



St. Michael's
HEALTH GROUP

SPRING / SUMMER 2023

Caring & Sharing

"It's a place people can come for friendship, acceptance, and community. The clients become an extended family." - Olga Kutsyh



Message from John Kopeck

President and CEO

The arrival of spring is a time for new beginnings, rejuvenation, and is an opportunity for growth.

It's an exciting time for St. Michael's as our Fenwyck Heights project nears completion and we are eagerly waiting to welcome our new residents to this beautiful property.

The completion of Fenwyck Heights signifies the culmination of careful planning, attention to detail, and the dedicated efforts of all involved in bringing the project to fruition. The property is poised to provide a range of amenities and services that cater to the diverse needs and preferences of its residents.

We take great pride in our leadership role in the field of senior residences and continuing care services. With the understanding the senior population is growing and the demand for quality housing and services is increasing in Edmonton and the surrounding areas, St. Michael's Health Group is committed to strengthening its position to meet these evolving needs.

We recently hosted another successful in-person, This Is Home breakfast and Volunteer Appreciation. Such events help foster a sense of unity and engage community members, organizations, and stakeholders who share a common interest in creating safe and supportive homes for seniors. Thank you to all who support our work.

Our commitment to providing support to residents living with dementia and their families through workshops, activities, and programs, remains ongoing. We're grateful for your support and together, we will continue to make St. Michael's the best place to live well and age better. May this spring season bring an abundance of positivity and new beginnings.

Take Care and Stay Safe.

Welcome Home to Fenwyck Heights

Seniors' Affordable Independent Living



Opening
this Summer

Reserve your Suite today

- ✓ Homecare Services available
- ✓ Staff On-Site 24/7
- ✓ Some Suites feature In-Suite Laundry & Private Terraces
- ✓ Bistro, Library & Family Lounge
- ✓ Ravine & Walking Trails

260 Pioneer Road, Spruce Grove

For more information call

780.962.6598

Suites booking quickly!



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www.fenwyckheights.ca

Adult Day Support

Enhancing overall well-being

Adult Day Programs have been playing an important role in enhancing the overall well-being and quality of life of older adults while providing support to their families and caregivers. These programs aim to promote independence, dignity, and a sense of purpose, allowing seniors to remain engaged in their communities and age gracefully in a supportive environment.

St. Michael's Adult Day Support program has been providing services for over 30 years. Ada, Lopez, Day Support Attendant for over 20 years, has seen the program develop and change over the years, "The program started with very humble beginnings and has grown into a well-rounded initiative."

The program runs five days a week, Monday through Friday, and is tailored to meet the needs of seniors from social interaction to physical and emotional activities. Participants enjoy a fun-filled day of socialization, an exercise program, snacks, lunch, occupational and physiotherapy, and structured recreational activities including movies, games, and crafts. Clients range in age from 59 – 90. "We even had a client who was 102," notes Ada.

Day Support is funded by Alberta Health Services (AHS) with a nominal fee of \$10 a day to cover additional costs. Kelly-Anne Hicks, who has been with Day Support as the Administrative Assistant for 19 years says, "The goal of the Day Support program is to keep people healthy through being engaged in social recreation and leisure opportunities on a weekly basis. Most of our clients come to us with chronic physical or cognitive limitations and we provide ongoing services to them."

Bill Saurette joined the program in 2012 and comes for socialization and health benefits. He says, "I truly enjoy coming to the program. It is fun, engaging, and provides an opportunity to meet many new and interesting people."

Olga Kutsyh, a 13-year, Day Support LPN, explains how amazing it is to see people build friendships at the program. "It's a place people can come for friendship, acceptance, and community. The clients become an extended family."

The program runs from 10:00 a.m. – 4:00 p.m. five days a week. Kelly-Anne, adds "It's very rewarding to see a person's physical and mental state improve through participation in the program. It's such an honour to get to know our clients and provide them a safe space to build relationships and get them participating in engaging activities."



The daily goal for the team behind the Adult Day Support Program is fun of course, but behind the fun, Olga says her team is always focusing on keeping the mind and body of the people they care for active. "We do daily exercises, like typical stretching, strength building, or walking but we also do fun physical activities and games like balloon volleyball and axe throwing," explains Olga. "For the mind, we love trivia, puzzles, and card games and of course, they really love to socialize with each other which is what it's all about."

In order to participate adults must be living independently in the community and need to have an assessment by a Home Care Case Coordinator. Transportation is the sole responsibility of the client or family.

St. Michael's Adult Day Support program plays a crucial role in providing services, support, and respite care for older adults with physical and cognitive impairments, while also benefiting their caregivers. Through structured programs and activities, the program aims to enhance the overall well-being and quality of life for seniors living in the community.

Pastoral Care

Loving Your Community

One of the things I love about working at St. Michael's is the sense of community, everyone working together for the good of all.



Community is at the heart of faith: faith can only be lived out, in the community. We need each other: no one has made it through life without someone else's help. This past month we celebrated our volunteers. Their selfless serving enables us to live out our mandate of providing care with love and dignity. In Philippians 2:3 we read: "Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others above yourselves, not looking to your own interests but each of you to the interest of the others." What a beautiful description of what it means to be: a caregiver, a volunteer, or a supporting member of our St. Michael's community. As I look back over the past few months, I see recreation staff going out of their way to help facilitate Easter events, I see clergy coming in to meet with families during end of life, and kitchen staff helping prepare food for the Blessing of the Pascha; countless moments of caring and placing others first, of changing this little corner of the world and making it a better place! God bless you all as you play your part in this loving community!

Milton Liska

Pastoral Care Coordinator



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HEALTH GROUP



Thank you to our sponsors and all of those who attended & supported our 9th annual This is Home breakfast. The event was a great success and we raised over \$28,000.



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

Bridging Generations

Two years ago, the Assistant Principle of Father Leo Green School reached out to St. Michaels to see if we would be interested in window visits from the students during their wellness walks.

The partnership expanded after two long years, this September, to include bringing the students into the Long Term Care Centre. Every second Tuesday a class from the school walk over and pair up with our residents and create an art piece together.

This intergenerational program has been a great addition to our Recreation Therapy programming, the residents and to the students of Father Leo Green. Our residents get excited when they see the children coming through the doors and have been enjoying all of the interactions with the students. The students gain valuable experiences interacting with older adults, fostering empathy, understanding, and appreciation for the elderly.

We will continue these biweekly visits until the end of the school year and we are hoping to start them up again in the fall. This year St. Michael's residents will be joining them for their yearend mass and a celebration at the school.

Miranda Patterson
Recreation Therapy Manager



Millennium Pavilion

When the music moves you

Music has a remarkable ability to evoke powerful memories and emotions in people of all ages, including seniors. For residents at Millennium Pavilion, live entertainment and music play a significant role in their overall well-being. The various events such as pub afternoons, dances, birthday parties, and themed celebrations like St. Patrick's Day provide opportunities for residents to come together and enjoy themselves.

Residents truly appreciate the efforts put into organizing these events and the variety of music genres to cater to different preferences, from country to polkas to rock and roll. Their positive feedback, after the parties and the request to book the entertainment again, reflects their enjoyment and satisfaction.

These activities and engaging parties, create a vibrant and enjoyable community for the residents at Millennium Pavilion.

Nicholle Lloyd
Activities Convenor



Grove Manor

Fostering Intergenerational Connections

It's truly heartwarming to see the positive impact of involving young people in the lives of seniors at Grove Manor.

Grove Manor has partnered with a few community organizations to foster intergenerational relationships. The Tick Tock Program organized by the Parenting for the Future Association sees babies and toddlers, accompanied by their parents, with weekly visits bringing joy and brightness to the lives of the residents. The anticipation of seeing each other every week brings immense happiness and a sense of connection to both the children and the seniors.



The Grade 8 Leadership Class from the local Jr. High School also visits residents bi-weekly. The project is through the Generation Program and provides an opportunity for engaging in conversations and friendly activities, such as playing bingo. These initiatives create opportunities for connection, joy, and mutual understanding between different generations, enriching the lives of both the young individuals and the residents.

The return of these programs to Grove Manor after the hiatus caused by the COVID-19 pandemic has been very welcomed.

Sandra Clarke
Activities Convenor

Vegreville Manor

Enriching Community

Vegreville Manor welcomed spring with enhanced activities, entertainment, and outings. With the warmer weather residents have also been able to venture outside and enjoy the sunshine.

Twice a month the Youth Rotary Club volunteers joined the residents for an evening bingo which they truly appreciated. The ice cream social outings are always a highlight. Residents also enjoyed some exciting live entertainment over the past few months including Wendy Brook: Concert of The Stars and the Jim Davis band.



The arrival of spring brings new opportunities for residents to enjoy outdoor activities, socialize, and embrace the beauty of nature. The flower beds are planted, and the many green thumbs are eager to tend to the plants and vegetable garden.

There is always plenty to do at Vegreville Manor for all the residents. By offering diverse options, fostering social connections, and embracing the natural beauty of the season, Vegreville Manor creates a vibrant and enriching community for its residents.

Jenna Phillips
Activities Convenor

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