



Activities and Resources to Stay Connected

It's important to stay connected and continue to enjoy daily life as much as possible when spending more time at home. We want to provide some tips and suggestions of things you can do. Feel free to email Rush_Generations@rush.edu to share other ideas you have. We will periodically send updates to our members and welcome your suggestions.

1. **Visit the opera or theater:** Below are links to various shows that you can watch from your computer or smart phone. Or, consider having a virtual movie club where you and your friends watch a movie and come together by phone to discuss.
 - [The Metropolitan Opera live shows](#)
 - [LA Theater Works](#)
 - [Kennedy Center Digital Stage](#)
2. **Dabble in the arts:** Below are links to arts and crafts activities that you can do at home:
 - [Mo Willems Live Stream Doodle](#)
 - [Interactive Music Experiments](#)
3. **Turn off the news:** Limit the amount of news you read online or on TV. Consider calling friends and family to check-in. If you are feeling anxious or stressed and would like to talk with someone, below are free and confidential resources:
 - **National Suicide Prevention Lifeline:** (800-273-8255)
 - **Disaster Distress Helpline:** (800-985-5990) or text TALKWITHUS to 66746 free
4. **Learn something new:**
 - Open Culture offers 1,500 free online courses from top universities. Please click [here](#) for more information.
 - Mather Lifeways offers a range of wellness and education programs, music reviews, live performances and more that you can listen to on the phone! Call 888-600-2560 to get started. Please click [here](#) for more information.
 - Well Connected is a phone and online program offering activities, education, friendly conversation, and an assortment of classes and support groups to older adults accessible from the comfort of home. Please click [here](#) for more information.



5. **Visit a museum:** Experience the best museums from London to Seoul in the comfort of your own home. Please click [here](#) for more information.
6. **Listen to poetry:** Listen to recordings of Allen Ginsberg and other poets on Phone-a-Poem, the 1970s Poetry Hotline. Please click [here](#) for more information. Consider also reading that book on your shelf that you have always wanted to read.
7. **Move around:** Below are links to exercise videos you can watch on your computer or phone.
 - [Go4Life from the National Institute on Aging](#)
 - [Fitness Blender Total Body Chair Workout](#)
8. **Think about What Matters:** Take time to visit the [Schaalman Senior Voices Film Library](#) to watch inspiring films that aim to strengthen the wellbeing of older adults and their communities.
9. **Come learn with Rush Generations:** Visit the [Rush Generations Facebook Page](#) to hear from a variety of professionals speaking on topics including safety concerns, chronic fatigue, and back and neck pain and more.
10. **Continue to connect!**
 - Think about how you can interact with others without putting your health (or theirs) at risk. Can you speak to your neighbors from over a fence or across balconies?
 - Spend the time connecting with the people you are living with. Use this time to improve your existing relationships.
 - It's not just family and friends who require support, but others in your community. Showing kindness, by taking the time to call or wave across the fence, to others not only helps them but can also increase your sense of purpose and value, improving your own well-being.

Below are additional resources that may be helpful during this time:

- A few stores will be opening earlier for older adults to help avoid crowded shopping periods. A couple stores include Dollar General (8 - 9 am for seniors) and Stop and Shop (6 - 7:30 am).
- The Lakeview Food Pantry is accepting phone orders for a once-a-month pickup from any ZIP code in the Chicagoland area by calling (773) 302-0125. You can also call your local food market and see if they have early hours for seniors.



- The Greater Chicago Food Depository is also offering help by calling (773) 247-3663 (773-247-FOOD) to help you in finding food resources in your area.
- You can also call 311 for assistance.
- The Illinois Department on Aging has requested all area Agencies on Aging (Senior Centers) to suspend all gathering activities. However, meals will still be available on a daily basis. Clients will be notified by providers or staff of any alternatives, such as boxed lunch services, pickup options or home-delivered meals.
- For any assistance or services you may need, call the Senior Helpline toll-free at (800) 252-8966 (TTY: 888-206-1327), from Monday-Friday from 8:30 am – 5 pm or go to <https://www2.illinois.gov/aging/Pages/default.aspx>
- [How to stay connected while intentionally isolated](#)