



## AgeCare Sagewood 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

### Wacky Wednesday's

Each Wednesday we have a fun wacky new theme for residents and staff to dress up as. The winning neighbourhood gets bragging rights and a certificate. This week's theme was Beach Day. We had some very creative neighborhoods and the only thing missing was the sun. The winning neighborhood this week was Eagle Lake ! Congrats to Eagle Lake neighborhood. Next Wednesday is ugly tie day– stay tuned for pictures, they could be interesting



### Ongoing weekly and daily activities

Throughout our days and weeks we complete many one to one visit with residents playing cards, word games such as scrabble and other games on the iPads , coloring and painting, Gardening, Walk Abouts outside-weather permitting, and new this week our Fun and Fitness that we do daily on each neighborhood. Each week we will be adding to our daily calendar of activities and hoping by July we will be handing out a semi full calendar on each neighborhood!



### Father's Day

In celebration for all our great dads living here at Sagewood we are serving floats for Father's Friday June 19<sup>th</sup>. Nothing like an Orange, Rotbeer, CreamSoda or Coke Cola float to make our fellas feel special!





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

We have been busy connecting residents with their loved ones via Zoom, Facebook Messenger, FaceTime, Google Duo and Skype. 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, contact Rina Hempel, Recreation Manager, at (403) 361-8003 or email [rhempel@agecare.ca](mailto:rhempel@agecare.ca)

### **Outdoor Courtyard Visits**

We have started facilitating courtyard visits as per the CMOH order modified May 25<sup>th</sup>. The majority of our visits take place Mon - Thur, 11am-5:45pm and Fri-Sun 10am-4:45pm.

**\*\*New\*\*** To make a request for a outdoor courtyard visit and/or to know more about our specific guidelines contact Rina Hempel Recreation Therapy Manager, at 403-361-8003 or email [rhempel@agecare.ca](mailto:rhempel@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 [@AgeCareSagewood](https://www.facebook.com/agecaresagewood) (<https://www.facebook.com/agecaresagewood>).

AgeCare Sagewood offers outdoor in-person and virtual visit sessions for residents and family to choose from.

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