



Friday, July 8, 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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## Gift of Gratitude and Renewal

This June, Maxwell Management Group in Williams Lake commemorated its 15-year anniversary as a provider of recruitment and retention and supporter of seniors' care with a special gift to AgeCare Cariboo Place. The group presented the Cariboo community with a blue spruce tree and initiated a tree-planting ceremony to mark the donation as a symbol of gratitude and renewal for all.

"We are so grateful for you [AgeCare] and the services you provide, and our hope is that this tree will bring years of pleasure to passers-by and represent the dedication and commitment of your organization to our most vulnerable population," said Heather Maxwell.

Staff at AgeCare Cariboo Place waited patiently for heavy rain to subside, then named the young evergreen 'Bruce the Spruce' and planted it on the northwest side of the grounds.



## More on Summer Safety

Each year as summer rolls around, our AgeCare communities and teams review our Extreme Heat Response Plan for guidance on preparing for the summer heat.

### Staying Cool

As shared last week, our goal is to maintain a comfortable temperature between 72°F/22°C and 76°F/24°C throughout our communities. To achieve this, we take actions such as keeping windows and curtains closed during the daylight hours, keeping doors to residents' rooms open to promote airflow, and adding portable air conditioners and fans as needed.

### Families Can Help

At AgeCare, families are an important part of the equation when it comes to keeping our residents safe and healthy during the summer.

#### **We request that family members check to see that their loved ones have:**

- A fan for their room - if not, we ask that you kindly bring one in
- Sunscreen that is a minimum SPF 30
- Weather appropriate clothing, including a wide-brimmed hat, sunglasses, and loose lightweight clothing

**Don't forget, when the temperatures rise:** For our cooling systems to work optimally, keeping all windows and curtains closed, including residents' rooms, is ideal when the outdoor temperature is higher than inside. We ask that the main and bathroom doors remain open in each resident's room when possible. This will allow for the cool air to flow through.

During your visit, encourage your loved one to stay hydrated and pay close attention to any warning signs that your loved one might be suffering from heat exposure. See more on this in the *Staying Hydrated* section below.

### Staying Hydrated

For all of us, especially seniors, hydration is key, and it is important to increase water intake during hot weather. Many people, particularly older adults, don't feel thirsty until they're already dehydrated.



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To ensure the safety and comfort of our residents, we provide hydrations stations that are easily accessible to residents throughout the buildings. Furthermore, staff continually encourage residents to drink water and stay away from sugar-filled drinks and caffeinated beverages.

During extreme heat, all residents are closely monitored for signs of overheating or dehydration.

## Hydration Tips for Seniors

- Place water where it is easy to find and reach.
- Encourage and remind often to take a drink.
- Try different kinds of cups or water bottles.
- Sit and have a drink together.
- Ensure there is access to the bathroom when needed.
- Be aware that if a person experiences urgency or incidents of incontinence, it may prevent them from wanting to drink.

## Signs of Dehydration in Seniors

The signs and symptoms of dehydration differ by age. Some indications that you or your loved one may be dehydrated are:

- Confusion or disorientation
- Headache
- Dizziness or nausea
- Dry lips, mouth, or throat
- Decreased tears
- Muscle weakness
- Fatigue, disinterest, or boredom (lethargy)
- Concentrated or decreased urine
- Weight loss
- Sunken eyes

For heat and air quality updates, tune into the news or download the [WeatherCAN App](#).

## 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.

For staff or anyone looking to book a COVID-19 vaccine or booster, you can visit [getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca) or call 1-833-838-2323.



## You have COVID Questions? We have Answers!

We are pleased to provide you with a quick link where you will find '[Frequently Asked Questions](#)' accompanied by our best efforts at providing answers.



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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 \(PDF\) -->](#)

## 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 residents well-being. At this time, visitors are not permitted to attend indoor recreation 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