



VEGREVILLE MANOR
5913 - 49 Street, Vegreville

Highlights

Vegreville Manor residents kept busy this summer and fall by tending to flower planters, gardening and harvesting the vegetables in their garden. Residents were able to enjoy meals from their freshly grown vegetables. They made meals with peas and tomatoes as they were picked. Residents also made jam, dill pickles, beet leaf rolls and perogies.

Vegreville Manor was fortunate to welcome many performers this fall with their entertainment. Pub night with our volunteers Dwayne and Marge was a big hit and residents look forward to this each month. Many activities and events were planned with assistance from our summer student. Ice cream socials were very popular and will continue next year. The residents also started up their own sing-a-long group this fall.



Anne, Annie and Olive made beet leaf rolls

Upcoming Events

- December 16** - Christmas light tour
- December 31** - New Year's Eve social, games and time capsule
- January 6** - Ukrainian Christmas Eve supper
- January 22** - Hawaiian Luau day
- February 12** - Valentine's Day celebration
- February 22** - FCSS presentation on anti-bullying
- February 24** - Staff and residents to wear pink
- March 14** - FCSS income tax information session
- March 24** - Easter bake sale
- March 26** - Blessing of baskets
- April** - St. Martin's school visit

Outings and Past Events

- December 9** - Resident and staff Christmas luncheon with Executive Team
- November 28** - Resident & Family Christmas Social
- November 21** - A resident's 73rd Wedding Anniversary social
- October 29** - Pumpkin carving
- October 19** - Onsite mobile voting poll
- September 29** - Harvest luncheon with Mayor Myron Hayduk



GROVE MANOR
600 King Street, Spruce Grove

Highlights

Residents were invited to Millennium Pavilion Seniors' Lodge annual Halloween party where they got to socialize, play games, enjoy Halloween treats and take part in a Halloween inspired photo booth.

A veteran's service was held at Grove Manor to honor our veterans whom we thank for their service and sacrifices. The residents and guests had a wonderful time.

Upcoming Events

- December 16** - Christmas light tour
- December 17** - Resident Christmas party!
- January** - Hawaiian day
- February 12** - Valentine's Day celebration
- March 17** - St. Patrick's Day party
- April** - Easter egg hunt

Outings and Past Events

- December 10** - Bell choir
- November 10** - Veteran's service
- October 29** - Halloween party with Millennium Pavilion Seniors' Lodge residents



Highlights

Summer came and went far too fast, but we had many activities that kept the residents busy! We welcomed a summer student and went on many outings including: a picnic at Hawrelak Park, a tour at Devonian Gardens, a meal and ride on Edmonton Queen Riverboat and two family and friends barbecues!

Now we have settled into fall and are getting ready for winter. Lots of fun Christmas activities to come including karaoke and a trip through Candy Cane Lane. Flooring replacement continues in the Pavilion.

Upcoming Events

- December 15** - North Edmonton Seniors Association luncheon
- December 18** - Family/Resident Christmas party
- December 31** - New Year's Eve party
- February 12** - North Edmonton Seniors Association Valentine's Day tea



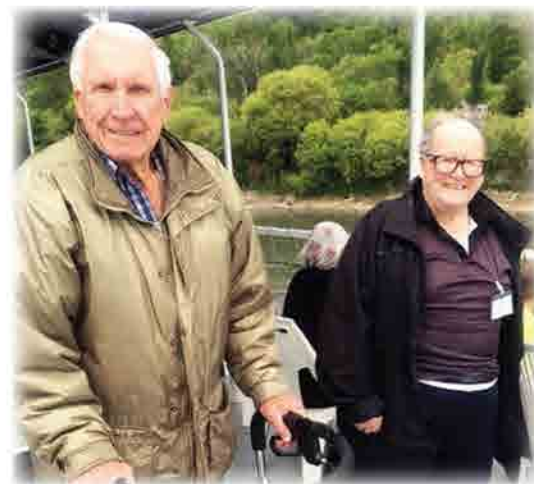
Residents had a spooktacular time when they visited Millennium Pavilion

MILLENNIUM PAVILION SENIORS LODGE

7408 - 139 Avenue, Edmonton

Outings and Past Events

- December 2** - Christmas decorating
- November 19** - Britz Duo
- October 31** - Haunted Halloween party
- October 14** - Oktoberfest party
- September 11** - Ice cream social



Residents on the Edmonton Queen Riverboat



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

Highlights



Residents visited Prairie Gardens and embraced the colorful fall surroundings

St. Michael's recently welcomed Miranda Brophy as the new Recreation Therapy Manager and Georgina Panting as a Recreation Therapy Attendant.

Residents took part in fall activities in the community which included: a trip to Prairie Gardens, Farm Fair International and Heritage Ranch Rodeo at Northlands, Festival of the Trees at the Shaw Conference Centre and a stroll through Greenland Garden Centre. Recently, our recreation department acquired 4 new iPads. These will be utilized by the residents for various therapies.

Upcoming Events

- December 22** - Christmas bake sale
- December 24** - Christmas Eve breakfast
- December 31** - New Year's Eve party
- January 11** - Verkhovyna Ukrainian choir
- January 14** - Rai and Randy entertainment
- January 21** - Dwayne Cannon entertainment

- February 18** - The Casuals entertainment
- February 24** - Veeteretz Ukrainian Dance Group
- March 17** - Awesome Twosome entertainment
- April 21** - Harmony Kings entertainment

Outings and Past Events

- December 12** - Girl Guides of Canada choir
- December 10** - 2nd Floor Family/Resident Christmas party
- December 9** - 1st Floor Family/Resident Christmas party
- December 8** - Greenland Garden Centre
- December 3** - Edmonton Police Association band
- November 26** - Festival of the Trees
- November 12** - Farm Fair International Heritage Ranch Rodeo
- November 5** - Remembrance Day service
- October 26** - Prairie Gardens

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



WINTER 2015 ISSUE

New Elevator!

CARING AND SHARING

News Achievements Products Programs Plans



In This Issue

Seniors & Technology
Angel Walk 2016
Survey Results

...and more



PYROHY

(2 doz per bag)

Potato & Cheddar, Potato & Onion, Potato & Cottage Cheese, Potato and Cheddar Cheese & Bacon \$9.20

Straight Cottage Cheese and Cottage Cheese & Dill \$11.50

Pizza \$11.50

Sauerkraut (19 per bag) \$11.50

Cheddar & Kobasa, Blueberry and Cherry* \$13.00

CABBAGE ROLLS & OTHER ITEMS

(2 doz per bag)

Rice & Onion \$14.25
Rice & Bacon \$14.25

Rice & Ground Beef (19 rolls per pkg) \$14.25

Mini Cabbage Rolls Rice & Bacon \$10.00

Mini Roaster Pan* \$44.50

Nalysnyky (1 dozen) \$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](#)

*Items not always available.

New Age Seniors



Resident engaged in interactive iPad game!

The technological revolution is not just for kids! It is for their parents and even grandparents. The recreation therapy department at St. Michael's Long Term Care Centre recently received a generous donation from the Friends of St. Michael's Society of Edmonton to purchase 4 iPads, LCD projector with screen, headphones, and speakers.

Residents can now access the world around them using a handful of iPads. With hundreds of thousands of applications to download, it is opening the eyes and the minds of older people who might think that technology has passed them by.

Residents can be sometimes passive and uninvolved. The iPads reanimate them. Recreation Therapy staff will be using the iPads on a one-to-one basis, and in large and small groups. Programs will be individualized based on interests. Some applications include ways to maintain cognitive functions by adding interactivity as well. We have been using the iPads to enhance our existing programs (movie nights, reminiscing, crafts, trivia, news and views, and music programs). With an internet connection, we can pull up new content based on what the resident or what the group may recall. The sessions become more personal to the residents, relating to their own past experiences and memories.

Prior to introducing the iPads we had a few residents with difficulties engaging in recreation therapy programs. But now they have started to engage in activities. iPads have actually proven to help with cognitive skills, mobility and communication for those who suffer from dementia and Alzheimer's disease.

St. Michael's Feast Day Celebrations

It is always good to remember what makes St. Michael's a home for many, many people. St. Michael's cares for and protects those who need protecting and looking after. Angels, at one time, were sent to protect us. St. Michael the Archangel, Patron of St. Michael's, was chosen as the Angel to protect our residents in this facility.

Thus, every November, on the Feast Day of St. Michael the Archangel, we at St. Michael's gather to celebrate this day with a liturgy. This year we gathered in our chapel on November 14th to celebrate this day with clergy, residents, staff, volunteers, family members and community organizations. Following the liturgy, a lunch was shared by all. A second liturgy (Ukrainian Orthodox) was celebrated on November 19th.

HQCA Family Experience Survey

In October 2015, the Health Quality Council of Alberta (HQCA) released a Long-Term Care Family Experience Report. Results are reported by each facility, Alberta Health Services zones and provincially. St. Michael's response rate was 61% with respondents providing an overall care rating for St. Michael's within the top 20% of facilities in the Edmonton area. St. Michael's was rated above the mean rates reported for the Edmonton region and the rest of the Province in the dimensions of providing information and encouraging family involvement, meeting basic needs and staffing, care of belongings, and our internal environment. Families suggested areas that could be strengthened included: always interacting with kindness and respect, increasing opportunities for family to participate in the planning of resident care and review of medications, and shortening time periods for responding to concerns.

Blue Angel Dinner



Stan Fisher, Janice Sarich and Gene Zwodzdesky

On Friday November 6, 2015 we held our 9th Annual Blue Angel Dinner. Emceed by Jackie Rae Greening and Seanna Collins, the evening was filled with laughter and fun. We were pleased to have former MLA and Speaker of the House, Gene Zwodzdesky as our auctioneer and, with his help, had a very successful live auction! In the end, over \$130,000 (net) was raised at the event this year and these funds will help improve the lives of all St. Michael's residents now and in the future.

Thank you to all our generous sponsors, donors, guests and volunteers for making the evening so successful! Mark your calendars for **Friday, November 4, 2016** for our 10th Annual Blue Angel Dinner! Photos from this year's dinner can be viewed at [smhg.ca](#) and also on our Facebook page.

NorQuest Volunteer Spirit



NorQuest Student Volunteers

On Friday, November 20, 2015 we were fortunate to have volunteers from the LINC volunteer program at NorQuest College, Westmount Campus, help us with setting up Christmas trees and decorations throughout the Long Term Care Centre and Millennium Pavilion Senior's Lodge. What a wonderful way to bring the Christmas spirit to the residents' home. These amazing young students are excellent community-minded representatives of NorQuest College.

Photo Diary



Recreation staff playing musical instrument for a resident



Grove Manor resident having fun in the park on a big swing!



Day Support clients visited museum

Like what you see? Visit [www.smhg.ca](#) for more photos

LTCC Family Satisfaction Survey

Thank you to all the families that provided feedback to the survey conducted in April - May of this year. The response rate was 48% which is appreciated! Over 90% of respondents rated quality of care and services as good or excellent and stated they would recommend St. Michael's to others. More than 80% of family responses to 27 of the 37 indicator statements agreed or strongly agreed with the statement. Feedback regarding the other 10 indicators as well as Family suggestions for improvement are being shared with staff and physicians to develop plans to improve outcomes in future. Family members who are interested in participating in improvement initiatives are encouraged to contact: Rita Wright, Director of Resident Care Services at rwright@smhg.ca or call 780.472.4503

OT Tweezers & Beans

The Occupational Therapists and Therapeutic Assistants hosted an OT Month event on Oct 30. Staff, residents, volunteers and families were invited to challenge themselves in OT skills and knowledge to win a prize. Participants enjoyed timed fine motor exercises such as "tricky fingers" and "tweezers and beans", sequencing a task, identifying problems with a wheelchair and "guess what's in the box" where they reached into boxes to identify items using touch only. Along with the rest of the Therapeutics Team, the OT's work to enable participation and maintain or improve independence of our residents and clients in order to enhance their quality of life.

New Elevator Almost Complete

In 2013, St. Michael's embarked on a campaign to raise funds for a new elevator for our Long Term Care Centre. We reached out to our donors, families and community to help us build a new elevator in the southwest part of the facility. The new elevator would accommodate residents and wheelchairs and was to be conveniently located in the Heritage Hall - a space that is most commonly used for activities, concerts, birthday parties and more.

We are very happy to report that this project is now almost complete! At the time of printing this newsletter, the construction of the new elevator was in its final stages with completion targeted for late December!

What a difference this new elevator will make in enhancing the lives of our residents by making it easier to get them to activities and event that we so often have in our Heritage Hall. Thank you to all our donors and particularly to our principle funders, Dennis and Laurie Mozak, Gayle Holtz (Northern Weldarc Ltd.) and to the Alberta Government CFEF program for making this project a reality!



New elevator exterior entrance

St. Michael's Angel Walk



Fun, Prizes & Entertainment

An **indoor 3K walk** to enhance the lives of seniors in long-term care and supportive communities!

Saturday, February 6, 2016

West Edmonton Mall (NewCap Radio Stage)

Registration begins at 8:00 am
Walk starts at 9:00 am

Register online to win a prize at [smhg.ca/AngelWalk.aspx](#)
For more information, call 780-472-4507 or email angelwalk@smhg.ca

\$50 in PLEDGES earns you a FREE T-SHIRT!