



Friday, August 19, 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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## Everyday Activities – Exercise in Disguise!

You hear it all the time... exercise is key to maintaining good health. It is important for your physical, mental, and emotional wellness. It makes you stronger, improves balance, controls weight, and can boost your energy and your mood. Research shows exercise can even ward off disease, reduce the symptoms of chronic illness and possibly even extend your life expectancy.

These are all good reasons to exercise!

However, logic and compelling arguments don't necessarily add up to incentive for seniors who may be contending with the aches and pains of arthritis and experiencing diminishing strength, energy and appetite.

If this is you, don't despair. Exercise doesn't have to be all or nothing; there are reasonable alternatives in between. Here is an approach that might work for you.



Change your perception! With a goal of working up to a feasible (age recommended) exercise regime for yourself, start by reframing the concept of exercise in your mind. **Replace the word 'exercise' with the word 'activity'** and consider all the areas of your daily routine that already include activity. You'd be surprised to learn that all kinds of daily chores and rituals are actually varying degrees of exercise... in disguise.

Here are some examples:

**Housework:** Sweeping the floor, mopping, and vacuuming are all excellent examples of productive activity. Dusting, washing walls, wiping down cupboard and unloading the dishwasher are useful upper body movements that increase blood flow, improve blood pressure and enhance muscle strength. In other words, moderate housework can be good for you!

**Outdoor activities:** Aside from the known benefits of fresh air and nature, light yard work such as raking and gardening are activities that can be beneficial to your health and wellbeing. If you don't have a yard, perhaps you enjoy short walks with the dog or a stroll to get the mail.

**Errands and shopping:** Perhaps you shop for clothes, groceries, personal items or gifts. Maybe you routinely go out to do your banking, and/or to visit family and friends. Whatever your situation, just getting out and about is good for you. This means you are moving rather than being sedentary.

Now that you've put a positive spin on what you already do... **do it more and do it better!**

- ✓ Try and do at least one light housekeeping chore each day.
- ✓ Try taking the stairs more often in your house or the retirement community where you reside.



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- ✓ When weather permits, get outside to tend to an outdoor chore, run errands or make social calls.
- ✓ If you are independently mobile, park further away from your destination to add steps to your commute.
- ✓ When you are watching your favourite T.V. program, make a habit of getting up and walking a lap around your house or building during each commercial.
- ✓ When you hear a great song playing – get up and dance! Now that’s great exercise!

Any activity that involves movement and doesn’t hurt or stress your joints is likely good for you! Begin by maximizing what you already do, and then, with guidance from your doctor, consider incorporating a few more activities. Remember, there are many ways to be active. Give yourself a pat on the back and keep on moving!

## COVID-19 is Still Here – But Vaccines Help

Last week, B.C. announced COVID-19 vaccine eligibility for children who are six months to four years old. This follows the earlier fall announcement that children ages five to 11 were approved for immunization against COVID-19. Unfortunately, it is reported that in spite of vaccines for kids being tested and approved, B.C.’s child vaccine rate is one of the lowest in Canada.

In a recent [CBC article](#), Dr. Bonnie Henry urges people to get the vaccine, stating that vaccines are safe and they work well.

## Let’s Do All We Can to Keep Ourselves and Our Communities Safe!

At AgeCare, we strongly encourage all individuals to get all booster doses available to them.

[BCCDC data](#) shows a person with three or more doses of vaccine is about half as likely as an unvaccinated person the same age to be hospitalized and about one-third as likely to require critical care.

If you have not yet received your COVID vaccine or booster doses, please visit [getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca) or call 1-833-838-2323.



## 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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## 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 [sign up for email updates](#) to stay informed on the latest information.

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

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

<a href="#">Arbutus Care Centre</a>	<a href="#">AgeCare Brandt's Creek Mews</a>	<a href="#">AgeCare Cariboo Place</a>
<a href="#">AgeCare Glenwarren</a>	<a href="#">AgeCare Harmony Court</a>	<a href="#">AgeCare Holyrood</a>
<a href="#">AgeCare James Bay</a>	<a href="#">AgeCare Lakeview</a>	<a href="#">AgeCare Monashee Mews</a>
<a href="#">AgeCare Mount Ida Mews</a>	<a href="#">AgeCare Royal City</a>	<a href="#">AgeCare Sandringham</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