

## The BSF's Virtual Recreation Program for seniors in the community

### What is Rec@Home?

The BSF's community recreation program that offers daily seated and Range of Motion exercises with staff, weekly live therapeutic music sessions, various cognitive games, social groups, coffee chats, and more! You are invited to join from home!

### How do I join?

Go to our website and fill out our contact form: [www.theBSF.ca/recathome](http://www.theBSF.ca/recathome) ("Apply to join"). Our Program Coordinator, Sarah Allen, will phone you to finalize your registration and schedule.

### What is the cost to participate?

The cost is \$25.00 per month (per household). The cost is for the household (not per person), which means if there is more than one participant

from your household, you only pay this subscription once per month including everyone in your household for unlimited access to programming!

### How do I pay?

As this is a subscription model of programming, payment will be electronically transferred from your bank account by

approximately the 5th of each month.

### Are there any subsidies for low income seniors?

We do not want cost to be a barrier to entry for any senior that could benefit from participating in this program. That is why we offer the opportunity for seniors

"Rec@Home: A community of love. With participative, joyful clients, full of love and fraternity, and a coordinator who knows how to make the program great with all her positive energy, her heart and leading everyone with love in cheerful participation. Joyful, with a good-natured atmosphere.

Thank you Sarah for this beautiful and pleasant collaboration."

- Rec@Home Client



to apply to enroll in the Rec@Home program at no cost.

Eligibility for the no cost program is based on income and age. Apply for low income subsidy with our Low Income Application Form

### What are “sections” in the calendar programming?

Each day has 2 sections (Mornings and Afternoons). Each section has 2 programs/activities. Mornings run from 10am-11am & 11:15am – 12:15pm and Afternoons run from 1pm-2:00pm and 2:15pm – 3:15pm.

We suggest that you pick sections that you can attend consistently (same day/time) each week to establish relationships and build community! You will pick your desired sections during your “intake” phone call.

### Is there a limit on how many sections or programs I can attend?

No, at this time there is no limit on how many sections or programs that you can attend with the monthly household subscription.

### What if I can't commit to a monthly subscription?

We offer the option to “pick your week” and join in one week of unlimited programs for \$20.00.

### What if I'm not good with technology?

This model of programming is so easy to learn. All you need is a device such as a laptop, iPad, or even smart phone!



“Rec@Home has been an absolute bright light every day for my mum. She loves the seated exercises and the variety of interactive games and discussions that Sarah puts on. She has been in the program for two months and there has never been a day where I haven't heard her laughing and participating.

For those seniors that are limited to getting out and interacting, Rec@Home is the ideal solution to get that interaction with others and staying active and having fun.

Thank you Sarah and Rec@Home for the daily joy you give my mum.”

- Daughter of Rec@Home Client



### What activities are offered?

Social gatherings, cognitive games like Jeopardy, Cranium crunches, etc., seated Range of Motion exercises, Armchair travels, virtual museum tours, live virtual musical entertainment, and much more! View the Sample Calendar (PDF) to see the types of activities that are offered.

### What ages can participate?

Although geared towards seniors 55+, all ages are welcome.

### Do I need a referral to join?

No, you don't! Since this is a private program run by the Brenda Strafford Foundation, anybody can join. Please register at our website ([www.theBSF.ca/recathome](http://www.theBSF.ca/recathome)). You



can register yourself, or on behalf of a loved one.

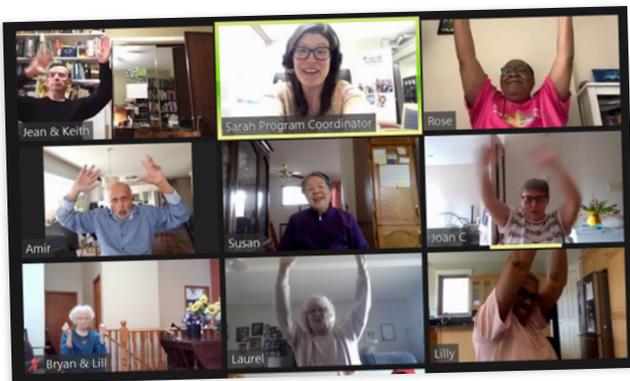
Zoom App if you are using an iPad or smartphone.

### What app do we need to participate?

We use Zoom to run all of our programming. We recommend downloading the

### How does set up work?

Set up is easy. In fact, we have a set up package with visuals to assist you upon admission to our program.



"I am a home caregiver offering companionship to two clients, involved with Rec@Home virtual recreation, one in the mornings & one in the afternoons. Both my clients have progressive dementia. Connecting with them meaningfully and engaging them in some pleasurable activity was becoming a challenge for me as their conditions worsened.

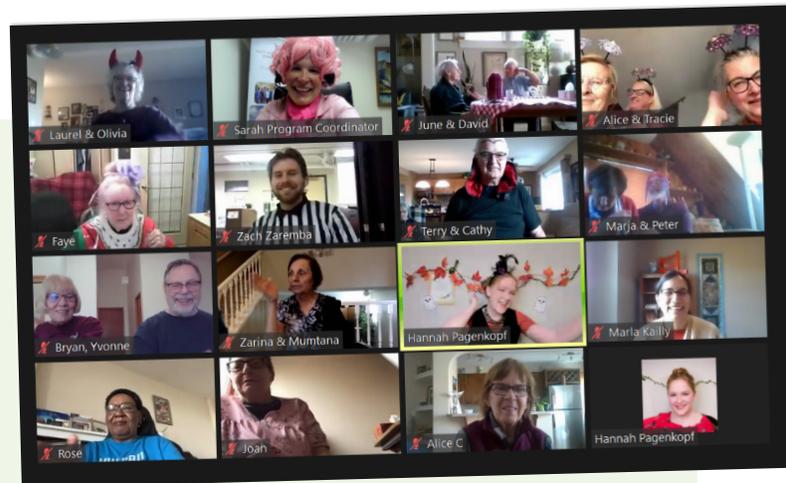
The virtual "Rec@ home" program became my lifesaver!!! Thanks to this program, I can now better connect with and enrich the lives of my clients.

With my morning client, who now reverts to her native language, communication was truly a challenge. But the hourly virtual exercise program with Sarah made the difference! Through the exercise routine she smiles and laughs and loves to smile and joke. She is happy to see me by her side, as we do the exercises together. The barriers were removed, and our hearts were connected.

Now after the exercise session, she holds my hand as we together listen to concert music (which she enjoys immensely). Thanks to Rec@ home for connecting hearts!

With my afternoon client, who was more "outdoorsy", we enjoyed long walks, birdwatching, and journaling together. All that came to a standstill with the cognitive decline. I was overwhelmed with anxiety as to how to keep her engaged as her behaviors became random and unexpected. "Rec@ home" came to my rescue!

I suggested the program to her spouse, and he was excited. By offering variety and flexibility on a "come-and-go basis", the program worked



well with her random behaviors. There's no expectation or competition, so it puts her at ease. She especially likes Sarah's jokes and laughs telling me "That's a good one!" She is a music lover and simply loves the music sessions. In the comfort of her home, she enjoys observing entire group activities quietly, peering at the faces of the participants on the screen & socializing. At times she is motivated to exercise, when observing the group workouts.

Some of the beautiful aspects of the virtual program is doing at their own pace, no ratings, no pressure to perform and engaging in online fun activities & tours. It keeps their creative spirit alive!

Sarah and "Rec@Home" are game changers!! No denying that!!

And as for me, a caregiver, I can remain calm and collected, not to stress out about coming up with a new plan; fully assured that my clients are engaging in two hours of life enriching experiences.

Thank you, Rec,@ home!!!!

- Senior Caregiver