



Caring & Sharing



"It gives you a good feeling to serve the residents and employees nourishing and delicious food." - Chef Chris



Message from John Kopeck

President and CEO

We hope everyone enjoyed the holiday season even though, once again, it may have not been easy or possible to get together with family and friends.

Entering 2022 with renewed encouragement after a challenging time we remain committed to the health and safety of our residents, employees, and volunteers. Moving into the New Year we embrace optimism and plan for opportunities.

Adaptability has proven to be a key factor in our organization's success and since the start of the pandemic, we have consistently evolved to meet changing dynamics. We are better prepared through the lessons learned in 2021 and will continue to apply the necessary preventative measures with the ever-changing landscape of the virus.

The pandemic has shown us the importance of being there for each other and has made us more conscious of the state of our healthcare system, especially in long-term care homes. We've learned just how precious, in-person meetings and gatherings are and the very important need to ensure our most vulnerable population is cared for with the support they need and with kindness and compassion.

We now move ahead - together - with renewed optimism and hope, facing every challenge with courage and commitment.

We are enthusiastic about the future and very excited about our latest capital project, Fenwyck Heights. Construction is now underway on this new senior's independent living, with support services, facility located in Spruce Grove. This 170 unit residence will offer several types of units, meals, housekeeping, laundry services, homecare if needed, and an abundance of amenities and programs. The facility is expected to open in the summer of 2023.

We are grateful for the tremendous resiliency, courage, and perseverance shown by our St. Michael's family, who continue to rise to every challenge of the COVID-19 global crisis in what, has been an extraordinary chapter for our organization and in seniors care. As always, we will embrace the opportunities, lessons learned and progress made as we go forward together with our partners and our community. This is who we are and what we do, Care with Love and Dignity for our seniors.

Take care and stay safe.
John Kopeck, President & CEO

ST. MICHAEL'S
Gala
2021

With support from these generous sponsors, our November event exceeded our goal of \$100,000!

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What's on the Menu

Mealtime is often the highlight of each day for the residents of St. Michael's and making mealtimes more enjoyable is a big part of our "person-centered care."

St. Michael's offers home-style meals that are freshly prepared on-site in a central kitchen under the direction of award-winning, Red Seal Chef, Chris Wood and Registered Dietitian, Tina Simmons.

"Ultimately, the goal in our meal service is to ensure the food and nutrition team achieves a high level of resident satisfaction," says Chef Chris, "we try and pair nutrition with great taste."

Chef Chris is passionate about creating seasonal, dietitian-approved meals that suit every appetite. Using premium ingredients, following Canada's Food Guide, and developing innovative dishes for special diets are just a few ways Chef Chris and his team help St. Michael's residents and staff eat healthier.

Our celebrated Chef got his start in London, England, working at a Michelin restaurant and again in Germany. He has dished up his magic at many high-profiled restaurants including the Four Seasons and Delta Hotels. Up until three years ago, Chef Chris worked as a private chef for a prominent Edmonton family before coming to St. Michael's. During that time Chef Chris was also working with the AHS inpatient care for Compass Group. Chef Chris has also won the renowned Gold Medal Plates competition and now serves as a judge.

"Having a great team makes all the difference," Chef Chris notes. "I am very fortunate to work with such caring staff who, for many, have been here for many years. Their knowledge of the residents certainly helps take the pressure off and makes my job more enjoyable and rewarding."



When planning the menus, products are selected considering resident likes and dislikes, nutrient profile, ease of storage/preparation, availability of products to reduce waste and cost, not only food costs but labour costs as well.

"Each resident is individually assessed when they come into our care," says Tina Simmons, St. Michael's Registered Dietitian. "Each meal is carefully planned and prepared to meet the unique nutritional requirements of our residents and we must follow a number of strict standards of care."



Individual residents may have specific food/nutrition requirements based on allergies/intolerances, culture and ethnicity, medical issues and chewing and swallowing ability. These requirements are indicated in the resident's individual nutrition care plan and diet cards which are updated at least quarterly.

"We work as a team with the resident and their families, the resident care team and kitchen staff to ensure their needs are met in order to provide the best quality of life," Tina notes. "It truly is a teamwork approach."

"COVID has certainly posed supply chain issues when it comes to meal preparation," says Chef Chris. "The other challenge is the ability to provide food that appeals to everyone while maintaining the level of nutrition and healthy food required along with keeping up with food trends."

To keep innovative, Chef Chris has been working with a group from NAIT's Centre for Culinary Innovation on a pureed food enhancement project as well as a protein-enhanced flour.

Not only does our kitchen serve up to over 1000 meals a day to residents and staff it also provides catering services for special events in our Heritage Hall.

Chef Chris adds, "With a great team, the work is very enjoyable. It gives you a good feeling to serve the residents and employees nourishing and delicious food."



Pastoral Care

The Light Shines In The Darkness

It feels a bit like Ground Hog Day as the Omicron variant has everyone on high alert wondering where the supposed light is at the end of the tunnel.

The past year has challenged us in profound ways. How do we instill hope and joy and express our faith while being isolated from others? How do we create meaningful community, uphold sacred traditions, comfort one another or attempt to replace something as healing as a hug over the internet? I have spent a lot more time this past year, holding hands, saying prayers and reading scripture to one resident at a time.

This past December, for the second year in a row, we held our annual Tree of Memories Service over Zoom; using the internet to bring family members together from all over Alberta and beyond to honor and remember their loved ones. We prayed, we read words of comfort, lit candles, and hung an angel on a tree for every resident that had passed away. We could not reconnect one on one; no actual hugs were given, but we were one in spirit, one in heart, coming together to encourage, to share our mutual grief and joy. It does indeed take a village to form community, to create meaning, and sustain hope. The staff at St. Michael's pulled together to accomplish a great thing; we created home, family, and the warmth of a "communal hug" right here, and I believe it has brought us all through this difficult year stronger, closer and blessed.

Blessings for the New Years as You Shine Your Light!
Milton Liska, Pastoral Care Coordinator



"The light shines in the darkness and the darkness has not understood it." - John 1:5

We depend on our donors

You help tremendously.

There is no doubt this year has been challenging for many that is why the need is so great. St. Michael's has been providing great care throughout the pandemic and you are the one who can continue to make the difference.

Your donation is needed more than ever and will make a significant impact. We realize many are struggling and understand not everyone may be able to contribute at this time.

We appreciate your support and value every gift - big or small. Remember, whatever support you can provide helps the caring continue and benefits our seniors.

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\$500 \$250 \$100 \$50 Other \$_____

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Cheques payable to:

St. Michael's Extended Care Centre Society
7404 - 139 Avenue
Edmonton, AB T5C 3H7

Registered Charity #108032 483 RR0001

Tax receipts will be issued for donations over \$20.

Donations can also be made online:

<https://smhg.ca/donate>



Millennium Pavilion

A Thoughtful And Special Gift

Millennium Pavilion had a special visitor on Christmas Eve. One of our past resident's, Ben Volman's grandson Zachary, put together a special gift for all of the Millennium Pavilion residents. Zachary along with a few of his friends and family assembled Christmas stockings filled with a variety of items along with a hand written card for each resident. Zachary said he wanted to do something special to honor his grandfather's memory. The residents were thrilled to receive such a caring and thoughtful gift and a few commented on how they have not had a Christmas stocking since they were a small child.



St. Michael's Long Term Care Centre

Creativity And Candy Cane Lights

Our AHS Community Innovations in Dementia Care grant program Connecting by Creating is off to a great start! With a focus on arts-based programming, we aim to improve the well-being of



our residents living with dementia through autonomy and creative self-expression, while encouraging inter-generational bonds with volunteers, and increasing community understanding and awareness of dementia. Our first Art Club began in December and has had some great success, and our first

Theatre Club group is set to begin in January. It's been so fun to get creative together!

Abby & Makayla whose family members lived/live at St. Michaels Long Term Care arranged to have Father Leo Green School adopt our facility this year and provided each resident with a Christmas present to open on Christmas Day!

Residents were treated this Christmas season to a miniature version of Candy Cane Lane in our Heritage Hall with live music from "Rusty Strings", refreshments and even a visit from Santa Claus and Mrs. Claus.



Vegreville Manor

Moving Forward With Mind, Body And Soul

With the shorter days and colder weather, keeping well this winter has been the goal for Vegreville Manor residents. Daily morning exercises to afternoon fun have helped with getting the circulation going and limbering up their joints and muscles. Presentations about movement and safety helped keep everyone safe throughout the winter days.

Music and karaoke are always well received by all with singing, dancing and toe taping. Always moving, whether it's the body or mind, Vegreville Manor residents know how to have a great time.

Curling has been the number one sport for many. Between watching on T.V. and playing in the common area it is loved by the players and spectators. Many of the residents were avid players in their younger years, so enjoying it once again has rejuvenated them. The concentration and competitive spirit are still within them all. We can see the difference the activities always make in our residents and their over-all health.



Grove Manor

Sharing Acts Of Kindness

Whether it be sharing a cup of coffee, asking to join in a friendly game of cards, looking in on their neighbour, helping read a letter, inviting another resident for a walk, there are numerous occasions the residents of Grove Manor share in acts of kindness. Residents are always reaching out to connect and have formed many wonderful friendships. The staff feel grateful for the thoughtfulness and kindness residents show one another and how working together can make such a difference.

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

