



FREE Senior-Friendly at-Home COVID-19 Resources by Immanuel

1. Immanuel's Daily Hope Hotline: 402.933.6442
2. Immanuel's Virtually Connected Pen Pal (send a message to be shared with all of Immanuel's residents and participants): virtuallyconnected@immanuel.com
3. Immanuel's Thriving at Home FREE Resource Center (includes ideas, tips and resources to help you thrive, not just survive at home as a senior): www.ImmanuelDifference.org

When you visit be sure to explore these topics and more:

- Brain Games
- At-home Senior Friendly Fitness Routines (no equipment needed)
- Ideas and tips on staying virtually connected with you family and friends
- New, cooking tips (how to make the most out of limited ingredients and reinvigorate your cooking for 1-2 people)
- Ideas on how to host a fun zoom event, (hint – try a scavenger hunt with your family or friends and discover new memories)
- And more...