



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

Theme Thursdays

Recreation has been incorporating Theme Thursdays for Employees & Residents. Themes that we have implemented are: T-shirt day-animal print day-summer print day and orange shirt day.



Review Of Father's Day

Although Father's Day has already occurred; Recreation would like to mention how impressed our Residents were with the deliveries. We handed out Dad's Root beer, KFC chicken and ice cream. It was a real hit!



Word Games

Recreation is offering Word Games every Wednesday morning. There used to be two Word Game sessions back to back. We can now safely allow 15 Residents in a program if there is enough room to sit 6 metres apart.

This means more competition!



Reading/Current Events

Are you feeling like you are not up on the news in and around Medicine Hat or in the World. Recreation can assist with that. If you need assistance with reading the newspaper or letters, Recreation would be glad to read to you on a one to one basis.



Joke Of The Day/Quote Of The Day

Humor is important to help us get through the tough times. We will never laugh at you, we will laugh with you. In honor of Father's Day and the Residents love of KFC-here is a cute joke.

JOKE: Why did the chicken cross the road

ANSWER: To get to KFC.

HA HA HA!



Knit & Knatter Group

Although we have not been holding our Knit & Knatter group, because it was previously being run by a Volunteer, we can still knit. If you like to knit, crochet, sew or do crafts, we encourage you to carry on. We will be having a sale in the future and the proceeds will go to Resident Council. If you need knitting needles, wool or supplies, please see Recreation and we may be able to assist with this.





Outdoor Courtyard Visits

We have been facilitating courtyard visits since May, as per the order from the Medical Officer of Health (MOH) with huge demand and success. We offer visits Monday to Friday 2-7 PM and Saturday & Sunday 1-4 PM. To book a visit on the patio, please call the Recreation Department @ 403-526-7000 ext.533. We also offer virtual visits for those of you who do not live close by or cannot attend in-person visits.



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 132 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 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](#).