

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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Hats off to our HCAs!

As front-line members of our care team, Health Care Assistants (HCAs) are essential and truly make a difference each and every day. These dedicated, passionate individuals work around the clock providing person-centred care and support to those who need them. October 18th is their special day, and we want to show our appreciation. So, thank you or all you do to improve the lives of those your serve.

Celebrating Seniors of Distinction

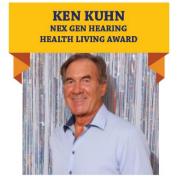
In honour of National Seniors Day on October 1st, AgeCare along with its very committed partners, have created the Seniors of Distinction Awards. Taking place in Burnaby, British Columbia this year, the Seniors of Distinction Awards was an occasion to recognize seniors and the valuable contributions they have made and continue to make in our communities, workplaces, and families.

CONGRATULATIONS TO THIS YEARS WINNERS!









THANK YOU TO OUR SPONSORS:









































































Stopping the Flu, Starts with You

With the start of the respiratory illness season, it is expected that COVID-19 cases will increase as more people gather indoors. In addition, we need to be prepared for the possibility of an influenza surge following two years of low influenza rates due to public health restrictions that reduced travel and socialization.

As of October 11th, influenza vaccines will be available at participating pharmacies and health authority clinics.

New this year, individuals can book their influenza vaccine through the provincial <u>Get Vaccinated</u> system, just like booking COVID-19 vaccines. Eligible people can get an influenza vaccine and a COVID-19 fall booster at the same time.

At AgeCare, we have been hosting immunization clinics for our residents and staff to help prevent the spread of influenza.

Additionally, for the first time, all seniors older than 65 can get a free enhanced influenza vaccine this year.

Enhanced influenza vaccines (FLUZONE® High-Dose Quadrivalent / FLUAD® adjuvanted) 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.

Learn more about the Influenza vaccine by visiting immunizebc.ca/influenza.

If you have not yet registered, please visit <u>getvaccinated.gov.bc.ca</u> or call 1-833-838-2323.

STOPPING THE FLU STARTS WITH YOU Make a plan to attend a free flu clinic. We're on our way to hitting 95%

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.

<u>Download the Visitor Guide (PDF) --></u>



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 outbreak may have different recreation restrictions. Contact your community or <u>sign up for email updates</u> 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.

View the Recreation Calendars for your AgeCare Community:

Arbutus Care Centre	AgeCare Brandt's Creek Mews	AgeCare Cariboo Place
AgeCare Glenwarren	AgeCare Harmony Court	AgeCare Holyrood
AgeCare James Bay	AgeCare Lakeview	AgeCare Monashee Mews
AgeCare Mount Ida Mews	AgeCare Royal City	AgeCare Sandringham

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 job postings for:

