



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

Program Highlight of the Week

As we announced in past 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 wanted to highlight one of our residents' favourite programs – BINGO!

Bingo has always been one of our most attended and anticipated programs so we are happy to be able to invite our residents back to play. We have made a few changes such as using laminated bingo cards that can be written on using whiteboard markers and later wiped down. We are offering bingo twice a week, and will be inviting groups of our bingo players a few at a time to give everyone a chance to come out and play.



Bayview Neighbourhood Update

On our memory care neighbourhood we have been continuing to focus on residents spending time outside in the courtyard garden. Going for walks outside and helping to care for the plants is a great way for them to enjoy the sunshine and fresh air.

With the help of some additional HCA support we are continuing to offer outdoor visits on the secure outdoor patio that is adjacent to the unit. These visits are being held Monday, Wednesday and Friday afternoons. We are also grateful to have some additional support to have some new group programs on the unit. Our residents have been playing games and doing exercise activities such as balloon and ball tosses, doing crafts, and enjoying music.

One to one and small group programs continue as well so that individual attention is given to the residents. These are a great opportunity to take residents outside, to play games like cribbage, to listen to music, or reminisce.



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 virtual visit sessions each week for residents and family to choose from. Contact our Recreation Therapist Chris Bannatyne at 403-640-8741 or BCGconnections@agecare.ca to sign-up for a session with your loved one. For instructions on how to use technology for our virtual visits, [click here](#).