



St. Michael's
HEALTH GROUP

WINTER 2022-2023

Caring & Sharing

**"We try our best so they
can live the last part of
their journey with dignity."**

- Ania, St Michaels RN





Message from John Kopeck

President and CEO

As we look forward to 2023, I am filled with excitement and hope for the future. We have come a long way in the last few years and yet I believe we are just getting started.

2023 will be an exciting time for St. Michael's. Our new Fenwyck Heights independent senior living facility is on schedule and expected to open by the end of this summer. This property will not only be about providing affordable housing for seniors, but will also serve as a community hub where citizens can collaborate to improve the well-being of those living, working, and playing there.

I'm also pleased to announce we will be assuming management responsibility for four seniors' apartment facilities in Edmonton effective February 1, 2023. The facilities include St. Josaphat's Seniors' Residence, St. Nicholas Seniors' Home, Barvinok Seniors' Apartments, and Father Hannas Seniors' Apartments. Expanding St. Michael's overall presence in the seniors' housing sector.

St. Michael's continues to strengthen its position in senior care in 2023 thanks to goals, plans, and a determined vision.

We will continue learning to adapt to the changing needs of seniors and nurture our strategic alliances with our community partners.

As I reflect back on 2022, I want to acknowledge how amazing our Residents, their families, employees, and volunteers have performed in the face of adversity these past few years. Your acts of hope, strength, optimism, positivity, kindness and unfaltering perseverance are truly remarkable.

As always, we remain committed to St. Michael's community well-being as we move forward together with our partners and families. We're grateful for your support as we continue to provide a place where our Residents feel at home and receive Care with Love and Dignity!

Take Care and Stay Safe.

John Kopeck
President & CEO

St Michael's acquires four new seniors housing sites

St. Michael's Health Group is excited to share we will be assuming governance and management responsibility for four seniors' housing apartments in Edmonton effective February 1, 2023. The apartments include St. Josaphat's Seniors' Residence, St. Nicholas Seniors' Home, Barvinok Seniors' Apartments, and Father Hannas Seniors' Apartments.

All four apartments are rent-geared-to-income and offer independent living to seniors. These subsidized apartments each contain independent cooking and bathroom facilities. The properties provide important affordable housing options to seniors in the Edmonton community and expand St. Michael's overall presence in the seniors' housing sector.

The facilities were previously governed by The Verkhovyna Foundation and we thank them for entrusting St. Michael's to operate these apartments in our overall housing portfolio. We welcome our new tenants to the St. Michael's Health Group family and look forward to providing the highest quality living standards.



St. Josaphat's Senior's Residence, one of the new properties St. Michael's will be managing.



Ania Ottowitz, RN, administering medication and assessing the Resident's needs



Lyn Dadios, LPN, preparing medication for the Residents

Nurses Take on the Challenge

The importance of nurses in a Long Term Care Centre cannot be understated. From a healthcare perspective, it's arguably one of the most important roles in a nursing home.

Nurses at St. Michael's are responsible for standardized assessments, monitoring vital signs, administering medication, and creating a safe, clean, and healthy environment for Residents. Overall, they care for their social, intellectual, spiritual, physical, and emotional well-being.

Joanne Petrick, a 27-year St. Michael's employee and LPN says, "While caring for the elderly can be a challenging job, I really like it here. It is like family and I love the Residents and the staff I work with. I truly feel I am making a difference in the Resident's lives"

St. Michael's takes a holistic approach to resident care and strives to provide a healthy and comfortable life. Tatsiana Haidukevich, Director of Resident Care says, "We take into consideration each Resident is entirely different and we design and implement a unique approach for each senior we care for."

St. Michael's nursing team is comprised of Registered Nurses (RN), Licensed Practical Nurses (LPN), and Health Care Aides (HCA). In total there are 130 nurses



Jennifer Tavares, LPN, spending time with a Resident

and aides working at St. Michael's Long Term Care, collectively providing 24/7 care.

The job can be both physically and mentally challenging especially when dealing with the issues associated with Dementia. Tatsiana adds, "The role requires incredible patience and compassion and St. Michael's does have resources in place for the nursing staff, providing training and support when needed."

St. Michael's offers employees a Partners in Learning (PIL) professional development program where a portion of their educational costs are covered. St. Michael's also has long-standing partnerships with a number of healthcare schools. Joanne started out as an HCA and utilized the PIL program to become an LPN. Lyn Dadios, a fairly recent LPN to St. Michael's, started her training with Norquest College. "While the

role can be challenging I do feel very appreciated and value the teamwork approach St. Michael's takes," she says. "I especially enjoy having the opportunity to spend time with each Resident and hopefully make them feel cared for and appreciated."

Being an RN, LPN, or HCA at St. Michael's is a big responsibility, as both the Resident's health and well-being are a prime concern. Some of the Residents cannot care for themselves and are totally dependent on the staff. Nurses not only need the proper education for the job they also need to be totally dedicated as the job can be very demanding.

"I really love seniors," says Ania Ottowicz, a seven-year RN with St. Michael's. "I appreciate that St. Michael's is a faith-based organization and really tries to provide not only the best care for the Residents but for their staff as well." She adds, "I have a huge respect for seniors. They have worked their whole lives and it is an honour to provide them with the best care so they have dignity for the last part of their life journey."

Nurses are vital to the health and well-being of our Residents. We are incredibly grateful for their dedication, compassion, and commitment.

It's the Little Things that Matter

We have all been told it is the little things in life that matter; a smile, a kind word of encouragement, a gentle touch, and a few minutes of undivided attention. When I think of how we can impact the well-being of our residents I believe a person does not even have to leave the building to feel like they have been away.

It takes so little to break the monotony. After the past few years of restrictions just getting Residents off of their pods can brighten their spirits and put a smile on their faces.

Attending a service in the chapel feels like a trip to church, and a rousing morning of Christmas Carolling in the Alberta Room feels just like attending a Christmas concert. Taking the time to bring someone to the Four Seasons to just sit and enjoy the sunshine can make a huge difference in a Resident's day. You can help them go on an outing without even leaving the building. I encourage everyone to take the time this next year to be a blessing to someone in need of a break from the ordinary; it is indeed the little things that matter. Blessing for the New Year!

Milton Liska
Pastoral Care Coordinator

Vegreville Manor welcomes Families from Ukraine

Vegreville Manor has become a temporary home to four families who have fled Ukraine. Vegreville Manor has designated four rooms for families in need. The families are sponsored by the Vegreville and Area Stands with Ukraine committee. The organization assists families fleeing Ukraine with finding housing and providing supports.

The first, a family of four, arrived June 26, 2022, from Belarus and are originally from the Kyiv area. They have recently moved and have found their own accommodation still within the Vegreville area. The second to be welcomed to the Manor on July 21, 2022, was a lady from Kyiv who is still at the Manor and now works in the community. The third family arrived on September 8, 2022, from Vuzlove, Ukraine. The father is employed in Vegreville and the three-year-old daughter brings much joy to the residents. They are still residing at Vegreville Manor. The fourth family recently joined the Manor on December 2, 2022, and the mother, daughter (11), and son (7) arrived from Cherniutsi and still reside at the Manor. Another family is expected to arrive in January 2023.

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.

CLICK THE QR CODE TO DONATE →



This cute three-year-old girl and her family from the Ukraine are temporarily calling Vegreville Manor home.

Long Term Care Centre

Special visits for LTC Residents – *Miranda Patterson, Recreation Therapy Manager*

Long Term Care (LTC) has been very busy hosting live events after a long three year wait. This holiday season Residents in LTC were finally able to celebrate with family and we hosted our Annual Family/Resident Christmas Dinners in person. The event was a huge success with one of the largest number of attendees we have had in a very long time. Families and Residents were treated to a traditional Christmas dinner prepared by our very own Chef Chris Wood and his team, live entertainment by Young at Heart, Wes and Wendy and the event even included a visit from Mr. and Mrs. Santa Claus.

We were also excited to be able to take Residents on outings, which they truly enjoy. In December Residents were treated to a visit to the Muttart Conservatory, one of their favorite destinations. The Conservatory was transformed into a winter wonderland with the feature pyramid themed into Jingle Bells "Dashing Through the Snow". The pyramid was filled with beautiful Muttart-grown poinsettias as well as various Christmas decorations throughout, getting Residents into the holiday spirit. The Conservatory also had music in the evening and you could have a photo with Santa. We try and visit the Muttart several times a year to get away from the long cold winter we have in Edmonton.



Grove Manor

Enjoy getting out and about - *Sandra Clarke, Activities Convenor*

The Residents at Grove Manor love getting out and about in their community.

This holiday season, Residents especially enjoyed the Christmas Light Tour in Spruce Grove, Stony Plain, and Candy Cane Lane in Edmonton.

Shopping is always a highlight for residents and a trip to their local Walmart was most enjoyed as was a recent day outing to the St. Albert Centre. Many Residents found some very good deals and enjoyed a lunch out.

In the New Year, a trip to the River Cree Casino is planned as is a trip to the IMAX Movie Theatre in Edmonton.

This Christmas, Grove Residents also had the opportunity to spend an afternoon with employees of the local Amazon. Amazon wanted to give back to the community and volunteered to come out

and spend time with the Residents at Grove Manor. They participated together in games, and Christmas crafting, and joined in a Christmas carol sing-along. They also had a visit from the local RCMP detachment which was a highlight for the Residents and lifted their Christmas spirit.

Outings and activities definitely make a difference in our residents' well-being.



Millennium Pavilion

Enjoy their Dining Experiences –
Nicholle Lloyd, Activities Convenor

Millennium Pavilion Residents enjoyed their outings now they are able to get out again. They did some Christmas shopping to the local Walmart, and especially enjoyed the dining experiences. They enjoyed several restaurants in and around the area including Tony Romas, Boston Pizza, and Yang Ming Buffet. There are plans to visit the casino, go bowling, and enjoy more local dining establishments in the next few months. Residents really enjoy getting out and it truly helps their emotional and mental health.

Residents were also treated to a concert performed by one of the Resident's granddaughter's music class.



Vegreville Manor

On the Go – *Charlotte Widynowski, Activities Convenor*

Vegreville Manor Residents are on the go whenever the opportunity arises. Even though the weather gets cold outside that doesn't stop some of our Residents from getting out and enjoying lunch in the community. With new restaurants in town and very eager Residents, they have tasted some new foods to add to their bucket lists like Mexican and Japanese. Having the experience of going into town and possibly meeting friends have them excited to head out no matter what the weather is like. Every month we all decide where we want to go and then the adventure begins.

Always moving and doing things at Vegreville Manor keeps us all happy and mobile.

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