



Millennium Pavilion

Adapting to Change

Residents of Millennium Pavilion are an active group. Prior to staying in place during this pandemic, they enjoyed outings such as the Olive Garden Restaurant, a casino, Red Lobster, and even shopping at Walmart. Always ready for a party, we book every occasion possible! Valentine's Day, birthdays, and a St. Patrick's Day pub afternoon were a few socials that helped bring cheer through the final winter months and during our time at home. Residents have been very positive as they adapted to change the last several weeks. With Covid-19 restrictions our parties and pub afternoons have sadly not included live entertainment. As more restrictions were put in place, we changed from large gatherings to smaller group activities. A delightful addition has been the opportunity for residents to use technology to video chat with their families. And now that we can enjoy warmer weather, we are able to go to the courtyard to play outdoor games and soak up those rays. This has been like coming out of hibernation!

With new skills and understanding social media and technology, Residents enjoyed a photo shoot to show families they are doing well, and to thank everyone for doing their part in the fight against Covid-19. Photos were shared with family and friends on social media. This helped assure families their loved one was doing well. Now with scheduled outdoor visits, families have been able to visit in person. This has been a very welcome opportunity to see loved ones, be outside and enjoy social time.

And even though important socializing time has been missed, we know we still have to take small steps and are all looking forward to a safe and healthy summer.

St. Michael's Long Term Care Centre

Making Mother's Day Special

At St. Michael's Long Term Care Centre we know that Mother's Day is an important celebration for both the residents and their family members. With visitation constraints, and poor weather forecasted for Mother's Day, we decided to get creative to help spread the love, colour and joy of Mother's Day to our residents.

Our recreation team created 125 handmade silk flower wrist corsages, one for each female resident. Family members of residents were given the opportunity to order Purdy's chocolates to be delivered to their loved ones, and a mailbox was installed by the front door so that dropping off Mother's Day cards was safe and easy for everyone involved. We have frequently said we have amazing staff and once again they came together with financial donations to help ensure that every single female resident could have a chocolate delivery as well (diet permitting!).

The Recreation Team took an entire day to visit and deliver Mother's Day cards, chocolates, and corsages. It was a beautiful day spent celebrating the women who share their home with us at St. Michael's. Many happy tears were shed, hugs were shared, and giggles were had while opening fun mail from families, modelling corsages, and enjoying a sweet treat. We hope our efforts were able to help ease the difficulty of spending the holiday apart, and we are so thankful to be able to have moments like these with the strong, resilient women who call St. Michael's Long Term Care home.



Vegreville Manor

Inspiration and Imagination

Living through the current pandemic that the world is facing, Vegreville Manor has come up with some very interesting ways to entertain residents and staff alike! With social distancing a major part of our lives, we have devised a new way to exercise. It is important that we keep up with the physical activity we all need, and so small groups take turns working out throughout the day. Each group gets the same exercises with an added adventure of different places to go. While marching we take off on a trip - residents choice - and we talk about what we see or do while marching through that location. We have learned about different places all over the world and our imaginations are so vivid, we have felt like we are actually there! Towards the end of our walk and march to a place of interest, everyone shares what they did while traveling, and then we make our way back to the manor. Smiles, laughter and conversation keep each of us on our toes waiting to hear everyone's ideas. This has been part of our daily exercises for several weeks, letting us all pretend that we can travel around the world. The residents have great imaginations that have flourished through the changes in daily routines and we are excited to see how these travel adventures will evolve as time goes on!

Grove Manor

Need for Family Contact Important for Residents

During the COVID-19 pandemic our residents have been missing regular and close contact with family and friends. Being able to assist them to visit with family via online platforms has brought about immense joy to both residents and staff as we all learned how to use this type of video calling technology.

The first resident to connect with family in Medicine Hat was Marge, who was absolutely thrilled to see her daughter and son-in-law and speak with them via Facetime. Because of the distance they have not seen each other for a few years. This time of isolation reminded everyone not to take opportunities to connect for granted. Marge's daughter asked if we could also make arrangements to connect with her daughter and grandchildren who also live in Medicine Hat. This call would allow Marge to see and speak with her granddaughter and great grandchildren. This happened the very next day. The look of happiness and astonishment on Marge's face is something that will remain in our memories always.

There have been many other such calls between residents and their families. Each one is just as special and rewarding as the first one.



Return Undeliverable
Canadian addresses to:
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7404 - 139 Avenue
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SPRING/SUMMER 2020

Caring & Sharing



Joy in the face of adversity



It is hard to believe how much our world has changed since our last edition of Caring and Sharing. We were approaching 2020 with a renewed sense of enthusiasm and excitement. Now we are adjusting to life during this global pandemic and uncertain what the future will look like. What will remain constant is our commitment to provide residents and those we serve with **Care, Love and Dignity!**

I'm proud to say at St. Michael's we are working hard to keep our residents safe and living in an environment that still feels like home. It has been extremely difficult for residents and family members who haven't been able to visit in person, but we continue to keep families connected through various forms of technology. We are pleased visitor restrictions are being relaxed, and have begun scheduled outdoor visits with as many families as possible. I would like to thank all of our families for their support, patience and understanding. Your commitment to work with us during this difficult period is appreciated!

Our organization is blessed to have a supportive Board of Directors, Senior Leadership team and staff in Edmonton, Vegreville and Spruce Grove who are committed to get us through this pandemic. We have all taken a "resident and family first" approach and I believe this is truly our strength. All of our staff at St. Michael's are heroes especially at this challenging time.

We hope to welcome back our volunteers in the near future. They are so essential to our daily operations and our ability to provide the highest possible care. This year, we had to postpone our Volunteer Appreciation event due to COVID-19, but we look forward to celebrating with them as soon as we can.

I'd like to thank the many donors who have continued to support our efforts.

We are extremely thankful for the donations we have received even after cancelling our annual "This is Home Breakfast" event. We recognize and appreciate the economic challenges and realities we are all facing. Your commitment to St. Michael's allows us to continue offering the highest level of care.

Until our next edition, I wish everyone well and look forward to seeing you in the future. Take care and stay safe!

Message from John Kopeck

President and CEO





If you are craving quality Ukrainian food, check out babasown.ca where you can place an order for all your favorites!

Online orders for curbside pick up or delivery available.

Joy in the Face of Adversity: Parades, Posters and Performers!

The historic past few months have been challenging for our Residents who call St. Michael's home. The pandemic has required a significant commitment to ensure everyone's health and safety. This became our only priority as we put in place new protocols and made plans to support Residents so we could continue to provide them with the quality of life they deserve. Throughout this time our staff have been organizing entertaining activities and engaging with residents as much as possible.

Soon after we had to close the doors to visits from family and friends, it was clear we could not let Residents go through days without connecting with their loved ones. We know how important it is to stay in touch with family members who help boost our spirits and reduce the feeling of isolation.



These special events may not be celebrated like we are used to, but the commitment by families and messages on the windows are fondly remembered every day.



And so, at all our sites, Facetime with Family began. Staff gathered mobile phone numbers along with Skype and Facebook Messenger handles and put our iPads to work. Since that time, in Long Term Care alone, well over 1,000 virtual visits have taken place!

Our families were so grateful!

"What a wonderful thing for St. Michaels to be doing. We greatly appreciate everyone's efforts to keep us connected with our loved ones, while ensuring their safety. We are also so appreciative of the efforts of all staff at St. Michaels during such a trying time for everyone. Please let the staff know we are so very thankful."

Posters and Parades!

Window visits, colourful posters and indoor/outdoor birthday celebrations have brought lots of joy. Families initially braved snow banks to come for a window visit and once spring arrived it was considerably easier for window visits to happen at all our sites. Grandchildren have attached touching posters and hearts which all the Residents enjoy. Even birthday celebrations have happened this way! A special 100th birthday celebration was even acknowledged by the Premier. These special events may not be celebrated like we are used to, but the commitment by families and messages on the windows are fondly remembered every day.

It certainly did not take long for families and volunteers to get creative and organize street parades for Residents and staff to enjoy. On Good Friday, April 10th, Friends of St. Michael's Society members gathered volunteers and had a car parade around our Edmonton sites to the delight of all. This was followed by a May Day parade where families came in cars covered in balloons, streamers and signs with messages to their loved ones and appreciation for staff. These were delightful spectacles which uplifted everyone on site!



Performers

St. Michael's Long Term Care Centre recreation staff have been keeping very busy and working diligently to engage with Residents as much as possible. On site entertainment is part of our programming for Residents at all our sites. However, with restricted access because of Covid-19, this could not happen. Not to be deterred, by the end of April staff arranged for weekly entertainment outdoors instead!

As weather allows, we open the windows wide so that residents in Long Term Care, Millennium Pavilion and Grove Manor can enjoy music by various entertainers. One of the first sites in the city to embark on such an entertainment project, the residents are enjoying the music and performers very much. All we need is sunshine and smiles! Much thanks to the musicians who so willingly come out to perform, moving their equipment to different spots so as many people as possible can enjoy their talents. There will be more entertainment to enjoy all summer long!

With Gratitude

To all our Residents, their families and volunteers, we'd like to say thank you for the support we've received these past few months while we've worked to protect our most vulnerable from the Covid-19 pandemic. We are so grateful for the kindness shown to staff by our Residents and families. You are our family too!

"Since our mother moved to St. Michael's, we have realized how fortunate she is, as well as our whole family being fortunate. Each time we have visited or come to take Mom out, every person - each a "giver of care," has spoken with kindness and genuine compassion to our Mom and to everyone else around. The way everyone at St. Michael's has handled the Coronavirus outbreak, is in the same manner - with compassion and kindness. We especially appreciate the FaceTime calls, when for a few minutes we can "be with" Mom. Please know that our sincere thank you comes with prayers for each of you and for St. Michael's as a true home. Our Mom could not be in a better home."



Thank you...

It's hard to believe how much has changed in the last couple of months as we've learned new ways to work together and adapt our daily lives. This pandemic has challenged all of us and is a time to take care of each other.

As an organization that cares for seniors, we've see the impact recent restrictions are having on Residents and we are proud of all our staff who come to work every day to care for those who call St. Michael's home.

We are living in uncertain times, with uncertain revenue and increased expenses. The pandemic has led to unanticipated expenses in many areas of our operations. In addition, fundraising events have been cancelled, but not our work or the financial need.

Many of you have already made generous donations to our appeal and for that - we are so very grateful. Your support has helped to protect our resident's health and overall wellbeing. We will continue to do everything we can to keep our residents safe and prevent the occurrence of covid-19 within our sites.

Thank you for thinking about our residents and the work we do at St. Michael's.

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