

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.



Shout-Out to AgeCare Schedulers!
Their title isn't fancy, but
their skills are off the charts!





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Shout-Out to AgeCare Schedulers!

Their title isn't fancy, but their skills are off the charts!

By definition the job of an AgeCare Scheduler is to manage the daily staffing flow, but let's be real here, especially during the challenges amplified by Omicron, they are scheduling ninjas ... making sure shifts get filled, and there are staff to care and serve our residents.

"The Scheduler is the staff members' support – they are their go-to when they need help with shift swaps, vacations, and picking up of additional days. They build relationships, and I have always witnessed that Schedulers go above and beyond to help make things work best for the staff," Naazneen Pirbhai, Office Manager at SkyPointe.

Schedulers are responsible for everything from fielding sick calls and finding staff to fill floor shortages; to supporting payroll with timecard monitoring. They have strong relationships with all our staff and agencies that top up our replacement staff. In some sites, they even orient new staff and arrange buddy shifts. In short, Schedulers are master jugglers and dynamite communicators, and we couldn't possibly do what we do without them!

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

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://www150.ca.gov/mentalhealthcommissionofcanada/), 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.



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- 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](#).

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, 6 months after receiving your second dose.

How to book:

- Register with the [Get Vaccinated](#) system
 - You will receive an invitation to book a booster dose appointment about 6 months after the date of your second dose.



Visitor Guidelines

Coming for a visit?

Please familiarize yourself with these guidelines.

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

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





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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 resident well-being. At this time, visitors are not permitted to attend indoor recreations programming, including concerts. We appreciate your understanding.

Please note that communities with an exposure or 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:

Brandt's Creek Mews	Cariboo Place	Harmony Court
Monashee Mews	Mount Ida Mews	

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/hiring



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Great Opportunities for Caring People