



VEGREVILLE MANOR

5913 - 49 Street, Vegreville

Like us: fb.me/VegrevilleManor

Highlights

The fall months were filled with lots of activities. One was our Harvest bus tour where we watched for combines in the farmers fields as we drove by. While reminiscing together on this drive some residents mentioned that they lived in the area. Our fantastic bus driver took us to view some of the old homesteads. Oh the warm memories and stories that were shared!

We had a fun laughter-filled outing when we went shopping at Sherwood Park Mall. The ladies shopped until they could not carry any more, while the men walked the mall, enjoyed coffee and socialized with good company.



Family members braved the bad roads and snow to visit their Baba at the Resident & Family Christmas Social

The Christmas Bazar & Bake sale exceeded our expectations! Despite the minus 23 degree weather that day we had an amazing turn out. Thank you to all who came and supported us.

There was new entertainment at our Resident & Family Christmas Social that all were delighted with this year. Everyone was clapping and singing along to the music. This event was a great way to rollout the festive season for our residents and those that visited Vegreville Manor. We are very excited for the adventurous New Year ahead!

Upcoming Events

Every fourth Tuesday the Lunch Club has an outing to a local restaurant

February 14 - Valentine's Day Social

February 27 - Pink Shirt Day

March 15 - St. Patrick's Day Green Day

March 21 - Personal Touch Fashions

April 12 - Jersey Day

May 10 - Mother's Day Dress Up Tea

Past Events

December 2 - Resident & Family Christmas Social

November 15 - Christmas Bazar & Bake Sale

November 9 - Remembrance Day Service

October 31 - Halloween Costume Social

October 10 - St. Martin's School Visited Vegreville Manor



GROVE MANOR

600 King Street, Spruce Grove

Like us: fb.me/GroveManor1

Highlights

Residents were delighted when they went to the new Alberta Provincial Museum in Edmonton to view all the displays. Residents particularly loved the rock collection.

Everyone always learns something new when we go to the Telus World Of Science IMAX Theatre. On a past outing we all learned about the Great Barrier Reef and were elated by the experience. The residents enjoyed the educational movie so much they wished it was longer.

Residents were thrilled to cheer on staff who raced in the Turkey and Reindeer Races. Many giggles could be heard as staff got into the theme of the races and could be heard gobbling or challenging each other in friendly ways which made residents smile.

One of the most memorable highlights this time around for our residents at Grove Manor was when we had another opportunity to have Millennium Pavilion residents over for a Coffee Social. Grove Manor was buzzing with the sound of compelling conversation and our residents commented on how nice it was to have residents from Millennium Pavilion visit. We look forward to having them again.

Faces lit up when various children groups visited residents during these past months. Whether it was the Tick-Tock-Time Program, the Grade 4/5 Class Raise-A-Reader Program, a Grade 8 class with the Generation Program or the Sparks and Girl Guides. When childrens groups come to visit us it means so much to all our staff, residents and families who support and call Grove Manor home.

Upcoming Events

February 14 - Valentine's Day Dance Party

February 12 - River Cree Casino

March 12 - Musical at Spruce Grove's Horizon Stage

April 18 - Easter Tea

May 9 - Mother's Day Tea

Past Events

January 29 - Telus World Of Science IMAX Theatre

December 31 - New Year's Dance Party

December 13 - Resident Christmas Party

December 12 - Reindeer Races

December 7 - Cinderella Musical at Spruce Grove's Horizon Stage

November 22 - Coffee Social with Millennium Pavilion Residents

October 22 - Alberta Provincial Museum

October 9 - Telus World Of Science IMAX Theatre

October 3 - Turkey Races



Residents joyfully sold raffle tickets for a beautiful basket which was drawn at their Christmas Party



ST. MICHAEL'S LONG TERM CARE CENTRE

7404 - 139 Avenue, Edmonton

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

Highlights



Resident group photo at the new Royal Alberta Museum

Residents have had many impressive outings these past months. The new Royal Alberta Museum in downtown Edmonton opened to the public and our recreation group were thrilled to take residents to go see the exhibition space. For some of our residents they had never been to a museum in their whole life. Residents commented that if it wasn't for St. Michael's and the Recreation Program they would have never had an opportunity to go and they were very thankful for the experience. Staff and volunteers helped residents to view and read the exhibits. We all thought the museum was done extremely well and captured parts of history in vivid realistic detail. We all look forward to going again!

Our residents celebrated Christmas and New Years with family and friends. December and January were filled with spirited Christmas events, outings where we went shopping for gifts, and other activities that allowed us to be together during the holidays and share our blessings with one another.

Upcoming Events

February 14 - Valentine's Day Party

February 27 - Veeteretz Ukrainian Dance Group

March 14 - St. Patrick's Day Party

April 11 - Veeteretz Ukrainian Dance Group

April 18 - Easter Tea

May 1 - Ukrainian School of Dance

May 10 - Mother's Day Tea

Past Events

December 27 - New Year's Eve Party

December 21 - Christmas Breakfast

December 18 - Muttart Conservatory

December 11 - Tree Of Memories

December 6 - 1st Floor Resident and Family Christmas Dinner

December 5 - 2nd Floor Resident and Family Christmas Dinner

December 3 - Edmonton Police Band

November 14 - Royal Alberta Museum



MILLENNIUM PAVILION SENIORS' LODGE

7408 - 139 Avenue, Edmonton

Like us: fb.me/MillenniumPavilionSeniorsLodge

Highlights

This fall, residents had the unique opportunity to enjoy an animal encounter with ZOO 2 U. A variety of animals including a macaw, tarantula, and a snake came out to meet with residents in the Heritage Hall. Residents were able to pet, admire and hold the animals. One of our residents was even brave enough to hold the tarantula on his head! This was such a great event, we will be sure to have them back again!

Residents have been enjoying a new program at Millennium. Our Arm Chair Travel program has been providing residents with the opportunity to explore new countries and cultures from the comfort of their home. Residents choose a destination, learn unique trivia, watch travel videos and enjoy a snack representing that region. So far we have visited Switzerland and India. Next stop is Italy!

December was full of festive activities. We started off the month with our Resident and Family Christmas Dinner and Dance. It was great seeing so many families and friends coming together. Residents also enjoyed a holiday coffee party with our MLA Chris Nielsen. Towards the end of the month residents were able to go and take in the sights of the beautiful lights at Candy Cane Lane.

Upcoming Events

February 14 - Valentine's Day

February 27 - Dance Night

March 15 - St. Patrick's Day

March 27 - Pub Night

April 12 - Jersey Day

May 10 - Mother's Day Tea



Resident posing for photo during the ZOO 2 U visit

Past Events

January 10 - Century Casino

December 28 - New Year's Party

December 20 - Candy Cane Lane

December 20 - Resident Christmas Party

November 15 - Bowling

October 11 - Zoo 2 U Visit



St. Michael's
HEALTH GROUP

CARING AND SHARING

Winter 2019 Issue



A Family Fundraiser to Support Other Families

When the Gagnon family realized their beloved mother, Mariette, required more care as she was showing increasing signs of dementia, they toured several sites before asking for mom to come to live at St. Michael's Long Term Care Centre. Since arriving, Mariette has continued to be active, participating in many weekly events, attending church services in the chapel and is very happy. Her large family come to visit her often, and when St. Michael's identified a need to purchase palliative comfort chairs allowing family members to stay overnight with their loved ones, the Gagnon family knew they wanted to help make this happen.

(story continued inside)

In This Issue...

Message From Our CEO

A Family Fundraiser

Re-Acquainted 58 Years Later

Site Activities

and more...

Join Us! Because We
Care Fundraising Brunch



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7404 - 139 Avenue
Edmonton, Alberta T5C 3H7



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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

As I look back on 2018, I'm extremely proud of our many accomplishments achieved by St. Michael's Health Group. It was a year of milestones as we officially opened our newly renovated kitchen in April, celebrated the 15th Anniversary of Grove Manor in Spruce Grove, added a fifth day to our Day Support Program and had our first Giving Tuesday campaign and with your generosity we were able to exceed our goal!

I believe our greatest achievement was the overall success and rating of "Accreditation with Commendation" we received from Accreditation Canada. During our audit in October, every program, process and aspect of our operation was scrutinized to ensure we are incorporating the highest quality care measures. We were evaluated on 649 safety and quality standards and we met 640 (98.6%) of these standards.

We are proud of this significant achievement, and more importantly we are proud of our dedicated and caring staff members. Our Board of Directors, Staff and Volunteers work diligently to ensure we are continually meeting or exceeding safe, quality health care practices in all areas, and it was a significant team effort to receive this level of recognition. Achieving this high standard is only possible by committing to this level of care every day and not just during audit periods.

In 2019, we will be entering the second year of our three year strategic plan. Our Board is pleased with the progress we've made and our many achievements. In the upcoming year, we will continue to focus on quality service delivery, development opportunities, new fundraising activities and overall improvements to our existing facilities. Our success is not possible without support from our many partners, donors and stakeholders. I hope we can count on your support in the future to help us achieve our goals.

Thank you for supporting St. Michael's Health Group and our efforts to deliver on our mission of providing Care with Love and Dignity!



Sincerely,
John Kopeck, President & CEO

A Family Fundraiser to Support Other Families (cover story continued)

Last Christmas St. Michael's established an appeal with a goal to raise funds to purchase 2 palliative chairs. The palliative journey is frequently an uneasy and emotional one for all involved. People living with advancing illness, family members and caregivers all require support. In an effort to ease the stress and encourage as much time together as possible and needed, St. Michael's wished to provide sleeper chairs that fold out into a bed allowing family members to spend valuable precious time with their loved one. The goal was to raise \$10,000 to purchase 2 chairs.

The Gagnon family got together and said 'we want to purchase one of those chairs'. And they did! Sharing this information with their immediate and extended family members, asking all to contribute whatever they could, the Gagnon's raised in excess of \$5,000 purchasing the larger of the chairs. Ultimately, and because of their generosity, St. Michael's was able to purchase 3 palliative chairs providing comfort and peace to our palliative care residents at St. Michael's. This will help provide families an opportunity to enjoy sharing memories and spending some quality time with their loved ones in comfort.

We are so very grateful to this family for their thoughtfulness and generosity. Many families for many years to come will see the plaque on the chair saying that it was 'Gifted by Family and Friends of Mariette Gagnon', leaving a legacy that will bring immeasurable comfort. As they rest with their loved ones, silent thanks of other families will echo our gratitude to the Gagnon family and friends for their vision. Thank you!

Meeting Again - Fifty-Eight Years Later



Re- acquainted after 58 Years and together in the St. Michael's Day Support Program

Two young adults, from Napoli, Italy, Maria Floreancig and Ennio Divito, were on the ship Conte Biancamano that left Genova, Italy on November 19, 1959 for Halifax, Canada. On the ship they were in rooms next to each other. Travelling twelve days on the ship provided the opportunity for Maria and Ennio to get to know each other and to become good friends. They shared their dreams and aspirations on their long journey. From Halifax they boarded a train to Montreal, then by train to Edmonton, Alberta. Maria was coming to Canada to meet a boyfriend and Ennio was coming to meet a girlfriend. December 3, 1959 was when they arrived in Edmonton, Alberta. A telegram was sent to the people they were going to meet to let them know when they were arriving, but when they came to the train station in Edmonton there was no one to greet them, as they arrived early. Speaking no English, they both sat on a bench waiting for help. The station attendant did help them and took them to one of the addresses they had for their friend. On December 3, 1959 Maria and Ennio said their good-byes and good wishes to each other, not knowing when their paths would cross again.

Maria married two weeks after she arrived in Edmonton on December 19, 1959 and Ennio married one month later on January 3, 1960. Ennio started a job as a labourer at \$1.98 per hour and Maria worked in a kitchen starting at \$.85 per hour. Ennio has one son and two granddaughters and Maria has four daughters and one grandchild. They both went about their busy lives in Edmonton, working, raising a family, and not once meeting or bumping into each other or re-acquainting with each other.. until...

Maria joined the Day Support Program at St. Michael's in June of 2016, while Ennio joined the Day Support Program in November 2017. One of the Italian ladies in the Program, Eleonora was chatting with Ennio and Ennio was talking about coming over on the "ship". Ennio indicated that he met a nice girl named Maria on the ship. Eleonora said to Ennio, there is a Maria here in the program, and with that began a great reunion. At first they did not recognize each other as 58 years had passed since they met on the ship. Maria and Ennio say they are still the same, just a little older. Their friendship continues and is very strong. We are so happy and honoured that a reunion after 58 years happened in our Day Support Program.

Please Join Us!

Because We Care...

SENIORS FUNDRAISING BRUNCH

Join us

SUNDAY,
FEBRUARY 24, 2019
EDMONTON CONVENTION
CENTRE

Individual Tickets **\$75**
Children Under 12 **\$35**
Table(s) of 8 **\$600**

Because We Care Seniors
Fundraising Breakfast is
quickly approaching and
we hope you can attend!

For tickets, sponsorship opportunities
and auction information, please email
rnelson@smhg.ca or call **780.472.4507**

You can also purchase tickets at
St. Michael's Long Term Care Centre's
main reception desk.

Thank you!

Buffet Brunch Fashion Show
Entertainment

#BecauseWeCareSMHG

smhg.ca/because-we-care-seniors-fundraising-brunch/

St. Michael's Feast Day

Each year residents, families and volunteers gather to commemorate the Feast Day of Archangel St. Michael, protector and healer, and our Patron Saint.

This year, two services were held, the first on November 10 was celebrated in the long term care chapel with Bishop David Motiuk leading the service with clergy, the Knights of Columbus and a full chapel of residents, families, staff, volunteers and guests.

This service was followed 2 weeks later when the Ukrainian Orthodox liturgy was celebrated on November 21 led by Rev. Sawchenko. After both services, fellowship and lunch was enjoyed by all.



Residents gathered in the Chapel for the St. Michael's Feast Day Service



Bishop David Motiuk, Board Members and Knights of Columbus guests after the Service

Seeing The Light Of Christ In Others

Advent was a time of preparation, of making crooked roads straight, and rough places smooth, of knocking down all the obstacles that keep getting in the way between us and God. This made me think of all the obstacles there are in life that get in the way of being Christ to our residents and to one another; busy work schedules, lack of time, even routine itself can be an obstacle, doing the same thing over and over.

Fall was rich with many meaningful worship and ministry opportunities: there was the Clergy Luncheon, a Remembrance Day Service, The Feast of St. Michael's Service, our Prayer Breakfast and Tree of Memories Service, as well as our regular Sunday and Tuesday Worship services, weekly hymn sing times, not to mention the countless visitations, and all the time spent with end of life care. The question is, how do we breathe new life into these old garments? The answer is as simple as the meaning of Christmas, "Immanuel, God fully present with us." The best way to show the love of God to others it to be fully present; fully aware of God's presence with us, and fully present with those we serve; offer a warm smile, greet everyone by name, take the few moments to truly see if they are alright, shine a little light into the darkness.

I would like to thank the many volunteers and clergy who minister to the residents, families and staff at St. Michael's Extended Care. Thank you for being the light of Christ to those in need and for taking the time to see the light of Christ in others. May God richly bless you and I hope your celebration of his birth with friends and family was joyful and loving. I extend to you all the best in 2019!

Sincerely,
Pastor Milton, Pastoral Care Coordinator

Home Is Where The Heart Is

To help enrich the home-like setting for our residents, this year we are raising funds for an accessible outdoor patio adjacent to the cafeteria. Our goal to raise \$20,000 will help provide an area where residents can be outside, enjoy a meal with family and friends, play cards or simply get some fresh air.

If you would like to contribute, please return this form with your donation. **Thank you.**

DONOR:

Name

Address

City

Postal Code

Phone

Email

DONATION:

☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50

☐ Surprise us! \$

PAYMENT: ☐ One-time ☐ Monthly

☐ Cash ☐ Cheque ☐ VISA

☐ MasterCard ☐ Other

Credit Card #

Expiry Date

Signature

Thank you for your Support!

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