



## 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.

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.

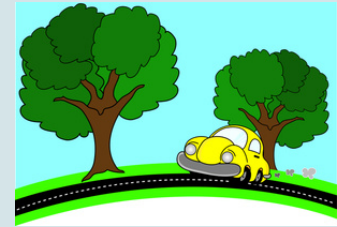
Staff continue to practice exceptional hand hygiene before and after each resident interaction, and are using extreme diligence in enhanced cleaning and disinfecting procedures. Staff are also wearing Personal Protective Equipment (PPE) in accordance with the guidance of Alberta Health Services and the Chief Medical Officer of Health and taking the appropriate hygiene measures.



## Highlights of the Week

### Country Drive

Please see recreation to book a time for a country drive in the AgeCare Columbia van. Space is limited to maintain physical-distancing in the van and all residents must wear masks.



### Gardening

Recreation has a number of vases available to those residents who need one and want to pick flowers from our gardens. Weeds are optional.



### Funny Bones

*What do you call all the little rivers feeding the great Nile River? The Juveniles.*

A small town is where you can finish your Sunday paper at breakfast.



## Facts about Canada

- Canadians consume the most Mac & Cheese of any other country.
- The lowest temperature of -63 Celcius was recorded in Canada.
- Canada is the most educated country with over 50% having post secondary education.
- Quebec manufactures more than 77% of the world's maple syrup.
- Hawaiian pizza was invented by a man from Ontario.
- Canada has the longest highway in the world at 4860 miles.
- Over 20% of the world's fresh water is located in Canada.



### **Using Technology to Connect with Loved Ones**

We have been busy connecting residents with their loved ones via Facebook Messenger, FaceTime, Google Duo and Skype. Both residents and family have expressed their enjoyment of connecting virtually during this challenging time. To make a request to connect with your loved one, contact Veronica Bohnert, Recreation Therapist, at (403) 320-9363 or email [vbohnert@agecare.ca](mailto:vbohnert@agecare.ca)

### **Outdoor Courtyard Visits**

We have been facilitating courtyard visits since May 05<sup>th</sup> as per the order from the Medical Officer of Health (MOH) with huge demand and success! The majority of our visits take place Monday – Friday on top of the hours of 11am, 1pm, 2pm or 3pm. To make a request for a outdoor courtyard visit and/or to know more about our specific guidelines contact Veronica Bohnert, Recreation Therapist, at (403) 320-9363 or email [vbohnert@agecare.ca](mailto:vbohnert@agecare.ca)



## **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 [@Columbia.Lethbridge](https://www.facebook.com/columbia.lethbridge/) (<https://www.facebook.com/columbia.lethbridge/>)

AgeCare Columbia offers limited outdoor in-person and virtual visit sessions per week for residents and family to choose from. Contact our Recreation Therapist, Veronica Bohnert at [vbohnert@agecare.ca](mailto:vbohnert@agecare.ca) or (403) 320-9363 to sign-up for a session with your loved one.

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