



## 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

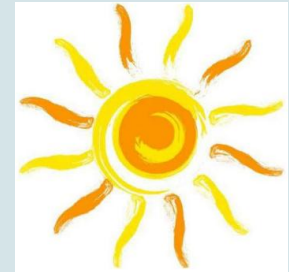
AgeCare has in place extensive precautions to prevent the spread of the COVID-19, including exceeding precautions prescribed by Alberta Health Services and Alberta Health.

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

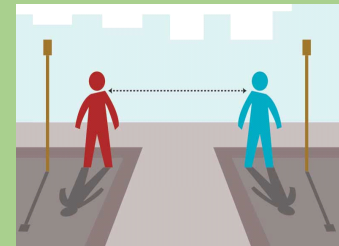
### **Sunshine means...Lemonade & Ice Cream!**

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.



### Thank you to the Calgary Stampede!

Stampede looked a lot different this year! The folks over at the Calgary Stampede were gracious enough to donate flowers for our garden beds this year and send lots of joy our way for the summer!



### Stampede BBQ & Travelling Games

Stampede looked a lot different this year! We celebrated with all of our annual Stampede décor, painted many of the windows and enjoyed some festivities. The BBQ went over with great success as residents could enjoy some summer delights while hearing about past Stampede events. Everyone had a great time participating in our travelling Stampede games, spinning the wheel to win all kinds of treats!



### **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.





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

AgeCare Seton offers virtual visit sessions eachweek for residents and family to choose from. Contact our Recreation Therapists, Brittany [bburton@agecare.ca](mailto:bburton@agecare.ca) Sabrina [stroiano@agecare.ca](mailto:stroiano@agecare.ca) or Carol [ctruong@agecare.ca](mailto: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](#).