



St. Michael's
HEALTH GROUP

SPRING/SUMMER 2022

Caring & Sharing



"We get great satisfaction knowing our residents are happy, active, and living out their lives with the greatest quality of care." – Miranda Patterson



Message from John Kopeck

President and CEO

The transition from winter to spring is always a positive and welcome change, and we look, with anticipation, to warmer days with renewed energy. While we are still dealing with the impacts of COVID we are feeling optimistic.

We've accomplished much during these past few months, and there's a great deal going on at St. Michael's.

We have refined our Strategic Plan while continuing to grow, evolve, and support our residents and our community. The 2022 - 2025 Strategic Plan provides a common focus and we have identified five priorities for the organization to ensure we continue to meet the evolving needs of our communities with a detailed course of action.

As a leader in senior's 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 surrounding area.

Construction is well underway on our capital project – St. Michael's Fenwyck Heights. This new 170-unit Supportive Living Facility located in Spruce Grove, is the largest development in the history of our organization. It is expected to open in the summer of 2023.

We are also very excited to announce the appointment of two new Board members to our already impressive group. We welcome Jennifer Mah and Jackie Nelson, who have extensive background and experience in health and education.

Continuing to support our resident's development, we embarked on a number of projects to assist residents living with dementia, Connecting by Creating and the Creative Art Company mural project. We are back hosting events live and recently hosted our Volunteer Appreciation & This is Home breakfast fundraiser.

We remain committed to the well-being of our residents, families, employees, and volunteers, and 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 strong foundation to set us on the path to success.

We want to extend our thoughts and prayers to all those impacted by the terrible events unfolding in Ukraine and hope for a swift and triumphant end to this conflict.

Please stay well, and thank you for all your continued support of St. Michael's. Take care and stay safe.

St. Michael's Health Group Welcomes Two New Board Members



Jennifer Mah is a registered nurse with experience in practice, leadership, and education. She focuses on making a difference in health and social systems through her work as the Dean for the Faculty of Health. She feels education is one of the most important ways of influencing our society, growing and developing the next generation of practitioners creates change far beyond each individual person.

She successfully led several projects including accreditation reviews, the development of a new Provincial Health Care Aide Curriculum, building the first virtual reality program for medication administration, creating the first international health challenge, and educating students in China.



Jackie Nelson is the Director of Strategic Initiatives at NorQuest College. In this role, Jackie works with public-private partners to plan the development of a state-of-the-art teaching and research continuing care centre in Edmonton's downtown where residents would receive leading-edge, technology-supported care. This project is recognized as a first-of-its-kind partnership model approach to a complex delivery, involving collaboration of education, continuing care and the private sector.

Jackie has over 15 years' experience in the health and education sectors. Most recently, she was the Dean of the Faculty of Health and Community Studies at NorQuest College.

Keeping them Moving

Improving the health and quality of life of the residents who call St. Michael's home is one of our top priorities, especially for our Recreation Department.

"It's very important to get the residents moving, both mind and body," says Miranda Patterson, Recreation Therapy Manager. "Taking a holistic approach to the programs offered, we make sure we focus on different goals every day and incorporate physical, cognitive, social, emotional and spiritual elements to each of our programs."

Therapeutic Recreation involves a wide variety of leisure activities that emphasize the strengths of residents living with various health conditions. "Recreational activities help improve cognitive abilities and increase emotional wellbeing in seniors," notes Miranda. "There is also the social benefit, providing seniors with good company is one of the most important contributions we can make to our residents."

Currently, there are eight team members along with student practitioners and volunteers who assist with daily activities.

Creating the programs is truly a team effort. The Recreation Department meets with the residents to gain feedback on what their likes and dislikes are. They also consider input from families and staff. When creating the activity calendars the Recreation team ensures there is flexibility so they can target the whole person by adjusting to what the residents enjoy and what meets their needs. Miranda, says, "Overall though it is dependent on what the residents prefer."

In assessing the residents' capabilities and requirements the Recreation Therapists work as part of an interdisciplinary team and collaborate with dietary, spiritual, nursing, and OT/PT staff.

"We have seen so many successes with the residents and the recreational programs," Miranda comments. "One of our residents had suffered a stroke and lost use of their dominant hand. After participating in a variety of programs and a bit of time they were able to gain use of their non-dominant hand."

Innovation and variety is a key to the program's success. "We try to add a variety of diverse activities and events to our programs," states Miranda. "Sometimes it's a challenge getting people to the programs, and there are many reasons residents do not want to participate. We really encourage the residents to get involved."

The minimum education requirement to become a Recreation Therapist in Alberta is a degree or diploma in recreation with a specialization in Therapeutic Recreation. A four-year degree with an active professional membership with the Alberta Recreation Therapeutic Association is required for employment as a Recreation Therapist in public health facilities and programs. Graduates of a two-year diploma program may be hired as Recreation Therapy Assistants.

While residents enjoy all of the musical events, they are also fond of sporting activities, art programs, BINGO, and anything involving food. With the weather getting warmer, more outdoor activities are being enjoyed. The residents have had several outings for ice cream already this spring, and more excursions are being planned. "It is truly a fulfilling career and no two days are the same," says Miranda.

"We get great satisfaction knowing our residents are happy, active, and living out their lives with the greatest quality of care."



Pastoral Care

Serving One Another

I have been encouraged the last few months to see how the staff at St. Michael's have come together as a family to care for one another, to help carry each other's burdens. Our motto **"Care with Love and Dignity"** extends far beyond our residents to include all the hurting people coming through our doors. The many stresses brought about by COVID-19 have not gone away and have instead been joined by the horrific reality of war. So many of our staff and their families are affected by the war in Ukraine. We have gathered on numerous occasions to pray and to express our feelings and support for those who are hurting, who are fearful for their loved ones. There are things in life too heavy to carry on our own, we need each other.

I have also been struck by the struggle and grief of families helping a loved one make the transition to long term care. I have the privilege of fielding inquiries and meeting with families to tour our facility. Transitions from home to full time care are extremely difficult for everyone involved; there is a sense of loss and grief, worry and uncertainty and failure. As I listen to families and answer their questions I am reminded of the verse from Ephesians 4:2 "Be completely humble and gentle: be patient, bearing with one another in love." Easter celebrations have come and gone, the pussy willows, the Pascha and baskets have all been blessed but the reality of the resurrection is revealed by how we serve one another in love and allow His grace, His abundant life to change us and the lives of those we serve.

Blessings - Milton Liska, Pastoral Care Coordinator



St. Michael's
HEALTH GROUP



Thank you to our sponsors and all of those who attended our 8th annual This Is Home breakfast. The event was a great success and we raised over \$20,000.



MYRON BORYS



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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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7404 - 139 Avenue
Edmonton, AB T5C 3H7

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

Donations can also be made online:

<https://smhg.ca/donate>

St. Michael's Long Term Care Centre

Getting Out and About

Residents were able to enjoy their first outing after a two year wait due to COVID restrictions. Residents hopped on the St. Michael's bus, and travelled out to Spruce Grove and stopped at a local ice cream shop. After returning residents stated, "What a wonderful afternoon" and "It felt so good to be out, it made my day". This was the first of many outings being planned for this year.

Residents kicked off their spring/summer activities with a Mother's Day Sundae Social which included a special musical performance by Larry on the accordion. Residents danced the day away after enjoying a sweet treat.

We're excited to announce through generous donations from the Christmas campaign we will be installing murals as part of the Creative Art Company mural project. The program was developed to provide a person-centered care environment that enhances residents' day-to-day living and quality of life. Through the project, a series of therapeutic murals, decals, and paintings will be installed throughout the Care Centre to encourage residents to recreate more homelike experiences and memories from their past. We have selected a cafe, postal office and a baseball field. Watch our Facebook page for photos of the murals coming SOON. – *Miranda Patterson, Recreation Therapy Manager*



Grove Manor

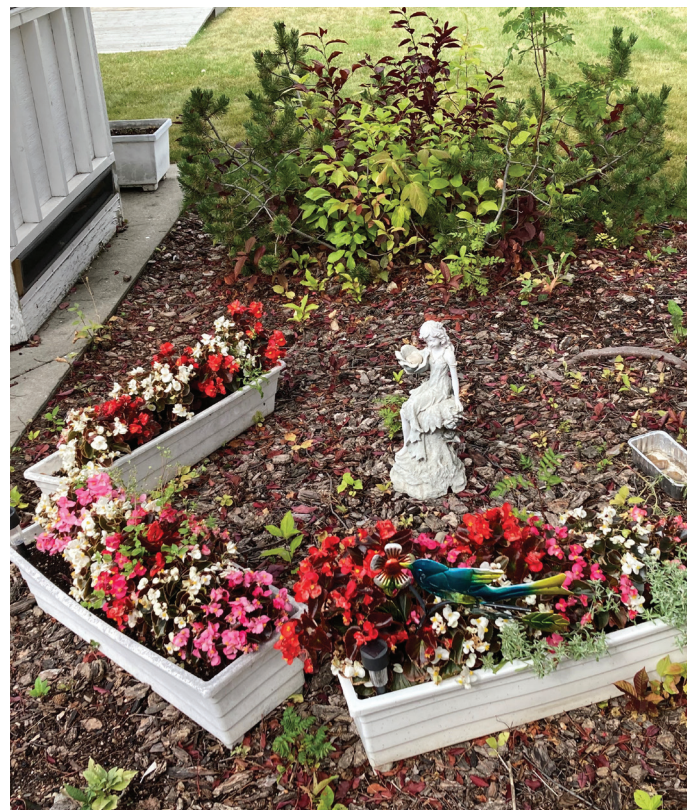
Gardening - Bringing Residents Joy

Spring brings thoughts of gardening and how much it means to our residents. For those residents who enjoy gardening, they have taken on the responsibility of planting and looking after the planters, rose bushes and gardens all around the property. Some have even enjoyed fresh vegetables and fresh tomatoes from their tomato plants planted in the courtyards.

Not only do the efforts of the residents who look after the front planters and indoor garden areas, bring enjoyment to themselves but are very much appreciated by residents, staff, family members and volunteers alike.

Thank you to our residents for the many hours spent looking after the garden area in the past and those who will be planting this year so many of us can enjoy their beauty.

– *Sandy Clarke, Activities Convenor*





Millennium Pavilion

Celebrating Milestones

Birthdays are important for the residents of Millennium Pavilion and to celebrate parties, are hosted every month. Due to the COVID-19 outbreak in February and March celebrations were put on hold. In April when we were off of outbreak status, we celebrated those with birthdays in February, March, & April. The residents loved listening to the live band, dancing, and enjoyed the food & drinks, including birthday cake. All the birthday celebrants were given a slice of cake and a card as well everyone sang "Happy Birthday".

– Nicolle Lloyd, Activities Convener



Vegreville Manor

Keeping Active

Vegreville Manor welcomed spring with open arms with celebrations and activities. St. Patrick's Day came into the Manor with tons of green and numerous surprises. Thank you to a very generous donator who provided a unique gift for all the residents. Gnomes, (couldn't catch the leprechauns), which are a symbol of good luck were given to all the residents. Smiles were on everyone's faces as they admired their new good luck charm.

The residents of Vegreville Manor enjoy many activities and now the weather has warmed up they are able to enjoy the sunshine and getting out for walks. Gardening will soon begin and our many green thumbs will be able to tend to the many flower beds and vegetable gardens.

There is always plenty to do at Vegreville Manor for all the residents. Movement and socializing are always happening. – Charlotte Widynowski, Activities Convener



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