



Friday, October 21, 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.

Welcoming Back our Volunteers!.....2

Stopping the Flu, Starts with You2

Recreation Calendars3

We're Hiring3





Friday, October 21, 2022

Welcoming Back our Volunteers!

As we inch our way toward a secure post-pandemic way of life, AgeCare is excited to welcome volunteers back into our communities to join us in the fulfilling pursuit of cultivating connections and building meaningful moments with our amazing residents!

“Our Recreation teams across all our communities are looking forward to having volunteers onsite again – lending their support to our resident programs,” said Jessica Jones, AgeCare Volunteer Advisor. “We also want to invite community members with a variety of talents, skills, and passions to apply! We are looking for multifaceted individuals to connect with our equally diverse residents.”

For instance, a volunteer may have a musical talent to share, be an avid crib player, enjoy teaching a novel craft, or be multi-lingual and willing to interact with residents who speak English. Or they may simply be drawn to the wisdom seniors have to offer and are willing to commit to weekly companionship visits with a resident who has a limited circle of visitors.

“Whatever special talents or interests people bring, we welcome them to apply and join our thriving communities. I guarantee that engagement with seniors will add joy to your life and theirs!” said Jessica.

If you or someone you know is a fully vaccinated adult, at least 18 years of age, and looking to offer their highly valued gifts of time and talents to AgeCare, please contact Jessica at volunteers@agecare.ca.

We also welcome some options related to virtual volunteering – please get in touch with us if you are better suited for remote engagement.

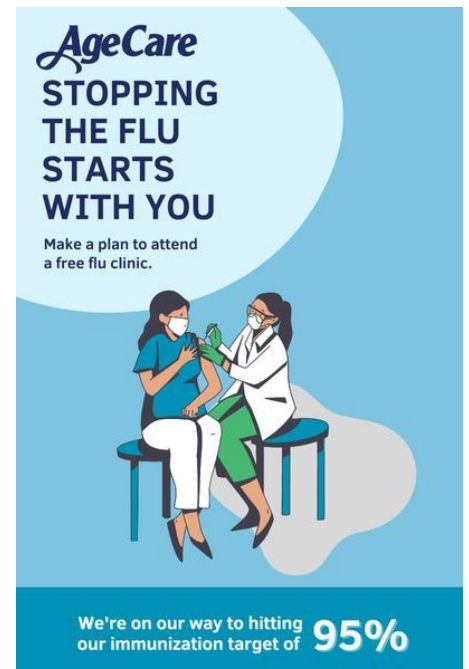
Stopping the Flu, Starts with You

With the start of the respiratory illness season, it is expected that COVID-19 cases will increase as more people gather indoors. In addition, we need to be prepared for the possibility of an influenza surge following two years of low influenza rates due to public health restrictions that reduced travel and socialization.

Influenza vaccines are now available at participating pharmacies, some community medical clinics and select Alberta Health Services sites. Individuals five years and older are encouraged to get immunized at their local pharmacy or physician's office. If you are looking to get your child under the age of five immunized, they can receive theirs at an AHS Clinic or a physician's office.

At AgeCare, we are hosting immunization clinics for our residents and staff to help prevent the spread of influenza.

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.





Friday, October 21, 2022

You may call ahead to your pharmacy or physician's office to confirm if they will be offering the influenza vaccine this fall.

Learn more about the Influenza vaccine by visiting albertahealthservices.ca/influenza.

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 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