



Thursday, June 30, 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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HAPPY CANADA DAY!

AgeCare

Thursday, June 30, 2022

COVID-19 Restrictions Update

While most public health restrictions have now been lifted, including proof of vaccination, wearing masks in public indoor settings, capacity restrictions on personal gatherings, etc., there are still restrictions in place to protect our vulnerable loved ones in assisted living and long-term care settings.

Here is a reminder that while visitors are welcome, visitors are required to:

- provide proof of vaccination
- provide proof of a negative rapid antigen test, which may be taken at home up to 48 hours before the visit, or on arrival at the facility
- Refrain from visiting if you are in any way unwell

Visit [BC Visitor Guide](#) to learn more.

Mindful Measures to Beat the Heat

Summer has arrived, and while we welcome the glorious sun-filled days, it is imperative that we pay attention to the dangers of extreme heat and take precautions to keep ourselves and our residents safe and healthy.

It is widely known that prolonged exposure to high temperatures can be detrimental to the health of any individual. In the case of seniors, it can lead to severe illness and death.

Fortunately, British Columbia has launched a [Heat Alert and Response System](#) designed to alert residents in areas where high temperatures are deemed dangerous to their health.



At AgeCare, we have created an Extreme Heat Response Plan to guide us during the summer months. Our goal is to maintain a comfortable temperature between 72°F/22°C and 76°F/24°C throughout our communities, and to do 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. We also ask families to provide their loved ones with a fan for their room.

Other precautionary measures we take include:

- posting *Severe Weather Heat* notices
- cancelling outdoor events and resident outings during heat events
- stocking cooling cloths and cold packs in freezers
- ensuring windows remain closed when there is air conditioning in the building
- identifying and purchasing supplies for cooling zones for each community
- stocking additional filters to respond to any smoke from forest fires
- educating staff on the signs and symptoms of heat injuries
- increasing hydration rounds



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Families are an important part of the equation when it comes to keeping our residents safe and healthy this summer. As family members, we ask that you consider the forecast when planning visits and outings and choose options with air conditioning when heat is a factor. We also ask that they help us keep curtains closed and doors open in resident rooms, open windows only if there is no air conditioning, 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](#).

With everyone taking extraordinary care in the heat, we can enjoy the summer months safely and carry on with our daily aspirations of living well and making meaningful memories.

For further information and resources, please visit your health authority's websites at:

- [Fraser Health: Sun & Heat Safety](#)
- [Interior Health: Extreme Heat](#)

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 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.

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:

Brandt's Creek Mews	Cariboo Place	Harmony Court
Monashee Mews	Mount Ida Mews	

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.



WE'RE HIRING!
Great Opportunities for Caring People