

Friday, January 29, 2021

Dear Residents and Families,

We remain committed to providing updates to our residents, families, and staff at AgeCare. As such, we are providing weekly updates to keep you all informed on what is happening at our communities and organization-wide.

This weekly update includes:

- [Mental Health & Wellness](#) - Each month, we'll give you tips and tricks for taking care of your mental health.
- [Recreation & Activities](#) - An update on our return to safe recreation and activities as the need to stay active, intellectually stimulated, and socially connected never ends.
- [Weekly Shout Out](#) - Sharing words of gratitude messages from residents and families to our staff.

Thank you all for your continued support.

Sincerely,

Cindy Kahlon,
Administrator
Harmony Court Estate & Care Centre

Mental Health Mindfulness

Did you know 38% of Canadians say their mental health has declined due to COVID-19?

No one has felt this more than those in the continuing care world. From residents to staff and their family and friends, the past 10 months have brought forth challenge after challenge and had an impact on mental health and wellness.

Yesterday was Bell Let's Talk day; A national day of awareness around Canadians mental health and illness. As part of this important initiative, Bell has put together an [online hub of mental health resources specific to COVID-19](#).

Learn tips for managing stress and anxiety as well as learn what to look out for when it comes to mental health for you and your loved ones.

Now more than ever we are in this together. Let's take care of ourselves and the ones we love. [Visit Bell Let's Talk](#)

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Recreation & Activities

Our recreation team is working hard to create engaging activities that enrich the mind, body and spirit. We are taking a measured, phased approach to recreation activities. Each week we will be reassessing how these are going and make any adjustments that may be required.

During all interactions, staff continue to practice exceptional hand hygiene, wear Personal Protection Equipment (PPE), and are using extreme diligence in enhanced cleaning and disinfecting procedures

Harmony Court Care Centre – Long Term Care (LTC)



In the Care Centre, we continue to one-to-one activities or visits with LTC residents. We are looking for opportunities to get residents out of their rooms for indoor or outdoor walks.

This week we began to host small (4-6 residents) for morning and afternoon activities in our social spaces. We will be cohorting LTC residents into groups so they may enjoy the activities with the same residents each time. All cohort recreation programs will involve no touching of each other or shared objects.

In addition, we continue to:

- Offer and support virtual visits Monday to Saturday.
- Provide resources for residents to enjoy in their room, such as art therapy supplies, trivia and puzzles sheets, knitting supplies, books, magazines, jigsaw puzzles, and DVDs.
- Assist with their TVs and stereos.

Download the February Recreation Calendar for Harmony Court Care Centre:

[Rosewood weekly programs](#)

[Wedgewood weekly programs](#)

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Harmony Court Estate – Independent Living

In the Estates, recreation continues to do one-to-one activities or visits with residents.

We will continue to check in with Independent Living residents and see if they can provide any recreation or leisure items for their enjoyment. These include art therapy supplies, trivia and puzzles sheets, knitting supplies, books, magazines, jigsaw puzzles, and DVDs.

This week we began to host small (4-6 residents) for morning and afternoon activities in our social spaces. We will be cohorting LTC residents into groups so they may enjoy the activities with the same residents each time. All cohort recreation programs will involve no touching of each other or shared objects.



Download the February Recreation Calendar for Harmony Court Care Estate:

[Estate weekly programs](#)

Weekly Shout-Out

These challenging times have allowed us the opportunity to reach out to many of our families to provide updates on their loved ones and our communities. Many have expressed gratitude and support for our amazing staff, and for that kindness, we thank you.

Here are just a few of the kind words that have been shared:

"I think you guys are doing as splendid as possible. Those of you putting your lives in danger to help others, the health aides and nurses, as well as yourself. - PLEASE pass this on to everyone."

"Thanks it's nice to talk with someone."