

Activities for Care Partners during COVID-19 Restrictions

Arts, Music, Dance, Exercise, Outings, Memory Cafés and other Social Opportunities for Care Partners

Large public gatherings are prohibited to prevent the spread of coronavirus.

You can enjoy many of these activities as you shelter in place.

Updated September 29, 2020

Staying Connected – Activities you and your person living with dementia can do!

Wilder Connect In-Person Respite

Wilder Connect provides 4-hours of engaging activities, personal care and healthy meals for those living with memory loss and neurodegenerative disorders, offering rest and self-care time for Caregivers.

Memory Loss Respite Group:

- Tuesdays 10 a.m. – 2 p.m.
- Thursdays 10 a.m. – 2 p.m.

Parkinson's Respite Group:

- Wednesdays 10 a.m. – 2 p.m.

Participants can expect:

- To be in small groups of 10 or fewer people.
- Personal support from Wilder staff and volunteers, including assistance needed with hygiene.
- Engaging physical, cognitive and social activities such as exercise, arts & crafts, lively discussions, games and more.
- A healthy, delicious lunch.
- Clean, safe and sanitized space with daily health screenings, temperature checks and physical distancing measures to protect caregivers and clients during COVID-19.

Cost: \$104 per 4-hour day Includes all care, activities and meals

Location: Wilder Community Center for Aging 650 Marshall Ave., Saint Paul, MN 55104

**Caregivers and participants must arrange their own transport to and from the Community Center for Aging.*

For questions or to sign up:

651-280-2294 | wilderconnect@wilder.org | wilder.org/caregiving

East Side Neighborhood Services

Pen Pal Partner (Home Opportunity)

It is less expected to find a personal piece of mail in our mailboxes these days. But it feels so great to have a letter with our name on it. Make someone's day by exchanging brief notes, artful pictures, or an old postcard once or twice a month. East Side Neighborhood Services will match you with a community member who wants to share a kind note in return. To become a Pen Pal Partner or to learn about other engagement activities, please contact Jennifer Grilliot at jgrilliot@esns.org or 612-787-4104.

Reimagining Aging - Book Discussion

Join East Side Neighborhood Services and AARP Minnesota for a monthly book discussion via Zoom on engaging books about aging and what it means to live a vital life today every second Saturday of the month, 9-10 AM. We will reframe the idea of aging as opportunity -- the responsibility to reach out to other generations, share wisdom, and learn new ways of living in the world -- how we can grow up and grow old together. Haven't read the book? Everyone is welcome to enjoy the conversation.

Upcoming books:

- September 12: This Chair Rocks: A Manifesto Against Ageism by Ashton Applewhite
[Register here for September](#)
- October 10: The Gift of Years by Joan Chittister
[Register here for October](#)
- November 14: You Learn by Living by Eleanor Roosevelt
[Register here for November](#)

Info and registration can also be done by contacting 612-787-4086 or VitalLiving@esns.org . After registering, you will receive a confirmation email containing information about joining the meeting.

Maria's Place

Activities for caregivers and older adults. Browse their FREE library of hundreds of activities. Options for all ability levels, including dementia: [Maria's Place](#)

St. Anthony Park Area Seniors

Join us for our Lunch Bunch!

Are you tired of physical distancing and would like to get together with other seniors? St. Anthony Park Area Seniors is inviting ALL seniors to come to our **virtual** lunch outing, our Lunch Bunch. We meet during the noon hour to meet each other, check in, play a conversation game and watch something pleasant on the screen. Participants can Zoom in on regular telephones or on devices that connect to the internet. Lunch Bunches are scheduled every two weeks. Check the website www.sapaseniors.org for the next ones.

Seniors outside of our regular service area are welcome to join in too!

Call our office at 651-642-9052 to find out how to join in.

For more information about programs for seniors offered by St. Anthony Park Area Seniors check out our website: www.sapaseniors.org

Ramsey County Library

Ramsey County is committed to providing efficient, effective and equitable operational approaches during the COVID-19 pandemic.

Summaries of modified services at Ramsey County Library began Monday, March 23 and are outlined here:

https://www.rclreads.org/news/rcl-closed-faq/?_ga=2.141265010.1567730388.1587309479-1356431967.1511980315

Memory Minders Kits from Ramsey County Library - Free three-week checkout

Memory Minders Kits are special kits for caregivers who are caring for people experiencing memory loss. They are available at the Ramsey County Library locations in Roseville and Shoreview.

The kits contain materials used to spark memories, create conversations and provide positive and engaging interactions between clients and their caregivers. Kits are divided into high, middle and low activity levels. Each kit is unique and features a variety of items such as:

- An interactive activity for those with memory loss (puzzle, bingo, games or conversation cards).
- A book with color illustrations created for individuals with memory loss.
- A CD with music to soothe and spark memory.
- A Caregiver's Guide to Dementia by Laura Gitlin, which explores use of activities and other techniques to prevent, reduce and manage behavioral symptoms of dementia.

The majority of kits are for people living with Alzheimer's disease, but there are kits for people with Lewy Body Dementia and children who have contact with someone with dementia.

Currently, over 100 unique Memory Minders Kits are available for check out three weeks at a time. They are also renewable and can be requested via the Ramsey County Library catalog.

Find them on the rclreads.org website here:

https://rclreads.bibliocommons.com/v2/search?query=memory%20minders%20kit&searchType=smart&_ga=2.115575622.1567730388.1587309479-1356431967.1511980315

You can access them the same way as books--curbside or home delivery if you are homebound. You must be a resident of suburban Ramsey County to qualify for home delivery.

To request a particular kit, call the library. Staff will pull the kit for you, check it out and put it outside when you arrive. You can also still request them via our online catalog. As a third option, you are always welcome to talk to a reference librarian to find out what is still on the shelf.

<https://www.rclreads.org/>

Arthurs Memory Café

Arthur's Memory Café meets virtually the 2nd & 4th Wed each month. We start at 1pm and will go for an hour or two depending on the need of the group that attends. These will be zoom meetings (video conferencing) and people could attend by phone if they don't have a computer, iPad or smart phone which has a camera and microphone.

Contact: Lori La Bey at 651-748-4714 or email Lori@AlzheimersSpeaks.com.

2nd Half with Lyngblomsten

2nd Half with Lyngblomsten continues to offer programs, resources, and support to older adults and family caregivers during the COVID-19 pandemic, albeit in a modified form. Following recommendations from the Minnesota Department of Health and other federal and state agencies, we've shifted to offering our programs virtually via telephone calls, emails, and online meetings. No in-person opportunities will be offered for the remainder of 2020 (this includes The Gathering group respite program).

- We continue to offer services and support to caregivers. (Visit the Care Partner Support and Services page on the Roseville Alzheimer's & Dementia Information website for more details.)
- Caregivers who are caring for persons with dementia can receive daily emails that contain resources and activity suggestions to use during this time of social isolation. If you would like to receive this email, please contact us at (651) 632-5320.

Visit our online catalog to learn more about our virtual programs. We hope you join us!

https://www.grnewsletters.com/archive/cservices_paper_catalog/821194901.html?show_schedule=yes&u=GegwR

House of Memories - My House of Memories app

The easy to use ***My House of Memories: US*** app is free and allows you to explore objects from the past and share memories together. It can be used by anyone, but has been designed for, and with, people living with dementia and their caregivers.

The app has pictures of objects from across the decades, which are brought to life with sound, music and descriptions, and provide an easy-to-use way to help people living with dementia explore things that resonate with them. You can browse the objects, which include everyday things such as a Tinkertoy set, a concert ticket, and a pair of Converse All Stars and you can save your favorite objects to a digital memory tree, box, or timeline. The app has a “My Memories” feature, which enables users to upload their own photos to share precious personal memories with the people they care for living with dementia.

Download the free My House of Memories app:



Resources for you: A Musical Toolkit

Interesting and fun online resources for music therapy and the use of music for comfort and entertainment. Keynote Music Therapy has lots of ideas and has adapted their programs to the online environment. Fun and free resources plus a link to their YouTube channel with many playlists!

<https://www.keynotemn.com/post/2020/03/30/resources-for-you-a-musical-toolkit>

Reading Together

Suggested books for adults with dementia to read together with a care partner.

<http://www.lyngblomsten.org/blog/picture-books-offer-engaging-reading-option-for-older-adults-with-dementia-or-difficulty-reading/>

<http://www.doinggoodtogether.org/bhf-book-lists/picture-books-about-aging>

Five Games to Stimulate a Person with Dementia's Brain

Suggestions for ways to use card games, bingo, visual games, word puzzles, and video games to offer both social and mental stimulation for those with dementia, while “exercising” the brain and possibly, slowing the deterioration of cognitive abilities.

Source: Caregiver Support - Alzheimer's Disease Caregiver Support Initiative, Center for Neurobehavioral Health – Plattsburgh, NY

<https://www.wehelpcaregivers.com/news/brain-games-for-dementia/>

Memory & Brain Games for Seniors with Dementia

A blog with links to memory games and sources for accessing/purchasing these. Worth a few minutes of your time to get ideas to use at home.

<https://www.elmcroft.com/blog/2016/december/memory-games-for-seniors-with-dementia/>

Alzheimer's Poetry Project Minnesota

Portable Poetry session-a-day

Beginning March 19, 2020, and lasting through the quarantine of our institutionalized elder friends, I'll be posting a poem a day every day on this page, along with an accompanying image, a link to a related song, and a Beautiful Question for discussion.

<http://www.alzpoetrymn.org/>

Alzheimer's Speaks

Alzheimer's Speaks Radio gives voice to those afflicted with memory loss, their care partners as well as researchers, advocates, businesses, authors, musicians, movie directors... as it relates to dementia and caregiving. Our goal is to raise awareness, give hope, reduce fears and remove stigmas by sharing real everyday life stories of living with dementia.

Each Tuesday and Thursday the show is live at 1 P.M. CST People can listen to the show live or archived via their computer at: <http://www.blogtalkradio.com/alzheimersspeaks>

Laughter on Call: Interactive Storytelling Experience

Tune in Monday–Friday at 2 PM CST for an interactive storytelling experience from Laughter on Call. Each call includes: breathing exercises to relax, vocal warmups to release tension, physical movement to energize our bodies, games and stories (we even throw in some puppets!), and maybe even a puppy! Learn more about Laughter on Call at www.laughteroncall.com.

Participate in Laughter on Call through a Zoom call. The meeting room ID number is: 450 206 190. There are three ways to access Zoom (choose one):

1. **Access via your computer through the ZOOM link:** <https://zoom.us/j/450206190>
(you may be prompted to download the program through Safari or Chrome).
2. **Access via your cellphone or tablet** through the ZOOM App, which is available at the Apple and Google Play Stores (search for “Zoom”).
3. **Access directly through your phone line** with one of two access numbers:
+1 (669) 900-9128, 450206190# US +1 (346) 248-7799, 450206190# US
<https://meetings.ringcentral.com/j/1495231607>
OR access via iPhone one-tap : US: +1(773) 231-9226,,1495231607# Or Telephone: Dial (for higher quality, dial a number based on your current location): US: +1(773) 231-9226 Meeting ID: 149 523 1607

Well-Connected

Well-Connected is a FREE phone-in classroom/support group/check-in service. They have armchair travel, arts, conversation, fun & games, good reads, health & wellness, languages, museums at home etc. This looks to be an excellent resource for folks who are more likely to do well using the phone than internet technology.

Covia hosts these virtual conversation and classes. People can volunteer to teach a class for community groups members.

<https://covia.org/services/well-connected/>

Mather Institute Telephone Topics

Hosts hundreds of virtual conversations and classes to provide interaction for people who may be lonely or isolated.

<https://www.mather.com/neighborhood-programs/telephone-topics>

Simple Activities you already know how to do!

-go on a walk or spend time outside

-do a puzzle or Rubik's cube

-look at pictures of puppies, kittens, or other cute and happy animals--maybe print these off and hang them up!

-video chat (or phone call) with friends and family regularly. Now is a great time to catch up with someone you haven't talked to in months or years.

-coloring books!

-go through your camera roll and find your favorite pictures--create and order a photo album online--or email to people you think would enjoy them

Exercise your body - Exercise Routines and Classes

These are samples of exercise routines available online. We have tried to pick examples from reputable sources but we are not endorsing or recommending them.

Improving Health and Quality of Life: Juniper's Evidence-Based Programs

Juniper provides evidence-based health management programs through a large number of regional partnerships across Minnesota.

Evidence-based programs are proven to promote health and prevent disease among adults with chronic health conditions. Juniper programs have been developed using rigorous research and demonstrate reliable and consistently positive changes in important health-related outcomes among participants.

You can participate through Zoom. Programs are free - donations are appreciated. Here is a sampling of some of the programs offered:

A Matter of Balance

A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Tai Ji Quan – Moving for Better Balance

This program helps older adults improve their balance and reduce the likelihood of falling. Participants learn balance skills, good body alignment, and coordinated Tai Ji movements.

Stepping On

Stepping On offers participants a way of reducing falls and at the same time increasing self-confidence in situations where they are at risk of falling. It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and how to initiate a medication review

Stay Active and Independent for Life (SAIL)

SAIL is a strength, balance and fitness program for adults. This class is designed to reduce the risk of falling by teaching participants how to perform exercises that improve strength, balance and fitness

Arthritis Foundation Exercise Program

Arthritis Foundation Exercise Program is a group exercise class for people with arthritis who want safe ways to stay active, reduce pain, and move more easily. Participants learn from a trained instructor on how to deal with challenges like pain that keep them from staying active. Participants will practice stretching, breathing, endurance, and balance activities tailored for their ability and skill level. AFEP can help control pain, boost energy and mood, and increase confidence about staying active and managing arthritis

Complete information about courses, including dates and times, are available by clicking [here](#).

YMCA 360 ON-DEMAND CLASSES

Stay connected and active, even if you can't visit the Y. The program will be accessible to both YMCA members as well as the general public for the foreseeable future.

<https://ymca360.org/>

20 Min Exercise for Seniors, Elderly, & Older People - Seated Chair Exercise Senior Workout Routines

<https://www.youtube.com/watch?v=8CE4ijWIQ18>

7-Minute Yoga Workout for Older Adults

<https://www.youtube.com/watch?v=NDLad2vOHkU>

Gentle Chair Yoga Routine

Developed by the therapists in the Chronic Pain Service (now called the LEAP Service) at Toronto Rehab, Rumsey Centre.

<https://www.youtube.com/watch?v=KEjiXtb2hRg>

10 Minute Core Strengthening Workout for Seniors | Simple Seated Core Exercises

<https://www.youtube.com/watch?v=6Ts-deSDnRM>

15-minute Sample Workout for Older Adults from Go4Life**National Institute on Aging**

<https://www.youtube.com/watch?v=Ev6yE55kYGw>

7 Strength, Balance, and Flexibility Exercises for Older Adults from Go4Life**National Institute on Aging**

https://www.youtube.com/watch?v=P_GPWLIQVMw

Vital Fitness

Join East Side's **Vital Fitness** all-abilities exercise group! Tune in weekly to the live video happening on East Side's Facebook page every week for a variety of exercises that improve balance, strength, and coordination. If you're interested in seeing previous recordings of our exercise class, click on the link [here!](#)

Questions? Call 612-787-4086 or email VitalLiving@esns.org

Exercise your mind - Front Row Seats!

Webcams

Bird cams

https://www.allaboutbirds.org/cams/?utm_source=adgrant&utm_medium=cpc&utm_campaign=BirdCams&utm_content=webcams&gclid=CjwKCAjw7e_0BRB7EiwAIH-goNjdZ49yefJ4rXYwhBSAQ_0qFCBZ5YIsLINK9cRZy6NFA_6pEW5FCBoCwyYQAvD_BwE

Underwater cams

<https://www.geocam.ru/en/in/all/underwater/>

<https://www.natureaustralia.org.au/what-we-do/our-priorities/oceans/ocean-stories/reef-cam-underwater/>

Animal cams

https://www.marylandzoo.org/animals/live-cams-feeds/?gclid=CjwKCAjw7e_0BRB7EiwAIH-goNG4MIGHZ2m69FN56lnVIIIdg87GFJPNIJzv4hPGkmOYSV3rVKTUwUBoC4JoQAvD_BwE

<https://nationalzoo.si.edu/webcams>

https://www.tnaqua.org/animals-exhibits/secret-reef-cam/?gclid=CjwKCAjw7e_0BRB7EiwAIH-goOeseTEv73VObWltZ2DYnPg9P9UG6835B3kx7vQu-tiR2dw2OXKtbRoC6CQQAavD_BwE

<https://explore.org/livcams/brown-bears/brown-bear-salmon-cam-brooks-falls>

Links to Concerts, Plays, and Music

Links to Virtual Concerts, Plays, Museums, etc.

<https://www.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

The Social Distancing Festival Live Stream Directory - Links to you name it!

<https://www.socialdistancingfestival.com/live-streams>

Art - Museums – Concerts

<https://www.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

The Metropolitan Opera - Nightly Opera Stream

<https://www.metopera.org/>

Against the Grain Opera Company

<https://www.socialdistancingfestival.com/featured/againstthegrain>

Broadway Plays and Musicals

Fifteen Broadway plays and musicals—including Cats, Peter Pan, and Newsies—are available for viewing from the comfort of your own home! View through Broadway HD, Amazon Prime, or a similar service (**payment required**).

Access this article for the complete list and viewing details:

<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR37V2IqPJI4WT28qpM6SuizIS6TtoZujdU3JkreLUxA3fnLy4pkhLbn3R8>

Folk Music Archive

<https://folkcloud.com/?fbclid=IwAR1DD88uVUPEbXKxPaU1sKnP-AVHQ7zwrMRJQagLhxwvEgSVaVupzD-b5Ho>

Virtual Concerts - Updated with links to all sorts of music

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Links to all sorts of concerts

<https://www.travelandleisure.com/culture-design/music/virtual-music-concerts-broadway-shows>

The Current - Events Calendar

<https://www.thecurrent.org/events/genre/145/Live%20stream>

Daily listing of live streaming arts events with links

<https://www.nytimes.com/article/live-streaming-events-concerts-coronavirus.html>

Links to Museums, Art Galleries, Historical Sites, and Zoos**12 Museums Around the World**

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Italian Museums

https://anamericaninrome.com/wp/2020/03/italy-museums-visit-for-free-online/?fbclid=IwAR0BZC-ROYQPZe2-xADIHhA00Y_hdNoHbYqSI4oPHxIgpuHJSGEwzLFR89U

Palace of Versailles

https://www.vogue.fr/fashion-culture/article/palace-of-versailles-free-online-virtual-tour?utm_medium=Social&utm_source=Facebook&Echobox=1584550014&fbclid=IwAR0eIRwT1OB5ApW5O2fGdMi2iatuliw11KVeij7LDqRDoFfTUBr7uytpJRM

Joy of Museums - Links to museums, art galleries and historical sites worldwide

<https://joyofmuseums.com/museums/united-states-of-america/washington-d-c/international-spy-museum/kiss-of-death-lipstick-pistol/>

Science Museum of Minnesota - Omnitheater Movies

https://new.smm.org/omnifest/?fbclid=IwAR1qZxvKIwPxQ-S05o5wtYBQ8ZVZhQ6xzQraV4Q-lcs_qNxLrUa9E1UjYYQ

NASA Image and Video Library

NASA Image and Video Library allows users to search, discover, and download a treasure trove of more than 140,000 NASA images, videos, and audio files from across the agency's many missions in aeronautics, astrophysics, Earth science, human spaceflight, and more.

<https://images.nasa.gov>

Air Force Space & Missile Museum http://afspacemuseum.org/virtual/
Space Shuttle Discovery http://360vr.com/2012/02/16/discovery-flight-deck_2193/
Kennedy Space Center https://www.nasa.gov/centers/kennedy/news/streetview.html
The Museum of Flight https://www.museumofflight.org/Explore-The-Museum/Virtual-Museum-Online
International Spy Museum https://joyofmuseums.com/museums/united-states-of-america/washington-d-c/international-spy-museum/
Zoos and Museums

<https://people.com/travel/stuck-at-home-you-can-visit-these-world-famous-sites-from-your-couch-for-free/>

Virtual Garden Tours - No worries about weather, insects, allergies!

Five gardens: Waddesdon Manor, Waddesdon, England / Claude Monet's Garden, Giverny, France / Chicago Botanic Garden, Chicago IL / Hawaii Tropical Botanical Garden, Papaikou, HI / Kew Gardens, Richmond, England

https://www.townandcountrymag.com/leisure/g31789786/gardens-you-can-virtually-tour/?utm_source=facebook&utm_medium=social-media&utm_campaign=socialflowFBED&fbclid=IwAR0Wdp2SobFsOQ7KnWSwuTYWLBng15VQdWS3vYmKGNNQnVBhTjjiK_TMcCQ

United States Botanic Garden

<https://www.usbg.gov/take-virtual-tour>

Virtual Field Trip - Amazon Rainforest

<https://www.youtube.com/watch?v=JEsV5rqbVNQ>