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# THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



## WELCOME

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April showers bring May flowers! I know most of us are going stir crazy due to the quarantine. However, we need to remember to social distance and stay home when possible to not put ourselves and others at risk. Know that we at the High Country Area Agency on Aging are here for you and we will get through this together.

## TIPS TO STAY HEALTHY

- **Social Distancing**
- **Wash your hands**
- **Avoid Touching your Face**
- **Stay Active**
- **Get some fresh air**
- **Stay informed**

# FUN THINGS TO DO AT HOME

BY AMBER CHAPMAN, FAMILY CAREGIVER AND  
HEALTH PROMOTIONS SPECIALIST

It is important for your mental health and for your care recipients mental health to find at least one fun thing to do each day. **A good laugh can do wonders for us and we all know we desperately need that right now.**

Here are some fun ideas that you can do with your loved ones! **These are my favorites:**

HEARTHSIDE BOOK

CLUB: [HTTPS://HEARTHSIDEBOOKCLUB.COM/FREE/](https://heartsidebookclub.com/free/)

RE-CREATIVE

RESOURCES: [HTTPS://WWW.RECREATIVERESOURCE  
S.COM/FREEACTIVITYWORKSHEETS.HTM?](https://www.recreativeresources.com/freeactivityworksheets.htm)

FBCLID=IWAR1TEDXEA6T9CPIBXR\_HALYZEEJZLDQF  
OLVIYRSLCVAJ2NWJ0YBXX1BIHBE

LIVE CAMS AT SAN DIEGO ZOO:

[HTTPS://ZOO.SANDIEGOZOO.ORG/LIVE-CAMS](https://zoo.sandiegozoo.org/live-cams)

CONCERTS: [HTTPS://WWW.COUNTRYLIVING.COM/U  
K/NEWS/AMP31773159/CLASSICAL-CONCERTS-LIVE-  
STREAMING-CORONAVIRUS/?](https://www.countryliving.com/uk/news/amp31773159/classical-concerts-live-streaming-coronavirus/?_twitter_impression=true&fbclid=IWAR2GJNOEMNY-ZKW8RD2_WUJRQMAO94YZNQTLO4CLK_5EHW5SW340TUJRPZY)

[\\_TWITTER\\_IMPRESSION=TRUE&FBCLID=IWAR2GJN  
OEMNY-](https://www.countryliving.com/uk/news/amp31773159/classical-concerts-live-streaming-coronavirus/?_twitter_impression=true&fbclid=IWAR2GJNOEMNY-ZKW8RD2_WUJRQMAO94YZNQTLO4CLK_5EHW5SW340TUJRPZY)

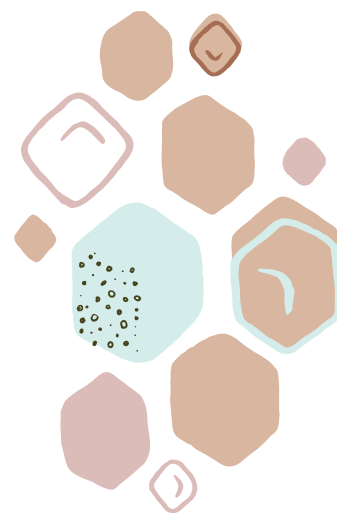
[ZKW8RD2\\_WUJRQMAO94YZNQTLO4CLK\\_5EHW5SW  
340TUJRPZY](https://www.countryliving.com/uk/news/amp31773159/classical-concerts-live-streaming-coronavirus/?_twitter_impression=true&fbclid=IWAR2GJNOEMNY-ZKW8RD2_WUJRQMAO94YZNQTLO4CLK_5EHW5SW340TUJRPZY)

If you try any of these, let us know how you like them or if you come across any other good ones!

If you need anything at all feel free to contact:

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This newsletter is curated by the High Country Family Caregiver Support Program to help you along your care giving journey. Reach out to us with any questions/ suggestions or tips.

