



Friday, April 29, 2022

Dear Residents and Families,

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

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We hope these weekly updates are helpful. Thank you all for your continued support.





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## Cheers to Volunteers

Volunteers are in a league of their own... the league of generous and heartfelt humans!

To commemorate National Volunteer Week 2022, AgeCare wishes to pay special tribute to our treasured volunteers. We are fortunate to have many committed individuals who are passionate about our philosophy of care and service, and eager to lend their time and talents to our mission of providing the best quality of life experience for our residents.

So this week, let's all put our hands together for AgeCare's volunteers who exemplify this year's theme of 'Empathy in Action' and offer boundless enrichment to the lives of others. Cheers for volunteers!

Read a [story about Mack](#), one of our exceptional volunteers in Alberta.

If you or someone you know would like to learn more about volunteer opportunities with AgeCare or become an AgeCare Pen Pal, visit [www.agecare.ca/volunteer](http://www.agecare.ca/volunteer).

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## Heart to Heart

Kristy Thackeray, a social worker at AgeCare in Calgary, is grateful to be turning 40 this May. She has a message to share with others as Canada observes National Organ and Tissue Donation Awareness Week. "If you are willing to receive an organ, you should be willing to donate one."

Kristy was 13 years old when she was diagnosed with a rare genetic heart condition called restrictive cardiomyopathy. For months she faced the dire possibility of imminent death if a donated heart did not become available to her.



On May 26, 1996, on her way to Texas to realize her dream of meeting Reba McEntire – a wish granted by the Children's Wish Foundation – Kristy's family received word that a heart was available. Immediately the teen and her family were rerouted back to Edmonton, where doctors performed a successful heart transplant.

"This is a miracle. I am thankful for every moment of every day," said Kristy.

In the months that followed, Kristy learned about her donor, 23-year-old Dawn Marie Tremblay, who had tragically passed away the day before Kristy's transplant. From the unimaginable loss of Dawn's life came the profound gift of survival for Kristy, who is now married and the mother of two daughters.



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Remarkably, the miracle of donor altruism impacted Kristy and her family twice, as one of Kristy's daughters, who also carries the gene for restrictive cardiomyopathy, received the gift of a heart transplant in 2004 at the age of two and a half. Like Kristy, her operation was a success, and she is now a healthy and prosperous 20-year-old who recently finished her office veterinarian tech program.

"May 26, the day I received my heart, was actually the birthday of my donor. So now, even though my own birthday is also in May, it is Dawn's birthday that is really a significant celebration for me and my family," said Kristy.

If you are interested in becoming an organ and tissue donor, visit [organtissuedonation.ca](http://organtissuedonation.ca) to learn more and access the online registry in your province.

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## Visitor Guidelines



While many restrictions have been lifted outside of our community, we wish to reiterate the need for safe, responsible practices in our centres, including continuous masking and hand hygiene. **Remember! Help us limit potential exposure to COVID by staying away if you are unwell.**

### Coming for a visit?

Please familiarize yourself with these guidelines.

[Download the Visitor Guide \(PDF\) -->](#)

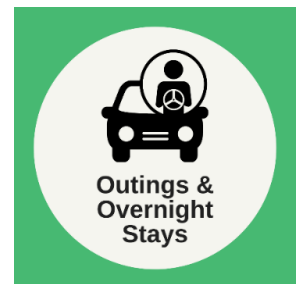
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## Outings and Overnight Stay Guide

Residents are welcome to go on community walks, outings, and overnight stays as long as they follow all of the [current provincial guidelines](#).

**For the safety of residents and staff, please download and follow our**

[Outings & Overnight Stays Guidelines \(PDF\) -->](#)



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## 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.



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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](https://online.activitypro.net/users/login/agecare).

**View the Recreation Calendars for your AgeCare Community:**

<a href="#">AgeCare Columbia</a>	<a href="#">AgeCare Seton</a>
<a href="#">AgeCare Glenmore</a>	<a href="#">AgeCare Skypointe</a>
<a href="#">AgeCare Midnapore</a>	<a href="#">AgeCare Sunrise Gardens</a>
<a href="#">AgeCare Orchard Manor</a>	<a href="#">AgeCare Valleyview</a>
<a href="#">AgeCare Sagewood</a>	<a href="#">AgeCare Walden Heights</a>

## 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](http://www.agecare.ca/careers)



**WE'RE HIRING!**  
Great Opportunities for Caring People