



VEGREVILLE MANOR
5913 - 49 Street, Vegreville

Highlights

This summer has been rainy and warm. Lawns, trees, flowers and the garden have never been so green and lush. Our garden is producing very well. Residents have kept the garden clean of weeds and tended with care. The residents have made beet leaf rolls a couple of times this summer and all residents enjoyed them at meal time. Young potatoes were a delight as well. Meals from the garden are becoming a favorite summer time activity enjoyed by all.



Residents made a fresh garden soup for supper!

Several events took place at Vegreville Manor that kept residents checking the recreation calendar. The morning exercise program, baking, card games, ice cream gatherings are highly favoured among the residents. Residents also hosted an Easter bake sale, volunteer social, Mother's Day and Father's Day family socials which were all successful.

Bus trips have included: a visit to Mundare Museum and greenhouse; a day drive to Myrnam to have lunch and visit with lodge residents there; a drive to Elk Point allowed residents to enjoy the hilly northeast part of Alberta. We also had an outing to the Bruce Hotel where we were treated by Carl and Debbie to a luncheon. Residents have had a great summer full of activities!

Upcoming Events

- September 16** – Family evening BBQ
- September** – Trip to Vegreville Museum
- October 20** – Oktoberfest Celebration

Outings and Past Events

- August 30** – Ukrainian Village Bus Trip
- August 8 to 16** – Vegreville Manor Olympics
- July 21** – Mexican Fiesta Luncheon
- July 19** – Wiener Roast at Elk's Park
- June 17** – Father's Day Family BBQ
- June 8** – Book Sale and Woodworking
- May 20** – Mundare Museum and Greenhouse Bus Trip
- May 6** – Mother's Day Tea



GROVE MANOR
600 King Street, Spruce Grove

Highlights

We celebrated volunteer appreciation this summer with our volunteers. This event was well attended and enjoyed by all. Grove Manor's Garden Committee was busy planning and preparing for the garden season and our planting day was held near the end of May. The courtyards and front entrance have been appreciated by all residents, families, staff and visitors.

Grove Manor's men's and ladies groups were busy this summer. The men with a bird house renovation project and the ladies with organizing and preparing for a successful Strawberry Tea. The ladies also organized a Father's Day raffle. All their fundraising efforts were great with proceeds that continued to offset costs for bus trips. Bus trips this summer have included: a mystery tour to Hawrelak Park, Coffee at an Italian Bakery, Enjoy Centre, Devonian Gardens, River Cree Casino, West Edmonton Mall, a picnic at the Stony Plain Rotary Park, a day trip to the community event "Picnic in the Past" for seniors in the Tri-Region Area.

Residents have been enjoying BBQ's at least once a month since June. There have been opportunities for residents to get outdoors and play games horseshoes and ladder ball. A special summer treat was a Klondike Days Pancake Breakfast. After the breakfast a Klondike Days treasure hunt was held and everyone had fun searching for gold and other surprises. Klondike Kate gave an amazing performance interacting among the crowd of residents who gathered to see and hear her perform. For Canada Day there was a flag raising ceremony which was first of its kind for Grove Manor. The Canada flag and Alberta flag were raised while residents, staff and guests sang "O Canada". A theme day was held for Canada Day and winners who dressed up for the occasion were given prizes.

Upcoming Events

- September 15** – Muttart Conservatory
- September 26** – Mystery Drive and Coffee
- October 6** – Fall Drive

Outings and Past Events

- September 12** – Parkland Senior's Fun Night and Dance
- August 18** – Day Trip and Picnic at The Reynolds Museum
- August 12** – Picnic at the Stony Plain Pioneer Museum
- July 22** – Klondike Days Pancake Breakfast
- June 30** – Canada Day Celebration and Theme Day
- June 29** – Flag Raising Ceremony
- June 27** – Devonian Gardens
- May 30** – The Enjoy Centre
- May 6** – Strawberry Tea



Men's group restoring and working on the bird houses project

Follow Us On Twitter: @smhg #StMichaelsHealthGroup

Contact St. Michael's: Tel: 780.473.5621 Fax: 780.472.4506 Toll Free: 1.800.472.6169 Email: smeccs@smhg.ca Website/Facebook: www.smhg.ca



ST. MICHAEL'S LONG TERM CARE CENTRE
7404 - 139 Avenue, Edmonton

Highlights

St. Michael's Long Term Care Centre Recreation Therapy Department has had many changes in the last few months. We welcomed Brianne Jacques as a Recreation Therapy Attendant and Hitesh Dooky as a summer student. We had two recreation therapy students - one from Lethbridge College and the other from NorQuest College.

Since the weather warmed up, the residents have been taking advantage of it! The Recreation Therapy Department planned multiple outdoor activities for the summer months. We also took the residents outside as much as possible on a daily basis with programs such as Green Thumb, Ice Cream Socials, Bike Rides, and Fresh Air Strolls. The residents also enjoyed two BBQ's in Heritage Hall with their families on June 28th and July 26th with live entertainment.

This summer we also had some surprise visitors from Cross Point Church and Jasper Plaza Child Care. The residents played games, socialized and made perogies with the children in Heritage Hall.

Upcoming Events

- September 15** – Harmony Kings Band
- September 21** – Prairie Gardens
- September 22** – Dwayne Cannon
- September 28** – Country Drive
- October 20** – Dwayne Cannon
- October 27** – Old Smoothies Band

Outings and Past Events

- September 14** – MacDonald's Lunch and Walmart
- August 30** – Resident and Family BBQ with Larry Begoray
- July 26** – Resident and Family BBQ with Larry Begoray
- July 20** – Devonian Gardens
- June 30** – Canada Day Party
- June 24** – Butterfly Release
- June 8** – Edmonton Valley Zoo
- May 18** – Humane Society
- May 12** – Duet Bike Ceremony and Rides
- May 11** – Antique Mall
- April 20** – Telus IMAX Show



Resident and Brianne Jacques at the Edmonton Valley Zoo

Return Undeliverable Canadian addresses to: St. Michael's Health Group 7404 - 139 Avenue Edmonton, Alberta T5C 3H7



MILLENNIUM PAVILION SENIORS' LODGE
7408 - 139 Avenue, Edmonton

Highlights

Our residents enjoyed our annual outing to the Ukrainian Village, as it is always exciting to travel and observe the life of early Ukrainian settlers and taste some traditional Ukrainian cuisine. On our way back, we observed some Bison from the Elk Island National Park. On August 4th we went to Vegreville and enjoyed an amazing parade, followed by lunch and bingo with Vegreville Manor residents. Residents visited the landmark Vegreville Pysanka and had ice cream at Dairy Queen.

Once the summer weather arrived, the residents took advantage of the trail walk just outside of Millennium Pavilion. The outdoor activities such as Walking Club and gardening have been very popular. Our daily morning exercise group is ever growing! At the end of August, we will have a special prize draw for those who participate in our morning exercises. The residents also enjoyed a Family BBQ on June 21st along with live entertainment, door prizes, burgers, hotdogs, potato salad, and baked beans. The Hot Dog & Tomato Plant Sale took place on May 17th. It was an amazing sale event as all plants sold out!

Upcoming Events

- September 20** – Casino
- October** – YMCA swimming, Thanksgiving Party
- November** – Mini Pizza Making Contest
- December** – Resident and Family Christmas Dinner

Outings and Past Events

- September 6** – Good Buddy Restaurant
- August 4** – Vegreville Parade and Visit
- July 27** – Ukrainian Village
- June 17** – Resident and Family BBQ
- May 17** – Hot Dog and Tomato Plant Sale
- April 19** – Ukrainian Egg Decorating Krapanky



Residents enjoyed wonderful sunshine and visit to the Ukrainian Village



SUMMER 2016 ISSUE

CARING AND SHARING

News Achievements Products Programs Plans



Alec Hudema's woodworking has brought life and love to Vegreville Manor. He began this hobby as a child and has been creating ever since. Alec needed to build toys for himself and his siblings. He has found it to be both enjoyable and therapeutic.

Throughout his life, Alec made model churches, wishing wells, arbours, trellises, and hundreds of bird houses before moving to the Manor. From the time Alec moved here, he has spent countless hours in his private woodworking room and has continued to build birdhouses, wooden garden ornaments, and children's toys to sell at the open sales held at the Manor. Alec likes to donate profits to Vegreville Manor, helping purchase items such as a fountain for the residents' enjoyment.

Alec says he bought the fountain so that he and his wife Katie would continue to be lovingly remembered at Vegreville Manor. Alec commented that this would not have been possible without the caring support he receives from residents and staff.

In This Issue

The Duet Bike Butterflies Released Students At St. Michaels

.....and more

Join Us For Our 10th Annual Blue Angel Dinner!



PYROHY VARIETIES

Potato & Cheddar, Potato & Onion, Potato & Cottage Cheese, Potato and Cheddar Cheese & Bacon	\$9.20
Cottage Cheese or Cottage Cheese & Dill	\$11.50
Pizza	\$11.50
Sauerkraut	\$11.50
Cheddar & Kobasa, Blueberry and Cherry*	\$13.00

CABBAGE ROLLS & OTHER ITEMS

Rice & Onion	\$14.25
Rice & Bacon	\$14.25
Rice & Ground Beef	\$14.25
Mini Cabbage Rolls Rice & Bacon	\$10.00
Mini Roaster Pan*	\$44.50
Nalysnyky	\$10.90



These products are available for pick up at the St. Michael's Long Term Care Centre front desk. [Shop online at babasown.ca](http://shop.babasown.ca)

*Items not always available.

A Bicycle Made For Two



Residents enjoy riding on the "Duet Bike"

St. Michael's Long Term Care Centre with a generous donation from the Friends of St. Michael's Society of Edmonton recently purchase the "Duet Bike".

What is the "Duet Bike"? It was developed 20 years ago and is built to accommodate a "driver" and a passenger, regardless of size or age.

The duet bike ensures that no one misses out on the freedom, confidence and therapeutic benefits that come with bike riding.

Riding an adaptive bike provides valuable therapeutic benefits and a sense of inclusion where anyone can ride a bike with their family and friends. Resident bicycle rides can be taken along nature trails for a lovely view providing fresh air and promoting resident health and well-being. The bike allows wheelchair bound residents in our Long Term Care Centre to ride in a specially designed bicycle along with another person. Residents can take advantage of the therapeutic exercise, a bike ride and get out into the community in ways that they would not otherwise be able to access. The residents have responded extremely well to the "Duet Bike".

Fun, Giggles And Pyrohy



Daycare children visited residents and made pyrohy

St. Michael's had a lovely visit from a group of youngsters on a fieldtrip from their daycare in Edmonton. The residents in the facility and the children were instructed by the Baba's Own Ukrainian Food production staff on how to make hand pinched pyrohy. After the lesson, and a lot of giggles, the group enjoyed a tasty lunch of Baba's Own pyrohy's in Heritage Hall. The children were very excited to take their handmade pyrohy home and the residents were pleased to spend a day with all the young happy faces. Everyone had a great time!

Robertson College Students



Robertson College Students and residents enjoying time together

St. Michael's is proud to be a facility of choice for educational institutions. We have had many students do their practicum at St. Michael's this summer. Students learned from our residents and staff. We try to give the students the opportunity to experience the whole spectrum of what our St. Michael's family does. They learned about taking care of residents, policies and procedures, charting and documentation, attending educational sessions with our staff and participating in various events. As one of the Robertson College students' stated, they were thankful for sense of confidence, responsibilities, and added knowledge obtained during the practicum at St. Michael's. We were also proud to offer employment to the star students after their practicum is completed.

Joyful Butterfly Release Party



The moment butterflies were released ... everyone enjoyed watching them make their way

At an ice cream social in July we released butterflies in the family garden. Residents from the Long Term Care Centre, Millennium Pavilion, clients from Day Support Program, and employees all witnessed a colorful display of the butterflies taking flight. For almost 4 weeks residents and clients at St. Michael's were able to watch them develop from caterpillars to full grown butterflies. A lot of care and attention was given throughout the various growth stages of these butterflies. Around 60 butterflies were set free! Why do we do this? Why butterflies? The residents and supporters of this project find comfort through this activity and really enjoy this annual project. Butterflies are a symbol of celebrating new beginnings, transition, and renewed hope for the future. In many ancient cultures the butterfly holds a spiritual significance: almost universally all over our Earth, early peoples believed that butterflies were a sacred symbol of the human soul and a messenger from the spirits to us.

United With You In Making A Difference

Every fall many businesses and the community in general are actively involved in the annual United Way Campaign. We would like to remind our families and supporters, that all donations to United Way can be designated to a charity of your choice.

We are asking that when you make your decision, that you consider the needs of the residents of St. Michael's and perhaps designate your gift to our St. Michael's Extended Care Centre Society. All donations and fundraising goes to provide for equipment, physio and recreation needs which are otherwise not funded.

With your support we can provide the best care and living environment for our seniors!

Energetic Summer Students At St. Michael's



Summer students sharing and celebrating the Olympic spirit at St. Michael's

Fourteen students from various fields of study were employed at St. Michael's this summer. They were employed until the end of August after which they returned to or started their studies at University or College. Six students have previously worked as a summer student for St. Michael's with eight students being new to the role of summer employment with us. For two of the students this is their first summer job. The students have been actively involved in their day to day tasks and responsibilities, and interacting with residents and fellow co-workers. These students are very hard working and some may be working in a career that matches their studies while others are in position which is new to them. The enthusiasm, professionalism, and willingness to give their best to fulfill the tasks they have been asked to do has been gratifying. With the summer Olympics happening the students formed a committee and made their own summer student Olympics were the performed feats and games for residents, family members, volunteers and employees. It was spectacular, energizing and a lot of fun! We wish back in 2017. What a pleasure it has been to have

the students continued success in their studies and hope to see some of them their energy here at St. Michael's!

Dedicated ATCO Gas Volunteers

Since 2007, dedicated and enthusiastic volunteers from ATCO Gas have donated their time to beautify the grounds at St. Michael's Long Term Care Centre and Millennium Pavilion Senior's Lodge.

And once again on May 25, 2016 ATCO employees volunteered to help with spring gardening. They dug up soil in the garden; cleaned the shrubs, weeded the planters, planted flowers, swept, and generally spruced up the outside of the buildings. As always, their efforts have given everyone - residents, families and staff - so much pleasure.

It was a wonderful start to the summer, for people to sit and enjoy the work that ATCO volunteers have done. Our summer barbeques and activities that are held in the courtyard would not be as enjoyable without the lovely atmosphere that our ATCO friends have created. This year we celebrated the 10th anniversary of their volunteer commitment to our facility. You can tell that these amazing volunteers are the best representatives ATCO can give to the community.



ATCO receiving recognition for 10 years of volunteering at St. Michael's!

Culture, Food, Music And More



Some of the intricate and colourful ethnic dress at this year's event

The St. Michael's family gathered on Monday, June 27, 2016 to celebrate Cultural Days together. In attendance were residents and families, employees, summer students, volunteers, Norquest and Robertson College Students, as well as, Provincial and Federal Government representatives. Everyone had the opportunity to taste various cuisines and enjoy entertainment from around the world. Employees also brought items from their home country to display for all to enjoy. At St. Michael's we are very proud to call ourselves a multicultural family.

Growing Faith With Loving Care

Since April we have celebrated Orthodox Easter, gathered at the annual Bishop's breakfast, and participated in countless worship services. We were also blessed to have a children's choir sing during a Ukrainian Liturgy! From spring and Easter we slipped into summer - a time for growth and sunny activities. On numerous occasions I had the privilege of spending time outside with residents enjoying the beauty and fresh air. It is amazing to watch the change in their spirit; joy, smiles, stories, engaging interactions, and a sense of peace and wellbeing all created by taking time to connect in an environment they obviously love. The book of Joel shares these words of prophesy, "...I will pour out my Spirit on all people. Your sons and daughters will prophesy and your old men (and women) will dream dreams..." We are never too old to grow in our faith, to make a difference in other people's lives, never too old to dream dreams! Sometimes all that is necessary is a little sunshine and a touch of extra loving care. May the Lord bless you and all our St. Michael's community!

Pastor Milton



FRIDAY, NOVEMBER 4th, 2016

Our Blue Angel Dinner is quickly approaching. This is our largest annual fundraising event and we're hoping you will join us.

Celebration!

BLUE ANGEL DINNER 10th ANNIVERSARY

For tickets, sponsorship opportunities and auction information, please email dluicw@smhg.ca or call 780-472-4791

smhg.ca/BlueAngelDinner

Dementia Education & Support Group

If you have questions about dementia, consider joining our fall support group session starting September 14, 2016.

Meeting every week for 6 weeks until October 19, you will learn about the different types of Dementia, what to expect as the dementia progresses, how to communicate with someone who may have changes in behavior and meet others with similar situations.

For more information, please contact Patricia at 780-472-4535 or pgartner@smhg.ca

Heritage Hall

Hall Rental and Catering Services for:

- Wedding Celebrations
- Anniversary Parties
- Memorial Luncheons
- Funeral Gatherings
- Business meetings
- Christmas Events

780-472-4508

[@HeritageHallYeg](http://smhg.ca/HeritageHall)