



AgeCare SkyPointe 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

Rainbow Day

Each Wednesday, in the month of June, SkyPointe residents and staff can participate in rainbow day. June 24, 2020 will be **orange day**.

Anyone wearing orange can take a picture and add it to the rainbow wall outside of the recreation office. Visitors and family members having an outdoor visit on that Wednesday are encouraged to wear the corresponding colour! Staff can take a picture and share with the resident and visitors.



Flower & Garden Donations

In light of the recent storm that hit Northeast Calgary, SkyPointe's green spaces were affected. If you would like to donate old garden décor, pots, and/or plants or flower baskets in your loved ones name to help re-build our green spaces, SkyPointe would truly appreciate any contribution.

Please contact Marlee Dukart about adding to our community at (587) 619-6317 or mdukart@agecare.ca



Father's Day

Residents have been busy participating in many different Father's Day themed activities. SkyPointe hospitality has put together a delicious Father's Day dinner for residents to enjoy on Sunday, June 21, 2020.

Father's Day Dinner Menu

Dad's Creamy Potato Bacon Soup
Herb Marinated 5 oz. Beef Sirloin
Chicken Kiev
Roasted Garlic mashed Potatoes
Tex-Mex Corn on the Cob
Blue Berry Cheese Cake



Making *Father's Day* craft.

Keeping Fit & Having Fun

Residents now can participate in a 1:1 walking program with staff. The walking program was implemented to promote quality of life, provide a mental boost, and promote healthy habits!

Residents can get off of their neighbourhoods exploring the facility and its outdoor spaces. During the walks staff engage residents in meaningful conversation and get to know our residents a little bit more.



Enjoying a walk in the Atrium.

Outdoor Visits, Window Visits and Video Calls

Residents, family members and friends can book outdoor visits 7 days a week! SkyPointe will be using the south entrance roundabout for all outdoor visits.

- Visits will be booked for a maximum of 30 minutes. Each resident is allowed 2 visitors during one visit. All visitors must be an age of 18 years+.
- All visitors will be given a visitor number which corresponds with the visiting spot where they will be visiting with the resident.
- Visitors can park on the street outside of the roundabout. Please leave roundabout clear of vehicles for emergency purposes.
- Once visitors arrive, they will go to designated spot and await for staff to approach them to complete the visitor's acknowledgment form.
- Residents will be limited to either one visit or one video call per week. Due to the high demand for outdoor visits, video calls will only be booked during week days.
- All visitors must provide their own masks to wear for the visit and maintain safe social distancing for duration of visit.
- At this time SkyPointe asks that you do not bring coffee or treats to the visit. You are more than welcome to bring cards and flowers. Staff will assist passing items to resident.
- If weather is not ideal; raining, below 12 degrees, etc. the visit will be cancelled and rescheduled for another day.
- Any items related to laundry, care, or personal items for the resident's room must go through reception at the North entrance of the facility for tracking purposes.
- No pets are allowed during outdoor visits.
- Staff will be supporting visits to ensure safety measures are maintained and PPE is being used correctly.
- Window visits can be scheduled to accommodate inclement weather, hard of hearing residents and residents that struggle with wearing proper PPE.





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/>).

AgeCare SkyPointe offers 120 outdoor in-person and virtual visit sessions per week for residents and family to choose from. Contact Marlee Dukart, Recreation Therapy Manager for supportive living neighbourhoods at 587-619-6317 or mdukart@agecare.ca or Lynne Hogan, Social Worker for long term care neighbourhoods at 587-619-6384 or lhogan@agecare.ca

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