



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

Fiesta Week

It's *Fiesta* week at SkyPointe.

The recreation team will be putting on different programs and activities that celebrate *Cinco de Mayo*. Margarita carts, armchair travel to Mexico, Macarena exercises and much, much more!



Cooking with SkyPointe

During the month of May, the recreation team will be creating a community cookbook for residents, family members and staff to share their favourite recipes. Everyone has a favourite memory around food or from the kitchen table.

Share your recipes using the attached recipe form at mdukart@agecare.ca before May 31, 2020. Cookbooks will be sold as a community fundraiser.



Dress Up Tuesday

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

May 5, 2020 is *Wacky Hair Day!!* Residents and staff are encouraged to use their imagination when doing their hair in the morning!



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.

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.

The tuck shop is sanitized between each neighbourhood visit. Staff wear the appropriate PPE and practice proper hand hygiene between each residents' suite. Staff distribute items so residents do not need to touch items on the cart.



SkyHub Hours

Monday: 10:00 am Martindale East | 2:00 pm Martidale West

Tuesday: 10:00 am Taradle East | 2:00 pm Taradale West

Wednesday: 10:00 am Pineridge | 2:00 pm Whitehorn West

Thursday: 10:00 am Rundle East | 2:00 pm Rundle West

Friday: 10:00 am Sunridge and Whitehorn East (*Review and order forms*)

2:00 pm Sunridge and Whitehorn East (*Delivery of orders*)



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](#).