



St. Michael's  
HEALTH GROUP

WINTER 2023 - 2024



# Caring & Sharing

*"We recognize each individual as unique and special, and strive to accommodate their needs and improve the quality of care." Jack, Maintenance Manager*



# Message from John Kopeck

**President and CEO**

As a new year begins, it provides an opportunity to reflect on where we are and what the journey ahead looks like. This past year has been filled with cherished moments, shared joys, and a deepening sense of community within our St. Michael's family. 2024 holds considerable potential and many opportunities. We are eager to share the exciting developments and commitments we have in store for those who call St. Michael's home.

Our unwavering dedication to providing exceptional care for seniors remains at the cornerstone of our mission.

With this New Year, we are taking the opportunity to transform and elevate the standards of senior care, ensuring that every individual under our care experiences a life filled with love, dignity, and respect.

I am pleased to announce our Fenwyck Heights property is now welcoming residents. This venture is part of our objective for growth and continued dedication to improving senior care in the communities we serve. We remain committed to staying at the forefront of innovation and will continue to research new technologies and advancements to enhance the care of our residents.

As the landscape of healthcare continues to evolve, so do our strategies and practices. We recognize the unique needs and challenges seniors face, and our focus is on tailoring our services to provide comprehensive and compassionate care that goes beyond meeting physical needs. We aim to foster an environment that nurtures emotional well-being, encourages social connections, and promotes overall happiness.

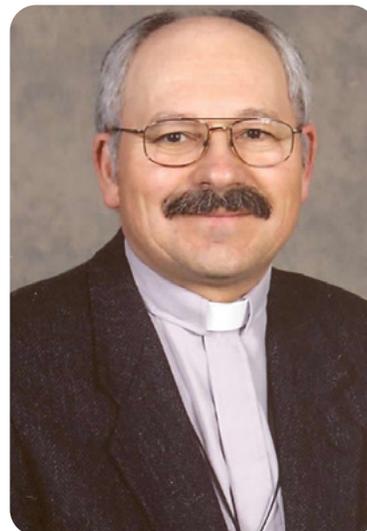
I am grateful for the trust and confidence families have placed in St. Michael's. Together, we will continue to build a community where seniors can thrive, celebrating their lives and contributions.

Thank you for being part of our commitment to excellence in senior care. Everyone at St. Michael's looks forward to sharing a year of growth, compassion, and possibilities.

## Announcements



St. Michael's warmly welcomes **Sanjay Sarker** as our **new Vice-President of Finance and IT**. Sanjay brings a wealth of experience and knowledge in the accounting field, having served in leadership roles for over 16 years in the private and public sectors. His senior positions include Senior Accountant at Meyer Norris Penney, Controller at Ledcor Group of Companies, Director of Finance at the City of Edmonton, and Chief Financial Officer at Procura Real Estate Services and Legion Piping Fabricators Inc. He holds a CPA/CMA designation and graduated from the UofA.



St. Michael's Health Group welcomes back to their Board **Very Rev. Mihajlo Planchak** as **Director** effective March 26, 2024.

# Ensuring Safety and Comfort, One Corner at a Time

In the quiet corridors and welcoming spaces of St. Michael's, there is a dedicated team working diligently behind the scenes. The unsung heroes who go beyond fixing leaky faucets and changing light bulbs - they contribute to the overall atmosphere that makes St. Michael's feel like home.

The Maintenance Department performs essential services within St. Michael's, they ensure building systems operate efficiently, machines run smoothly, and the physical condition of the buildings and grounds are well kept and maintained. It's a huge role and one the team takes quite seriously.

"Our priority is to provide the utmost in safety and comfort to our residents," says Jack, Maintenance Manager.

With over 100 years of combined experience this small but mighty team of 13 members, and growing, plays a pivotal role in ensuring a tranquil and welcoming environment.

"We begin every day with a morning meeting and go over the requirements for the day," Jack notes. "I go through the fix-it requests and prioritize what requires immediate attention." Fix-its are requests submitted by staff and family members on concerns that require repair or adjustment.

"We receive over 100 fix-its per week," Jack adds. Besides completing as many fix-its that can be completed in a day maintenance checks are conducted on all of the buildings. "We thoroughly inspect the buildings and look for any issues. We repair what we can immediately. Everything is tracked and monitored," Jack comments. Their proactive approach to preventive maintenance ensures that every corner of St. Michael's remains a safe and comfortable environment.

"Our number one priority is ensuring we are working safely," Jack states. "We are proud to say we have had only one near miss in the past five years."

He adds, "We work as a team and learn from each other. There's nothing we can't handle."

Every day is a different day for the maintenance team with a variety of challenges.

"Our equipment has served us well and we proactively plan for upgrades, but parts and supplies can present a challenge to get," Jack adds. "We have had to come up with some creative solutions when it comes to repairs but we make it happen." The new Fenwyck Heights property has proven to be a bit of a learning curve as well with the new technology used to operate the building. Jack comments, "We welcome the challenge and appreciate the opportunity to learn new things."





"We have a great team with a broad depth of knowledge," adds Mark, St. Michael's bus and delivery driver and part of the maintenance team. "We all have the utmost respect for one another. While we take our jobs seriously we tease each other and have fun too. We are a proud and humble group who believe in doing the best job we can."

"We get satisfaction from fixing something that is broken," adds Jack. "We treat staff and residents like family. We recognize each individual as unique and special, and strive to accommodate their needs and improve the quality of care."

## Pastoral Care

### Brightening Spirits through Caring Hearts

As I write this article the weather is +12 C; nothing like a spring-like day in January to brighten everyone's spirit. In Galatians 5, Paul writes, "The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control." The Spirit of God is often compared to the wind; you can't see it, but you can see evidence of it at work all around you. Another Christmas season has passed; we gathered in December to honor residents who have passed at our annual Tree of Memories Service, we prepared our hearts with numerous Advent services and celebrated Christmas and Epiphany, but the thing that has spoken to my heart the most these past few months is the evidence of the Spirit of God moving amongst us. Caring families, co-workers laughing together finding joy in their work, countless acts of kindness, heroic examples of patience and gentleness and self-control. Being a caregiver can be difficult and draining, but it has its rewards. One which is the privilege of working alongside loving, thoughtful, and truly caring people.

Blessings  
**Milton Liska**  
 Pastoral Care Coordinator

St. Michael's Fenwyck Heights



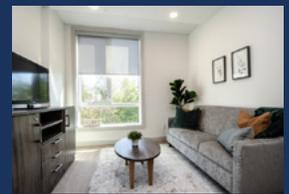
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## Donate to St. Michael's

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

## Community Spirit Shines Bright

Reflecting on the recent holiday season, our long-term care facility was blessed with an outpouring of generosity and community spirit. The KC Colombians U12 hockey team brought joy to our residents, not only through their time at the Theatre Club but also with generous Christmas gifts. The Synergy Group of Companies transformed our facility into a festive haven, while St. Martin's Elementary School's carol session and art creation added a magical touch. Residents also gave back, supporting Father Leo Green School. The Annual Family Resident Christmas Dinners, attended by over 250 guests, created cherished memories. We want to express our deepest gratitude to everyone who contributed to making this holiday season truly special for our residents. Your kindness has created lasting memories and strengthened the bonds that make our long-term care facility a true home.



**Brooke Ringuette**  
Acting Manager, Recreation Therapy



## Millennium Pavilion

### Creating Cherished Memories

The Christmas dinner with residents and their families exceeded all expectations and was one of the memorable winter events held for residents of Millennium Pavilion. The event was a resounding success, with every aspect being thoroughly enjoyed, from the delicious food to the enchanting performances by our choir and the joyous moments of dancing. There was an undeniable sense of warmth and togetherness, making it an unforgettable evening for everyone. What's not to love about such a festive and heartwarming celebration?



**Nicholle Lloyd**  
Activities Convenor

## Seniors' Apartments

### Spreading Holiday Joy

Residents of St. Michael's Seniors' Apartments enjoyed a delightful Christmas dinner provided by St. Michael's Health Group catering, complete with visits from Mr. & Mrs. Claus and musical entertainment. The thoughtful gesture of small Christmas gifts and cards from the St. Michael's executive was deeply appreciated by all tenants across all of our apartments. We also extend our gratitude to London Drugs at the North East location for adding an extra touch of holiday cheer by generously donating Christmas stocking gifts to our residents.



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

# Grove Manor

## Embracing Ukrainian Tradition

While there have been numerous activities and events going on at Grove Manor one of the most memorable for residents was the Ukrainian Christmas dinner. To commemorate Ukrainian Christmas, a unique dinner event was organized for residents,



**Sandra Clarke**  
Activities Convenor

featuring cuisine from “Baba’s Own Kitchen”. A particularly memorable aspect of the evening was extending an invitation to the Ukrainian refugees residing at Grove Manor. While not everyone could join, those who did attend relished the experience, and cherished the opportunity to celebrate.

# Vegreville Manor

## Enjoying Winter Fun and Community Spirit

From curling, to bingos, crafting, the red zone football challenge, Christmas sweater party and even a visit from Santa, Vegreville residents have been very busy despite the cold weather. We were also blessed with numerous volunteers who assisted with the activities and events including the Rotary Club. Your time and dedication truly make a positive impact on our community. Thank you for your generosity and the wonderful experiences you bring to our residents’ lives!



**Jenna Phillips**  
Activities Convenor

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St. Michael's Health Group  
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