



### VEGREVILLE MANOR

5913 - 49 Street, Vegreville

*Like us:* fb.me/VegrevilleManor

#### Highlights

What an interesting summer at Vegreville Manor! We had a lot of trouble trying to get outside this summer but the residents didn't mind and hours were filled with fun and excitement. In between the rain we did manage to plant our garden and flowers. Many residents took great pride in tending to the plants and we will enjoy the fruits of our labour later in September during our Harvest meal.

Residents hosted events such as our Father's Day Luncheon and Cultural Day. The cooks prepared special meals for all events and everyone enjoyed trying out some new flavourful foods. This was a fantastic way to liven the taste buds with savory cuisines.

Rain or shine, during the afternoon we had our ice cream socials! These socials kept us all laughing and enjoying the day no matter what. Many residents commented on how the ice cream floats brought back childhood memories. We decided to do this to stay positive and active despite all the rainy weather.

Shopping, shopping and more shopping! Between leaving the manor to explore shops in Sherwood Park and having vendors come to us with their clothing and shoes, residents purchased plenty of new items. Walking out with new garments and shoes on, each resident had a renewed glow to them. Just like the old days when you got new clothes for school and couldn't wait to show them to your friends.

#### Upcoming Events

**October 17** - Personal Touch Fashions  
**October 22** - Country Drive  
**October 31** - Halloween Social  
**November 6** - International Tongue Twister Social  
**November 8** - Remembrance Day Service  
**November 24** - Family Christmas Social  
**December 17** - Boston Tea Party  
**December 31** - New Year's Social

#### Past Events

**September 30** - Harvest Drive  
**September 20** - Harvest Lunch with Entertainment  
**September 6** - Grandparent's Lunch  
**August 15** - Personal Touch Fashions Vendor  
**July 10** - Sweet Sole Shoes Vendor  
**June 27** - Cultural Day  
**June 14** - Father's Day Lunch



### GROVE MANOR

600 King Street, Spruce Grove

*Like us:* fb.me/GroveManor1

#### Highlights

Summer is such a lovely time to enjoy the outdoors and this summer our residents have been doing just that... going on picnics, to special events in the community, enjoying BBQ's and staying active with afternoon walks. Even with a rainy summer season we were very fortunate that we had nice weather for most of our outings.

We participated at the Seniors Strawberry Tea in Spruce Grove celebrating Senior's Week in June. Residents celebrated Canada Day in full Canada swag with a fun-filled party and shared their memories and pride in our great land. Later that month we had a day trip to Peaceful Valley which included a BBQ lunch, beautiful scenery and trail rides on golf carts through the trails. We went to Lake Wabamun for a picnic lunch in July and had a first ever weiner roast which everyone enjoyed.

In August we went for a picnic at the Devon Campground. We spent the day going for a walk down by the river, sun-bathing and we played a few games of lawn darts. Many commented on how much they enjoyed this particular outing as a whole - the food and experience during the warm sunny day felt like summer to us all!

Summer came to a conclusion for us when we attended the community event for senior's at the Pioneer Museum in Stony Plain called "Picnic In The Past". Residents made many comments about how happy they were participating in all the events this summer.

#### Upcoming Events

**October 8** - Telus World of Science IMAX Movie Theatre  
**October 11** - Thanksgiving Tea Social  
**October 24** - Morinville Minstrels Choir Performance  
**November 5** - River Cree Casino Lunch  
**November 8** - Remembrance Day Service  
**December 3** - "The Lion King Jr." Musical at Horizon Stage  
**December 6** - Rotary Festival of Carols in Stony Plain  
**December 12** - Resident & Family Christmas Party  
**December 16** - Christmas Light Tour  
**December 31** - New Year's Afternoon Party  
**January 6** - Telus World of Science IMAX Movie Theatre

#### Past Events

**September 23** - Airport Mall Outlet Mall Shopping  
**September 21** - Men Of Faith Musical Performance  
**August 29** - "Picnic In The Past" Stony Plain Pioneer Museum  
**August 22** - Resident, Family & Guests BBQ  
**August 20** - Devon Campground Picnic  
**July 9** - Lake Wabamun Provincial Park Picnic  
**June 29** - Canada Day Party  
**June 28** - Peaceful Valley Day Trip & BBQ



*Residents sporting their Canadian swag to celebrate our great nation*



### ST. MICHAEL'S LONG TERM CARE CENTRE

7404 - 139 Avenue, Edmonton

*Like us:* fb.me/www.smhg.ca

#### Highlights

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. This summer we went to Elk Island Park and Jurassic Forest for the first time, we had such a great time we will be returning next summer. Some of residents that went haven't been to Elk Island National Park in years and expressed how



*Resident enjoying a wonderful recreational outing at the Zoo*

great it was to go back there again. This outing was a suggestion by a member of the resident council and they were so happy when they saw it on the monthly calendar.

We had two very successful Resident & Family BBQ's in July and August this year with a huge turnout, accompanied by Larry Begoray on the accordion and Jukebox Leigh. The food was delicious and everyone that attended had a fantastic time.

We celebrated two centenarians this summer, who turned 100 and 102 and celebrated with live entertainment and a visit by the local MLA Chris Neilson who brought cake. What a summer it has been!

**December 27** - New Year's Party with Entertainment provided by Sean

#### Past Events

**September 11** - Prairie Gardens  
**August 29** - Wanistay Ranch Petting Zoo  
**August 14** - Jurassic Forest  
**August 2** - Lottie's 100th Birthday  
**July 17** - Elk Island Park Picnic  
**June 26** - Edmonton Valley Zoo  
**May 30** - Yvette's 102nd Birthday



### MILLENNIUM PAVILION SENIORS' LODGE

7408 - 139 Avenue, Edmonton

*Like us:* fb.me/MillenniumPavilionSeniorsLodge

#### Highlights

We have been busy at Millennium Pavilion this summer, and although we have not had much sunshine, we have been enjoying the great outdoors nonetheless.

We have taken a trip across the High Level Bridge via Edmonton's Radial Railway, and traversed the expansive University of Alberta Botanic Gardens. We were immersed in history while visiting the Ukrainian Village and met (and fell in love with) some wild animals at the Edmonton Valley Zoo.

The great outdoors have been enjoyable here at home, too! The flowers in the courtyard have been astonishingly beautiful this year, and have made for a lovely setting to pull out the paints and brushes, and also to enjoy some ice cream and games. We held our annual Tomato Plant and Hotdog Sale here in the courtyard, and it was a great success!

At our annual Resident & Family BBQ we listened to Hawaiian music, and enjoyed a performance by the Pacific Island Dance Troupe. We also held a resident best-dressed contest, where everyone got a chance to show off their Hawaiian attire. The residents of Millennium Pavilion are a stylish bunch, making for a close call. It was a fun evening full of laughs, family and friends.



*Residents excited and ready to take a ride on Edmonton's Radial Railway*

#### Upcoming Events

**October 8** - Oktoberfest  
**October 16** - Country Drive  
**October 31** - Halloween Party  
**November 15** - Visit Grove Manor  
**December 6** - Resident & Family Christmas Party  
**December 31** - New Year's Party  
**January 15** - Bowling

#### Past Events

**September 13** - Tea Party  
**August 13** - Edmonton Valley Zoo  
**July 23** - Ukrainian Village  
**July 11** - Resident & Family BBQ  
**June 25** - Botanic Garden Picnic  
**June 18** - Painting En Plein Air  
**June 14** - Father's Day Social



St. Michael's  
HEALTH GROUP

# CARING AND SHARING

Fall 2019 Issue

NEW Board Chair Appointment!

## In This Issue...

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*Cover photo: LTCC resident on an outing enjoying the scenic park and seasonal wildlife*





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### PYROHY

Potato & Cheddar Cheese Potato & Onion	\$7.50
Potato & Cottage Cheese Potato, Cheddar Cheese & Bacon	\$8.00
Potato & Sauerkraut	\$9.60
Plain Cottage Cheese Cottage Cheese & Dill	\$9.50
Sauerkraut	\$12.00
Blueberry*	\$13.00

### BORSHCH

\$10.00

### CABBAGE ROLLS

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

### NALYSNYKY

\$10.90

### PERISHKY

\$13.00

All proceeds benefit the services and programs of St. Michael's Health Group. These products are available for pick up at 7404 - 139 Avenue, Edmonton, AB

\*Items not always available.



## Message From Our President & CEO



Welcome to our fall edition of Caring and Sharing. In the last few months we have seen considerable change, had some new developments and dealt with some unforeseen challenges.

In April, our province welcomed a new Provincial government. Our organization has been involved with various industry associations to ensure the needs of our residents and those we serve continue to have a strong voice. On August 28th, we welcomed the Honourable Tyler Shandro, Minister of Health to our Edmonton facility to showcase the unique programs and services we offer at St. Michael's.

It was also extremely rewarding to see our new outdoor patio completed. This addition to our facility will offer our residents, volunteers, staff and the community an opportunity to spend quality time outside with family and friends. I'm also proud to say this project was funded in its entirety through contributions from our fundraising efforts. I can't thank our many donors enough for making this a reality for our residents. You truly are making a difference for those that call St. Michael's home!

In July, we were also faced with a disruption following a major flood in our basement. Over 50% of our basement was damaged including Heritage Hall, the Family Health Centre, Day Support area and our administrative areas. Thankfully, all residents are safe and we've been able to minimize the impact to our programs and services. Our clean-up and repair efforts will take months to complete but we will be fully operational again in early 2020.

I wish everyone well in the fall and look forward to sharing some highlights in our next edition.

*John Kopeck, President & CEO*

## SMHG Announces New Board Chair



**Mr. Ed Hladunewich**

After 15 years as Chair of the Board of Directors of St. Michael's Health Group, Mr. Ed Hladunewich retired from this important volunteer position as of August 31, 2019. A strong and dedicated leader of the organization through many changes, restructuring and growth, Ed oversaw several standing committees of the Board as well as the strategic direction and budgeting process for the organization.

Mr. Hladunewich is passing the torch to Mel Snihurowych, a member of the Board of St. Michael's for over 25 years. No stranger to the field of health and medicine, Mel is currently the Chief Administrative Officer for Synergy



**Mr. Mel Snihurowych**

Medical Clinic where he is responsible for the management of the organization, supervision of 42 staff members, and provides support to 37 physicians among many other duties. As he reflects on his new role effective September 1, 2019 Mr. Snihurowych thanked Ed Hladunewich and expressed his vision for the organization.

*"I realize Ed set a high standard for leadership and direction of this important organization. I look forward to working with our Board and management team at St. Michael's to continue achieving excellence in care while seeking out new and innovative opportunities for growth."*

## St. Michael's Health Group Welcomes Special Guests!



**L-R: Heather Hicks, Daria Luciw, John Kopeck, Dean Lussier, Susan Taylor and Rita Wright**

From time to time St. Michael's has the pleasure of welcoming special guests, giving us the opportunity to give a tour of our Edmonton site and share with them the caring and innovative work done by our organization. Over the summer months, we had 3 very important visits from officials of the federal and provincial governments.

In June, MP Kerry Diotte joined our staff, residents and families as we celebrated



**Kerry Diotte and John Kopeck enjoying our annual Cultural Day event**

our annual Culture Day event. Recognizing the diversity at St. Michael's, Mr. Diotte and many others enjoy attending every year!

Appointed last fall as Deputy Minister of Seniors and Housing, in July Susan Taylor along with Dean Lussier, Executive Director of Housing Operations joined members of our Executive Team for a tour and lunch meeting.

Most recently, we were pleased to



**L-R: Mel Snihurowych, Daria Luciw, Tyler Shandro, John Kopeck and Rita Wright**

welcome the new Minister of Health, Tyler Shandro, for a tour and discussion about our history, programs, services and challenges, as he takes on his new and busy portfolio.

We are always honoured to have the opportunity to host visitors and show them the work done by many dedicated staff members and volunteers, confirming why so many families identify St. Michael's as their first choice for their loved ones!

## When They Were Young - Upcoming Fundraising Event!

Sock hops, sideburns and soda fountains! Do you remember how you spent a fun night out when you were in your 20's? Our seniors do! *When They Were Young* for our residents was the beginning of the baby-boom era. A night out meant music by the Andrew Sisters and Nat King Cole, circle skirts and narrow trousers, and a glimmer of what became rock and roll.

**Join Us November 1, 2019**

...as we gather to raise funds for changes to our facility in support of dementia care. This hip event is a perfect night to wear your best threads while enjoying a reception, dinner, 1950's entertainment and a silent auction with items to spark everyone's interest. The Chateau Lacombe Ballroom is the setting for a fab night.

## Ticket Information

**Tickets \$150 each and Reserved Tables of 8 Available.** For tickets, sponsorship opportunities and auction information, please contact **Daria Luciw** at [dluciw@smhg.ca](mailto:dluciw@smhg.ca) or call **780-472-4791**

**You Can Make a Difference in The Quality of Life of Seniors!**

#WhenTheyWereYoung  
[smhg.ca/when-they-were-young-2019](http://smhg.ca/when-they-were-young-2019)

## His Love Brightens Everyones Life

My Dad is turning 95 this fall. He loves life and brightens the day for everyone he meets with his warm smile and kind words and yet he often asks me, "Milton why do you think the good Lord is keeping me here so long?" We all have an inherent need to know that our life matters, that we have a purpose, that we are making a difference. St. Michael's has binders full of policies and procedures that help us ensure that we are giving the best care to our residents, but how often do we take the time to think of all the ways that our residents take care of us, impact our lives, make a difference in our day? Loving and caring is not only reciprocal but essential to our well-being.

The past few months we have introduced a couple new ways to acknowledge how we have been blessed by our residents. We have created a Memorial Station in the Four Seasons lobby to remember and even record ways in which a resident who has passed away has impacted our lives. We are also introducing an Honor Procession to say good bye and to pay respect to a resident who is leaving St. Michael's for the last time; to let them know that they will live on in our hearts and will be remembered. But why wait? Why not be intentional about expressing to our residents ways in which they have been a blessing to us now? Letting them know that they are making a difference in your life will benefit their spirit more than you can imagine. That is why I always tell my Dad, that I love him and that God knows how precious he is in the lives of everyone around him and then I remind him of all the ways he is making a difference in my life. Go and do likewise.

*Pastor Milton, Pastoral Care Coordinator*

## RBC Employees Volunteer at SMHG

August 1 a group from Royal Bank of Canada visited and volunteered at our Long Term Care Centre. They worked hard cleaning our St. Michael's bus that we use for resident outings and other adventures. Some of the RBC volunteers also helped do cleaning on the 2nd floor of our site. All this scrubbing and wiping helps with infection prevention and control for our residents. This ultimately results in better quality of life for all who share the bus and living areas.

All of us at St. Michael's would like to extend a heartfelt "thank you" to RBC employees for giving of your time and caring for the well-being of our residents. Our bus has been cleaned and is ready for more resident outings! Let's go!



**Royal Bank of Canada volunteers helping us clean up**



**#RBCMyCommunity**

## Your Support Makes a Difference to our Residents



Your donation or monthly gift will bridge the gap between what we receive funding for and the needs of our residents. It also helps us be the best at what we do.

Thank you to all of our donors who continue to support St. Michael's! Our work to provide the best quality of life possible for St. Michael's residents can only happen because of donors like you.

### Thank You!

### DONOR:

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☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50  
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Tax receipts will be issued for donations over \$20. Donations can also be made online: <https://smhg.ca/donate>