

## Things To Do - Avoid Isolation

Where/What	Address	Offering	Dates/restrictions
<b>Internet Access</b>			
Akron Area Internet Access	<a href="https://www.connecthomeakron.org/covid-19-resources">https://www.connecthomeakron.org/covid-19-resources</a>		
Find low-cost internet and computers in your area	<a href="https://www.everyoneon.org/find-offers">https://www.everyoneon.org/find-offers</a>		
Free Internet Hotspot	<a href="https://www.connecthomeakron.org/get-a-hotspot">https://www.connecthomeakron.org/get-a-hotspot</a>	borrowed hotspot, 90 day basis, 3GB data	apply; AMHA residents or voucher holders
Comcast		Free broadband service for low-income families	To qualify for Comcast's Internet Essentials service, customers must be eligible for public-assistance programs
Verizon		addtl 15 GB of data for customers, 2 month waived latefees, overage charges, internet and voice service charges for current	
SeniorNet	seniornet.org	Computer/Internet education for older adults and those in need	\$43 for yearlong membership
PCs for People	<a href="https://www.pcsforpeople.org/get-technology/">https://www.pcsforpeople.org/get-technology/</a>	affordable computers and internet	eligibility requirements
Lifeline	<a href="https://www.lifelinesupport.org/">https://www.lifelinesupport.org/</a>	federal program lowers monthly cost of phone or internet	
<b>Isolation</b>			
ODA	<a href="http://www.aging.ohio.gov/stayingconnected">www.aging.ohio.gov/stayingconnected</a> or calling 1-833-ODA-CHAT (1-833-632-2428)	free, daily check-in by phone service for Ohio's older residents to ensure their well-being amid the ongoing coronavirus (COVID-19) public health emergency and beyond.	OH residents age 60+ with a working phone number
Right at Home	Stark: (330) 479-0033	daily calls to combat anxiety/depression/loneliness due to COVID19	
Right at Home	Summit: (330) 721-7590	daily calls to combat anxiety/depression/loneliness due to COVID20	
CHD Living (United Kingdom)	<a href="https://chdliving.co.uk/adopt-grandparent">https://chdliving.co.uk/adopt-grandparent</a>	Virtual Adopt a Grandparent program	
Legacy Healthcare	wecare@legacyhc.com	Matching Pen Pals to its residents in 4 states	
AARP Foundation's Connect2Affect Program	<a href="https://connect2affect.org/">https://connect2affect.org/</a>	info, self-assessments, options for low-income older people to stay connected	
The Friendship Line	(800) 971.0016	24 hr hotline for older adults and those with disabilities; outreach calls; non-emergency emotional support; crisis intervention	
Vantage Aging Retired and Senior Volunteer Program	330.253.4597 ext. 166	Telecare Phone a Friend Program/refer someone to receive calls	Summit and Medina Counties only

Grace Church, Norton Campus	<a href="https://norton.gracechurches.org/?fbclid=IwAR1rbIPddQiUU9G2zdIhA1T9tpIRW1FG0Orybziwo_iEUT13z0qJgFjWX6I">https://norton.gracechurches.org/?fbclid=IwAR1rbIPddQiUU9G2zdIhA1T9tpIRW1FG0Orybziwo_iEUT13z0qJgFjWX6I</a>	virtual services and teen programming through website and social media	
First Christian Church, Canton	<a href="https://firstchristian.com/">https://firstchristian.com/</a>	virtual services	Sundays at 9 AM and 11AM
<b>Entertainment</b>			
NPR	<a href="https://www.npr.org/series/tiny-desk-concerts/">https://www.npr.org/series/tiny-desk-concerts/</a>	tiny desk concerts	
Cleveland Museum of Art	<a href="https://www.clevelandart.org/art/collection/search">https://www.clevelandart.org/art/collection/search</a>	entire collection online	
Metropolitan Opera	metopera.org	live broadcast event	7:30PM, viewable for 20 hours
Pierre Boulez Saal-Berlin	<a href="https://boulezsaal.de/home">https://boulezsaal.de/home</a>	virtual concert performances	
Vienna State Opera	<a href="https://www.staatsoperlive.com/calendar">https://www.staatsoperlive.com/calendar</a>	virtual opera performances	
Cincinnati Symphony Orchestra	<a href="https://www.cincinnati-symphony.org/education-and-community/learning-at-home/?sourceNumber=&amp;sourceNumber=47359">https://www.cincinnati-symphony.org/education-and-community/learning-at-home/?sourceNumber=&amp;sourceNumber=47359</a>	lessons and activities	
Broadway Musicals	<a href="https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home">https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home</a>	free Broadway musicals to watch	
Quarantine Kitchen	Instagram- @massimobottura	Chef Instagram series "Kitchen Quarantine" cooking	
<b>Museum tours and virtual travel</b>			
William McKinley Museum and Presidential Library	Facebook/Instagram/Twitter: @McKinleyMuseum; YouTube: MckMus	Online educational content streamed every Monday at noon	
Massillon Museum	Facebook and YouTube: @MassillonMuseum; Instagram and Twitter: @MassMu	Online educational content streamed every Tuesday at noon	
Canton Museum of Art	Facebook and YouTube: @CantonMuseumofArt; Instagram and Twitter: @CantonMuseum	Online educational content streamed every Wednesday at noon	
National First Ladies' Library	Facebook and Instagram: @FirstLadiesLibrary; Twitter: @NatlFirstLadies	online educational content shared every Thursday at noon	
Pro Football Hall of Fame	Facebook, YouTube, Instagram, and Twitter: @ProFootballHOF	online educational content live streamed every Friday at noon	

Dennison Railroad Depot Museum	Facebook: @DennisonRailroadDepotMuseum; Instagram and Twitter: @DennisonDepot	Online educational content streamed each Saturday at noon	
Cincinnati Art Museum	Facebook	virtual and interactive content	
Contemporary Arts Center in Cincinnati	Facebook	videos and virtual tour	
Ohio Statehouse Virtual Tours	<a href="http://www.ohiostatehouse.org/galleries/capitol-ohio-videos">http://www.ohiostatehouse.org/galleries/capitol-ohio-videos</a>	tours and history	
Natl Parks	<a href="https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm">https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm</a>	Virtual natl park tours	Can also download Google Earth to do this
Zoos and Aquariums	(cams), Monterey Bay ( <a href="https://www.montereybayaquarium.org/ani">https://www.montereybayaquarium.org/ani</a> )	live cams of zoo animals	
The Louvre	<a href="https://www.louvre.fr/en/visites-en-ligne">https://www.louvre.fr/en/visites-en-ligne</a>	Virtual tours	
Great Wall of China	<a href="https://www.thechinaguide.com/destination/great-wall-of-china">https://www.thechinaguide.com/destination/great-wall-of-china</a>	Virtual tours	
Galeria Uffizi-Florence	<a href="https://www.uffizi.it/mostre-virtuali">https://www.uffizi.it/mostre-virtuali</a>	Virtual galleries	
Vatican Museum-Rome	<a href="http://www.museivaticani.va/content/museivaticani/en/collezioni/musei.html">http://www.museivaticani.va/content/museivaticani/en/collezioni/musei.html</a>	Virtual galleries	
National Archaeological Museum- Athens	<a href="https://www.namuseum.gr/en/collections/">https://www.namuseum.gr/en/collections/</a>	virtual galleries	
Musee D'orsay- Paris	<a href="https://artsandculture.google.com/partner/musee-dorsay-paris">https://artsandculture.google.com/partner/musee-dorsay-paris</a>	virtual galleries	
Rijksmuseum-Amsterdam	<a href="https://www.rijksmuseum.nl/en/app">https://www.rijksmuseum.nl/en/app</a>	virtual tours, activities, app	
Pinacoteca de Brera-Milan	<a href="https://pinacotecabrera.org/en/">https://pinacotecabrera.org/en/</a>	virtual galleries	
Museo Nacional de Antropologia- Mexico	<a href="https://artsandculture.google.com/partner/museo-nacional-de-antropologia-mexico">https://artsandculture.google.com/partner/museo-nacional-de-antropologia-mexico</a>	virtual galleries	
The British Museum-London	<a href="https://www.britishmuseum.org/collection">https://www.britishmuseum.org/collection</a>	virtual galleries	
Frida Kahlo Museum-Mexico	<a href="https://artsandculture.google.com/partner/museo-frida-kahlo">https://artsandculture.google.com/partner/museo-frida-kahlo</a>	virtual galleries	
Hermitage Museum-St. Petersburg	<a href="https://www.hermitage.museum/en/panorama">al/hermitage/panorama/virtual_visit/panoramas-m-1/!ut/p/z1/jzBNb4MwDIZ_Sw8cScxHgO6WMU2MtUKTto7IUqUVhUwkQSEFab9-</a>	virtual tour	

Prado Museum-Madrid	<a href="https://www.museodelprado.es/en/itinerary/visita-virtual/742f132f-8592-4f96-8e5a-9dad8647bc4c">https://www.museodelprado.es/en/itinerary/visita-virtual/742f132f-8592-4f96-8e5a-9dad8647bc4c</a>	virtual galleries	
National Gallery of Art- Washington DC	<a href="https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en">https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en</a>	Virtual galleries	
Acropolis Museum-Athens	<a href="https://www.google.com/maps/@37.9682863,23.7287594,2a,75y,133.45h,92.7t/data=!3m6!1e1!3m4!1s8TZoEigbxqly5Fd5k47sLw!2e0!7i13312!8i6656">https://www.google.com/maps/@37.9682863,23.7287594,2a,75y,133.45h,92.7t/data=!3m6!1e1!3m4!1s8TZoEigbxqly5Fd5k47sLw!2e0!7i13312!8i6656</a>	gallery tour via google maps	
Expeditions	app	National Park guided tours	
American Auto Club	<a href="https://insights.ohio.aaa.com/see-the-sights-from-your-seat/?cmpid=bmgmt_eml_oth_mxx-0320-magazine">https://insights.ohio.aaa.com/see-the-sights-from-your-seat/?cmpid=bmgmt_eml_oth_mxx-0320-magazine</a>	list of virtual tours	
<b>Education</b>			
Language learning	Apps- Duolingo, Babbel, Memrise		
AARP Learn@50+	<a href="https://learn.aarp.org/">https://learn.aarp.org/</a>	free online learning, podcasts, trivia games	
WHO COVID19 App	app	The WHO put out an app that has info about staying safe during COVID19	
Stark Co Library	<a href="https://starklibrary.org/home/about/covid-19/">https://starklibrary.org/home/about/covid-19/</a>	24/7 library, Kid's Activities, wifi resources, voting info, food distribution, local resources, etc	
Home Speech Home	<a href="https://www.home-speech-home.com/">https://www.home-speech-home.com/</a>	twenty 5-minute speech therapy activities	
NASA	<a href="https://images.nasa.gov/">https://images.nasa.gov/</a>	media library	
Hayley LaPoint (meteorologist)	<a href="https://www.wmur.com/article/wmur-meteorologist-weather-teaching-lesson-videos/31764032#">https://www.wmur.com/article/wmur-meteorologist-weather-teaching-lesson-videos/31764032#</a>	free weather education for all ages	
Virtual School Activities	<a href="https://virtualschoolactivities.com/">https://virtualschoolactivities.com/</a>	live webcams, virtual tours, educational sites for all ages	
CDC	<a href="https://tools.cdc.gov/medialibrary/index.aspx?deliveryName=USCDC_944_%20DM20977#/results">https://tools.cdc.gov/medialibrary/index.aspx?deliveryName=USCDC_944_%20DM20977#/results</a>	Public Health Media Library; podcast series The Importance of Physical Activity for Older Adults	
IMusic School	<a href="https://www.imusic-school.com/en/">https://www.imusic-school.com/en/</a>	Free music lessons for many instruments	
Harvard	<a href="https://online-learning.harvard.edu/CATALOG/FREE?page=2">https://online-learning.harvard.edu/CATALOG/FREE?page=2</a>	free courses to continue education	
Cornell	<a href="https://www.edx.org/school/cornellx">https://www.edx.org/school/cornellx</a>	free courses to continue education	
Google Online	<a href="https://learndigital.withgoogle.com/digitalworkshop-eu">https://learndigital.withgoogle.com/digitalworkshop-eu</a>	free courses to continue education	
<b>Health and Fitness</b>			
Nike Training Club	App	free, multi-intensity workouts	

8Fit	App	customized workouts, meal plans	
YMCA	<a href="https://ymca360.org/on-demand#/">https://ymca360.org/on-demand#/</a>	health and fitness videos	
Burn Boot Camp Fairlawn	Facebook	Mini workouts	Facebook
Aaptiv	app	home gym	
National Center on Health, Physical Activity, and Disability	<a href="https://www.youtube.com/user/NCPAD/feature">https://www.youtube.com/user/NCPAD/feature</a>	video exercises for seniors (Inclusive Active Aging)	
Natl Institute on Aging Go4Life	<a href="https://go4life.nia.nih.gov/">https://go4life.nia.nih.gov/</a>	motivation and safe strengthening exercises	
SilverSneakers	<a href="https://tools.silversneakers.com/">https://tools.silversneakers.com/</a>	on-demand home workouts	free for participating medicare plans/eligible adults 65+
AARP Get Moving	<a href="https://www.aarp.org/health/healthy-living/info-2019/get-moving.html">https://www.aarp.org/health/healthy-living/info-2019/get-moving.html</a>	exercise videos	
Gaiam Yoga Studio	App	yoga and relaxation- all levels	
Yoga Squared Akron	<a href="http://www.yogasquaredakron.com/virtual-of-the-week">http://www.yogasquaredakron.com/virtual-of-the-week</a>	Online yoga classes	
Meditation	Apps- Meditopia, Zen, Calm, Insight Timer, Simple Habit, Headspace		
Guided meditation	<a href="https://www.meditationmuseum.org/">https://www.meditationmuseum.org/</a>	Free online guided meditation	
Direction Home Akron Canton	email lsmith@dhad.org	Tai Chi: Moving for Better Balance	
<b>Volunteering</b>			
United Nations Volunteers	<a href="https://www.onlinevolunteering.org/en">https://www.onlinevolunteering.org/en</a>	online volunteering (writing, translation, teaching, art, projects, research, outreach, healthcare, management, etc)	
Smithsonian	<a href="https://www.si.edu/volunteer/DigitalVolunteers">https://www.si.edu/volunteer/DigitalVolunteers</a>	digital volunteers (transcription and research)	
Crisis Text Line	<a href="https://www.crisistextline.org/volunteer/">https://www.crisistextline.org/volunteer/</a>	remote volunteer crisis counseling	applications and remote training
AARP Community Connections	<a href="https://aarpcommunityconnections.org/">https://aarpcommunityconnections.org/</a>	local mutual aid group of volunteers; news; online discussions; anxiety resources	
Cleveland Clinic	<a href="https://newsroom.clevelandclinic.org/2020/03/26/cleveland-clinic-launches-campaign-for-northeast-ohio-community-to-help-in-covid-19-response/">https://newsroom.clevelandclinic.org/2020/03/26/cleveland-clinic-launches-campaign-for-northeast-ohio-community-to-help-in-covid-19-response/</a>	DIY mask drop off locations	
Volunteer Services Dept. at Summa Health	email goffje@summahealth.org or call 330.375.7375	Make hand sewn face masks that will be worn by both staff and patients of all Summa Health facilities. If you do not know how to sew, we can use volunteers to cut fabric and assemble kits that we mail out to our sewers. This opportunity can be done on-site at Summa or off-site. Assist with making plastic gowns. This requires no sewing. This opportunity can be done on-site at Summa.	