

Staying Home, Staying Connected



Resources To Engage and Connect

In Times of Social Distancing

AN OLDER ADULTS RESOURCE GUIDE

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CENTER FOR INNOVATION
AND WELLBEING



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Why this Resource Guide?

As we confront the challenges of social distancing during the COVID-19 pandemic, the Front Porch Center for Innovation and Wellbeing (FPCIW) created a resource guide that supports the greater community in helping older adults stay engaged and connected. The following pages contain content and ideas of technology and online resources available to meet the emotional and social needs of older adults.

We would like to recognize and acknowledge our Front Porch staff and caregivers for contributing to the creation of this Resource Guide, and for their compassion and dedication in the frontlines. We are deeply appreciative for the work that you do, and without you, none of this would be possible. We would also like to honor all of the caregivers outside of Front Porch as well: your role in supporting the older adult community is critical, and we hope this Resource Guide helps you in your commitment to serve.

Please feel free to get in touch with us if you have any questions, comments, or inquiries.

Front Porch Center for Innovation and Wellbeing
800 N. Brand Blvd., 19th Fl.
Glendale, CA 92103
818-254-4100
JSLEE@FRONTPORCH.NET





Alexa Quick Skills

As we all practice safe social distancing during these unsettling times, the Front Porch Center for Innovation and Wellbeing would like to share with you some suggested skills you can use with your Alexa device to stay connected and engaged. Thank you, and stay safe!

Quick Commands

- *“Alexa, call ____”* (for video calls, staying connected with family)
- *“Alexa, help me stay connected with _____”* (to stay in touch with friends and family members)
- *“Alexa, remind me to _____”* (reminders are a great use case and can be for walking, drink water, take medication, etc)
- *“Alexa, let’s play a game”*
- *“Alexa, open 7 minute workout”*
- *“Alexa, help me meditate”*
- *“Alexa, open Puzzle of the day”*
- *“Alexa, open sleep sounds”*
- *“Alexa, wash my hands”* (to help with handwashing)
- *“Alexa, play 60s music”*
- *“Alexa, what song is this?”*
- *“Alexa, what else can you do?”*
- *“Alexa, play ocean sounds”* (play ambient sounds)
- *“Alexa open Guided meditation”* (skill)
- *“Alexa, Share a photo”* (devices with screen only)

Other useful features for better usability:

- **Alexa Captioning** displays text captions on Echo devices with smart displays on some videos. Toggle on this feature in settings, and say *“Alexa, turn on/off Alexa captions.”* (only for devices with screens)
- **Tap to Alexa** is a feature that lets you interact with Alexa through text and tiles, instead of your voice. To enable, go to Settings, select Accessibility, and then select Tap to Alexa. (only for devices with screens)
- **Preferred Speaking rate** – adjust Alexa’s response rate by asking, *“Alexa, speak slower.”*
- **Screen magnifier** enlarges items on Echo devices with screens. To enable, say, *“Alexa, go to settings,”* swipe down from the top of the screen and select Settings. Select Accessibility and then select Screen Magnifier. (only for devices with screens)
- **Sleep Sounds: White Noise:** Whether you need a little extra help sleeping or would like to block out unwanted sounds, white noise is known to help you with this! Try this easy to use skill by saying, *“Alexa, open White Noise.”*
- **Sleep Meditation:** Meditation guru, Jason Stephenson, leads you into 40-60 minute guided meditations to help you relax into a deep sleep. Just say: *“Alexa, open Sleep Meditation.”*
- **Deep Breath:** Have a second? Or, need one? Use Alexa to help you relax with some of these breathing exercises. Just ask, *“Alexa, open Deep Breath.”*
- **Mental Samurai:** Keep your mind sharp with this simple questions game. Try to answer 12 questions in under 5 minutes to secure your spot at the top! Just ask, *“Alexa, open Mental Samurai.”*
- **Question of the Day** Exercise your mind and use this skill to learn something new about different topics such as arts and entertainment, American history, dinosaurs, and more! Just ask: *“Alexa, ask Quick Quotes _____”*
- **Quick Quotes:** Interested in quotes by various personalities throughout history? Or need some inspiration? Enable Quick Quotes and ask: *“Alexa, ask Quick Quotes to give me a quote.”*



- **Radio Mystery Theater:** Ever listened to the old-time radio show CBS Radio Mystery Theater? Listen in now on your Alexa! Just ask, *"Alexa, open Radio Mystery Theater."*
- **Good Vibes:** Need some motivation and good energy throughout your day? This skill powered by Penguin Random House provides you with three quotes daily from your favorite books and authors. Just say: *"Alexa, ask Good Vibes for a quote."*
- **Mayo Clinic First Aid:** Need quick first aid advice? The Mayo Clinic First Aid skill provides self-care instructions for everyday mishaps and other situations and provides hands-free answers from a trusted source. Just say: "Alexa, open Mayo First Aid" and follow prompts. You can ask things like "How to treat a cut."
- **6-Minute Full Body Stretch:** Incorporate this easy-to-follow 6-minute stretch to prepare you for the day or to help you relax in the evening. Just ask, "Alexa, open Full Body Stretch" to start your practice.
- **Board Game Rules:** Are you ever playing a board game and get into a bickering match over the rules of the game? Now you can use the Board Game Answers Skill to access that information without having to shuffle through the instruction manual, which may not be readily available in the first place. Just say: "Alexa, ask board games how many people can play Monopoly" or "Alexa, ask board games who goes first in Scrabble"

You can even just say, *"Alexa, let's chat"* and start chatting with your Alexa.



Online Resources (version 1.0)

Take advantage of the vast resources available online. Working with resources from within and outside Front Porch, we assembled a list of engaging and interested websites to help you reflect, find new experiences, and to connect with others.

AERONAUTICS AND SPACE

- **Boeing**: Take virtual tours and explore behind the scenes in the latest engineering, technology, and manufacturing that's happening at Boeing. (www.boeingfutureu.com/virtual-field-trips)
- **NASA Glenn Research Center**: Explore missions and view ultra high-def videos of space missions. (www.nasa.gov/content/ultra-high-definition-video-gallery)
- **NASA's 4K virtual tour of Earth's moon**: Detailed video takes you to a number of interesting sites on the moon, highlighting a variety of lunar terrains. (<https://moon.nasa.gov/resources/168/tour-of-the-moon-4k/>)
- **Solar System Scope**: Take an incredibly accurate tour of the solar system, the night sky, and view outer space in real time. (www.nineplanets.org/tour)

GARDENS

- **Buffalo and Erie County Botanical Garden**: Take a virtual tour of these iconic gardens (www.buffalogardens.com/pages/our-gardens)
- **Highgrove Gardens, UK**: Take a tour of The Prince of Wales and Duchess of Cornwall's stunning private residence. (<https://artsandculture.google.com/exhibit/igLSEOWqhVHoJw>)



- **Kew Gardens, UK**: Google has used the Streetview tricycle to ride through Kew and even through its greenhouses to capture 360° views. Simply go to <https://maps.google.com> and type in “Kew Gardens, UK” into the search bar. On the bottom right hand of the page, you should see a small yellow person. Grab this person with your mouse and drag them to any part of the garden that you’d like to explore!
- **Portland Japanese Garden**: Take a virtual 360° walk through the garden and learn about sites of interest along the way! Best viewed in full screen.
(www.usawest.gardentaining.com/portland_japanese/index.html)

AQUARIUMS & ZOOS

- **Atlanta Zoo Panda Cam**: See what the pandas at the Atlanta Zoo are up to at this very minute! (www.zooatlanta.org/panda-cam)
- **Cincinnati Zoo & Botanical Garden**: Join a Home Safari Facebook Live each weekday at 12 noon PST where zookeepers highlight an amazing animal each week! If you miss the stream, you can always view archived videos on their YouTube channel.
(<http://cincinnati zoo.org/home-safari-resources/> and www.youtube.com/CincinnatiZooTube)
- **Georgia Aquarium**: You can find live webcams to peek in on the lives of African Penguins, Beluga Whales, Southern Seaotters, Piranhas, and more.
(www.georgiaaquarium.org/webcam/beluga-whale-webcam)
- **Monterey Bay Aquarium**: Tune into a variety of webcams: aviary, coral reef, sharks, and jellyfish to name a few!
(<https://www.montereybayaquarium.org/animals/live-cams/>)
- **San Diego Zoo**: Take a glimpse into the world of the animals and see what they’re up to while the visitors are away.
(www.zoo.sandiegozoo.org/live-cams)



ART & CULTURE

- **Archdaily:** Articles and highlights of modern architecture (www.archdaily.com)
- **Artsy:** Explore current events and works of up and coming and renowned artists alike. (www.artsy.net)
- **Dezeen:** Articles and news of the modern art world. (www.dezeen.com)
- **Google Arts & Culture:** Virtually tour renowned museums across the globe and view some of the most famous works of art up close and personal (<https://artsandculture.google.com>)
- **The Kennedy Center:** Watch performances from the Kennedy Center's stages and beyond. (<https://www.kennedy-center.org/digital-stage>)
- **Live Streamed Classical Music:** Google "ClassicFM Met Opera to Berlin Phil" and [click the first link](#) that appears for a comprehensive list of concerts

MUSEUMS

Google Art & Culture is a wonderful platform to view iconic works of art up close and personal, stroll through internationally renowned museums, and visit well known points of interest. Visit <https://artsandculture.google.com> and type in the name of the museums below in the "search bar" to get an insider's virtual glimpse.

- **Baseball Hall of Fame** - The Baseball Hall of Fame offers 360 degree tours. (www.baseballhall.org/discover-more/education/virtual-field-trip)
- **British Museum, London** - This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies.



- **Smithsonian Natural History Museum**: Enjoy a self-guided, room-by-room tour of select exhibits and areas within the museum (www.naturalhistory.com/visit/virtual-tour)
- **Guggenheim Museum, New York** - Google's street view feature lets visitors tour the Guggenheim's famous spiral staircase without ever leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras.
- **National Gallery of Art, Washington, D.C.** - This famous American art museum features two online exhibits through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer.
- **Musée d'Orsay, Paris** - You can virtually walk through this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others.
- **National Museum of Modern and Contemporary Art, Seoul** - One of Korea's popular museums can be accessed from anywhere around the world. Google's virtual tour takes you through six floors of Contemporary art from Korea and all over the globe.
- **Pergamon Museum, Berlin** - As one of Germany's largest museums, Pergamon has a lot to offer – even if you can't physically be there. This historical museum is home to plenty of ancient artifacts including the Ishtar Gate of Babylon and, of course, the Pergamon Altar.
- **Rijksmuseum, Amsterdam** - Explore the masterworks from the Dutch Golden Age, including works from Vermeer and Rembrandt. Google offers a Street View tour of this iconic museum, so you can feel as if you're actually wandering its halls.



- **Van Gogh Museum, Amsterdam** - Anyone who is a fan of this tragic, ingenious painter can see his works up close (or, almost up close) by virtually visiting this museum – the largest collection of artworks by Vincent van Gogh, including over 200 paintings, 500 drawings, and over 750 personal letters.
- **The J. Paul Getty Museum, Los Angeles** - European artworks from as far back as the 8th Century can be found in this California art museum. Take a Street View tour to discover a huge collection of paintings, drawings, sculptures, manuscripts, and photographs.
- **Uffizi Gallery, Florence** - This less well-known gallery houses the art collection of one of Florence, Italy's most famous families, the de'Medici. The building was designed by Giorgio Vasari in 1560 specifically for Cosimo I de'Medici, but anyone can wander its halls from anywhere in the world.
- **MASP, São Paulo** - The Museu de Arte de São Paulo is a non-profit and Brazil's first modern museum. Artworks placed on clear perspex frames make it seem like the artwork is hovering in midair. Take a virtual tour to experience the wondrous display for yourself.
- **National Museum of Anthropology, Mexico City** - Built in 1964, this museum is dedicated to the archaeology and history of Mexico's pre-Hispanic heritage. There are 23 exhibit rooms filled with ancient artifacts, including some from the Mayan civilization.
- **The Louvre, Paris** - The Louvre offers virtual tours on its website.



- **The Vatican, Vatican City, Rome** – Vatican City, officially Vatican City State, is an independent city-state enclaved within Rome, Italy. Since the return of the popes from Avignon in 1377, they have generally resided at the Apostolic Palace within what is now Vatican City, although at times residing instead in the Quirinal Palace in Rome or elsewhere.
- **Wright Patterson National Air Force Museum**: The National Museum of the United States Air Force is the oldest and largest military aviation museum in the world. Although the museum is in Dayton, Ohio, you can view online and interactive exhibits from the comfort of your own home.
(www.nationalmuseum.af.mil/visit/museum-exhibits/online-exhibits)

LIFELONG LEARNING

- **AARP Online Learning**: Attend virtual webinars for a variety of topics such as financial management, technology, internet fraud prevention, and dissecting healthcare benefits to name a few.
(<https://learn.aarp.org/online-events>)
- **American Society on Aging**: A leading source on advocating, knowledge, and skills on behalf of older adults. Visit the “Education” section for a comprehensive resource on web seminars, podcasts, online gerontology courses brought to you by ASA and partnership organizations. (www.asaging.org/education)
- **Coursera**: Learn a new skill or deep-dive into a topic you’ve always been interested in. Coursea collaborates with 190+ leading universities and companies to help you achieve your learning goals!
(www.coursera.org)



- **Covia WellConnected**: A community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are at no cost to you. (<https://covia.org/services/well-connected/>)
- **Duolingo.com**: Keep things fresh and learn a new language. Smartphone app is also available on the iTunes and Google Play store. Best to use Google Chrome or Microsoft Edge to access website. (www.duolingo.com)
- **Edx**: Access 2500+ FREE self-paced online courses in a variety of topics from top institutions such as MIT, Harvard, and Berkeley to name a few. (www.edx.org)
- **French Teacher**: All content is organized by grade/speaking level – excellent for those who want to jump into learning a new language or pick up where they left off! (www.frenchteacher.net/free-resources/samples)
- **Future Learn**: Looking for something quick? You're sure to find something to pique your interest of the 179 free courses here. (www.futurelearn.com/search?q=free+courses)
- **Great Big Story**: Cinematic storytelling at it's best. A rich and diverse library of human interest story videos. (www.greatbigstory.com)
- **Khan Academy**: A nonprofit with the mission to provide a free, world-class education for anyone, anywhere. Best to use Google Chrome or Microsoft Edge to access website. (www.khanacademy.org)



- **Lifelong Learning Institute**: The National Resource Center for Osher Lifelong Learning Institutes is a non-governing center of excellence benefiting older adults through the national network of 124 Lifelong Learning Institutes. In collaboration with the National Association for Areas Agencies of Aging, engAGED is a project that creates materials for programs at colleges and universities primarily designed for older adult learners. View the comprehensive directory of colleges and universities offering these courses by Googling [“Osher Lifelong Learning Institute Directory”](#)
- **Mather Telephone Topics**: Connect to new possibilities—without leaving home. With Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs such as wellness, education, discussions, music reviews, and live performances. (<https://www.mather.com/neighborhood-programs/telephone-topics>)
- **Memrise.com**: Watch and learn real conversational language from native speakers around the world. Smartphone app is also available on the iTunes and Google Play store. (www.memrise.com)
- **Open Culture**: 1,500 free courses from top universities and 48 different languages, all available here: (www.openculture.com)
- **Senior Planet**: A rich, online resource of videos and curriculum for lifelong learning, technology education, financial literacy, and stories for older adults. Includes access to virtual events on technology and other family/community activities. (www.seniorplanet.org)
- **TED Talks**: Learn something new and pique your curiosity! Select a video with friends and afterwards, hold a virtual discussion on Skype! (www.ted.com/talks)
- **Udemy**: Access affordable self-paced online courses to further your learning objectives and skills. Courses are taught by top instructors from all across the globe. (www.udemy.com)



- **University of Cambridge**: Developed by University of Cambridge postgraduate students and faculty, the content here delivers guided activities and questions to think about and suggestions for further reading. (www.myheplus.com)

COMMUNICATION PLATFORMS

- **Facebook Live**: Stream what's going on in your world to all of your Facebook Friends. All you need is a smartphone with a camera, a tablet with a camera, or a computer with a camera. Be sure to alert your friends before you "Go Live" so that they know how and when to tune in! You can also join in on others' livestreams to see what your favorite news outlets and influencers are talking about. (www.facebooklive.com)
- **FaceTime**: If you have an Apple iPhone, perhaps you've already used this feature. To video chat with anyone else who has a camera on their phone, simply find the "FaceTime" app and click the "+" icon at the top right corner to enter in the contact you'd like to chat with.
- **Google Hangouts**: If you have a Gmail account, you already have access to Google Hangouts. Google Hangouts is your one-stop solution to video chatting and instant messaging. Have a one-on-one conversation or create a group chat with all of your friends. (<https://hangouts.google.com/>)
- **Instagram**: Stay in the know with your favorite topics of interest. Find the "Instagram" app in the app store of your smartphone. Once you create a username and password, search for your favorite influencers, organizations, #hashtags, or places of interest to see who and what is happening! Post to Instagram Live to keep your followers in tune to what's going on in your world. (www.instagram.com)
- **Pen Pals**: A free website to virtually meet and interact with people from all over the world! (www.penpalworld.com)



- **Social Calls**: If you're in the mood to chat, simply dial 877-797-7299 to speak to a fully vetted, trained volunteer. Volunteers are here to listen, provide support, and friendship. (<https://covia.org/services/social-call/>)
- **Skype**: One of the most popular communication platforms – video chat with friends and family members via computer, mobile phone, or tablet for absolutely free! This platform offers free group video-calling for up to 50 people – perfect for your group-discussion type activities! (www.skype.com)
- **WhatsApp**: Have friends and family in other countries? WhatsApp is one of the most popular messaging, video chatting, and voice calling platform to contact anyone on the planet. The app lets you make calls, send and receive messages, documents, photos, and videos all on your smartphone or tablet. (www.whatsapp.com)
- **Zoom**: Your clubs and discussion groups don't have to come to an end because of COVID-19 – take them online with Zoom. With the free version, you can host up to 100 participants at once with the first 40 minutes free for groups and unlimited 1-1 calls. If you need more than 40 minutes on a group call, you can end the call and get right back on. (www.zoom.com)

FOOD & COOKING

- **Food52** (www.food52.com)
- **Budget Bytes** (www.budgetbytes.com)
- **Minimalist Baker** (www.minimalistbaker.com)
- **The Kitchn** (www.thekitchn.com)
- **A Couple Cooks** (www.acouplecooks.com)



ENTERTAINMENT

• TV & Movies

- **Amazon Prime Video:** (www.amazon.com)
- **The Environmental Film Festival in the Nation's Capital:** The premier organization that showcases environmentally themed films. Watch some of their screenings for absolutely free online. (www.dceff.org)
- **Hulu:** Stream movies, TV shows, and Hulu-exclusive content here. (www.hulu.com)
- **iMDB:** Stream TV and movies here for absolutely free. (www.imdb.com/tv)
- **Netflix:** (www.Netflix.com)
- **PBS:** All of your favorite PBS shows ready to stream for FREE in one place! Tune into the classics like *Antiques Roadshow*, stay up to date with current events with *Frontline*, and learn more about Los Angeles with *Lost LA*, *SoCal Connected*, and *LAAaRT*. (www.pbs.org/show/free-exchange)
- **YouTube** (Search for the following topics/titles on YouTube)
 - [60 Minutes](#)
 - [Art Sherpa](#)
 - [Billy Elliot full musical](#)
 - [Cats: Broadway Production Full](#)
 - [Cooking with Dog](#)
 - [Dancing Chair Yoga with Sherry Zak Morris](#)
 - [Into the Woods](#)
 - [Full episodes of Rick Steves Travel Show](#)
 - [Full episodes of Huell Howser: California Gold](#)
 - [Minute Earth](#)
 - [New York Times](#)
 - [Phantom of the Opera 2017](#)
 - [Science Insider](#)



- [Sweeney Todd Full](#)
 - [Rent: Broadway Production Full](#)
- **Audiobooks & e-books**
 - **Audible:** Download your favorite books in ebook and audio book form here for a subscription. (www.audible.com)
 - **DigitalBook:** Download free ebooks and audiobooks (www.digitalbook.io)
 - **Hoopla:** borrow digital movies, music, ebooks, and more (www.hoopladigital.com)
 - **Libby:** login with your county library account to borrow ebooks and audiobooks for free (available on iTunes app store and Google Play Store) (<https://www.overdrive.com/apps/libby/>)
 - **Project Gutenberg:** Access over 60,000 eBooks, many of which are available to download onto your tablet or Kindle as epub. (www.gutenberg.org)
- **Music & More**
 - **BroadwayHD:** Watch all of your favorite Broadway hites in one place! (www.BroadwayHD.com)
 - **Duet Yourself Facebook Community Choir:** An online choir where you can join “Facebook Live” events to sing with thousands of members around the globe! Simply visit www.facebook.com and type in “Duet Yourself” in the search bar to find the community.
 - **Pandora:** The music streaming platform that takes the hassle out of seeking out your favorite artists. When you “upvote” and “downvote” suggested songs, Pandora will keep this in mind for future plays – creating an algorithmic playlist that is uniquely you! (www.pandora.com)
 - **Project Noah:** A global citizen science platform for all to discover, share, and identify wildlife. (www.projectnoah.org)



- **Reddit:** Your one-stop destination for all of the latest news on a platform that you can curate according to your tastes and interests. Sign up for a Reddit account to comment, upvote, downvote, and interact with people from all over the globe. Whether your interest be in politics, traveling, knitting, sports, or classic films, you can find a discussion board to virtually voice your opinions and ask questions on. “Search” discussion boards to join, topics, and posts of interest. (www.reddit.com)
- **Spotify:** Stream all of your favorite artists and podcasts here. Sign up for a “Premium” version and create playlists to share with friends and family! (www.spotify.com)

FINANCE

- Bloomberg Businessweek (www.bloomberg.com/businessweek)
- Consumer Reports (www.consumerreports.org)
- The Economist (www.economist.com)
- Financial Times (www.ft.com/world)
- Forbes (www.forbes.com)
- Kiplinger (www.kiplinger.com)
- The Motley Fool (www.fool.com)
- Reuters (www.reuters.com)
- Wall Street Journal (www.wsj.com)

GAMES

- **General Game Directories**
 - www.arkadium.com/free-online-games
 - <https://games.aarp.org>
 - www.gamesforthebrain.com
 - www.mindgames.com
 - www.Onlinegamesforseniors.com



- **Brain Games**
 - www.luminosity.com
 - www.Memozor.com
- **Casino Style/Gambling**
 - www.gsn.com
 - www.vegasslotsonline.com/free
- **Classic Games**
 - www.chess.com
 - www.freeonlinemahjonggames.net
- **Puzzles**
 - The Jigsaw Puzzle (www.thejigsawpuzzles.com)
 - Sudoku (www.websudoku.com)
- **Social Word and Drawing Games**
 - East of the Web: Word Games: (www.eastoftheweb.com/games/)
 - Scrabble: <https://www.scrabblegames.info/>
 - Words With Friends: play exclusively on your smartphone. Search for the app on your app store.
 - Skribbl: play a simple “Pictionary” type of drawing game with friends. <https://skribbl.io/>

LIFESTYLE

- **Aging and Health Technology Watch:** The site to visit if you’re interested in the intersection of technology, healthcare, and aging. (www.ageinplacetech.com)
- **Next Avenue:** Stay in touch with the latest news in aging from the leading experts in the field (<https://www.nextavenue.org/>)
- **Positive Aging:** Understand what “Positive Aging” is and the proven benefits of the practice. (<https://positivepsychology.com/positive-aging/>)



MENTAL HEALTH AND WELLNESS

- **Mind, Coronavirus and Your Wellbeing**: Information to help you cope with feelings of anxiety and residual effects of social distancing. (www.mind.org.uk/information-support/coronavirus-and-your-wellbeing)
- **Headspace**: A smartphone app that helps you meditate, anywhere, anytime, to help you improve your overall health and happiness. Headspace is offering free support (meditations, sleep, and movement exercises) in the “Weathering the Storm” section of the app. Search for “Headspace” in the app store or check out their website. (www.headspace.com)
- **Live Life to the Fullest**: Learn about a variety of forms of self-care and how to support those around you. Especially crucial during this time is learning how to “Live Life to the Fullest” by overcoming stress and low mood, which you can take a free course on here. (www.lltff.com/home/living-life-to-the-full-series/)
- **World Health Organization Mental Health Considerations**: Mental health considerations developed specifically in the wake of COVID-19 by the Mental Health Department of the World Health Organization. To access, google “[WHO mental health Covid 19](#)”

TRAVEL

- **360 View of Stonehenge**: Explore the mysterious and ancient structure thought to be a Late Neolithic burial site and monument to the dead. Simply Google “360 view of Stonehenge” and click the first link that appears: (<https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/>)
- **Aerial Tours Around the World**: Take a 360° virtual tour of some of the most beautiful corners of the Earth. (www.airpano.com)



- **The Cotswolds, England**: Famous for its quintessentially English market towns and villages built of honey-colored stone, the Cotswolds are engulfed in green, rolling hills and offer a welcoming walk through its countryside streets. Visit <https://maps.google.com> and type in “Cotswolds, UK” to get started.
- **Grand Hotel, Mackinac Island**: The historic hotel located on a small island at the eastern end of the Straits of Mackinac within Lake Huron, The Grand Hotel maintains its iconic presence as a well-known vacation destination for notable visitors, such as Thomas Edison, Mark Twain, and 5 U.S. presidents.
(www.grandhotel.com/about-grand-hotel/virtual-tours)
- **Mount Vernon – George Washington’s home**: Virtually visit the historic home in vivid detail.
(www.mountvernon.org/the-estate-gardens/the-mansion/mansion-virtual-tour)
- **Greece**: Explore the ancient metropolis that met its peak from the 12th-9th BC to the end of antiquity. Simply visit <https://maps.google.com> and type in, “Greece” to get started.
- **View from Empire State Building**: From the 102nd floor observatory, view the most spectacular views of New York city and beyond.
(www.iloveny360.com/panorama/empire-state-building-102th-floor)
- **Yellowstone Tours**: Virtually explore the natural wonders Yellowstone National Park via trail maps, interpretive text, 3D stereograph photographs, and topographic maps.
(<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>)



VIRTUAL VOLUNTEERING

- **Cards for Hospitalized Kids**: An internationally recognized charitable organization that spreads hope, joy & magic to hospitalized kids across America through uplifting, handmade cards.
(www.cardsforhospitalizedkids.com)
- **Operation Gratitude**: There are a multitude of ways to show your support and thanks to the brave men and women that serve our country. Find out more here. (www.operationgratitude.com)
- **Support Our Troops**: Learn how you can do your part in supporting the troops with the items that they need most and the items that bring them comfort in dire situations
(www.supportourtroops.org/care-packages)
- **Knitting & Needlework**
 - **Hats 4 the Homeless**: Knit gloves, hats, scarves, and other articles of clothing to help keep the homeless in New York warm during the winter. (www.hats4thehomeless.org)
 - **Little Lungs**: Knit blankets, hats, booties, and more for babies in NICUs across the country. Visit the website for a free “knit kit” to help you get started (www.littlelungs.com)
 - **Knots of Love**: Knit or crochet articles of clothing to help keep cancer patients undergoing chemotherapy warm
(www.knotsoflove.org)
 - **Binky Patrol**: For more than 14 years, this organization has been accepting homemade blankets (binkies) whether they be sewn, knitted, crocheted, or quilted. Binkies are donated to children born HIV+, drug-addicted, infected with AIDS, with chronic/terminal illnesses, and/or experiencing trauma of any kind (www.Binky patrol.org)



- **Knit-a-Square**: Squares are one of the easiest shapes to knit, so this is perfect for novice and expert knitters alike! Square will help create blankets for some of the 1.9 million children left orphaned in South Africa from the AIDS virus. (www.knit-a-square.com)
- **Covia WellConnected**: Volunteer to share your knowledge by teaching a class to your peers! (www.covia.org/services/well-connected)
- **Virtual Volunteering**: Help others – without leaving home Use your time and talents to support causes you care about, even when you can't be there in person.
(www.livegenerously.com/inspiring-stories/virtual-volunteering.html)

For additional tips, ideas, and suggestions on this online resource guide, please contact Jen at JSLEE@FRONTPORCH.NET.



Thank you to all of the caregivers within and outside of Front Porch. Your proactive, imaginative, and steadfast responses to the challenging conditions of the pandemic crisis serve as inspirations and hope in meeting the needs of our older adults and aging communities. You are our heroes.



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