



Grove Manor

A Summer to Remember at Grove Manor

This summer, residents at Grove Manor adapted to the Covid situation by finding new and innovative ways to remain active while practicing safe social distancing. It has certainly been different and perhaps quieter than what they are used to but everyone made the best of things. Support from family, friends, and staff has also been so welcome at this time.



To make life as normal as possible, we spent as much time as we could outdoors starting with a Father's Day BBQ. The weather was perfect, and residents enjoyed a delicious meal and sunny day in the courtyard. The BBQ was fired up, and hamburgers with all the toppings, along with potato salad, and ice cream was served. There is something to be said for a fresh BBQ meal enjoyed outdoors – it increases the appetite as many gentlemen requested seconds. A very generous Grove Manor resident donated a basket of treats and a brand new watch which we used for a prize draw for all our 'dads'. It was so exciting to see one of our newer residents win, especially as this was his first activity since moving in. Nice way to be welcomed to Grove Manor!

Other BBQ's and picnics were held throughout the summer when the weather allowed, and they were always enjoyed with many residents taking part and reminiscing about picnics they had in years gone by. The last BBQ of the season was in late August where a 104 year old resident insisted she too come outdoors to take it in. Well she did and thoroughly enjoyed herself.

Having time outdoors truly helped the residents during this time. While this was not the summer we may have planned, it was gratifying to provide a little bit of enjoyment for residents to take their minds off the events and outings we could not participate in. Like everyone else, we found joy in the simple things!

Vegreville Manor

Going Glam – Just Because!

Graduations and weddings were not part of our usual summer events this year, so our Vegreville Manor team came up with an awesome solution. Along with eager residents, we decided to have a formal dress day so we could look and feel like a million dollars. "Why not?", was their response, "it would be great to get all dressed for a meal. It gives me a reason to wear an outfit that I haven't had a chance to."

And so they dressed up! Throughout the morning all were chattering about the exciting day and their plans, and some started as early as breakfast with their transformation. Many outfits were pulled out before the perfect outfit was found.

At last the moment came for 'guests' to arrive, and WOW - the residents glowed as they approached the dining room one by one. Women in fancy outfits, men dressed in their finest – everyone transformed! Flowers on the tables and an exquisite meal left everyone feeling like they were truly taking in a special occasion with special people.

After the wonderful meal many residents went into the courtyard to have a personal photo taken of them to capture the day and the emotions.

"Let's do this again" "I feel fabulous" were heard from residents throughout the day and has challenged us to keep being creative with our activities at Vegreville Manor. Who knows what our collective imagination will think up with next!



Millennium Pavilion

Canada Day a Different Way!

Throughout the last many months, it has been important for us to continue celebrating holidays as it provides us with an opportunity to safely socialize and have a pleasant positive distraction. At Millennium Pavilion Senior's Lodge we took the opportunity to spread some joy as we celebrated Canada Day with a scavenger hunt and parties with different residents attending each party to safely accommodate everyone. Residents didn't hold back and really enjoyed the fun filled day.

The Canada Day themed scavenger hunt was challenging! Residents were given clues and the day to find their maple leaf. Everyone eagerly took part in the hunt to find their own personalized maple leaf. Some teasing and friendly competition among residents added to the frivolity of the day. Ultimately a maple leaf found meant residents could turn it in to receive a special prize!

The day continued with musical entertainment via streaming channels, socializing, drinks and snacks. The celebration ended with surprise fireworks! Everyone ooo-ed and ahh-ed as they watched the virtual fireworks on tv enjoyed by Canadians coast to coast to coast. Yes it was different, but everyone knew it was Canada Day and had fun celebrating.



St. Michael's Long Term Care Centre

Garden Concerts Galore

At St. Michael's Long Term Care Centre, social distancing and group size restrictions meant we had to learn a new way of engaging residents. We had to get creative with our recreation activities to include some of the programs the residents have enjoyed in the past.

A favorite activity for our residents has always been live entertainment which for many months has just not been possible. But with some planning and coordination between the recreation staff, musicians, and other site staff, we've become a concert location in the neighbourhood! One of the first sites in Edmonton to take this approach, since the end of April we have been hosting outdoor musical performances weekly. Our 'Garden Concerts' have featured a superb variety of musicians ranging from accordion music to country and oldies but goodies. Regardless of the genre they all energize the residents! The musicians play from three different outdoor locations around the long term care centre so our seniors all over the building can listen, watch, and sometimes dance along from open windows.

The residents really enjoy coming together to listen to great music. We very much appreciate these musicians who have been excellent to work with and so accommodating with performances that are entertaining, and safe for the residents. There is much musical talent in Edmonton and we are grateful they want to share their talents with us!

Return Undeliverable
Canadian addresses to:
St. Michael's Health Group
7404 - 139 Avenue
Edmonton, Alberta T5C 3H7



FALL/WINTER 2020

Caring & Sharing

The Gift of Grandparents





Message from John Kopeck

President and CEO

Welcome to our fall/winter edition of Caring and Sharing. It was a very different summer at St. Michael's but despite the many new restrictions we managed to keep residents safe, families connected and offered our residents much needed recreation programming. In most cases this looked a bit different but I commend our staff for the innovative and unique approaches they took.

Our St. Michael's Health Group mission is to provide **Care with Love and Dignity**. The global pandemic has tested our ability to deliver on our mission but living up to this foundational commitment is more important than ever. Our Board of Directors, senior management and all staff are committed to the overall health and well-being of the many residents we serve. Moving forward, we will continue to put the needs of residents and family first and to provide the safest living environment while maintaining the highest possible care levels.

What I've missed most is the daily interaction with our volunteers, members of our Friends of St. Michael's Society of Edmonton and Day Support clients who have not been able to be on site since March. I also miss the opportunity to have in person visits with families, our Board Members, donors and other stakeholders who are so important and valuable to our organization. Although we've made video conferencing and other forms of communication work, I believe we are all looking forward to more in-person connection.

Traditionally, fall and winter months are busy as we host events for Remembrance Day, Christmas and our annual fall fundraiser. Unfortunately, we've made the difficult decision to cancel or postpone these large gatherings but we are committed to continue celebrating in different ways.

At this time, I would like to thank our many donors and sponsors who continue to support St. Michael's. Your financial commitment has allowed us to continue providing the highest level of care through increased recreation and quality of life programs. Many donors have asked us to make sure we are also protecting the overall health and well-being of our staff. These contributions have allowed us to offer our staff prize draws, meals and special recognition. Our social enterprise programs including Mobile X-Ray, Family Health Centre and Baba's Own Ukrainian Food also continue to operate. Like most businesses we've had to adapt our operations to ensure they remain viable so we can generate much needed proceeds to support our quality of life initiatives.

Until our next edition, I wish everyone well. Stay safe and I look forward to connecting with you in the New Year.

The Gift of Grandparents

When you hear about Grandparents Day, what is the first thing you think of? Your parents? Grandchildren? Or perhaps yourself? Established formally in Canada in 1995 and held annually the second Sunday in September, this day is to recognize the importance of grandparents in strengthening the family structure, and their role in nurturing and educating children. Most people do not see Grandparents Day as a gift-giving day, but rather a day to honour and be grateful for a multigenerational family.

Recently we discovered one of our residents in long term care – Annette Bruce – was a founder and president of the Orphan Grandparents Association. She had a significant role in raising awareness about the rights of grandparents, an effort which ultimately led to a motion in Parliament confirming Grandparents Day. At the time, she was the only maternal grandparent running a group like OGA in all of Canada. Annette dedicated much effort advocating for the rights of grandparents in Canada – learning, educating, and raising awareness about the role of grandparents, the values they represent, and the positive influence a multigenerational relationship can have in families.

So who is Annette Bruce? Annette was a gift, born on December 25, 1941, in Barrhead Alberta, and was always a very active community volunteer and leader. She believes in hard work and having a positive attitude. As it turns out, Annette was raised by her grandparents, whom she always valued along with the unconditional love and self-worth they gave her as an orphan. This life experience together with unforeseen family scenarios in her adult life helped fuel Annette to initiate the Orphan Grandparents Association (OGA).



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Formed through Family Services in Edmonton, the OGA was focused on offering support to grandparents and other extended family members who had limited or no access to their grandchildren, nieces, or nephews. After countless letters, meetings, and much advocacy work, in 1995 Motion 273 for the creation of a National Grandparents Day was passed in the House of Commons. This important advancement provided another stepping stone for Annette to fight for grandparents rights for access to their grandchildren. She worked for many years to have grandparents recognized provincially and federally in the legal system. Her success meant grandparents could now approach the court to apply for visiting access with their grandchildren.

Annette's wish is that grandparents, grandchildren, and all family members continue to have strong, healthy relationships no matter what life throws at them.

Even with all this success, Annette nonetheless continued her advocacy efforts for many more years. She encouraged families going through challenging human and life situations to seek ways to maintain a nurturing family environment, and offered them tools, skills and ideas to do so. Even though her work was truly altruistic, Annette was surprised and honoured when in March 2012 she was recognized and presented an award on United Nations International Women's Day for exemplary service to her community.

Even today, Annette is dedicated and passionate about sharing this history with the desire for others to recognize what Grandparents Day represents. So – what does Grandparents Day mean to you? Next year Grandparents day will be on September 12, 2021 and we hope that you and your loved ones find yourselves together and well. Annette's wish is that grandparents, grandchildren, and all family members continue to have strong, healthy relationships no matter what life throws at them.

Hope to See You Soon



We are so grateful for the many dedicated volunteers who are such important members of our team and make significant contributions daily. We've missed them the last 7 months but as guidelines adjust to allow for their return, everyone at St. Michael's is looking forward to seeing our volunteers, especially the Residents! Thank you for your patience and support!

Thank you...

It's hard to believe how much has changed in the last couple of months as we've learned new ways to work together and adapt our daily lives. This pandemic has challenged all of us and is a time to take care of each other.

As an organization that cares for seniors, we've see the impact recent restrictions are having on Residents and we are proud of all our staff who come to work every day to care for those who call St. Michael's home.

We are living in uncertain times, with uncertain revenue and increased expenses. The pandemic has led to unanticipated expenses in many areas of our operations. In addition, fundraising events have been cancelled, but not our work or the financial need.

Many of you have already made generous donations to our appeal and for that – we are so very grateful. Your support has helped to protect our resident's health and overall wellbeing. We will continue to do everything we can to keep our residents safe and prevent the occurrence of covid-19 within our sites.

Thank you for thinking about our residents and the work we do at St. Michael's.

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Cheques payable to:

St. Michael's Extended Care Centre Society
7404 - 139 Avenue
Edmonton, AB T5C 3H7
Registered Charity #108032483RR0001
Tax receipts will be issued for donations over \$20.
Donations can also be made online:
<https://smhg.ca/donate>



This fall, we cannot present our annual fundraising event, so we are offering you comfort food in the comfort of your home.

A special meal with main course and dessert, prepared by our Red Seal, award winning Chef, Chris Wood, can be delivered for your enjoyment. Beef tenderloin medallions, new gourmet pyrohy and cabbage rolls, chocolate raspberry ganache pyrohy for dessert... delectable!

Go to trellis.org/smhg-from-our-table-to-yours to order your meal, buy a 50/50 raffle ticket and bid on wonderful auction items as you get your Christmas shopping done.

Meals available November 20, 21 or 22, 2020
Price: 75/pp and includes a \$40 tax receipt
Deadline to order your meals - November 14, 2020

Auction and raffle open until 8:00pm November 22, 2020