



AgeCare SkyPointe Recreation Update

The need to stay active, intellectually stimulated and socially connected never ends – even during these unprecedented times. Our recreation team is working hard to create engaging activities to enrich the mind, body and spirit, while ensuring residents can maintain appropriate physical distancing.

To keep you informed, we will provide a weekly recreation update with highlights of the week.

Resident Safety During Activities

AgeCare has in place extensive precautions to prevent the spread of the COVID-19, including exceeding precautions prescribed by Alberta Health Services and Alberta Health.

Staff continue to practice exceptional hand hygiene before and after each resident interaction, and are using extreme diligence in enhanced cleaning and disinfecting procedures. Staff are also wearing Personal Protective Equipment (PPE) in accordance with the guidance of Alberta Health Services and the Chief Medical Officer of Health and taking the appropriate hygiene measure

Highlights of the Week

Movement Monday

Each Monday, at 10:30 am and 3:30 pm, each resident and staff member in the facility will stop what they are doing and move or dance! Music moves everyone! Residents will be encouraged to tap their toes, shake their hips and wave their hands to the beat of the music.

This is a fun way for everyone in the facility to relax and release some positive energy at a safe distance. A fun, up beat song will be played over the PA system for everyone to hear in the common areas. Residents can move in their doorways and staff in the hallways.



Spring has Sprung at SkyPointe

With warmer weather ahead of us, residents can begin to utilize the fresh air spaces in their neighbourhoods. Each neighbourhood in SkyPointe has a sunroom that is open to greatout doors.

These spaces are comfortably furnished and designed to resemble an outdoor patio. The sunrooms capture the afternoon sun, making the rooms inviting to everyone on the neighbourhood. The sunrooms are wheelchair accessible and are open at all times.



Keeping Hydrated with Trivia

The recreation department has teamed up with our neighbourhood dietician to help our residents stay hydrated and cognitively stimulated and challenged at the same time.

Recreation therapy aides go around to each resident on a specific neighbourhood and offer them a glass of water or juice. During this time the resident will be asked a trivia or *would you rather...* question, or offered a fun fact or *did you know?*



Dress Up Tuesday

Each Tuesday, SkyPointe has a Spirit Day. Residents and staff can coordinate outfits, hats, socks, etc.

April 21, 2020 is *Crazy Sock Day!* Residents and staff with unique and wacky sock patterns are encouraged to wear them and show them off!



Using Technology to Connect with Loved Ones

We have been busy connecting residents with their loved ones via FaceTime, Skype and Zoom. Both residents and family have expressed their enjoyment of connecting virtually during this challenging time.

To schedule a time to connect with your loved one, contact Marlee Dukart, Recreation Therapy Manager for supportive living neighbourhoods at 587-619-6317 or mdukart@agecare.ca or Lynne Hogan, Social Worker for long term care neighbourhoods at 587-619-6384 or lhogan@agecare.ca



Rolling Tuck Shop

Everyone still needs a sweet treat once in awhile! The SkyHub store is now mobile. Starting the week of April 20th, Each neighbourhood will have a scheduled rolling tuck shop time.

The store will roll to resident rooms with a variety of tasty options to choose from. All purchases will be completed through resident trust account to minimize the handling of money and residents will be limited to 2 items each to ensure everyone has a chance to buy something.

Residents needing other supplies such as hygiene products will be able to purchase these items through an ordering system. Once ordered, the recreation team will deliver the item to the resident if available.

Residents and family members without a trust account can contact reception at 587-619-1900 or receptions@agecare.ca to setup up an account.



Staying Connected With Your Loved One

Keep your eye out for our weekly updates. In the meantime, you can also check out our Facebook page [@AgeCare \(https://www.facebook.com/agecare/\)](https://www.facebook.com/agecare/).

Other ways to stay connected include Skype, Apple FaceTime, email, or Zoom, phone calls, and written letters. Contact Marlee Dukart, Recreation Therapy Manager for supportive living neighbourhoods at 587-619-6317 or mdukart@agecare.ca or Lynne Hogan, Social Worker for long term care neighbourhoods at 587-619-6384 or lhogan@agecare.ca to sign-up for a session with your loved one.

For instructions on how to use technology to connect, [click here](#).