

# SILVERA TIMES

JULY 2021 ISSUE

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## Employees and residents staying safe with vaccines

Vaccines are the best way out of this pandemic, and Silvera residents and employees are doing their part by getting theirs.

By early April, all consenting residents in our Full Services communities had received both doses of the COVID-19 vaccine. Thanks for being role models within Silvera and the community at large. We remain vigilant, but this was such an exciting milestone.

As of July 8, 2021, 89.5 per cent received their first dose and 65.2 per cent also had their second. Silvera's goal is for at least 95 per cent of employees to get both doses.



There are many initiatives to remove obstacles for employees who want to get vaccinated. There are also work implications of not being vaccinated. Employees who choose not to be vaccinated for valid reasons are unable to pick up shifts in an outbreak community and will be put on an unpaid leave of absence for the duration of the outbreak. We now mandate new employees be vaccinated as a condition of hire.

Thanks for continuing to be a positive force. Please encourage everyone you know – including your visitors – to get vaccinated. We're almost there!

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## Silvera Times – questions or ideas welcome

*Silvera Times* is a monthly newsletter, written for Silvera residents and their families. You can expect a digital copy via email, and residents in Full Services communities will get printed copies. Questions or ideas are always welcome at [SilveraTimes@silvera.ca](mailto:SilveraTimes@silvera.ca).

## Silvera.ca gets an upgrade

If you're a regular user of the Silvera website, you'll notice it has a new look. The site is more user friendly and easier to navigate for mobile browsers. It offers better navigation and a more attractive design.



Most importantly, potential residents will more easily be able to find out which Silvera communities would offer the best home and services for them.

## Aspen BFFs make a book



We all found different ways to keep ourselves busy during the pandemic. Helen and Thelma made a book.

A few years ago, these two vibrant women met at Aspen. They have become best friends. One thing they share in common is a love for writing. Their pandemic time was used to produce a

74-page pictorial history book.

Helen lived in North Central B.C., and previously self-published a book about her experiences. Every evening for a year, Helen and Thelma sorted through hundreds of photos. Helen told stories, Thelma typed them on her computer, and the two designed it under Thelma's guidance. The book is called *The Way It Was: The History of North Central British Columbia*. It's now available to buy directly from Thelma and Helen.

Their achievement was recognized in Alberta Prime Times, a monthly publication for 50+ Albertans. [The article](#) also profiles their friendship, and is a heartwarming read.

"We were saying just the other night -- isn't it strange we two end up being the best friends we've ever had. It has kind of surprised us," says Thelma.

We love that Silvera residents share their rich lives with our communities!

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## Celebrating resiliency during National Seniors' Week

National Seniors' Week is a special time to recognize the people who built this country and our city. Full Services community hosted events June 7 -13.

"Seniors Week is an opportunity for Silvera to pay special tribute to residents as we support them to live their best lives," says CEO Arlene Adamson.

Just a few examples of the fun:

- An art show at Westview (CEO Arlene Adamson was [interviewed by CTV](#))
- Flower planting
- Parades (Confederation Park got rained out so moved the fun inside)
- A YWCA/CPO yoga and music session at Shawnessy
- A drive-by visit at Aspen from the neighbourhood fire department
- A visit from an alpaca and miniature horse at Shawnessy and Spruce

Several communities enjoyed joint events. One was a dance competition, judged by Olivia Chubey, Chief Service and Operations Officer, and Barbara Hagen, Sr. Manager, Service and Operations. Communities created

dances, solos and group numbers. A few did a line dance, and there was a Hawaiian dance performer. Shawnessy and Valleyview won - congrats!



Westview, Valleyview, Shawnessy, Spruce and Aspen residents met virtually to discuss what makes seniors resilient. Takeaways included: be kind; have purpose; get up as if you are going to work; visit a friend; realize we have lots of knowledge to share; ageism must stop; we're worthy of being seen.

"Although the pandemic has impacted the world in ways that will take time to recover, you have once again shown your resilience and taught the rest of us many lessons in managing through a challenging time," said Arlene. "Aging citizens have much to teach the world."

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## Residents finding Cat Room purr-fect

The cat room at Silvera's Valleyview community has had a big impact on residents and employees since the first cat came to stay in April. Phyllis is one of the residents who visits the cat room every day because she finds it relaxing and calming. She has enjoyed getting to know the cats and their unique personalities.



Phyllis jokes that visiting the cats has probably lowered her blood pressure. But she may actually be right! Research shows many benefits from pets living in seniors' communities. They help people feel less stressed, happier and more connected.

A life-long cat lover, Phyllis is reminded of Miss Magi May, a very special cat who was her dear friend for 19 years. "It means a great deal to me to have the cats here," she says. "I'm very happy they've brought this program to Valleyview."

The program has seen four cats fostered to date before going to their forever homes. Charlie, the newest four-legged resident, is seen here cuddling with Phyllis.

The Valleyview Cat Room is in partnership with the Calgary Humane Society, which covers the food and vet costs for the foster cats.

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## New electrostatic sprayer increases disinfecting coverage

Part of Silvera's pandemic response is increased cleaning and disinfection. It includes using the Clorox Total 360 machine inside Full Services communities.

This electrostatic applicator electrically charges disinfectant, to clean all sides of common-touch surfaces. It's used daily in all shared areas, except dining spaces.

[This video](#) shows Nancy Martin, Westview housekeeping team employee, explaining how the machine works. The machine's results have received great reviews from employees and residents alike.