

Friday, November 26, 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](#) – Movember in November at Mount Ida Mews.
2. [Staying Safe in the Community](#) – Tips for Staying Safe for the Holiday Season.
3. [Visitor Guidelines](#) – Everything you need to know for a safe visit.
4. [Booster Doses for AgeCare Staff](#) - Booster doses of the COVID-19 for health care workers.
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.

November's Movember™ ~ Weekly Shout Out

Residents at Mount Ida Mews (right) smile under their crafted moustaches as part of the annual Movember Cancer Awareness Campaign for Men.

Movember - formerly known as November - encourages men to grow a moustache to raise awareness and funds for men's health, specifically prostate cancer, testicular cancer and male suicide. Its focus was expanded this year to include men's mental health.

With a focus on awareness and starting conversations about men's health issues, residents had some fun watching videos on men's health and sharing unique moustaches some of them had grown over the years.



“We implemented this program for the residents in each neighbourhood for the opportunity to gain a better understanding of why this month is referred to as Movember, to help our residents feel a part of the community, and to support this important cause that affects all of us so personally,” said Tony Ail, Recreation Manager.

Additionally, a few staff members participated in a *Shave for Strength* fundraiser. Staff watched as four staff members removed all our facial hair and became clean-shaven for the month. If staff or visitors wished to donate, they were able to at reception. (note: residents were not asked to make donations).

Friday, November 26, 2021

Staying Safe in the Community

As we near December, we want to provide some tips and guidance for you and your loved ones, so that you can have a happy and healthy holiday season.

#1 Avoid the Three Cs to Reduce the Risk

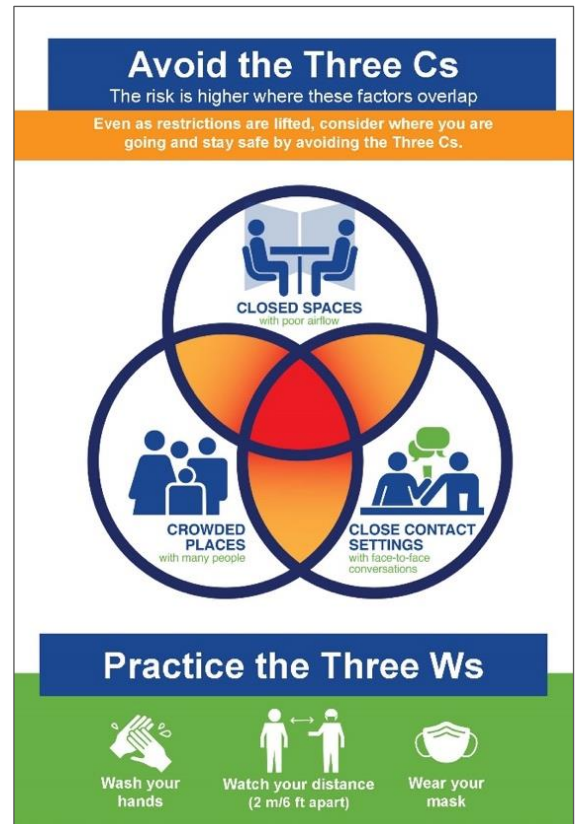
Did you know there are three factors that can increase the risk of COVID-19? Your risk further increases when the three Cs overlap. To stay safe, you should avoid:

- ✗ Closed spaces with poor ventilation
- ✗ Crowded places
- ✗ Close contact situations

#2 Practice the Three Ws to Stay Safe

Small adjustments, practiced regularly, can make a big impact. By making the three Ws part of your routine throughout the day, you can help to keep yourself, and those around you stay safe:

- ✓ Wash your hands frequently and for a minimum of 20 seconds
- ✓ Watch your distance (2 meters/6 feet apart) from others outside of your household/building
- ✓ Wear your mask when in public, especially when physical distancing can't be maintained.



What does this mean for holiday shopping and festive activities? Here are some ways to make your usual holiday scenarios safer this year while practicing the three Ws.

- **Curbside pick-up:** Avoid the crowded mall. Many local businesses are still offering curbside pickup. You can order all of your usual gifts online or by phone and have them delivered right to your car. **BONUS** You can avoid battling for a parking stall and stay toasty and warm in your vehicle.
- **Visits and Events:** Make sure to follow the [provincial and regional restrictions](#) for personal and organized gatherings. Gathering outside is a good option either way, grab your toques, scarves, and an extra layer and enjoy a fresh afternoon.
- **Plan ahead:** Pick a day to look at your calendar and create a list of what you need to get you through to the season. Have one family member complete as many errands as possible in one outing. By reducing the number of times you need to pop out to get “just one thing” you can actively avoid the Three Cs. **BONUS** You will be less stressed knowing your holiday to-do list is done nice and early.

Friday, November 26, 2021

#3 Get your Flu Shot

On October 19, 2021, the Ministry of Health announced a universal influenza immunization program. Influenza immunization is a priority this year, with the unique circumstances of the COVID-19 pandemic and the strain it has put on the healthcare system.

All British Columbians are being encouraged to protect themselves and those around them against influenza this year by getting a flu shot.

Visit immunizebc.ca/influenza to learn more and book your flu shot.

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 asked by our greeters 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 \(PDF\) -->](#)

Booster Doses of the COVID-19 Vaccine for Staff

Booster doses of the COVID-19 vaccine are now being offered to health care workers. **AgeCare is encouraging all eligible staff to book their booster dose to help protect themselves, their family, community, and residents.**

Read more at [Booster Dose for Health Care Workers](#) and [BC Centre for Disease Control](#)



Friday, November 26, 2021

Recreation Calendars

Our recreation team is working 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:

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

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.

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