



St. Michael's
HEALTH GROUP

FALL 2023



Caring & Sharing

"We empower families with the knowledge and tools to navigate the challenges of caring for someone living with dementia." – SMHG, Social Worker, Rosaly



Message from John Kopeck

President and CEO

As we transition into the vibrant season of autumn, I wanted to take a moment to reflect on our commitment to seniors' care and share some exciting news.

At the heart of our community, the well-being of our seniors has always been a top priority. We believe every individual deserves the utmost care, respect, and security. That is why we continue to strive for excellence in providing comprehensive and compassionate seniors care services.

Our dedicated staff members have been working tirelessly to ensure our residents receive the highest quality of care and attention. Your safety, comfort, and overall well-being remain our unwavering focus.

In line with our commitment to enhancing the senior living experience, I am pleased to announce we are on schedule to open our Fenwyck Heights residence this fall. This beautifully designed residence and thoughtfully equipped suites are a testament to our ongoing dedication to creating an environment where seniors can thrive.

We remain committed to continuously improving and innovating to meet the evolving needs of our residents. As part of our Quality Improvement initiatives, we tested new technology, including the Rejoyce workstation, and are using the PainChek® Assessment App. These technologies are intended to further enhance our ability to deliver efficient and accurate care.

We are thrilled to host our Gala 2023 on November 3, at the stunning Double Tree by Hilton West Edmonton. Tickets for this exceptional event are now available for purchase. Hope you can join us!

As we step into this new season, let us look forward to the exciting possibilities. I am proud of what we have accomplished together, and I am excited about the bright future that lies ahead for our community.

Thank you for being a valued member of our senior care family. Your trust and support mean the world to us.

Fenwyck Heights Seniors' Supported Independent Living



Now Accepting Resident Applications

- Spruce Grove's newest and largest Seniors' Supported Living Development
- Open for Tours and Show Suite Viewing
- Beautiful, modern design with plenty of amenities

260 Pioneer Road, Spruce Grove

780.962.6598

Suites filling up quickly!



Dementia Care

Transforming Lives in Dementia Care Through Innovation, Education & Support

St. Michael's dedication to dementia care is a shining example of how compassion, innovation, and education can transform the lives of residents living with dementia, their families, and caregivers.

With a focus of enhancing the lives of our residents living with dementia, St. Michael's has taken creative steps to ensure they are able to lead fulfilling lives.

One of these initiatives is our Connecting By Creating program, an inter-generational volunteer program featuring arts-based programming. Emily, the Project Coordinator, says, "Our aim is to improve the well-being of residents living with dementia through autonomy and creative self-expression while encouraging intergenerational bonds with volunteers, and increasing community understanding about dementia." The program began in December 2021 and because of its' success was recently extended. Emily adds, "Residents love working with the children plus the students gain an appreciation for seniors in the community."

With the art created from the program, an art display has been set up in the LTC front lobby, showcasing the residents' work. They have also taken these art pieces and transformed them into greeting cards which can be purchased through St. Michael's tuck cart.

St. Michael's recently introduced new technology, the PainChek ® Assessment App, and the Rejoyce workstation, tools which have proven effective in improving the well-being of residents with dementia. We continue to collaborate with organizations like Translating Research in Elder Care, (TREC) on researching measuring, and enhancing the quality of life for those living with dementia.

"Dementia programs are tailored to individual needs, enhancing engagement, motivation, and excitement among residents," says Rhianna, our Occupational Therapist. "By incorporating games and exercises, the programs help residents improve their range of motion, all while being easily adaptable to meet individual needs."

Alice is one of St. Michael's residents living with dementia who is part of the Rejoyce program. "When she was first introduced to the program there was some hesitation but now she enjoys it immensely and never misses a day," notes Rihanna.



St. Michael's cognitive group therapy sessions provide residents with an opportunity to reminisce about their childhood and engage in stimulating conversations. Rihanna adds, "Music plays a vital role in these sessions, fostering a sense of nostalgia and comfort among the residents. **Our approach to dementia care is not only about managing the condition but also about enriching the lives of those affected.**"

St. Michael's remains committed to extending dementia care beyond the residents themselves. Rosaly, our Social Worker, supports families and caregivers providing workshops and education, including online courses. **"We want families and caregivers to know they are not alone on this journey. We empower families with the knowledge and tools to navigate the challenges of caring for someone living with dementia. We want families to know their loved ones can have a good quality of life with the resources we have to offer."**

These initiatives are a testament to St. Michael's dedication of continually striving to enhance those living with dementia and that even in the face of this invisible disease, they can find joy and fulfillment through support, understanding, and innovative programs.

Pastoral Care

Harmony Fills Our Halls with Songs & Smiles

St. Augustine once said, "To sing is to pray twice," and indeed, our halls have been filled with song this summer. From the rich melodies of Ukrainian Catholic and Orthodox liturgies to Pastor Thomas's uplifting voice during our monthly Baptist service, music has been a constant presence. Our weekly hymn sing sessions have been lively affairs, with residents eagerly participating in various ways – humming, singing, conducting, and always sporting smiles. Singing has the remarkable ability to turn a dull day into a great one and has a huge impact on the spiritual and emotional well-being of our residents. It's a heartwarming sight to witness residents returning to their rooms, singing and dancing their way back.

This summer, the pastoral care department has been working on a new songbook, which includes beloved hymns, spiritual songs, Advent and Christmas carols, as well as Easter repertoire. Currently in the printing stage, this book will serve as a valuable resource for our weekly services and music gatherings. I encourage everyone to take a moment to listen to your favorite tunes, join in, and let the music uplift your soul.

Blessings

Milton Liska

Pastoral Care Coordinator



ST. MICHAEL'S
Gala
2023

You're Invited

To an evening of gaiety and friendship
at St. Michael's Gala 2023

Friday, Nov. 3 @ 6PM
The Double Tree By Hilton
16615 109 Ave NW Edmonton, AB T5P 4K8
Tickets \$225 / Person (Includes a \$100 tax receipt)
Table of 8 @ \$1,750



Tickets available for purchase @
trellis.org/smhg-gala-2023
or by calling
Paul Nahirney (780-473-5621)

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



St. Michael's Long Term Care Centre

Music Makers

Georgina and Bianca have been uplifting spirits by organizing impromptu sing-alongs, fostering a sense of community. These members of the Recreation Therapy team and gifted musicians bring their love for music, which they are always eager to share with our residents. With their instruments, they create an atmosphere of joy and happiness!

In our commitment to providing compassionate care and meaningful experiences, Georgina and Bianca harness the power of music to create heartwarming moments for our residents. We look forward to sharing more joyful musical moments in the future!



Brooke Ringuette
Acting Recreation Manager

Millennium Pavilion

Volunteers Bring Smiles, Laughter & Fun

At Millennium Pavilion, our vibrant programs thrive thanks to dedicated volunteers. Recently, residents enjoyed an outing to Rundle Park, complete with a KFC picnic, games, and a walk, and they're eager for more. Our weekly pet therapy dog visits bring joy, and bingo sessions, thanks to volunteers, are in high demand. Residents also love lively parties, made better with volunteer assistance, featuring dancing, snacks, drinks, and games. They say, "We love a party where we can dance and have fun!"



Nicholle Lloyd
Activities Convenor

Seniors Apartments

Embracing the Spirit of Community & Fun

New to the St. Michael's family but not new to having fun, the residents of St. Michael's Seniors Apartments have wasted no time in embracing the spirit of community and fun. From gardening to BBQs, this summer has been a time of bonding, enjoyment, and creating cherished memories.



Grove Manor

Bustling Summer Fun

Grove Manor had a bustling summer season with plenty of exciting experiences for our residents. There were numerous outings, engaging activities, and memorable events to keep everyone entertained.



Sandra Clarke
Activities Convenor

The highlight of the season was a fantastic evening of entertainment featuring the talented Klondike Kate. Additionally, residents had the opportunity to relish a delightful outing and barbecue at Peaceful Valley and explore the Stony Plain & Parkland Pioneer Museum and Tea House. Gardening sessions and birthday celebrations added even more joy to the summer festivities.

Vegreville Manor

Summer Serenades & Fun-filled Adventures

Vegreville Manor residents enjoyed summer entertainment, including performances by the Great West Canada Country Band and Norman Rice's East Coast Celtic music. The warm July allowed outdoor Ukrainian music from the Broken Banjos. Guests brought various musical genres like country, gospel, and instrumental music, always appreciated by the residents.



Residents had outings, including a visit to Vegreville Golf Course, where they rode golf carts and tried their hand at golf. During the local fair in August, staff set up carnival games for residents, including ring toss, bean bag throw, and fishing pond, sparking friendly competition, and winning prizes while enjoying popcorn.



Jenna Phillips
Activities Convenor

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

