



VEGREVILLE MANOR
5913 - 49 Street, Vegreville
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Highlights



CALS Family Group children engaged residents in a fun-filled time. What a joyous day we all had!

After a long cold winter, residents have been looking forward to the upcoming warmer weather. To keep everyone warm during the cold days, many residents came out every morning to exercise and keep their joints limber. Once a week we would walk the halls keeping in motion; sometimes some beautiful singing could be heard on our walks. This is a great way for residents to socialize with their friends and keep the body moving.

Valentine's Day was celebrated with a social, and the fine tunes of Bob's music. Hands and feet moved to the beat of the much enjoyed entertainment. You just can't beat the old time music.

We were busy in March with CALS Family Group and the pitter patter of three year olds! Singing, baking and playing games makes us all feel young again. Everyday we had a variety of games for residents that love to move, and residents that want to stimulate their mind with brain teasers. They enjoyed coming to improve their skills and participate in all of the different activities.

Upcoming Events

Every fourth Tuesday the Lunch Club has an outing to a local restaurant. Monthly hot dog roasts will be held in the courtyard in June through to September.

June 5 - Senior's Week Open House & Bingo
June 18 - Camrose Shopping Trip
July 1 - Canada Day Party
July 16 - Ukrainian Village Field Trip
August 6 - Elk Island Park Picnic
August 27 - Country Drive in Tofield area
September 30 - Harvest Drive

Past Events

May 10 - Mother's Day Luncheon & Walker Parade
May 1 - Bike rides around town
March 7, 20 & 21 - CALS Family Play Group
March 6 - CNIB Presentation
February 27 - Pink Shirt Day/Anti-Bullying Presentation
February 14 - Valentine's Day Social



GROVE MANOR
600 King Street, Spruce Grove
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Highlights

Residents have been busy with outings to various destinations. These outings are very much enjoyed by all. Residents especially loved going to the Horizon Stage to see The Emeralds perform, and enjoyed a marvelous musical put on by the local High School. We continued to enjoy in-house dances with great bands or dances out in the local community. Residents love to have a toe-tapping good time.

Upon a suggestion from two residents, who asked if there could be a Chinese food eat-in night from a local Chinese restaurant, this event turned into such a popular idea that we will be planning another one again soon. Close to residents' hearts is being dressed up for Valentine's Day and St. Patrick's Day. They love these annual festivities, and look forward to activities when they can win fun prizes.

We celebrated our Volunteer Appreciation lunch with gift giving and entertainment. It was such a blessing to have so many dedicated residents, staff and community volunteers join us.

For Easter, residents had fun with an Easter egg hunt and enjoyed eating their chocolate treasures afterward. They cheered on staff who participated in the Bunny Races, and participated in a first-ever Easter Parade with decorated walkers. This spectacle was followed by an Easter Tea in the afternoon, and another in the evening, which was organized by a local children's group.

Upcoming Events

June 4 - Senior's Week Strawberry Tea & Entertainment
June 13 - Father's Day BBQ & Dance
June 24 - Hawralak Park Picnic
June 29 - Canada Day Party
July 9 - Rotary Park Picnic
July 19 - Klondike Day Pancake Breakfast
July 22 - Peace Valley & BBQ
July 23 - Klondike Kate Performance
August 8 - Pioneer Museum Picnic
August 20 - Devon Campground Picnic
September 12 - Dance & Entertainment

Past Events

April 17 & 18 - Easter Egg Hunt, Bunny Races, Parade, Tea & Evening with local children's group
April 9 - Volunteer Appreciation Lunch & Entertainment
March 14 - St. Patrick's Day Dance Party
February 7 - The Emeralds at Horizon Stage



Residents loved making Valentine's Day gifts for their loved ones



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



Residents enjoy colouring and doing activities with children from the YMCA Delwood Out of School Program!

This year, St. Michael's Long Term Care Centre residents have built a partnership with the YMCA Delwood Out of School Program. This partnership came about as a result of observant staff with fantastic ideas. Bringing children on site brings such joy to everyone. Each month, the students from the Out of School Program join the residents in table top activities such as colouring, board games, crossword and word search puzzles. This is a great way to provide intergenerational programming to St. Michael's. The same group of children come each visit and built a therapeutic relationship with our residents. Before their visit, the children talk about how excited they are to see the resident they were with before. One child got emotional during the visit as he had lost his grandmother, and one of our residents told him that he has a bunch of grandmothers now!

Upcoming Events

June 13 - Father's Day Celebration & Entertainment
June 28 - YMCA Children's Group Visit & Canada Day Party
July 8 - 1st Floor Resident & Family BBQ
July 9 - 2nd Floor Resident & Family BBQ
July 10 - Entertainment provided by Old Smoothies
July 18 - Entertainment provided by Jukebox Leigh
July 25 - Entertainment provided by Sean
August 6 - 1st Floor Resident & Family BBQ
August 7 - 2nd Floor Resident & Family BBQ

Past Events

May 21 - YMCA Children's Group Visit
April 11 - Veeteretz Ukrainian Dancers
March 20 - Bonnie Doon Bowling
February 22 - Humane Society Visit

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



MILLENNIUM PAVILION SENIORS' LODGE
7408 - 139 Avenue, Edmonton
Like us: [fb.me/MillenniumPavilionSeniorsLodge](https://www.facebook.com/MillenniumPavilionSeniorsLodge)

Highlights

Residents have been making the most of the late winter and early spring. We have explored the city going for walks, shopping, dining and taking in various events and activities.

Students from St. Matthew's Elementary School have invited us to take part in visits every month to make crafts, play games, and sing songs, which we are thrilled about. What a joy!

Some of our residents strutted their stuff on the runway as participants in a fashion show at the Because We Care Fundraising Event.

They have also been showing off their many talents by making crafty masterpieces, as well as celebrating Easter with traditional Ukrainian activities, such as paska and pysanka making.

Onsite, we have continued to enjoy life with our many dances, socials and tea parties. Residents enjoy taking in the scenic view from their eighth-floor lounge windows while delighting in goodies and good conversations with each other. Now that the weather is warming up, we are getting excited about the many outdoor activities to come. We are all looking forward to the warm sunshine!

Upcoming Events

June 13 - St. Albert Bowling
June 14 - Father's Day Games
June 25 - Botanic Garden Picnic
July 4 - Resident & Family BBQ
July 23 - Ukrainian Village
August 16 - Antique Car Show
August 21 - Callingwood Market Shopping

Past Events

May 22 - Tomato Plant & Hot Dog Sale
April 23 - Muttart Conservatory
April 2 - Paska Making
March 28 - Welcome Spring Tea Party
March 15 - St. Patrick's Day Party
March 5 - St. Matthew's School Visit
February 14 - Valentine's Day Social



Residents enjoying Spring time crafts together

Our NEW Patio is Under Construction!!

CARING AND SHARING

Spring 2019 Issue

Hello Sunshine

In This Issue...

Kinette Club Of Edmonton
This Is Home Breakfast

Because We Care Brunch
Site Activities and more...





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Plain Cottage Cheese Cottage Cheese & Dill	\$9.50
Sauerkraut	\$12.00
Blueberry*	\$13.00

BORSHCH	\$10.00
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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.*

Kinette Club of Edmonton Donation



A huge “thank you!” to Kinette Club of Edmonton for their donation, and for helping us improve the quality of life for those who call St. Michael’s home

St. Michael’s was very pleased to receive a donation of \$1000 from the Kinette Club of Edmonton in support of upcoming renovations to our Long Term Care Centre tub rooms. This Club undertakes regular fundraising activities to support organizations such as ours. In their 40 year history, they have impacted thousands of lives through their goodwill and hard work. Several members of the Kinette Club also came to the Long Term Care Centre to tour the site and learn more about the organization, our services and programs. We are very grateful for their support and all the good work they do in the community!

Volunteers Help Us Grow



We are truly grateful to our volunteers!

Our annual volunteer appreciation evening was held on April 12, 2019 where we had an opportunity to host and thank almost 200 volunteers. The volunteer program at St. Micheal’s Health Group has a very significant impact on the quality of life of our residents, whether assisting with recreation activities, mealtimes, providing companionship or any of the many other responsibilities they take on. The April event, with the theme of Volunteers Help Us Grow, recognized 205 volunteers who support the long term

care centre, Millennium Pavilion and the work of the Friends of St. Michael’s Society. These 205 volunteers contributed an amazing 28,970 hours in 2018! The members of the Friends, FOSMSOE, also worked 78 bingos last year. The appreciation evening included the recognition of our volunteers along with a sumptuous buffet dinner and entertainment. A photo booth, complete with fun props, allowed volunteers the opportunity to take home photo memories from the evening.

Patio Expansion Project Update!



Design rendering of future patio

This spring, there will once again be a construction project taking place at our Long Term Care Centre. As an addition to the newly renovated and expanded kitchen and cafeteria, an accessible outdoor patio will be built adjacent to the cafeteria. A motion sensor door in the cafeteria will allow for easy access for residents using wheelchairs and walkers to the patio, which will wrap around the SE corner of the building. This area will be open the same hours as the cafeteria and accessible to residents and families by using their building access cards. Construction will take place starting mid-May, and we anticipate completion by Canada Day.

Both the patio build and the purchase of furniture is being made possible entirely through donations and fundraising efforts. If you would like to contribute to this project, please contact Daria at dluciw@smhg.ca or **780-472-4791**, or donations can be left with the main reception.

This Is Home Breakfast

The 7th annual This Is Home Breakfast took place on May 10 in Heritage Hall at our Edmonton location. We were honoured to have Ryan King from the Edmonton Eskimos as our Guest Speaker. Ryan is a native Edmontonian and was the recipient of the Tom Pate Award, presented in November 2018. This is awarded annually by the CFL Players Association to a player with outstanding sportsmanship, and someone who has made a significant contribution to his team, community and the Players Association. Ryan very eloquently spoke about the importance of making time routinely to help others and be of service to the community, and how he manages to do so everyday. Breakfast Emcee, AJ Keller from 840 CFCW not only kept the program on time, but did so with good humour!

We have successfully raised over \$90,000 in the first six years of our This is Home fundraising event, thanks to your support. Over the years, these funds have provided our seniors with specialized beds, therapy equipment, increased recreational programming, and much more. These enhancements directly impact the quality of life of our seniors, which we typically could not provide without fundraising. This year we added almost \$20,000 more to that number! Funds raised will be used towards purchasing furniture for our new outdoor patio for residents, their families and friends to enjoy. Special thanks to Neuman Thompson, Gordon Food Service, Victoria Fancy Sausage & Deli, Sysco and the Portuguese Canadian Bakery for their support in helping make the event happen. To our donors – we cannot do what we do without you – thank you!

We are looking for individuals who want to share their talents and enjoy working with seniors.

Gain skills and experience

780.472.4534

volunteer@smhg.ca
smhg.ca/volunteer

Be The Truth and The Light

“I tell you the truth, whatever you did for one of the least of these brothers and sisters of mine, you did for me.” - Matthew 25:40

The Pastoral Care department is often less about special events and more about who we are as care givers, what we do, more about “being.” Being present during times of sadness or crisis, being light, being Christ to our neighbor, like shining the light of friendship and love into the darkness of loneliness, or being the light of hope in the darkness of grief and loss. Since January, the Pastoral Care department has created “Comfort Carts,” one for each floor to be used by residents and their loved ones during end of life care. The comfort carts contain practical items such as a Bible, spiritual readings, a Sudoku book to pass the time, toothbrush and mouthwash, flowers and a face cloth. These are small but practical ways of honoring a family’s sacred vigil, especially when accompanied with a hand to hold and a listening ear. This is but one example of how we work to support, and “be” with our families. It is truly a privilege to work alongside all the loving, caring staff and volunteers at St. Michael’s.

Sincerely,
Pastor Milton, Pastoral Care Coordinator

Because We Care Brunch and Seniors Fashion Show

In February, we enjoyed a sunny Sunday morning in the ballroom of the Edmonton Conference Centre at our Because We Care Brunch, a first time venture for St. Michael’s, almost 200 guests took in a fabulous buffet breakfast prepared by the award-winning chef’s at the Convention Centre. An active, and attractive silent auction kept guests bidding to win their choice items! The program was enhanced by a delightful fashion show featuring residents of Millennium Pavilion modeling spring fashions, provided by The Bay at Londonderry Mall.

The residents were excellent models and one lucky lady even won her outfit, courtesy of The Bay! Emcee duties were carried out by the very energetic and friendly Stella Stevens from 840 CFCW. We are so very grateful to all the sponsors who supported this event and came out to enjoy the event as well. Please check our website at smhg.ca to see the list of amazing businesses who sponsored Because We Care.

All these elements came together to help raise funds for an expansion of an outdoor, accessible patio at St. Michael’s Long Term Care Centre. This addition will be wheelchair accessible and designed to meet the needs of our seniors. It will provide a sunny location to enjoy time with family and friends. With the support of sponsors, donors, families and guests, almost \$59,000 was raised to support the patio addition.



Millennium Pavilion resident was all style and smiles while modeling



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 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!

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

Registered Charity #108032483RR0001

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