



AgeCare Seton 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

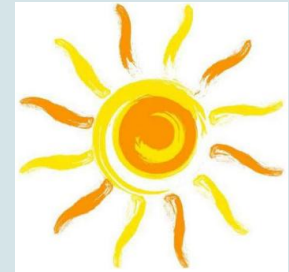
AgeCare has in place extensive precautions to prevent the spread of the COVID-19, including exceeding precautions prescribed by Alberta Health Services and Alberta Health.

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

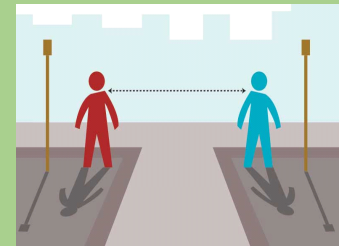
Sunshine means...Lemonade & Ice Cream!

With the sun shining and summer in full swing, we will be starting ice cream and lemonade carts throughout each neighbourhood each week! Since programming is limited and the Bistro has been closed, we will be bringing the treats right to your door!



Daily Group Programming

We now have the ability to add more daily programming to each one of the neighbourhoods thus resembling what the calendar once was! With a full team of Recreation staff and additional support, we are pleased to say that there will be much more programs offered on a daily basis covering all of the domains of well-being.



Big Bingo

We have continued with our infamous Big Bingo. Residents can play in small groups in each neighbourhood and use paper bingo cards and poker chips. This has been a wonderful way to keep our avid bingo players together while still maintaining social distancing.



Stampede BBQ

We will be hosting a Stampede BBQ lunch for each one of our neighbourhoods on Friday 10th. Lunch will be served at each of our serving times with Recreation accompanying with music and games while we wait for the delicious food!



Stampede Travelling Games

All throughout this weekend we will be going around to each neighbourhood to play some fun Stampede travelling games! Keep your eyes and ear open for the music and the trolley and spin the big wheel to win some prizes!



Spiritual Time

On Sundays we ensure that through small group programming or one to one visits that our resident's spiritual needs are being met. Although our church services has been cancelled, we are offering resources and programs to allow the opportunity for our residents to practise their faith and spirituality. We will now be offering a small group each Sunday for residents to gather and listen to recorded services from our First Alliance Church group.



Green Thumbs Planting

The planter boxes have been placed in each balcony, courtyard and greenhouse. These are there for the residents to take care of and enjoy while out on the balconies! Let us know if there is anything you required to keep these plants thriving!



Honoring Our Past Residents

This month would be the month we host our memorial for residents that have passed in the last 3 months. Unfortunately, we cannot do this during the pandemic. We will be honoring our past residents with condolence cards to each family from the Seton team.





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 schedule a time to connect with your loved one, contact Brittany or Sabrina, Recreation Therapists at 587-349-8454.



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 (<http://www.facebook.com/agecare>)

AgeCare Seton offers 1 outdoor in-person or virtual visit sessions per week for residents and family to choose from. Contact our Recreation Therapists, Brittany bburton@agecare.ca Sabrina stroiano@agecare.ca or Carol ctruong@agecare.ca 587-349-8453 to sign-up for a session with your loved one.

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