



## 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.

### 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

### New upcoming activities

In the coming weeks we will be adding Fun with Fruit which is a cognitive program and can be a sensory program depending on the neighborhood we are targeting. There will also be our iPad lessons for seniors

### Daily and Weekly activities

With our calendar filling up with small group activities we are nearing our 80% of programs. The programs we are unable to facilitate yet are our large group. As we add programs we are tweaking existing programs and adjusting them to meet restrictions and neighborhood needs. Just a friendly reminder that our Calendars posted on our web page under “News and Events”

### Technology to Connect

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



AgeCare Sagewood, Strathmore





## 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 403-361-8000 [View Guide \(PDF\)](#)

### Outdoor Visits

To reserve a time-slot, call Reception at 403-361-8000. [View Guide \(PDF\)](#)

### Virtual Visits

To schedule a session, call Recreation at 403-361-8003. [View Guide \(PDF\)](#)

### Facebook

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