

Friday, February 4, 2022

Dear Residents and Families,

We remain committed to providing updates to our residents, families, and staff at AgeCare. We are providing weekly updates to keep you all informed on what is happening at our communities and organization-wide.

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We hope these weekly updates are helpful. Thank you all for your continued support.



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## Shout out to our Fabulous Food Services Teams

At any given time, serving up hot, tasty meals while meeting the diverse dietary needs of our residents is a tall order. Now, with new protocols and staff shortages, our food services team is stretched to the max, but the good news is – they're still smiling!

“Our food services and kitchen teams have been stellar during this challenging time,” said Jerome Mulrooney, Seton Hospitality Manager. “Their flexibility, adaptability, willingness to jump in and help out and do all they can to make sure every resident gets the right meal, is absolutely phenomenal.”

With some residents being served in the dining rooms while others are taking meals in their rooms, kitchen teams have to have their supplies in order and be ready to pivot any time. Sometimes the changes come in the middle of the night – or right before mealtime.

“I couldn't be more proud,” said Jerome. “Lots of them are working extra hours to cover for empty shifts, but even with all the transitions and all pressure, they always manage to step up. And they do it with a smile and laugh, and that puts the residents at ease.”





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## Pen Pal Program Lifts Spirits

As we all move through the isolating effects of the pandemic, kind gestures and small moments of connection can be such a bright spot!

Are you someone who would love to spark joy by sending a positive message to seniors or offering support and gratitude to staff at our AgeCare communities?

Please send them to our AgeCare Pen Pal Program at [www.agecare.ca/penpal](http://www.agecare.ca/penpal)

Pen Pals are encouraged to:

- Write letters or send cards
- Share pictures and stories
- Offer uplifting words and messages

All communication we receive will be shared with all seniors and staff in our communities. What a wonderful way to brighten many people's day!



There are no limits or requirements to participate. All Ages are welcome!

## Tips for Staying Well during the Pandemic

According to the [Mental Health Commission of Canada](https://www.mentalhealthcommission.ca/), it's more important than ever to safeguard our mental wellness in these times of uncertainty, high anxiety, and stress. Here are some tips gleaned from various sources:

- Stay Connected to those you care about – by phone, texting, distanced inside or outside visits.
- Switch off the news – or when you do seek news, make sure it's a credible source.
- Limit screen time – turn off technology.
- Engage in mind absorbing activities like puzzles, games, books or audiobooks, mediation, visualization.
- Be as active as you can inside and out (e.g., yoga on YouTube/walking / taking the stairs).
- Get outside and enjoy nature whenever possible.
- Try to consume nutritious food and drink lots of water.
- Create an evening routine that lends itself to optimal sleep (relaxation exercises, reading).
- Exercise patience and show compassion for others.

For more tips on taking care of your mental health during the pandemic, visit CDC's page on [Coping with Stress](https://www.cdc.gov/mentalhealth/needstocope/).





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## Let's all get Boosted!

Vaccine effectiveness against infection may decline over time – especially with the highly transmissible Omicron variant – but they remain the best way to prevent severe illness and death. Additional doses can boost immunity to improve protection and limit spread.

### Who can book?

- Anyone over the age of 18, five months after your second dose.

### How to book:

- [Book online or by phone here](#) or call 811.



Visit [bookvaccine.alberta.ca](http://bookvaccine.alberta.ca) or call 811 to book your 3rd dose.

## Visitor Guide

Our [visitor guidelines](#) with continuous masking remain in place for both Designated Family/Support Persons (DFSP) and Social Visitors.

**Remember! Help us limit potential exposure to COVID by only visiting with your loved one – not in group settings.**

### Coming for a visit?

Please familiarize yourself with these guidelines.

[Download the Visitor Guide \(PDF\) -->](#)



## Outings & Overnight Stays

Residents are welcome to go on community walks, outings, and overnight stays as long as they follow all of the [current provincial guidelines](#).

**If a resident is absent from the community for more than 24 hours, they are required to:**

- be Rapid Antigen Screened (RAS) at point of entry,
- be actively screened daily for COVID-19 symptoms,
- wear a medical mask when outside of their room for 14 days post-return, and
- be swabbed for COVID-19 on Day 3 and Day 7.

All other [outings and overnight stay guidelines](#) remain in effect.



**For the safety of residents and staff, please download and follow our**

[Outings & Overnight Stays Guidelines \(PDF\) -->](#)



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## Recreation Calendars

Our recreation team works hard to create engaging activities that enrich the mind, body and spirit. We are continuously looking for ways to reduce the risk of transmission while having the least impact on our residents' well-being.

Please note that communities on outbreak may have different recreation restrictions in effect. Contact your community or [sign up for email updates](#) to stay informed on the latest information.

### View the Recreation Calendars for your AgeCare Community:

<a href="#">AgeCare Columbia</a>	<a href="#">AgeCare Seton</a>
<a href="#">AgeCare Glenmore</a>	<a href="#">AgeCare Skypointe</a>
<a href="#">AgeCare Midnapore</a>	<a href="#">AgeCare Sunrise Gardens</a>
<a href="#">AgeCare Orchard Manor</a>	<a href="#">AgeCare Valleyview</a>
<a href="#">AgeCare Sagewood</a>	<a href="#">AgeCare Walden Heights</a>

## We're Hiring

Did you know AgeCare is hiring? Great opportunities for caring people. From health care aides to food services to recreation to administration and more, we are looking for dedicated and caring individuals.

If you or someone you know is looking for an exciting new opportunity, check out our careers page at [www.agecare.ca/careers](http://www.agecare.ca/careers)



**WE'RE HIRING!**  
Great Opportunities for Caring People