

'Virtual Visits' with Your Loved Ones

While we are currently focused on enhanced health and safety measures, we continue to be guided by our core value 'People First.' People are always at the centre of everything we do.

BSF is always committed to ensuring a safe *and* comfortable environment for our residents, families, employees and all visitors to our Manors. This is especially important now during the heightened risk of COVID-19. We are doing everything we can to ensure the health, safety and peace of mind for all those living and working at our Manors. At this time, unfortunately, that means restricting all non-essential visitors into our sites.

But we also know how important it is for you to stay connected with your loved ones, especially during these challenging and stressful times. That is why we are using technology to help you to keep in touch.

- **Extra iPads are now available at all of our Manors.**
- **For help facilitating a 'Virtual Visit' using video-conferencing technology such as Skype, Zoom or FaceTime, please contact the Recreation Department at your Manor to make arrangements.**

Bow View Manor Recreation: 403.444.7202
Tudor Manor Recreation: 403.995.6811

Clifton Manor Recreation: 587.952.6038
Wentworth Manor Recreation: 403.686.8607

Optimizing Well-being and Enriching Lives

Social distancing doesn't mean isolation. While we are taking these drastic and necessary proactive measures to safeguard the health of our residents and employees, we are also taking extra measures to ensure we continue to fulfil our mission to optimize well-being and enrich people's lives.

We are modifying our Therapeutic Recreation activities to continue to engage residents in different ways, while keeping 'social distancing' and enhanced Infection Prevention and Control measures front of mind. Examples include:



- **Pop-up recreation programming** is keeping our activities on the neighbourhoods (instead of in larger activity rooms) and ensuring activities are facilitated in small groups.
- We are **limiting the equipment** used in our small group programming to lessen the potential for contact of shared high-touch surfaces. For small group or individual activities, **equipment that is used is frequently sanitized** between use (such as our goggles and devices that are used for Virtual Reality).
- Ensuring there is still a mixture of **physical and fitness programs** to keep residents moving, and **cognitive programs** such as trivia games that keep residents mentally stimulated and engaged.
- Our team members are spending quality time with residents during **1:1 individual visits**.