



Friday, January 27, 2023

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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CONVERSATIONS WITH SENIORS



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Conversations with Seniors

When it comes to conversing with seniors, sometimes you might hear them say they don't have much news to share. This may be because they feel as though their world is shrinking and their well of interesting adventures has run dry.

The truth is, seniors have a lot of interesting things to share, it's just a matter of finding ways to draw this out of them. Think of all that they have accomplished in life; the decades of changing world events they have witnessed, their personal experiences, all their learning and growing along the way. It really is worth it to take time to help seniors open up!

Family historian websites suggest that family stories are the most valuable legacies people can offer - capturing family history, retelling unique experiences, and passing along valuable philosophies and lessons.

Some younger family members might even be inclined to take notes or video tape conversations with their senior loved ones who are willing to talk about their lives.

Remember, sometimes it just takes one good question to spark a conversation that you will both find deeply rewarding! Below are some questions and prompts to help you get started:

- When and where were you born?
- Where were your parents born?
- What was it like growing up in that era?
- Can you think of any interesting memories from your childhood or youth you can share?
- What was your favourite family tradition?
- How did you meet your mate? (If you don't know the story)
- Is there a grand adventure that you've never forgotten?
- Who are your heroes?
- Talk about your job/career/working life ... was it gratifying / fulfilling?
- What sustained you through the disappointments and tragedies you had to face in life?
- If you could recap – what are some of the highlights of your life?
- What is your proudest achievement?
- If you could change one thing about your life, what would it be? (or) Do you have any big regrets?

Happy conversing!

All-Inclusive Retirement Living with AgeCare

Did you know that AgeCare offers all-inclusive, affordable retirement living in Alberta and British Columbia?

Along with your own bright and private suite, you will enjoy freshly prepared, delicious meals and refreshments daily, housekeeping, professional maintenance, on-site laundry, utilities, 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 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



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

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.

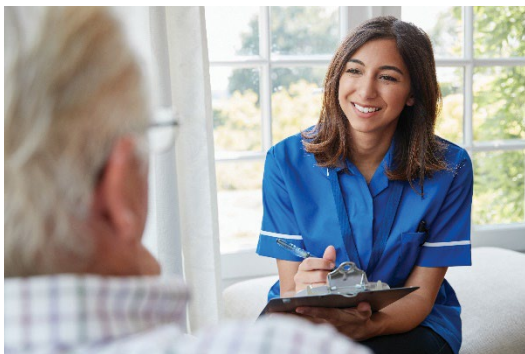
If you are a current resident family member and don't yet have a username and password to access your loved one's **Activity Pro** page, please [contact](#) the community directly and ask to speak to the recreation team. They will walk you through the steps needed to access the family portal.

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](#)

Join Our Team



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