



## Thriving at Home: Virtually Connected Resources

### Why Important to Connect:

- Protective health factors for chronic health conditions including dementia, heart disease, depression, etc.

### What Immanuel is Doing to Stay Connected:

- Connecting residents with resources to challenge themselves creatively, cognitively, socially
  - Journaling, crafts, brain teasers, adult coloring, etc.
  - Brain Booster Challenge
  - Mindfulness series on cultivating gratitude and positive thinking
    - <https://artyourservice.org/>
  - Virtual Connection Drive
    - [virtuallyconnected@immanuel.com](mailto:virtuallyconnected@immanuel.com)

### Staying Virtually Connected at Home:

#### LeadingAge CAST Program's Partnership with Cyber Seniors:

- <https://cyberseniors.org/>

#### Selection of Websites and Applications for Video Conferencing:

- Zoom
- Skype
- FaceTime
- Google Duo

#### Apple Products Only (iPhone, iPad):

- FaceTime

#### Any hardware with access to internet:

- Zoom, Skype

#### Android or Apple:

- Zoom
- Skype
- Google Duo
- Facebook Messenger

#### Video Conferencing Ideas for Family/Friends:

- Virtual Happy Hour
- Virtual board games
- Using a conversation prompt of the day:
  - Examples:
    - Type of super power would you want to have and why.
    - Favorite place you have ever been and why.
    - Favorite memory of a beloved pet.
- Everyone reads the same book, watches the same movie and scheduling a conversation about it.
- Virtual music performances of grandkids