



Friday, April 22, 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. [Shout Out to Midnapore](#)
2. [Waste Not, Want Not](#)
3. [Visitor Guidelines](#)
4. [Recreation Calendars](#)
5. [Great Opportunities for Caring People](#)

We hope these weekly updates are helpful. Thank you all for your continued support.





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## Shout out to Midnapore!

Shout out to Midnapore for bringing residents and families together for a super stimulating Family Trivia Night in March! The evening proved exciting, as twelve residents and their families went head-to-head in a rousing battle that would ultimately decide who would reign as Kings and Queens of Trivia. Pictured here are the champions, the Summers family. Missing their crowns, but pleased as punch!

Also, in March, Midnapore wrapped up its first JAVA Music Mentorship program, a peer support program aimed at reducing isolation and loneliness among residents. Due to pandemic restrictions, the Recreation team recognized the importance of this opportunity, where residents are trained to provide emotional support for each other, with the guidance and support of staff. After 6 weeks, the mentors received a certificate of participation, an important achievement that benefitted all those who took part.

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## Waste Not, Want Not

AgeCare has introduced a new method of meal planning and serving that is helping reduce the amount of food we waste while offering residents more freedom to choose food items and control their portions.



The process involves careful planning and tracking the amount of food consumed at mealtime. By applying simple math, food services can track how much food is being consumed and how much is going to waste. An important part of the equation is serving our residents tableside rather than plating their food. This gives them the opportunity to opt-in or out of food items and chooses their preferred quantity. At the same time, our dieticians are conducting regular food-plate audits to monitor changes in appetite that may indicate a health concern and to help inform the quantities of food production.

“This new system keeps food waste to a minimum and is part of our commitment to operate in an environmentally responsible manner,” said Rob Shea, AgeCare’s Vice President of Support Services and Facility Management. “It really appeals to residents, many of whom grew up in an era of scarcity. They don’t like to waste food, and this way, they can choose their portions.”



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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 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