



AgeCare Columbia 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 measures.



Highlights of the Week

Outdoor Music

Karen's Karaoke will be entertaining us outside on Thursday, July 23rd.

Social distancing precautionary measures will apply.



Joke of the Day

What do you get if you cross a skunk with an eagle? An animal that stinks to high heaven.



One to One Visits

During this time of social distancing and extra precautions with visitors, let the recreation and care staff fill that void. We are here to help with a visit, or extra hands to help with household tasks, or fun activities. Please let either department know how we can help!



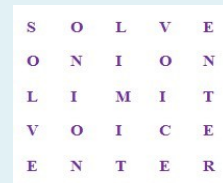
Walking Path

Did you know the path around Columbia is $\frac{1}{4}$ mile plus 10'. With many of you taking advantage of the beautiful weather and including a daily walk into your routine, why not let recreation help you keep track of your mileage? We're all licensed to push a wheel chair as well if walking the route is too daunting.



Weekly Calendar

Please check out the backside of our weekly calendar for a word puzzle...if you're stuck, please see recreation for the answers. Good luck.



Benefits of Sunlight

- Helps your skin produce vitamin D for longevity, bone, immune and brain health
- Anchors your body's internal clock which regulates healthy appetite and metabolism
- Improves sleep quality by promoting optimal melatonin (sleep hormone) secretion at night
- Reduces stress and boosts mood and cognitive function with no negative side effects
- Promotes healthy eye function and aging (in children, too)



Using Technology to Connect with Loved Ones

We have been busy connecting residents with their loved ones via Facebook Messenger, FaceTime, Google Duo and Skype. Both residents and family have expressed their enjoyment of connecting virtually during this challenging time. To make a request to connect with your loved one, contact Veronica Bohnert, Recreation Therapist, at 403 320-9363 or email vbohnert@agecare.ca.

Outdoor Courtyard Visits

We have been facilitating courtyard visits since May 05th as per the order from the Medical Officer of Health (MOH) with huge demand and success! Visiting hours take place 7 days a week, from 10:00-4:00. To make a request for a outdoor courtyard visit and/or to know more about our specific guidelines contact Veronica Bohnert, Recreation Therapist, at 403 320-9363 or email vbohnert@agecare.ca.



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 [@Columbia.Lethbridge](https://www.facebook.com/columbia.lethbridge/) (<https://www.facebook.com/columbia.lethbridge/>)

AgeCare Columbia offers limited outdoor in-person and virtual visit sessions per week for residents and family to choose from. Contact our Recreation Therapist, Veronica Bohnert at vbohnert@agecare.ca or (403) 320-9363 to sign-up for a session with your loved one.

For instructions on how to use technology for our virtual visits, [click here](#).