intellectual | Online Courses | <https://www.coursera.org/> | Call a friend and take a course together. We recommend *The Science of Well-Being:*  <https://www.coursera.org/learn/the-science-of-well-being?> | What better way to fill your time and emotional well-being than by participating in this uplifting course? Join Yale Professor Laurie Santos in this popular course as she “reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change.” Exercise your brain with online learning. A quick search in Coursera can pull up many different topics to match with your interests. |
| 4 | Physical | Skype | <https://laughteryoga.org/trainings/skype-laughter-club/> | Residents and team members can join a Laughter Yoga Club in your area or join the Skype Laughter Club. | In his book, Anatomy of an Illness, Norman Cousins wrote "I made the joyous discovery that 10 minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep.” Look for things that make you laugh and enjoy the many physical and emotional benefits laughing brings. |
| 3 | Spiritual | Reflection Worksheet | <https://mymasterpieceliving.com/resource/sufficiency-moment-of-reflection-3/> | Deliver the reflection guide and encourage a brief 10-minute daily participation. | Reflecting on powerful thoughts and questions can support positivity in life. This worksheet is focused on sufficiency and having enough in our lives. |
| 3 | Spiritual | Meditation Worksheet & recording | <https://mymasterpieceliving.com/resource/moving-through-emotions/>  <https://www.spreaker.com/e/8STPyTbnrUa> | Post the Spreaker link and worksheet on your internal communication or on your Facebook page. Assign a time for everyone to participate. | Focusing on feelings through intentional awareness supports emotional resilience and awareness. Breathing into what you notice and feel supports mind-body-spirit awareness and brings about relaxation. |
| 3 | Intellectual | Learn 30+ languages online | <https://www.duolingo.com/> | Motivate residents to connect with friends, family members or staff, to learn the same language and be able to practice together. | Learning a new language is a great way to challenge the brain, and thus, create new neural pathways. Continued learning is beneficial in maintaining brain health. |
| 3 | Physical | Daily email | <https://www.healthline.com/newsletter-signup> | Encourage residents to sign up for Healthline’s 25-Day MOVE YOUR BODY Challenge (located under the newsletter list) to receive a short video demonstration of a new exercise each day in their inbox. | Movement gets the blood and oxygen flowing, helping to ease stiffness, increase flexibility, and re-energize the body and brain. Follow a short video clip with one new exercise each day during the 25-day challenge. Try just the new one or add the new one to the exercise you tried yesterday. |
| 3 | Social | Online newsletter | [https://seniorplanet.org](https://seniorplanet.org/) | An online community of people 60 and older. Residents can sign up for the Senior Planet Newsletter (free) or join as a member (any donation amount). Either way, receive access to numerous weekly online programs and events. “YES, to physical distancing & NO to social distancing” | Join other like-minded older adults across the country to learn how to use technology to stay connected, shop online, use food delivery services, and more. Follow exercise classes, meditation sessions, and dance sessions with others online from the ease and comfort of your own home. |
| 2 | Spiritual | Opera Videos | <https://www.metopera.org/season/radio/free-live-audio-streams/> | Streaming nightly operas. | The benefits of listening to and relating to music are numerous. Enjoy a night at the opera and feel free to dress up for this event if you choose! |

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| 2 | Intellectual | Museum virtual tours | <https://artsandculture.google.com/> | Residents can explore museums (and more) in several ways. Walk through the 360 self-guided tour, or click through the different collections of art. No audio and very easy to use. | Enjoying virtual tours may seem like the time travel you imagined as child. Virtual travel is an incredible resource that is a result of the advancement of technology. It allows us to see and learn from many things around the world. |
| 2 | Spiritual | Meditation Worksheet | <https://mymasterpieceliving.com/resource/meditation-worksheets/> | Deliver the meditation guide and encourage a brief 10-minute participation daily for a week. | Taking brief moments to support your own physical and mental health can strengthen your outlook for the day. |
| 2 | Physical | Online yoga and meditation videos | <https://relief.ekhartyoga.com/> | Promote the live classes every weekday for those who enjoy meditation, are yoga enthusiasts, or just want to relax while watching and listening to these exercises performed via video.  Offer to team members as well. | Gentle movement, breathing and relaxation can help create a sense of calm in a short time. Sign up for this free resource and enjoy 6 meditation and 6 yoga classes delivered right to your screen. Beginner level and up. Even just watching the calm progression of the yoga exercises can be helpful to promoting one’s own sense of relaxation. |
| 2 | Intellectual | Dr. Roger and Friends  Podcast Series | <https://www.spreaker.com/show/dr-roger-friends> | *The Bright Side of Longevity*: Join a physician, a life coach, a spiritual guru and their guests over coffee and conversation about the bright side of getting older ... that is right, the bright side! | Listen to these series of podcasts to stay informed about the many things that contribute to living well. Beneficial for all ages. |
| 2 | SIPS | SIPS Challenge worksheet | <https://mymasterpieceliving.com/resource/sips-challenge/> | Use the CHALLENGE sheet to inspire engagement and fun! | Participation in regular physical, mental, spiritual, and social (at a distance) initiatives allow us to engage our mind, body, and spirit. Can a simple wave to someone across the way help lift spirits? Yes! Try out the SIPS Challenge sheet this week. |
| 2 | Intellectual | Podcast Instructions | iPhone: <https://mymasterpieceliving.com/content/uploads/2020/03/Instructions-for-Listening-to-Podcasts-on-iPhone.docx>  Android: <https://mymasterpieceliving.com/resource/instructions-for-listening-to-podcasts-on-android-phones/> | Learn how to access podcasts. Podcasts are mostly audio files and sometimes include videos most often accessed from a smartphone. | Podcasts cover a variety of topics and offer an opportunity to hear interviews, learn about favorite topics, hear updates on current events and more. They can be a form of entertainment and can even help you form new interests. |
| 1 | Spiritual | Meditation worksheets | <https://mymasterpieceliving.com/resource/meditation-worksheets/> | Deliver the meditation guide and encourage a brief 10-minute participation daily for a week.  Consider a set time of day where all participants can practice this at the same time – even though they are separated. | Taking brief moments to support your own physical and mental health can strengthen your outlook for the day. Notice how you are feeling before you begin, and what changes you feel in your mood and your physical being once you finish.  Knowing that you are joining others, even though you are not seeing them, can provide an additional sense of strength and community. |
| 1 | Spiritual | Podcast series | <https://www.happinesslab.fm/> | Select a podcast for residents to watch and set up a group email to write their thoughts about the podcast. | Looking for the positive is always helpful to overall well-being. Communicating and sharing thoughts with others strengthens relationships. |
| 1 | Intellectual | Origami worksheets | <https://www.origami-fun.com/printable-origami.html> | Deliver the worksheet with origami paper and ask residents to place the finished product on display outside their front door. Feel free to decorate to make each one unique. | Using both cognitive skills and fine motor skills is healthy. Sharing the experience with others through the door display supports a sense of community. |
| 1 | Intellectual | Virtual tour | <https://britishmuseum.withgoogle.com/> | Set up a zoom meeting to invite residents to tour the museum together. | Getting “outside” of the confines of the apartment or home, even virtually, can give a sense of freedom and control. |
| 1 | Physical | Exercise Videos | <https://go4life.nia.nih.gov/> | Send reminders encouraging residents to complete the simple 4-6 exercises once or twice daily. | With limited group activities and more physical isolation, individuals are likely moving less. Maintaining muscle tone, flexibility, and balance are important to overall physical health. |