

This guide was created by Area Agency on Aging of Dane County. A special thanks to Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR) and Dane County Focal Points for sharing resources. In 2021, GWAAR will be the lead on updating the guide. This guide is meant to be used as a tool to help combat social isolation and loneliness in older adults. Please contact Pam VanKampen, GWAAR OAA Consultant with any questions or if you have additional resources to add. [Pam.vankampen@gwaar.org](mailto:Pam.vankampen@gwaar.org) 608.228.8095

## Wellness Calls

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 the links listed on the right

## Physical Activity

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 resources and updates directly to their inbox. Learn more at <https://www.nia.nih.gov/health/exercise-physical-activity>
  - [Go4Life 15 Minute Sample Workouts](#)
  - [Go4Life 10 Minute Sample Workouts](#)
2. **Daily Wellness Challenge**
  - [Whole-Body 30-Day Wellness Challenge from SilverSneakers](#)
  - [Workplace Wellness Challenges](#)
  - [Aging Mastery](#)
3. [Printable Exercises](#)
4. [Silver Sneakers Yoga](#) (7 minutes)
5. **Utilize Zoom, GoToMeeting, etc.**—Set up “Zoomba” classes, chair yoga, tai chi, or any kind of fitness class via video chat.
6. [The New York Times 6 Minute Workout](#)
7. [WIHA Physical Activity Resources](#) & [WIHA Falls Prevention Resources](#)
8. [StrongBodies](#)—Exercise video with strength training exercises designed to maintain fitness and to increase both strength and bone density.
9. [Madison School & Community Recreation Fitness 50+](#)—Playlist of 8 exercise classes for 50+



10. [Senior Exercises Online](#)
11. [HASFit YouTube](#)—Station offering exercise workouts for seniors and those with limited mobility.
12. [SASC Yoga Classes with Stoughton Yoga](#)—Stoughton Area Senior Center offering yoga classes on YouTube!

## Brain Health

### 1. Trivia or Question of the Day

The following are all free resources from Memory Lane Therapy. (This is a UK site)



- [Quizzes for Seniors](#). There is a printable version and a variety of topics
- [Movement Activities for Seniors](#). Great ideas for groups
- [Arts & Crafts Ideas](#)
- [Special Event Celebration Ideas](#) there are many non-traditional days to celebrate, for example, Betty White Day.
- [Therapeutic Activities](#)
- [Social Activities](#) Such as Name that Tune, Reminiscing in the 50s and 60s kitchen and more!

2. [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.

### 3. Brain Teasers

- [Print](#)
- [Thinkable Puzzles](#)
- [Fun Brain Teasers](#)
- [Free Unblocked Games](#)



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. [COVID-19: Resilient Wisconsin](#)—Resource from Wisconsin Department of Health Services
8. [Music Therapy Program for Older Adults and Caregivers](#)—Middleton Music Therapy Services, LLC provides one-on-one therapeutic care with a board-certified music therapist to address the physical, emotional, cognitive, and social needs of individuals. This program is funded through the Caring for Caregivers grant. Recipients must have a smartphone (android or iPhone), tablet, laptop, or desktop computer with a working camera. Applications are made by contacting Jane De Broux (261-5679 or [Debroux.Jane@countyofdane.com](mailto:Debroux.Jane@countyofdane.com)).

## 9. Mental Health Apps:

- [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.
- [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.

10. **TBH (Total Brain Health) Offers Free "On-Demand" Brain-Wellness Engagement Programs for public use in response to COVID-19.** Prerecorded online brain coaching series (available in video or audio format). Printable worksheets can be downloaded for at-home practice. Learn more at <https://anytime.totalbrainhealth.com/> They also has TBH Toolkits and TBH Toolbox for purchase at <https://totalbrainhealth.com/>

## Entertainment Resources

### 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



- [Google Arts and Culture](#)
- [Virtual Museum Tours](#)
- [30 Virtual Field Trips](#)
- [Art Museum Virtual Tours](#)
- [National Parks Virtual Tours](#)



4. **Writing Program**—In Madison, an intergenerational writing program is underway. Older adults have been paired with local high school students. They are discussing short articles on Ageism. Because discussions are in written form, social distancing requirements are met. For more information, contact [Madison Senior Center](#).

5. **Poetry**—This is a list of where you can find poetry online. <https://bookriot.com/free-poetry-online/> In addition, you could have people call in with written poems and add them to your newsletters. Or have them submit poems to local TV or newspaper.

6. **Dane County Parks: Conservation Corner Video Series**—Each Friday at 1 pm, videos are [posted](#) on Facebook helping you engage with parks right from home! Weekly topics include: Habitat Restoration, Birding, Prescribed Burns, Volunteerism, and What's Blooming? History of Dane County Parks, Tree Care, and more.

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

8. [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.
9. [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.
10. [The UnLonely Project](#)—There are over 35 films that are inspiring, moving, and engaging.
11. [Bird Watching](#)—Obtain/distribute birdseed with information on bird watching.
  - a. <https://homeschoolgiveaways.com/2015/05/bird-nature-study-series-free-printables-resources-crafts-and-activities-for-bird-watching/>
  - b. Free apps <https://birdwatchinghq.com/birdingapps/>
12. **NEWS Call**—Nutrition Education and Wellness Social Call occurs every other Tuesday starting December 8, 2020, at 10:30 AM. Dial (215) 446-3656 to learn all things nutrition, wellness, healthy aging, and more! The December 8<sup>th</sup> call will focus on healthy holiday habits and recipes.
13. [TimeSlips](#) – This organization is an international network of artists and caregivers committed to bringing joy to late life through creativity and imagination. The creativity center allows anyone to read and share stories, ask questions, and even do a creative project. There is also training which includes:
  1. how to bring joy to the elders, families and staff served
  2. Exploring meaningful educational experiences with elders
  3. Learning how to creatively engage and connect with a loved one

## Positivity

1. [Place positive affirmations in meal bags](#)—Click on Activities-Conversation Starters > Words of Encouragement Full Page Quotes
2. **Have meal participants write positive notes to each other**—You can utilize your nutrition program for this. Have the meal delivery volunteers collect notes from participants and distribute them the next day.
3. [Mindfulness Resource](#)
4. [“Be the reason someone smiles today” postcards](#)
5. **Gratitude Wall**—Share something you are grateful for, have a “gratitude wall” where people can submit items to be posted.
6. [Joy4All Hotline](#)— “Students launch a hotline with jokes, stories, and support for isolated seniors,” Christopher Dawson, *CNN* (4/18/20)
7. [Staying Mentally Healthy During Coronavirus](#)—Free resources for emotional and physical health
8. **WAYS TO #AGEWELL**. Mather Lifeways “Our Ways to #AgeWell series” provides research-based tips every weekday to help you make the most out of each day. From boosting brain health to building resilience and happiness, every simple little tip can make a big difference in your life. [Sign up](#) to receive tips by email, or follow us on Facebook and Twitter.



## Social Connections

[Well Connected](#)—a free site that offers several opportunities for engagement using just a phone.

[Social Call](#)—the free site matches volunteers with seniors on a one-to-one basis, bringing compassionate conversation and care into their lives and allowing volunteers to listen and learn.

[Lonely No More](#) – a series of programs focused on exploring the making and unmaking of loneliness, isolation, and connectedness, through a wide array of programming and content centered on loneliness.

Points of access include:

1. available podcasts from different artists, community leaders, and researchers
2. Roundtable Conversations: Nonhuman Kinship (04/13 from 1:00-2:30pm) and Weaponizing loneliness (05/06 from 2:00-3:30)

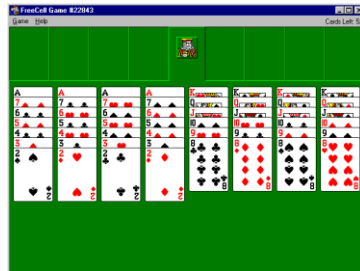
**Story Time**—Connect with local radio stations and librarians to read a book (30 min segment).

**Newspapers**—Connect with local newspapers and see if they would donate newspapers to meal participants.

**Book club**—Create a book club with seniors via zoom, conference call, etc. You can also utilize volunteers for this and create a “one-on-one” book club between the volunteer and older adult. Have the volunteer call and read a chapter of a book and then discuss. Try one of these free online book clubs: [Action Book Club](#), [Andrew Luck Book Club](#), [Oprah's Book Club](#), [Reese's Book Club](#)



### [Play Cards Together](#)



### Pen Pal Programs

[Pen Pal Program](#)—Madison Senior Center created a pen pal program matching volunteers to older adults in the Madison area to correspond and make new friends. Currently, 30+ people are participating and there's room for more! Can be done using old-fashioned pen and paper, email, texting, social media, or however you and your pen pal decide.

[To Battle Isolation, Elders and Children Connect as Pen Pals](#)—“Pen pal programs have sprouted up around the world as schools and senior centers try to keep older adults connected and children occupied,” Mihir Zaveri, *New York Times* (4/10/20)



**Car Parade**—Coordinate a local drive-by car parade. Have staff wear silly costumes, play music, smile and wave while participants drive by.

[SpreadJoy24/7 Movement](#)—through writing letters

[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.



[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. <https://golhelp.org/>

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

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

[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!

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

[Far From Alone](#)—A public health awareness campaign to address health-related social needs and to promote understanding of loneliness and social isolation issues that are exacerbated by the Coronavirus pandemic. They have many resources including Institute on Aging's Friendship Line. This is a toll-free line for a friendly conversation and caring ear of a trained volunteer.

[AARP Friendly Voices](#)—Trained AARP Friendly Voice volunteers to provide a call to say hello. Dial 1-888-281-0145 or complete the form on their website and a volunteer will contact you.

[Senior Planet](#) -They have a wide variety of online programs every week to keep learning, connecting, and exploring. Check out their COVID Resource Guide on how to get connected <https://seniorplanet.org/coronavirus-2/>

**Aging Connected.** National Campaign dedicated to closing the technology adoption gap for older adults. With generous support from the Humana Foundation, they have a goal of bringing one-million seniors online with high-speed internet by 2022. Aging Connected is helping to connect older adults across the country with low-cost internet options and learning opportunities through Senior Planet. <https://agingconnected.org/>

If the older adult is a new internet user and want to know how to use Zoom, how to connect to wi-fi, how to choose a computer and more fundamentals, check out <https://seniorplanet.org/aging-connected/>

ACL and partners from across federal government, Aging and Disability Networks, and others created the [Commit to Connect campaign](#) to combat social isolation and loneliness and address this serious issue in all communities. At <https://acl.gov/CommitToConnect> you will find activities that people of all ages can do alone or with family and friends. You'll also find links to resources that will help people find programs and activities in communities across the country.

**SAGE National LGBT Elder Hotline.** Talk and be heard at the SAGE LGBT Elder Hotline. Members of the LGBT community are likely to live alone and feel isolated. Through the hotline, anyone with a phone can connect to a LGBT responder who is friendly, knowledgeable, and ready to listen. If you are a LGBT elder or care for one, call the free SAGE Hotline, toll-free at 877-360-LGBT (5428), available 24/7 in English and Spanish, with translation in 180 languages. Learn more at <https://www.sageusa.org>

## The Hummingbird Project Virtual Activity Program

The Hummingbird Project is a one-on-one therapeutic activity program for older adults, as well as adults with disabilities. This unique program pairs clients with Activity Specialists who create individualized programming for each client based on holistic quality of life goals; this might include intellectual engagement, life review, creative enrichment experiences, memoir writing, art classes, physical activity, etc. You will receive a brief report after every session highlighting the activity or events of the week. In response to the COVID-19 pandemic, we are pleased to offer virtual programming, serving older adults across the nation through technology and remote connections.

You can read more about the program online at [www.hummingbirdproject.net](http://www.hummingbirdproject.net), and watch our 5-minute mini-documentary [here](#).

**Fees:** The Activity Specialists rate for services is \$100 /hour. In addition to the session time, please note we bill for time spent on behalf of the client including prep time, and report writing time.

Feel free to call (650) 777-7607 or email Kari Rogesnski, Director of the Hummingbird Project at [krogenski@sageeldercare.com](mailto:krogenski@sageeldercare.com) for a 30-minute complimentary consultation!

**At Home with JABA** - <https://www.jabacares.org/at-home-with-jaba> There's plenty to do via phone and internet with At Home with JABA - bingo, games, informative presentations by our JABA nurses, exercise sessions, and more. Check out the latest event calendar and access Zoom links and conference call numbers below.

### Two Ways to Connect!

1. CONFERENCE CALLS: Use the following number: 434.885.5678. Type in ID: 483# and then password: 24646#
2. ZOOM: access link [here](#) / Meeting ID: 627 272 9039 / Passcode: 153121

## Alzheimer's and Dementia Resources

**Memory Café'**: a social gathering which allows for individuals with memory loss and someone important in their life to socialize, connect, and build support networks with others experiencing memory loss as well. The [Memory Cafe Directory](#) will allow you to find a cafe anywhere in Wisconsin.

**Generation Connect App** <https://generationconnect.app/> A Digital Therapeutics App for Dementia Care Helping people with dementia and their care partners treat behavioral symptoms through evidence-based routines & rituals. The Generation Connect (GC) App empowers people with memory loss and their teams to stay engaged and connected. The mobile app helps teams establish routines and rituals that have been shown to reduce troubling symptoms, enhance wellbeing and spark cognition.

**SPARK** - is a cultural program for people that are living with memory loss along with their caregivers and family. The program aims to engage participants with their communities through engagement, programs, and workshops.

**Brain & Body Fitness Program** - is an evidence-informed group exercise program designed for people living with mild to moderate Alzheimer's disease and other related dementias along with their caregivers.

**Music & Memory** - is a way for individuals with dementia and cognitive concerns to reconnect with the world through music-triggered memories and joy and improve quality of life.

[LEEPS](#) – a free program focused on matching people with Alzheimer’s disease or related dementia to a volunteer in their community that will exercise and go with them on outings in the community (currently available in Ashland, Bayfield, Iron, Sawyer, and Price counties).

The Statewide Dementia Care Specialist Program hosted monthly webinars throughout 2021 for people living with dementia and their family caregivers about various topics. *Information on 2022 webinars coming soon.*

**The webinars hosted by DCSP can be found here:**

<https://vimeo.com/showcase/8643812?page=1>

## Caregiver Resources

Through the [Alzheimer’s Association](#) caregivers can find support groups near them both virtually and in person.

This [Fact Sheet & Information](#) – is filled with many helpful tips and education about caring for someone with dementia as well as caring for yourself as a caregiver

[Caregiver's Guide to Understanding Dementia Behaviors](#)– is an article providing information about tips or communication as well as a guide for managing certain behaviors.

## Additional Resources

[211](#) and [United Way Dane County](#)—Social engagement tools, as well as social services and other resources, will be accessible via the national 211 databases. For local resources and programs, use United Way Dane County.

[Coalition to End Social Isolation & Loneliness](#) – A compilation of resources on the physical, behavioral, and mental health effects of physical distancing and how to stay connected with others while intentionally isolating oneself.

[“Older Adults Remain Isolated Despite Reopening These Programs Help”](#)—Mariel 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>

[DHS COVID-19](#)

[Anxiety and Depression Association of America](#)

[National Alliance on Mental Illness](#)

["Comforting Wisconsin Seniors During Coronavirus](#)

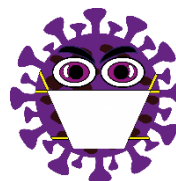
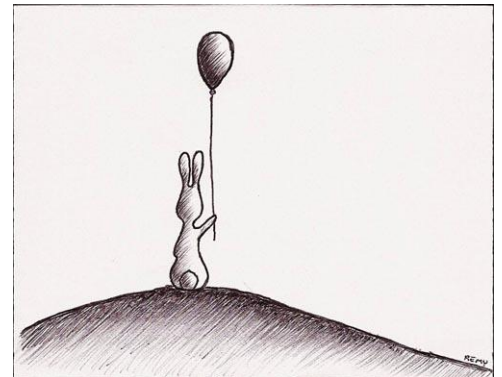
[News](#) (4/29/20)

["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)



["Pandemic"](#) Marti Glaser, *Spectrum*



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

"[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)

[Resources and Tools to Support COVID-19 Emergency Preparedness and Response](#) from the National Resource Center Nutrition and Aging. There are several excellent resources, handouts, webinars, guides, and more.

Free Publication [Older Adults and Depression booklet](#) from National Institute on Aging.

