Long-Term Care Administrators and Executive Directors,

**Thank you all for that you do “We Are in This Together”**

Social Isolation is exacerbating existing comorbidities that our senior population is now experiencing. Although the Recreation Departments in facilities around the state are making great strides, it will take a **FACILITY WIDE TEAM APPROACH** to combat and reduce the impact of social isolation due to the Covid-19 restrictions. Thinking outside the box is now our new normal.

We surveyed facilities to hear what activities they have tried that have worked and we got 20 great ideas. We know that social isolation and loneliness lead to poor health outcomes. We need to keep our residents active. These ideas are going to help keep them well, and still keep them safe.

We would love to share more with everyone. Please send us your ideas, and we can put them together and send out another list. You can email Sheri.Jones@state.nm.us or Phyllis.Gilmore@state.nm.us.

1. <https://www.brownbarron.com/blog/2020/march/5-ways-for-nursing-homes-to-combat-loneliness-du/>
2. Hallway ice cream socials and birthday parties.
3. Hallway bingo and trivia.
4. Doorway exercises.
5. Doorway bowling and kickball.
6. Individual activity kits with word search, crossword, and other puzzles.
7. Books and magazines.
8. FaceTime and video calls with family.
9. Window visits with family and friends.
10. Mobile Parade - families make signs and drive through the parking lot while residents sit on their balconies/windows and wave back.
11. Ice Cream Truck –Take cart down hall with ice cream and treats. Dress up cart and person play the part.
12. High School or Middle School Performers i.e. cheerleaders, band members, drama class. Put on presentations at the windows. (of course, 6 -8 feet apart)
13. Hallway Hokey Pokey. Right Arm in hall, Right arm in room etc.
14. Hallway Chicken Dance. Be creative and funny. Dress up like a chicken (music can be played from YouTube)
15. Concert on the patio
16. Religious services on the tablets
17. Walks outside (be creative and have doctor write an order that resident is to go outside XX a week).
18. Paper Airplane flights. Person goes out in hallway and throws their plane. A tape or post-it with their name where it lands. The person whose plane goes furthest wins the prize.
19. Arrange call for families and mothers for Mother’s Day. Take pictures. Send electronically or through snail mail.
20. Serve Happy Hour and have a cart\* with a variety of drinks. Some facilities choose to include alcoholic beverages, and some do not. They can also be mocktails/ smoothies. You can find easy recipes online. Play music of their time. <https://www.delish.com/entertaining/g3289/mocktail-recipes/?slide=3>

*\*please note recent guidance does not allow for food carts.*