



AgeCare Seton 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

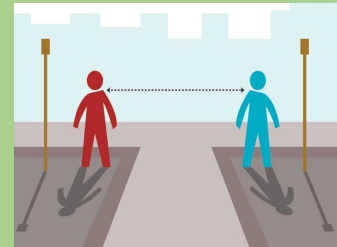
One to One Visits

Everyone needs some social stimulation for company, conversation, reminiscing, or just a listening ear. We do our best to cater to each residents personal interests and provide the most meaningful resident centered experience we can.



Small Group Programming

We haven't stopped our small group programs for those that like to get together and socialize. In complying with social distancing regulations, we often get together for group trivia, stories, word games, etc. It's nice to be able to engage in friendly competition, even in tough times!





Big Bingo

We have continued with our infamous Big Bingo. Residents can play in small groups in each neighbourhood and use paper bingo cards and poker chips. This has been a wonderful way to keep our avid bingo players together while still maintaining social distancing.



Daily Exercise

Our residents here at Seton love to exercise! Not only is it a nice way to get your heart pumping but it's nice to be able to get out seeing peers as well. We get together daily in small groups and provide exercises to each of our neighbourhoods.



Father's Day is Around the Corner

With Father's Day quickly approaching we want to honor our Fathers in the building with a special menu for the day as well as a surprise from the Recreation and Food Service team. We will be delivering donuts to all the fathers in the building as well as a card. All residents will be enjoying a wonderful steak dinner to honor this special day.



Spiritual Time

On Sundays we ensure that through small group programming or one to one visits that our resident's spiritual needs are being met. Although our church services has been cancelled, we are offering resources and programs to allow the opportunity for our residents to practise their faith and spirituality.



Green Thumbs Planting

We are excited to be working with our residents on planning out what our Green Thumbs will consist of this year! We previously purchased more raised beds for not only our new Auburn Bay neighbourhood courtyard but for each balcony on the floors as well. Throughout the next month, we will be decided on placement of planters, what to start from seeds, what we wants in our gardens, etc. It is definitely a team effort to keep all of these greens thriving!





Using Technology to Connect with Loved Ones

We have been busy connecting residents with their loved ones via Facebook Messenger, FaceTime, Google Duo and Skype. Both residents and family have expressed their enjoyment of connecting virtually during this challenging time. To schedule a time to connect with your loved one, contact Brittany or Sabrina, Recreation Therapists at 587-349-8454.



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 @AgeCare (<http://www.facebook.com/agecare>)

AgeCare Seton offers 1 outdoor in-person or virtual visit sessions per week for residents and family to choose from. Contact our Recreation Therapists, Brittany bburton@agecare.ca Sabrina stroiano@agecare.ca or Carol ctruong@agecare.ca 587-349-8453 to sign-up for a session with your loved one.

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