

February 2017



The Friends of St. Michael's Society of Edmonton has had another very productive year raising funds to help purchase much needed equipment and support special programs and services. In this past year, our group has worked 68 Bingo events at 3 bingo halls. We continue to be asked to pick up bingo's when another group cancels because the hall managers know they can rely on our volunteers. And we know we can put those funds to good use. Our Executive meets monthly to make decisions about funding, about how we can promote and assist the mission of St. Michael's Health Group and how we can make a difference in the lives of the residents who call St. Michael's home.

Listed below are some of the items we were able to purchase this past year with the funds that we raised:

- Supplies and materials for Occupational and Physical Therapy
- A specialized DUET bicycle where residents can be taken on bike rides, regardless of their mobility level
- Shower Commodes
- Lifts and Slings to transfer residents from their bed as needed
- Blood pressure monitors
- Medicine Lock boxes
- Recreation supplies and social activities for all 4 St. Michael's sites
- Recreation supplies for the Day Support program
- ROHO mattresses and covers
- Ceiling lifts
- Indoor and outdoor chairs for Grove Manor
- Courtyard swings for Grove Manor
- Sewing machine and accessories for resident activity
- Television for the recreation room at Vegreville Manor
- LCD projector and iPad for specialized mental stimulation activities for Residents
- DVD players and CD's for resident enjoyment
- A variety of therapy recreation and sensory stimulation items
- We also made a **\$50,000** donation to St. Michael's Extended Care Centre Society to help with ongoing care needs

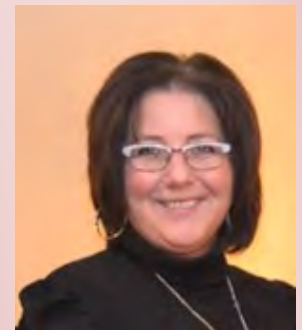
Thank you for all that you do!

Della Kostyshen
FOSMSOE Secretary-Treasurer



Welcome to
our new
FOSMSOE
Director!

Cindy Guenther



Welcome to our
new FOSMSOE
Volunteers –
and thank you!

Myrna Baird
Lorraine Beattie
Joan Brown
Joyce Buchanan
Phyllis McKenna
Helen Michaels
Evelyn Suik



Love in Action!

With Family Day weekend and Valentine's Day all in one week, February is definitely love month! Although Hallmark may have just the right card to give to your loved ones, the apostle John tells us that our love should not be just words and talk, but must be true

love, which shows itself in action; it is demonstrated by a warm smile, and when we honor one another by placing their needs above our own. Our volunteers put love in action every day when they give of their time and show our residents that they matter, that they are precious, worthwhile and deeply cared for. Chocolates are nice and flowers can brighten up a room and yet somehow cannot compare to the gift of a friendly visit to resident who is lonely, or taking time to feed lunch to someone who needs your help. These actions can restore the spirit and enrich the lives of both the giver and the receiver. May God richly bless our volunteers and everyone on staff who dedicate their lives to serving those entrusted to our care.

Pastor Milton Liska, Pastoral Care Coordinator



We wish a very
Happy Birthday
to the following volunteers!

Shirley Marchuk (February 3)
Larry Proehl (February 7)
Cody Davidson (February 7)
Arlene Pasin (February 9)
Theresa Amuzu (February 10)
Della Kostyshen (February 14)
Zorianna Kohut (February 15)

Volunteers needed at St. Michael's Long Term Care Centre.

- ❖ St. Michael's Health Group is in urgent need of a **volunteer bus driver** to assist with taking our residents for outings in Edmonton area, Spruce Grove and Vegreville. If you have previous driving experience (school bus, truck, public transportation vehicle) and still have a Class 4 or Class 1 license and would like to do some volunteering while maintaining your driving credentials, we would like to hear from you!
- ❖ St. Michael's Health Group is currently seeking volunteers who can help on weekends to support our **Pastoral Care Program** which provides Sunday's church services every week from 1:30 pm – 3:00 pm. Volunteers would be assisting residents to and from on-site church services. If you're looking for a volunteer opportunity and wish to support the spiritual care of our residents, we have just the spot for you.
- ❖ We also welcome volunteers to assist **in Food Services** on Saturdays and Sundays between 9:00 am to 2:00 pm or weekdays from 6:00 pm to 7:30 pm

Benefits of Volunteering

1. Teaches new skills
2. Helps you to stay active
3. Fills empty spaces on your resume
4. Can lead to work
5. Can be therapeutic
6. Can help improve social skills
7. Can be relevant work experience
8. Can teach you what really matters
9. Helps make new friends
10. Helps you to expand your network
11. Helps you grow

So if you've considered volunteering, what are you waiting for?