

Useful Websites and Resources

CDC Guidelines on Holiday Gatherings

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>

Nebraska Medicine on Holidays during COVID19

Rupp, M. (November 6, 2020). *How to Handle the Holidays During COVID19*.

<https://www.nebraskamed.com/COVID/how-to-handle-the-holidays-during-covid-19>

Online Exercise Classes

NIA's Go4Life Workout Video Playlist

<https://www.youtube.com/playlist?list=PLmk21KJuZUM7kDgg7EOsXqPKAoOnD5Q8N>

Exercise options online

<https://www.bostonglobe.com/2020/04/23/lifestyle/seniors-these-exercise-classes-are-zooming-your-living-room/>

Online Book Clubs

<https://time.com/5809322/social-distancing-book-clubs/>

Online Classes

- **Well Connected:** <https://covia.org/services/well-connected/>
- **GetSetUp:** <https://www.GetSetUp.io>
- **Open Culture:** <https://www.openculture.com/freeonlinecourses>

Online Museum Tours

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

Intergenerational Initiatives (*Not based in Nebraska)

Dancing Heart Live! Twice a week, older adults living in their own homes or facilities, students, families, staff and volunteers join via Zoom. The artists use various genres of live and recorded music and dance, a mindfulness meditation and themed discussions to encourage interaction.

https://youtu.be/_UUvIWA45FE

Gen2Gen Volunteering Opportunities

<https://generationtogeneration.org/>

Generations United "is a strong voice supporting the development and expansion of intergenerational programs bringing children, youth and older adults together. We serve as the clearinghouse for information on different types of intergenerational programs and a champion making the case for local programs across the county and around the world."

<https://www.gu.org/covid-19/>

Invisible Hands is a non-profit organization delivering groceries and other essential items to populations especially vulnerable to COVID-19.

<https://invisiblehandsdeliver.org/>

Lifting Hearts with Hearts involves teen volunteers connecting online with residents in 17 Illinois nursing homes and assisted living facilities via musical performances, games and 1:1 video chats.

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

Louisville COVID Match Online identifies healthy young adults (whose risk factors are low) who are willing to be paired with an elder or an individual who is at high risk in our community in order to coordinate the delivery of essential supplies if/when needed. Regular check-ins with these elders by phone or other electronic means.

<https://lc19match.com/#/>

Meals Together High school and college students have virtual visits during mealtime with those in early stages of dementia and their caregivers.

<https://mealstogether.org/>

Sages and Seekers The L.A. based organization seeks to "combat social isolation and dissolve age-related segregation within our communities, while meeting the universal and compelling need of both young adults and elders to make sense of their lives. This is achieved by the simple art of conversation." They currently offer a 60-minute program, with 45 minutes of one-on-one time each of the 4 or 6 weeks. The Seekers choose their Sage partner through a "Hi-Five" rotation process the first week.

<https://www.sagesandseekers.org/quarantine-connections.html>