



Friday, May 13, 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. [Celebrating National Nursing Week](#)
2. [COVID – Frequently Asked Questions](#)
3. [More Sleep Please](#)
4. [Visitor Guidelines](#)
5. [Outings and Overnight Stay Guide](#)
6. [Recreation Calendars](#)
7. [Great Opportunities for Caring People](#)

We hope these weekly updates are helpful. Thank you all for your continued support.





Friday, May 13, 2022

## Celebrating National Nursing Week

This year's theme for National Nursing Week is a powerful declaration ... 'We answer the call.' At AgeCare, we are proud to mark this week and to pay tribute to the nurses who, alongside our care and services teams, transcend mountainous obstacles in their quest to 'answer the call.'

Time and time again, they apply their expert skills and exceptional service with compassion and care. They show up and do what needs doing, and we notice!

"In praise of our nurses who ceaselessly and passionately answer the call to deliver quality care to our residents at AgeCare, this week and every week, we offer our sincere gratitude and wholeheartedly appreciation." – Salimah Walji-Shivji, AgeCare COO.

[Read our full Nursing Week Tribute](#)

## COVID – Frequently Asked Questions

**You have COVID-19 Questions? We have Answers!**

As we move into year three of the pandemic, many of you have questions about the protocols and processes (past and present) we have implemented in our communities. We are pleased to provide you with a quick link where you will find '[Frequently Asked Questions](#)' accompanied by our best efforts at providing answers.



## More Sleep Please

With our never-ending list of daily responsibilities, family obligations, and leisure activities, sleep can sometimes fall by the wayside. In some cases, this is not an easy fix, for instance, when lack of sleep is due to pain, a sleep disorder, or insomnia. Whatever the cause, researchers urge us to change habits and seek solutions, as more and long-term studies show that lack of sleep is a [detriment to our health](#).

According to the [Centers for Disease Control and Prevention](#), adults over the age of 18 require at least seven hours of sleep per night, and those over 60 would benefit from closer to eight hours of sleep. Sleep serves a multitude of functions that renew and restore every cell in the human body.





Friday, May 13, 2022

These tips might seem basic, but if you're not getting enough sleep, they may hold the key:

- Have a consistent routine. Try to get to bed around the same time each night and get up at the same time each morning, including on weekends.
- Don't take late day naps, and don't let yourself fall asleep on the couch before bedtime.
- Get some exercise if you are able. Any type of movement – even a short walk helps. If you can get outside, that's even better.
- Make sure your bedroom is quiet, dark, relaxing, and at a temperature you find comfortable.
- Turn off stimulating devices. If you need noise, find an app or a machine that offers soothing music or nature sounds.
- Avoid large meals, caffeine, and alcohol before bedtime.

### Read More:

- This [Harvard Medical Education article](#) shows how lack of sleep negatively impacts memory and learning.
- New research suggests that lack of sleep in middle age can [increase the risk of dementia](#).

## Visitor Guidelines



While many restrictions have been lifted outside of our community, we wish to reiterate the need for safe, responsible practices in our centres, including continuous masking and hand hygiene. **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 \(PDF\) -->](#)

## Outings and Overnight Stay Guide

Residents are welcome to go on community walks, outings, and overnight stays as long as they follow all of the [current provincial guidelines](#).

**For the safety of residents and staff, please download and follow our [Outings & Overnight Stays Guidelines \(PDF\) -->](#)**



## 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 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.



Friday, May 13, 2022

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 Columbia</a>	<a href="#">AgeCare Seton</a>
<a href="#">AgeCare Glenmore</a>	<a href="#">AgeCare Skypointe</a>
<a href="#">AgeCare Midnapore</a>	<a href="#">AgeCare Sunrise Gardens</a>
<a href="#">AgeCare Orchard Manor</a>	<a href="#">AgeCare Valleyview</a>
<a href="#">AgeCare Sagewood</a>	<a href="#">AgeCare Walden Heights</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