



St. Michael's
HEALTH GROUP

SPRING / SUMMER 2024



Caring & Sharing

"At St. Michael's Health Group, the sense of community and person-centered care remains at the heart of everything we do." - Cate



Message from John Kopeck

President and CEO

As the warmer weather finally makes its way to us, we look forward to more outdoor activities and the chance to enjoy the beautiful surroundings of our communities.

Spring, a time of renewal and growth, reflects the dynamic spirit and unwavering dedication within our St. Michael's community. Our team has been diligently working to enhance our living spaces and expand our programs, ensuring that each resident experiences the highest quality of care and a fulfilling lifestyle.

We are welcoming new residents to our Fenwyck Heights property, enriching our thriving community with new friendships and shared experiences. Our commitment to innovation in senior care remains steadfast. We continue to actively partner with stakeholders and other senior care advocates to enrich the lives of our residents and promote a sense of community and well-being.

As always, the safety and health of our residents are our top priorities. We continue to implement thorough health protocols and provide ongoing training for our staff to ensure a safe and supportive environment for everyone.

I am also pleased to share the success of our recent "This is Home" breakfast and Volunteer Appreciation events. The breakfast sold out and our Volunteer Appreciation was also well attended. Thank you to the sponsors and everyone who attended and assisted with these events. The overwhelming participation and positive feedback highlight the strong partnerships we share and the joy we experience within our community.

I would like to extend my heartfelt gratitude to our dedicated staff, whose compassion and professionalism make St. Michael's a place of comfort and joy. To our residents and their families, thank you for your continued trust and confidence. Together, we create a community that thrives on respect, care, love, and dignity.

Wishing you all a wonderful and inspiring spring season.



SMHG Board Member Honoured with Seniors Service Award

St. Michael's Health Group proudly congratulates our Board Member, Bill Steinberg, on receiving a Minister's Seniors Service Award from the Alberta Government. Bill's dedication to senior care spans over four decades, significantly impacting senior recreation and healthcare services. His visionary leadership has enriched the lives of countless seniors. (Pictured, SMHG Board Member, Bill Steinberg with Honourable Searle Turton, Minister of Children and Family Services)

St. Michael's Fenwyck Heights

Furthering St. Michael's Legacy of Community and Care



St. Michael's Health Group continues to grow with the opening of our new senior care residence St. Michael's Fenwyck Heights. This warm and welcoming senior independent living residence, with support services, exemplifies St. Michael's commitment to enhancing senior care and growing our community presence. Designed to meet the diverse needs of those we serve, Fenwyck Heights offers a homelike environment with bright, spacious areas that offer a sense of comfort and security.

Fenwyck Heights currently employs 36 staff members and is growing, and now we welcome volunteers to join the community. These dedicated professionals thrive in this innovative environment, showcasing their expertise and providing exceptional care. "The success of Fenwyck Heights is a testament to the hard work and dedication of our employees," says Cate, St. Michael's Fenwyck Heights Manager. "Their enthusiasm and commitment are the driving forces behind the positive reputation of Fenwyck Heights within the community."

Resident Ken Weisnburger agrees with this sentiment. "The staff here go above and beyond to ensure we feel valued and respected," adding, "Their genuine compassion and attentiveness make all the difference."

Another key aspect of Fenwyck Heights is its focus on community involvement. "We have partnerships with nearby schools and encourage other community groups to be involved in various capacities to enrich the lives of residents. Some of the groups that have visited the residence include the Rotary Club of Spruce Grove, the Golden Age Club, a local mom's group, along with dance and music schools," adds Meagan, Fenwyck Heights Assistant Manager.

Fenwyck Heights is already home to over 70 residents since opening in October. The sense of community among residents and staff is strong, with everyone working together to create a supportive and caring



environment. "It's a welcoming atmosphere, and we get excited when a new member joins us," Cate says.

Residents at Fenwyck Heights feel valued and respected through the choices they are given in their care and daily lives, from meal options to the choice of activities and the option to participate in resident meetings. "We strive to have open communication with the residents," explains Meagan. "We welcome and value their comments anytime and if there is an issue we do our best to take care of it immediately."

"Being part of the community is incredibly rewarding. I often find I have connections to residents through friends or teachers from my school days. These connections, built from living and growing up in the community, make working here even more special," Meagan adds.

"At St. Michael's Health Group, the sense of community and person-centered care remains at the heart of everything we do," Cate concludes. "Fenwyck Heights embodies this spirit. It's more than just a place to live; it's a dynamic center of support and friendships, positively enriching the lives of both residents and staff."



Fenwyck Heights Grand Opening

On Wednesday, June 12, we officially opened the stunning Fenwyck Heights senior residence! This beautiful property will be home to 200 seniors, offering independent living with support services. This vision began four years ago with a dedicated effort to address the significant need for senior living spaces in our community. Today, it stands as the largest development in St. Michael's history.



Pastoral Care Embracing Spring's Renewal

Funny how the temperature today is the same as it was the day I wrote my article in January! We collectively are all "waiting" for Spring to really arrive just as our gardens are waiting to be planted. A rich and rewarding part of my ministry is that of presence, of visiting and spending time getting to know our residents. Some are bored and glad to have company, others busy packing, hoping to go home, some in need of prayer and comfort, others excited to be involved in the hymn sing time each Friday but everyone grateful to have someone to talk to. Life is rich and full of possibilities, the beauty of spring and new life, the joy of family and relationships. It is so much more than just waiting for Godot ("Godot" is famously associated with the play "Waiting for Godot" by Samuel Beckett. In the play the two main characters are waiting for someone named Godot who never arrives). The next time you have a free moment consider using it to brighten the day of someone who is lonely and just waiting for a visit.

Blessing

Milton Liska

Pastoral Care Coordinator

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

Creating Community through Special Collaboration

St. Michael's long-term care residents have been very busy over the past few months. One major project we are incredibly proud of is the "Epic Living Room" project. This incredible project is part of a special collaboration between Father Leo Green School and St. Michael's.

The students received a grant from the United Way and selected St. Michael's as the recipient of the project. The purpose is to provide an area where residents can engage in recreational activities, relax with their families, or socialize with each other. Additionally, the space will serve as a "home-like" environment, promoting well-being and fostering a sense of community and comfort for our residents.

Each class was tasked with planning a specific aspect of the room, including creating a plan, budget, and proposal for their ideas. The initiative was entirely student-driven!

A huge thank you to Father Leo Green students for their hard work and dedication!

Brooke Ringuette

Acting Manager, Recreation Therapy



Millennium Pavilion

Inter-generational Connections Blossom

The residents have really enjoyed the visits from St. Matthews School over the past few months. These visits give everyone a chance to connect meaningfully while playing games and doing crafts together. The laughter and fun create a warm and welcoming atmosphere, making everyone feel part of a community. These visits not only brighten the residents' days but also help the students learn empathy and understanding across generations.



Nicholle Lloyd

Activities Convenor

Seniors' Apartments

Embracing Diversity & Enriching Activities

It's been a pleasure to meet adults from various generations, backgrounds, experiences, and interests who call St. Michael's Senior Apartments home. We honor our tenants' diversity and continually seek creative ways to ensure their successful and valuable living experience. Our residents enjoy a variety of activities organized by tenant volunteers, including exercise classes, live music, movie nights, birthday parties, coffee times, and outings.



Svitlana Kadziela

Manager, St. Michael's Seniors' Apartments

Grove Manor

Enjoying Flowers, Festivities, and Fun

Spring at Grove Manor has brought joy as residents planted flowers for everyone to enjoy, with many helping with the watering. Recent months included fun activities like Easter egg hunts and tea parties with china cups and desserts. Crafts and painting classes kept residents engaged, while bus outings to shopping centers and entertainment spots were highlights.

We also celebrated Earth Day at the Good Samaritan George Hennig Centre. Monthly birthday parties and afternoon music sessions have added to the fun. Upcoming events include a Father's Day BBQ, Canada Day Party, Senior's Week Strawberry Tea, and park picnics, ensuring residents fully embrace spring and summer.



Sandra Clarke
Activities Convenor

Vegreville Manor

Bridging Generations

Over the past few months, we've enjoyed a variety of activities, including indoor sports, crafting, a St. Patrick's Day happy hour, and cheering on our Edmonton Oilers! Recently, we partnered with CALS Vegreville for an innovative program that blended generations through engaging activities. From singing and reading to parachute play and crafts, Beyond Play provided our residents with unique opportunities for connection and creativity, enriching our community with joyful interactions.



Jenna Phillips
Activities Convenor

ST. MICHAEL'S

Gala
2024

SMHG is thrilled to announce the date and location for St. Michael's Gala 2024.

SAVE THE DATE

Friday, Nov. 8

The Double Tree By Hilton

16615 109 Ave NW Edmonton, AB T5P 4K8