



## 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.

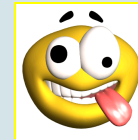
Staff continue to practice exceptional hand hygiene before and after each resident interaction, and are using extreme diligence in enhanced cleaning and disinfecting procedures. Staff are also wearing Personal Protective Equipment (PPE) in accordance with the guidance of Alberta Health Services and the Chief Medical Officer of Health and taking the appropriate hygiene measures.



## Highlights of the Week

### **Wacky Wednesday's**

Wacky Wednesdays are completed as a weekly event. Administration are looking at making it a monthly event because it was so well received.



### **Ongoing weekly and daily activities**

Throughout our days we complete many one to one visit with residents playing word games and other games on the iPads , coloring/painting, and gardening, WalkABOUTS outside-weather permitting, Fun and Fitness, Mind Teasers will be added to each neighborhood. This week we have added Book Club, and Walk down memory Lane. Each week we will be adding to our daily list of activities We have distributed semi full calendars and are posted on our web page under "News and Events"





### **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 25th. The majority of our visits take place Mon -Thur, 11-5:45 and Fri-Sun 10-4:45. **\*\*New\*\*** To make a request for a outdoor courtyard visit and/or to know more about our specific guidelines contact Rina Hempel, Recreation Manager, at 403-361-8003 or email [rhempel@agecare.ca](mailto:rhempel@agecare.ca)



## Recreation Therapy

In recreation therapy, we focus on each resident's individual goals and design programs that emphasise independence, purpose, and confidence. This week we've been focusing on Adult Colouring.

**Emotional** – the act of colouring is repetitive and tranquil for residents.

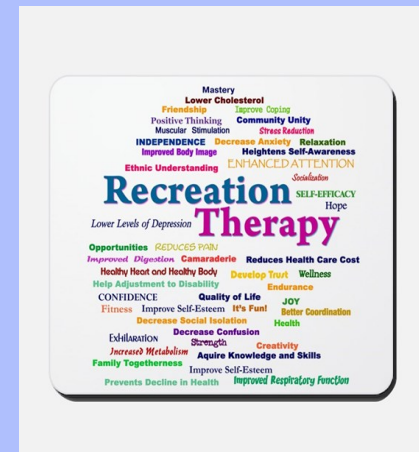
**Social** – this is a group activity, which provides the opportunity to connect and laugh with other residents and staff who have a common interest.

**Physical** – the movement of reaching for colours creates opportunities for increased hand eye coordination, fine motor strength, coordination and muscle dexterity.

**Cognitive** – making decisions on how to express ones creativity by choosing colors and designs helps increase concentration, attention span and focus.

As recreation specialist we try to only support when needed. By empowering residents, they can become more successful in their goals and experience positive changes in their well-being.

“What you do for me, you take away from me” – Maria Montessori





### 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 one outdoor in-person and 1 virtual visit sessions per week for residents and family to choose from. Contact our Recreation team at 403-361-8003 or [rhempel@agecare.ca](mailto:rhempel@agecare.ca) to sign-up for a virtual session and phone Jo at Reception 403- 361-8000 for an outside visit with your loved one.

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