

Friday, August 5, 2022

Dear Residents and Families,

We remain committed to providing updates to our residents, families, and staff at AgeCare. We provide weekly updates to keep you all informed on what is happening in our communities and organization-wide.

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Welcome to Our New BC Communities

This August, AgeCare grew to include seven new communities in located in British Columbia. Please join us in welcoming the residents, their families, and the staff of AgeCare Holyrood, AgeCare Royal City, AgeCare Lakeview, AgeCare Glenwarren, AgeCare James Bay, AgeCare Sandringham, and Arbutus Care Centre.

To our new readers, this Weekly Update will keep you – our staff, residents and families – apprised of any new and important information and will provide you with links to access the Recreation Calendars for your communities. If other family members or friends wish to receive these, they can visit www.agecare.ca/signup

We hope you enjoy, and we are pleased to welcome you to the AgeCare family!

The Happiness Factor

In celebration of [World Happiness Happens Day](#) on August 8, here are a few thoughts on factors that can elevate happiness in our lives.

From [The Harvard Gazette](#), an 80-year study (one of the longest studies to date on adult life) shows that embracing community, experiencing joy, and cultivating positive relationships are among the most important keys to finding happiness and living longer. For a 13-minute summary of this extensive Harvard study, watch the TEDTALK: [What makes a good life? Lessons from the longest study on happiness.](#)

According to an article published by Forbes Magazine, [Gratitude is Key to Happiness](#). This philosophy is echoed by many other authors, including [The Psychology of Gratitude and Happiness](#), which explains ... “gratitude moves people to experience more positive emotions, to thoroughly enjoy the good experiences, better their health, face adversity, and develop and maintain relationships of strength, which in turn makes you happier.”

An article in Psychology Today titled [Four Keys to Happiness](#), suggests friendliness, cheerfulness, compassion, and gratitude are the main ingredients of a happy life. In other news, Medical News Today declared [Generosity Makes You Happy](#).

While there are many theories on the key to happiness, one thing that all experts and researchers seem to agree on is this Do more of what makes you happy!



Let's all get Boosted!

With the [rising transmission rate in Alberta](#) and an increase in outbreaks at continuing care homes, we wish to **strongly** encourage individuals over the age of 18 to get their fourth dose (2nd booster).

Vaccine effectiveness against infection may decline over time, but they remain the best way to prevent severe illness and death. Additional doses can boost immunity to improve protection and limit spread. Residents and staff have all been offered both booster doses.





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Help us keep our communities as safe as we can! **If you have not yet received your COVID vaccine or booster doses, please visit bookvaccine.alberta.ca or call 811.**

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

For our AgeCare communities from Revera, your Family Portal is still available to you to access your loved one's activitypro page. You can log in with your usual username and password at online.activitypro.net/users/login/agecare.

View the Recreation Calendars for your AgeCare Community:

AgeCare Bow Crest	AgeCare Riverview
AgeCare Columbia	AgeCare Sagewood
AgeCare Glenmore	AgeCare Seton
AgeCare Jasper Place	AgeCare Skypointe
AgeCare Mckenzie Towne	AgeCare South Terrace
AgeCare Midnapore	AgeCare Sunrise Gardens
AgeCare Miller Crossing	AgeCare Valleyview
AgeCare Mount Royal	AgeCare Walden Heights
AgeCare Orchard Manor	

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/careers



WE'RE HIRING!
Great Opportunities for Caring People