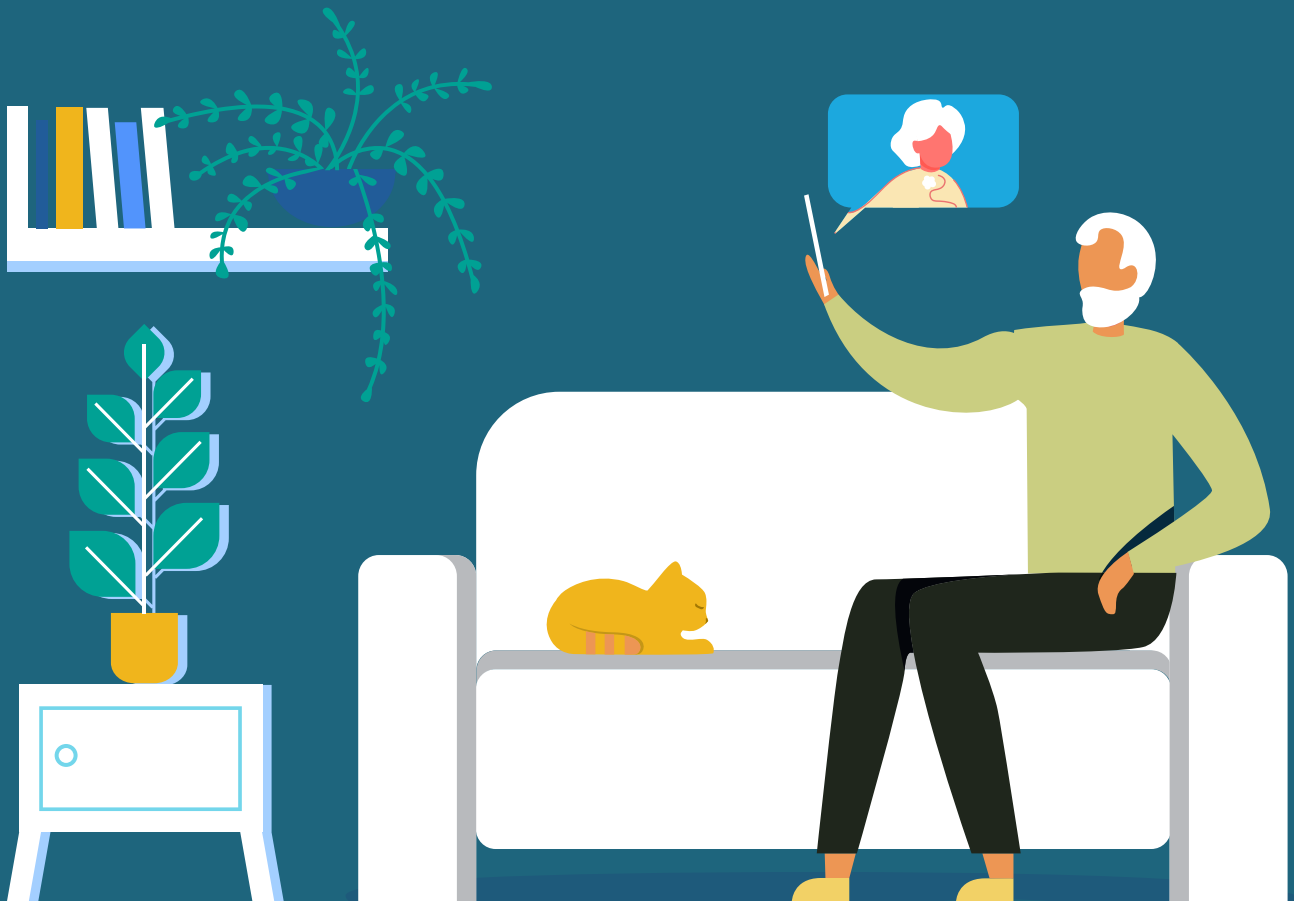




Functional Pathways  
*Therapy that exceeds expectations.*

# Safer at Home

TIPS FOR PHYSICAL AND MENTAL SOCIAL DISTANCING ACTIVITIES



**A note from Functional Pathways:**

This is an unprecedented time of illness and challenge for our country. We have so many team members going above and beyond to treat residents in our “new normal.”

We are excited to share a few tips to help everyone stay physically and mentally active while practicing social distancing.



### Video chat with a loved one

Be social from a distance.

### Play cards

Card games, like Solitaire, are a good way to exercise the brain.

### Scrapbook

Scrap booking is a fun way to pass time and the end result is something you can treasure for years to come.

### Stand out in the sun (if you can)

Sunshine is thought to help raise serotonin levels.



### Complete a Puzzle

Puzzles are good for improving short-term memory.



### Pen Pal

Become a pen pal with someone else in the facility.

### Meditate

Meditation can help relieve anxiety and depression, which is very important during this time.

### Read a book

Reading books help stimulate the brain, reduce stress, and may help improve memory.



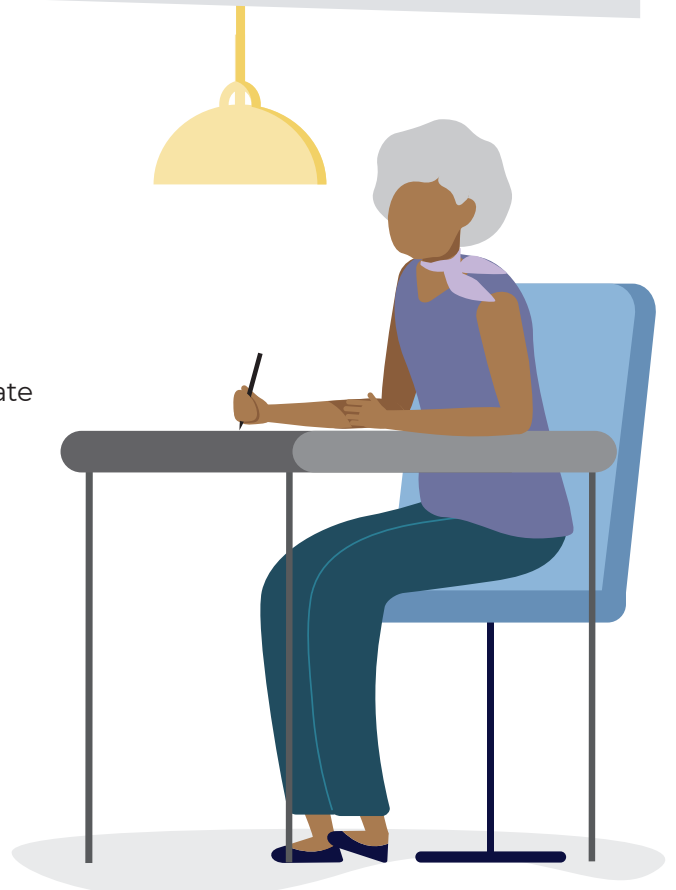
### Coloring Books

Adult coloring books are a great, calming way to reduce stress and relax.



### Write a letter

Letters are a great way to communicate on a more personal level.



## 4 | Mental Health Activities

Watch a show on Netflix  
*Here's some of our favorites:*



### DRAMA

#### **When Calls the Heart**

Leaving behind her upper-crust city roots, a woman journeys west in the early 1900's to become a teacher in a small Canadian mining community.

#### **Madame Secretary**

When a highly capable woman becomes secretary of state, she struggles to find a balance between the demands of world politics and those of her family.

#### **Call the Midwife**

Series about a group of nurse midwives working in the East End of London in the late 1950s and 1960s.



### GAME SHOWS

#### **Jeopardy!**

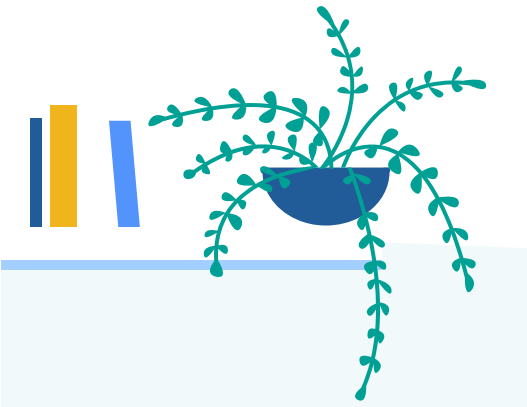
Alex Trebek hosts one of TV's longest-running game shows, where a trio of players buzz in with their knowledge of history, arts, pop culture, and more.

#### **Minute to Win It**

In this game show hosted by Apolo Anton Ohno, contestants compete by completing 60-second challenges using common household items.

#### **Idiotest**

Comedian Ben Gleib hosts this game show in which teams of two compete to solve increasingly tough brain teasers.



## DOCUMENTARIES

### Planet Earth

This landmark series transports nature lovers from the Himalayan Mountains to the depths of the ocean and everywhere in between.

### Life

Discover the glorious variety of life on Earth and the spectacular and extraordinary tactics animals and plants have developed to stay alive.

### Blue Planet

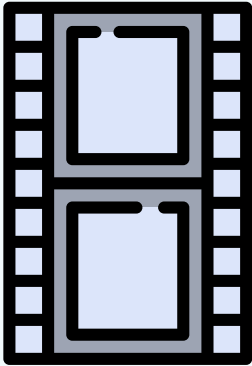
David Attenborough narrates this definitive exploration of the marine world, from the familiar to the unknown, revealing the sea and its communities.

### Given

A surfing adventure across 15 countries gives a young boy from Kauai an opportunity to widen his horizons and gain a deeper understanding of life.

### Tales by Light

Photographers and filmmakers travel the world capturing indelible images of people, places, creatures and cultures from new, previously unseen angles.



### MUST-WATCH MOVIE SUGGESTIONS

#### **Julie & Julia**

In this heartwarming tale, Julie Powell decides to spice up her life by cooking all 524 recipes outlined in Julia Child's classic cookbook.

#### **The Aviator**

Leonardo DiCaprio portrays eccentric tycoon Howard Hughes, who turned a small fortune into a massive one by building Hollywood and aviation empires.

#### **Becoming Jane**

A passionate romance with roguish barrister Tom Lefroy serves as the inspiration for the works of budding novelist Jane Austen.

#### **West Side Story**

The Classic Musical set among the tenements of New York City finds a pair of star-crossed lovers caught in a turf war between rival street gangs.

#### **The Guernsey Literary & Potato Peel Pie Society**

A London writer bonds with the colorful residents of Guernsey as she learns about the book club they formed during the WWII German occupation.

### REALITY SHOW

#### **The World's Most Extraordinary Homes**

Award-winning architect Piers Taylor and actress/ property enthusiast Caroline Quentin travel the world touring beautifully unconventional homes.

For more recommendations, as well as additional show descriptions, feel free to check out <https://insigniaseniorliving.com/netflix-for-seniors>



We have created the **be steady** program to help you stay strong and flexible. The recommendations should only be used as a reference. Please pace yourself and always stay in your comfort zone.

be  
steady



Functional Pathways

## Supine Quad Set

### Setup

Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

### Movement

Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

### Tip

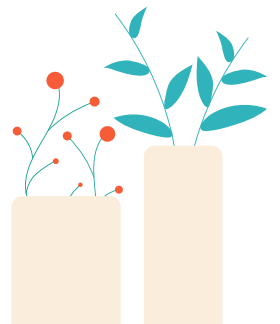
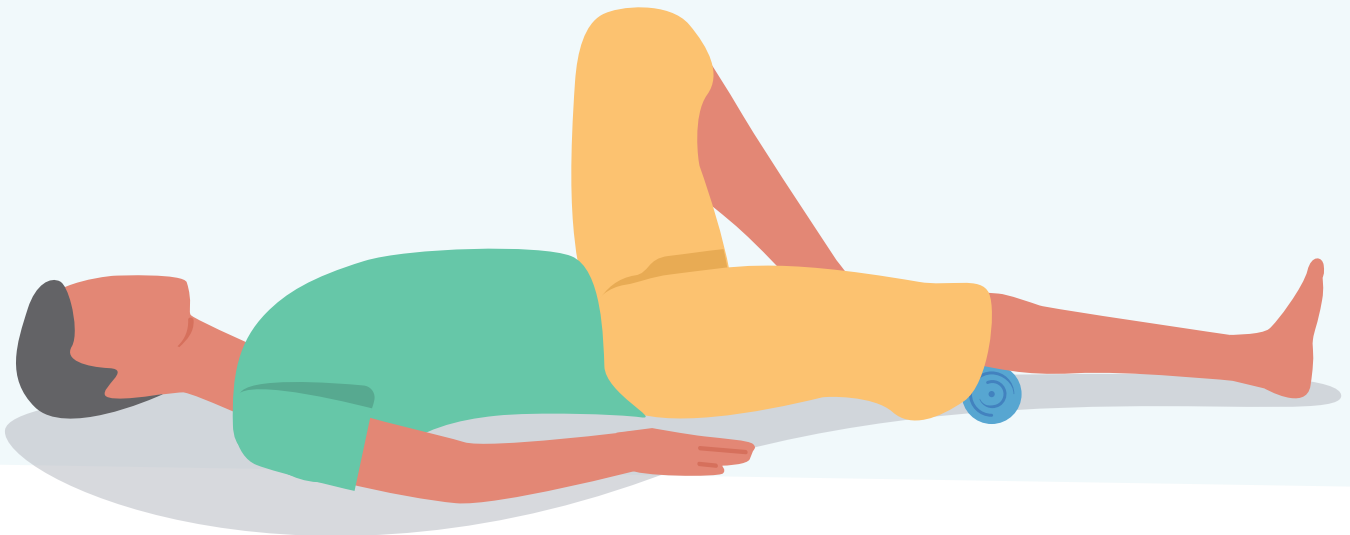
Make sure to keep your back flat against the floor during the exercise.

**REPS: 10**

**SETS: 2**

**DAILY: 1**

**WEEKLY: 3**



## Supine Quad Set

### Setup

Begin lying on your back with one leg bent and the other straight. Begin sitting upright on the floor with one leg laying straight and your other knee bent.

### Movement

Straighten your leg, pushing your knee toward the floor, and hold.

### Tip

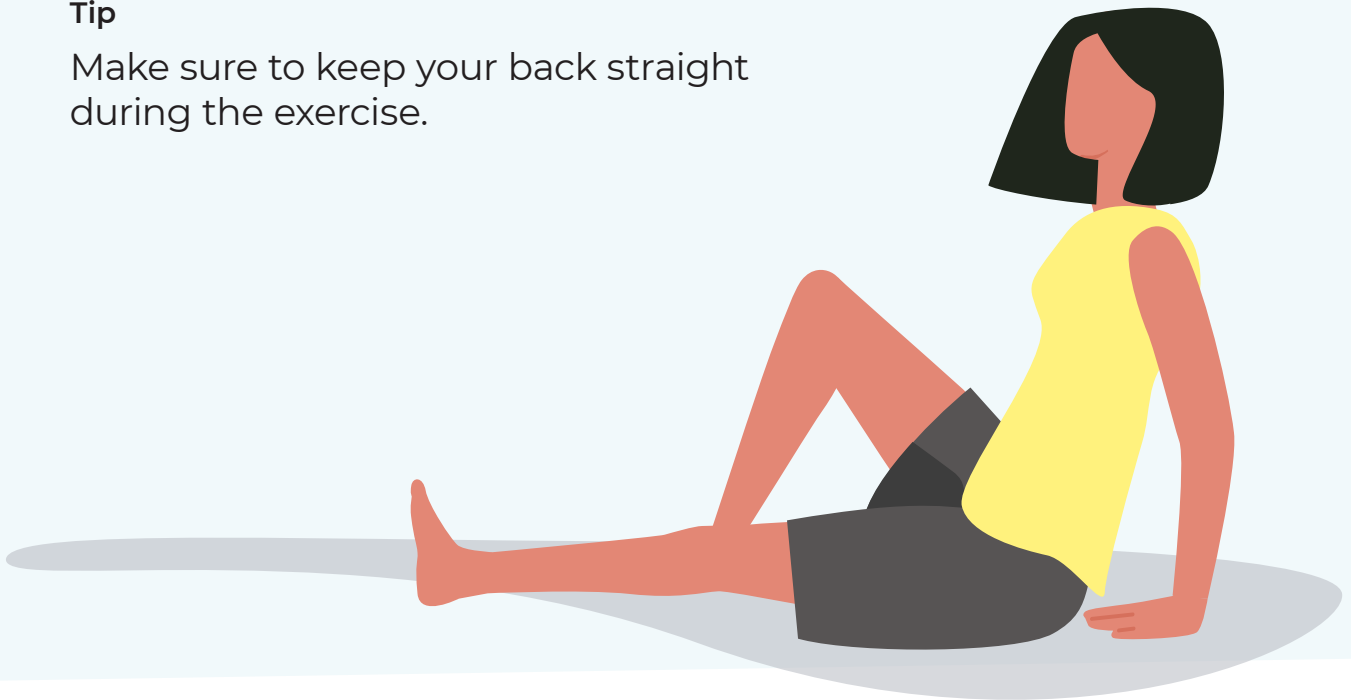
Make sure to keep your back straight during the exercise.

**REPS: 10**

**SETS: 2**

**DAILY: 1**

**WEEKLY: 3**



## Floor Yoga

### Supplies:

- Floor mat
- Gait belt

Before beginning Floor Yoga, place a mat down for cushioning.

### Activity Sequence:

- Supine
- Side lying
- Prone
- Quadruped
- High kneeling
- Half kneeling
- Reverse order and complete again



## Seated March

### Setup

Begin sitting upright in a chair with your feet flat on the floor.

### Movement

Keeping your knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

### Tip

Make sure to keep your back straight and do not let it arch as you lift your legs.



## Seated Hamstring Stretch

### Setup

Begin sitting upright with your hands on your hips and one leg straight in front of you on the floor.

### Movement

Slowly bend your trunk forward until you feel a stretch in the back of your thigh and hold.

### Tip

Make sure to keep your back straight during the exercise.





For more Physical Activities, visit one of the links below for a recorded sessions from one of our communities!

<https://youtu.be/KmM91lcgCqM>

<https://youtu.be/gjh-RM1inbk>

<https://youtu.be/KX3ClcpVmV8>

<https://youtu.be/WpMTucjgzUI>

<https://youtu.be/Op4Y3I8CQzU>





Please feel free to print and share this guide, and Like and Follow Us on Facebook, Instagram, and Twitter for daily updates on how our teams are proving we are **#StrongerTogether!**



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