

Resource List and Activities

First things first: please remember...



Cognitively Stimulating Activities You Can Do at Home:

Alzheimer's San Diego Brain Exercises: Alzheimer's San Diego has provided a list of 9 stimulating brain activities you can do from home. <https://www.alzsd.org/dementia-caregiving-coronavirus-how-to-plan-at-home-activities-while-socially-isolating/>

Alzheimer's San Diego and Classes and Workshops: Join Upcoming webinars, for example maintaining your brain health and safety at home. <https://www.alzsd.org/services/education/>

Alzheimer's San Diego: Tips for staying healthy as a dementia caregiver, during COVID-19. <https://www.alzsd.org/coronavirus-tips-for-staying-healthy-as-a-dementia-caregiver/>

Teepa and PAC Team: How to talk to your family member who is locked in and living with dementia. <https://www.youtube.com/watch?feature=youtu.be&v=6yi79gKdVRO&app=desktop>

Recreational Opportunities at Home:

UC San Diego's Meaningful Activities for Persons with Dementia: Department of Neurosciences Shiley-Marcos Alzheimer's Disease Research Center has created a list of

meaningful activities for people living with dementia.

<http://adrc.ucsd.edu/MeaningfulActivities.html>

San Diego County Libraries: During this time, all physical library operations have been suspended including curbside service. Patrons can still access the library's e-resources around the clock – 24 hours a day, seven days a week: <https://www.sdcl.org/refdb2.html>

San Diego City Libraries: All 36 City libraries are currently closed to the public. Online library services remain available to the public: <https://www.sandiego.gov/public-library/elibrary>

AIS Health Promotion Programs: The County of San Diego continues to offer online videos of the Feeling Fit Club during the COVID-19 response. In-person classes are currently canceled. Visit www.HealthierLivingSD.org to link to the online videos and keep fit from home. Feeling Fit Club episodes are also aired on public access television. Visit the website for the current television schedule. Additionally, if a resident would like a stretch band to exercise with, e-mail HealthierLiving.HHSA@sdcounty.ca.gov or call 858-495-5500.

San Diego Oasis: San Diego Oasis is shifting many Oasis classes online. Review the catalog for classes that were previously held at locations far from your home, and now will be conveniently located at your own desk (laptop, computer) or from your armchair (tablet or smart phone): <https://san-diego.oasisnet.org/>. East County: (619) 881-6262 / North County: (760) 796-6020

Selfhelp VSC (Virtual Senior Center): Where Seniors Connect, Learn & Play Online. VSC is a community where you can securely talk with other seniors, make friends, and learn new skills – like how to use Skype and email: <http://vscom.selfhelp.net/>. To volunteer, go to: <http://vscom.selfhelp.net/volunteering>)

Live Broadcasting from the San Diego Zoo: Twelve live camera feeds from the San Diego Zoo show animals like tigers, penguins, and elephants: <https://zoo.sandiegozoo.org/live-cams>

Twenty amazing places to visit from the comfort of your home: With just a click of a button you can be anywhere from the Louvre in Paris to the Great Wall of China to a deep dive in the Florida Keys. Check out this link to transport you to some of the world's most amazing views! <https://www.travelzoo.com/blog/20-amazing-places-you-can-visit-without-leaving-home/>

Recreating famous artwork: Feeling creative? Imitate a classic piece of artwork with props from your own home, then post a picture, Visit: <https://www.instagram.com/tussenkunstenquarantaine/> <https://www.thisiscolossal.com/2020/04/covid-19-getty-recreations/>

UCSD TV: This online resource offers a library of lectures on scientific topics including healthy aging. Go to the “Watch” tab and click videos and podcasts to choose a topic: <https://ucsd.tv>

The Metropolitan Opera: Every day while the Met is closed, a different encore presentation from the company's Live in HD series will be made available for free streaming on the Met website, with each performance available for a period of 20 hours, from 7:30 pm EDT until 3:30 pm the following day: <https://www.metopera.org>

Broadway Musical Weekly Streaming: Broadway fans, listen up. Andrew Lloyd Webber—the musical genius behind Broadway classics like *Cats*, *The Phantom of the Opera*, and *Evita*—is live-streaming his shows for free during this period of social distancing. Every Friday, Lloyd Webber will debut one of his classics via his YouTube channel “The Shows Must Go On!” So get ready to cozy up on the couch and sing along:

<https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag>

Livestream Concerts: Just because we’re keeping our distance doesn’t mean the music has to stop. Join Live Nation and Billboard daily for live streams from around the globe. Watch previously recorded concerts or follow artists live from their homes as they share music, stories, and more.

Live Nation: <https://www.livenation.com/livefromhome>

Billboard: <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

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

Exercise with Alzheimer’s San Diego: Instructor Dani Billings has put together easy exercises to do from home. <https://www.alzsd.org/services/social-activities/>

Exercise with Aviva: Aviva Saad from Jewish Family Services Balboa Avenue Older Adult Center has put together an hour-long chair exercise video (broken into manageable chunks!) for anyone who wants to stay active at home. We hope you are all staying safe and healthy during these difficult times. Enjoy! <https://www.jfssd.org/exercise/>

Yoga for Seniors: You have a lot of yoga options right now. There are free videos from YouTube and other sites, there are apps, and many yoga studios offering streaming classes on Zoom. If you have limited mobility or want to take your practice at a more mellow pace, you can search for things like “restorative yoga” or “chair yoga” to find gentler routines that are more focused on stretching than strength-building. Here are a few we found:

<https://www.youtube.com/watch?v=kFhG-ZzLNN4>

<https://www.youtube.com/watch?v=lfwsGu6seCA>

<https://www.jfssd.org/exercise/>

Live Well At Home: A great resource for helping community residents find tips and strategies for staying healthy in both mind and body while staying at home.

<https://www.livewellsd.org/content/livewell/home/live-well-every-day/LiveWellatHome.html>

San Diego Workforce Partnership: Find resources for businesses and workers such as online workshops, webinars for affected workers, a career portal, and more. www.workforce.org.

Stay Informed, San Diego County COVID-19 Latest Information Websites:

County of San Diego- COVID 19 Dashboard: Find the latest information on the Coronavirus <https://www.arcgis.com/apps/opsdashboard/index.html#/96feda77f12f46638b984fcb1d17bd24>

COVID-19 Downloadable Resources and Materials: Find FAQs, posters, videos, and other materials.

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/materials.html

Latest San Diego County Public Health Order:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/health-order.html

World Health Organization COVID-19 Report:

<https://www.who.int/westernpacific/emergencies/covid-19>

Center for Disease Control and Prevention: How to protect yourself

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

In-Home Volunteering:

VolunteerMatch: Search for volunteer opportunities based on your interests. For volunteer options that can be done at home, select “Virtual”: www.VolunteerMatch.org

RARE Bear Program (Rare Science): Sewing volunteers help make one of a kind bears for special one of a kind kids: <https://www.rarescience.org/rare-bear-program/>

How to get started: <https://www.rarescience.org/getting-started/>

Covia Well Connected: Well Connected is a community made up of participants, staff, facilitators, presenters, and volunteers who care about each other and who value being connected. Choose a topic of interest and join a conversation. All groups are accessible by phone at no cost: <https://covia.org/services/well-connected/>

English: 877-797-7299/Español: 877-400-5867

Call friends and neighbors: Call friends and neighbors who live alone and would appreciate the opportunity to chat. If you have a loved one in a facility, be sure to call frequently.

Daily/Regular Check-Ins for Homebound:

You Are Not Alone: Weekly volunteer visits have been suspended, but daily phone calls to check in are still available. Call your local law enforcement agency, or 858-495-5039.

ElderHelp – RUOK?: This program will continue to provide Friendly Visits via telephone to seniors who are matched with a volunteer. Call (619) 284-9281 or contact CMcClellan@elderhelpofsandiego.org for more information.

Always in Touch: Sponsored by Always Best Care. Daily check-ins and weekly socialization calls: www.always-in-touch.com. Contact info@abc-seniors.com or 855-710-2255 for more information.

Coronavirus Scams Targeting the Elderly:

This may be a helpful resource to know of, there have sadly been reports of scams during this time. <https://www.alzsd.org/coronavirus-scams-targeting-the-elderly/>

Mental Health Services:

The Friendship Line: Institute on Aging’s 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with

disabilities. <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>. Call 800-971-0016 for the Friendship Line.

NAMI (National Alliance on Mental Illness): You can connect with a trained crisis counselor to receive free crisis support 24/7 by texting NAMI to 741-741.

San Diego Access and Crisis Line: Experienced counselors are available 24/7 to provide you with a referral to meet your needs and determine eligibility. Call (888) 724-7240 for the Access and Crisis Line.

Meals for Pick-up and Home Delivery:

Aging & Independence Services contracts with community partners to provide meals at various locations throughout the County. Nutrition sites have temporarily closed all congregate indoor dining. Instead, nutrition sites now offer meal pick-up and many offer home delivery. For more information and to find your nearest meal site, visit <https://211sandiego.org/> or dial 2-1-1. The AIS Call Center also has information on food resources. Call AIS at 800-339-4661 or visit <https://www.aging.sandiegocounty.gov> and click on “Community Resources for Older Adults During COVID-19.”

Caregiver Resources:

Southern Caregiver Resource Center: Free services such as respite care, education & training, support groups for caregivers and more: <https://www.caregivercenter.org/> Call 858-268-4432.

Transportation:

FACT (Facilitating Access to Coordinated Transportation): FACT is operating as normal and is updating its page with COVID19 related changes as often as possible. Call 888-924-3228 or visit [Factsd.org](https://factsd.org) for more information.

MTS (Metropolitan Transit System): MTS is continuing service, but there are some changes to schedules. Call 619-233-3004 or visit sdmts.com for more information.

Respectfully,

Emilee Oddo, MSW Intern
UC-San Diego
Alzheimer's Disease Research Center
Huntington's Disease Center of Excellence
9444 Medical Center Drive, Ste.1-100
La Jolla, CA 92037-0948
eoddo@health.ucsd.edu

Ashley Martindale, MSW Intern
UC-San Diego
Shiley-Marcos Alzheimer's Disease Research Center
9444 Medical Center Drive, Ste.1-100
La Jolla, CA 92037-0948
amartindale@health.ucsd.edu