

MGH Senior Health Virtual COVID-19 Town Hall  
Co-sponsored with OLLI  
September 17, 2020

Strategies that participants are using to stay healthy and connected during this time:

FaceTime often with family  
Walking with friends with masks  
Zoom yoga classes  
Zoom weekly with family and play games  
OLLI  
Walking  
Start the day with yoga and limit television news  
With grandchildren most days; read bedtime stories online  
Organizing a Cross Cultural Leadership course for refugees in high school  
Zoom Qi chong  
Taking a ride somewhere  
Telephone  
Time with one friend  
Ageless grace movement classes  
Exercise classes on Zoom with conversation before and after  
Walking with friends  
Weekly zoom meetings with friends  
Walk a few miles every day  
Taking on line zoom classes  
Limit time in stores  
Participate in zoom games  
Rearrange my furniture at home  
Online workouts  
Connect with friends and family quite frequently  
Tutoring grandkids  
Re-connecting with a former therapist  
We listen to an agenda of music on YouTube before bed  
Keeping a routine  
Doing OLLI (and other) presentations virtually  
Exercise bike at home  
Rosary with husband  
Bicycle, yoga, meditation, Haitian folkloric dance, work  
ATTITUDE: Information, Hope & Action [not ignorance, despair, & paralysis)

If you are interested in Ageless Grace movement classes  
contact Norie at [NMOZZONE@mgh.harvard.edu](mailto:NMOZZONE@mgh.harvard.edu)

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Resource links from Dr. Ritchie to get help for depression, anxiety, stress, sleep:

<https://howrightnow.org/inspiration>

<https://www.healthinaging.org/blog/12-ways-to-ease-isolation-while-youre-practicing-social-distancing/>

[Substance Abuse and Mental Health Services Administration's \(SAMHSA's\) Disaster Distress Helpline:](#)

Phone: 1-800-985-5990

Text: text TalkWithUs to 66746.

TTY: 1-800-846-8517

<https://www.mindful.org/how-to-meditate/>

<https://www.healthinaging.org/blog/coping-with-covid-19-managing-stress-and-anxiety/>

[https://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)

<https://aa-intergroup.org/>

<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

<https://adaa.org/adaa-online-support-group>

<https://livingroomconversations.org/>

<https://seniorplanet.org/>

<http://agingwomenblog.com/>

Other ideas shared:

<https://www.mindful.org/how-to-meditate/>

<https://www.headspace.com/meditation/one-minute-meditation>

<https://www.calm.com/>

<https://www.tenpercent.com/>