



## AgeCare Harmony Court 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 Concerts

Every Thursday we are holding an outdoor concert in our center courtyard. We have been having a wonderful time during these concerts. Many get up to dance and sing along. It has been the highlight of everyone's week with so many happy faces. This week we are excited to enjoy music from The Sanyshyns. Tiana is an award winning country singer and her husband Mike plays the guitar and the fiddle.



### Mobile Treat Cart: Ice Cream Sandwiches

Every Wednesday we deliver indulging treats to all the residents and staff in the afternoon. This Wednesday's treat was ice cream sandwiches. A sweet way to cool down on a hot day.



## Multi-Sensory Room

We turn the small dining room into a calm sensory room and invite 8 residents at a time for 25 minutes. All the regular lights are turned off and the room is filled with coloured fiber optic lights, a nature scene projected on the wall, night sky projectors, and a coloured light up bubble tube. Relaxing music is played and calming scents like lavender are put in a diffuser. Each residents gets some one-to-one time with either a hand massage or using other items to engage their senses. Anyone that steps foot in the room usually does not want to leave, including staff.



## Sing Along

Our talented recreation staff are playing the guitar and singing with the residents to some old time tunes that most of them all know. You are my sunshine, daisy, daisy, tie a yellow ribbon, home on the range, and the list goes on. It always picks up the energy in the room when we sing along together.



## Virtual Visits & Window Visits

We have been busy connecting residents with their loved ones via Skype, FaceTime, Zoom, and window visits. Both residents and family have expressed their enjoyment of connecting virtually or at the window during this challenging time. To schedule a time to connect with your loved one, contact Jessica, Recreation Manager, at 604-527-3328



## 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 [@HarmonyCourtEstate](https://www.facebook.com/harmonycourtestate/) (<https://www.facebook.com/harmonycourtestate/>)

Other ways to stay connected include email, letters, photos, and window visits. Contact our Recreation team at 604-527-3328 or [hcrecreation@agecare.ca](mailto:hcrecreation@agecare.ca) for more details.

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