



## 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

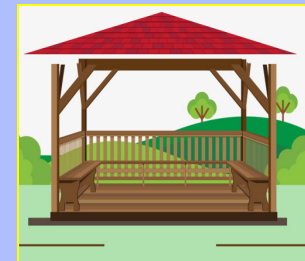
### **Bayview Neighbourhood Update**

On our memory care neighbourhood our focus has been on making sure the residents are enjoying the outdoor courtyard space and covered patio. To get our residents outside we are doing “Walk & Talks” in the courtyard, residents can assist with watering flowers, and sit out in the covered patio to enjoy the fresh air. We hope for continued good weather so residents can enjoy our outdoor space.

One-to-one and small group programs are also continuing on the unit to give individual attention to residents. We have been playing cribbage and other games, listening to music, reminiscing and reading the news.

With the addition of HCA support for recreation programming Bayview residents now have the option of having outdoor visits with their family on the unit. Visits on Monday, Wednesday and Friday afternoons are now being conducted on a secured outdoor patio that is accessible from the Bayview neighbourhood.

In the coming weeks we hope to utilize additional HCA support to provide additional programs to our Bayview residents.





### Using Technology to Connect with Loved Ones

We have been busy connecting residents with their loved ones via FaceTime, Skype, and by phone. 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 Laura Derr-Martin, Recreation Therapist, at 403-640-8742 or email [l.derr-martin@agecare.ca](mailto:l.derr-martin@agecare.ca)



### Small Programs Resume

Starting this week, we have had additional small group programs resume. At this time, we are still limiting the number of residents to 15 in any program with some spaces restricting us to fewer. We also must abide by physical distancing and additional cleaning measures to ensure the safety of residents.

We are adapting existing programs to give our residents the opportunity to play games like Bingo, Trivia, Word Search, Snakes & Ladders, Bridge, paint or do other crafts, and participate in fitness programs.



### 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 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](#).