

Things To Do - Avoid Isolation

Where/What	Address		Offering	Dates/restrictions
Internet Access				
Akron Area Internet Access	https://www.connecthomeakron.org/covid-19	330-762-2832		
Find low-cost internet and computers in your area	https://www.everyoneon.org/find-offers			
Cox Connect2Compete	https://www.cox.com/residential/internet/c	855-222-3252	Up to 15 Mbps, no deposits/contracts, free modem	\$9.95/month, must have one K-12 student in the household that participates in National School Lunch program, SNAP, or Temporary Assistance for Needy Families
Free Internet Hotspot	https://www.connecthomeakron.org/get-a-h	330-762-2832	Borrowed hotspot, 90 day basis, 3GB data	Apply; AMHA residents or voucher holders
Comcast	https://www.internetessentials.com/get-help	1 888 234 427	Free broadband service for low-income families, low-cost computers	To qualify for Comcast's Internet Essentials service, customers must be eligible for public-assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, or SSI.
Verizon		Local	Addtl 15 GB of data for customers, waived latefees, overage charges, internet and voice service charges for current Lifeline	
AT&T Access	https://m.att.com/shopmobile/internet/acces	855-220-5211	Up to 10 Mbps, no deposit/installation fee/contracts, free modem	\$5-10/month, SNAP, no outstanding AT&T debt for 6 months
Spectrum	https://www.spectrum.com/browse/content/spectrum-internetassist.html	844-525-1574	Up to 30Mbps, no contract, free modem	\$14.99/month, member of household must receive National School Lunch Program or SSI
SeniorNet	seniornet.org		Computer/Internet education for older adults and those in need	\$43 for yearlong membership
PCs for People	https://www.pcsforpeople.org/get-technolog	216-930-5741	Affordable computers and internet, mobile hotspot, 4G LTE service, modem service	Must be below 200% poverty level or enrolled in income-based assistance program, \$15/month
Xfinity Internet	https://www.internetessentials.com/	855-846-8376	Up to 15 Mbps, no contract or installation fee	One K-12 student in household participating in National School Lunch Program, or you receive HUD housing assistance, or you are a low income verified veteran or senior
Lifeline	https://www.lifelinesupport.org/	1 888 234 4272	Federal program lowers monthly cost of phone or internet	
Isolation				
ODA	www.aging.ohio.gov/stayingconnected 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 COVID19	
CHD Living (United Kingdom)	https://chdliving.co.uk/adopt-grandparent		Virtual Adopt a Grandparent program	
Legacy Healthcare	wecare@legacyhc.com		Matching Pen Pals to its residents in 4 states	
AARP Foundation's Connect2Affect Program	https://connect2affect.org/		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	https://norton.gracechurches.org/?fbclid=IwAR1rbIPddQiUU9G		Virtual services and teen programming through website and social media	
First Christian Church, Canton	https://firstchristian.com/		Virtual services	Sundays at 9 AM and 11AM
Entertainment				
NPR	https://www.npr.org/series/tiny-desk-concerts/		Tiny desk concerts	
Cleveland Museum of Art	https://www.clevelandart.org/art/collection/search		Entire collection online	
Metropolitan Opera	metopera.org		Live broadcast event	7:30PM, viewable for 20 hours
Pierre Boulez Saal-Berlin	https://boulezsaal.de/home		Virtual concert performances	
Vienna State Opera	https://www.staatsoperlive.com/calendar		Virtual opera performances	
Cincinnati Symphony Orchestra	https://www.cincinnati-symphony.org/education-and-community/learning-at-home/?sourceNumber=&sourceNumber=47359		Lessons and activities	
Broadway Musicals	https://www.playbill.com/article/15-broadway-plays-and-music		Free Broadway musicals to watch	
Quarantine Kitchen	Instagram- @massimobottura		Chef Instagram series "Kitchen Quarantine" cooking	
Museum tours and virtual travel				
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	http://www.ohiostatehouse.org/galleries/capitol-ohio-videos			Tours and history	
Natl Parks	https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm			Virtual natl park tours	Can also download Google Earth to do this
Zoos and Aquariums	cams), Monterey Bay (https://www.montereybayaquarium.org/ani)			Live cams of zoo animals	
The Louvre	https://www.louvre.fr/en/visites-en-ligne			Virtual tours	
Great Wall of China	https://www.thechinaguide.com/destination/great-wall-of-china			Virtual tours	
Galeria Uffizi-Florence	https://www.uffizi.it/mostre-virtuali			Virtual galleries	
Vatican Museum-Rome	http://www.museivaticani.va/content/museivaticani/en/collezioni/musei.html			Virtual galleries	
National Archaeological Museum- Athens	https://www.namuseum.gr/en/collections/ https://artsandculture.google.com/partner/musee-dorsay-paris			Virtual galleries	
Musee D'orsay- Paris	https://artsandculture.google.com/partner/musee-dorsay-paris			Virtual galleries	
Rijksmuseum-Amsterdam	https://www.rijksmuseum.nl/en/app			Virtual tours, activities, app	
Pinacoteca de Brera-Milan	https://pinacotecabrera.org/en/			Virtual galleries	
Museo Nacional de Antropologia- Mexico	https://artsandculture.google.com/partner/museo-nacional-de-antropologia-mexico			Virtual galleries	
The British Museum-London	https://www.britishmuseum.org/collection			Virtual galleries	
Frida Kahlo Museum-Mexico	https://artsandculture.google.com/partner/museo-frida-kahlo			Virtual galleries	
Hermitage Museum-St. Petersburg	rtal/hermitage/panorama/virtual_visit/panoramamas-m-1/!ut/p/z1/jZBNb4MwDIZ_Sw8cScxHgO6WWMU2MtUKTto7IUqUVhUwkQSEFab9-			Virtual tour	
Prado Museum-Madrid	https://www.museodelprado.es/en/itinerary/visita-virtual/742f132f-8592-4f96-8e5a-9dad8647bc4c			Virtual galleries	
National Gallery of Art- Washington DC	https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en			Virtual galleries	
Acropolis Museum-Athens	https://www.google.com/maps/@37.9682863,23.7287594,2a,75y,133.45h,92.7t/data=!3m1!1e1!3m4!1s8TZoEigbxqly5Fd5k47sLw!2e0!7i13312!8i6656			Gallery tour via google maps	
Expeditions	app			National Park guided tours	
American Auto Club	https://insights.ohio.aaa.com/see-the-sights-from-your-seat/?c			List of virtual tours	
Education					
Cleveland State University	https://www.csuohio.edu/project60/project60	216-687-5411		Free/low cost audit courses for Ohio residents age 60+	Fees may apply for textbooks/online courses
Cuyahoga Community College	https://www.tri-c.edu/program-60/index.html	216-987-3075		Free/low cost audit courses for Ohio residents age 60+	Fees may apply for textbooks/online courses
Language learning	Apps- Duolingo, Babbel, Memrise				
AARP Learn@50+	https://learn.aarp.org/			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	https://starklibrary.org/home/about/covid-19	330-452-0665		24/7 library, Kid's Activities, wifi resources, voting info, food distribution, local resources, etc	
Akron-Summit County	https://akronlibrary.org/browse/digital	330-643-9060		Library Express Delivery Service, digital media, book-a-librarian and more	
Home Speech Home	https://www.home-speech-home.com/			Twenty 5-minute speech therapy activities	
NASA	https://images.nasa.gov/			Media library	
Hayley LaPoint (meteorologist)	https://www.wmur.com/article/wmur-meteorologist-weather-t			Free weather education for all ages	
Virtual School Activities	https://virtualschoolactivities.com/			Live webcams, virtual tours, educational sites for all ages	
CDC	https://tools.cdc.gov/medialibrary/index.aspx?deliveryName=U			Public Health Media Library; podcast series The Importance of Physical Activity for Older Adults	
IMusic School	https://www.imusic-school.com/en/			Free music lessons for many instruments	
Harvard	https://online-learning.harvard.edu/CATALOG/FREE?page=2			Free courses to continue education	
Cornell	https://www.edx.org/school/cornellx			Free courses to continue education	
Google Online	https://learndigital.withgoogle.com/digitalworkshop-eu			Free courses to continue education	
Health and Fitness					
Nike Training Club	App			Free, multi-intensity workouts	
8Fit	App			Customized workouts, meal plans	
YMCA	https://ymca360.org/on-demand#/			Health and fitness videos	
Aaptiv	app			Home gym	
National Center on Health, Physical Activity, and Disability	https://www.youtube.com/user/NCPAD/featured			Video exercises for seniors (Inclusive Active Aging)	

Natl Institute on Aging Go4Life	https://go4life.nia.nih.gov/		Motivation and safe strengthening exercises	
SilverSneakers	https://tools.silversneakers.com/		On-demand home workouts	free for participating medicar eplans/eligible adults 65+
AARP Get Moving	https://www.aarp.org/health/healthy-living/info-2019/get-moving.html		Exercise videos	
Gaiam Yoga Studio	App		Yoga and relaxation- all levels	
Yoga Squared Akron	http://www.yogasquaredakron.com/virtual-of-the-week		Online yoga classes	
Meditation	Apps- Meditopia, Zen, Calm, Insight Timer, Simple Habit, Headspace			
Guided meditation	https://www.meditationmuseum.org/		Free online guided meditation	
Direction Home Akron Canton	email lsmith@dhad.org		Tai Chi: Moving for Better Balance	
Volunteering				
United Nations Volunteers	https://www.onlinevolunteering.org/en		Online volunteering (writing, translation, teaching, art, projects, research, outreach, healthcare, management, etc)	
Smithsonian	https://www.si.edu/volunteer/DigitalVolunteers		Digital volunteers (transcription and research)	
AARP Community Connections	https://aarpcommunityconnections.org/		Local mutual aid group of volunteers; news; online discussions; anxiety resources	
Cleveland Clinic	https://newsroom.clevelandclinic.org/2020/03/26/cleveland-clinic/		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.	