



St. Michael's
HEALTH GROUP

Report to the Community

2021 - 2022



Our Mission

Care with Love and Dignity

Vision

Aspire to be the most well-respected, innovative and caring leaders who enhance the quality of life for communities in our province. Focus on growth, new opportunities and programs that support our mission, values, and faith.

Values

Excellence

Set high goals for programs and services that can be measured. Express pride in St. Michael's accomplishments and contributions to care. Challenge one another to move beyond the status quo.

Community

We are inclusive of all and consider the community impact of our decisions. Collaborate with others and foster partnerships with business, government and community groups. Be respectful of others. Volunteerism is an integral element of St. Michael's culture and vision.

Integrity

Ensure open and honest communication. Consider diverse views while firmly supporting Board of Director's decisions. Take personal responsibility for full participation in work activities and preparation for same. Ensure transparency in our decision making process.

Accountability

Regularly, evaluate our goals and progress, and report these results honestly. Ensure systems and procedures are in place for financial accountability. Treat all equipment and property with care and respect.

Engagement

Provide stakeholders with a forum and a voice. Ensure regular communication occurs.

Culture

Services provided by St. Michael's Health Group are guided by our shared attitudes, values, goals and practices. We work in a culture that is interconnected and collaborative as defined by these terms:



Caring



Supportive



Faith Based



Team Work



Dedicated



Collaborative



Inclusive



Message from Board Chair and President & CEO

The past few years have taught us that we are resilient through adversity. We are proud to say we have weathered the storm and emerged stronger, continuing to pursue excellence in senior's care. We are committed to following through with our long-term growth strategies as we strive toward our vision.

We are proud of our accomplishments and embrace the future with renewed encouragement and optimism. We've achieved much during this past year, including the advancement of a new 170-unit seniors' independent living facility with support services in Spruce Grove – St. Michael's Fenwyck Heights, which is the largest development in the history of our organization. We embarked on several projects to assist residents living with dementia, including Connecting by Creating and the Creative Art Company mural project. We're back hosting events live and recently hosted our Volunteer Appreciation & This is Home breakfast fundraiser. We also renewed our three-year Strategic Plan while continuing to grow, evolve, and support our residents and community.

These are a few highlights accomplished across St. Michael's, all while continuing to provide outstanding, compassionate care for those we serve despite facing the challenges of an ongoing pandemic.

As a leader in seniors' residences and provider of seniors' continuing care services and programs, St. Michael's Health Group is strengthening its position to support an increasing seniors population and increased demand for quality seniors housing and services in Edmonton and the surrounding area.

We are grateful for the steadfast and relentless spirit shown by staff, volunteers, residents, and their families, who pushed through these tumultuous times to uphold our mission, Care with Love & Dignity.

Your passion and dedication have been inspirational and integral in keeping our operations running smoothly. As we move into a new normal, there is still much uncertainty that lies ahead. With the tenacity our people have shown, and the solid foundations of our vision, mission, and shared values, we are confident we will be able to handle any challenge the future may bring.

We remain committed to the well-being of our residents, families, employees, and volunteers. We will continue to strengthen our community partnerships and heighten our role as an anchor organization in the community. As we prepare for the future, we are building a solid foundation to set us on the path to success.

John Kopeck
President & CEO

Melety M. Snihuranych
Board Chair

2021-2022 Board of Directors

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Melety M. Snihuranych

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Edmonton

His Grace, Bishop Ilarion, Bishop
of Edmonton & the Western
Eparchy, Ukrainian Orthodox
Church of Canada

President & CEO
John Kopeck



Optimistically Moving Ahead

With restrictions being lifted, St. Michael's Long Term Care remains cautious and optimistic moving ahead. We are welcoming back more family members and residents can enjoy more activities and outings. We are now focusing on prevention rather than management of COVID-19 and other infections.

With more seniors staying in their homes longer, we are finding the residents who come into our care have increasingly complex care requirements. Another challenge is 80% of new residents coming to St. Michael's have some level of dementia. We are working hard to ensure we have the proper staffing and programs in place.

Continuing to support our resident's quality of life, we embarked on several projects to assist residents living with dementia, Connecting by Creating project, and the Creative Art Company mural project.

Connecting by Creating is a new, intergenerational volunteer program with a focus on arts-based programming to improve the well-being of residents living with dementia. The project includes two programs - St. Michael's Art Club, and St. Michael's Theatre. Volunteers spend an hour each week for six weeks assisting residents to express themselves creatively through abstract art or improvisation theatre acting and play.

The Creative Art Company mural project is a program developed to provide a person-centered care environment enhancing residents' day-to-day living and quality of life. Through the project, a series of therapeutic murals, decals, and paintings are being installed throughout the Care Centre to encourage residents to recreate experiences and memories from their past.

We continue to host dementia workshops to assist families and have collaborated with the Institute for Continuing Care Education & Research (ICER) to adapt the Creating Conversations Dementia Toolkit. St. Michael's is part of the pilot project for Alberta, initially developed in Scotland. The toolkit's purpose is to reduce social isolation for persons with dementia by providing activities to increase communication between the caregiver and the individual with dementia and increase conversation and interaction between persons with dementia.

Supporting our nursing and care staff we embarked on a research project, Workforce Resilience, through the University of Alberta's Translating Research in Elder Care program (TREC). The Workforce Resilience study is part of TREC's ongoing work looking at the effects of the pandemic on the LTC workforce. Over 16 staff participated in the 12-week study. Participants were delivered education sessions about the effects of stress on the brain and body. They were also monitored and asked to evaluate a breathing strategy that is known to reduce stress and improve well-being. The goal of the project was to empower care aides and nurses with tools to navigate stress in the workplace, and across all areas of their lives. We believe by building resilience in our staff we can serve our residents better.

We are also partnering with several educational institutions and have a number of students including dental hygiene students from the University of Alberta to enhance resident care.

We continue to do our best to provide the utmost quality of care for our residents. We want to express our sincere gratitude to our residents and their families for their cooperation and support during these past two challenging years. We do appreciate everything you have done.

Volunteers Plant the Seeds

Every year in spring, Volunteers come out to the Long Term Care Centre to decorate our gardens with flowers. These blossoms are much like the people who plant them, as they breathe colour and joy into our organization. Just as one might take the time to appreciate the gardens, we must thank our Volunteers for everything they do.

With the easing of COVID-19 restrictions, this department has been able to pick up its momentum again. Whether planting the gardens, assisting residents, or providing activities with our Recreation Department, volunteers have been crucial to the mission of St. Michael's and their return signals a turning in the tide. Hope is once again on the rise.

Last year, 223 volunteers donated over 21,927 hours of their time. They came rain or shine, in between lockdowns, and were ever cautious and compassionate. While we remain vigilant about the health and safety of our Residents, Staff, and Volunteers, we are thankful for their participation.

The Friends of St. Michael's Society of Edmonton (FOSMSOE) has once again been vital to our Volunteer program. A special thank you to Vicky Beauchamp, President; Jackie Rae Greening, Honourary President; Adeline Titowich, Past-President; Pat Wilkes, Vice President; Della Kostyshen, Secretary/Treasurer; Orest Kochan, Director; Jeannette Calder, Director; Cindy Guenther, Director; and Judy Waselenchuk, Director.

St. Michael's is proud of our partnerships with numerous agencies, including Selections, Goodwill, Arch Enterprises & Training Association of Edmonton, and Skills Society.

2021 Volunteer Highlights:

- Facilitating Bingo Events
- Assisting with our Day Support program
- Our first in-person Volunteer Appreciation in three years
- The Junior Volunteer program assisting our Recreation Department

Lastly, we would like to extend a gesture to those looking to give back to the community. If you would like to get involved, please, do not hesitate. We are thrilled to welcome anyone who wants to give back.



smhg.ca/volunteer

Financial Summary

April 1, 2021 - March 31, 2022

Expenses

Food Services



Housekeeping



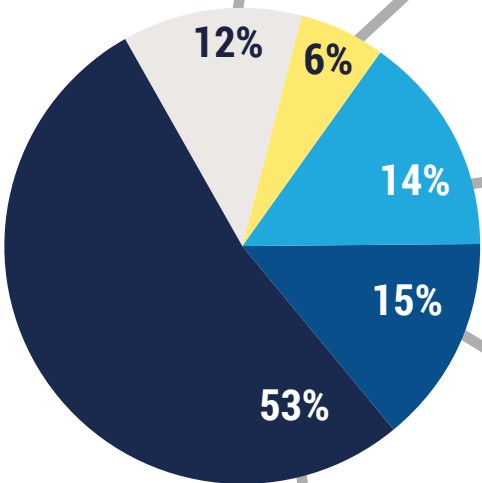
Administration



Building Services

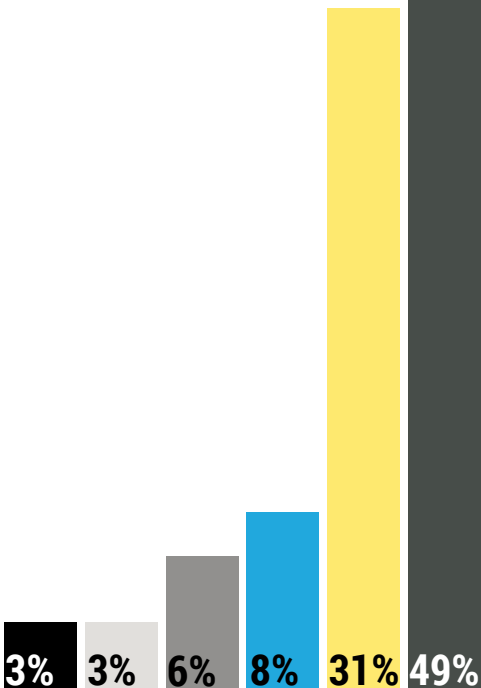


Direct Care Services



Revenue

- Government Contributions
- Resident Charges
- Covid-19 Funding
- Client and Program Fees
- Deferred Contributions
- Donations



Operating Budget

In our 2021-2022 fiscal year, St. Michael's Health Group's operating budget was \$24,213,899.

Sources of revenue were from Government Operating Funding - 49%, COVID-19 funding - 8%, Accommodation fees - 31%, Client Fees - 6%, Fundraising, and Business Ventures - 6%, and Continuing Care Services were provided to approximately 380 residents and clients at various levels of care. Through maintaining budgeted spending targets and expenditure control, the organization navigated the year with the intent to rebuild cash reserves for future capital expenditures. This current year we spent approximately \$400,000 on capital improvements, including shingle, boiler, and heater replacements.

Funding for care and other government grants are the major sources of revenue for our Long Term Care, Supportive Living, Supportive Housing, and Adult Day Support programs. St. Michael's is an active participant at the provincial and local levels in the discussions and planning for change and improvements for care and seniors' living options. Our involvement positions the organization well to be flexible and make timely and responsible decisions.



Thank You To Our Donors!

We gratefully acknowledge all the donors who so generously contributed to our work, campaigns and projects this past year. Many donors shared their gratitude for the high level of care their loved one received and made donations to acknowledge our commitment to quality care. With your ongoing support, we can ensure seniors experience aging in a positive way with comfort and dignity. We cannot thank you enough.

St. Michael's makes every effort to ensure accuracy. If we have missed a donor at these levels or misspelled your name, we apologize and ask that you contact us through communications@smhg.ca to ensure we make the corrections.

Thank you.

\$250,000+

Anonymous

\$100,000 - \$249,999

Friends of St. Michael's Society of Edmonton

\$10,000 - \$24,999

CareRX

CFCW Stingray Radio

Edmonton Pharmacy

Estate of John Mandrusiak

Extendicare Canada Inc.

Silver Group Purchasing

Synergy Projects Inc.

Estate of Richard Toscak

\$5,000 - \$9,999

Nordic Mechanical Services Ltd.

\$1,000 - \$4,999

Alberta Blue Cross

Al-Brite Manufacturing Jewellers Ltd.

Anonymous

Apparel Solutions International

Bentley Northchem Ltd.

Bespoke Real Estate Advisors Inc.

Myron & Linda Borys

Rebecca Burton

Claude Chamberland

Delnor Construction Ltd.

Edward Gibbons

Candy Holmstrom

Keldar Leadership Solutions Inc.

Kingston Ross Pasnak LLP

John & Sandra Kopeck

Estate of Beitske Krol

Therese LeBlanc

Dale Mandrusiak

Robert J. Martin

Douglas & Maureen McDonald

Medicine Place

Estate of Dr. Bohdan Medwidsky

Dennis and Laurie Mozak

Priority Communication Systems Ltd.

Royal Canadian Legion Branch #281 Poppy Fund

S2 Architecture

Frank & Olga Scarpari

Servpro

Servus Credit Union-Corporate Centre

Leonard & Heather Shankowsky

Mel M. & JoAnne Snihurowych

Synergy Medical Clinic (2011) Inc.

The Wawanesa Mutual Insurance Co.

Anthony & Janet Tuininga

Kay Willekes

Wilman Financial Inc.

Orest Yusypchuk

Donations Listed from April 2021 - March 2022



**Learn More About Donating
To St. Michael's Online**



smhg.ca/donate/

Fenwyck Heights

Building on Success



St. Michael's
HEALTH GROUP

In 2018, St. Michael's Health Group researched and recognized the need for more affordable housing in the Spruce Grove (Tri-Region) area. Having already operated Grove Manor in Spruce Grove for over 18 years, with an ongoing waiting list, the decision was made to expand our operations.

St. Michael's Health Group Board of Directors approved the development and land was purchased in the new Fenwyck community of Spruce Grove, on the east edge of the city. Planning and design began and a sod-turning ceremony was held on August 30, 2021.

Named St. Michael's Fenwyck Heights, the development will provide seniors' independent living with support services. The 170-unit residence will include a mix of studio, one-bedroom, and two-bedroom suites, along with ample amenities, programs, and services offered to the residents and also to members of the community.



Construction: June, 2022



Breaking new ground in supportive living

Located at 260 Pioneer Rd, this striking 5-story structure is poised to become a hub within the Fenwyck community.

The City of Spruce Grove has been working closely with St. Michael's Health Group for several years and is excited to welcome this project to the Fenwyck community. It will no doubt have a positive impact on the city and surrounding area.

Construction is well underway and we are on schedule to open our doors to 200+ new residents in the summer of 2023.

More information can be found at
fenwyckheights.ca



Construction: March, 2021

Fenwyck Heights offers:

- Accommodation for 200 seniors
- Dining areas with private dining
- Over 45,000 sq ft
- Patio & Balcony Suites
- Along Ravine & Walking Trail
- Hair & Nail Salon
- Tub & Spa Room
- Cafeteria & Bistro
- Library and Lounge
- And many more amenities!



Construction: May, 2021



St. Michael's Health Group

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