



Friday, August 19, 2022

Dear Residents and Families,

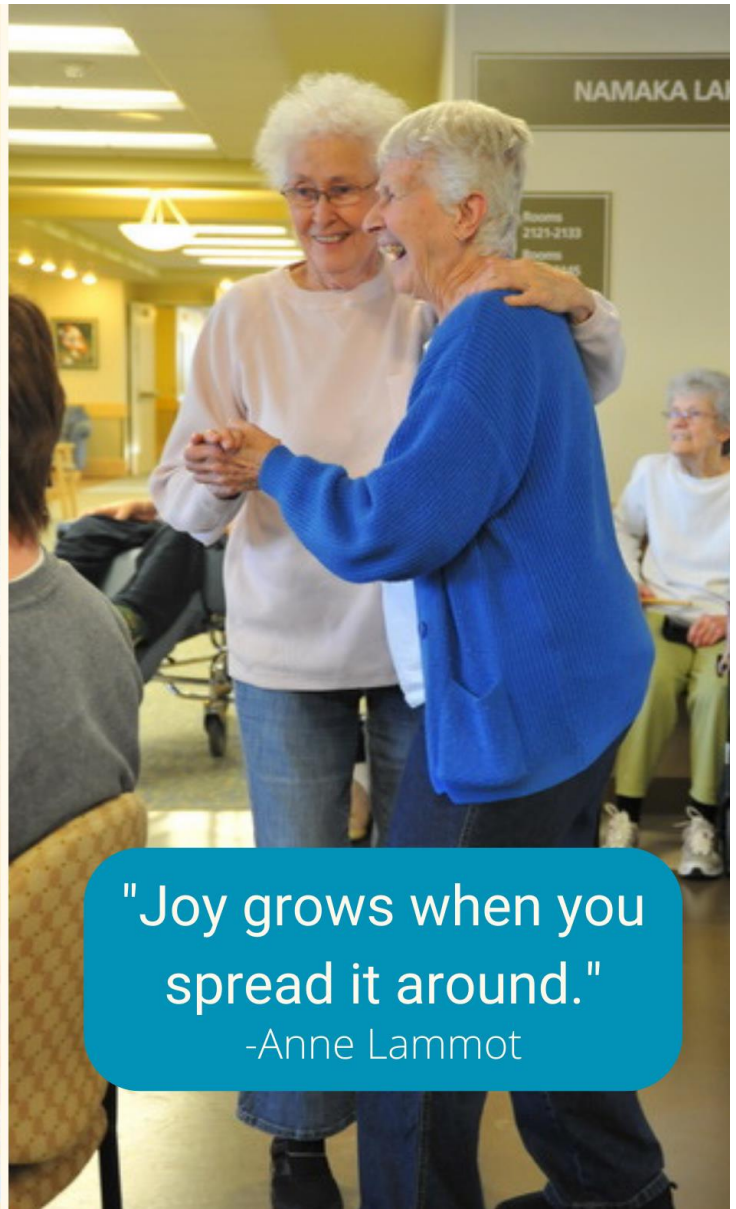
We remain committed to providing updates to our residents, families, and staff at AgeCare. We provide weekly updates to keep you all informed on what is happening in our communities and organization-wide.

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"Joy grows when you spread it around."
-Anne Lammot



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Everyday Activities – Exercise in Disguise!

You hear it all the time... exercise is key to maintaining good health. It is important for your physical, mental, and emotional wellness. It makes you stronger, improves balance, controls weight, and can boost your energy and your mood. Research shows exercise can even ward off disease, reduce the symptoms of chronic illness and possibly even extend your life expectancy.

These are all good reasons to exercise!

However, logic and compelling arguments don't necessarily add up to incentive for seniors who may be contending with the aches and pains of arthritis and experiencing diminishing strength, energy and appetite.

If this is you, don't despair. Exercise doesn't have to be all or nothing; there are reasonable alternatives in between. Here is an approach that might work for you.



Change your perception! With a goal of working up to a feasible (age recommended) exercise regime for yourself, start by reframing the concept of exercise in your mind. **Replace the word 'exercise' with the word 'activity'** and consider all the areas of your daily routine that already include activity. You'd be surprised to learn that all kinds of daily chores and rituals are actually varying degrees of exercise... in disguise.

Here are some examples:

Housework: Sweeping the floor, mopping, and vacuuming are all excellent examples of productive activity. Dusting, washing walls, wiping down cupboard and unloading the dishwasher are useful upper body movements that increase blood flow, improve blood pressure and enhance muscle strength. In other words, moderate housework can be good for you!

Outdoor activities: Aside from the known benefits of fresh air and nature, light yard work such as raking and gardening are activities that can be beneficial to your health and wellbeing. If you don't have a yard, perhaps you enjoy short walks with the dog or a stroll to get the mail.

Errands and shopping: Perhaps you shop for clothes, groceries, personal items or gifts. Maybe you routinely go out to do your banking, and/or to visit family and friends. Whatever your situation, just getting out and about is good for you. This means you are moving rather than being sedentary.

Now that you've put a positive spin on what you already do... **do it more and do it better!**

- ✓ Try and do at least one light housekeeping chore each day.
- ✓ Try taking the stairs more often in your house or the retirement community where you reside.



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- ✓ When weather permits, get outside to tend to an outdoor chore, run errands or make social calls.
- ✓ If you are independently mobile, park further away from your destination to add steps to your commute.
- ✓ When you are watching your favourite T.V. program, make a habit of getting up and walking a lap around your house or building during each commercial.
- ✓ When you hear a great song playing – get up and dance! Now that's great exercise!

Any activity that involves movement and doesn't hurt or stress your joints is likely good for you! Begin by maximizing what you already do, and then, with guidance from your doctor, consider incorporating a few more activities. Remember, there are many ways to be active. Give yourself a pat on the back and keep on moving!

COVID-19 is Still Here – But Vaccines Help

More than two years into the pandemic, we don't have all the answers, but we do know that the vaccines and subsequent boosters can help protect us from a more severe reaction to the COVID-19 virus.

In Alberta, first boosters (third doses) are available to everyone 12+ and some children with underlying health conditions. Second boosters (fourth doses) are available to everyone 18 years and older.

If you are still on the fence about whether to get a second booster, or when to get it, here are some [facts to consider](#).

According a [recent government report](#), 85 percent of the population in Canada has at least one dose of the vaccination.

Let's Do All We Can to Keep Ourselves and our Communities Safe!

At AgeCare we strongly encourage all individuals over the age of 12 to get all booster doses.

Those who have not yet done so can **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.



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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