

Resource	Link	Description	Requirement
MemoryWell	https://www.memorywell.com/index.html	A network of professional journalists who write and retell the life stories of those suffering from Alzheimer's and other dementias, supporting their caregivers and preserving memories of the lives of those who forgot how to remember.	Free interactive digital timelines during COVID, other services at a cost
Happy	https://gethappy.app.link/COVID-19	A mobile app that provides voice-to-voice emotional support, 24/7, from the most caring people in the country	Free
Journey Meditation	https://journeylive.app.link/IKvu31XCN4	meditation mobile app	Free services until the end of this year
Resility Health	https://www.startuphealth.com/resility-health	meditation mobile app	Free services until the end of this year
Your Coach	https://yourcoach.health	Offers life -- both physical and mental health -- coaching on its app	Free
Element3 Health	https://element3health.com	A Denver-based company committed to solving social isolation and physical inactivity in seniors. In response to the COVID-19 pandemic, Element3 Health is launching a set of Virtual Clubs.	The use of Element3 Health Virtual Clubs is free. The matching service for In Person clubs is free. Some In Person clubs have membership fees and/or associated costs. The Element3 Health team will work to find an In Person club that meets your needs and budget. For those In Person clubs that do have membership dues, typical fees range from \$15 to \$60 per year.
DOROT	https://www.dorotusa.org/	Organization to help seniors maintain social connection. Help those who feel isolated.	Not sure if it's a requirement, but it's generally in the NYC area. They are getting a program up and running called CaringCalls, and have other really lovely things going on.

DOROT -- University Without Walls program	https://www.dorotusa.org/our-programs/at-home/university-without-walls	Offers hundreds of classes, appealing to a wide range of interests – all available over the telephone. English-speaking participants from New York and across the country can choose from ever-changing topics and such perennial favorites as Museum Talks, Literature and Arts, In the News, Understanding Your Rights, Jewish Interests, and Health and Wellness. Support groups enable older adults to connect with peers over common experiences such as vision loss, aging as an LGBT community member, caregiving and coping with the loss of a loved one. Class size is limited, to encourage discussion.	Advanced registration is required (but no in-home visit by a social worker). UWW offers classes for native-speaking Russians to learn and practice English, prepare for citizenship exams and discuss current events and literature. A selection of classes is also offered in Spanish and Chinese.
VSC	http://vscm.selfhelp.net/	Where seniors connect, learn and play online	The VSC makes it easy to connect with other older adults. It's a community for older adults to securely talk with other seniors, make friends, and build relationships. Participants learn to use Skype and email as well as talk with peers in virtual classes. There are instruction videos both on using the technology and on playing the games, and you can play the games there on the site (e.g. Rummy).
Quarantine Chat	https://quarantinechat.com/	"Talk on the phone with someone else stuck at home."	Definitely not just for the elderly!
Choir!Choir!Choir!	https://www.facebook.com/choirx3/	Weekly sing-along ("pure joy!")	Needs to be on Facebook
Yum's the Word	https://www.crowdcast.io/e/yums-the-words-hebrew-ha/register	"I'm also hosting my first online show this Saturday [8/11] based on my live storytelling series, Yum's the Word, here in NYC. It'll feature all funny true stories, be very interactive, engaging and fun. I'd love to have her join us for	Location: NYC. Though the Saturday event is listed, I believe it's continuing.

		that, too."	
Storyworth	https://welcome.storyworth.com/	Discover family stories that you never knew...Get weekly stories from a loved one, bound in a beautiful keepsake book.	"..require you or someone else to 'gift' [them] with a subscription and take some part in forming the questions, which would be sent to her by email each week. It's really set up for one family member, such as an adult child, to send to a parent, but I don't see why we can't use it in other ways too. It may be more involved than what you're looking for, but for people who like to talk/write about their lives, it's great."
New York Zen Center for Contemplative Care	https://zencare.org/	"...elderly support group (via zoom) every Friday evening, for those 65+. Though we're based in zen buddhism, we're not dogmatic about it and many members are of other faiths or no faith at all. We don't shy away from talking about death - it's at the heart of our practice, encouraging us to wake up and appreciate life. I find the center's approach to sickness and death to be down-to-earth, honest, sometimes joyous or lighthearted, and deeply compassionate."	Requires Zoom link.
Weekly Online Art Class	https://artladytangles.com/	weekly online art class on Zentangle taught by a LADIO's 76 year old mother	"...easy to do and requires no art skills and is very soothing. She has a regular public class on Fridays and then a dedicated class for folks in her retirement community that perhaps your friend could join if interested, all over Zoom.easy to do and requires no art skills and is very soothing. She has a regular public class on Fridays and then a dedicated class for folks in her retirement community that perhaps your friend could join if interested, all over Zoom."

California Neighbor-to-Neighbor Campaign	https://californiavolunteers.ca.gov/get-involved/covid-19/	California initiative to check on neighbors via wellness checks.	Flyer here: https://californiavolunteers.ca.gov/wp-content/uploads/sites/116/2020/03/CA-COVID19-Neighbor-Check-ins.pdf // Announcement: https://www.gov.ca.gov/2020/03/31/governor-newsom-launches-campaign-to-protect-health-and-well-being-of-older-californians-during-covid-19-pandemic/
Health Coaches Without Borders	https://healthcoacheswitho.wixsite.com/hcwb	"provides free health coaching to people during COVID. The coaches are trained to listen and support people (it's not about telling people what to do, it's about listening and support)"	See this site for their services and whether or not health coaching is for you (or not!): https://healthcoacheswitho.wixsite.com/hcwb/free-coaching
Better Help	https://www.betterhelp.com/	Online therapy platform	Costs, but is affordable(?)
AgeBold	https://www.agebold.com	Online exercise programs	"...programming to keep up exercise at home. We also text with our members and have a FB group if someone is looking for more connection with Bold coaches/ other members." "At this time, we are offering all new members a free trial of our premium membership for 30 days. To join, sign up with the button below (no credit card required) — and select Bold Basic (Free) membership. We will automatically upgrade your account to Premium membership for 30 days."
Burnalong	https://www.burnalong.com/about-us/	A health and wellness platform is used by municipalities, universities, hospitals, and companies of all sizes to bring the best classes, programs, and social experience to help people achieve their health and wellness goals. Our members can choose from thousands of classes across more than 45 categories taught by hundreds of instructors. People can take classes on their own on	This service offers exercise classes with a split screen so seniors and remote family members can take classes together. They're offering a coronavirus special discount and limited free access.

		demand or invite friends to join them live online.	
Consumer Cellular	https://www.consumercellular.com	Consumer Cellular was created to fill the void for seniors, allowing them to stay connected in a safe, easy and affordable way through simple phones and tablets.	Different plans for different costs
Stria News	https://strianews.com		
Grand Pad	https://www.grandpad.net	the first purpose-built tablet for people over the age of 75,	Partners with Consumer Cellular. Full cost with service included is about \$250.
Birdsong	https://birdsongtablet.com/splash	a touchscreen tablet with easy-to-use communication and entertainment features designed to improve the quality of life for older adults in assisted living settings.	with seniors around the country facing isolation during COVID-19 lockdowns, the Birdsong Tablet is available in a FREE WEB VERSION accessible with only a web browser. Features include: No-phone-needed video chat helping seniors connect with loved ones visually Senior-friendly TV, movie and music Word games Travelogues, virtual museum tours, TED Talks and other educational content Spirituality resources for the major world religions And much more
Cubigo Community Cable	https://cubigo.com/en/blog/2020/april/20/introducing-the-youtube-live-cubigo-integration/	Communities can now live stream directly from Cubigo to all their users' devices and to their in-house Channel through Cubigo's Apple TV Application. This ensures that all residents can be included in virtual activities that are organized: from chats with the ED and Town Halls to fitness sessions and sing-alongs. Whenever the LiveStream starts, it will go to all the TVs in residents' rooms.	Organizing a virtual activity on Cubigo is done in 3 easy steps, with 3 simple ingredients: an Apple TV, an in-house TV Channel, and a verified YouTube Account.

Televisit	http://www.televisit.org	<p>a California 501(c)(3) not for profit organization founded in 2011 focused on mitigating social isolation and loneliness among seniors. We run small group activities delivered over the phone or via tablets through an app. We call out to the seniors so they do not have to remember when to join or what special code to enter. A workbook with activities such as Bingo cards, travel stories, word games, etc. is mailed to each participant. This is ideal for the most vulnerable population who may not have a computer or smartphone, or may experience cognitive decline, depression or loneliness and will not take the initiative to join a virtual group. They will receive regular calls at least twice a week inviting them to join. Our trained hosts gently introduce each participant and builds familiarity and trust over several weeks. Simply showing a YouTube video or having Alexa play music may provide comfort but does not provide the engagement to mitigate isolation and loneliness. Our activities are designed to promote connection among the participants on the phone; everyone is given a chance to share. TeleVisit has run groups that have met continuously for over 5 years and turned strangers into friends.</p>	<p>At this time, Televisit is not asking for any funding for these activities. Our mission is to help as many people as possible.</p>
Megilla	https://www.megilla.com	<p>an online video-storytelling platform (mobile app soon) to record & share short video-answers to questions. 750+ questions in multiple categories</p>	<p>During this chaos, we're offering FREE unlimited access until June 1st to help families connect while isolated. Memberships will eventually be affordable/BOGO (buy 1 + get 1).</p>

		help you choose the stories you want to ask/tell your friends and family. You can also write your own questions.	
LifeBio	https://www.lifebio.org/myhelloline	MyHelloLine is a loneliness intervention that increases social connectedness.	14-day free trial
Pets Together	https://petstogether.org	Pets Together lets people virtually visit with pets (and their people) to stay socially connected and engaged. Using live video-conferencing platforms including Zoom, Skype and Google Hangouts, the AFF team schedules real-time visits where people can watch the animals from dogs to goats and the people who care for them.	Free
Because Market	https://www.becausemarket.com	Because offers a full suite of high-quality and high-performing products including adult diapers, cleansers, barrier creams and other skincare items and supplements without overwhelming people with thousands of search results like many eCommerce sites.	Subscription-based
Laura Benanti	http://laurabenanti.com	To help battle social isolation for this group and others subject to loneliness, and bring to cheer to older adults around the country, Laura Benanti, Tony Award winner and Broadway actress, has started an initiative called #SunshineSongs, where she's asking anyone – kids, famous individuals, etc. – to send in performance videos. The videos will then be curated into K4Connect's flagship solution, K4Community, where 29,000 older adult residents at over 125 senior living communities will be	Free

		able to access, for free. This enables individuals who don't have access to social media networks to access some lighthearted entertainment during social distancing.	
Parlay	https://parlayhouse.com	Parlay House is an inclusive series of gatherings for women that foster intimate conversations that don't happen in other parts of our lives. We don't network: we ignite meaningful bonds between strangers. "Parlay From Away" is using the popular Zoom platform to enable its members as well as individuals interested in being part of this extended Parlay House community to engage with each other in meaningful conversations about the issues that we are all confronting during this difficult period in our society.	In the coming weeks, "Parlay From Away" will feature of a range of topics from "How to Have Conversations and Confrontations in Tight Spaces" to "How to Use Stories & Humor as Tools for Resilience" designed to provide members as well as non-members the opportunity to learn new insights and share their own personal experiences.
GetSetup	https://www.getsetup.io	a new site offering seniors (or anyone) more than 40 FREE, live, online courses in these basic tech-based life skills, including filling prescriptions online, telehealth, setting up online banking and bill pay and enrolling in Medicare. The courses are taught by real life, retired educators ensuring seniors learn from their peers in an interactive way.	Free
Marc Broussard: Facebook Live from Dockside Studios to Bring Hope and Joy to Memory Care Communities Nationwide	https://www.facebook.com/events/583846108886759/	Music & Memories with Marc Broussard - a special, interactive FULL BAND live stream show from Rock'n'Bowl Lafayette with Music and Memories and some of their very special friends living with dementia.	Free - 4/25 @ 3pm CST

Provoc	https://provoc.me	Tip sheet on communicating with vulnerable and underserved populations to bring to bear some of our expertise on the challenges many are facing at this moment. The sheet reflects insights gathered through work recruiting 340+k people to Alzheimer's prevention studies, getting out the vote among young voters of color, and helping the Leadership Council of Aging Organizations in broadening their reach to new audiences.	Free downloadable document: HERE
Golden Chat	https://www.ididsomethinggoodtoday.org/goldentalk/	GoldenTALK is a chat and crisis line for seniors who are 60 years of age and older. The chat line assists seniors facing social isolation through warm conversations and also provides referrals and works closely with multiple agencies within Los Angeles County in the event of a crisis. GoldenTALK team members also makes outbound calls for wellness checks and appointment and referral follow-ups.	The phone number to the chat line is (888) 60-GOLDEN or (888) 604-6533
GiveFit	givefit.org/log-in	Online workout program: includes seated Core & Cardio, otago Balance Improvement, seated Lower Body & Cardio, introductory Chair Fitness	100% FREE for the foreseeable future
Florida State University's Institute for Successful Longevity	https://isl.fsu.edu/article/isl-launches-zoom-initiative-help-older-adults-fight-social-isolation	A program to help older adults use the Zoom video platform to stay connected with friends and loved ones, access learning opportunities, and maintain engagement with the community,	Free
NYC's Third Street Music School	https://thirdstreetmusicschool.org	A variety of music and dance classes, as well as a seniors only band. To continue this sense of	Prices vary depending on classes

		community for their older adult students, Third Street is offering dance and stretch classes.	
Total Brain Health	https://anytime.totalbrainhealth.com	Free Interactive Brain Training Videos for Your Residents from Total Brain Health	Free
Spectrio	https://info.spectrio.com/in-store-marketing-offer-senior-living-community-builder?_hsenc=p2ANqtz-9h2YU8SJ8NziARYCEOyYmJlr1s0iLui9tu58Hm4ZrO9l-T_1qqusQVpYWzF5DkqcOzijA_D7C-Z3jRabIAw1iS19MfSw&_hsmi=86886751&hsCtaTracking=859c9050-e70d-41e1-9e4f-c1df041bfb48%7C3f2697be-fd58-415f-952c-2400912f278b	SpectrioSHARE products help build your community by engaging and connecting residents, families, and staff. Residents have access to games, therapeutic music, faith programming, weather and news. Loved ones can send emails, text messages, pictures and videos.	Prices vary
Dance with Nancy	https://www.dancewithnancy.com	Online, at-home dance instruction for active seniors during and after COVID - 19	Free
CareStory	https://appadvice.com/app/caresory/1441023719	The CareStory app leverages QR code technologies on mobile devices to provide individualized, holistic, person-centered care for residents and just-in-time performance support for carers.	Free
Rendever	https://rendever.com	Rendever is overcoming social isolation through the power of virtual reality and shared experiences. Residents simply put on a headset and they're immediately transported into an immersive experience.	

ArtontheBrain	https://www.artonthebrain.org	An affordable online recreation activity designed for all older adults, including those with cognitive decline. The app presents visual art in an interactive online environment through a series of enjoyable learning tools. ArtontheBrain offers older adults a way to stay informed and connected while maintaining their social and cognitive health.	Registrations for ArtontheBrain are now free for Canadian residents until June 30. Free trial sign-in for all.
OpenLab Friendly Neighbour Hotline	http://uhnopenlab.ca/project/hotline/	Call the Friendly Neighbour Hotline to be connected with a network of volunteers throughout the city who can help with picking up groceries and household essentials during this difficult time. The service gives priority to seniors living in low-income housing and is available in 180 languages.	toll-free Hotline 1-855-581-9580
Nightly MET Opera Streams	https://www.metopera.org/user-information/nightly-met-opera-streams/	Each day, a different encore presentation from the company's Live in HD series is being made available for free streaming on the Met website, with each performance available for a period of 23 hours, from 7:30 p.m. EDT until 6:30 p.m. the following day.	Free
Timiskaming - Seniors' Centre Without Walls	http://www.timiskaminghu.com/80471/Seniors-Centre-Without-Walls	This allows seniors to stay connected from home and also increase later-life learning opportunities, participation in brain-stimulating activities, and most importantly, community building and an opportunity to create new and meaningful friendships. Connecting with this technology will not only decrease social isolation for older adults, it will also increase cognitive health and the ability to age in place.	Free

Brain HQ	https://www.brainhq.com/?v4=true&fr=y	Changing your brain takes some work—so while the BrainHQ exercises are sometimes fun, they can also be difficult. But they always give a useful, meaningful workout to your unique brain. Using a special algorithm, each exercise adapts in difficulty as you work so that you always train at the optimum level for you—where you are most likely to improve your performance.	Subscription: \$14/month for monthly subscription or \$4/ month for yearly subscriptions
Audio Cardio	https://audiocardio.com	AudioCardio™ is a data and science backed sound therapy designed to protect and strengthen your hearing. It's like physical therapy for your hearing.	Download app: \$14.99 monthly subscription
Curasene	https://www.curasene.com	CuraSene is an in home service platform and app that uses sensors to monitor the lifestyle patterns of elderly people who live by themselves, in an independent living facility, or retirement community. With a phone app, a caregiver (whether that be a caregiver or their child) can keep an eye on their loved one and received notifications of unusual or worrisome behavior. CuraSene is a self-learning system that monitors baseline behaviors such as mobility, eating patterns, whether they are getting out of bed, etc.	CuraSene is normally \$299 plus and an additional \$50 for the accompanying subscription service. They are now offering two promotions to help families provide their loved ones with the care they need. Option 1: First Three Months Free - With the purchase of a CuraSene kit, the first three months of service are free. A savings of \$149.85. Option 2: Free CuraSene Kit - Prepay for 12 months of the subscription service and receive the sensor kit for free. A savings of \$299
Stitch community	https://www.stitch.net	A community that helps anyone over 50 find the companionship they need, whether it's through friendships, romance, or anything in between. With over 150,000 registered members in over 50 cities	A basic membership of Stitch is free, with full memberships starting at \$5 per month.

		across 3 continents, Stitch facilitates connections between like-minded people to improve social connections through activities, group events, companionship, and more to wipe out loneliness – which can shorten lives by 15 years , the same impact as smoking 15 cigarettes a day.	
--	--	---	--