



Friday, March 25, 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.

1. [Tips for Managing Stress](#)
2. [COVID-19 Update](#)
3. [Get Boosted](#)
4. [Visitor Guide](#)
5. [Outings and Overnight Stay Guide](#)
6. [Recreation Calendars](#)
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We hope these weekly updates are helpful. Thank you all for your continued support.





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Tips for Managing Stress

Our world has always been a place of extremes, from the awe-inspiring to the unbearably tragic, but these days it may feel like the scales are tipped relentlessly toward doom and gloom. A pandemic, flooding, wildfires, and war are a lot to fathom and bear witness to, whether you are in the thick of it or on the sidelines. If you are finding that challenges in your daily life coupled with distressing world events are taking a toll on your peace of mind, consider taking these steps for self-care:

- Refrain from [doomscrolling](#) – a word that made its way into the English lexicon in 2020 when the global pandemic hit. In short, limit the amount of time spent searching for and reading negative news stories. Studies show that [continuous viewing of traumatic events](#) can cause anxiety and depression.
- Move your body as much as you are able, every day. Studies show that even a [10-minute walk](#) can significantly reduce stress and anxiety.
- Try to stay mindful. Mindfulness is a practice of intentionally focusing on the present moment without resistance or judgement. Staying in the present [has well-documented benefits](#), including stress reduction and overall contentment.
- Just Breathe. Deep breathing is one of the fastest ways to [calm your body and lower your stress](#). Simply put, when you breathe deeply, it sends a message to your brain to relax, then your brain sends a message to your body. Take five deep breaths several times a day, or you can try to incorporate a variety of [proven breathing exercises](#).
- Spend time in nature. Study after study proves that [nature immersion](#) has innumerable – and measurable benefits. Time on a patio within range of greenery and birds or a walk in a park or forest can lower your blood pressure, decrease stress hormones, reduce anxiety, build immunity, and improve your mood! Don't take anyone's word for it. Try it for yourself!
- View this video called '[Managing Burnout](#)'. This compelling video featured in the AHS [Together 4 Health Newsletter](#) addresses accumulative stress and compassion fatigue affecting frontline and background workers. It offers support and ways to mitigate burnout.

Covid-19 Update

According to Alberta's chief medical officer of health, the Omicron subvariant BA.2, which is now the dominant strain in Alberta, is more transmissible than previous strains but does not appear to be more severe in terms of illness.

Dr. Henshaw recommends everyone "revisit their precautionary measures" and get all three vaccine doses.

According to a [study on Omicron variant BA.2](#), this new dominant strain in the province is 33 percent more infectious than BA.1. Those who are exposed have a 39 percent chance of being infected within seven days of exposure.





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Get Boosted

Statistics reporting the severity of COVID illness and hospital trends continue to inform the best practice of getting a booster shot for added protection against COVID-19.

Who can book?

- Anyone over the age of 12, five months after your second dose.

How to book:

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



Visit bookvaccine.alberta.ca or call 811 to book your 3rd dose.

Visitor Guide

Continuous masking for staff and visitors remains in effect. In addition, there are changes to our requirements relating to vaccination status. **Please see updated to our updated [Visitor Guidelines](#).**

Remember! Help us limit potential exposure to COVID by staying away if you are unwell.

Coming for a visit?

Please familiarize yourself with these guidelines.

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



Outings and Overnight Stay Guide

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

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.

For our NEW AgeCare communities from Revera, your Family Portal is still available to you to access your loved one's activitypro page. You can log in with your usual username and password at online.activitypro.net/users/login/agecare.

All photos, calendars, and reports are available to you at this new link. We look forward to supporting residents' recreational needs by delivering the best quality of life experience for residents with the support of families.

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