

SkyPointe Spirit Days Every Tuesday in May!
 Staff & Residents are invited to participate in *SkyPointe Spirit Days!*
May 5: Wacky Hair Day!
 How crazy can your hair get?
May 12th: Purple Day!
 Purple represents nobility, wealth, wisdom and dignity.
May 19th: Glitz & Glam Day!
 Wear something flashy, glitzy, sparkling!
May 26th: Beach Day!
 What are you wearing to the beach this season?
Keep Calm and show your SkyPointe Spirit!

Happy Cinco de Mayo

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



C	I	H	C	A	I	R	A	M	S	M	C	Y	G	J
O	E	Z	L	F	Q	O	S	O	A	G	U	C	A	F
W	C	L	Z	A	M	J	M	R	C	G	O	S	I	M
U	O	I	E	E	V	B	I	J	A	U	L	F	I	P
B	S	L	X	B	R	I	L	B	R	O	T	H	B	C
Z	T	V	S	E	R	L	N	A	A	H	P	Y	F	G
I	U	G	R	C	M	A	G	R	M	Y	A	P	A	Q
M	M	O	I	D	F	E	T	L	A	D	R	A	M	G
X	E	C	P	U	L	R	D	E	I	C	A	T	I	X
B	S	N	R	O	H	F	E	L	E	T	D	A	G	Y
V	I	C	T	O	R	Y	O	E	S	Q	E	N	O	P
P	U	E	B	L	A	H	X	E	D	H	S	I	C	X
G	N	I	C	N	A	D	I	E	Z	O	R	P	N	U
F	D	B	N	F	Z	F	E	I	O	V	M	F	Y	Q
X	J	R	F	C	Z	G	N	E	C	H	K	V	K	R

- | | | |
|-----------|----------|----------|
| AMIGO | FIFTH | MEXICO |
| CARNIVAL | FREEDOM | MUSIC |
| CELEBRATE | HOLIDAY | PARADES |
| COSTUMES | HORNS | PIÑATA |
| COURAGE | MARACAS | PUEBLA |
| DANCING | MARIACHI | SOMBRERO |
| FIESTA | MAY | VICTORY |

May Flowers

Match the clues to the correct word associated with flowers.

- | | |
|---|---------------|
| 1. Texas state flower _____ | A. Rain |
| 2. Dutch bloom _____ | B. Azalea |
| 3. Wet weather _____ | C. Daffodil |
| 4. Easter flower _____ | D. Bluebonnet |
| 5. Valentine flower _____ | E. Soil |
| 6. Rhododendron relative _____ | F. Tulip |
| 7. Type of violet _____ | G. Poppy |
| 8. Stalk of a flower _____ | H. Lily |
| 9. Light purple flower _____ | I. Daisy |
| 10. Yellow-flowered narcissus _____ | J. Lavender |
| 11. Clear skies forecast _____ | K. Magnolia |
| 12. Flanders flower _____ | L. Petal |
| 13. Blossom part _____ | M. Roots |
| 14. Potting need _____ | N. Stem |
| 15. Underground plant part _____ | O. Rose |
| 16. Long-tubed iris relative _____ | P. Crocus |
| 17. Mississippi bloom _____ | Q. Pansy |
| 18. White flower with a yellow center _____ | R. Sunshine |

May Recreation Program Calendar

Each week, the recreation team will be putting on a 'themed' week with different activities and programs reflecting the designated theme.

- Week of May 3rd: Fiesta Week
- Week of May 10th: Reminiscing Week
- Week of May 17th: Hollywood Glam Week
- Week of May 24th: Tourist Week

At each nursing station, a weekly calendar will be posted.
Programs are subjected to change based on community needs.
If you have any questions or concerns, talk to a recreation team member today.

May Flowers

1. D 2. F 3. A 4. H 5. O 6. B 7. Q 8. N 9. J 10. C 11. R
 12. G 13. L 14. E 15. M 16. P 17. K 18. I

AgeCare SkyPointe Services

All extra community services: NurtureCare Day Care, Mia's Hair Salon, Outdoor Dental Clinic and North Star Bistro will be closed during the Covid - 19 outbreak. If you have any questions or concerns please contact reception.

Did You Know?

The Kentucky Derby is also referred to as "The Run for the Roses" because the winner is awarded a blanket sewn with over 400 roses post-race. This blanket weighs about 40 lbs.

Keeping in Touch with the Ones We Love

Would you like to connect with a family member by phone call, email or video messaging? The care team is here to help you! Please let a member of the care team know, and they will connect you with a social workers or recreation team member. You can book a time slot during the week and someone will assist you and connect you with the person you are trying to reach.

May Flower: Lily

Lily of the valley, the flower of the month, is native to Europe but now grows across North America and Northern Asia. Legends has it that these delicate, white, bell-shaped flowers, which bloom in May, first sprung to life from Eve's tears after she and Adam were exiled from the Garden of Eden. The plant has come to signify purity and innocence and is often used in bridal bouquets. Giving these pretty, little lilies as a gift send the message, "I am humbled by my love for you" and "You complete me".

May Birthstone: Emerald

This bright green gemstone's name is derived from the reek word *smaragdos*, which was a general term for green stones. In the Middle Ages, it was believed that he stone held the power to foretell the future, to cure epilepsy and fever, and to protect the wearer from panic. Aristotle thought emeralds soothed eyesight. The stunning stones have been found across the world. However, Colombia is known to mine the larges and highest quality of emeralds at its Muzo mine.

May Trivia Answers

1. Pool 2. Mediterranean Sea 3. Trigger 4. Lady Guinevere
 5. King Midas 6. 16

Wacky Word Puzzles

TURN
DIME

Baby Face Nelson
Jesse James
Honor
John Dillinger
Butch Cassidy

1. _____ 2. _____

Answers at Bottom of Page puzzle from activity connection

Welcome to AgeCare

The SkyPointe Family
Welcomes you!
Bahadurali "Bob" A.

Nicolas A.

Gelske D.

A Mother's Day Poem

I Love You Mom!

Mom's smiles can brighten
any moment,
Mom's hugs put joy in all our
days,
Mom's love will stay with us
forever
and touch our lives in
precious ways...
The values you've taught,
the care you've given,
and the wonderful love
you've shown,
have enriched my life
in more ways than I can
count.

I Love you Mom!

- Anonymous



Wacky Word Answers: 1. Turn on a dime 2. Honor among thieves

If you have any questions, concerns or comments, please stop by the recreation office or contact your recreation therapy manager:

Marlee Dukart: p: 587-619-6317 e: mdukart@agecare.ca

*Recreation programs and activities are subject to change in some extenuating circumstances. We will work our hardest to make sure this does not happen!



May 2020 Newsletter

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.

Recipe submission forms can be picked up at reception and submitted to recreation.

Cookbooks will be sold as a community fundraiser.

Special Days in May

1st May Day
4th Star Wars Day
5th Cinco de Mayo
10th Mother's Day
18th Victoria Day
23rd International Jazz Day
28th National Hamburger Day
30th Mint Julep Day
31st National Smile Day
National BBQ Month
National Photograph Month

One Minute of Learning:

Code of the Month: *Code Purple*

Code purple is the designated phrase used in a hostage taking/kidnapping incident. If a person is attempting to take a resident or child from the facility, without permission, staff are to consider this a Code Purple, and call police. Staff are to inform the guardian and offender of the staff actions.

For more information, see your nursing station or a member of the education team!

Safety is everyone's responsibility!

National Mental Health Month

9 Ways You Can Improve Your Mental Health Today

1. **Tell yourself something positive;** you are beautiful!
2. **Write down something you are grateful for.**
3. Focus on one thing in the moment; try being mindful!
4. **Exercise;** Go for a walk or do simple stretches in your chair.
5. **Eat a good meal;** Breakfast is the most important meal!
6. **Open up to someone;** it is okay to express yourself.
7. **Do something for someone else;** be kind.
8. **Take a break;** slow down and enjoy the moment.
9. **Go to bed;** get a good night's rest!

Lend and Loan Library!

The lend and loan library has a new look. Located in the Atrium lounge; you can take and book and leave a book. If you would like to donate more books to the SkyPointe library, please visit recreation.

Pegasus Theater Viewing Schedule

The Pegasus Theater will remain closed during the month of April. Check your neighbourhood calendar for documentary and movie times.

SkyPointe Facility Group Programs and Events

All facility programs and events **will be on hold** for the month of May. Recreation programs and activities will continue on each neighbourhood in the dining room or flex room.

Group sizes **will not exceed 5 residents** at this time.

If an outbreak occurs on a neighbourhood, programs and activities will be cancelled until outbreak is declared over.

SkyHub - Rolling Tuck Shop

Everyone still needs a sweet treat once in a while!

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 Martindale West

Tuesday: 10:00 am Taradale 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)*