



## 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

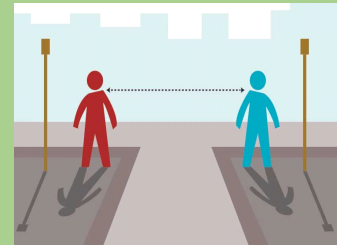
### One to One Visits

Everyone needs some social stimulation for company, conversation, reminiscing, or just a listening ear. We do our best to cater to each residents personal interests and provide the most meaningful resident centered experience we can.



### 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.



### **Outbreak Status**

Currently our Brighton neighbourhood is on outbreak which means that all outdoor visits and programming on that unit will be cancelled until the outbreak is declared over.



### **Canada Day is Around the Corner**

We will be celebrating Canada Day a little differently this year with a virtual Canada Day performance of line dancers for each neighbourhood. We will also be passing out cake, pins and flags to celebrate the occasion.



### **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**

Each floor will be equipped with a new planter box this upcoming week on each balcony. These are for the residents to enjoy and take care of per neighbourhood. They are filled with all kinds of flowers to brighten up your day!





### 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 outdoor in-person or virtual visit sessions 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](#).