



## 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

### **Monitoring Residents**

Keeping Residents safe is of the utmost importance, while still providing quality programming. Recreation Staff also implement Resident screening, which includes temperature checks and a screening questionnaire. Play Safe & Stay Safe!



## Shopping

Because shopping is not currently accessible to the Residents; the Recreation Staff have found a way to allow Residents to enjoy a sweet and /or salty snack and a cold drink. Recreation does shopping trips once a week to stock up for the Travelling Tuck Shop & Bingo prizes. This is how Residents are now curbing their munchies.



### **In Memory**

Memorials have been a challenge to host, while staying within guidelines. Recreation Staff now ensure we turn on a lamp, write in the memorial book and display a picture of the late Resident. This allows Residents and Staff to share in paying sympathies and respects.



### **Pool**

Recreation is now hosting Pool Games. We had to put this program on hold, but are now implementing Pool on Tuesday evenings. We ensure small groups, physical distancing and sanitization of all equipment before, during and after the games.



### Joke of the Day/Quote of the Day

JOKE: Why did the pig cross the road?

ANSWER: Because the chicken was giving the chicken a piggy back.



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### Meaningful/Purposeful Programming

It certainly has become a challenge to provide safe, meaningful and requested programming, while providing a safe environment and adhering to guidelines. This in turn requires the Recreation Staff to be resourceful and creative, while keeping safety in mind. Program planning is an important part of this process. We are up for this challenge and will keep thinking outside the box for new and exciting ideas.





### **Using Technology to Connect with Loved Ones**

We have been busy connecting residents with their loved ones via Facebook Messenger, FaceTime, and telephone calls. 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. Please contact Debbie Jesse- Recreation Therapist-- email: [djesse@agecare.ca](mailto:djesse@agecare.ca).

### **Outdoor Courtyard Visits**

We have been facilitating courtyard visits since May 25<sup>th</sup> as per the order from the Medical Officer of Health (MOH) with huge demand and success! We offer visits 7 days per week. To schedule an outdoor courtyard visit and/or to know more about our specific guidelines contact Debbie Jesse-Recreation Therapist at 403-526-7000 or email [djesse@agecare.ca](mailto:djesse@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 [@ValleyviewSeniors](https://www.facebook.com/valleyviewseniors/) (<https://www.facebook.com/valleyviewseniors/>)

AgeCare Valleyview offers 75 outdoor in-person and virtual visit sessions per week 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](#).