



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 Update](#)
3. [Get Boosted!](#)
4. [Visitor Guidelines](#)
5. [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 focussing 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 Update

A recent statement from an expert at BC Covid Modelling Group indicates that BC is in a “honeymoon period” between pandemic waves, and the best chance of it lasting depends on people continuing to mask and take protective measures.

Even though the current variant strain appears to be less severe in terms of illness, and overall hospitalizations have been down since early February, there was a small increase in BC hospitalizations this week.





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According to the Ministry of Health, over 90 percent of eligible residents over the age of five have received at least one dose of the COVID-19 vaccine, and 87 percent have had two doses. There is still a call for people to get their third shot, as current stats show nearly 40 percent of adults have not yet received the booster shot.

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, six months after receiving your second dose.

How to book:

- Register with the [Get Vaccinated](#) system.



Visit [Get Vaccinated](#) to book your 3rd dose.

Visitor Guide

As of March 18, 2022, restrictions that were in place have been lifted, and residents may once again welcome essential, designated, and social visitors.

While this is a long-awaited change, and we are all excited to have friends and family back in our communities, we wish to reiterate the need for safe, responsible practices, including continuous masking and hand hygiene.

Please take a moment to review our [updated Visitor Guide](#).



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 \(PDF\) -->](#)

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.



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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.



WE'RE HIRING!
Great Opportunities for Caring People