



## AgeCare Columbia 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.

### 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

### **New Wooden Benches & Raised Garden Beds**

Thank you to the group of University of Lethbridge Students who so generously gave of their time and abilities to arrange the supplies and manpower to build seven “Leopold” Benches plus three large raised garden beds. The benches are strategically located around the perimeter of the building and the raised garden beds will be located in the back gazebo area, ready to be claimed next year. Please contact recreation if you are interested in one of the new garden beds.



### **New Umbrellas**

A big thank you to Rika, one of our residents, who so generously donated three large patio umbrellas for our visiting area at the front of the building; only up since Monday and already have provided much needed shade for residents and visitors. It couldn't have come at a better time with temperatures in the mid 30's this week. We appreciate your thoughtfulness and generosity.



### **Heritage Day**

In 1974, the Legislative Assembly of Alberta made the first Monday in August an official provincial holiday to recognize and celebrate the varied cultural heritage of Albertans. Recreation will be providing ice cream treats for the residents on Monday, August 3, 2020.





## Safe Visitation

AgeCare's Safe Visitation policy allows resident and visitors to remain socially and emotionally connected while staying safe and healthy. All visitors must understand the [risk of unknown exposure to COVID-19](#) for themselves and residents and assess their health before visits. Visitors must provide their name and contact information, and follow safe visiting practices, which include receiving a health assessment screening, having their temperature taken, completing proper hand hygiene, and bringing and wearing a mask.

### Indoor Visits

To reserve a time-slot, call Reception at 403 320-9363 [View Guide \(PDF\)](#)

### Outdoor Visits

To reserve a time-slot, call Reception at 403 320-9363 [View Guide \(PDF\)](#)

### Virtual Visits

To schedule a session, call Recreation at 403 320-9363 [View Guide \(PDF\)](#)

### Facebook

Keep your eye out for updates on our Facebook page [@Columbia.Lethbridge](#)