



## 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

### Staff Appreciation Week

Valleyview is Celebrating Staff Appreciation Week with something special for the Employees each Day of the Week. Monday-Coffee & Donuts, Tuesday-Gift Bags & T-Shirts, Wednesday-Swirls Ice cream Novelties, Thursday- Popcorn & Friday- Pizza. Age Care knows how hard everyone is working through this uncharted time. Thank you to all AgeCare Employees for all you do!



### Stampede Day Decorating

Valleyview is planning Stampede Day on Thursday July 23. Staff & Residents are dressing up their Stampede Wear and Staff will be serving a Stampede Lunch. Oh Ya- we will be expecting some special guests, as well.



## Bingo

Recreation may have mentioned Bingo before, but we are talking about it again, because it is so popular. We are offering Bingo to 3 times per week-Monday-Long Term Care, Tuesday Floors 1 & 2, Wednesday-Floors 3 & 4. This allows our groups to stay under 15 and also allows enough room for physical distancing. We are very diligent about sanitizing the bingo cards as well. BINGO!



## Joke of the Day/Quote of the Day

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

**ANSWER:** Because the cowboy was riding the chicken.





### **Meaningful/Purposeful Programming Discussion Groups**

Recreation hosts various Discussion Groups throughout the year. We usually host guest speakers; but we adapted our group to allow Residents to discuss whatever is on their minds. This a good way to express ourselves during this difficult time.



### **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 virtual visit sessions each 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](#).