




Friday, July 22, 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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"Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!"

-Ingrid Bergman





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Sensory Room Reboot at AgeCare McKenzie Towne

Recently, AgeCare McKenzie Towne found the time and funds to spruce up one of its two Sensory Rooms that were decommissioned during the pandemic. The effect is amazing!

Sensory Rooms can have different themes and can be created with many different individuals in mind. When it comes to AgeCare, they are primarily designed for those with cognitive impairments – specifically Alzheimer’s and dementia.

“We chose a calming relaxing theme for this room,” said Cortney Prins, Recreation Manager at AgeCare McKenzie Towne. “The backwall has strings of twinkling lights that can change colour. We put sheer drapery over top to soften the light. We use a projector to display the Northern Lights on another wall and the ceiling. The hues and effects can be changed and softened to alter the mood in the room.”



The lovely quiet space also has a fountain, a diffuser for aromatherapy, fidget blankets, and other items featuring a variety of textures and textiles.

“We try to target all the senses – sight, smell, sounds, touch, and sometimes activities even allow for tasting different flavours of things,” said Cortney.

The room also has table space for one-on-one sessions, including Montessori or Dementiability types of activities. For instance, staff might engage a resident in a task of sorting utensils, or they might invite them to interact with food prototypes to simulate real food preparation.

“Residents and staff love using this space. It can be used as a calming and relaxing environment where the resident can admire the Northern lights projected on the walls or explore the other light features. It also provides an excellent space for one-to-one activities such as doll therapy,” said Cortney.

No doubt this room will bring hours of calm and stimulation for many.





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Seniors and Grief

At 81, Millie is a robust German woman who still makes delicious homemade buns, walks her small dog twice daily, and loves watching sports on TV. But lately, she's been lacking her usual vibrancy... obviously experiencing grief over the recent loss of her sister.

"At my age, death is not far up the road. If it's not you getting there first, it's your husband, your sister, or long-time friend," she told her daughter as they drove home from the second funeral in as many weeks.

Illness, death and attendance at funerals are inevitable events in life for everyone, but for older people, these experiences are often front and center, overshadowing the everyday pleasures they might otherwise enjoy. For some, sadness is a quiet personal journey; perhaps they come from an era or a family culture that favours private suffering. Others want to talk about their sadness – they find solace in sharing their grief. There is no best or proper way to process loss. What matters most is that people be given the opportunity to experience grief as they choose.



If you have a loved one who is at that place in life where they find themselves bidding farewell to many friends and loved ones, you may find yourself at a loss for ways to comfort or support them. Here are some suggestions from a variety of grief experts:

- **Empathize:** Put yourself in their shoes without factoring in age at all. How would you feel if you lost your mate, best friend, or both in one year?
- **Listen:** Offer sufficient opportunities for sharing. If your loved one is inclined to tell stories, share their thoughts or express grief, listening is the best thing you can do for them.
- **Be there:** Loss can heighten a person's anxiety over their own looming end of life, or it can make them feel lonely. Sometimes your simple presence is all it takes to alleviate their distress.
- **Don't say this:** Resist the urge to repeat common phrases like, "Oh well, at least she had a good long life." Or, "Finally – an end to his suffering." Or, "At her age, death was a blessing." While all of these statements may be true, they may not make the loss feel any less painful.
- **Say this:** If you are looking for ways to invite meaningful conversation, try words like this: "Ah, that's so sad, I bet you'll miss him, are you doing okay?" or "Tell me about her. What made her special? How long were you friends?" Or, "Is there anything I can do to make this easier for you? Perhaps you would like to do something special to mark her passing."

Being healthy and well as you age is good fortune, but it is no fun watching the people you love languish and pass on. If this is happening to someone you know, offer the gifts of compassion, time and a gentle listening heart.

For more thoughts on supporting grieving seniors, visit [webmd.com](https://www.webmd.com) or [psychologytoday.com](https://www.psychologytoday.com).



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Let's all get Boosted!

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.

As of Wednesday, July 20 all Albertans over 18 can make appointments to get their 2nd COVID-19 vaccine booster shot.

To book, go to bookvaccine.alberta.ca, visit a walk-in clinic, 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 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.

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 Columbia	AgeCare Seton
AgeCare Glenmore	AgeCare Skypointe
AgeCare Midnapore	AgeCare Sunrise Gardens
AgeCare Orchard Manor	AgeCare Valleyview
AgeCare Sagewood	AgeCare Walden Heights

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