IDEAS THAT PROMOTE SOCIAL ENGAGEMENT & REDUCE SOCIAL ISOLATION

IDEAS GENERATED FROM STUDENTS IN HD405: GERONTOLOGY
WASHINGTON STATE UNIVERSITY
SPRING 2020

QUESTIONS? PLEASE CONTACT RAVEN WEAVER
RAVEN.WEAVER@WSU.EDU

DISCLAIMER:
PLEASE EXCUSE REPETITION, TYPOS/ERRORS, AND OTHER FORMATTING ISSUES IN THIS DOCUMENT, AS IT WAS PULLED TOGETHER QUICKLY IN THE WAKE OF COVID-19.

WE DO NOT CLAIM OWNERSHIP OR SOLE AUTHORSHIP OF THE IDEAS. THE DOCUMENT MAY HELP BRAINSTORM NEW IDEAS.
MISSING THE OUTDOORS?
Travel across the US National Parks


Here is a fun way to “get outside” and see the natural beauty in the United States. Here are just a few National Parks to explore while staying inside.

Visit a National Park with a click of a button:

Badlands National Park South Dakota
Arches National Park Utah
Big Bend National Park Texas
Acadia National Park Maine
Channel Islands National Park California
Denali National Park Alaska
Everglades National Park Florida

❖ There are multiple National Parks to visit, here are just a few to get you started!

What you need: Access to internet connection and a desire to explore nature’s beauty.

Who: Individually or as a group explore the ins and outs of these National Parks.

When: This is available anytime when wanting to “get out” and explore!

Fun facts about the National Parks
➢ Badlands is known for its unique rock formation
➢ Channel Islands is made up of 5 different islands off the coast of California
➢ Denali Mountain is the highest mountain peak in North America
Here is a way to get a little culture and education. These are just a few collections from Google Arts & Culture that let us gain knowledge about art, history, and science without leaving our home.

“Go to the museum” with the click of a button. Where to?
- British Museum, London
- Guggenheim Museum, New York
- National Gallery of Art, Washington, D.C.
- Musée d’Orsay, Paris (see example below)
- National Museum of Modern and Contemporary Art, Seoul
- Pergamon Museum, Berlin
- Rijksmuseum, Amsterdam
- Van Gogh Museum, Amsterdam
- The J. Paul Getty Museum, Los Angeles
- Uffizi Gallery, Florence
- Museu de Arte de São Paulo, São Paulo
- National Museum of Anthropology, Mexico City

What you need: An internet connection and curiosity to explore the arts, history, and science from around the world.

Who: These websites can be explored in small groups or individually, as each virtual tour is self-guided based on your interest.

When: Any time you want to explore the creative wonders around the world!
ACTIVITY IDEAS

LIVE ZOO WEBCAMS

~ Zoo Bingo ~

Here is a way to enhance your experience at these virtual zoos. Here are some live zoo webcams that help to entertain and educate us on species conservation.

~Click on any species you would like to watch. Learn the name of the species and pick the first letter of species name and cross it off on the bingo card. The bingo card will consist of letters.

https://zoo.sandiegozoo.org/live-cams
https://kids.sandiegozoo.org/videos
https://www.houstonzoo.org/explore/webcams/
https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/

What you need: You will need internet connection and an online bingo card to learn about cool species and also to have a fun time experiencing these live webcams.

~ Here is a link to an online alphabet bingo card. Click on “new card” for a new bingo card.

https://mfbc.us/m/hr5hjg

Who: These websites can be explored in small groups or individually.

When: Any time you want to explore a zoo virtually!
GUIDED GROUP MEDITATION

This activity is a guided group meditation that is focused primarily on happiness and positive energy! Absolutely everyone can join in on this activity. No one needs to move or have a special amount of supplies. Also residents who may have cognitive issues can benefit from the soothing voices and sounds that this meditation brings. Some science based benefits of meditation are stress reduction, control of anxiety, promoting emotional health, enhancing self-awareness, lengthening attention span and even reducing age-related memory loss. The link to this specially selected meditation will be found at the end of this page. A few options are available on how to listen to this meditation. One way is to have each resident listen to the meditation privately. This can be done with any electronic device that has Wi-Fi. Some residents may prefer this as it allows for privacy as well as a more quiet environment. Another option would be to have any residents that want to participate watch the meditation as well as participate on Zoom. This would allow all residents to participate in real time together as well as see one another! Some benefits of a group meditation is having group support during a maybe new activity as well as instruction and support from other residents.

What you need: A electronic device with Wi-Fi capabilities as well as the Hyperlink found below to the guided meditation.

https://www.youtube.com/watch?v=Zz2ehfhmbcg

Who: EVERYONE! Residents as well as caretakers could all benefit from a mindful 20 minutes spent towards positivity and happiness.

When: This guided meditation can be done at any time. Although I would recommend doing it in the morning to help people set their minds towards having a positive day during such uncertain times!

Top Tips and Tricks for a Beginner in Meditation!

#1. Start out sitting still for just 2 minutes
#2. Participate in meditation first thing in the morning! Even leaving yourself a note the night before as a reminder can be helpful
#3. Try counting your breaths! This will help focus your mind as well as calm your body with long inhales and exhales
#4. Come back to the meditation when your mind wonders!
#5. Don’t worry about doing it wrong! There is no perfect way to do it just be happy you’re doing it!
#6. Don’t worry about clearing your mind. That is not the goal of meditation.
#7. Get to know yourself, it’s not all about focusing your attention it’s also about learning how your mind works.
#8. Smile when you’re done!
During this time of uncertainty, we are all experiencing a lot of fear and frustration. Taking the time to remember our thoughts and emotions are not permanent can help us be more positive about the future.

This activity provides the opportunity to reflect and express how you are feeling right now and how you hope to feel in the future.

Use different colors, doodles, and/or magazine pictures to create a collage of what is going on in your brain during this Pandemic. Next to it make another collage that connects you with what makes you happy.

Be as simple or extravagant as you wish or are able. Here are some examples to help you imagine the possibilities.

Credit: Kylie W., HD405 Gerontology Service Learning Alternative during COVID-19
My Happy Brain

My Pandemic Brain
M & M ANGER MANAGEMENT

A Mindfulness Journaling Practice

For each RED M&M
THINK ABOUT SOMETHING THAT MAKES YOU ANGRY

For each ORANGE M&M
WRITE ABOUT A GOOD DECISION YOU MADE WHEN YOU WERE ANGRY
For each BLUE M&M
WRITE ABOUT A POOR CHOICE YOU MADE WHEN YOU WERE ANGRY AND WHAT YOU COULD HAVE DONE DIFFERENT

For each GREEN M&M
THINK ABOUT WHAT YOU DO TO CALM DOWN. DO THAT!

For each YELLOW M&M
WRITE ABOUT SOMETHING THAT MAKES YOU EXCITED

For each BROWN M&M
PRACTICE HOW YOU BREATHE WHEN YOU ARE ANGRY

JOURNALING PROMOTES CREATIVITY, IMPROVES MEMORY, THEY HELP US ORGANIZE OUR THOUGHTS AND SELF-REFLECT.

Credit: Kylie W., HD405 Gerontology Service Learning Alternative during COVID-19
ONLINE CLASSES

PHYSICAL HEALTH | MENTAL HEALTH | SPIRITUAL HEALTH

ZOOM YOGA

Due to COVID-19, yoga instructors have shifted their classes online, especially Zoom to connect with their clients, de-stress, and gain a sense of normalcy. These online yoga classes are inexpensive and provide community wherever you are located.

Types of Yoga Offered:

- Vinyasa
- Kickasana
- Bhakti Vinyasa
- Hatha
- Ashtanga Inspired Vinyasa
- Classical Hatha
- Slow Flow
- Yin Restore
- Restorative

YOGA STUDIOS:

- https://sanghaseattle.com/going-zoom
- https://www.zoomyoganow.com/
- https://www.peaceinpiermont.com/yoga-and-mindfulness-online

What you need: Good internet connection, a camera on your device (i.e. laptop, smartphone, or tablet) and register for zoom yoga classes

Who: These classes are for anyone who enjoys the relaxing practice of yoga at the convenience of their own home

When: Anytime (View the yoga class schedules)

Credit: Jacob F., HD405 Gerontology Service Learning Alternative during COVID-19
Objective
Getting your blood flowing is a great way to stay busy and healthy during this time! The Center for Disease Control (CDC) recommends that healthy people over age 65 engage in 150 minutes of moderate-intensity or low-intensity cardio exercise each week. Depending on your physical abilities, you may choose to alter these exercises by sitting in a chair or not using weights.

Aerobics for Seniors
https://www.youtube.com/watch?v=KbFx38FUuiA
This video shows you how to do a simple 20-minute aerobic exercise meant for older adults. You can choose to either sit or stand throughout this workout.

https://www.youtube.com/watch?v=1zyWa3vko6k
This video shows you a quick, 30-minute aerobic exercise tailored for people with limited mobility. This also has a sitting and standing option.

https://www.youtube.com/watch?v=Ev6yE55kYGw
This is a great 15-minute cardio exercise meant specifically for older adults. This video uses light weights but if you do not have any, you can use water bottles or another household item of a similar weight.

What you need: Just yourself, a chair, and some light weights.
Who: Just yourself or a couple of friends!
When: Whenever you would like!

Safety and General Tips-

| Moderate-intensity activity should bring your heart rate and breathing rate up to level in which you would not be able to sing but you can still speak. | To make your cardio exercise the most effective, it should be between 20 minutes and an hour. | Make sure to stay hydrated and drink water before, during, and after you work out. | If you feel any chest pain or you are breathing so hard that you cannot breathe, stop your exercise as this is an indication you are doing too much. |
Objective
The objective of Solitaire is to organize a shuffled deck of cards into 4 stacks (one for each suit) in ascending order (Ace to King).

Instructions
Within the Tableau, faced up cards are transferred in descending order (King to Ace) and in alternating color. The player may transfer the top card or stack of faced up cards to any of the piles in an attempt to create the sequence of descending value and alternating color. An empty spot in the Tableau may be filled with a king. If the player cannot move any cards within the Tableau, 3 cards are selected from the top of the Stock pile to form the Talon. If the first card in the Talon cannot be played, 3 more cards are selected from the Stock. When and if the Stock runs out, the Talon is reshuffled to form a new Stock and the process continues.

While the player is sequencing the Tableau, the player is also trying to build up the Foundations stacks. The top card from the Tableau stacks may be transferred to the Foundations. When all cards have been transferred in ascending order (Ace to King) to the Foundations, the game is won. If no more moves can be made and the Foundations is incomplete, the game is lost.

What you need: A Standard 52-Deck of Cards
Who: Just yourself!
When: Anytime you please!
For more information on how to play, visit https://bicyclecards.com/how-to-play/solitaire/

Key Terms and Tips

<table>
<thead>
<tr>
<th>Tableau</th>
<th>Foundation Stack</th>
<th>Talon (or waste) Stack</th>
<th>Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your “workspace”. The seven piles where you move cards back and forth while you look for opportunities to transfer cards to the foundations.</td>
<td>The empty piles at the beginning of the game. The objective is to fill up all of the foundation stacks.</td>
<td>Cards from the stock pile that have no place in the tableau or on foundations are laid face up in the waste pile.</td>
<td>Expose your hidden cards. If you have a choice between two cards, choose the one with the most hidden cards behind it.</td>
</tr>
</tbody>
</table>
**ACTIVITY IDEAS**

**A THROUGH Z - ALPHABETICALLY**

Someone picks a category and then an item in that category is identified for A – Z. For example, if the category was fruits:

- A – Apple
- B – Blueberry
- C – Cherry

and so on. The last person with letter Z picks the next category.

Here are a few example categories to get you started!

- Animals
- Capital Cities
- Cities
- Colors
- Countries
- Girl Names / Boy Names
- Famous Artists (painters, sculptors)
- Food categories
- Musicians
- Occupations
- Song Titles
- Things found in an office
- Things found in your senior living community
- Things found on a farm
- Things related to Washington State

What you need: You can play this brain-game on your own, but it might be more fun with at least one other person!

Who: You could play with other residents, but really anyone! You could play this brain-game over the phone with family and friends!

When: Any time!
**QUARANTINE CHAT**

Talk on the phone with someone else stuck at home.

**ORIGINAL SOURCE:**
https://quarantinechat.com/

**Free Service**
- QuarantineChat calls happen over the internet through the app Dialup instead of the phone system, so they're entirely toll-free. That's how we keep our costs low.

**Private Calls**
- Calls are end-to-end encrypted

**No Pressure**
- You don't have to pick up if you're busy—your partner will be automatically matched with someone else. And you can join and leave the line whenever you'd like.

**What you need:** The service only needs your phone number to sign up for periodic calls to connect one-on-one with other people stuck at home during social distancing

**Who:** Anyone who is feeling socially isolated, lonely and/or is struggling with quarantine during times of a viral epidemic

**When:** The service provides periodic phone calls once you sign-up with QuarantineChat

Credit: Jacob F., HD405 Gerontology Service Learning Alternative during COVID-19
This activity requires that each participant collects various personal photos and unique things from their lives that would come together in the form of a scrapbook to showcase their lives. Once this period of social isolation is over, these scrapbooks could be shared in a group setting. They can share their photos, their different story with each important piece of their lives they have found. This can also be done over the phone, over FaceTime with a family member, or through letters.

**What you need:** Photos, scrapbook, pens, pencils, stickers, scrapbooking kit if possible.

**Who:** Anyone who wants to participate in their own personal expression and share their life story.

**When:** This can be done at any time. Especially during this time of isolation, it could be wonderful to gather one’s own experiences in the forms of photos, letters, or unique collected items. Once restrictions reduce, each participant in this to come together and share certain memories.

There are many websites that have cheap and amazing scrapbooking supplies that can be bought in bulk! [https://scrapbooking-for-less.com/](https://scrapbooking-for-less.com/)

Or you can divide up the pages by significant people, places or animals you have loved!

You can split it up by years of your life!

This is your story and you get to tell it however you would like. Get creative with it!
ACTIVITY IDEAS

PAINT – BY - NUMBERS

They can be as easy and inexpensive as the printable version below or more advanced as the ones that come in a kit.

What you need: The printable pictures can also be done with colored pencils or markers and are a free resource, while the kits range from $10.00-$30.00 per kit but these do include brushes, paints and a printout of the pattern, along with the canvas the pattern is printed on.

There are some kits that come in a larger size (e.g., a scale of 16”x 20”)

Who: Paint-by-numbers can be a great activity for people with different levels of capabilities.

When: Anytime you’re feeling creative or mindful!

FREE PINTABLE’S FOR EASY PAINT BY NUMBERS

- imgarcade.com
- pintrest.com
- winniepicks.com
- coloringhome.com
- getdrawings.com

PAINT-BY-NUMBER VENDORS

- AllPosters.com
- BC&ACI
- Best Paint By Number Kits
- BlingPainting.com
- Canvas by Numbers
- CanvasX
- eBay
- Easy
- Fruugo.com
- Hobbylinc.com
- Michaels Stores
- PaintNumbers
- Prestigify Creative Supplies
- Pretty Little Sale
- TodaysPerfect
- World Paint by Numbers
MAKING A FIDGET BLANKET

“A fidget blanket is a lap-size quilt that provides sensory and tactile stimulation for the restless hands of someone with Alzheimer’s or other forms of dementia, such as ADD, or an autism spectrum disability.”

If you are a lifelong crafter or sewer, this activity might pique your interest and help pass the time! As you can see in the pictures, piecing and stitching isn’t necessary, so it makes for a perfect project for people of all sewing abilities! A Fidget Blanket can be great not only for the recipients who have Alzheimer’s or Dementia, but it is also a project for individuals who are able to do crafts that are a bit more challenging.

Fidget blankets are typically 17” X 21” but can be made in any size or shape desired. They can be made into pillows, sleeves, and even aprons for folks who might enjoy walking but also find it helpful to have their fidget item with them. These fidget items are very helpful with reducing anxiety and can help create small muscle and brain stimulation.

Directions:
1. Layer the quilt top and backing fabric – right sides together.
2. Lay this on top of the batting or stabilizer
3. Sew all the way around the outside, leaving a 3” opening for turning
4. Snip the corners, turn right sides out and stitch 1/8” from the edge to secure the layers and close the opening
5. Grab your supplies and lay them out on top of the fabric.
6. Pin in place the items and start stitching them down by hand or machine. Because your stitching will go through all the layers, this will keep them more secure and quilt the layers together, making it wear better through washings and use.

What you need:
- 18” X 20” piece of fabric. Customize this to what you need! There is no right answer or size here.
- 18x20 piece of stabilizer for in between the layers.
- Batting or multiple layers of flannel. The idea is to not be floppy but not firm either.
- Materials: really anything can be include! (e.g., zippers, loops of ribbon, buttons, lace and several different colors and texture of fabrics attached to them for people to play with and soothe themselves)
- You’ll find that there is a lot of materials out there that have great textures, colors and things that will keep fingers busy.

Additional supplies you may need:
- Rotary cutter or a new sharp blade, cutting mat, quilt ruler, sewing machine, iron, thread, bobbins, scissors, seam ripper

Source: What’s a Fidget Blanket Again? - Pickersgill Retirement Community pickersgillretirement.org ; 2018/02 ; whats-fidget-blanket
STIMULATE YOUR MIND
Take free classes online!

Original source: https://www.travelandleisure.com/syndication/yale-university-happiness-class-now-online

What a better time than now to get free classes online! Here are a few classes that you can take for free online through a website called Coursera. Learn from professors from prestigious universities all around the world about personal growth, healthy lifestyle, mental health, and more.

Begin your classes for free with a click of a button:
https://www.coursera.org/learn/mindfulness “De-Mystifying Mindfulness”
https://www.coursera.org/learn/food-and-health “Stanford Introduction to Food and Health”
https://www.coursera.org/learn/positive-psychiatry “Positive Psychiatry and Mental Health”
https://www.coursera.org/learn/modern-art-ideas “Modern Art & Ideas”

❖ There are endless classes available, these are just a few to get you started!

What you need: Access to internet connection and a desire to learn.

Who: This is for individuals wanting to expand their knowledge and learn something new. Courses range in time frame from a 6-hour course to a couple month course.

When: Classes have a range of start dates beginning today, April 12th to classes starting in May.

Example overview of “Mind Control: Managing your Mental Health During COVID-19”

1.1 Introduction and Overview
1.2 Understanding the Anxiety Response
1.3 The Necessity of Strategies to Manage Anxiety
1.4 Achieving Relaxation: A Skill We All Need to Learn Now
2.1 Why Watching the News is Addicting and How to Manage Your Consumption
2.2 The Critical Art of Mental Distraction to Crowd Out Stressors
2.3 How We Think About Physical Distancing and Explaining it to Our Children
3.1 The Effects of Isolation
3.2 Some Strategies to Make Isolation More Tolerable
3.3 The Importance of Social Connection in a Physical Distancing World
4.1 The Need to Guard Against Depression: The Importance of Control
4.2 Bring it Together: Practice Makes Proficient
4.3 Invitation to Suggest Additional Videos

Credit: Bella A., HD405 Gerontology Service Learning Alternative during COVID-19
Bleeding Tissue Paper Painting

This is a fun and colorful art project using bleeding tissue paper. Each picture can be personalized with a special drawing or use the finished, colored paper as a background to a photo, etc.

The activity uses water to make the color bleed from the tissue paper onto your canvas or paper. It creates a beautiful effect, and people of all ages LOVE this technique.

Please keep in mind that not all tissue paper will bleed, so be sure to check before prepping this activity.

Materials for Bleeding Tissue Painting

- Art canvas or cold press watercolor paper
- Bleeding tissue paper (amazon.com/Pacon-0058506- Bleeding Tissue Paper)
- Water and paintbrush
- Black sharpie (optional)
- White crayon (optional)
- Scissors
- Rubber gloves (optional - paper will temporarily stain fingers)

Directions

1. Cover your workspace with a mat or newspaper.

2. Cut up your bleeding tissue paper into squares and place them where they are accessible, not all tissue paper will bleed color when wet so be sure to use “Bleeding Tissue Paper”.

3. Give each participant a cup of water and paintbrush and a blank canvas/paper.
4. If desired, now is the time to draw something on the blank paper with the white crayon. This will show up as white after the “paint” has dried.

5. Invite each person to either use the tissue paper squares as they are or tear them into smaller pieces and place them onto their canvas. Paint over them with water using the paintbrush.

6. Continue doing this until the entire canvas is covered.

7. Let the tissue paper dry. Remove it. Your canvas now has a colorful background!

8. If you would like to create a more detailed picture you can cut you certain shapes like circles, birds, fish, etc. and follow steps 5-7.

All pictures found on Pinterest 3/28/2020
Riddles (AND RESPONSES)

**What you need:** Riddles and responses

**Who:** YOU and your “thinking cap”! You could also Play with family, friends in person or over the phone/facetime.

**When:** Anytime!

**Source:** These riddles were found at [https://parade.com/947956/parade/riddles/](https://parade.com/947956/parade/riddles/)

<table>
<thead>
<tr>
<th>Riddle</th>
<th>GUESSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. What has to be broken before you can use it?</td>
<td>1.</td>
</tr>
<tr>
<td>2. I’m tall when I’m young, and I’m short when I’m old. What am I?</td>
<td>2.</td>
</tr>
<tr>
<td>3. What month of the year has 28 days?</td>
<td>3.</td>
</tr>
<tr>
<td>5. What question can you never answer yes to?</td>
<td>5.</td>
</tr>
<tr>
<td>6. What is always in front of you but can’t be seen?</td>
<td>6.</td>
</tr>
<tr>
<td>7. There’s a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?</td>
<td>7.</td>
</tr>
<tr>
<td>8. What can you break, even if you never pick it up or touch it?</td>
<td>8.</td>
</tr>
<tr>
<td>10. A man who was outside in the rain without an umbrella or hat didn’t get a single hair on his head wet. Why?</td>
<td>10.</td>
</tr>
<tr>
<td>12. What can you keep after giving to someone?</td>
<td>12.</td>
</tr>
<tr>
<td>13. I shave every day, but my beard stays the same. What am I?</td>
<td>13.</td>
</tr>
<tr>
<td>14. You see a boat filled with people, yet there isn’t a single person on board. How is that possible?</td>
<td>14.</td>
</tr>
<tr>
<td>15. You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?</td>
<td>15.</td>
</tr>
<tr>
<td>Question</td>
<td>Answer</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>--------</td>
</tr>
<tr>
<td>I have branches, but no fruit, trunk or leaves. What am I?</td>
<td>17.</td>
</tr>
<tr>
<td>What can’t talk but will reply when spoken?</td>
<td>18.</td>
</tr>
<tr>
<td>The more of this there is, the less you see. What is it?</td>
<td>19.</td>
</tr>
<tr>
<td>David’s parents have three sons: Snap, Crackle, and what’s the name of</td>
<td>20.</td>
</tr>
<tr>
<td>the third son?</td>
<td></td>
</tr>
<tr>
<td>I follow you all the time and copy your every move, but you can’t</td>
<td>21.</td>
</tr>
<tr>
<td>touch me or catch me. What am I?</td>
<td></td>
</tr>
<tr>
<td>What has many keys but can’t open a single lock?</td>
<td>22.</td>
</tr>
<tr>
<td>What can you hold in your left hand but not in your right?</td>
<td>23.</td>
</tr>
<tr>
<td>What is black when it’s clean and white when it’s dirty?</td>
<td>24.</td>
</tr>
<tr>
<td>What gets bigger when more is taken away?</td>
<td>25.</td>
</tr>
<tr>
<td>I’m light as a feather, yet the strongest person can’t hold me for five</td>
<td>26.</td>
</tr>
<tr>
<td>minutes. What am I?</td>
<td></td>
</tr>
<tr>
<td>I’m found in socks, scarves and mittens; and often in the paws of</td>
<td>27.</td>
</tr>
<tr>
<td>playful kittens. What am I?</td>
<td></td>
</tr>
<tr>
<td>Where does today come before yesterday?</td>
<td>28.</td>
</tr>
<tr>
<td>What has many keys, but can’t open a single lock?</td>
<td>29.</td>
</tr>
<tr>
<td>What is black when it’s clean and white when it’s dirty?</td>
<td>30.</td>
</tr>
<tr>
<td>What gets bigger when more is taken away?</td>
<td>31.</td>
</tr>
<tr>
<td>What has many eyes, but can’t see?</td>
<td>32.</td>
</tr>
<tr>
<td>What has one eye, but can’t see?</td>
<td>33.</td>
</tr>
<tr>
<td>What has many needles, but doesn’t sew?</td>
<td>34.</td>
</tr>
<tr>
<td>What has hands, but can’t clap?</td>
<td>35.</td>
</tr>
<tr>
<td>What has legs, but doesn’t walk?</td>
<td>36.</td>
</tr>
<tr>
<td>What has one head, one foot and four legs?</td>
<td>37.</td>
</tr>
<tr>
<td>What can you catch, but not throw?</td>
<td>38.</td>
</tr>
<tr>
<td>What has many teeth, but can’t bite?</td>
<td>40.</td>
</tr>
<tr>
<td>What is cut on a table, but is never eaten?</td>
<td>41.</td>
</tr>
<tr>
<td>What has words, but never speaks?</td>
<td>42.</td>
</tr>
<tr>
<td>What runs all around a backyard, yet never moves?</td>
<td>43.</td>
</tr>
<tr>
<td>What can travel all around the world without leaving its corner?</td>
<td>44.</td>
</tr>
<tr>
<td>What has a thumb and four fingers, but is not a hand?</td>
<td>45.</td>
</tr>
<tr>
<td>What has a head and a tail but no body?</td>
<td>46.</td>
</tr>
<tr>
<td>Where does one wall meet the other wall?</td>
<td>47.</td>
</tr>
<tr>
<td>Find the answers, at the end of this activity</td>
<td></td>
</tr>
</tbody>
</table>
RIDDLES WITH YOUR FAMILY

51. Riddle: What building has the most stories?
Answer: The library

52. Riddle: What tastes better than it smells?
Answer: Your tongue

53. Riddle: What has 13 hearts, but no other organs?
Answer: A deck of cards

54. Riddle: It stalks the countryside with ears that can’t hear. What is it?
Answer: Corn

55. Riddle: What kind of coat is best put on wet?
Answer: A garbage truck

56. Riddle: What has a bottom at the top?
Answer: Your legs

57. Riddle: What has four wheels and flies?
Answer: A garbage truck

58. Riddle: I am an odd number. Take away a letter and I become even. What number am I?
Answer: Seven

59. Riddle: If two’s company, and three’s a crowd, what are four and five?
Answer: Nine

60. Riddle: What three numbers, none of which is zero, give the same result whether they’re added or multiplied?
Answer: One, two and three

61. Riddle: Mary has four daughters, and each of her daughters has a brother. How many children does Mary have?
Answer: Five—each daughter has the same brother.

62. Riddle: Which is heavier: a ton of bricks or a ton of feathers?
Answer: Neither—they both weigh a ton.

63. Riddle: Three doctors said that Bill was their brother. Bill says he has no brothers. How many brothers does Bill actually have?
Answer: None. He has three sisters.

64. Riddle: Two fathers and two sons are in a car, yet there are only three people in the car. How?
Answer: They are a grandfather, father and son.

65. Riddle: The day before yesterday I was 21, and next year I will be 24. When is my birthday?
Answer: December 31; today is January 1.

66. Riddle: A little girl goes to the store and buys one dozen eggs. As she is going home, all but three break. How many eggs are left unbroken?
Answer: Three

67. Riddle: A man describes his daughters, saying, “They are all blonde, but two; all brunette but two; and all redhead but two.” How many daughters does he have?
Answer: Three: A blonde, a brunette and a redhead

68. Riddle: If there are three apples and you take away two, how many apples do you have?
Answer: You have two apples.

69. Riddle: A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?
Answer: Four sisters and three brothers

70. Riddle: What five-letter word becomes shorter when you add two letters to it?
Answer: Short

71. Riddle: What begins with an “e” and only contains one letter?
Answer: An envelope

72. Riddle: A word I know, six letters it contains, remove one letter and 12 remains. What is it?
Answer: Dozens

73. Riddle: What would you find in the middle of Toronto?
Answer: The letter “o”

74. Riddle: You see me once in June, twice in November and not at all in May. What am I?
Answer: The letter “e”

75. Riddle: Two in a corner, one in a room, zero in a house, but one in a shelter. What is it?
Answer: The letter “t”

76. Riddle: I am the beginning of everything, the end of everywhere. I’m the beginning of eternity, the end of time and space. What am I?
Answer: Also the letter “e”

77. Riddle: What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?
Answer: NOON

78. Riddle: Forward I am heavy, but backward I am not. What am I?
Answer: The word “not”

79. Riddle: What is 3/7 chicken, 2/3 cat and 2/4 goat?
Answer: Chicago

80. Riddle: I am a word of letters three; add two and fewer there will be. What word am I?
Answer: Few

81. Riddle: What word of five letters has one left when two are removed?
Answer: Stone

82. Riddle: What is the end of everything?
Answer: The letter “g”

83. Riddle: What word is pronounced the same if you take away four of its five letters?
Answer: Queue

84. Riddle: I am a word that begins with the letter “i.” If you add the letter “a” to me, I become a new word with a different meaning, but that sounds exactly the same. What word am I?
Answer: Isle (add “a” to make “aisle”)

85. Riddle: What word in the English language does the following: The first two letters signify a male, the first three letters signify a female, the first four letters signify a great, while the entire word signifies a great woman. What is the word?
Answer: Heroine

86. Riddle: What is so fragile that saying its name breaks it?
Answer: Silence

87. Riddle: What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?
Answer: A river
88. **Riddle:** Speaking of rivers, a man calls his dog from the opposite side of the river. The dog crosses the river without getting wet, and without using a bridge or boat. How?
**Answer:** The river was frozen.

89. **Riddle:** What can fill a room but takes up no space?
**Answer:** Light

90. **Riddle:** If you drop me I’m sure to crack, but give me a smile and I’ll always smile back. What am I?
**Answer:** A mirror

91. **Riddle:** The more you take, the more you leave behind. What are they?
**Answer:** Footsteps

92. **Riddle:** I turn once, what is out will not get in. I turn again, what is in will not get out. What am I?
**Answer:** A key

93. **Riddle:** People make me, save me, change me, raise me. What am I?
**Answer:** Money

94. **Riddle:** What breaks yet never falls, and what falls yet never breaks?
**Answer:** Day, and night

95. **Riddle:** What goes through cities and fields, but never moves?
**Answer:** A road

**RESPONSES (Answers!)**

1. An egg
2. A candle
3. All of them
4. A sponge
5. Are you asleep yet?
6. The future
7. There aren’t any – it’s a one-story house
8. A promise
9. Your age
10. He was bald.
11. A towel
12. Your word
13. A barber
14. All the people on the boat are married
15. The match
16. He was born on February 29

17. A bank
18. An echo
19. Darkness
20. David
21. Your shadow
22. A piano
23. Your right elbow
24. A chalkboard
25. A hole
26. Your breath
27. Yarn
28. The dictionary
29. A window
30. A secret
31. It’s lid
32. A staircase
33. Second place
34. Your name
35. A potato
36. A needle
37. A Christmas tree
38. A clock
39. A table
40. A bed
41. A cold
42. A rubber band
43. A comb
44. A deck of cards
45. A book
46. A fence
47. A stamp
48. A glove
49. A coin
50. One the corner

96. **Riddle:** I am always hungry and will die if not fed, but whatever I touch will soon turn red. What am I?
**Answer:** Fire

97. **Riddle:** The person who makes it has no need of it; the person who buys it has no use for it. The person who uses it can neither see nor feel it. What is it?
**Answer:** A coffin

98. **Riddle:** A man looks at a painting in a museum and says, “Brothers and sisters I have none, but that man’s father is my father’s son.” Who is in the painting?
**Answer:** The man’s son

99. **Riddle:** With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?
**Answer:** A stapler

100. **Riddle:** I have lakes with no water, mountains with no stone and cities with no buildings. What am I?
**Answer:** A map

101. **Riddle:** What does man love more than life, hate more than death or mortal strife; that which contented men desire; the poor have, the rich require; the miser spends, the spendthrift saves, and all men carry to their graves?
**Answer:** Nothing
ACTIVITY ONE: COMMUNITY QUILT

OVERVIEW
This activity encourages a sense of community within Bishop Place, while also keeping the rules of social distancing and social isolation.

OBJECTIVES
Help residents feel as though they are connected to something and not just stuck in their room all day. Can work on this and feel a sense of belonging.

STEPS
1) Set up a sign-up sheet on who wants to be a part of a community quilt project.
2) Once people have volunteered, go in order of age and the oldest person gets to start the quilt.
3) The person gets to keep the quilt until he/she has finished their patch.
4) There will be a one-week disinfecting period just to be safe.
5) Then the next person gets the quilt and so on and so on.
6) Once the quilt is finished there will be a raffle with the individuals who participated and that’s how they will decide who gets to keep the quilt.
7) Repeat process if the activity is popular.

MATERIALS
- Paper and pen
- Rotary cutter and mat + sharp scissors
- Clear rulers (5x18 in and 4x4 in)
- Bias tape maker or ready-made bias tape
- Clear nylon thread
- White cotton thread
- 100% cotton fabric
- Long pins
- An iron + ironing board
- Batting
- Seam ripper
- Thread trash bin
- Walking foot for the machine (sewing)
- Sewing machine

CONSIDERATIONS
Some people will want to participate but not know how to sew. Can offer sewing classes or tutorials.

Resource:
ACTIVITIES: VIRTUAL FIELD TRIPS

OVERVIEW

Although residents are not allowed to leave Bishop Place they can still “travel out” to zoos, national parks, or even museums all while still practicing social distancing and isolation. For example, check out Monterey Bay Aquarium: https://www.montereybayaquarium.org/animals/live-cams?gclid=Cj0KCQjwjcfzBRCHARIsAO-1_OrJUJbLspanJhQSNKZLpctISWL_x-09RCagOiaHXYI3f7NYCzD0kEUaAk0VEALw_wcB

OBJECTIVES

Help the residents feel as though they get to see more than just the inside of Bishop Place, or just whatever is on the tv.

STEPS

1) Once again set up a sign-up sheet to see who would like to take a virtual tour of a zoo, national park or a museum
2) Set up set times for each individual and they are given anywhere from 30 mins to an hour
3) Once the resident is at the computer give them a tutorial on how to navigate the virtual tour on that specific website
4) Allow them to experience the place they have chosen

MATERIALS

Multiple computers or laptops
Access to internet connection
Paper and pen

CONSIDERATIONS

The residents hearing or sight may be going to be prepared for being able to make it so they may hear or see The residents may get frustrated working with newer technology if they have never used it before, be prepared to calm them and help when needed or wanted

Resource:

ATTITUDES TO OUTCOMES
The Rice Experiment

1. Place Cooked Rice in 3 Containers
   Each container must have a lid to-go sauce cups may be a good alternative resource. Keep them closed!!

2. Label each container
   Love and a positive phrase, Control, and Hate and a negative phrase

3. Setting
   Place containers at least 12 inches apart but make sure they are in the same conditions.

4. Speak your mind
   Read your positive phrase to the love rice, nothing to the control, and the negative phrase to the hate rice. Observe daily changes!

Be a Good Human
This experiment may lead to a variety of results, but it is a fun way to explore the impacts of our thoughts. If your rice looks the same, think about how you felt speaking the love vs. hate. The way we think and react to the world impacts how we see it.

You may feel alone, but we are optimistic things will be better soon!!

Spread Love, Not Germs
Hallway Bingo: One idea that my dad actually shared with me that they did at the facility he works at was Bingo. The residents can play bingo but it would be hallway bingo to continue practicing social distancing but being able to interact as a group. The residents would be staying inside the doorways of their rooms and have staff members spread out throughout the hallways with walkie talkies or an easy form of quick communication and call out the numbers that way. This would be a simple way to keep an activity that they enjoy and being able to participate without putting themselves or others at risk and it can reduce the isolation and loneliness they may feel as it keeps them engaged together during that period of time.

Hallway Trivia: Another idea could be similar but have a trivia night and implement the same kind of distancing techniques with the residents sitting in the doorway and staff spread out throughout the hallways or even split it into smaller sections for accuracy and ask questions. Walkie talkies or a loud voice would be the best way for communication between the staff. The slight competitiveness can also bring in social interaction for the residents to reduce loneliness.

Trivia: 4 rounds w/ 5 questions each, 4 common topics (ex. animals, sports, music and movies), groups for socialization, contain questions that aren't too difficult to boost confidence; winners and prizes

Exercise. With the second activity, since quarantined residents will be in their rooms all day. I will like to propose an activity that will allow them to move their bodies, exercise in their various rooms connected to an instructor and fellow residents on zoom. An active workout session will be conducted for an hour, residents will be grouped with their health conditions and physical abilities taken into consideration. The instructor will plan and instruct the residents to perform various exercises to help residents stay active via. These workouts will be based on the physical needs and abilities of the residents.

Fitness classes: taught to residents online (maybe trainers from WSU's rec center, as it is currently closed), could include family members via video chat (Zoom)

- FREE Workouts of the Day (WOD): Workout on your own with our daily WOD! Each WOD will have progression and regression options, minimal equipment and no equipment options. You’ll find these posted on UREC's Remote Programming website. ([https://urec.wsu.edu/online-remote-programming/](https://urec.wsu.edu/online-remote-programming/))
- Wellbeing Online: If you’re looking for more options to increase your wellbeing, browse through our Wellbeing Online content to find weekly article reviews, nutrition tips, and much more!

Knitting: Gather 2 people including a worker to interact with the elderly by knitting. This can be done to provide the seniors time out of their room by being in the activity room at Bishop. It will also provide them with not being alone, interaction and social time with someone and engaging into something that seniors enjoy. Knitting is also a good way to make them feel relaxed due to the repetition motions they do and it also makes them focus. If Bishop was going to do this you would place both of them across from each other and at the opposite end of the table to avoid contact and roughly being 6 feet away from each other yet engage by talking to other senior and/or worker that is in the activity room. Have those two seniors engage for roughly 30 minutes in the activity and then provide another two seniors with the same opportunities as the first. But when bringing other seniors clean of the tables and or equipment that the first seniors used to prevent the spread of diseases.

Having a Meal with Them: When it’s lunch time have an employee stick around for 5-10 minutes in their room to interact and have a conversation with them to not make them feel alone while they have been in their room all day. When bringing breakfast, lunch, and/or dinner you can ask them questions about the pictures and/or art they have in their room and hope to engage them into a conversation. Or once meal time is over take a miniature walk around Bishop to have them exercise a bit and move their legs a little.
**Apps:** Another idea that I have is for the residents who have their own smartphone, tablet, or computer. We can encourage them to download an app such as Words with Friends, Trivia Crack, etc. that they can add each other on, and play leisurely with one another. I think that this may be difficult for some residents, but for others who are more independent this may be a great and engaging activity that they aren’t aware of. If residents are willing to play games on their phones, like we do all of the time, then I think we may be able to interest them in other game apps such as a color by number, Candy Crush or even farm building strategy games that are simple, but very addicting and fun. I know that some older adults may have arthritis or cannot hold their phone, but in the case that they can we can be thoughtful and mention this idea to them. Many older adults may not have ever played games on their phones or even know what social media is. Being a guide for these types of things can help them reconnect with friends nearby or maybe even family from afar that they currently cannot see.

**Pen Pals Within:** I think offering residents the opportunity to have pen pals with each other would be beneficial. Especially since they won’t have to wait for the US post office to deliver these notes. Multiple letters could be written and delivered in 1 day. This would offer a much faster reply and opportunity for residents to receive mail daily. Doing this it would be important to have make sure that all envelopes are sealed with water. Or not use an envelope as that is not needed. Another thing that could be used would be Lysol disinfectant spray. To make sure that no virus is lurking on any paper being passed between residents.

**Write letters to each other:** If there was a way for each of them to find someone they had never talked to within the facility and write to them. The activities coordinator could come up with different prompts or things that would connect them with others. There are a lot of residents within the facility with different levels of care. It would be wonderful if they could connect with each other somehow through writing to one another.

**Resident Interview/Spotlight:** Employees take turns interviewing a different resident each day. They could ask funny jokes, as well as discuss serious topics. For example they could tell a profound story from their childhood that they believed help mold them. They could share their best advice to the younger generation as well as offer words of encouragement to their fellow friends. It would be important to keep the clips entertaining as well as light hearted. If a resident wanted to perform a skill for example, sing a song, play an instrument or do a magic trick that could also be recorded and added to the clip.

This could also be used as a way to contact their family members. The employee could then send out the videos, or have a few iPads that they can take turns showing residents the clip on. (make sure to disinfect the iPad constantly) Another idea would be to post the videos to twitter. I think during this quarantine time the public would be more than willing to offer a lot of love to these high risk residents during quarantine! It would be amazing to see responses from WSU students and the public on twitter!

**Game Cart:** The first idea I had to make their time in quarantine a little more enjoyable was a game cart. Activity Coordinators could walk around with a cart with puzzles, cards, word searches, and anything else the residents can do on their own but still have some fun. This will allow them to keep their brains working and not just watching TV or sleeping all day. Another benefit this will have is to keep their social interaction up a little bit by seeing Activities Coordinators every so often. Between each resident they would have to sanitize the cart, their hands, the games, and anything they or the resident would touch in order to minimize the spread of the virus. I think any sort of distraction for these residents during this time would help alleviate some of their stress. They spend most of their time watching the news which just creates more panic and anxiety, which then will lead to poorer health.
**Go on walks:** I think allowing the residents one at a time, with an employee, out of their rooms to walk around or in the facility would have many benefits. Most of them are used to walking to and from meals during the day, almost three times daily. Without this daily exercise, their health and ability to move will decrease significantly and quickly. This will also give them a chance for social interaction as well as being able to leave their rooms and see something other than the inside of their apartments.

**Phone Pals:** One activity that older residents could do during quarantine is either engaging in skype or voice calls with different people in the community. I listened to a podcast and a guest speaker in the podcast mentioned that her organization was asking volunteers to call older adults to help them feel less lonely and more engaged in their community. This activity would be very easy to implement and the only thing that would be needed is some sort of phone or laptop. Activity Directors could connect with the WSU Center for Civic Engagement to recruit volunteers. Each resident would need to agree to this activity and a time that might be best to call them. This activity is important and would be beneficial to the health of residents because it would create a sense of belonging and community and decrease feelings of loneliness.

**Quarantine Chat,** a new app, may help some people who are experiencing loneliness while in isolation during the COVID-19 outbreak. This program is easy to administer and only involves one email to send the link to Quarantine Chat’s website. The app works by adding your phone number and be instantly connected one-on-one with someone else stuck at home. These are periodic calls if the older adult wants to be receiving them. This information is private, and all calls are end-to-end encrypted.

**Cultural Art Projects:** Art projects that are based around different cultures. Each week Danielle and Anthony could find different examples of art in cultures around the world and ask the residents to create something that they believe would align with that culture. In addition to the art project Danielle and Anthony could teach a small interesting fact about each culture to create more interest in the topic. To make this activity more inclusive they could allow residents to do these activities from their door openings, that way residents can engage with each other. This activity will require the residents to think outside the box and create something that they believe aligns with that specific culture. The art that they create is up to them, it could be a story, a drawing, a painting or any form of art they believe fits the culture.

**Create an accountability group to maintaining a regular schedule**
This activity would include students and older adults becoming partners to promote fun activities such as reading, listening to music, and walking to create a sense of normalcy. Each week the partners will meet up and talk about the activity they both participated in. This creates a sense of connection despite the physical distance and allows for stimulating conversations between generations. These groups could talk via phone or Zoom to share their experiences of the shared activity.

**Online games:** Connecting with the older residents through games online. We could set up a time where we could both be on line to play fun games together, like card games, board games, or just fun multi-player games we could all engage in. Another idea is to have daily phone calls, or at least every-other-day calls where we, students, could call one of the residents everyday and ask how they are doing or what they would possibly need to better their lives at that moment.

Supplies for online games: computer/tablet, Internet access, knowledge to use/work functions on those smart devices, a scheduled time to play, agreement of what game to play, patience.

Supplies for phone calls: phone access, notepad (to take notes of what/how residents are feeling,) communication skills, patience.
**Zoom connections:** Teach residents about Zoom. Showing them how to use Zoom will allow them to feel more connected to just about anyone that wants to chat with them. One thing that could be done during this time is taking a game that is already loved by the residents, for example bingo, and set all of the participants up with a laptop where they can zoom into the meeting and play the game virtually. If bingo was the game of choice, then all participants would have a package with the game card and anything else needed. They could log onto a Zoom meeting (maybe with some assistance), and watch live as the numbers were called. It would be fun and exciting for those playing, while providing some interaction with others in the safety of their own rooms.

Using zoom to facilitate social connection and celebrations. For example, hosting birthday celebrations over Zoom. There are many background filters that you can set up for Zoom meetings, so each of the residents could pick out a fun, celebratory background to help make things more exciting. Everyone could have a slice of cake delivered to them while they all sung happy birthday and watched the birthday residents blow out their candles. Cake and some birthday celebrations will lighten the mood and hopefully bring joy to residents.

**Poetry Round Robin:** This activity would help engage participants in a fun communication centric “game” that invites them to be clever while also leaving their entries open-ended so that they can be expanded upon. Prior experience with poetry is not an important factor, but if seniors have written in the past it can be a fun way of reigniting those memories.

- Online communication activity, could be done through email, a forum, or a messaging service
- One participant starts a poem with a single line
- The next participant in the activity adds the next line, ideally rhyming with the first
- Continue for a set number of lines or when the poem seems to have reached a natural end point
- Supervisors could help guide the activity by helping participants brainstorm possible rhymes or provide inspiration to begin the poem with a theme

Example: Person 1: The wind began to blow  
Person 2: From the clouds, the sun began to show  
Person 3: The rain had made the plants flower  
Person 4: All below the tall tower

**Book Club:** One activity I believe would be engaging and fun for this population would be some form of a book club. Bishop Place has a pretty large reading area and it would be potentially fun for a group of them to all find a book they would enjoy reading and then come back all together and discuss it. There are a lot of great interesting reads available. Or, check out Audible, which currently has a free selection of reads geared toward kids, but enjoyable for all. Residents with e-readers could access the same book.

**Music “Book Club”:** This activity was inspired by an activity at a nursing home I volunteered at in the past. There, the residents would vote on an artist from a semi-random assortment of classic groups and would have dinner served while watching a recording of a concert. The residents there seemed to really enjoy the atmosphere, while the more natural social aspect of this would be diminished by holding the meetings through an online service it could help to inspire more deep conversation and connections between participants that they may not have realized in the past.

- Online communication activity, through email, a forum, or a messaging service.
- Requires youtube or an accessible music library
- One participant in the club would select a song or selection of songs that have some meaning to them. Could be chosen through a random drawing where the participants put in their choices
- The club has a certain amount of time to listen through the songs, then comes together through a chat service to have a discussion about the selection