



AgeCare Sagewood 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

Wacky Wednesday's

Wacky Wednesdays are completed is now a monthly event. Last Wednesday of the month will be our Wacky Wednesday. July 29th will be a pajama day. Feel free to bring in some crazy pajamas for your loved one or some wacky pajama accessories such as rollers, masks etc.





Ongoing weekly and daily activities

Throughout our days we complete many one to one visit with residents playing word games and other games on the iPads , coloring/painting, and gardening, Walk Abouts outside-weather permitting, Fun and Fitness, Mind Teasers will be added to each neighborhood. This week we have added Book Club, Walk down memory Lane. This weeks addition is Bible Studies on Namaka Lake and Eagle Lake. Worship Service was added to Dawson Lake and GoldenHill/Langdon/Rockyford. Our Calendars posted on our web page under "News and Events"

Using Technology to Connect with Loved Ones

We have been busy connecting residents with their loved ones virtually via Zoom, Facebook Messenger, FaceTime, Google Duo and Skype. AgeCare Sagewood offers one outdoor in-person garden visit and 1 virtual visit sessions per week for residents and family to choose from. Contact your RCM for more information and recommendations surrounding those adventures. Contact our Recreation team at 403-361-8003 or rhempel@agecare.ca to sign-up for a virtual session and/ or an outside garden visit with your loved one.



Recreation Therapy

Earlier we mentioned a past leisure history is apart of our assessment process. The importance of creating a past leisure history is they help identify previous interests and can help us create the road map that will facilitate positive changes.

For example: If JJ Johsson moves in who does not leave his suite he may be self isolating and needing some emotional and social support during this transition. We then look at his past leisure history that states he used to belong to the Lions, Knights of Columbus and was a 4H leader and a 4-H judge for years. We see, he used to be very social and community involvement and volunteering were very important. His treatment plan should reflect his past leisure history and could initially include, depending on other abilities, invitations to Reading Buddies, Resident Council, Catholic Service and **small** social groups with fellow farmers to help create peer connections and friendships.

SPECS dimensions of well-being

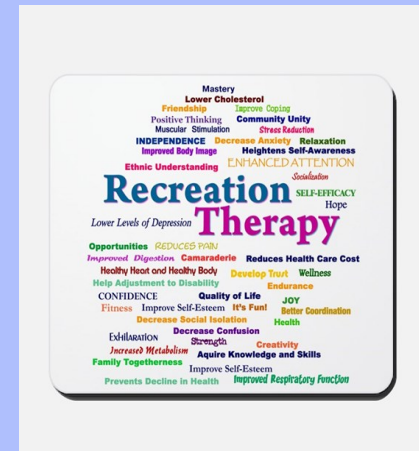
S- Social.

P– Physical

E– Emotional

C- Cognitive

S-Spiritual





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 make a request to connect with your loved one, contact Rina Hempel, Recreation Manager, at 403-361-8003 or email rhempel@agecare.ca

Outdoor Courtyard Visits

We have been facilitating courtyard visits as per the order from the Medical Officer of Health (MOH) with huge demand and success! The visits take place Monday – Thursday 11:00-5:45 and Friday-Sunday 10:00-4:45. To make a request for a outdoor courtyard visit and/or to know more about our specific guidelines contact Rina Hempel, Recreation Manager, at 403-361-8003 or email rhempel@agecare.ca.



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 [@AgeCareSagewood](https://www.facebook.com/agecaresagewood) (<https://www.facebook.com/agecaresagewood>).

AgeCare Sagewood offers one outdoor in-person and 1 virtual visit sessions per week for residents and family to choose from. Contact our Recreation team at 403-361-8003 or rhempel@agecare.ca to sign-up for a virtual session or for an outside visit with your loved one.

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