

Friday, January 20, 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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AGECARE SKYPOINTE II MENTAL HEALTH RESIDENCE





AgeCare Brings Positive Action to the Mental Health Conversation

In January, **Bell Let’s Talk** urges Canadians to turn and face and talk about mental health – sharing how we are all impacted and we are all a part of the wave that can move mental health out of the shadows and into the light. The annual Bell Let’s Talk initiative was launched 2010, with the important goals of fighting the stigma, improving access to care, supporting research, and embedding mental health tools in the workplace. Every year since its inception, the swell of commitment to this initiative grows, conversations become bolder, and momentum of support carries the vision to new heights of change and action.

At AgeCare, mental health is a vital component of our philosophy of person-centred care. Over the past several years, we have played a role in improving access to care by integrating a mental health care component in our residential facility at AgeCare SkyPointe. This fall, in partnership with AHS, we took our commitment one step further, opening a state-of-the-art mental health residence to provide specialized care for those 18 years and older with complex mental health needs.

The purpose-built SkyPointe Mental Health Community houses our earlier established 64-bed mental health long-term care program, along with an added 32-bed specialized mental health program operated by AHS.

Designed to meet the unique needs of its residents, the SkyPointe Mental Health Community offers an inclusive, respectful, comfortable and dignified space where individual can receive the mental health and well-being services they deserve, allowing them to focus on their recovery.

We look forward to continuing to provide these essential services, and will unveil the residence publicly in the coming months.

All-Inclusive Retirement Living with AgeCare



Did you know that AgeCare offers all-inclusive affordable retirement living?

Agecare Columbia in Lethbridge, Alberta, AgeCare Midnapore Estate in Calgary, AgeCare Orchard Manor in Brooks, Agecare Valleyview in Medicine Hat and AgeCare Harmony Court Estates in Burnaby, British Columbia all have wonderful options for retired seniors.

Along with your own private suite, you will also receive three delicious meals and refreshments daily, housekeeping, professional maintenance, on-site laundry, recreational and social activities and so much more!

For more information about our all-inclusive retirement living communities or to book a tour, please visit our website agecare.ca.



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JOIN US FOR **AFTERNOON TEA**

WEDNESDAY, FEBRUARY 1ST | 2 PM - 4 PM
65 VALLEYVIEW DR SW, MEDICINE HAT

Visit AgeCare Valleyview for an afternoon of delicious treats and a spot of tea to learn how all-inclusive retirement living can work for you.

Tour the community and suites and be entered to win some great prizes!

RSVP today and don't miss out!

RSVP or Book Your Personalized Tour Today!
(403) 977-0846 or visit agecare.ca/valleyview



Join us for our Spring **OPEN HOUSE**

Tuesday, February 14th | 1:30 PM - 3:30 PM
785 Columbia Blvd W, Lethbridge

Enjoy an afternoon of live entertainment with Tom Price, delicious treats, and tour our community!

Find out how amazing all-inclusive retirement living can be and be entered to win some great prizes!



RSVP or Book Your Personalized Tour Today!
(403) 320-9363

Help Prevent the Spread



At AgeCare we understand that it is our responsibility to do all we can to protect ourselves, and the vulnerable people who count on us daily to keep them as safe and well as possible. Vaccines for respiratory illnesses are one of the simplest and most effective ways we can do this.

Thank you to those who recognize the importance of getting vaccinated and have gone out of your way to ensure you have received all the vaccines you are eligible for. Together we will do our part in taking care of ourselves and our communities.

Other ways to help **prevent the spread of respiratory illnesses**, including COVID-19 and Influenza are:

- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze.
- Wash hands often with soap and water thoroughly for at least 20 seconds.
- Avoid touching your face, nose, or mouth with unwashed hands.
- Stay home if you are feeling unwell.
- Avoid close contact with people who are sick.

Individuals 5 years and older can get their Influenza vaccine at the same time as the COVID-19 vaccine at participating pharmacies, some community medical clinics and select Alberta Health Services sites. For more details call 811, or visit a walk-in clinic.



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***Additionally, all seniors older than 65 can get a free enhanced Influenza vaccine this year. Enhanced influenza vaccines (FLUZONE® High-Dose Quadrivalent) give seniors better protection against influenza than standard-dose vaccines. Enhanced influenza vaccines stimulate stronger immune responses, compensating for the natural weakening of the immune system that occurs with age.*

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 Activity Pro Family Portal is still available for you to access. You can log in with your usual username and password at online.activitypro.net/users/login/agecare.

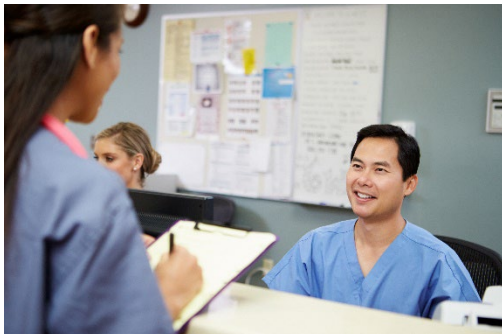
If you are a current resident family member and don't yet have a username and password to access your loved one's **Activity Pro** page, please [contact](#) the community directly and ask to speak to the recreation team. They walk you through the steps needed to access the family portal.

View the Recreation Calendars for your AgeCare Community:

- [AgeCare Bow Crest](#)
- [AgeCare Columbia](#)
- [AgeCare Glenmore](#)
- [AgeCare Jasper Place](#)
- [AgeCare Mckenzie Towne](#)
- [AgeCare Midnapore](#)
- [AgeCare Miller Crossing](#)
- [AgeCare Mount Royal](#)

- [AgeCare Riverview](#)
- [AgeCare Sagewood](#)
- [AgeCare Seton](#)
- [AgeCare Skypointe](#)
- [AgeCare South Terrace](#)
- [AgeCare Sunrise Gardens](#)
- [AgeCare Valleyview](#)
- [AgeCare Walden](#)

New Opportunities



Did you know AgeCare is hiring?

AgeCare has a variety of 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 who would like to make the difference in the lives of seniors.

If you or someone you know is looking for an exciting new opportunity, check out our careers page at www.agecare.ca/careers