



Friday, December 30, 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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Happy New Year

As we close the chapter on another year, we are filled with hope for all good things in the days ahead, and gratitude for the joy of sharing time and special moments with all of you.

Blessings are those things that we all hold close and wish for.

In the year ahead, may you be blessed with good health and safekeeping; may your hearts be filled with love and joy; and may your spirits be renewed by the goodness you give and receive.

From all of us, to all of you, Happy New Year!

Christmas Kindness

Last week, AgeCare teams in southern Alberta wrapped up our 'Christmas to Remember' campaign, collecting and delivering hundreds of gifts and handmade cards to seniors in AgeCare communities, as well as those in the greater community, who might otherwise have felt isolated this season.

This annual AgeCare initiative was featured with the help of sponsors in three cities To the delight of volunteers and staff, gifts and donations rolled in from individuals, families, an entire hockey team, and businesses.

A special shout out to our Retirement Living Coordinators at AgeCare Columbia, Valleyview and Orchard Manor, for doing an amazing job overseeing this event, to our staff, and to our teams of volunteers who pulled together during a difficult year, to make this campaign a success.

"A highlight this year was the many handmade cards donated from a number of local schools. Whether seniors received a gift that was big or small, they received a card and a special message that they are thought of and cared for by their community this holiday season. To that end, we achieved our goal," said Melissa Toth-Sekandari, AgeCare Sales and Marketing Advisor.





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Prevent the Spread



There is no question, vaccines are a proven way to limit the spread of respiratory illnesses. They are a safe and effective means of protecting our health, and the health of our families and community members.

As Influenza, RSV and COVID-19 continue to put a tremendous strain on our healthcare system, we are proud that many in our AgeCare family, have gone out of their way to ensure they have received all the vaccines they are eligible for.

To help prevent the spread of respiratory illnesses, including COVID-19 and Influenza:

- 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.
- Regularly clean and disinfect surfaces that are touched often, such as doorknobs light switches, and counters.
- Stay home if you are feeling unwell.
- Avoid close contact with people who are sick

Let's all do everything in our power to keep ourselves and our most vulnerable loved ones safe and well!

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.

***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.



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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 Riverview](#)

[AgeCare Seton](#)

[AgeCare Skypointe](#)

[AgeCare South Terrace](#)

[AgeCare Sunrise Gardens](#)

[AgeCare Valleyview](#)

Join Our Team

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