



BLUE MOUNTAIN MANOR
• An Oxford Living Community •

PILOT PROGRAM FOR CAREGIVERS!

April 24, 2024

Hello!

We are reaching out today to let you know that we are hosting an 8-week pilot program to support caregivers in our area.

We are offering a few hours on Tuesdays during the months of June and July for caregivers to drop their loved one off with us. This way they can put their worries aside and take time for themselves or run some errands.

Onsite wellness, recreation and culinary staff will ensure anyone visiting Blue Mountain Manor will have a good time.

Attached is more information about the program that we would ask you share with any caregivers you know who could benefit from this opportunity.

Visitors who join the program can not be exit seekers, must be able to feed themselves, be no more than a one person assist and be able to self administer their medications if required during their visit with us.

There are limited spots available, so we encourage caregivers to register their loved one soon. Please email bmmrecreation@oxfordliving.ca or call 705-428-3240 extension 6 for registration details.

Sincerely,

Staff at Blue Mountain Manor Retirement Residence

“Day Break”

Blue Mountain Manor Retirement Residence is hosting an 8-week program to support caregivers in our area. The intent of the program is to give caregivers a well-deserved break and some time to run errands or do something nice for themselves.

Our hope is that their loved one that they care for, will also benefit from new scenery, our activities, as well as conversations and comradery with our residents.

Blue Mountain Manor residents will enjoy this too!

Our program will operate on the following dates from
10am – 2pm each day.

Fee for the day is \$30. Lunch is included!

Tuesday, June 4th

Tuesday, June 11th

Tuesday, June 18th

Tuesday, June 25th

Tuesday, July 2nd

Tuesday, July 9th

Tuesday, July 16th

Tuesday, July 23rd

Please email bmmrecreation@oxfordliving.ca or
call 705-428-3240 extension 6 for registration details.

Limited spots available

Day Break Program

Program Activities

Visitors will be engaged in the following activities and enjoy a delicious lunch along with our residents. Activities are played to accommodate all physical abilities.

Tuesday June 4th, 2024

10:15am Shuffleboard Bowling

11:00am Horseshoes

11:30am Frisbee

12:00pm Lunch

1:15pm Bowling

2:00pm United Church Service – Visitor and their caregiver are welcome to join!

Tuesday June 11th, 2024

10:15am Corn Hole

11:00am Jeopardy/Random Trivia

12:00pm Lunch

1:15pm Painting on Canvas

2:00pm Shuffleboard Bowling – Visitor and their caregiver are welcome to join!

Tuesday June 18th, 2024

10:15am Bean Bag Toss

11:00am Tabletop Cup Curling

12:00pm Lunch

1:15pm Chair volleyball

2:00pm Presbyterian Church service - Visitor and their caregiver are welcome to join!

Tuesday June 25th, 2024

10:15am Frisbee

10:30am Nerf Guns

11:00am Ladder ball

12:00pm Lunch

1:15pm Shuffleboard bowling

2:00pm Bingo – Visitor and their caregiver are welcome to join!

Tuesday July 2nd, 2024

10:15am Tabletop Ping Pong

11:00am Bocce Ball

12:00pm Lunch

1:15pm Baking – Decorating cupcakes

2:00pm United Church Service - Visitor and their caregiver are welcome to join!

Tuesday July 9th, 2024

10:15am Chair basketball

11:00am Cornhole

12:00pm Lunch

1:15am Shuffleboard Bowling

2:00pm Bingo – Visitor and their caregiver are welcome to join!

Tuesday July 16th, 2024

10:15am Ladder Ball

11:00am Chair Exercise

12:00pm Lunch

1:15pm Ball pong

2:00pm Presbyterian Church service – Visitor and their caregiver are welcome to join!

Tuesday July 23rd, 2024

10:15am Horseshoes

11:00am Corn hole

12:00pm Lunch

1:15pm Ladder Ball/Bocce Ball to be held outside if the weather is nice, otherwise in the activity room. Treat to follow!

2:15pm Bingo – Visitor and their caregiver welcome to join!

Blue Mountain Manor Seniors Day Program Waiver

I, _____, hereby acknowledge and agree to the terms and conditions outlined in this waiver in consideration for being permitted to participate in the seniors' day program at Blue Mountain Manor.

1. **Assumption of Risk:** I understand and acknowledge that participating in activities at Blue Mountain Manor may involve certain risks, including but not limited to physical injury, illness, or property damage. I voluntarily assume all such risks and agree that Blue Mountain Manor and its staff shall not be liable for any injuries or damages that I may sustain as a result of my participation in the program.
2. **Release of Liability:** I hereby release, discharge, and hold harmless Blue Mountain Manor, its owners, directors, employees, and agents from any and all claims, demands, actions, or causes of action arising out of or relating to any injury, loss, or damage that may occur during my participation in the seniors' day program.
3. **Medical Authorization:** In the event of a medical emergency, I authorize Blue Mountain Manor and its staff to seek medical treatment on my behalf, including but not limited to administering first aid, contacting emergency medical services, and arranging for transportation to a medical facility.
4. **Health and Fitness:** I certify that I am physically and mentally capable of participating in the activities offered at Blue Mountain Manor. I acknowledge that it is my responsibility to inform the staff of any medical conditions, allergies, or limitations that may affect my participation in the program.
5. **Photography and Publicity:** I consent to the use of my likeness, voice, and image in photographs, videos, and other promotional materials related to Blue Mountain Manor's seniors' day program, without compensation or further authorization.
6. **Compliance with Rules and Regulations:** I agree to comply with all rules, regulations, and instructions provided by Blue Mountain Manor and its staff during my participation in the program. I understand that failure to comply may result in my dismissal from the program.

I have read and understand the terms of this waiver, and I voluntarily agree to be bound by its provisions.

Participant's Signature: _____

Participant's Printed Name: _____

Date: _____