Make music in person!
- If you or someone you know plays an instrument, play it live!
- If your loved one used to play an instrument, encourage them to play it again.
- Bring new instruments for your loved one to try.
- Live music gives a unique and meaningful way to connect and socialize with one another!

Sidewalk concert!
- If you're musical, bring your talents to your community! Pick a few songs and knock on doors to sing for your neighbors.
- Stay at least 6 feet from the door!

Get up and dance!
- Can't go out for a walk? Dancing improves strength and balance.
- Try dancing to their favorite songs or put on a video!

Rediscover favorite music!
- What was your parent's favorite music? Have you ever been to an orchestra concert? What music did you love as a teenager?
- Listen to the songs and tell stories as a family!

Phone a friend!
- Call your loved one to play their favorite songs.
- Ask them about their favorite music and tell them yours!

Put on the music channel!
- Find a favorite radio station or music channel on the TV.
- Listening to preferred music is shown to decrease anxiety in times of stress!

Talk to their nurses!
- Ask your loved one's nurses to help them access their favorite music.
- Send links to playlists or live videos of your loved one's favorite songs!