



by Select Rehabilitation

Living Well,
Involved,
Fulfilled and
Energized



Healthy Living Series

May 2020

Sheltered and Secure: Activities to promote
Well-being during Social Distancing

Resources for Residents, Caregivers and Staff



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Energized

Sheltered and Secure: Activities to promote Well-being during Social Distancing

The rapid implementation of physical and social distancing is necessary during this unique time. However, this distance may cause a decrease in physical and social contact that is particularly hard on our residents. We need to keep our residents safe, but also keep in mind that physical and social isolation can have a negative impact on your physical and mental health. Select Rehabilitation has compiled some ideas to support your physical, emotional, and intellectual well-being while practicing physical and social distancing.

Intellectual Wellness Activities

- Virtual group meetings, events, or classes- In recent weeks, many religious organizations, senior centers, exercise studios, and other businesses and community groups have converted to a virtual format and are now hosting classes, events, and meetings using Google Hangouts, Zoom, FaceTime, YouTube, and other Internet-based platforms.

Mental Wellness

- Take a break from the news- Hearing about the pandemic repeatedly can be upsetting. Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body- Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals. Exercise regularly, get plenty of sleep. Avoid alcohol and drugs.

Physical Activities

- Home exercises can help you stay flexible and strong. Please consult a health care provider before beginning an exercise program. It is important to exercise at your own pace and take rest breaks when needed.
 - Do a set of wall pushups while waiting for water to boil
 - Vigorously vacuum
 - Lift weights while watching the news
 - Try toe-raises while talking on the phone
 - Do knee bends after sitting for a long period of time
 - Wet and wring out a washcloth in the sink

How can Therapy help? Seeking professional advice to analyze your unique health situation; can often result in simple solutions to boost your overall wellness. Your rehab team can identify lifestyle changes that can facilitate staying physically and mentally healthy. In addition, your rehab team can provide practical and helpful information and resources to assist in health promotion in your community.

For additional information, please contact your Select Rehabilitation Physical, Occupational and Speech therapists.

Sheltered and Secure: Activities to promote Well-being during Social Distancing

COVID-19 has necessitated that our residents live with strict physical and social distancing guidelines. Throughout this difficult time, this distance has been particularly hard on our residents. The safety of our residents is a top priority but we also recognize that the physical and social isolation can have a negative impact on our physical, intellectual, and mental health. Select Rehabilitation has compiled some ideas to support your resident's physical, emotional and intellectual well-being while practicing physical and social distancing.

Technology Use

- During this unprecedented time, there are countless technologies that are helping you connect with family, friends, and people with common interests. Even though changing technology can be overwhelming, it also can be valuable. Technology can help with physical and social distancing in the following ways:
 - Phone and video calls- Calling your loved ones can help reduce feelings of being alone. Take time to share stories, tell jokes, solve riddles, play simple games, or read aloud with them. If possible, take advantage of video call apps like FaceTime, Zoom, or Google Hangout and spend time with multiple family members on the same call.
 - Virtual Book and movie groups- Pick a book or movie to read or watch, and then have a discussion about it over the phone or via video chat. Also consider finding audio books or podcasts that you enjoy.
 - Celebrate good news, a birthday, or some type of achievement- Video call your friends and tell them it's a celebration party. You can party together virtually through social media platforms.
 - Don't want to cook alone, eat alone, or watch the TV alone? Connect virtually with your family and friends. Watch the same shows while staying online at the same time, feeling their presence through your laptop or your phone.
 - Email may feel familiar to those who enjoy writing letters or cards. Email has the advantage of instant delivery and no stamps are needed.
 - Social media can help you share your thoughts. Options like Facebook and Twitter help people share thoughts, pictures, and news with just a few clicks

Intellectual Wellness Activities

- Virtual group meetings, events, or classes- In recent weeks, many religious organizations, senior centers, exercise studios, and other businesses and community groups have converted to a virtual format and are now hosting classes, events, and meetings using Google Hangouts, Zoom, FaceTime, YouTube, and other Internet-based platforms.

- Have a Conversation- Research has shown that conversing with another person daily is a key to keeping the mind sharp.
- Complete a Puzzle- Doing a puzzle strengthens the brain's problem-solving skills, whether it is a crossword puzzle, a word search or a jigsaw puzzle. Do the same jigsaw puzzle each day for a week, keeping track of how long it takes to complete the puzzle.
- Practice Planning Ahead- Activities that involve planning ahead, like chess, stimulate the frontal lobe area of the brain
- Memory Skill Practice- Watch the news daily and write down the headline stories or the weather forecast. Try to remember the stories or forecast later in the day and the next day.
- Use Your Non-Dominant Hand- By using your non-dominant hand, you engage the other side of your brain to focus on the task at hand. Try using your other hand to complete the following tasks: eating; brushing your teeth; and writing a note.
- Learn a New Skill- The brain retains the ability to learn new skills as you age. Learning a new skill, such as new craft or card game, keeps the brain strong.
- Change Your Daily Routine- Over time, your brain adjusts to the activities that you do daily. Re-engage your brain by changing the order in which you do your daily activities, or change the activities themselves. Your brain will need to focus and adjust to the changes.

Mental Wellness

- Draw or color room or door decoration.
- Write letters to staff and family.
- Write out a favorite recipe
- Tear or fold paper, origami activities
- Plan an event or activity to celebrate the end of social distancing (including decorations, food, etc.)
- Dance to music- Pick your tempo and just move to the beat. Use your arms, your legs, bend, stretch, breathe deeply and have fun!
- Take a break from the news- Hearing about the pandemic repeatedly can be upsetting. Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body- Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals. Exercise regularly, get plenty of sleep. Avoid alcohol and drugs.
- Connect with others- Talk with loved ones through phone calls or video chats about your concerns and how you are feeling.

Physical Activities

- Home exercises can help you stay flexible and strong. Please consult a health care provider before beginning an exercise program. Please exercise at your own pace and take rest breaks when needed.
 - Strength- Use household weights (“dumbbells”) to complete repetitive sets of lifting. Don't have weights? Use anything that is weighted and fits in your hand, like soup cans, lotion/shampoo bottles, etc.
 - Resistance- Resistance bands are like giant rubber bands designed to give your muscles a good workout when stretched and pulled. Resistance bands can be attached to furniture, a doorknob, or even your chair. Use these for pull-downs, shoulder rotations, and arm and leg-extensions. If you don't have resistance bands you can wear heavy shoes, complete exercises while holding books/water bottles, squeeze against a pillow, etc.
 - Flexibility- By practicing mindful breathing and slowly stretching, you can improve your range of motion while seated. Some of these exercises can also be done lying down.
 - Activity Tolerance- Repetitive movements (like rapid leg lifts or sitting pushups) work just as well to raise your heart rate.
 - Other ways to keep active:
 - Do a set of wall pushups while waiting for water to boil
 - Vigorously vacuum
 - Lift weights while watching the news
 - Try toe-raises while talking on the phone
 - Do knee bends after sitting for a long period of time
 - Wet and wring out a washcloth in the sink

Friendly Reminders Health and Safety Reminders

- Avoiding touching your eyes, nose, and mouth with unwashed hands;
- Cover your cough or sneezing into a tissue, then dispose of the tissue;
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, after blowing your nose, coughing or sneezing;
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty; and
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

How Can Therapy Help?

- Seeking professional advice to analyze your unique situation; can often result in simple solutions
- Your rehab team can identify lifestyle changes that can facilitate staying physically and mentally healthy
- Your rehab team can provide practical and helpful information and resources in order to assist in health promotion in your community

For additional information, please contact your Select Rehabilitation Physical, Occupational and Speech therapists.

Sample Home Exercises

Warm-up / Cool-down Exercises



1. Head Tilt (side to side)



2. Arms



3. Side Bends

4. Twist

5. Calf Stretch (hold 10 seconds)



6. Quadriceps (hold 10 seconds)



7. Shoulder Shrugs



9. Side Reach

(wide stance - reach arm across body)



8. Reach

Strength and Balance Exercises



Arm Raise

Purpose: Strengthen shoulder muscles.

Starting Position: Sit tall with your feet flat on the floor, shoulder-width apart.

Action: Hold hand weights (one to two pounds to start) with your arms straight down at your sides and your palms facing inward. Your shoulders should be down (not lifted toward your ears). Keeping a slight bend in your elbows, lift both arms to the sides until they are parallel to the ground. Keep your wrists straight. Take about three seconds to lift your arms only to shoulder level. Hold for one second. Then, slowly lower your arms so that they are straight down by your sides again. Take about three seconds to lower your arms. Pause and repeat.

Repeat: 6 to 8 times.



Walk Heel to Toe

Purpose: Improve balance.

Starting Position: Stand close to a wall, chair or table for balance.

Action: Walk by placing the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch. Take at least six heel-to-toe steps.



Bicep Curl

Purpose: Strengthen arm muscles.

Starting Position: Sit tall with your feet flat on the floor, shoulder-width apart.

Action: Hold hand weights (one to two pounds to start) with your arms straight down at your sides. Hold your hands in the position that's comfortable for you. Keeping your elbows close to your sides, slowly bend one arm and lift your hand weight toward your chest. The lift should take about three seconds. If your palm is facing forward, lift straight up toward your shoulder. If your palm is facing in, twist your hand so your palm is facing your shoulder as you lift. If your palm is facing out, lift to the side instead of the front, toward the outside of your shoulder. Keep your wrists straight. Hold for one second. Then slowly lower your hand and return to the starting position. Take about three seconds to lower your hand. Pause and then repeat with the other arm.

Repeat: 6 to 8 times on each side.



Triceps Extension

Purpose: Strengthen the triceps muscles (back of the upper arm).

Starting Position: Sit tall with your feet flat on the floor, shoulder-width apart.

Action: Hold a hand weight (one to two pounds) in your left hand and raise your left arm up as far as you can. Bend your arm so your elbow is pointing toward the ceiling, with your hand and the weight behind you. Support your left arm by holding it just below the elbow with your right hand. Slowly (about three seconds) straighten your left arm so your left hand is reaching toward the ceiling. Hold for one second. Then, slowly (about three seconds) bend your elbow to lower the weight behind you. Continue using your right hand to support your left arm throughout the exercise. Pause, then straighten and lower your arm again. Complete one set, then put the weight in your right hand and work your right arm.

Repeat: 6 to 8 times with each arm.



Leg Extensions

Purpose: Strengthen the thigh and leg muscles.

Starting Position: Sit tall with your feet flat on floor, shoulder-width apart. You may hold onto the sides of your seat for support.

Action: Lift one leg off the floor until your knee is straight. Your leg should be slightly lifted off of the chair. Hold for a few seconds. Return to the starting position with both feet on the floor. Repeat on the other side.

Repeat: 6 to 8 times on each side.



Side Leg Raise

Purpose: Strengthen hip and thigh muscles.

Starting Position: Stand behind a straight-backed chair, with both hands on the back of the chair for balance. Place your feet slightly apart. Keep your upper body straight.

Action: Slowly (taking about three seconds) lift your right leg out to the side until your feet are 12 to 18 inches apart. Keep your back and legs straight, and your toes pointing forward. Hold for one second. Then, slowly (about three seconds) lower your leg back to the starting position.

Repeat: 6 to 8 times with each leg.



Hamstring Curl

Purpose: Stretch quadriceps muscles on front of thigh. Strengthen hamstring muscles on back of thigh.

Starting position: Stand behind a straight-backed chair, with both hands on the back of the chair for balance. Place your feet slightly apart. Keep your upper body straight.

Action: Shift your weight onto your right leg and slowly bend your left knee, keeping both knees together. Lift your left foot behind you about 10 to 12 inches off the floor. Slowly return to starting position. Repeat.

Complete one set, then work the other leg.

Repeat: 6 to 8 times with each leg.



Plantar Flex

Purpose: Strengthen ankle and calf muscles.

Starting Position: Stand behind a straight-backed chair, with both hands on the back of the chair for balance. Place your feet slightly apart. Keep your upper body straight.

Action: Lift both heels and stand as high up on tiptoe as you can. Hold for one second. Return to starting position. Repeat.

Repeat: 6 to 8 times; rest a minute, then do another set of 6 to 8. Note: As you become stronger, you can do this exercise standing on one leg.



Standing on One Foot

Purpose: Improve balance.

Starting Position: Stand close to a wall, chair or table for balance.

Action: Shift your weight onto one leg. Stand on that foot and stretch the other leg out in front of you, a few inches off the floor. Stand on one leg for eight counts. For an extra workout, flex and point your lifted foot. That is, bend the ankle so your toes point away from you, then flex the ankle to bring the toes back towards you. Flex and point eight times. Slowly return your leg to the starting position. Repeat with the other leg.



10 exercises for your brain

The kinds of skills that tend to weaken with age are ones that, at any age, must be used to maintain them. Your brain adds physical capacity, just as your other physical systems do. You can get your brain back "in shape," but it won't stay there without your regular effort. These simple exercises, based in science, can help you keep all the tools in your mental toolbox sharp!

Exercise #1:

Recall what you just forgot

Everybody forgets what they went into the next room to get. It isn't a problem with memory. Usually it's a matter of something psychologists call interference or divided attention. Trace your movements back in your mind. Picture what you were just doing and where you were. Pop! You will remember why you are standing in front of a desk with your pen in your hand.

Exercise #2:

Remember new words

Any new vocabulary word can be remembered more easily if you take the time to look up its historical source (also known as its etymology). For example, the useful word "captious" will be hard to remember. It means "fault-finding," "quibbling" or "critical." Until you see it contains the same root as the word "capture." In other words, captious means "trying to catch someone in an error."

Exercise #3:

Tune in to something new

Tune in to a radio station you never listen to — one of the ones you usually pass over quickly. Don't be quick to

reject or judge what you hear, whether it's a music station, a very local public broadcasting station, or a talk station with a bombastic and self-righteous host. Listening to someone you disagree with will give you the opportunity to formulate counter-arguments in your mind.

Exercise #4:

Play the devil's advocate

(But Only Among Friends, at First) Set minds do not improve with age. Next time a topic comes up that you have always known about (it could be defense spending, the death penalty, etc.), try making a good argument for the opposite point of view. You may end up feeling more sure of your original opinion, or less sure of it. Either way, it's a good exercise in logical thinking, and it's fun!

Exercise #5:

Find a tennis ball

Got a tennis ball handy? Pick a numbers task like balancing a checkbook. Start checking the numbers while you squeeze the tennis ball rapidly in your RIGHT hand. That will also help you get started solving a crossword puzzle more quickly. Why? Your brains circuits go to sleep when you don't use them so you need to wake them up. The left side of your brain handles simple math tasks. When it picks up activity on the opposite side of your body, it wakes up to monitor it.

Exercise #6:

Play charades

Most people are more concerned about their memory than about their prowess in games like charades. In fact, inability

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to play pantomime games is one symptom of dementia. In addition to the workout that games of charades can give to cognitive skills, they also serve as an excuse for social interaction, and can even provide a little physical exercise. All those factors — mental, social, and physical stimulation — help the brain stay fit and healthy.

Exercise #7:

Punctuate creatively

Exercise your skills by punctuating the following two statements in various ways. One makes the woman seem subservient; another makes her seem essential.

"A woman without her man is nothing."

How could you arrange punctuation to mean that the condemned gunslinger was firing before, or after, his hanging?

"Billy the Kid shot the sheriff half an hour after he was hung."

Exercise #8:

Work your way to math smarts

One easy way to be the person who can come up with the math answer fast is to practice with everyday figuring. For example, figure out in your head: How much to leave for a tip; how much change the clerk should hand back after you pay for your newspaper; how much more quickly you'd reach your destination if you drove 5 mph faster.

Exercise #9:

Stir up your brain cells

Use everyday down-times to stir up your brain cells. For example, while waiting in line at the checkout try to estimate the total grocery bill in your head. Estimate crowd sizes or pairs of

shoes on your train. Visualize each of the tasks you plan to complete that day and mentally walk through the steps to accomplish each one (do that the night before and your brain will start solving problems while you sleep).

Exercise #10:

The single best 20-minute brain-maintenance exercise

If you do nothing else to help your brain help you, walk briskly for 20 minutes at least every other day. A fit body pumps more blood to energize brain cells. For example, walk to pick up the morning paper instead of having it delivered. Trot along with the dog (to benefit you both in different ways). Walk to the next-to-closest bus stop, or, in the morning pack your dress shoes in your briefcase, wear walking shoes and walk from the train station.

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Technology Competence Checklist

| | | | |
|--------------------------|--|---|---|
| Basic Computer Skills | Turn on & shut down the computer | Y | N |
| | Turn the monitor on and off | Y | N |
| | Know basic parts of the computer: monitor, CPU, mouse, keyboard, CD drive, USB port, printer | Y | N |
| | Use the mouse: left-click, right-click, drag and drop | Y | N |
| | Know how to use the keyboard | Y | N |

| | | | |
|--------------------------------|---|---|---|
| Windows Operating System | Start a program from the Start menu | Y | N |
| | Manage computer settings from the Control Panel | Y | N |
| | Exit a program | Y | N |
| | Save files | Y | N |
| | Change file name or location using Save As | Y | N |
| | Minimize and maximize a window | Y | N |
| | Scroll within a document | Y | N |
| | Manage multiple windows using the taskbar | Y | N |
| | Use menus and toolbars | Y | N |
| | Use the Help feature in programs | Y | N |
| | Find and open files by browsing from within a program | Y | N |
| | Find file icons and open them | Y | N |
| | Drag files to a new location | Y | N |
| | Copy files and paste them into a new location | Y | N |
| | Understand the difference between files and folders | Y | N |
| | Make a new folder | Y | N |
| | Delete a file or a folder | Y | N |
| | Empty the recycle bin and restore files from the recycle bin | Y | N |
| | Use Ctrl-Alt-Delete and the Task Manager to end non-responsive programs | Y | N |
| | Tab between fields | Y | N |
| Respond to dialog boxes | Y | N | |

| | | | |
|-----------------|---|---|---|
| Troubleshooting | Check the various connections in the back of the computer | Y | N |
| | Reboot the computer | Y | N |
| | Use Ctrl-Alt-Delete and the Task Manager to end non-responsive programs | Y | N |

| | | | |
|-----------------------|--|---|---|
| Printers and Printing | Turn the printer on and off | Y | N |
| | Load paper | Y | N |
| | Clear a paper jam | Y | N |
| | Replace toner | Y | N |
| | Use print preview | Y | N |
| | Switch between portrait and landscape printing | Y | N |
| | Print specific pages or selections | Y | N |
| | Print multiple copies | Y | N |

| | | | |
|--------------------------|--|---|---|
| External Storage Devices | Know the difference between floppy discs, CDs, and flash drives | Y | N |
| | Insert floppy discs, CDs, and flash drives and access the files they contain | Y | N |
| | Copy files to external storage devices | Y | N |
| | "Burn" or copy to a CD | Y | N |

| | | | |
|-----------------|---|---|---|
| File Management | Understand the differences between files and folders | Y | N |
| | Copy and paste, drag and drop within files and whole files/folders | Y | N |
| | Navigate in the file structure to open, save, or delete files or folders | Y | N |
| | Empty and or recover files from recycle bin | Y | N |
| | Understand file extensions (.docx, .xls., .pptx) | Y | N |
| | Create files and folders | Y | N |
| | Move files between folders or drives | Y | N |
| | Copy files between folders, to flash drive or other external storage device | Y | N |
| | Delete files and folders | Y | N |
| | Back up files – to a website, a USB device, to CD, to a network drive | Y | N |
| | Open and save a file | Y | N |
| | Rename a file or folder | Y | N |
| | Create a shortcut to a file, a folder, or program | Y | N |

| | | | |
|-----------------|--|---|---|
| Word Processing | Insert, edit text | Y | N |
| | Change font and font size | Y | N |
| | Align text: left, right, center | Y | N |
| | Bold, italic, underlined text | Y | N |
| | Change line spacing | Y | N |
| | Change margins | Y | N |
| | Cut, copy and paste | Y | N |
| | Use spell check | Y | N |
| | Copy text from web into Word and clean it up | Y | N |
| | Use Print Preview & print selection | Y | N |
| | Understand different word processing file types (i.e. .doc, .docx, .pdf) | Y | N |

| | | | |
|-----------------------------------|--|---|---|
| Internet and Web Browsers | Understand what a web browser does | Y | N |
| | Understand what a URL or web address is | Y | N |
| | Understand the difference between a search box and the address bar | Y | N |
| | Find and open Internet Explorer and Firefox | Y | N |
| | Type in a web address | Y | N |
| | Navigate using links | Y | N |
| | Use Back, Forward, Home buttons | Y | N |
| | View the browsing history | Y | N |
| | Delete history and temporary files | Y | N |
| | Fill out an online form | Y | N |
| | Add, delete and organize bookmarks or favorites | Y | N |
| | Use a search engine | Y | N |
| | Print all or part of a web page | Y | N |
| | Use the Find command | Y | N |
| | Change the text size | Y | N |
| Download a file from the Internet | Y | N | |

| | | | |
|-------|--|---|---|
| Email | Access webmail by typing in web address | Y | N |
| | Log into account | Y | N |
| | Read, archive, and delete messages | Y | N |
| | Send messages to one recipient or to multiple recipients | Y | N |
| | Reply to and forward messages | Y | N |
| | Print messages | Y | N |
| | Open & download attachments | Y | N |
| | Send attachments | Y | N |

| | | | |
|----------------------------|--|---|---|
| Electronic Reading Devices | Downloading ebook content | Y | N |
| | Connecting device and transferring content | Y | N |
| | Understand ebook file types and compatible devices | Y | N |

| | | | |
|---------------------------|--|---|---|
| Digital Camera and Images | Taking digital pictures | Y | N |
| | Connecting camera and transferring photos to computer | Y | N |
| | Uploading photos to email, photo sharing websites, Facebook, etc | Y | N |
| | Managing and organizing photos on computer | Y | N |
| | Editing photos in photo editing software, i.e. Picasa, Microsoft Photo Manager | Y | N |

| | | | |
|-------------------|--|---|---|
| Social Networking | Familiar with social networking tools | Y | N |
| | Understand privacy issues | Y | N |
| | Edit options and settings | Y | N |
| | Upload content such as photos and videos | Y | N |

| | | | |
|---------------|---|---|---|
| Digital Music | Download music | Y | N |
| | Understand file types (wma, mp3) | Y | N |
| | Manage and organize music | Y | N |
| | Understand file sharing and copyright infringement issues | Y | N |

Healthy Living Series Talk Follow Up Form

We would like to know if today's topic has been a concern to you which may affect any activities in your day to day life. Please take a moment to complete this questionnaire and indicate if you would like us to contact you regarding your concerns:

| <i>Please mark any areas of concern below</i> ↓ | |
|---|-----------------------|
| Daily Activities: | I am concerned about: |
| Cooking | |
| Ability to Dress | |
| Housekeeping | |
| Laundry | |
| Shopping | |
| Hobbies | |
| Travel | |
| Church or Temple | |
| Medication Management | |
| Bathing/ Hygiene | |
| Social: | |
| Remembering appointments | |
| Going to Friends Homes | |
| Forgetting names | |
| Hearing | |
| Self Perception: | |
| Physical Health | |
| Fear of Hygiene Issues | |
| Fear of Embarrassment | |

Please enter your name and phone number if you would like us to contact you:

NAME: _____ NUMBER: _____