



Online Resource List for Resident Engagement in Memory Care

Thanks to CALA members, we have a list of great ideas to engage residents now residing in memory care communities in daily activities. Our California communities have many ways to engage in what we are now reframing and calling “**Sociable Distancing**”.

We are grateful for the generosity of members that have shared their best practices to support CALA members on the front lines.

A Big Thank You Shout OUT to the following companies:

ActivCare Living, Alzheimer’s Care Associates, Belmont Village, Best Friends Approach, The Wellness Edge, Silverado Senior Living, & Sunrise Senior Living.

Physical/ Exercise

- Go 4 Life- Exercises: endurance, strength, balance and flexibility
 - <https://go4life.nia.nih.gov>
- Exercise stations indoors & outdoors on the patio with decorated finish line
- Streaming online video classes for Chair Yoga, Tai Chi, Stretching and armchair exercises.
- Walking Club in Hallway Hot Spots
- Silver Sneakers
- Virtual Catch Game

Intellectual/Lifelong Learning

- www.SixtyandMe.com
- www.PuzzlePrime.com
- www.Icebreakers.com
- www.KeepBusy.com
- **Purple Primer for Seniors**
 - <https://thepurpleprimer.com/index.html>
- **Virtual Museum Tours**
 - <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- **Google Arts and Culture Collection**
 - <https://artsandculture.google.com/project/streetviews>
- **Live Zoo cameras**
 - www.Sandiegozoo.com
 - www.Houstonzoo.com
 - www.Zooatlanta.com
 - www.Georgiaaquarium.com
 - www.Cincinnati.com
- **E books-** Through Libby app to get started with digital audiobooks and magazines from your public library –
 - www.Libbyapp.com (libraries are closed but if you have a Library card you can access online)
- **Armchair Travel-** A Sensory Experience for Seniors
 - <https://www.goldencareers.com/armchair-travel-a-sensory-experience-for-seniors/4256/>

Emotional/ Spiritual

- Take Time to laugh- www.suddenlysenior.com
- Storytelling -using fun images to inspire creative stories and fun conversations- www.timeslips.com
- Better with Letter- a wonderful way to connect with others. Consider a pen pal program & Send letters through the snail mail.
- Things I am Grateful for – note three things your grateful for and share with Families via Facetime
- Music and Nature Sounds-Forest Stream Scene--- YouTube.com
- Relaxing music and Underwater scenes--- YouTube.com
- Church Service link: <https://spiritualeldercare.com/church-services/bible-studies/>
- Live streaming church services in your local community
- Bible readings, discussion, stories, tapes or trivia
 - www.biblejoy.com
 - www.dailyverses.com
 - www.asiasociety.com
 - www.chabad.com
 - www.whyislam.com
- Clergy/Rabbi visits with holiday acknowledgements in room 66. Read daily word or Spiritual quote and discuss together
- Hymn sing or listen to religious music

Music

- Free music playlists- 40s, 50s, & 60s- www.goldencareers.com
- Music and Memory
- Alive Inside
- Sing Fit
- Local and National music resources
 - www.youtube.com
 - <https://www.metopera.org/>
 - <https://musicmemories.bbcrewind.co.uk/>
 - https://m.youtube.com/watch?v=cUWyODR1_sA&list=PLpUa79kzDsKPM1I62PBUw8Hbutw72PLEw&index=10
 - <https://goldenmemoriesondemand.org/songs>
- Music Trivia:
 - 1960's <https://www.youtube.com/watch?v=SIl2vnS-hsY&feature=youtu.be>
 - 1970's <https://www.youtube.com/watch?v=dIEgIUjcqHA&feature=youtu.be>
 - 1950's <https://www.youtube.com/watch?v=IMhcU9rB4eE&feature=youtu.be>
 - Drum Circle
 - Five most important rhythms <https://www.youtube.com/watch?v=8qVulT1NEvo>
 - How to Lead Call and Response <https://www.youtube.com/watch?v=p5ZrQZ9-M6w>

Sociable: Small groups of residents

- Create Your Own FaceTime Book Club- Residents read to their grandkids via internet.
- Video Games/ Wii/Xbox competition
- Celebrate the day- www.OnthisDay.com
- SPA Day- aromatherapy, nails, hand massage, relaxation
- “Concerts from The Patio” ----- live entertainment where residents can see and hear safely from inside the community

- Google Play Apps (All the below Apps are Free)

Blackjack	Bloom Better You (Meditation)	Train your Brain-Memory
Charades	Catch Phrase Party Game	Words with Friends
Deal or No Deal	Elvis Presley Trivia	Family Feud Live
Farkle Dice-Free	Fit Brains Lite	Hangman – Free
Left vs Right	Jigsaw Puzzles	Match Dot-Connect Dot
NPR News	On this day historical calendar	Pandora
Pinterest	Puzzles	Scrabble
Smithsonian Channel	Find the Difference	TED Talks
ASL app	Trivia Crack	US History Quiz
USA Geography	Word Association Games	Word Stack
Bible Word Stack	Old Time Radio Shows	You Tube
Zoom		

Arts & Crafts

- Great Senior Living – <https://www.greatseniorliving.com/articles/crafts-for-senior-crafts>
- Fave Crafts- <https://www.favecrafts.com/Gifts/22-Easy-Craft-Projects-For-Adults>
- Helpful sites for crafts
 - <https://mariasplace.com/creative-activities/craft-activities/>
 - <https://www.learningtodraw.com>

iPad Apps that are helpful

150 Yrs History	YouTube videos	Smithsonian
3 Words	Smithsonian	Solitaire
4 Pics 1 Word	Solitaire	Speak Easy
Blackjack	Speak Easy	Spot It - What's Different?
Bloom HD	Spot It - What's Different?	TED
Chain of Thought (Favorite)	TED	The ASL app
Charades	The ASL app	The Real Word
Classic Words	The Real Word	Trivia Crack
Coloring (all kinds)	Trivia Crack	Unroll Me
Deal or No Deal	Unroll Me	US Trivia
Elvis Trivia	US Trivia	Word Stack
Pinterest	Word Associates	Yesterdays
Puzzles	Word Bubbles	Word Wow
Scrabble		

Helpful Online Resources

- **AHCA NCAL**
 - www.ahcancal.org
- **Alzheimer's Association**
 - <http://www.alz.org/professionals-covid>
- **Best Friends Approach**
 - <http://www.bestfriendsapproach.com/>
 - <http://www.facebook.com/bestfriendsapproach>

- <http://www.healthpropress.com/product/best-friends-approach-to-alzheimers-care-second-edition/>
- **International Council Active Aging (ICAA)**
 - www.ICAA.cc
- **National Certification for Activity Professionals**
 - <https://www.nccap.org/covid-19-activity-director-resources>
 - 101 In-Room Activity Programming Ideas
 - Act of Spiritual Communion
 - Room Visit Log
 - Activity Room Service Door Hangers
 - Virtual Family Visit Log
 - Family Note
 - Spring Theme Packet
 - Water Theme Packet
 - Famous People Packet



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