



## VEGREVILLE MANOR

5913 - 49 Street, Vegreville

**Like us:** [fb.me/VegrevilleManor](https://www.facebook.com/VegrevilleManor)

### Highlights



*Residents, family and friends shopping and enjoying the Vegreville Manor Easter Bake Sale*

Residents of Vegreville Manor have kept busy over the last few months with a variety of activities and social outings. Local entertainment, crafts and baking are always well attended. Residents enjoyed Dairy Queen treats brought in for our resident lunch club, which also continues to be a hit!

Staff and residents of Vegreville Manor participated in National Pink Shirt Day, and were treated to a presentation on *kindness* from our local Vegreville Family & Community Support Services office.

In March, the residents held an Easter Bake Sale, raffle, and luncheon as a fundraiser for special celebrations and theme days. Residents are looking forward to using the new gazebo and courtyard this summer for events and gatherings, as well as to host our 2nd Annual Vegreville Manor Angel Walk on June 10, 2018.

### Upcoming Events

**June 10** – 2nd Annual Vegreville Manor Angel Walk  
**June 15** – Father's Day Social  
**June 22** – Camrose Bus Trip  
**June 29** – Canada Day Celebration  
**July 6** – Vegreville Pysanka Festival  
**July 13** – Elk Island Bus Trip  
**August 7** – Harmony Music  
**August 9** – Country Fair & Parade  
**August 14** – Elks Park Picnic

### Outings and Past Events

**May 12** – Mother's Day Social  
**April 7** – Basket Blessing – St. Vladimir  
**March 24** – Easter Bake Sale  
**February 28** – Pink Shirt Day  
**February 16** – Chinese New Year  
**February 14** – Valentine's Day Social



## GROVE MANOR

600 King Street, Spruce Grove

**Like us:** [fb.me/GroveManor1](https://www.facebook.com/GroveManor1)

### Highlights



*Grove Manor Women's floor hockey team celebrating their gold win at the 2018 Winter Olympics!*

Grove Manor Residents went on several outings to various destinations, which were enjoyed by all. Residents love going out to the city to participate in activities.

In February two very exciting sporting events occurred between residents and staff/volunteers in honour of the 2018 Winter Olympics. The Grove Manor residents' team triumphed over the staff team in an adapted form of curling (floor shuffleboard). Also, the residents won against the staff/volunteer team, in overtime, in a very active and competitive women's floor hockey game. Gold medals and prizes were given out to the winning team members who wore them with pride. One of the residents even asked for a few pictures as she wanted to send some back home to her relatives in Scotland!

Easter activities were a big hit this year. It was our first Easter Egg Hunt which had eager residents waiting in line to start their search and the residents thoroughly enjoyed themselves. They were enthusiastic and have voted to have one next year. The Hunt was followed by the Annual Bunny Races where residents, staff and volunteers were enthusiastically cheered on. A successful Easter Raffle was also held by the Grove Manor Resident Social Club and the lucky winner was announced at the Easter Tea. Many residents expressed how much they enjoyed the Easter Tea with the help of our dedicated volunteers and off duty Grove Manor staff who volunteered their time.

In April, a Volunteer Appreciation Luncheon was held. It is always such an honor to take time to appreciate our dedicated volunteers. They are truly a wonderful asset to our Grove Manor family.

### Upcoming Events

**June 14** – Father's Day BBQ and Entertainment  
**July 12** – BBQ and Dance Party  
**July 30** – Day Trip to Peaceful Valley  
**August 27** – Picnic at Devon Campground  
**August 30** – Resident and Family BBQ

### Outings and Past Events

**May 15** – River Cree Casino and Lunch  
**May 4** – Vintage Vocals Choir  
**April 10** – Volunteer Appreciation Lunch and Entertainment  
**March 21** – Morinville Minstrels Choir  
**March 16** – St. Patrick's Day Dance Party  
**February 15** – Hawaiian Theme Day



## ST. MICHAEL'S LONG TERM CARE CENTRE

7404 - 139 Avenue, Edmonton

**Like us:** [fb.me/www.smhg.ca](https://www.facebook.com/www.smhg.ca)

### Highlights

Residents have been busy taking part in activities in the community despite all the snow, cold temperatures and lingering winter season. These included: Lunches at Albert's Family Restaurant and McDonalds; shopping trips to Londonderry Mall and Walmart; Telus World of Science IMAX to see *Amazing Adventure* and *Pandas*; Muttart Conservatory; and a visit to Enjoy Centre in St. Albert to get ready for spring. We are all looking forward to some sunshine!

Residents have also filled the months with on site events such as visits from the Verkhovyna & Veeteretz Ukrainian Dance Groups, St. Martin's Catholic Elementary School, Valentine's Day Social & Couples Lunch, St. Patrick's Day Party, Easter Breakfast & Social. We also enjoyed lots of musical acts including: Patrick White, Wes and Wendy, Dwayne Cannon, Old Smoothies, Silver Strings, and Jukebox Leigh.

In February, the residents were able to take part in a presentation from Beaverhill Bird Conservatory in Heritage Hall about "Owls of Alberta". At this hands-on presentation they were all able to learn about owls in our province, as well as meet "Colonel the barred owl".

### Upcoming Events

**June 14** – Entertainment with Wes and Wendy  
**June 21** – Entertainment with Patrick White  
**July 12** – Entertainment with Old Smoothies  
**July 17** – 1st Floor Resident and Family BBQ  
**July 18** – 2nd Floor Resident and Family BBQ  
**July 19** – Entertainment with Dwayne Cannon  
**August 16** – Entertainment with Patrick White  
**August 23** – Entertainment with Shawn  
**August 24** – Antique Car Show and BBQ Lunch  
**August 28** – 1st Floor Resident and Family BBQ  
**August 29** – 2nd Floor Resident and Family BBQ

### Outings and Past Events

**May 17** – Entertainment with Awesome Twosome  
**April 4** – Evelyn's 103rd Birthday Party  
**March 28** – Bonnie Doon Bowling  
**March 21** – St. Martins Catholic Elementary School  
**March 15** – Edmonton Humane Society  
**February 28** – Owls of Alberta  
**February 20** – Meet & Greet with MP Ziad Aboultaif



*Residents had a great visit with Colonel the Barred Owl*



## MILLENNIUM PAVILION SENIORS' LODGE

7408 - 139 Avenue, Edmonton

**Like us:** [fb.me/MillenniumPavilionSeniorsLodge](https://www.facebook.com/MillenniumPavilionSeniorsLodge)

### Highlights

Millennium Pavilion residents have been very busy this winter! They celebrated Valentine's Day by making chocolates and dancing at our Valentine's Day Social.

In February, students from Ann Fitzgerald School returned for their monthly visit. Residents thoroughly enjoy spending time with these students.

Over the past few months residents have ventured out on outings to Ricky's, the Alberta Art Gallery, IHOP, Boston Pizza, Walmart, Dollarama, and Glazing Pots Ceramic Studio. We recently went on our first breakfast outing. Residents loved it and they now have a long list of breakfast restaurants they would like to visit!

Residents celebrated Easter with our annual tradition of making Paska and Pysanky. They truly enjoy participating in these Ukrainian traditions!

### Upcoming Events

**June 8** – Senior's Week Picnic  
**June 15** – Father's Day Ice Cream Social  
**June 29** – Canada Day Bingo  
**July 5** – Resident and Family BBQ  
**August 24** – Antique Car Show  
**September 5** – Shopping at Callingwood Market

### Outings and Past Events

**May 11** – Mother's Day Tea and Spa  
**March 27** – Paska making  
**March 9** – Ann Fitzgerald School Visit  
**February 22** – Art Gallery of Alberta  
**February 14** – Valentine's Day Social



*Residents hard at work making Paska!*



St. Michael's  
HEALTH GROUP

Spring 2018 Issue

New Board  
Appointments!

# CARING AND SHARING



## In This Issue...

Message From Our CEO

First Signs Of Spring

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and more



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



## Message From Our President & CEO



As I approach my one year anniversary as President and CEO of St. Michael's Health Group, it is a great opportunity to reflect on some of our major accomplishments over the past year. In early May, we neared completed of the construction and renovation of the kitchen space in our Edmonton facility. This was a \$2.8 million dollar investment and we will now be able to better serve the dietary and meal needs of our residents.

We also welcomed two new Board Members to our team and I'd like to congratulate Ed Gibbons and Iryna Laschuk on their appointments.

I'm also excited to announce that our Board of Directors has approved our 3-year strategic plan (2018 – 2021). This plan builds on 42 years of success and provides a clear direction on expectations moving forward.

Our overall mission remains the same and we will continue to provide "Care with Love and Dignity" to our residents and those we serve. This was also an opportunity to reinforce our core values and beliefs as a not-for-profit faith-based organization. The words we use to describe our beliefs include: Excellence, Integrity, Community, Accountability and Engagement. These are powerful words that provide us with a solid foundation.

Our key strategic priorities all work to strengthen our ability to offer the highest quality of service and innovative resident centred care. We will accomplish this through a solid communication strategy both internally and externally and look at opportunities to enhance services in the

communities we serve. As we continue to look for new growth opportunities we will also ensure our organization remains financially sustainable.

We will continue to have meaningful and effective stakeholder relations and build partnerships with industry associations as well as the public, private and not-for-profit sectors. Social Enterprise will remain a priority as we will continue to expand and improve our overall business operations. Investing in our staff and volunteers is of utmost importance as they are the strength and backbone of this organization.

This is a very exciting time for St. Michael's and I look forward to working under this plan for the next 3 years. I encourage you to visit our new website at [www.smhg.ca](http://www.smhg.ca) to learn more about our strategic priorities and all of the other programs and services we offer at St. Michael's.

Sincerely,  
*John Kopeck*  
President and CEO

## New Board Appointments



*Iryna Laschuk*



*Ed Gibbons*

St. Michael's Health Group and the St. Michael's Extended Care Centre Society are pleased to announce two new appointments to the Board of Directors. The new directors are Iryna Laschuk and Ed Gibbons, both prominent professionals in our Edmonton community.

**Iryna Laschuk** is a CPA and has successfully established a diverse and rewarding career in business and finance. As a Consultant, Iryna has worked with many clients on major projects. Iryna currently shares her skills and experience working with the Eparchy of Edmonton and volunteers her time with various community organizations.

**Ed Gibbons** is well known for his significant contributions to our city and province as an elected official and community champion. With an expertise in long-term strategic planning, Ed is an effective leader who has been responsible for initiatives in almost every sector of our society.

"I am pleased to welcome Iryna and Ed to our team at St. Michael's" states John Kopeck, President & CEO. "These individuals bring a wealth of experience and expertise in their fields and will be tremendous assets as we continue our work of providing innovative quality resident centred care for seniors."

## Kitchen Expansion - Almost Complete!

If you have visited St. Michael's Long Term Care Centre anytime over the past year, you will have noticed construction taking place on the SE corner of our building as we underwent a significant kitchen expansion. We are excited to say that this nutrition enhancement and kitchen project is now almost complete!

The \$2.8 million project

features a 1600 sq. ft. expansion of our kitchen and food service area, along with much needed storage space and meeting rooms on the lower level. Through this project, our goal was to have the ability to provide enhanced quality meals for seniors in our care in order to better serve increasingly diverse dietary needs.

This project has required a significant commitment from

## Vegreville Manor Angel Walk



**Sign Up Today!**

**Sunday, June 10, 2018**

**Vegreville Manor  
5913 - 49 Street**

**Arrival  
2:30pm**

**Walk Starts  
3:00pm**

**Only \$10 to register!  
Call Emily at 780-632-3540  
or  
email [angelwalk@smhg.ca](mailto:angelwalk@smhg.ca)  
to sign up or for more  
information**

[smhg.ca/angelwalk](http://smhg.ca/angelwalk)

## First Sign Of Spring - Pastoral Care



Pussy Willows, the first sign of spring; the first sign of life after the dead of winter bringing with them the hope of resurrection. As we entered Holy Week this past Easter, vases full of pussy willows were brought into the chapel, blessed and sent out with the many residents who gathered to celebrate Palm Sunday, also known in the Eastern Churches as Willow Sunday. The chapel was then prepared for the Laying of the Holy Shroud, on a special service held on Thursday

before the Easter lilies came out for our Easter celebration of the resurrection of our Lord Jesus Christ.

We are united in our Christian faith by these powerful words, "The Lord is Risen, He is Risen Indeed!" During these weeks we sang traditional hymns of hope and faith that proclaim Jesus' victory over the grave; we gathered for the blessing of the Pascha and baskets for both the Ukrainian Catholic and Ukrainian Orthodox traditions.

We have so much to be thankful for, being surrounded by such rich traditions. I am reminded of the words of the Apostle Paul, "Be joyful always; pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus." We often wonder what we can do for others, especially for those in great need; look no further, PRAY! Everyone can pray; regardless of age, or circumstance we can lift up our brothers and sisters in prayer.

Prayer plays a crucial role in the spiritual care of our residents and staff at St. Michael's. Prayer encourages, strengthens and restores; it connects us to the same power that raised Jesus from the dead.

Take time today to tell someone you are praying for them. If you are in need of prayer let me know, tell a friend; we need one another! We serve a risen Savior, He is an ever present help in times of trouble and would love to hear from you today.

Sincerely,  
*Pastor Milton, Pastoral Care Coordinator*

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 we have to be the best at what we do.

Thank you to all 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! Please return this form with your donation.**

### DONOR:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Postal Code \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

### DONATION:

☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50  
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☐ MasterCard ☐ Other

Credit Card # \_\_\_\_\_  
Expiry Date \_\_\_\_\_  
Signature \_\_\_\_\_

### Cheques payable to:

**St. Michael's Extended Care  
Centre Society**  
7404 - 139 Avenue  
Edmonton, AB T5C 3H7

Tel: 780.473.5621 Fax: 780.472.4506  
Toll Free: 1.800.472.6169  
Email: [smeccs@smhg.ca](mailto:smeccs@smhg.ca)

Registered Charity #108032483RR0001  
All donations are fully tax deductible

## Volunteer Appreciation 2018 - Volunteers Are The Heart Of Our Team!



The 2018 St. Michael's Volunteer Appreciation evening was a wonderful celebration of our dedicated volunteers as staff gathered to say 'thank you' to these amazing people. More than 150 volunteers were able to attend this evening of gratitude where we recognized more than 290 volunteers who dedicated over 30,000 hours this past year! A tasty meal and 'magical' entertainment provided for a fun night off for our valued volunteers. We cannot do what we do without them!



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