Adapting Java During COVID

The following are examples of adaptations of the Java peer support and mentoring programs being used by multiple organizations.

Please let us know if you have some creative adaptations we can share with others.

Be sure to first check all safety, regulatory, and internal policies that might apply.

1.**Java Music Club Booklets:** Make a set of booklets that include the Guidelines, Getting Centered and Closing Affirmation, plus lyrics of the opening and closing songs that group members can keep to use each week. Keep extra on hand.

2. **Windchimes:** 2 suggestions, (i) The facilitator only uses the windchimes for the getting centred practice; (ii) One resident becomes the designated windchimes player and brings the windchimes each week.

3. **Talking Stick:** Simply not use the talking stick as part of the program for the duration of the outbreak. Or you can opt to place the talking stick on the table in front of the person instead of having them hold it.

4. **Song Choices:** Instead of passing the list of songs around offer 2 choices.

5. **Singing:** When singing is not permitted suggest the following: (a)humming instead of singing; (b) choosing two words that happen often and miming them

throughout the song (e.g., miming the word "love" by patting your heart); (c) tapping your toes for one verse, clapping for the second; or (e) dancing in your chair.

6. **Slow Songs, Upbeat Songs:** For slow songs, invite group members to consider closing their eyes and enjoy the song in a different way. After the song ends talking about how that felt. For upbeat songs using rhythm instruments, clapping along or dancing.

7. **Hugs and Handshakes:** Mining virtual hugs from a distance instead of real hugs. Substituting hugs with a wave or an elbow bump.

8. **Themes:** Inviting group members to choose a theme for the following week so you can make copies of photos and quotes.

9. **Photographs:** Instead of passing the photo around here are 3 alternatives: (a) holding the photo up and describing it using creative gestures, etc. (b) making copies of the photo for each group member to keep (c) if you have a projector available, showing the photo on a wall.

10. **Quotes:** Making a copy ahead of time for all group members.

11. **Thank you/Empathy Rituals:** Each time someone finishes sharing, invite participants to demonstrate their empathy, e.g., patting their heart, clapping silently and/or blowing a kiss.

12. **This Too Shall Pass.** *Be Kind, Be Calm, Be Safe* - remind everyone often.

JAVA GROUP PROGRAMS

Three More Ways To Adapt Java

WHY ADAPT JAVA? The COVID virus is having widespread and devastating effects, especially among residents living in senior living homes. Apart from actual physical health concerns, living in isolation with fear of the virus causes significant anxiety. The loss of friends and loved ones further impacts mental, emotional, and physical health. Defusing anxiety is not easy, but research shows engagement with others can help.

The Java programs are designed to engage residents with each other, usually in physical get-togethers. Many organizations that had Java groups running before the virus struck, are now finding unique ways to continue the groups, while respecting physical distancing requirements. While virtual connections with family can provide relief for some, many residents do not have family connections and technology can be a barrier. Therefore, findings safe methods to promote social engagement among residents is crucial.

1. Hallway Java

When physical distancing is necessary, invite residents to join you for Java programs in the hallways - looking out from their door frame. This takes some creativity but may have the added benefit of encouraging residents who do not typically attend Java to try it. The music in the hallway, for example, or the laughter and calling out my draw them.

💡 **Tip**: Bring the Java materials with you on a cart, but do not pass the materials around. Hold them up and describe as needed instead. For example, when using the photos in the Java Music Club Program, hold up the photo, describe what is in it and ask their thoughts. During an outbreak, songbooks cannot be shared. However, many residents know the first verse and chorus of familiar songs. One option is to encourage everyone to carry on by leading them to sings "la, la, la..." of the other verses or copy the song lyrics.

2. Doorway Java

Another approach is called Doorway Java. Keeping a safe physical distance, residents are encouraged to reach out and visit those that may be lonely—while staying in the doorway.

If possible, one option is to invite those they visit to go for a walk and find a quiet lounge space to chat.

There are many things that could be done during these visits, but here are two simple ideas to use as a guide:

(i) Bring a choice of two Java themes along and conduct a 'Mini' Java Music Club. Invite them to pick the theme and then walk through all of it, or parts that feel comfortable.

(ii) At the end of the session, invite them to consider someone they could support. It could be a neighbour down the hallway or elsewhere. Write them a card together, a short letter, or copy out a poem or a positive saying and deliver it.

3. Java Groups and Physical distancing

Once the restrictions on holding groups have been lifted, it *is possible* to hold a Java group while maintaining physical distancing.

In the photo below, Seton Villa demonstrates how their home set up the Java Music Club group while meeting safety guidelines.

Note the red x's on the floor to show the 6-foot distancing required. Each group member has the theme and songs printed.

The handchimes are used by one resident only (the same resident each week) and cleaned or played by the facilitator only.

The Java Music Club at Seton Villa