

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 with Care
3. [The Importance of Being Immunized](#) – Protecting yourself and others against influenza.
4. [Visitor Guidelines](#) – Everything you need to know for a safe visit.
5. [Recreation Calendars](#) - Staying active, intellectually stimulated, and socially connected.
6. [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.iotform.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).
- Adhere to the household gathering restrictions in your region.
- 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.

### 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.



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- 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.

## 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 of 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 [immunizebc.ca/influenza](https://immunizebc.ca/influenza) to learn more and book your flu shot.

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## Visitor Guidelines

[Visitation guidelines](#) are in effect requiring all eligible persons over the age of 12 to be fully vaccinated.

Care starts at the door, so please be kind when our greeters ask you to check-in. If you have any questions or concerns regarding our visitor guidelines, please contact your General Manager or Administrator directly.

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



*To allow for screening, visiting hours are:*

### Harmony Court

Daily, 9:30 am to 12:00 pm  
1:30 pm to 5:00 pm  
6:30 pm to 8:00 pm

### Brandt's Creek Mews

Daily, 8:30 am – 5:00 pm

### Cariboo Place

Daily, 9 am – 12 pm | 1 pm – 5 pm

### Monashee Mews

Daily, 9:00 am – 5:00 pm

### Mount Ida Mews

Daily, 9:00 am – 5:00 pm

Please familiarize yourself with these guidelines should you choose to visit.

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

## 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.

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

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

<a href="#">Harmony Court Care Centre</a>	<a href="#">Brandt's Creek Mews</a>	<a href="#">Cariboo Place</a>
<a href="#">Harmony Court Estate</a>	<a href="#">Monashee Mews</a>	<a href="#">Mount Ida Mews</a>

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.



Friday, November 26, 2021

## 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](http://www.agecare.ca/hiring)



**WE'RE HIRING!**

Great Opportunities for Caring People