

Q: Suggestions for activities to do with family members over Zoom calls?

A: Depending upon the person's cognitive state, you could:

- Play some simple words games, e.g. fill in the blank
 - It's raining cats and... (dogs)
 - You can lead a horse to water... (but you can't make him drink)
- Do some show and tell of clothes or fun things around the house.
- Ask for wardrobe advice - "Mom, does this tie go with this shirt? Or do you like this color?"
- Ask them for their favorite foods or how to make certain recipes.
- Write a family group poem - Name words or feelings you associate with Thanksgiving?"
 - Example - Turkey, Family, Fun, Fall Weather, Happiness - now put those words together to create a poem.
- Make lists
 - Of places you and your family member have visited,
 - Family names,
 - States and important cities (you can call this brain aerobics).
- Do a simple Power Point "scrapbook" of family photos to share and discuss.
- Share some short videos and discuss.
- Or simply enjoy your time together, but offer lots of words of praise and encouragement!