



AgeCare Glenmore 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

Linkages Program

Earlier this year we were very sorry that our Linkages program had to be suspended for the rest of the year. This community program connects a group of our residents with local middle school students who visit each week after school to participate in various games and activities with their senior friends. The program typically begins in October and continues until May but this year we got cut short.

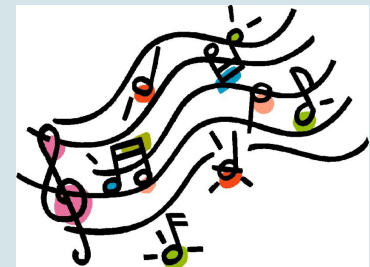
This week, Linkages sent us a package of certificates, cards and photos to distribute to our resident participants. We look forward to delivering these to the residents to commemorate their time with the students and to thank them for their participation. Looking ahead to the fall, we hope that we can find a way to reestablish this great program in some way for our residents.



Music Therapy

Music therapy programs have also been suspended as we are not permitted to have our Music Therapist in to conduct programs. We look forward to when we can invite Elaine back to reinstate our weekly sessions.

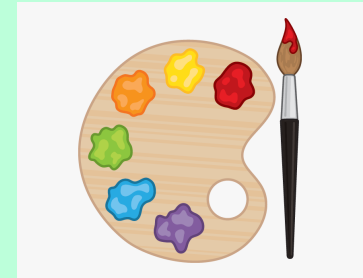
If your loved one was attending music therapy previously, we have recently received our annual update reports from JB Music on each of our four music therapy sessions. Please let us know if you would like us to send a copy of this update to you.



Program Highlight of the Week

As we announced previous updates, some group programs have now resumed. We will continue to follow all distancing and cleaning requirements as needed. At this time we are not publishing a monthly activity calendar. Since program sizes are limited to a maximum of 15 residents, with some of our spaces further limiting group sizes, we will be doing our best to balance the needs of our residents for programming. We do not want to turn eager participants away but we will be inviting residents individually at this time to ensure that opportunities are shared by everyone.

This week we are highlighting our Wood Decorating painting program which has now resumed. This program is a favourite for some residents who are happy to be back and expressing their creativity through painting. At this time, participants are being invited on an individual basis as we can only accommodate two residents at each painting table.



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 [@AgeCare](https://www.facebook.com/agecare/) (<https://www.facebook.com/agecare/>).

AgeCare Glenmore offers limited outdoor in-person and virtual visit sessions per week for residents and family to choose from. Contact our Recreation Therapist Chris Bannatyne at 403-640-8741 to sign-up for a session with your loved one.

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