



Older  
Adults  
Moving  
Forward

## Seven Ways We Can **CONNECT** to Maintain our Mental Health During the Pandemic Marathon

**C****OMMUNICATION** by writing letters or leaving a note under another's door, phoning a friend to ask "How are you TODAY?" (this particular day), learning how to video-chat through Zoom or SKYPE.

Who or what (TV or radio or internet) is communicating with you? Consider the source of info about the pandemic. How do you know it is accurate?

**O****UTREACH** Ask how you can help others rather than waiting to be asked. Stay safely involved with your groups. The help of older adults is needed more than ever during the pandemic. Looking beyond ourselves and volunteering can provide energy and satisfaction for your own life!

**N****OTICE** by looking beyond ourselves. Notice your neighbours and people who rarely cross your thoughts. Start a gentle chat and look for clues about another's interests and feelings. One small moment may make a difference for someone else. And may make a difference for you!

**N****EW** What is new for you now? This time of great change is an opportunity to try something NEW. Something different provides a lift even if the change is temporary. Remember other tough times in your life and how you became resilient. You can use the same coping skills now.

**E****XERCISE** Physical activity improves our mental, emotional and physical health. Find new ways to keep moving in small ways in your everyday activities. Check out SLoT info on the reverse side or if you have internet access, google *Forever in Motion*.

**C****OMMUNITY** We need to connect with others for health and well-being. Who is your community? Your neighbours, friends, social group, and/or community group. Respond positively when asked to help during this challenging time. How about organized games, bulletin board humour and daily news, or secret pen pals where you live. Call your friends and see what they do to create community. Could you do that in your community?

**T****IME** - Having a plan and things to look forward to helps us want to get up in the morning. Build in variety. Make some days SPECIAL by planning something different once or twice a week (try something new, wear special clothes, or arrange a regular time to talk with family and friends). Scheduling gives special events a chance to happen.

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# Stretch, Lift, or Tap (SLoT)



Ideas \* for how you can SLoT more movement in your day

## STRETCH.

- Put toiletries further away and reach out for them
- Move your arms from side to side while drying your back with a towel
- Move your arm or leg up high before putting on an item of clothing
- Set the table for a meal – stretching to reach different parts of the table
- Stretch your arms wide when folding a large towel or bed sheet

## LIFT.

- Do arm curls with a shampoo bottle while bathing
- Put away one clean dish at a time on a shelf above you
- Lift a vegetable or a can of soup to assist with meal prep
- Lift clothing out of the washer or dryer
- Sitting on the edge of your bed, shuffle your bottom along the length of the bed before getting dressed
- Toss a salad with salad tongs or servers (seated or standing)
- Lift a container of water to water a plant
- Lift a water jug out of the fridge and pour a drink

## OR

## TAP.

- While sitting, tap your toes on a bath mat to dry the soles of your feet after a bath
- Tap your toes on the floor while the kettle is boiling
- Tap your shoulders with the tips of your fingers while your food is being cooked or reheated
- Tap your hands or toes every time you take a medication
- Tap your toes on the floor while sitting on the toilet
- Tap your hands on a table while listening to music
- Fluff pillows by tapping them to even them out

## Your Ideas:

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**\*This content is not intended to replace the advice of a physician or other qualified healthcare providers.**