

Social Isolation Resource Guide

Updated 2/10/2021

This guide was created as a tool to help minimize effects of social isolation and loneliness of older adults who live in Bayfield County. This is by no means an exhaustive list of resources, but is instead a guide to assist community members to think outside the box to make connections and continue their engagement in activities and programs that can be viewed and explored from the comfort of your own home. A special thank you to Greater Wisconsin Agency on Aging Resources (GWAAR) and other county aging agencies for sharing ideas and resources.

Wellness Calls

While "Safer at Home" continues, many older adults long for social connection. Words are powerful, they can inspire hope, offer encouragement and strength. Consider asking older adults and caregivers to share words of encouragement with their peers. This allows them to give back and have a purpose. It's a great way to instill a sense of community and connectedness even when we are apart. Many people want to volunteer and utilizing them to make calls, emails, or texts is a win-win-win for them, the older adult, and our agencies.

Scripts/Conversation Starters

1.) [GWAAR Nutrition Education & Activities](https://gwaar.org/nutrition-education-and-activities)

<https://gwaar.org/nutrition-education-and-activities>

On this website find the link called "**Activities-Conversation Starters**" to find:

- Conversation Starter Spark Cards – Set 1
- Conversation Starter Spark Cards – Set 2
- Themed Monthly Calendars

Social Connections

1.) [Well Connected](https://covia.org/services/well-connected/)

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

This free phone and online community offers activities, education, friendly conversation and an assortment of discussion and support groups that can be accessed all from the comfort of your home. Visit the site to see the various topics that will be discussed any day of the week!

2.) [Social Call](https://covia.org/services/social-call/)

<https://covia.org/services/social-call/>

This free website matches volunteers with seniors on a one-to-one telephone call basis, bringing compassionate conversation and care into people's lives.

3.) [Goodreads Book Club](https://www.goodreads.com/)

<https://www.goodreads.com/>

Sign up for a free online account and join a group discussion on a broad mix of titles and recommendations for others.

4.) [Play Cards with Others](https://www.trickstercards.com/)

<https://www.trickstercards.com/>

5.) **Pen Pal Programs**

- Adult: Get matched with other older adults who are interested in corresponding and making connections.
- Intergenerational: Get matched with a school aged person who is interested in corresponding.

6.) [Generations Online](http://www.generationsonline.com/)

<http://www.generationsonline.com/>

This website provides simplified tools for computer and tablet training (including use of FaceTime, Zoom, Skype, texting, taking photos, and email with large type) that promotes internet literacy, access to technology, support in overcoming fear of electronic media, and fostering skills specifically to seniors, caregivers and families.

7.) [AARP Foundation: connect2affect](https://connect2affect.org/)

<https://connect2affect.org/>

This website offers a self-assessment to help you understand how connected you are. There is also a list of helpful resources to help older adults connect and build social connections needed to thrive.

8.) [AARP Foundation: Friendly Voices Program](https://aarpcommunityconnections.org/friendly-voices/?CMP=RDRCT-CON-ATM-FRIENDLY-VOICE-08112020)

<https://aarpcommunityconnections.org/friendly-voices/?CMP=RDRCT-CON-ATM-FRIENDLY-VOICE-08112020>

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

9.) [AARP Foundation: Virtual Community Center](https://local.aarp.org/virtual-community-center/)

<https://local.aarp.org/virtual-community-center/>

Offers a wide variety of free interactive online events and classes designed for learning, self-improvement and fun.

10.) [AARP: Virtual Upcoming Online Events](https://view.email.aarp.org/?qs=c80c6790b9cb5c81f03b6cf170c6ffdeb9c64d729b4fccb0d0248ae3c8aa76102b8183182ae0021f4286e42eeb39c54271913140f6c0eb1f1216a790d88776ce61196d8431b57a6517f23418fff941f5)

<https://view.email.aarp.org/?qs=c80c6790b9cb5c81f03b6cf170c6ffdeb9c64d729b4fccb0d0248ae3c8aa76102b8183182ae0021f4286e42eeb39c54271913140f6c0eb1f1216a790d88776ce61196d8431b57a6517f23418fff941f5>

This link takes you to a monthly list of live programs and events including conversations with authors, film documentary reviews, dance parties, lectures on a variety of topics, live performances, and more.

11. [Meals Together](https://mealstogether.org/)

<https://mealstogether.org/>

This website focuses on the fact that meals are meant to be shared. Mealtime is our time to connect, to laugh and learn, to connect, to be seen and heard. This website will pair you with a Food Friend, perhaps from a different generation, who will share a meal over a video call and cook up hearty conversations!

12.) [Intergenerational Ask & Answer](https://www.oregonpubliclibrary.org/ask)

<https://www.oregonpubliclibrary.org/ask>

This intergenerational online program was created at an Oregon Library to connect people together with positivity during a time of crisis. The goal is to bring people together to learn something from one another.

13.) [Institute on Aging: The Friendship Line](https://www.ioaging.org/services/all-inclusive-health-care/friendship-line)

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

The Institute on Aging provides phone support for individuals who are finding it difficult to find connections within their community. Institute on Aging's 24-hour toll-free Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. Founded in 1973 by Dr. Patrick Arbore, Director of IOA's Center for Elderly Suicide Prevention, and accredited by the American Association of Suicidology, Friendship Line provides round-the-clock crisis support services. Dial 1-800-971-0016.

14.) [Senior Planet](https://seniorplanet.org/coronavirus-2/)

<https://seniorplanet.org/coronavirus-2/>

The mission of this organization is to help older Americans age 60+ capture the power and opportunities that technology offers - no matter what your socioeconomic situation, geography, educational background or age. They host virtual events related to health & wellness, language learning clubs, book clubs, arts & crafts, and more. The goal is offering opportunities to connect and help one another, changing the world for the better – all while learning, growing, and having fun!

15.) [UW Extension: Life Span Program Weekly Series](https://aging.extension.wisc.edu/programs/life-span-connection/)

<https://aging.extension.wisc.edu/programs/life-span-connection/>

UW-Madison Division of Extension's Life Span program presents Wise Wisconsin Winter Series. Life Span Educators from around the state will host sessions on topics that will help you increase joy and satisfaction in your life and help you connect with others during the cold, snowy winter months. Grab a hot beverage of your choice and join us! Program will be presented in Zoom format, every Wednesday morning, February 3rd through March 10th, 2021, from 9:00 – 10:00 a.m. Cost is free, but registration is required.

Physical Activity

1.) [Go4Life Program](https://www.nia.nih.gov/health/exercise-physical-activity)

<https://www.nia.nih.gov/health/exercise-physical-activity>

This is an exercise and physical activity campaign from the National Institute on Aging (NIH) designed to help you fit exercise and physical activity into your daily life. This comprehensive website offers free videos and tips on endurance, strength, balance, and flexibility activities. Participants can also sign up to receive motivation and fitness tips directly to their inbox. The Go4Life website offers free tracking tools such as weekly exercise and physical activity plan, and goal setting worksheets.

[Go4Life: 15-minute Sample Workout for Older Adults](https://www.youtube.com/watch?v=Ev6yE55kYGw)

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

[Go4Life: 20-minute Exercise Routine for Older Adults](https://www.youtube.com/watch?v=8E8iCYG16ho)

<https://www.youtube.com/watch?v=8E8iCYG16ho>

2.) **Daily Wellness Challenge**

3.) [SilverSneakers Programs](https://tools.silversneakers.com/)

<https://tools.silversneakers.com/>

SilverSneakers offers no cost online classes for adults 65+ through select Medicare plans. From the comfort of your home, enjoy virtual classes and workshops directly through the SilverSneakers website. And since it's included in the SilverSneakers benefit, SilverSneakers LIVE is available at no additional cost to members and offers virtual classes and workshops via Zoom.

- [SilverSneakers: 7-minute Yoga Workout for Older Adults](https://www.silversneakers.com/blog/yoga-seniors-7-minute-flow-ease-stress-increase-flexibility/?utm_source=youtube&utm_medium=social&utm_campaign=edit_activity)

https://www.silversneakers.com/blog/yoga-seniors-7-minute-flow-ease-stress-increase-flexibility/?utm_source=youtube&utm_medium=social&utm_campaign=edit_activity

- [SilverSneakers: 5-minute Yoga Hip Exercises](https://www.silversneakers.com/blog/5-minute-yoga-for-tight-hips/)
https://www.silversneakers.com/blog/5-minute-yoga-for-tight-hips/
- [SilverSneakers: 4-minute Hip Stretch Routine](https://www.silversneakers.com/blog/4-minute-hip-stretch-routine/)
https://www.silversneakers.com/blog/4-minute-hip-stretch-routine/
- [SilverSneakers: 5 Exercises for Healthy Shoulders](https://www.silversneakers.com/blog/5-exercises-healthy-shoulders/)
https://www.silversneakers.com/blog/5-exercises-healthy-shoulders/
- ...And many more!

4.) [NY Times: 6-minute Workout](https://www.nytimes.com/2020/02/18/well/move/in-6-minutes-you-can-be-done-with-your-workout.html)

https://www.nytimes.com/2020/02/18/well/move/in-6-minutes-you-can-be-done-with-your-workout.html
Offers three short (6-minute) workout videos to get your heart pumping and body moving.

5.) [YMCA360: Health & Wellness Videos](https://ymca360.org/categories/249)

https://ymca360.org/categories/249

Offers a large library of a variety of stretching, cardio, and balance videos. Length of videos ranges from 5 – 45 minutes.

6.) [UW-Extension: Strong Bodies Program](https://pbswisconsin.org/watch/university-place/university-place-strong-women-strong-bones/)

https://pbswisconsin.org/watch/university-place/university-place-strong-women-strong-bones/

A training program that leads participants in strength training exercises designed to maintain fitness and increase both strength and bone density. Video length: 1 hour, 10 minutes.

7.) [Tai Chi Health: Intro Videos](https://taichihealth.com/video/tai-chi-fundamentals-adapted-optional-side-support/)

https://taichihealth.com/video/tai-chi-fundamentals-adapted-optional-side-support/

This series of videos introduces viewers to Tai Chi and offers instruction with adaptations of the basic moves of Tai Chi.

8.) [Senior Exercise Online](https://www.seniorexercisesonline.com/members-page.html)

https://www.seniorexercisesonline.com/members-page.html

This is a series of 5-minute videos that can lead you in exercises that build strength, and improve flexibility, posture, balance, and more.

9.) [HASfit: Senior Exercise Routines](https://www.youtube.com/c/Hasfit/search?query=seniors)

https://www.youtube.com/c/Hasfit/search?query=seniors

This YouTube channel offers a series of exercise routines for Older Adults.

10.) [Deliver Rehab: Move at Home Program](https://www.deliver.rehab/move-exercise-for-seniors)

https://www.deliver.rehab/move-exercise-for-seniors

This website offers a series of stretching, chair yoga and exercise routines for Older Adults.

Arts & Entertainment

1.) **Coloring Book Pages**

- [Art is Fun Adult Coloring Pages](https://www.art-is-fun.com/free-adult-coloring-pages)
https://www.art-is-fun.com/free-adult-coloring-pages
- [Mary Engelbreit Coloring Pages](https://www.maryengelbreit.com/pages/coloring-page-downloads?fbclid=IwAR0K6cFS_K0ZsXeRJEtbvnoJwSHK3xwor2VFI2-Jw_0gSH_y9JduPWkTzw8)
https://www.maryengelbreit.com/pages/coloring-page-downloads?fbclid=IwAR0K6cFS_K0ZsXeRJEtbvnoJwSHK3xwor2VFI2-Jw_0gSH_y9JduPWkTzw8
- [Just Color Coloring Pages](https://www.justcolor.net/)
https://www.justcolor.net/

- [Crayola Adult Coloring Pages](https://www.crayola.com/free-coloring-pages/adult-coloring-pages/)
<https://www.crayola.com/free-coloring-pages/adult-coloring-pages/>

2.) Virtual Music and Theater Performances

- [Duluth Superior Symphony Orchestra](https://dsso.com/)
<https://dsso.com/>
Pay per view performances of live concerts and programs.
- [Berliner Philharmoniker](https://www.digitalconcerthall.com/en/playlist/10)
<https://www.digitalconcerthall.com/en/playlist/10>
Free play list from their Digital Concert Hall.
- [You Tube](https://www.youtube.com/)
<https://www.youtube.com/>
Free video sharing website.
- [Playbill](https://www.playbill.com/article/schedule-of-upcoming-and-current-free-live-stream-broadcasts-com-322823)
<https://www.playbill.com/article/schedule-of-upcoming-and-current-free-live-stream-broadcasts-com-322823>
Free live stream broadcasts of plays and musicals.

3.) Virtual Tours

- **Smithsonian**
National Zoo & Conservation Biology Institute
[Animal Web Cams](https://nationalzoo.si.edu/webcams)
<https://nationalzoo.si.edu/webcams>
View the live streaming animal cams that have been placed in the giant panda, elephant, and naked mole-rat habitats.
[Zoo Webinars](https://nationalzoo.si.edu/education/zoo-webinars)
<https://nationalzoo.si.edu/education/zoo-webinars>
Free zoo webinars hosted live via Zoom (30 – 60 minutes long).

National Museum of Natural History
[Museum Tours](https://naturalhistory.si.edu/visit/virtual-tour)
<https://naturalhistory.si.edu/visit/virtual-tour>
Self-guided, room-by-room tours of select exhibits and areas within the museum. Also, you may access select collections and research at our satellite support and research stations, as well as past exhibits that may no longer be on display.

American Art Museum & Renwick Gallery
[Art Gallery Tour](https://americanart.si.edu/)
<https://americanart.si.edu/>
View current and past exhibits, collections, and educational resources and use Google Street View's 360° museum images. Or, enjoy the latest step-by-step guide to at-home crafting with a video library of crafting projects.

National Portrait Gallery
[Weekly Gallery Programs](https://npg.si.edu/digital-workshops)
<https://npg.si.edu/digital-workshops>
Free workshops ranging from story readings to explorations of astronauts, activists, scientists, and star athletes to discover the stories behind them. Or enjoy artmaking and/or creative writing workshops for all ages.

Air & Space Museum

[Museum Programs](#)

<https://airandspace.si.edu/anywhere>

Enjoy a variety of online programs, stories, videos activities, virtual tours and resources.

National Museum of the American Indian

[Online Programs](#)

<https://americanindian.si.edu/>

Explore exhibitions, programs, collections, and educational resources

- **Minneapolis Institute of Art**

[Current Conversations: Monthly Topics for Review](#)

<https://new.artsmia.org/event/daily-public-tour-current-conversations>

[Inspired by Books: Monthly Book Selections](#)

<https://new.artsmia.org/event/inspired-by-books>

Virtual Public Tours led by trained tour guides. Each month will feature a new topic for exploring various art collections or book selections. Tours are free, but pre-registration is required. These virtual events will take place over Zoom.

- **National Park Tours**

[Virtual Park Tours](#)

<https://artsandculture.withgoogle.com/en-us/national-parks-service/parks>

Virtual videos of the hidden worlds of the various National Parks

You may also be interested in other virtual tours and field trips including but not limited to, Zoo's, NASA & Saturn tours, The Louvre Art Museum in Paris, Children's museum, Discovery Educational field trips, etc.

4.) [World Wildlife Federation: Conversations with Conservationists](#)

<https://www.worldwildlife.org/webinars/conservation-insiders-series>

This site invites you to take advantage of the exclusive opportunity to participate in a series of live conversations with WWF's expert staff. Or, view previous virtual events listed on their website. These scientists and leading thinkers offer a behind-the-scenes view of WWF's innovative work around the world to protect nature for the future of wildlife and humans. Hear their stories and contribute your own insights to the conversation.

5.) [Woods Hole Oceanographic Institute](#)

<https://www.whoi.edu/events/>

Monthly calendar of live virtual events and lectures.

6.) [Thrillist: Virtual Tours of Space](#)

<https://www.thrillist.com/news/nation/nasa-virtual-tours-of-space>

NASA has curated a collection of digital space experiences, posted on YouTube, so you can explore the TRAPPIST-1-star system, international space station, and planets outside of our solar system.

7.) [NASA: International Space Station Tours](#)

https://www.nasa.gov/mission_pages/station/main/suni_iss_tour.html

Virtual International Space Station Tours

8.) [ESA: Narrated Tour of the International Space Station](#)

https://www.youtube.com/watch?v=UDW_GSF0g0l&list

European Space Agency (ESA) narrated 3D tour of the International Space Station (via YouTube).

9.) **Joy 4 All Project**

Kids in Calgary, Canada came up with the idea of posting pre-recorded jokes, poems, and messages of positivity in hopes of providing a connection with seniors. Callers can hear pre-recorded, continuously updated messages which are updated weekly. Dial 1-877-JOY-4ALL (1-877-569-4255).

10.) [The Sketchbook Project](#)

<https://brooklynartlibrary.org/features>

No talent required! This organization has designed a program which allows people from anywhere in the world to participate in creating the world's largest collection of individual sketchbook artwork. Participants purchase a 5x7" blank custom sketchbook. Each book is given a unique six-digit barcode so it may be cataloged into the Brooklyn Art Library's System. You may take weeks or months to complete your sketchbook, then return it to the organization to be cataloged. If you choose the digital option, your art can be viewed by people across the world and participants will be set up to be able to track how often it is viewed.

11.) **Old Time Radio smartphone, iPhone or iPad app**

Download free app to listen to vintage Old Time Radio shows, including such shows as; Box 13, Burns and Allen, Dragnet, Hopalong Cassidy, Jack Benny, etc.

12.) [UW: Badger Talks](#)

<https://www.youtube.com/badgertalks>

A virtual weekly talk series posted to YouTube that brings resources, happenings, and talent from UW Campus to the people of Wisconsin and beyond.

13.) [LibriVox Audiobooks](#)

<https://librivox.org/>

Free, ad-free nonprofit public domain with many languages available. Choose to listen to an audiobook read by a volunteer or volunteer to read a book for others.

14.) [The Sofa Singers sing a long](#)

<https://www.thesofasingers.com/>

Initiative from James Sills that brings hundreds of people together from around the world to sing together online, sparking joy and human connection.

15.) [Mathers Telephone Topics](#)

<https://matherlifeways.eventsair.com/MLCEPortal/community-initiatives-live-event/matherce/Calendar?location=Telephone%20Topics>

Call a toll-free number or join online to access 45 minutes of interesting discussions and programs related to: wellness, education & history, sports, movies, music, and live performances.

Brain Health

1.) Trivia, Quote, or Question of the Day

- [Quizzes for Older Adults](#)

<https://memorylanetherapy.com/quizzes-for-seniors/>

This web site offers pre-made quiz questions on a variety of topics.

2. [Brain HQ](#)

<https://www.brainhq.com/?v4=true&fr=y>

Online programs that provide free exercises that your brain needs to be at its sharpest.

3.) [Lumosity: Brain Exercises](#)

<https://www.lumosity.com/en/>

This website is designed to offer you brain exercises that sharpen the skills you use every day, such as memory, attention, flexibility, speed, and problem solving.

4.) [SharpBrains: Brain Teasers](#)

<https://sharpbrains.com/brainteasers/>

On this website you can enjoy 25 brain teasers, puzzles and games to work your mental muscles.

5.) [BrainCurls](#)

<https://braincurls.com/>

This website offers a variety of fun, challenging brain building activities.

6.) [MindGames](#)

<https://www.mindgames.com/>

This website offers free mind games that offer practice on memory, math, puzzle, word games and sudokus.

7.) [AARP: Staying Sharp Program](#)

<https://stayingsharp.aarp.org/about/get-started/>

This program brings research together with science and review of lifestyle behaviors to recommend and offer lessons and exercised focused on healthy habits to help support brain health as we age.

8.) **Printable Brain Teasers**

- [Puzzles to Print](#)

<https://www.puzzles-to-print.com/printable-brain-teasers/>

Printable brain teasers

- [Thinkable Puzzles](#)

<http://www.thinkablepuzzles.com/>

Test your brain and skills with word and math puzzles, mazes, brain teasers and more.

- [Brain Den](#)

<http://brainden.com/>

A website that offers logic puzzles, brain teasers, optical illusions, brain teasers and math challenges.

9.) [Healthy Minds Program](#)

<https://hminnovations.org/meditation-app>

This App is free, but participants must have a smart phone, tablet, laptop or desktop computer with working camera. This app strives to help you gain a healthy mind and provides participants with tools that they can use to evaluate what's happening inside your brain and how you interact with the world around you – with results ranging from increased focus to decreased stress and higher levels of health and well-being. This site also offers weekly virtual, live guided meditations.

10.) [Campus for Creative Aging](#)

<https://campusforcreativeaging.org/>

This website is a resource for older adults who seek to share, expand and unlock their capacity for creative expression, lifelong learning, personal growth and living with purpose. Majority of classes – if not all, appear to be free.

11.) [Middleton Music Therapy Services](#)

<http://box5324.temp.domains/~middlfk9/>

Provides music therapy services via telehealth.

12.) [What's Up?](#)

<https://apps.apple.com/us/app/whats-up-a-mental-health-app/id968251160>

What's Up? is a fantastic free app utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With easy-to-follow methods, you can get to what helps you the most in seconds!

13.) [SAM: Anxiety Management Tools](#)

<https://apps.apple.com/us/app/self-help-for-anxiety-management/id666767947>

SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. It offers established methods of self-help combined with high standards of usability to provide an engaging, flexible, and practical resource.