

Staying Home, Staying Connected

VERSION 2 (Front Porch and Other Senior Service Providers)



Resources to Engage and Connect
In Times of Social Distancing



CENTER FOR INNOVATION
AND WELLBEING

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Why this resource guide?

As our communities confront the challenges of social distancing from the impact of the COVID-19 epidemic, the Front Porch Center for Innovation and Wellbeing (FPCIW) created a resource guide of ideas that community staff and caregivers could use to help our residents and other older adults stay **engaged** and **connected**. These resources are in part thanks to and inspired by the Front Porch community staff and caregivers at our communities. Without their brilliant ingenuity and resourcefulness at such a critical time, none of this would be possible.

This Resource Guide is divided into two sections.

SECTION 1 was compiled with **staff** in mind to broaden and share ideas of technologies and innovations they may already have.

SECTION 2 contains content that **Life Enrichment** and other care staff could use to distribute to residents for self-activation and engagement.

This VERSION 2 Resource Guide offers some new information and online resources including added websites, smart phone apps, and internet safety tips. Many thanks to our intern Marjorie Tolentino for the graphics and layout for this updated version.

Please let us know if you need further support on any of the projects mentioned throughout the Resource Guide, or if you would like to offer additional ideas to share. Contact Jen Lee at JLEE@FRONTPORCH.NET.



Section 1: Staff and Caregiver Resources

This guide has been curated especially with how caregivers can adapt existing/available **technology** to meet the **emotional** and **social needs** of residents through the challenging impacts of social isolation. Our goal is to provide you with the guidance and support on using technologies to maintain engagement and connection.



Thank you to all of our Front Porch staff and caregivers for their contributing role in the development of this Resource Guide. We would also like to express our gratitude and appreciation for caregivers everywhere. You are integral to the health and wellbeing of our older adults, and your dedicated efforts and commitment to serving others truly shine in times of distress.



Use Community Technology in New Ways



With all public devices, please be sure to take extra sanitary precautions to prevent the spread of infection.

Below is a list of suggested uses of technologies during COVID-19 social distancing that Front Porch communities have deployed. If you are a senior living or services provider, we hope these suggestions are helpful.

Please reach out to us if you are unsure if your community has any of the following technologies.



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Robotic Pet Companions

Use Joy For All or PARO robotic pet companions to help residents remain calm and relaxed. Now is a good time to reminisce about memories of beloved pets. Please remember to [practice safe infection control protocols](#).

Contact: Kristle



OneDay app

Create videos of residents to send to family and friends, or create encouraging videos to send out to all residents via email or text (weekly challenges or in-home exercises). It's also a great tool for staying connected to prospects to support your community's social media strategy.

Contact: Kristle

Alexa

Alexa devices can be used for exercises, board games, meditations, social connections, and even radio mystery theater! See the [Alexa Companion Guide](#) in this resource guide for more ideas and specific commands.

Contact: Megan



Touchtown

Stream entertaining YouTube video playlists to residents' in-room channel. How about classic comedy skits or TED talks? Some communities have access to the Alexa MyCommunity Skill or Resident apps—encourage residents to use these features to stay connected to community news, information, games, send messages, and more. See the [More with TouchTown](#) information in this guide.

Contact: Kristle

Piers Cyber Security

There's no better time to practice safe internet behaviors, especially during the pandemic. Print out the toolkit [available here](#), or reach out to us and we'll print out the toolkits for you! Check out Section 3: COVID-19 Cyber Safety Resources for a special edition.

Contact: Kristle

K4 Connect

Encourage residents to access news updates, photos, and other fresh content to keep them connected to the community. Residents can also send "I'm OK, how're you doing?" messages to each other. And in-app games are available for residents to play including solitaire, Sudoku, millionaire, and checkers.

Contact: Kristle

Life Bio

Are residents interested in talking with someone by phone or Skype and sharing their life story? Let us know and we can connect them with a community volunteer through a video chat.

Contact: Jen

iN2L

Use the iN2Lprint.com site to access arts and crafts ideas, short stories (help residents setup a Skype discussion group!), faith-based content, and brain aerobics packets that they can enjoy from the comfort of their own home. For iN2Ls in heavily trafficked areas, be sure the iN2L is always on playing relaxing music or soothing nature slideshows to create a calm ambiance. Remember to frequently wipe down the touchscreen with antibacterial wipes. See [Ideas with iN2L](#) in this guide for more information.

Contact: Jen

Music & Memory Sing Fit

Now is a great time to tap into the power of music for wellbeing. Be sure to practice safe infection control practices by wiping down headsets and devices before and after use when conducting your Music & Memory sessions. While SingFit is designed for group activities, it can still be a powerful social connection tool. Consider conducting 1-on-1 sessions with residents who are particularly self-isolating.

Contact: Jen





More with Touchtown

Idea Corner

Read [How to Communicate COVID-19 Updates with Touchtown](#) for a list of Touchtown-compatible CDC resources and YouTube video recommendations to help you substitute canceled programming.

YouTube Live Streaming

This exciting feature enables you to schedule a YouTube live stream, like worship services, messages from your ED, fitness classes, and more!

YouTube Videos

You can use this feature to show any pre-recorded YouTube videos currently available online. You could use this feature to share recorded events as well as entertainment or informational videos.

Adding documents and web links

You could use this feature to **post documents** like PDF files of Memos, Important notices and information on COVID-19 (resource links available in the attachment).

Brush up on these best practices to deliver time-sensitive updates:

[Crawls](#)

[Priority Messages](#)

[Community Apps
Messaging](#)

Games

With the Touchtown app, residents can find the following games in the their game feature: <https://games.aarp.org/category/all-games>

Tutorials

Touchtown had offered live Q&As to allow community staff to ask questions and learn how to use features like YouTube. Here are some recently archived webinars:

Touchtown LIVE: COVID-19 Resources and Best Practices:
<https://youtu.be/AJCtVzi3pns>

Touchtown LIVE: COVID-19 Resources and Best Practices:
<https://youtu.be/AJCtVzi3pns>

Touchtown LIVE: COVID-19 Resources and Best Practices:
<https://youtu.be/kPOjM-awIRc>

Here is a tutorial on [how to stream YouTube content to in-room channels](#) and two popular playlists ([classic comedy skits](#) and [TED talks](#)) for ideas on videos to stream.

If you need help with Touchtown or have a specific question, schedule a 30-minute session with a Touchtown Content Manager at <https://learn.touchtown.us/s/getting-started>

For additional help, contact

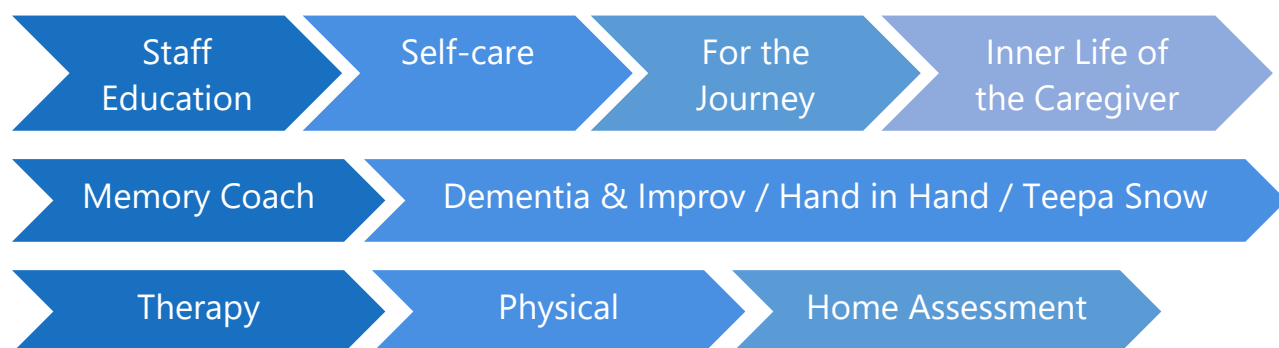
Arsi Khachatour
akhachatour@frontporch.net



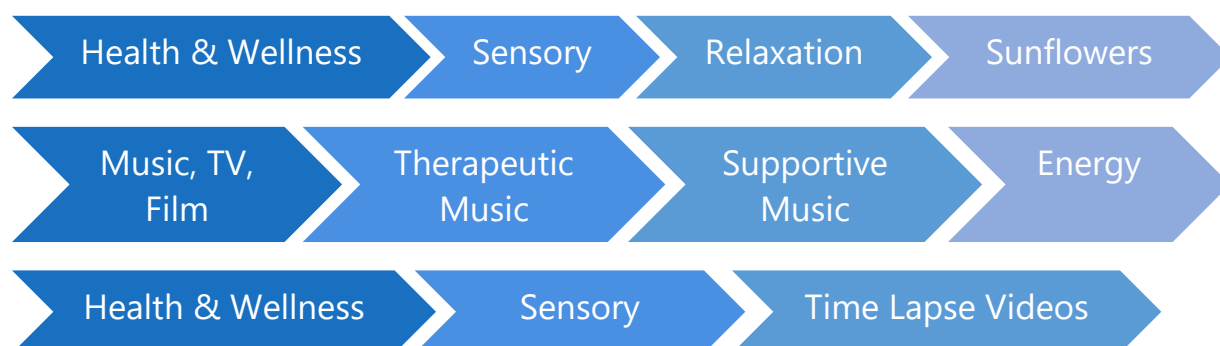
Ideas with iN2L

The iN2L homepage has implemented a “Covid-19” button that has activity planning and content suggestions to keep residents engaged and informed. Communication is key during a critical time like this, and this might be a good time for staff to brush up on Dementia and **empathy training** to learn effective **listening** and **communication skills** with residents. Also, with residents spending more time in their room, it may be a good idea to ensure that their living space is safe and free of hazards.

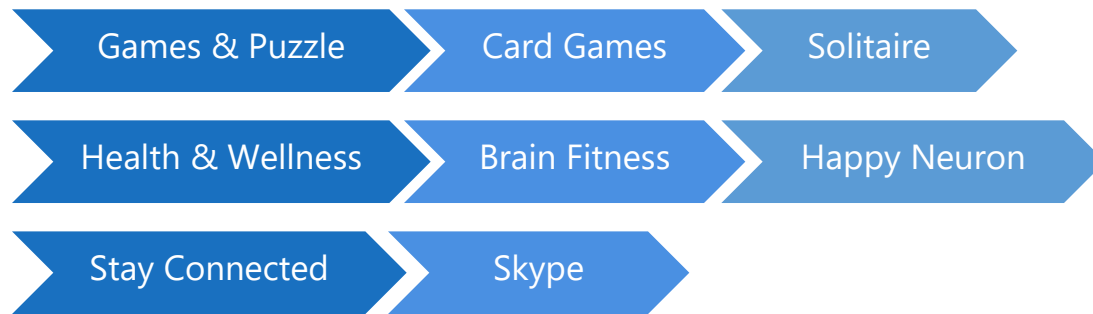
Content for Staff



Content for Summer House / Care Center



Content for Independent Use



Safety Reminder



*After each use, please be sure to disinfect the iN2L screen and accessories (remotes, pointers, keyboard) by putting a disinfectant solution on a dry towel or napkin and then wiping down the surface. Do not put disinfectant solution directly on the iN2L screen.

iN2L Tablets

Watch

- Classic TV shows
- Movies – 4 to choose from
- Movie Memories – short movie clips
- Pastimes videos – 29 to choose from
- Commercials – 6 different categories
- Funny and Inspirational videos

Listen

- Therapeutic Music
- Audio Books – Chapter Books (7) and Short Story Collections
- Sunday at the Memories Radio Show – 6 Parts

Travel

- Countries – 7 to choose from
- Travel Videos – Guided Tours and Rick Steves
- National Parks

Play

- Word Games
- Brain Fitness
- Trivia
- Strategy and Target
- Puzzles
- Happy Neuron

Relax

- Relaxation videos
- Nature Relax videos
- Breathe

Learn

- Sign Language
- Art – Bob Ross & Post Impressionists
- Ted Talks
- Animal Kingdom – several to choose from
- Culture
- Sports – 11 to choose from
- Veterans
- Lunar Landing Neuron

Worship

- Devotions
- Music
- Trivia
- Sermons
- Videos
- Websites

For additional help, contact

Jen Lee
jslee@frontporch.net



Section 2: Technology and Online Resources for Older Adults



Please feel free to print out the following pages to distribute to residents. Each of these guides has been curated to provide users with ideas and suggestions on using **personal technologies** to stay engaged. What follows in this section is intended to be helpful for staff and caregivers as you work with residents, but you might find that some content is perfect for residents to use independently. We will provide updated additional resource pages in the coming weeks that you may distribute to community members. '

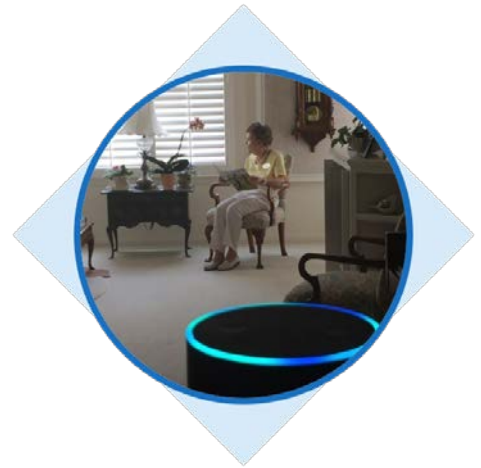
Be sure to print out only the pages you want to share.

We would like to recognize and acknowledge our Front Porch staff and caregivers for contributing to the creation of this Resource Guide and for providing the leadership and skill on 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 serving the larger older adult community is critical, and we hope this Resource Guide supports your commitment to serve.



Alexa Skills Guide

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. Please reach out to your community champion if you need additional support or have questions.



"Alexa" in the time of COVID-19

As we are all trying to adjust to this "new normal," here are a few resources to help bring a little bit of fun and knowledge to your day!

MoonPie, the folks behind the famous marshmallow sandwich, released a fun new skill called MoonPie Moonmate. This skill brings you a Moonmate, a roommate designed to help keep you company and have conversations with you. The only caveat? It pays rent in MoonPies. Enable the skill and try it yourself by saying, "**Alexa, launch MoonPie Moonmate.**"

Mayo Clinic has created a skill that helps answer any questions you may have on COVID-19. It keeps you up-to-date on the latest information on the virus, including symptoms and can help determine whether you're a candidate for testing. Say, "**Alexa, open Mayo Clinic Answers on COVID-19.**"

Here is a [link](https://amzn.to/2BxVgyh) (amzn.to/2BxVgyh), provided by **Amazon**, to all the helpful things your Amazon Alexa can do during these uncertain times. And another resource [here](https://bit.ly/2BmhRNV) (bit.ly/2BmhRNV) for staying informed, connected, and entertained using your Alexa device.

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, drinking water, taking 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 Features for Better Usability

Alexa Captioning displays text captions on Echo devices with screens (Echo Shows). Tap on this feature in *Settings*, and say "Alexa, turn on/off Alexa captions."

"Alexa, turn on/off
Alexa captions."

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 saying,

"Alexa, speak
slower."

Screen magnifier enlarges items on Echo devices with screens (Echo Shows). 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*.

"Alexa, go to
settings."

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.

"Alexa, open Sleep Meditation."

Deep Breath: Have a second? Or, need one? Use Alexa to help you relax with some of these breathing exercises.

"Alexa, open Deep Breath."

Mental Samurai: Keep your mind sharp with these simple questions game. Try to answer 12 questions in under 5 minutes to secure your spot at the top!

"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!

"Alexa, ask question of the day"

Quick Quotes: Interested in quotes by various personalities throughout history? Or need some inspiration? Hear quotes from philosophers and historical icons. Enable Quick Quotes and say,

"Alexa, ask Quick Quotes to give me a quote by [INSERT PERSON]"

Radio Mystery Theater: Ever listened to the old-time radio show CBS Radio Mystery Theater? Listen in now on your Alexa!

"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.

"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 also ask things like "How to treat a cut."

"Alexa, open Mayo First Aid."

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 say, "Alexa, open Full Body Stretch" to start your practice.

"Alexa, open Full Body Stretch."

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.

"Alexa, ask board games how many people can play monopoly."

"Alexa, ask board games who goes first in scrabble."

You can even just say, "[Alexa, let's chat](#)" and start chatting with your Alexa!

For additional help, contact

Megan Park
mhspark@frontporch.net



Online Resources (VERSION 2.0)

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



Aeronautics & 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.

(<https://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.

(<https://nineplanets.org/tour/>)



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)

Frank Lloyd Wright

The Frank Lloyd Wright Building Conservancy, the Frank Lloyd Wright Foundation, and Unity Temple Restoration Foundation are offering rare glimpses of the iconic architect's most prominent works.

(https://thespaces.com/12-frank-lloyd-wright-buildings-are-now-hosting-virtual-tours/?fbclid=IwAR1WnLCg6l-tdxdfuc5Zvjyu4E2hSUUyLVWbMn62L8_75iLEc4rf4V8203g)

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.

NPR's List of Live Concerts

Many beloved summer festivals and concerts are moving to the digital platform and offering free performances via livestreams. Some streaming platforms may require a registration or subscription, but most are free, with digital tip jars to support the artists. Simply Google, "Where to stream live concerts during coronavirus NPR".

The Spaces

Take a glimpse inside some of the world's more spectacular homes and get inspired with creative interior design.

(<https://thespaces.com/>)



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)

Birch Aquarium

Birch Aquarium is the public-outreach center for the Scripps Institution of Oceanography at UC San Diego. Watch Facebook Live events on Tuesdays at 10 AM PST and Thursdays at 2 PM PST to ask researchers and professionals all of your marine-related questions.

(<https://aquarium.ucsd.edu/>)

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://www.cincinnati-zoo.org/home-safari-resources>) and
(<http://www.youtube.com/CincinnatiZooTube>)

Edinburgh Zoo

Check out the penguins, tigers, koalas, and more at the Edinburgh Zoo all from the comfort of your couch!

(www.edinburghzoo.org.uk/webcams)

Georgia Aquarium

You can find live webcams to peek in on the lives of African Penguins, Beluga Whales, Southern Sea Otters, 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!

(www.montereybayaquarium.org/animal/live-cams)

National Marine Sanctuaries

The Office of National Marine Sanctuaries is the trustee for a network of underwater parks spanning 14 national marine sanctuaries from the Great Lakes to American Samoa. Learn more about each site's cultural significance, community engagement, and current research initiatives.

(<http://channelislands.noaa.gov/>)

San Diego Zoo

Take a glimpse into the world of the animals and see what they're up to while the visitors are away.

(<https://zoo.sandiegozoo.org/live-cams>)

Waikiki Aquarium

Join Waikiki Aquarium's Facebook Live sessions to learn more about the marine ecosystem in Hawaii by some of the state's leading marine biologists, researchers, and the Aquarium Director.

(<http://www.waikikiaquarium.org/experience/virtual/>)

Audiobooks

Audible

Download your favorite books in e-book and audio book form here for a subscription. (www.audible.com)

DigitalBook

Download free e-books and audiobooks

(www.digitalbook.io)

Hoopla

Borrow digital movies, music, e-books, and more.

(www.hoopladigital.com)

Libby

Login with your county library account to borrow e-books 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)



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)

Covia 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 call, 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. (www.zoom.com)

Crafts & Creativity

Craftster

There are a ton of projects on this nifty site dedicated to all of the DIYers, up-cyclers, and crafters in the world. Projects range in levels of difficulty and all are unique!

(<https://www.craftster.org/>)

DIY Network

You may already be familiar with the TV Network – a channel that brings together all type of crafters. Under the “How-to” section of the website, you’ll find tutorials small and large, ranging from pet projects to full bathroom renovations. (<https://www.diynetwork.com/how-to>)

Pinterest

Pinterest is a platform where you can save and organize your projects and search for inspiration. There’s no limit to what you’ll find on Pinterest. (<https://www.pinterest.com/>)

The Spruce Crafts

Short and sweet informational articles and ideas for all of your seasonal crafts. (<https://www.thesprucecrafts.com/>)



Entertainment

TV & Movies

Amazon Prime Video

Amazon Prime members include free delivery and exclusive access to music, movies, TV shows, original audio series, and Kindle books. Membership is \$12.99 a month and can be cancelled at any time.

(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)

International Ocean Film Festival

The 17th Annual International Ocean Film Festival is offering a curated list of highlights and award-winning films to enjoy for free (<http://intloceanfilmfest.org/>)

Netflix

For as little as \$8.99 a month, you can have access to exclusive TV series and movies that you can stream from your computer, smartphone, or tablet.

(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 *LAaRT*. (www.pbs.org/show/free-exchange)

YouTube

(Search for the following topics/titles on YouTube)

- [60 Minutes](#)
- [Full episodes of Huell Howser: California Gold](#)
- [Art Sherpa](#)
- [Minute Earth](#)
- [Billy Elliot full musical](#)
- [New York Times](#)
- [Cats: Broadway Production Full](#)
- [Phantom of the Opera 2017](#)
- [Lung Exercises: Open Chest Expands Lungs](#)
- [Cooking with Dog](#)
- [Science Insider](#)
- [Dancing Chair Yoga with Sherry Zak Morris](#)
- [Sweeney Todd Full](#)
- [Into the Woods](#)
- [Rent: Broadway Production Full](#)
- [Full episodes of Rick Steves Travel Show](#)
- [Golden Age of Radio Playlist](#)



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)



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)



Games

General Game Directories	www.arkadium.com/free-online-games https://games.aarp.org www.gamesforthebrain.com https://www.mentalup.co/blog/brain-games-for-adults 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	<i>Jigsaw:</i> (www.thejigsawpuzzles.com) <i>Sudoku:</i> (www.websudoku.com)
Word Games	<i>East of the Web: Word Games:</i> (www.eastoftheweb.com/games/) <i>Scrabble:</i> (https://www.scrabblegames.info/) <i>Words With Friends:</i> 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/>)



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)



Health & Wellness

Core Power Yoga

A collection of classes are free to view on demand.

(<https://www.corepoweryogaondemand.com/keep-up-your-practice>)

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-yourwellbeing)

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/)

National Institute on Aging’s Go4Life Series

The YouTube series has workout videos for specific parts of the body. Simply search “Go4Life” on YouTube.

Planet Fitness

Tune in every day at 6 PM for a live 20-minutes-or-fewer “work in” led by personal trainers and special guests. (<https://www.facebook.com/planetfitness/>)

SilverSneakers

The national community fitness program designed for older adults has an OnDemand video library of about 200 workouts in various formats and intensity levels. (<https://tools.silversneakers.com/>)

Televeda

Televeda offers live and interactive streamed classes designed to build friendships among older adults. During this time, Televeda is offering free community resources, including weekly trivia series, guided tai-chi, brain games, karaoke, and more! View the schedule and join classes directly on the website.

(<https://www.televeda.com/events>)

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](#)"

YMCA

You don't need to be a YMCA member to take part in their virtual on-demand classes. Take advantage of yoga, barre, tai chi, and active older adult classes for a limited time.

(<https://ymca360.org/on-demand>)

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.Binkypatrol.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-asquare.com)



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. Coursera collaborates with 190+ leading universities and companies to help you achieve your learning goals!

(www.coursera.org)

Covia Well Connected

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.

(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/freeresources/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 its best. A rich and diverse library of human-interest story videos. (www.greatbigstory.com)

Humana Webex Events

The health insurance provider, Humana, is offering a diverse array of online courses ranging from meditation, food education, brain bootcamp, and rounds of trivia for everyone to enjoy, whether you're a Humana member or not. (<https://bit.ly/3gSU0pi>)

Khan Academy

A nonprofit with the mission to provide a free, world-class education for anyone, anywhere. (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/neighborhoodprograms/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)

Oasis Connections

Oasis keeps older adults connected and informed with a wide range of tech courses ranging from “Introduction to Computers” to a six-part series on Cybercrime.

(<https://connections.oasisnet.org/>)

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)



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/positiveaging/>)



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.

(<https://naturalhistory.si.edu/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. ([Explore Museum](#))

Music

BroadwayHD

Watch all of your favorite. (www.BroadwayHD.com)

EventBrite

The ticketing platform is opening up its platform to stream free concerts and live lectures online. There are plenty of events to fuel your hunger for music and continued learning! (<https://www.eventbrite.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)

Podcasts

Stream and download podcasts from your Apple smartphone or tablet through the pre-installed "Podcasts" app on your device.


Apple Podcast icon:

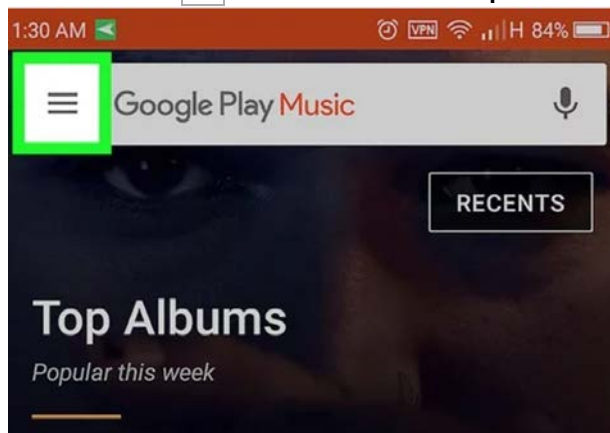


If you have a **Google or Samsung smartphone or tablet**, search for podcasts via the pre-installed "Play Music" app:

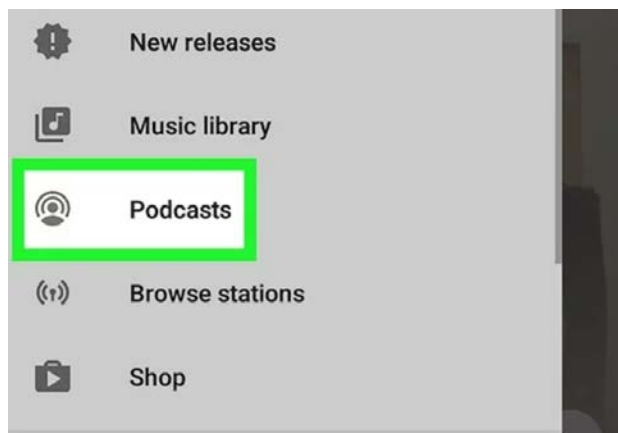
1. Tap on the pre-installed "Play Music" app:



2. Click the  icon at the top left of the screen.



3. Click the “Podcasts” button on the menu bar



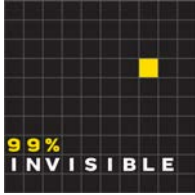
From here, you can search for podcasts by topic or title.

My Favorite Murder



The ingenious true crime comedy podcast hosted by Karen Kilgariff and Georgia Hardstark find the comedic duo piecing together true crime accounts with their own unique (and hilarious) twist.

99% Invisible



Design is everywhere in our lives, perhaps most importantly in the places where we've just stopped noticing. 99% Invisible is a weekly exploration of the process and power of design and architecture.

NPR Planet Money



The economy explained in a fun and digestible podcast. Especially helpful for those who don't find economics the most thrilling topic but still want to stay in the know.

Lux Radio Theatre



Originally a radio show running from 1934 to 1955, Lux Radio Theatre featured adaptations of Broadway plays and Hollywood films, voiced by a diverse range of stars from John Wayne to Judy Garland. Each episode features vintage radio ads and, in many but not all cases, original narration. A perfect introduction for those new to podcasts!

Science Vs



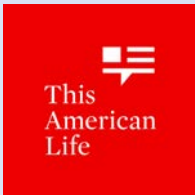
There are a lot of fads, blogs, and strong opinions, but then there's SCIENCE. Science Vs finds out what's fact, what's not, and what's somewhere in between.

TED Talks Daily



Every weekday, TED Talks Daily brings you the latest talks in audio. Join host Elise Hu for thought-provoking ideas on every subject imaginable, from Artificial Intelligence to Zoology, and everything in between.

This American Life



The stories on This American Life range from the daily habits of a Navy Vessel's crew to ruminations on summer camp. Ira Glass's journalism and human-interest program is one of the most famous podcasts, with 2.4 million downloads per episode.

Wall Street Journal: WSJ What's News



One of the original business news podcasts. Mirrored after the popular WSJ column. New episodes premiered every Monday through Friday.

Wall Street Journal WSJ's The Future of Everything



Discover what comes next with this in-depth look at how science and technology are revolutionizing the way we live, work, and play.

Democracy Now!



Democracy Now! Is an independent daily TV & radio news program, hosted by award-winning journalists Amy Goodman and Juan Gonzalez. Each episode is 1 hour long and provides daily global news headlines, in-depth interviews, and investigative reports without any advertisements or government funding.

Smartphone Apps

You can download apps from the app store on your smartphone or tablet by visiting the Apple App store or Google Play store



Apple App Store



Google Play Store

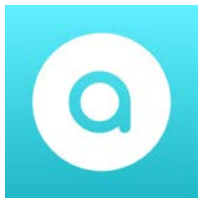
6ya



Are you constantly struggling with using your fancy new phone? Having issues with your pesky microwave? Instantly connect with a live professional expert who can provide all the help you need over a phone or video call. 6ya has a diverse array of categories to choose from: Cars & Trucks, Home Appliances, TV & Video, Smartphones, Computers,

Handymans, Relationships, and Pets to name a few. A subscription costs \$6/month for unlimited access to help and can be cancelled at any time.

Aira



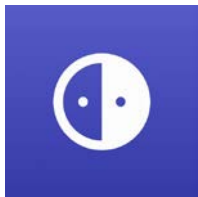
Aira is a free service that connects you to real people instantly to simplify daily life. Having issues reading the tiny print on your medication label? Need help setting up your new printer to your computer? Aira has a fleet of trained and efficient network of staff to help out with all of your daily obstacles.

Crossword Puzzle Redstone



Play crossword puzzles on your phone or tablet for free. No subscription required.

Envision AI



Envision is the fastest, most reliable and award-winning OCR app that speaks out the visual world, helping those with vision impairment lead more independent lives.

Happify



Happify is aimed at helping users reduce stress, anxiety and negative thinking, and improving emotional well-being.

Heal



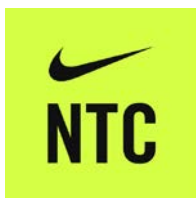
Talk to a doctor from 8am-8pm 7 days/week at \$0 copay with most insurances and \$79 without. There's no additional software to download – simply video chat with a Heal Doctor within the Heal app or by phone. Doctors can order labs, write prescriptions, and refer you to specialists, making it easy to access remote care from the comfort of your home.

Kanopy



Stream thousands of films for free without ads through your library. Simply sign in with your county library card.

Nike Training Club



Achieve your fitness goals with expertly designed workouts from world-class Nike Master Trainers. NTC provides free workouts for everything from bodyweight-only sessions, invigorating yoga classes, targeted training programs, and full-equipment home workouts for all fitness levels.

Pocketcast



Pocketcast puts your library of podcast subscriptions front and center and is an amazing platform to discover podcasts on any topics imaginable, from health and science to politics.

Vudu



Thousands of free movies, across countless genres, are absolutely free under the “Movies on Us” section. Vudu requires an account creation, but it’s absolutely free and there are no subscription fees.

Social Calls

Covia 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/service/social-call>)

LifeBio MyHello Line

MyHello line can literally be a lifeline to help reach people who are alone and facing stress and anxiety. MyHello line offers group calls, 1-1 calls, and check-in (daily or weekly) calls with a trained professional. Call 937-303-4576 to learn more.

Rendever Friendship Volunteer Network

Rendever is coordinating phone call check-ins between older adults and volunteers. One can volunteer, a community organizer or family member can sign up an older adult, or the older adult can sign up themselves online. (<https://rendever.com/friendship/>)

UCI ASSIST Program

UC Irvine medical and nursing students are connecting with socially isolated older adults with 20-30 minute calls daily, every other day, or weekly as they prefer. Call (714) 497-0315 to be paired with a UCI Medical or Nursing student today!

Spirituality

A Life of Happiness and Fulfillment

Developed by Professor Raj Raghunathan, this award-winning course draws content from a variety of fields, including psychology, neuroscience, and behavioral decision theory to offer a tested and practical recipe for leading a life of happiness and fulfillment.

(<https://www.coursera.org/learn/happiness#about>)

Buddhism and Modern Psychology

Offered by Princeton University, this free course examines how Buddhism and Western science align

(<https://www.coursera.org/learn/science-of-meditation#about>)

Daily Devotion

Listen or read daily devotionals to help you stay grounded and at peace.

(<https://www.intouch.org/read/magazine/daily-devotions>)

Virtual Bible Study

People everywhere can participate in an engaging, interactive study of God's word

(<https://virtualbiblestudy.com/>)

Word on Fire

Offers daily 25-minute masses along with articles, lectures, and study programs all devoted to the Catholic faith.

(www.wordonfire.org)

EWTN Television

Daily mass broadcasting and the ability to access archived services (<https://www.ewtn.com/tv>)

Technology Education

GCF Global

GCF Global provides courses on a number of topics to both enhance one's professional and personal endeavors.

Teaching topics are broken down into very detailed and easy to understand lessons. The site even offers multi-lingual courses for non-native English speakers.

(<https://edu.gcfglobal.org/en/>)

GetSetup

GetSetup offers small group classes meant to introduce the topics and learn with a community of older. Courses range from "Getting Started with Whatsapp", "Using Your iPad", to "Get Set up with Today's Ride Services". Most classes are free and new ones are always being added.

(<https://www.getsetup.io/essentialtech>)

The Senior's Guide to Computers

This comprehensive website shows users the ins and outs of personal computers using simplified terms, examples, pictures, and videos to break down concepts into digestible lessons. (<https://www.seniorsguidetocomputers.com/>)

TechBoomers

One of the most comprehensive and up-to-date resources on all things internet – related. Want to know about selling your old things on Ebay? Curious to learn more about social media and how to get started posting? It's all here!

(<https://techboomers.com/>)

Meganga

The site offers free basic computer training for beginners with online video lessons and courses for Microsoft Word, PowerPoint, and Excel. (<https://www.meganga.com/>)



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/mansionvirtual-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)

Covia Well Connected

Volunteer to share your knowledge by teaching a class to your peers! (www.covia.org/services/wellconnected)

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)



Section 3: COVID-19 Cyber Safety Resources

With the current state of events during COVID-19, many people have turned to the internet for social connection, entertainment, shopping needs, and health information. Below are some quick tips to navigating the internet safely during COVID-19. A best practice technique is to apply the 3 keys to cyber security even now in these situations:

• • • • The 3 Keys • • • •



Question

the content you see on the Internet.



Check

for validity and authenticity.



Ask

your friends and colleagues for help and to educate those around you.

Fake Vaccines / Fake Treatments:

Scammers will claim to have vaccines or other “effective” treatments for COVID-19, be advised that this is NOT true. As of now (May 2020) there is currently no official vaccine or treatment for COVID-19

What you can do: Keep an eye out on the CDC and WHO websites for accurate information on any legitimate treatments that may develop for COVID-19.

- CDC (Centers for Disease Control and Prevention):
<https://bit.ly/2C8U2cN>
- WHO (World Health Organization):
<https://bit.ly/2BiuBFa>
- On fake treatments:
<https://bit.ly/2USdvoH>

COVID-19 Testing Scams:

It is possible that you may come across fake testing centers or even fake claims to COVID-19 testing kits. There is however, an FDA approved at-home testing kit, see the below link for more details.

What you can do: If you think you need to be tested, ask your doctor. If your doctor also feels it is necessary for you to be tested they will instruct you on the appropriate way and place to be tested.

- FDA approved testing kit:
<https://bit.ly/37B9IBi>
- On fake testing centers:
<https://bit.ly/2CeAmo4>

Fraudulent Cleaning and Medical Suppliers:

If you come across emails or websites claiming to have cleaning and medical supplies, there is a chance it could be fraudulent. At this point in time, grocery and convenient stores are starting to restock these products.

What you can do: Try to buy these items from a well-known seller such as Amazon or from your local grocery or convenient store.

- Mask scams:

<https://bit.ly/2ChCoE5>

Financial Scams and Cares Act payments:

If you qualify for stimulus payments you likely don't need to take any action at all. You should receive your money automatically in your banking account or receive a paper check in the mail.

What you can do: Remember that the IRS will never call you and that you do not need to pay anything to receive your stimulus payment. If you need to submit any information, do so safely through <https://bit.ly/37CO6Ex>

- On stimulus payment identity theft: <https://bit.ly/2URdLEy>
- IRS information on economic impact payments:

<https://bit.ly/3hyuA0x>

COVID-19 Charity Scams:

During a crisis, scammers will try to take advantage of your emotions and your generosity. Beware of unfamiliar religious, frontline, or disaster relief programs asking you for money.

What you can do: Stick to donating to the charities you are already familiar with or use a website like www.charitynavigator.org to help confirm that the charity is in fact legitimate.

Other Helpful Resources:

The Federal Trade Commission on how to protect yourself from scams during COVID-19: <https://bit.ly/3d8yxWn>

AARP on scams and fraud to be aware of:

<https://bit.ly/2N39o4T>

Leading Age on top tips to stay safe during COVID-19:

<https://bit.ly/2N6oarv>

We love hearing what you are finding and having success with. Please keep sharing your great ideas and we will update this and continue to share it with everyone. If there are any other topics or content suggestions that you'd like to see, please don't hesitate to reach out to:

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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.