



St. Michael's  
HEALTH GROUP

WINTER 2025



# Caring & Sharing

*"Volunteers are the heart of our team" ~ Jasmine*





# Message from John Kopeck

President and CEO

This season has given us much to reflect on, and we are grateful for the unwavering support of our families, residents, staff, and volunteers. Together, we have faced challenges with resilience and a shared commitment to excellence. The dedication of our team, along with the trust and support of our families, forms the cornerstone of our success in delivering compassionate and exceptional care.

This winter, we were proud to host our Long Service Awards, celebrating the dedication and commitment of our exceptional staff. It was an honor to recognize the remarkable milestones of individuals who embody the values of care and compassion that are the foundation of St. Michael's. This year, we celebrated 44 remarkable employees with service milestones ranging from five to 40 years. Their contributions ensure our residents and families receive the outstanding support they deserve.

We also acknowledge the vital role our volunteers play in supporting our mission, enriching the lives of our residents, and enhancing the care we provide. Their time, dedication, and generosity make a lasting impact on our community.

As we look to the future, we are committed to enhancing our communities and services, focusing on the needs of our residents. Through investments in capital equipment and renovations, innovative programs, and initiatives, we aim to foster an environment where everyone feels at home. With every step forward, we remain guided by our mission to provide **"Care with Love and Dignity,"** ensuring that our residents and their families feel supported, valued, and connected.

Thank you for your continued partnership in creating a safe, nurturing environment where care and kindness flourish. Wishing you a new year filled with warmth, joy, and togetherness.

Warm Regards,

John Kopeck  
President & CEO

## Announcements

### Thank you, Vicki, for 25 Years of Dedicated Service



We extend our heartfelt gratitude to Vicki Beauchamp for her remarkable contributions over the past 25 years volunteering with St. Michael's. She has been a member of the Friends of St. Michael's Society of Edmonton (FOSMSOE) board for 16 years, including her outstanding leadership as President. Her dedication and tireless efforts have made a profound impact on our community, helping to improve the lives of countless residents.

Vicki is stepping down as President and moving into the role of Past President, we are thrilled that she will continue to be an active and influential part of this incredible group. Her commitment and passion inspire us all, and we are deeply grateful for everything she has done and continues to do for St. Michael's.

# Volunteering - The Heart of St. Michael's

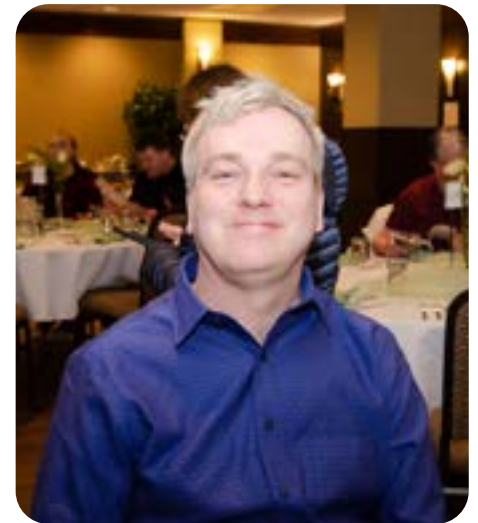
At St. Michael's, volunteers are the heartbeat of our community, playing an essential role in enhancing the lives of residents, families, and staff. From assisting with daily activities to supporting major fundraising events, volunteers bring kindness, energy, and a sense of connection that enriches every aspect of life at St. Michael's.

Volunteering is deeply personal to Charlene, who has been volunteering with St. Michael's for 10 years, "It's incredibly fulfilling and gives me a sense of purpose," she shares. Charlene initially joined to fill her days after retirement and quickly found joy in assisting with resident feedings, recreation activities, and pastoral care. She cherishes her time with residents and notes, "It's not for everyone, but if you're caring, patient, and love spending time with the elderly, it's rewarding beyond words."



"Seeing the joy on residents' faces is what keeps me coming back," says Cindy, a dedicated volunteer of 19 years and a member of the Friends of St. Michael's Society of Edmonton (FOSMSOE) board. FOSMSOE is a group of passionate volunteers who raise essential funds to enhance the quality of life for residents at St. Michael's. Over the years, the society has generated thousands of dollars through events such as bingos and casinos. These funds have supported important resources, including medical beds, lifts, dementia programs, and recreational equipment, all of which make a significant impact on residents' daily lives. Cindy reflects, "Knowing that we're directly improving residents' quality of life is incredibly fulfilling."

Cindy's connection to St. Michael's began when her mother became a resident. She started volunteering as a bus driver and later assisted with events. "Taking residents on outings and witnessing their joy is incredibly rewarding. Even the smallest gestures can make a world of difference," she shares.



"Our volunteers are truly invaluable," Jasmine, St. Michael's Volunteer Coordinator adds. "They help feed residents, provide companionship, and assist with fundraising efforts that bring essential equipment and programs to life. With their help, we can offer more programs and provide better care." She notes, that residents often ask about volunteers when they haven't seen them in a while. "It shows how much of a difference they make—it's more than just a visit; they become part of the residents' lives." She also emphasizes the wide range of roles available, from housekeeping to spiritual care, ensuring something for everyone.

For those considering volunteering, Cindy and Charlene have a shared message: "Just do it." It is truly rewarding, from building lifelong friendships to witnessing the joy you bring to others. "It's a small commitment of time, but the impact is immense," Cindy adds. Volunteering at St. Michael's isn't just about giving back—it's about becoming part of a compassionate community that values and appreciates every effort. Jasmine sums it up: "Volunteers are the heart of our team."



# St. Michael's Long Term Care Centre

## Bringing Smiles with the Gift of Dolls

Last week, St. Michael's Long-Term Care residents received a special visit from Jana Sneep of the Doll Club of Edmonton, who brought the generous gift of over 30 unique dolls. Each resident had the opportunity to select a doll to keep, turning the event into a heartwarming gathering filled with smiles, stories, and cherished memories.

One resident shared, "This doll reminds me of my childhood—it's such a thoughtful gift." Another remarked, "I never thought I'd have a doll of my own again. This was so generous."

We extend our heartfelt thanks to Jana and the Doll Club of Edmonton for their kindness and creativity in bringing such joy and nostalgia to our residents. Your thoughtfulness made this a truly unforgettable day.



**Brooke Ringuette**

Acting Manager, Recreation Therapy

# Millennium Pavilion

## A Season of Joy and Light

This holiday season, residents enjoyed a magical trip to Glow, a dazzling light display with a carnival theme. The sight of millions of sparkling lights amazed everyone. One resident said, "I will never forget this trip; I'm so glad that I could come."

The event brought out everyone's inner child as they swung on swings, rode a train, and played winter carnival games. This unforgettable outing was made possible by our amazing volunteers, whose kindness and effort mean so much.

Thank you to all our volunteers for creating these special moments. We always welcome anyone who is interested in volunteering at Millennium Pavilion—if you'd like to make a difference, we'd love to hear from you!



**Nicholle Lloyd**

Activities Convenor

# Pastoral Care

## A Heartfelt Farewell and Reflection

We have just celebrated Christmas and Epiphany; God came down and made himself known to all of us. It occurred to me that everyone longs to be seen, to be known, to matter; everyone wants to make a difference. I see it in the eyes of our residents, I sense it in our volunteers and experience it in the thoughtful, loving actions of those I work with everyday. Placing the needs of others above your own is not a sacrifice but rather the secret to experiencing meaningful abundant life.



This past Christmas marked my tenth anniversary at St. Michael's as well as the date I decided to give notice of retirement. Jim Elliot wrote, "He is no fool who gives what he cannot keep to gain what he cannot lose." Serving at St. Michael's has been a wonderful privilege, a life changing gift. I encourage all of you, staff, volunteers and the leadership to continue to pour out your lives into the lives of others. Continue to make the residents and those around you feel seen, feel known and cared for. May God richly bless you as you in turn bless others.

With much love,

**Milton Liska**

Pastoral Care Coordinator

# Fenwyck Heights

## Festive Fun at Fenwyck

Fenwyck Heights was bustling with activity this fall and winter, bringing joy to our residents through special events and programs. Highlights included an ice cream social, festive school visits, and unforgettable performances by the Parkland Bells and the Swinging Seniors at our New Year's Eve party. From carol singing to a special Christmas Eve breakfast, 2024 was filled with memorable moments, and we look forward to another incredible year ahead!



**Joan Dupuis**

Activities Convenor

## Donate to St. Michael's

Your support helps to improve the quality of life for every St. Michael's Resident. By working together, we can continue to provide the best and safest care for seniors in our community.

Our focus is on much more than basic shelter: we are also firmly committed to positively contributing to the quality of life for each senior who calls St. Michael's home.

## Scan the QR code to Donate





# Seniors' Apartments

## Holiday Cheer Shines

Tenants at St. Michael's Seniors Apartments were honored to be part of the London Drugs "Stuff the Stockings for Seniors" campaign, which spreads holiday cheer by providing gifts to seniors in the community. We are deeply grateful to the Northeast London Drugs and all the generous donors whose kindness brought joy to our cherished seniors.

Our Christmas celebration was also a wonderful success, with a festive dinner at St. Josaphat's Parish Hall, a visit from Mr. and Mrs. Claus, and lively music from the Silver and Gold band, creating unforgettable holiday memories.



**Svitlana Kadziela**

Manager, St. Michael's Seniors' Apartments

# Vegreville Manor

## Honouring Traditions, Spreading Cheer

At St. Michael's Vegreville Manor, November began with a heartfelt Remembrance Day ceremony, honoring Canada's veterans through shared stories and a solemn moment of silence. December brought festive cheer, featuring in-house Christmas shopping hosted by a local store, lively entertainment with Christmas carols performed by local talent, and a joyful visit from Santa himself. As the New Year arrived, residents stayed warm indoors, enjoying games, crafts, and the company of one another. We look forward to continuing these moments of joy in 2025.



**Jenna Phillips**

Activities Convenor

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