

Ideas for Staying Engaged and Connected during COVID-19

Compiled by:



1. Elder Friends Phone Companions

This *NEW* program was created in response to the COVID-19 crisis. It matches any socially isolated older adults with friendly phone companions who are background checked and ready to share their warmth and friendship during this crisis and beyond.

To sign up, visit www.littlebrothersmn.org/elder-programs or call (612) 721-6215.

2. NPR Virtual Concerts

NPR Music is compiling a list of live audio and video streams from around the world, categorized by date and genre, with links out to streaming platforms such as Facebook, Instagram, and YouTube.

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

3. Cornell Lab and Celebrate Urban Birds

Let birds soothe you during this challenging time. When you're ready for a moment of beauty or a child needs something new to focus on, bring birds' innate joy and hope into your life.

Visit Cornell's website for full details: <https://www.allaboutbirds.org/news/how-to-make-these-next-few-weeks-a-little-easier-courtesy-of-birds>.

4. 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.

Visit <https://images.nasa.gov> and blast off!

5. Metropolitan Opera Virtual Concerts

Tune in every night at 6:30 PM for a live-streamed performance from the Metropolitan Opera. Broadcasts are free. All "Nightly Met Opera Streams" begin at 6:30 PM CST and will remain available via the homepage of metopera.org for 20 hours.

Tune in at www.metopera.org.

6. 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)2319226,,1495231607# Or Telephone:

Dial (for higher quality, dial a number based on your current location): US:

+1(773)2319226 Meeting ID: 149 523 1607

7. 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=IwAR37V2lgPJl4WT28qpM6SuizIS6TtoZujdU3JkreLUxA3fnLy4pKhLbn3R8>.

8. Virtual Senior Centers

These programs allow older adults to access enrichment and education sessions via phone or online. Each program is open to all US residents. There may be small fees to participate in some activities, and we suggest reaching out directly for more information.

- **Covia Well Connected:** www.covia.org/services/well-connected
- **Mather Lifeways:** www.mather.com/neighborhood-programs/telephone-topics



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