



Friday, December 31, 2021

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. [Happy New Year from all of us at AgeCare](#)
2. [Shout-Out to our Virtual Volunteers](#)
3. [COVID Updates](#) the latest restrictions, [gathering with care](#), and getting the [3rd dose of the vaccine](#).
4. [Outings & Overnight Stays](#)
5. [Visitor Guide & Rapid Antigen Screening Clinics](#)
6. [Recreation Calendars](#) – Staying active, intellectually stimulated, and socially connected.

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

Happy New Year from all of us at AgeCare

As we close the chapter on a challenging year, we are filled with hope for brighter days ahead and gratitude for the privilege of making our way on this journey with you!

We've all lived long enough to know that life is full of ups and downs, and what matters most is that we keep looking up! In the year ahead, may you be blessed with good health and safekeeping; May your heart be filled with love and joy; and may your spirit be lifted by the goodness you give and receive.

From all of us, to all of you, Happy New Year!





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Shout Out to Our Virtual Volunteers

As we welcome volunteers to share their time, treasures, and talents in a virtual capacity these days, we received a lovely surprise from a small group of Facebook friends who created special gifts for our hospice and continuing care residents.

These kind individuals created 60 lap blankets, a variety of beautiful handmade cards, and some carefully crafted fidget sensory items. The blankets will provide wonderful comfort and warmth, and the cards were thoughtfully designed for residents who might wish to share thoughts and messages with their families and friends. These heartfelt contributions were most appreciated.

Do you know others who might like to enhance the lives of our residents in any community? They can visit our [AgeCare's Better Impact Volunteer Portal](#) to get started as a virtual volunteer.





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COVID Updates

To help curb the spread of the Omicron variant, the Alberta Government introduced additional [province-wide restrictions](#). They are taking action to protect Albertans against the highly transmissible Omicron variant by ramping up health system capacity, providing [free rapid test kits](#), expanding [vaccine boosters](#), clarifying [indoor social gathering limits](#), and decreasing capacity in large venues.

Please take the time to read Dr. Hinshaw's tips for [celebrating safely this holiday season](#).

Gathering with Care

When planning a gathering, keep the number of guests small, and yes, just like last winter, consider socializing in the great outdoors.

To help with this, we have created a handout with [tips on gathering as safely as possible indoors](#). **Before getting together, it is strongly recommended that Rapid Antigen Test Kits are used to test attendees** – especially if they are unvaccinated. Test yourself immediately before gatherings, and if the results are positive, stay home, and follow up with a PCR test. Learn more at alberta.ca/rapidtesting



Reminder to Book Your 3rd Dose of the Vaccine

A third dose can help keep you, your family, your co-workers, and your community safe. Albertans over the age of 18 who are 5 months past their second dose are eligible.

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

Outings & Overnight Stays

On December 23rd, the Chief Medical Officer of Health, Dr. Hinshaw, released a new order providing further guidance to continuing care homes. In addition to our current outings and overnight stay guidelines, the following has been added:

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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Visitor Guide & RAS Clinics

Our [visitor guidelines](#) with continuous masking remain in place for both Designated Family/Support Persons (DFSP) and Social Visitors. All visitors continue to be screened upon entry to the building.

Coming for a visit?

Please familiarize yourself with these guidelines.

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



All visitors are strongly encouraged to take a Rapid Antigen Test or visit our clinics before visiting their loved ones. [Rapid Antigen Screening Clinics](#) are available in each of our communities, including:

Columbia	Mon to Sun 9:30 am - 10:30 am 3:30 pm - 4:30 pm	Seton	Mon to Sun 5:30 am - 12:00 am (midnight)
Glenmore	Mon to Fri 7:00 am - 8:30 am 11:00 am - 7:00 pm Sat to Sun 9:00 am - 7:00 pm	SkyPointe	Mon to Sun 9:00 am - 9:00 pm
Midnapore	Mon to Sun 9:00 am - 12:00 pm 1:00 pm - 5:00 pm	Sunrise Gardens	Mon to Sun 6:15 am - 9:00 am 2:15 pm - 5:15 pm
Orchard Manor	Mon to Sun 6:15 am - 9:00 am 2:15 pm - 5:15 pm	Valleyview	Mon to Fri 9:30 am - 11:30 am 1:30 pm - 2:30 pm Sat to Sun 10:30 am - 11:30 am 3:15 pm - 4:30 pm
Sagewood	Mon to Sun 11:00 am - 7:00 pm	Walden Heights	Mon to Sun 9:00 am - 6:00 pm

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:

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