



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.

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

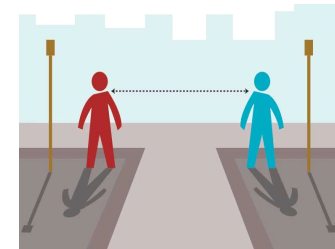
Sunshine means...Lemonade & Ice Cream!

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!



Flowers in Full Bloom!

Everyone has been doing such a great job taking care of our planters throughout the building and they are flourishing! From the greenhouse, to the balconies, all of the flowers are bringing such joy to all the families, visitors and staff.



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.





Safe Visitation

AgeCare's Safe Visitation policy allows resident and visitors to remain socially and emotionally connected while staying safe and healthy. All visitors must understand the [risk of unknown exposure to COVID-19](#) for themselves and residents and assess their health before visits. Visitors must provide their name and contact information, and follow safe visiting practices, which include receiving a health assessment screening, having their temperature taken, completing proper hand hygiene, and bringing and wearing a mask.

Indoor Visits

To reserve a time-slot, call Reception at 587-349-8444 [View Guide \(PDF\)](#)

Outdoor Visits

To reserve a time-slot, call Reception at 587-349-8444 [View Guide \(PDF\)](#)

Virtual Visits

To schedule a session, call Recreation at 587-349-8454 [View Guide \(PDF\)](#)

Facebook

Keep your eye out for updates on our Facebook page [@AgeCare.](#)