

HOW TO STAY CONNECTED DURING THE PANDEMIC

WEST PARK HEALTHCARE CENTRE COVID-19

Effective March 18, 2020, all non-essential visits to the facility are suspended until further notice. At this time, only people visiting patients who are at the end of life are permitted. Social networks are important during times like these and we want to share the following resources that may support you staying connected to your community.

OPTIONS TO USE FACE-TO-FACE TECHNOLOGY THAT ALLOWS MORE CONNECTED COMMUNICATION



WhatsApp offers secure messaging and calling for free. You can access it by downloading the app on Android, iPhone, Mac, or Windows PC (requires an active phone number).



FaceTime can be used over Wi-Fi or over cellular or supported iPhones and iPads.



Skype can be used on a desktop, mobile phone, tablet, or Xbox.



Hangouts can be used on a desktop, mobile phone, or tablet.



Viber can be used on a desktop, mobile phone, or tablet (requires an active phone number).

OPTIONS FOR SHARING UPDATES WITH FAMILY AND FRIENDS AND EXPLORE AREAS OF INTEREST



Facebook is a way to connect with friends, family, and other people you know. Share photos and videos, send messages and get updates.



Instagram is a simple, fun, and creative way to capture, edit, and share photos, videos, and messages with friends and family.



Twitter shares a variety of information from breaking news and entertainment to sports and politics. Get the full story with all the live commentary.

DON'T HAVE A DEVICE?

Recreation Therapy can loan out a device on a case-by-case basis. Ask one of West Park's recreation therapy staff:

CAVC - Amanda and Bailey

ELU - Kandance will occasionally check-in

3West - Naomi, Catalina, Sumaiya, and Ksenia

2EB - Kandace will be the main point of contact and check-in

2EC - Catalina will check-in Wednesday afternoons

FREE VIRTUAL EVENTS AND RESOURCES

- Calm is offering free resources at <https://www.calm.com/blog/take-a-deep-breath>
- John Legend and Jann Arden has been offering free live concerts on Instagram
- Choir, Choir, Choir has been offering free singalong on Instagram
- The Metropolitan Opera is offering free performances and can be access on their website at <https://www.metopera.org/>
- Berlin Philharmonic Thirty-day free access to its entire library of performances. Just use the voucher code "BERLINPHIL" by March 31 at www.digitalconcerthall.com/en/home
- Detroit Symphony Orchestra allows listeners to stream past shows for free. Sign up required. You can access at www.livefromorchestrahall.vhx.tv/