



Friday, December 10, 2021

Dear Residents and Families,

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

1. [Weekly Shout Out](#) – AgeCare’s LOV Language – Just say WOW
2. [Staying Safe in the Community](#) – Gathering Together with Care.
3. [3rd Dose for 60+](#) - Third vaccine dose available for anyone over the age of 60.
4. [The Importance of Being Immunized](#) – Protecting yourself and others against influenza.
5. [Visits, Outings and Overnight Stay Guidelines](#) – Everything you need to know for a safe visit.
6. [Recreation Calendars](#) – Staying active, intellectually stimulated, and socially connected.
7. [We’re Hiring](#) – Did you know AgeCare is hiring? Great opportunities for caring people.

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

Weekly Shout Out

AgeCare’s LOV Language - Just say WOW!

Do you feel the positive impacts of AgeCare’s values and wish to recognize and appreciate someone special on our AgeCare Team? Is there a team or individual at your community who consistently goes above and beyond, to make your day better?

Please remember, at AgeCare we have a no-gift policy, which means we can’t accept gifts or money.

We can however, gratefully accept gratitude and praise via our **Living Our Values (LOV) - WOW tickets!**

What could be better than just saying **WOW!** You can:

1. Fill out a **WOW ticket online**, today at <https://form.jotform.com/AgeCare/wow-ticket>

OR

2. Look for our **WOW tickets** next to the nomination box in your community.
 - Fill in the **WOW ticket** by naming your recipient and sharing what they mean to you.
 - Give your special recipient the coloured copy and put the yellow copy in the nomination box.
 - Enjoy the feeling that you have made someone’s day, and you are helping spread the AgeCare ‘**LOV**’.





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Staying Safe in the Community

Gathering Together with Care

As you celebrate the holiday season with family and friends, please be mindful of the gathering guidelines designed to keep you and your loved ones as safe as possible.

Hosting Indoor Gatherings

- Ensure the room or space where you are hosting is well ventilated (for example, open a window).
- Invite only vaccinated guests to your indoor social gatherings. Individuals over the age of 12 who are NOT vaccinated are not able to attend indoor social gatherings.
 - See [AB Social Gatherings](#) updated Oct. 5th
- Ensure your indoor private social gatherings meet the limit of 2 households (yours plus one other) up to a maximum of 10 vaccinated individuals.
 - Note: children under 12 are not required to be vaccinated to visit indoors.
- If you are serving food at your gathering:
 - Identify one or two people to prepare food and drinks. **We strongly recommend NOT hosting potluck gatherings** as this is a high-risk activity.
 - Identify one person to serve all food so that multiple people are not handling the serving utensils.
 - Wherever possible [physical distance](#) from other households.
 - When physical distancing is difficult, consider [wearing masks](#).
 - Keep a list of guests who attended for potential future contact tracing.
- When guests arrive, minimize gestures that promote close contact – such as shaking hands. Consider doing an elbow bump instead.

Clean Hands Often

- [Wash your hands](#) for at least 20 seconds when entering and exiting social gatherings. Provide hand sanitizer with at least 70% alcohol in clearly marked hand washing areas at the entrances to your gathering and throughout.
- In your restroom, make sure there is adequate soap or hand sanitizer available.
- Consider using single-use hand towels or paper towels for drying hands, so guests do not share a towel.
- Remind guests to wash their hands before serving or eating food.
- Print and post the [How to Wash Hands](#) guide (page 2) in your home.



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Preparing Food Safely

You can lower your risk of infection and kill the virus that causes COVID-19 by following safe food handling and cooking practices.

- Use common [cleaning and disinfection methods](#) to kill coronaviruses.
- [Wash your hands](#) with soap and warm water for at least 20 seconds before and after handling food and food packaging. If you do not have running water, use hand sanitizer that contains at least 70% alcohol
- [Wash fruits and vegetables](#) under running water.
- Washing fresh produce with soap, chlorine or other chemicals is not recommended. Fresh produce is porous and can absorb chemicals that are not intended for you to eat.
- Cook your food to [recommended safe internal temperatures](#). Normal cooking temperatures kill coronaviruses.
- Avoid cross-contamination of raw and ready-to-eat or cooked foods.
- [Disinfect any surfaces](#) that will come in contact with food.

Limit Handling of Food

- Limit people from coming through or near the areas where food is being prepared, such as in the kitchen or around the grill.
- If serving any food, identify one person to serve all food so that multiple people are not handling the serving utensils.
- Consider using single-use options or identify one person to serve sharable items, like salad dressings, food containers, and condiments, so multiple people are not handling the items.

High-Touch Items

- [Clean and disinfect](#) commonly touched surfaces and any shared items between uses when feasible.
- Avoid using shared items that are reusable (e.g., seating covers, tablecloths, linen napkins).
- Consider using touchless garbage cans or pails.

Third Dose Vaccines for 60-Plus

We are excited to inform you that Albertans, over the age of 60, are now eligible for a third vaccine dose once you are 6 months past your second dose.

A third dose will may help keep you, your family, your community, and your loved ones safe.

Who can book:

- Albertan's over the age of 60 who are 6 months past their second dose
- Individuals who received two doses of AstraZeneca or one dose of Janssen vaccine



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When to book:

- 6 months after you received your second dose.

How to book:

- Visit <https://bookvaccine.alberta.ca/vaccine/s/> or call 811.

Why get a third dose:

- According to the Alberta Advisory Committee on Immunization, a third dose (or booster dose) provides an added layer of protection and can help limit the transmission of the virus to those most vulnerable or unprotected. For more information, read the [Immunization Update](#) distributed December 1, by Alberta's Chief Medical Officer of Health.

The Importance of Being Immunized: Influenza

As the COVID-19 pandemic continues to be a serious concern, we are also preparing for the increased spread of another virus: influenza, more commonly known as the flu.

Flu cases were low last year because we were in a province-wide lockdown. This year, however, more people are socializing in-person, commuting to work, travelling, and being out and about in the community.

This means we will likely see an increase in all viruses compared to last year, including COVID-19 and the flu.

To help protect our residents, who are most at risk of experiencing serious complications due to the influenza virus, we hosted flu clinics at all of our sites. We encourage you and your families to help keep yourselves and our residents safe and healthy by booking your free flu shot this year.

Visit immunizealberta.ca to learn more and book your flu shot.

Safe Visits, Outings and Overnight Stays

[Visitation guidelines](#) with continuous masking are in effect.

Albertans can get their vaccine record with a QR code at alberta.ca/CovidRecords

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



Coming for a visit? Please familiarize yourself with these guidelines.

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



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Outings and Overnight Stay Guidelines

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

As cases continue to be high throughout the province, we must remain diligent and take steps to keep ourselves and our loved ones safe. **Guidelines are in effect to ensure [outings and overnight stays](#) are as safe as possible.**

The safety of our residents and staff remains our top priority.

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



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 resident well-being. **View the Recreation Calendars for your AgeCare Community:**

AgeCare Columbia	AgeCare Seton
AgeCare Glenmore	AgeCare Skypointe
AgeCare Midnapore	AgeCare Sunrise Gardens
AgeCare Orchard Manor	AgeCare Valleyview
AgeCare Sagewood	AgeCare Walden Heights

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



WE'RE HIRING!
Great Opportunities for Caring People