



Friday, August 12, 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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## Friends and ice cream - a recipe for joy!





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## The Price of Isolation and Loneliness

We often hear that people are living longer these days, but the reality is, for some, those later years in life can be a lonely time, especially for seniors who find themselves isolated.

According to a recent report published by Canada's National Institute on Ageing, social isolation and loneliness have become a public health concern in Canada and globally, as these two factors are proven to have a negative impact on the health and well-being of older adults.

The report outlines the differences between loneliness and isolation but highlights that both can play a role in declining health, and studies have shown specifically that these factors can lead to increased risk of stroke, coronary heart disease, and cognitive decline, as well as heightened anxiety and depression.

A similar study conducted in 2019 by the US-based National Institute on Aging also raised alarm bells regarding the negative health risks associated with loneliness and isolation. In this report, studies found that on the other side of the spectrum, older adults who had meaningful relationships and were engaged in meaningful and productive activities had better physical and mental health.

This information is all the more relevant given that we have all recently experienced the isolating effects of the pandemic.

It's a relief to know there are government-level efforts underway to study the effects of loneliness and isolation among seniors and to seek solutions that might remedy this troubling issue.

It is also heartening to know that every day, our caring families and the staff in our AgeCare communities frequently go out of their way to connect with residents, and our person-centred approach to care is all about bringing value, meaning and purpose to the lives of seniors.

**Making moments that matter.**



## Keeping our Communities Safe – 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 (2<sup>nd</sup> 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.



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](https://bookvaccine.alberta.ca) or call 811.**



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## 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](https://online.activitypro.net/users/login/agecare).

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

<a href="#">AgeCare Bow Crest</a>	<a href="#">AgeCare Riverview</a>
<a href="#">AgeCare Columbia</a>	<a href="#">AgeCare Sagewood</a>
<a href="#">AgeCare Glenmore</a>	<a href="#">AgeCare Seton</a>
<a href="#">AgeCare Jasper Place</a>	<a href="#">AgeCare Skypointe</a>
<a href="#">AgeCare Mckenzie Towne</a>	<a href="#">AgeCare South Terrace</a>
<a href="#">AgeCare Midnapore</a>	<a href="#">AgeCare Sunrise Gardens</a>
<a href="#">AgeCare Miller Crossing</a>	<a href="#">AgeCare Valleyview</a>
<a href="#">AgeCare Mount Royal</a>	<a href="#">AgeCare Walden Heights</a>
<a href="#">AgeCare Orchard Manor</a>	

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



**WE'RE HIRING!**  
Great Opportunities for Caring People