



November 2023

November 11th is Remembrance Day – Lest we forget “Many people wear artificial poppies on their clothes in the weeks before Remembrance Day. Red poppies symbolize the memory of those who died and white poppies campaigns for non-military interventions in conflict situations. On November 11, special church services are organized. These often include the playing of "The Last Post", a reading of the fourth verse of the 'Ode of Remembrance' and two minutes silence at 11:00 (or 11am). After the service, wreaths are laid at local war memorials.”

In Flanders' Fields

*In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders' fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' fields.*

Major John McCrae, 1915



On Wednesday November 8th, 2023 St. Michael's will be having a Remembrance Day service. It will be held in the Heritage Hall starting at 1:30pm



save the date

Annual Resident & Family Christmas Dinner

1ST FLOOR - THURSDAY DECEMBER 14, 2023

2ND FLOOR - WEDNESDAY, DECEMBER 13, 2023

Time: 5:00 - 7:00 p.m. Where: Heritage Hall

Cost

14 years and up : \$30.00

Children (8-13 years): \$20.00


Kids (under 7 years): Free

Resident: Free

Payment

Please pay at the Front Reception Desk
no later than **Monday, December 4th**
by 6:00 p.m. No Exceptions.

Sorry, no refunds. (Debit & Credit only)



For more information, please contact Brooke, Acting Manager -Recreation Therapy

Phone: (780)473-5621 ext. 3409 / Email: BRinguette@smhg.ca

November Birthdays!

Mary Z.	November 01, 1933
Maria P.	November 01, 1941
Gertrude S.	November 04, 1928
Dorothy L.	November 04, 1934
Jean B.	November 05, 1926
Carol M.	November 05, 1940
Renate J.	November 05, 1946
Lorne P.	November 06, 1953
Michael K.	November 07, 1933
Usha S.	November 08, 1955
Lidia T.	November 09, 1939
Nora C.	November 11, 1923
Wanda P.	November 11, 1953
Diane K.	November 13, 1947
Therese H.	November 15, 1930
Tillie O.	November 16, 1932
Anne Elizabeth S.	November 22, 1944
Mary L.	November 25, 1928
Mary P.	November 27, 1926
Anna A.	November 28, 1940

What's Happening In November

Movie Matinees

- Wednesday, November 1st at 2:00 p.m. in the Heritage Hall.

Live Entertainment and Special Events

- Thursday, November 9th at 1:30 p.m. in Heritage Hall: Bowling Tournament with Millennium Pavilion
- Thursday, November 16th at 2:00 p.m. in the Alberta Room: Live Entertainment by the Britz Duo
- Thursday, November 23 at 2:00 p.m. in the Heritage Hall: November Birthday Party with Wes & Wendy
- Thursday, November 30 at 2:00 p.m. in the Alberta Room: Happy Hour with Larry

Outings this month:

- Wednesday, November 15th at 11:30 – Outing to Walmart with Lunch at Burger King
- Wednesday, November 29th at 1:15 – Outing to the Royal Alberta Museum

Meal Programs:

- Men's Breakfast
 - o Friday, November 10th at 9:00 a.m. in the Recreation Room.
- Ladies Breakfast:
 - o Friday, November 17th at 9:00 a.m. in the Recreation Room
 - o Friday, November 24th at 9:00 a.m. in the Recreation Room

Please Note: *Since the October Ladies breakfast was a huge success, we will be hosting two Ladies Breakfasts' will this month. We will have 8 spots available for each breakfast. We will do our best to rotate residents to ensure that everyone has an opportunity to join. We are able to accommodate regular, easy-chew, cut/diced, and dysphasia soft diets for this programs!*

Program Update:

- Thursday, November 2nd – 100th birthday party for Nora will be postponed due to the 2nd Floor Outbreak. **We will be celebrating Nora C. birthday on Wednesday, November 22nd at 2:00 p.m.** in the Alberta Room.

Please contact Brooke, Acting Manager – Recreation Therapy if you have any questions about any programs! Bringuette@smhg.ca / (780)473-5621 ext. 3409

Meet Sophie!

A remarkable resident at St. Michael's Long-Term Care Center! Sophie is known for her honesty, kindness and unwavering strength. We were thrilled when she agreed to sit down with us for an interview, making her one of the first residents to be featured in our newsletter. Sophie became a part of the St. Michaels LTCC family in January 2015.



Born approximately 100 kilometers northeast of Edmonton in the town of Waskatenau, Sophie is the second youngest of six siblings, including four sisters and one brother. An intriguing tidbit about Sophie is that her mother had the incredible experience of having two sets of twins! Her parents moved from Poland to the Waskatenau area and, like many others at the time, worked as farmers to make a living.

Following her time at her parents' home, Sophie moved to Ashmont, where she became an elementary school teacher. It was during her teaching years that she crossed paths with her future husband, Cedric. Their love story culminated in a wedding on October 28, 1947. Together, Sophie and Cedric were blessed with two children, Peter and Susan. Over the years, their family has continued to expand, with Sophie now being the proud matriarch of four grandchildren and an

impressive 10 great-grandchildren.

Sophie is a shining light at St. Michael's LTCC, known for her resilience and strength. Today, she enjoys spending quality time with her beautiful family, indulging in pastimes such as watching TV, playing bingo and trivia, going on exciting outings, and attending live music events. Her presence is a source of inspiration for everyone (including myself) who has the pleasure of knowing her. Thank you, Sophie, for sharing a glimpse of your story with us!

Q: What do you enjoy the most about getting older?

A: I cherished retirement. Gardening has been a real joy for me. I had a large garden that I dedicated a lot of time to, and I absolutely loved it. I was also part of a bowling league, which I thoroughly enjoyed. I spent a lot of time travelling. I loved Europe, Australia, and pretty much anywhere in-between.

Q: What are some of your favorite memories?

A: Our family reunions stand out as some of the best memories. We'd always rent a hall, and over 50 people would come together. Those gatherings were a lot of fun.

Q: Who has influenced you the most in your life?

A: My oldest sister, Wanda, has had the most significant influence on me. She was incredibly motherly and caring.

Q: What is the most important lesson you've learned in your life?

A: The most important lesson I've learned is to be careful with your money.

Q: If you could pass any advice onto the next generation, what would it be?

A: Always be honest. And, make sure you take the time to travel while you can. You never know what will happen.

October Highlights

