



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

Walkabouts Outside

The weather is warming, which means we can enjoy some much-needed sunshine. Each day we bring residents (one by one) to the courtyard for their daily dose of vitamin D and fresh air. Last week we planted flowers and put up hanging baskets in our courtyards and balconies. Everyone looks forward to being able to spend a little time outside!



Joke of the Day/Quote of the Day

Located on our Recreation boards daily will be a new funny joke and a quote that will give everyone a good laugh or at least a chuckle to boost everyone's spirits. You never know you may even want to share it with friends and family! 😊

Joke: Why wouldn't the shrimp share his treasure? Because he was a little shellfish.

Quote: "Everything you've ever wanted is on the other side of fear" – George Addair

Do you have a funny joke that you'd like to share? Or a famous quote that's inspiring? Please let Recreation know and yours may soon be up on our recreation board for others to read.



Word Searches

Do you want to do a word search or two? Recreation can help you with that! We have a variety of word searches that we can deliver to your room. Please let us know if you're interested by speaking to any recreation team member.



Father's Day

The Recreation team would like to wish all residents, families and friends a very Happy Fathers Day! There will be no FaceTime on Sunday so please schedule on Saturday or Monday. If you choose to drop off any gifts and/or treats please do so between the hours of 10am – 3pm and place them with a label at reception. Our teams will sanitize the items and deliver to your loved one.



Programming in the Neighbourhoods

We are excited to announce two Recreation Therapy Assistants (RTAs) will be running programs from Monday to Saturday throughout the building. They will be facilitating a variety of programs such as exercise, word games, reminiscing, 1:1 visits, and more!

For more programs and activities, please check the calendar.

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 10:15, 11:00, 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. To ensure fairness for all, we will not be pre booking and ensuring you will be able to see your loved one outdoors at least every other week.

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](#).