



## 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

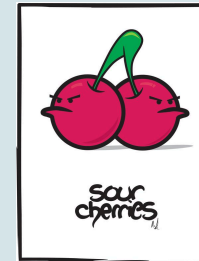
AgeCare has in place extensive precautions to prevent the spread of the COVID-19, including exceeding precautions prescribed by Alberta Health Services and Alberta Health.

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

### Cherry Tree

You may have noticed the cherries ripening on our two trees out front. Please help yourself, but beware the cherries are sour and will leave you with a pucker.



### Joke of the Day

*What do you call a man with one car, a wife, and three teenagers? A pedestrian.*



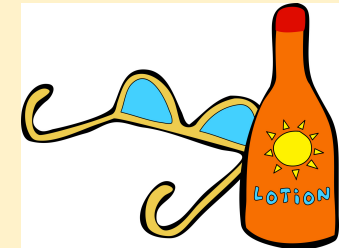
### Outdoor Walks

We encourage residents to walks either before lunch or once things cool down in the evening as our temperatures are reaching the 30's and showing no signs of cooling off for the next few days.



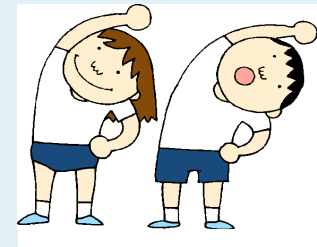
### Prepare for the hot weather

With the weather becoming hotter we wanted to let residents know that recreation can provide hats, sunglasses, sunscreen & bug spray. Water is available for purchase in the tuck shop. Please let either Haylee or Veronica know if there is anything you need.



### Exercise Bulletin Board

Check out the newly updated board "Laugh out Loud", in the exercise area of West Winds, pod 7 up. It's filled with lots of ideas and information to keep you healthy. The focus is how laughter can improve your health.



### Benefits of Drinking Water

- Relieves fatigue – one of the first signs of dehydration is fatigue.
- Improves mood – lessen mood swings by increasing our water intake.
- Helps with headaches & migraines – both can be triggered by dehydration.
- Aids in digestion & constipation – to prevent constipation you can drink more water.
- Encourages weight loss – sometimes you feel hungry, but you are just thirsty.
- Flushes out toxins – water can help detoxify your body because you get rid of waste through sweat & urine.
- Improves brain function – drinking more water can help you focus better.
- Prevents cramps – Ever gotten a “Charley Horse” in the middle of the night? Adequate hydration can help your muscles stay elastic and keep your joints lubricated.
- Promotes healthy skin – dewy, glowing skin is skin that’s kept well-hydrated.
- Fights bad breath – a bad taste in your mouth can be a sign of low water intake.
- Boosts immune system – the more water you drink, the less likely you are to deal with common ailments like a cold or the flu.



**When your system has plenty of water, it’s better able to fend off bacteria and viruses.**

### 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 virtual visit sessions each week for residents and family to choose from. Contact our Recreation Therapist, Veronica Bohnert at [vbohnert@agecare.ca](mailto: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](#).