



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.

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

Residents and Staff have dubbed two Thursdays per month as “Theme Thursdays”. This past Thursday was T-shirt day. Staff wore t-shirts that were given to them for Staff Appreciation Week. The Staff loved the new colors and designs. We will continue with Theme Thursdays in August.



Observing Programs

Residents are coming out of their suites/rooms more and Recreation is slowly introducing various programs back into the calendar. You can be part of a program by observing, if this is how you feel comfortable in participating. As long as we follow physical distancing, Recreation can welcome observers to programs. For example, now that we are playing Pool again, Residents like to watch. We are happy to have cheerleaders for the games.





Stampede Day

Although Stampede is cancelled in Medicine Hat this year, we are still celebrating. We held Stampede Day on July 23, with a Stampede lunch. We decorated the main floor and asked Residents and Staff to dress in their western gear. We even had a visit from 2 Stampede Cows during lunch time



Safe Visitations

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 Desk at 403-526-7000 [View Guide \(PDF\)](#)

Outdoor Visits

To reserve a time-slot, call Reception Desk at 403-526-7000 [View Guide \(PDF\)](#)

Virtual Visits

To schedule a session, call Recreation at 403-526-7000 ext 533 or e-mail Debbie Jesse, Recreation Therapist, at djesse@agecare.ca. [View Guide \(PDF\)](#)

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