



## AgeCare Valleyview 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

### Canada Day Celebration

Happy 153<sup>rd</sup> Birthday Canada!! AgeCare Valleyview celebrated Canada's Birthday with outdoor entertainment. Wally G. played guitar and sang in the front parking lot while residents enjoyed the show from lounge windows or outside while physical distancing.



## Green Thumbs

We finally got our backyard garden planted. Residents were happy to help with planting and watering, all while physical distancing. We will be anxiously waiting to see that first vegetables pop-up. Fresh carrots and peas this year. Yum!



## Theme Day

Recreation incorporates various theme days. In conjunction with our Canada Day Celebration, we implemented Red & White Day and served red & white cake while using gloves and masks.



## ONE TO ONE TIME

Our Health Care Aides (HCAs) support with outdoor in-person visits, allowing the Recreation team to spend more one to one time with residents.



## Joke Of The Day/Quote Of The Day

**JOKE:** Why did the duck cross the road?

**ANSWER:** To prove he was no chicken.







## 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 [@ValleyviewSeniors](https://www.facebook.com/valleyviewseniors/) (<https://www.facebook.com/valleyviewseniors/>)

AgeCare Valleyview offers 124 outdoor in-person and virtual visit sessions per week Monday to Friday from 2:00 PM to 7:00 PM and Saturday & Sunday from 1:00 to 4:00 PM for residents and family to choose from. Contact our Recreation Therapist Debbie Jesse at [djesse@agecare.ca](mailto:djesse@agecare.ca) or (403) 526-7000 to sign-up for a session with your loved one.

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