



Friday, April 1, 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.

1. [Duckling Joy at Harmony Court](#)
2. [What's Right in the World](#)
3. [Get Boosted!](#)
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We hope these weekly updates are helpful. Thank you all for your continued support.





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### Duckling Joy at Harmony Court

Check out Harmony Court’s newest residents! Four adorable little ducklings hatched onsite late last week, and they are creating quite a stir among residents, staff and visitors! Their names are Popeye, Goose, Cece and Nugget and everything about them is pure joy! No doubt, they have garnered a steady flow of dedicated admirers, and even a few cuddles from both the Care residents and our Estate community.

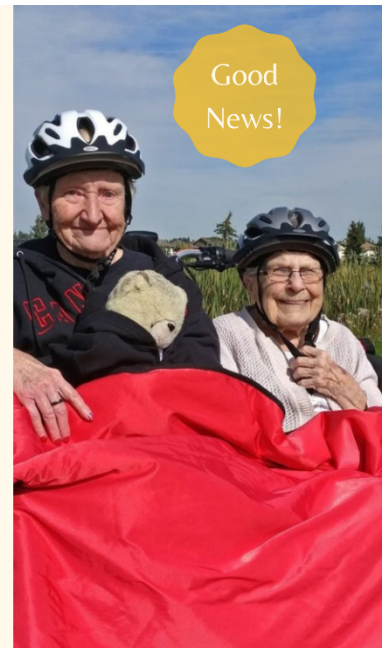
Contests for naming these fuzzy friends was just the beginning of fun activities planned over the next few weeks. Stay tuned for another update on AgeCare’s famous Harmony Court’s ducklings!



### What’s Right in the World

As the ground thaws and the daylight lingers, it does us all good to pause and allow the arrival of spring to bring reassurance that no matter what tragedies dominate the news, there are some good things happening in the world. Here are some examples of good news to boost your morale this week!

- ❖ In cities across the world, a volunteer organization called [Cycling Without Age](#) delights seniors by taking them out for spins on special tricycles with comfy seats, so they can enjoy the great outdoors and feel a part of their communities. Founded in Scotland, the group caught on worldwide and after a pandemic reprieve, many chapters are back in action. There are Cycling Without Age chapters in most Canadian provinces and there are several in [Alberta and BC.](#)





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- ❖ Scientists have developed an artificial intelligence innovation that can identify people at a high risk of a heart attack through analysis of eye scans taken during a routine visit to an optician or eye clinic and. [Read the study.](#)
- ❖ A new documentary being released this month called [Cyber-Seniors](#) details the humorous and heartwarming story of a group of seniors who bravely embark on the challenge of discovering the internet, with the guidance of some teenage volunteers. Don't miss this one!
- ❖ Researchers at the University of Washington have discovered a drug called rapamycin that can slow the aging process in dogs and potentially add years to their life. The [Dog Aging Project](#), aimed at maximizing health longevity in dogs, may also improve the science of aging in humans. [Read the article in National Institute on Aging.](#)

## Get Boosted!

Statistics reporting the severity of COVID illness and hospital trends continue to inform the best practice of getting a booster shot for added protection against COVID-19.

### Who can book:

- Anyone over the age of 12, six months after receiving your second dose.

### How to book:

- Register with the [Get Vaccinated](#) system.



Visit [Get Vaccinated](#) to book your 3rd dose.

## Visitor Guidelines

As spring approaches, we are all excited to welcome friends and family back in our communities, bringing joy to our cherished residents. 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.

Please take a moment to review our [Visitor Guide](#).

**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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## 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 resident well-being. At this time, visitors are not permitted to attend indoor recreations programming, including concerts. We appreciate your understanding.

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.

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

<a href="#">Brandt's Creek Mews</a>	<a href="#">Cariboo Place</a>	<a href="#">Harmony Court</a>
<a href="#">Monashee Mews</a>	<a href="#">Mount Ida Mews</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/hiring](http://www.agecare.ca/hiring).



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