



AgeCare Midnapore 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

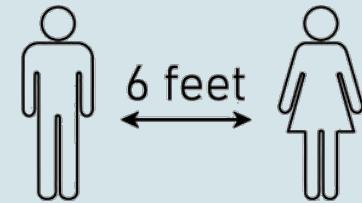
AgeCare has in place extensive precautions to prevent the spread of the COVID-19, including exceeding precautions prescribed by Alberta Health Services and Alberta Health.

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

New Time Slot for Outdoor Visits

The weather is warming, which means we can add a new time slot for our outdoor visits. The morning visit times will now be 9:45, 10:30, 11:15. The afternoon 1:15, 2:00, and 3:15. Hopefully this will alleviate some of the back up and wait times we have for outdoor visits with their loved ones.



Entertainment

On Tuesday June 30th we are trialling live entertainment in our West Side parking lot. This entertainment will be at 2:00pm. We must abide by the Medical Officer of Health's order of 15 in a group at 2 metres apart (guidelines are different for Long Term Care versus the public). We will be utilizing the balconies for residents in Heritage and Bridlewood as well as their windows to watch the entertainment.

We will have 15 residents from the rest of the neighbourhoods brought by our recreation staff. If residents enjoy this, we will be booking entertainment on Wednesdays going forward!



Exercise Programming

We are excited to start exercising again! Recreation Therapy Aids will be in your neighbourhoods throughout the month for group exercise programs. The purpose of these programs are for general wellness and movement while seated in your chair. We use lightweights (1-3lbs), bands, and body movement to achieve optimal health and wellness.



Library Cart and Tuck Cart

We have resumed our Library and Tuck Cart in a different format.

Library Cart will be brought around to each neighbourhood every other Wednesday throughout the day. This started on June 17. You can rent library books, large print books, and regular books to read. When returned, they will be stored for two weeks to ensure cleanliness before next reader. Next library day will be Thursday July 2nd.

Tuck Cart will be every Thursday and brought to each neighbourhood throughout the afternoon. Please have your cash ready for a sweet treat!





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 Tori White, Recreation Manager, at 403-873-2612 or email twhite@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! The majority of our visits take place Monday – Friday on top of the hours of 9:45, 10:30, 11:15, 1:15, 2:00, and 3:15. To make a request for a outdoor courtyard visit and/or to know more about our specific guidelines contact Tori White, Recreation Manager, at 403-873-2612 or email twhite@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 [@AgeCare](https://www.facebook.com/agecare/) (<https://www.facebook.com/agecare/>).

AgeCare Midnapore offers 125 outdoor in-person and virtual visit sessions per week for residents and family to choose from. There are 270 residents that reside at AgeCare Midnapore. Contact Tori White, Recreation Manager, at 403-873-2612 or email twhite@agecare.ca to sign-up for a session with your loved one.

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