



Friday, July 8, 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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Flower donation warms hearts at Valleyview





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Art for the Heart

Kathy Willms of Medicine Hat gets a charge out of making someone’s day. She is especially interested in bringing joy to seniors who are in retirement or continuing care communities and might appreciate having a lovely silk arrangement to brighten up their spaces.

“If I can put a smile on someone’s face, that’s all it takes to keep me going,” said Kathy, who discovered art as a means of uplifting her own spirit in her retirement years.



Kathy and her husband Tim have been making special deliveries to AgeCare Valleyview, donating Kathy’s handmade silk arrangements, and delighting in the idea that this simple act of kindness might bring joy to others.

“These days, things in the world are so tough, and for some, especially those who don’t have family nearby, it’s got to be easy to get feeling down and lonely,” she said. “I expect some residents might have been gardeners themselves at some point and would find flowers in a painted vase a pleasant reminder of their past.”



Over the years, Kathy has tried various art projects including cactus creations, stones painted with positive quotes, and bird houses. “I don’t know that I have much talent, but I do my best and I always have fun with it. When others appreciate what I do, that’s what brings me joy,” she said.

Indeed, Kathy’s creative talents, coupled with her generous heart, have put a smile on some faces at AgeCare Valleyview.



Staying Safe During Summer Heat

Each year as summer rolls around, our AgeCare communities and teams review our Extreme Heat Response Plan for guidance on preparing for the summer heat.

Staying Cool

Our goal is to maintain a comfortable temperature between 72°F/22°C and 76°F/24°C throughout our communities. To achieve this, we take actions such as keeping windows and curtains closed during the daylight hours, keeping doors to residents’ rooms open to promote airflow, and adding portable air conditioners and fans as needed.

Families Can Help

At AgeCare, families are an important part of the equation when it comes to keeping our residents safe and healthy during the summer.



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We request that family members check to see that their loved ones have:

- A fan for their room - if not, we ask that you kindly bring one in
- Sunscreen that is a minimum SPF 30
- Weather appropriate clothing, including a wide-brimmed hat, sunglasses, and loose lightweight clothing

Don't forget, when the temperatures rise: For our cooling systems to work optimally, keeping all windows and curtains closed, including residents' rooms, is ideal when the outdoor temperature is higher than inside. We ask that the main and bathroom doors remain open in each resident's room when possible. This will allow for the cool air to flow through.

Please also consider the forecast when planning visits and outings and choose options with air conditioning when heat is a factor.

During your visit, encourage your loved one to stay hydrated and pay close attention to any warning signs that your loved one might be suffering from heat exposure. See more on this in the *Staying Hydrated* section below.

Staying Hydrated

For all of us, especially seniors, hydration is key, and it is important to increase water intake during hot weather. Many people, particularly older adults, don't feel thirsty until they're already dehydrated.

To ensure the safety and comfort of our residents, we provide hydrations stations that are easily accessible to residents throughout the buildings. Furthermore, staff continually encourage residents to drink water and stay away from sugar-filled drinks and caffeinated beverages.

During extreme heat, all residents are closely monitored for signs of overheating or dehydration.

Hydration Tips for Seniors

- Place water where it is easy to find and reach.
- Encourage and remind often to take a drink.
- Try different kinds of cups or water bottles.
- Sit and have a drink together.
- Ensure there is access to the bathroom when needed.
- Be aware that if a person experiences urgency or incidents of incontinence, it may prevent them from wanting to drink.

Signs of Dehydration in Seniors

The signs and symptoms of dehydration differ by age. Some indications that you or your loved one may be dehydrated are:

- Confusion or disorientation
- Headache
- Dizziness or nausea
- Dry lips, mouth, or throat
- Decreased tears
- Muscle weakness
- Fatigue, disinterest, or boredom (lethargy)

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- Concentrated or decreased urine
- Weight loss
- Sunken eyes

Let's all get Boosted!

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.

For staff or anyone looking to book a COVID-19 vaccine, you can book bookvaccine.alberta.ca, visit a walk-in clinic, 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 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.

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 Columbia	AgeCare Seton
AgeCare Glenmore	AgeCare Skypointe
AgeCare Midnapore	AgeCare Sunrise Gardens
AgeCare Orchard Manor	AgeCare Valleyview
AgeCare Sagewood	AgeCare Walden Heights

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



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