

PHYSICAL DISTANCING IS BEING A GOOD RELATIVE

• **Follow the Centers for Disease Control and Prevention (CDC)** recommendation to limit face-to-face contact with others to slow the spread of the Coronavirus (COVID-19). It is important to follow the guidelines of your communities, because they are trying to keep you safe and healthy.

- For more information on COVID-19, visit the CDC at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Get up-to-date information from public health officials.
- Physically distancing is being a good relative.

HERE ARE SOME IDEAS TO HELP YOU KEEP YOUR DAYS FULL AND TO REMAIN SOCIALLY ENGAGED

VIRTUAL VISITS WITH FAMILY USING COMMUNICATION APPS SUCH AS FACETIME, SKYPE, OR ZOOM

• Try to visit with others using face-to-face calls twice a day. It helps you stay connected, lets you check in on your loved ones, and you can laugh with friends.

PLAY ONLINE GAMES SUCH AS SOLITAIRE, AND CROSSWORD PUZZLES

• AARP Games can be found at https://games.aarp.org/category/solitaire?gclid=CPK8t4OC2egCFYWBxQld568KQg&CMP=KNC-DSO-Adobe-Bing-GAMES-A5GA-M-CTGSOL&ef_id=Xo3caQAABai7rGdL:20200408141505:s.

WATCH POWWOWS AT

[PowWows.com](https://www.youtube.com/user/PowWowsCom) or <https://www.youtube.com/user/PowWowsCom>

WRITE LETTERS TO YOUR FAMILY

WATCH TV OR LISTEN TO MUSIC

• Rich Girl by Bear Fox
<https://www.youtube.com/watch?v=jmUqXpVriLs>

BEAD AND SEW REGALIA

- How to Bead Peyote Stitch with Donald Porta
<https://www.youtube.com/watch?v=DRG8q6AmXSY>
- Beaded Medallion with Kristen Dosela
<https://www.youtube.com/watch?v=QGi4ETHp10Q>
- Beading for beginners, two-needle flat stitch technique with Mona C.
<https://www.youtube.com/watch?v=oQz-p2yzs74>
- Making Regalia with Joaquin Lonelodge
https://www.youtube.com/watch?v=rrXbA7QHb_Q
- Sew cloth masks for loved ones
<https://www.youtube.com/watch?v=ZnVk12sFRkY>

VISIT MUSEUMS DOING VIRTUAL TOURS

- Smithsonian Natural History Museum
<https://naturalhistory.si.edu/visit/virtual-tour>
- Museum of the American Indian
https://americanindian.si.edu/exhibitions/all_roads_are_good/
<https://videos.aarp.org/detail/video/3948774386001/video-chatting-basics>

VISIT ANIMALS AT THE ZOO. SOME SITES HAVE LIVE CAMERAS, INCLUDING:

- San Diego Zoo
<https://zoo.sandiegozoo.org/live-cams>
- Monterey Bay Aquarium
<https://www.montereybayaquarium.org/animals/live-cams>
- National Zoo
<https://nationalzoo.si.edu/webcams>

LEARN MORE ABOUT AMERICAN INDIAN HISTORY

- Museum of the American Indian, digital history lessons
<https://americanindian.si.edu/nk360/>

EXERCISE

- Go for walks
- Work on strength, flexibility, and balance - 15-minute sample workout for older adults from Go4Life
<https://www.youtube.com/watch?v=Ev6yE55kYGw>

YOGA FOR SENIORS

- Slow and Gentle Yoga with Adriene
https://www.youtube.com/watch?v=kFhG-ZzLNN4&list=PLeNloKfCoNbs83fL4_AhrTJS3CE6xJOIP&index=42&t=0s



JUST A REMINDER, SCAMMERS ARE STILL AT IT!



- Don't respond to texts, emails, or phone calls about checks from the government. The details are still coming together.
- Ignore online offers for vaccinations and home test kits. There are no products proven to treat or prevent COVID-19 at this time.
- Hang up on robocalls. Scammers are using illegal robocalls to pitch every thing from low-priced health insurance to work-at-home schemes.
- Do your homework when it comes to donations. Never donate in cash, by gift card, or by wiring money.
- Watch for emails claiming to be from the CDC or World Health Organization (WHO). Use sites such as [coronavirus.gov](https://www.cdc.gov/coronavirus) and [usa.gov/coronavirus](https://www.usa.gov/coronavirus) to get the latest information. And don't click on links from sources you don't know.



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