



St. Michael's
HEALTH GROUP

FALL 2024

Caring & Sharing

"This service not only improves efficiency and reduces the burden on patients, it also offers considerable savings to our healthcare system ..." ~ Jack, St. Michael's MRT.



Message from John Kopeck

President and CEO

As we transition into the fall season, I want to express my deep gratitude for the unwavering dedication of our staff and the trust you place in us to care for your loved ones. At St. Michael's, our commitment to providing the highest level of care is evident in the compassionate work our team delivers every day.

Our staff consistently goes above and beyond to create a warm, safe, and nurturing environment for our residents. Whether through personalized care plans, engaging activities, or simply sharing a smile, their dedication makes St. Michael's a true home for our seniors. This season brings exciting developments across our facilities. We are pleased to continue to welcome new residents to our Fenwyck Heights property. Additionally, we continue to look for improvements and new ways to better meet the needs of our residents to ensure our living accommodations remain comfortable.

Over the next year, we will also be introducing enhanced employee wellness programs, designed to support the health and well-being of our dedicated team as they continue to provide exceptional care to our residents.

As we embrace these changes, our core mission remains the same: to provide **"Care with Love and Dignity"**. We will remain focused on providing compassionate care that honors the dignity and individuality of every senior in our community. We are excited to continue this journey together, guided by the same spirit that has always been at the heart of St. Michael's.

Thank you for being an integral part of our community as we continually evolve to meet the needs of our residents and the community.

Take care and stay safe.
John Kopeck, President & CEO

Announcements



St. Michael's Health Group is pleased to welcome **Andrea Janes** to the newly created position of **Director, People and Culture**. Andrea brings a wealth of experience from her most recent role in leadership at ATCO Ltd. and she is excited to bring her knowledge of people strategies to our employees.

Throughout her career, Andrea led employee talent programs and workforce planning for over 6,000 employees and brought fresh ideas on recruiting top talent into organizations. Her experience and HR technology expertise will be key in shaping our people and culture initiatives at St. Michael's. She holds a bachelor's in finance and a Master's in Employment Relations from the University of Newfoundland.

Outside of work, Andrea loves to spend time with her husband, Chris, and their two wonderful children, Hilary and Aiden. We're excited to welcome Andrea to the team and look forward to all she will bring to our organization!

St. Michael's Mobile X-Ray

Pioneering Care Since 1997

St. Michael's Mobile X-Ray department has been at the forefront of mobile diagnostic imaging in Edmonton since 1997. Early on the challenges faced by patients with mobility issues, and the costly burden of ambulance transportation and emergency room waits was recognized. The solution? Bringing diagnostic imaging directly to patients in their homes and other care facilities.

St. Michael's saw the need in our community and knew we could make a difference by bringing our services directly to them.

St. Michael's Mobile X-Ray offers a range of services, including diagnostic imaging for residents in long-term care, supportive and assisted living, as well as private clients. The convenience of in-room imaging not only reduces stress and anxiety for patients but also enhances St. Michael's overall mission of providing compassionate, accessible care.

"The service also reduces costs and time significantly," Charles adds. "Seniors often spend hours waiting for appointments and enduring long waits in emergency rooms or x-ray clinics. By providing in-home imaging, we streamline the process, making it more efficient and less stressful for patients and their families."



Our certified MRTs, who are licensed and in good standing with the Alberta College of Medical Diagnostic and Therapeutic Technologists, ensure every patient receives high-quality care. As well, our Mobile X-ray Department goes through a rigorous accreditation process every four years with the College of Physicians and Surgeons of Alberta (CPSA).

"Our priority is patient comfort and ensuring the imaging we capture is clear and accurate for the radiologists," explains Charles. "Every day is different – from navigating tight spaces in homes to ensuring proper equipment calibration – but it's incredibly rewarding."

Jan, who oversees scheduling and follow-ups, emphasizes the impact this service has on patients: "I hear so many positive stories, like one elderly lady who was nervous about her x-ray. Jack, one of our MRTs, made her feel at ease by walking her through every step. It's heartwarming to hear how much our team's compassion means to the people we serve."



For Jack, who has been with St. Michael's since 2013, the value of the service is clear: "This service not only improves efficiency and reduces the burden on patients, it also offers considerable savings to our healthcare system and strengthens our connection with the community. When patients can receive care at home, it benefits everyone."

St. Michael's Mobile X-Ray continues to grow and evolve, maintaining its reputation as a pioneer in the industry. "We've come a long way since we started," Jack reflects. "The future looks bright, and I believe mobile x-ray will become an essential service for everyone."

Pastoral Care

Caring for Ourselves to Better Serve Others

For the past few weeks, all staff members have been encouraged to participate in educational sessions about work/life balance and stress management. We were encouraged to be mindful and to take time to assess, to breathe, and to process. I am reminded of Philippians 4:8 'Whatever is true, whatever is noble, right, pure, lovely, admirable, excellent, praiseworthy—think about such things.....and the God of peace will be with you.' As caregivers, it is easy to become overwhelmed by the needs that surround us. As we head into the fall season let us all remember to take care of our emotional, spiritual, and physical well-being so we can recognize the truly important in the midst of the urgent and continue to provide the best of care with love and dignity.

Blessings

Milton Liska

Pastoral Care Coordinator

Fenwyck Heights

Blooming Gardens, Pickles, & Summer Adventures

This summer at Fenwyck Heights, we planted beautiful flowers with the help of our enthusiastic residents, who kept them thriving all season. We enjoyed fun activities like entertainment, pet therapy, theme days, and the ever-popular lemonade stand. Residents also made 37 jars of dill pickles, which were shared during various events. Outings included a picnic at St. Albert Botanic Park and a day trip to Peaceful Valley Day Lodge. As Fenwyck Heights continues to grow, we look forward to welcoming new faces and creating more exciting experiences!



Joan Dupuis

Activities Convenor



SMHG
Blue Angel Dinner
2024

You're Invited

To an evening of elegance & conversation
at the Blue Angel Dinner 2024

Friday, Nov. 8 @ 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-blue-angel-dinner
or by calling
Gordana (780-472-4546)

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

Enhancing Wellbeing with a New Sensory Experience

The Long-Term Care Recreation Department recently introduced the addition of the BUDII interactive projection system! Residents are already enjoying its wide range of activities, from soothing water scenes to lively games that encourage movement and social interaction. BUDII has been a wonderful tool for promoting emotional wellbeing and cognitive engagement, and we're thrilled to see the positive impact it's making in Recreation Therapy.



Brooke Ringuette
Acting Manager, Recreation Therapy



Millennium Pavilion

Summer Fun & Celebrations

This summer, we enjoyed picnics in the park and two BBQs: one for residents and another with friends and family, featuring games, live entertainment, and a photobooth. A highlight was celebrating a resident's 101st birthday with a surprise party that brought tears of joy.



Nicholle Lloyd
Activities Convenor

Seniors' Apartments

Building Community: Summer BBQs & Safety

Our St. Michael's Seniors' Apartment team was excited to connect with tenants over the summer through BBQ events and safety education sessions. It was a great opportunity for the management team to get to know our tenants better, hear their concerns, and gather suggestions. We look forward to hosting more events and continuing to gather feedback on how we can further enhance the living experience for everyone.



Svitlana Kadziela
Manager, St. Michael's Seniors' Apartments

Vegreville Manor

Summer Serenades & Fun-filled Adventures

This summer, our residents have made the most of the sunny days and warm weather with a season full of exciting activities. Many have enjoyed contributing to our vibrant community garden, planting and maintaining beautiful flowers and fresh vegetables. We've also had the pleasure of venturing beyond the Manor on several bus trips to explore local attractions, scenic spots, and a few hidden gems nearby. Staying cool was a priority, and nothing hit the spot like frozen treats! From ice cream, to popsicles, or smoothies, they were the perfect way to beat the heat. Residents also stayed active with fun games like lawn bowling and bean bag toss, enjoying some friendly competition.



Jenna Phillips
Activities Convenor

Grove Manor

Transitioning to Senior Rental Apartment Living

Our Grove Manor residence is transitioning to a moderately priced senior rental apartment, welcoming all residents as part of St. Michael's Health Group while maintaining our commitment to quality care and service. For more information, please go to smhg.ca/senior-care/grove-manor/



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