

KEEP CALM AND CARRY ON

Covid-19

FINDING ACCURATE INFORMATION

The CDC has provided a lot of helpful information designed specifically for senior citizens!

This video gives advice and information for seniors about Covid-19. Click [HERE](#) to watch.

This link posted by the CDC provides tips and tricks on how to stay safe. Click [HERE](#) to visit the webpage.



ACTIVITIES TO DESTRESS

It is important to take some time to care for yourself!

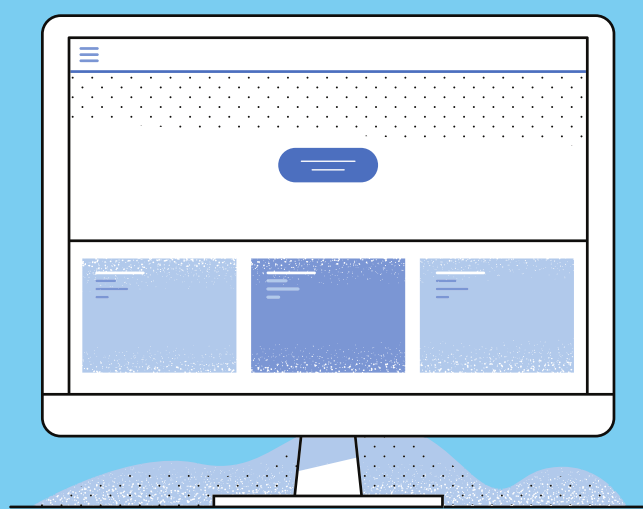
Youtube has many meditation videos that you can stream from your house. Click [HERE](#) to watch a guided meditation session to help reduce stress and anxiety.

Now could be the time to start a gratitude journal. Click [HERE](#) to see some prompts.

WAYS TO PASS THE TIME

There are still ways to stay entertained while stuck inside!

There are many free games available on the internet. Click [HERE](#) to visit a free website that has mahjong, spider, solitaire, and sudoku.



HOW TO STAY CONNECTED

Technology has made it possible for people to stay in touch even when we can't see each-other in person!

Click [HERE](#) to visit a website that explains different ways that people can use technology to video chat with their friends and families.