



St. Michael's  
HEALTH GROUP

Fall 2022

# Caring & Sharing

*"It is truly a group effort, and I'm so grateful to be part of such a great team" – Jeanette Ammar*



# Message from John Kopeck

**President and CEO**

The early days of fall bring on an array of thoughts and feelings. There is always a touch of sadness that comes with the end of a summer, which always seems far too short. However, fall can also be invigorating, a time of change charged with excitement and anticipation of what's to come.

For us at St. Michael's, entering the fall, we know this one will look quite different from the last. We also know the ongoing pandemic and challenges in the Healthcare environment are and will remain pressure points for us and many organizations.

We know COVID-19 is not over yet and we remain vigilant in our efforts to ensure the health and safety of our residents, staff, and volunteers. We are forging ahead not only for those in our care but for seniors throughout the Edmonton area.

Our capital campaign construction activities for Fenwyck Heights are on track and on schedule, expecting to open in the summer of 2023. This 170-unit independent living, (with support services), seniors care home will provide over 200 seniors in the Spruce Grove area with much needed affordable accommodations and amenities.

We continue to ensure we provide integrated, continuing care to meet the chronic and complex care needs of our growing and aging population. Support from donors is an important component of this mission and we are extremely grateful for the support we receive towards our fundraising goals. Your efforts have been incredibly impactful.

We installed six murals throughout the Long Term Care Centre as part of the Creative Art Company mural project. We are also in the process of purchasing our first SuzyQ food cart. A food cart specifically designed for Long Term Care homes which will enhance meals for our residents. These are a few of the initiatives where your support has made a difference.

We are excited for the future and will continue to work through partnership and collaboration to build a vibrant, more resilient seniors care community.

Take Care and Stay Safe

**John Kopeck**

## The Art of Giving

St. Michael's was honoured to receive a donation of artwork from the Estate of Olena Stadnyk.

Olena, originally from Ukraine, moved to Edmonton in 1948. She and her husband Ivan raised three children and owned the Seventh Avenue Pharmacy for over 50 years. After raising her three children, Olena started practicing art and especially enjoyed painting landscapes.

In 2013 Olena moved into St. Michael's Extended Care

Centre until her passing in 2017.

In appreciation of the care Olena received, her children gifted her collection of paintings to St Michael's Health Group in the hope these works bring as much joy to others as Olena experienced in creating them.

St. Michael's cherishes this gift and will distribute and display her artwork amongst all its facilities, including our new development – Fenwyck Heights.



# Keeping It Clean

In any long-term-care facility, many employees directly impact the well-being of the residents, and housekeeping staff are the unsung heroes in the upkeep of care homes.

The number one method of disease prevention is keeping everything clean, which is an important function of housekeeping. The housekeeping staff is the first line of defense against serious infections and keeps residents, staff, visitors, and volunteers healthy.

"It is truly a group effort, and I'm so grateful to be part of such a great team," says Jeanette Ammar, Acting Housekeeping Supervisor. "If it were not for the housekeeping staff and their immense dedication, our care home would not be as strong and as fortunate as it is today."

Long-Term Care (LTC) homes operate in accordance with established Accommodation Standards. In Alberta, accommodation services in LTC homes are subject to a wide variety of legislation (municipal, provincial and federal) with which providers are required to comply.

St. Michael's housekeeping team is made up of a combination of 17 full-time, part-time and casual members, along with several volunteers.

The housekeeping department is in charge of not only cleaning the Resident's rooms but also cleaning common areas, office spaces, and in-house laundry service. "St. Michael's moved from a contract laundry service to an in-house laundry service a little over two years ago," comments Jeanette.

Localized cleaning performed by trained laundry workers is vital. The in-house staff knows the residents, when there is an outbreak of infectious disease, and when a ward is shut down. These staff and volunteers know when

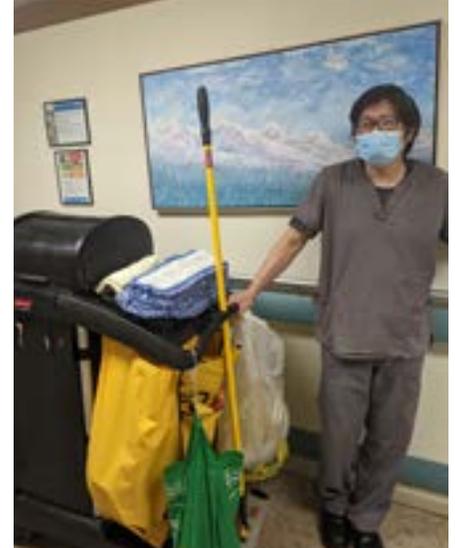
and how to follow the additional steps required for laundry cleaning during an outbreak, making the nursing home healthier and safer for everyone.

"On a daily basis, we organize our carts and prepare supplies," adds Jeanette. "There are certain products we use to ensure proper sanitation. We do infection control daily and must use proper PPE and health care grade cleaning products."

"I like to help people," says Marwa Yagi, one of the housekeeping staff. "I clean and sanitize patient rooms and living spaces. It is important work because it allows the nurses and doctors to focus on their tasks and care for our residents. I'm proud of how all the different teams work together to do our best."

While St. Michael's always strives for a clean, safe environment for residents, staff, visitors, and volunteers, the COVID-19 pandemic has taken cleaning to the next level. "With COVID, extra precautions are taken," Jeanette notes. "We have to take extra cleaning protocols and proper PPE. It is very important because the residents who call St. Michael's home are counting on us to ensure their units and the buildings are clean and disinfected."

"You have to have a great deal of patience and be kind and caring," Jeanette adds. "There is a lot of hands-on, and the job can be laborious. We are part of the residents on a daily basis which is why it is important to treat them with respect and dignity. They do appreciate what we do for them, and we appreciate the relationships we build."



# Long Term Care Centre

## Getting Active Outdoors

This summer, the Long Term Care Residents were able to have large outdoor activities again, and with the beautiful weather, we took full advantage of this, with lots of outings and outdoor events. We even moved our regular programs outside, either on the patio or in the Family Garden.

We had two very successful Resident & Family BBQs in July and August with a huge turnout which was accompanied by Larry Begoray on the accordion. The food was delicious, and everyone attending had a fantastic time. Some family members could finally spend time with their loved ones after a long two years. One resident even celebrated her 98th birthday with family at the BBQ.

We welcomed back the Edmonton Antique Car Show this summer with a huge turnout of antique cars, the largest we have had at St. Michaels. The weather was beautiful and was accompanied by a BBQ and ice cream social. Residents commented on how this was one of the best summers they have had in a few years and how wonderful it was to spend time with their families again.

– *Miranda Patterson, Recreation Therapy Manager*



## Grove Manor

### Moving And Grooving

Residents went for a picnic lunch to the Muttart Conservatory in Edmonton and for a day trip to Peaceful Valley Day Lodge near Pigeon Lake. At the Muttart, Residents appreciated the beauty of one of Canada's largest indoor botanical collections. At the Lodge they enjoyed a barbecue lunch, the beautiful scenery of the grounds and valley, and took rides through the trails on a golf cart driven by volunteer hosts of the Lodge.

We also travelled to Jubilee Park in Spruce Grove for a picnic and stopped at Jack's, a popular local restaurant, for ice cream.

Our last summer outing was to the Devon Lions Campground for a picnic and a fun game of lawn darts. Residents took a stroll through the campground and enjoyed the view of the river on the warm summer day. Many residents were visiting for the first time and commented on the beauty of the Devon river valley. Following the excursion, Residents stopped at the Devon Dairy Queen for an ice cream treat.

Grove Residents took in the summer activities and outings as a long overdue opportunity to get outdoors and enjoy nature.

– *Sandy Clarke, Activities Convenor*



# Millennium Pavilion

## Getting Out and About

Millennium Pavilion residents enjoyed many outings this summer, from farmer's markets and picnics to botanical gardens and restaurants. Additionally, the courtyard and greenspaces were quite popular as Residents enjoyed bocce ball, lawn darts, and gardening.

With the easing of health restrictions, summer staples such as barbecues and live entertainment are finally back at Millennium Pavilion after a long absence.

– Nicholle Lloyd, Activities Convenor



# Vegreville

## Returning to Normal

An event-packed calendar kept the Residents at Vegreville Manor involved in many activities.

Residents participated in several bus trips through the countryside, admiring the many sights. Additionally, social visits to other nearby Lodges allowed old cohorts to re-connect and new friendships to form. Residents eagerly anticipated these outings; however, the Casino trip generated the most excitement.

A fabulous lunch and various games lit up the afternoon at the casino. While the games were low stakes, some residents had a little luck at the slot machines and left the casino a bit wealthier. Back at the Manor, summer festivities continued with the return of live entertainment. New favourites have rekindled a love of music for the residents, but these weren't the only visitors to bring something new to the Manor.

Other visits generating intrigue came from a clothing company and a shoe company. They brought all their stylish goods to the Manor and helped the Residents enjoy the shopping mall experience from the comfort of their homes.

While summer weather winds down and some activities switch gears, the residents remain in great spirits staying active and healthy.

– Charlotte Widynowski, Activities Convenor

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



# Pastoral Care

## New Found Gratitude

As fall and Thanksgiving approaches, I find myself feeling extremely thankful and truly blessed to be part of the care team at St. Michael's. This past year we have been fortunate to have additional staff to assist due to pandemic funding. I have seen the impact these individuals have made within the Pastoral/Spiritual Care and Recreation departments. This resulted in new music times, weekend activities, bible study groups, countless one-to-one visits, extra family video-calls, and additional support for all activities and worship services. We were even blessed to have Pastoral Care staff on site to help facilitate Sunday afternoon worship services.

The collective impact of all these things made a huge difference in the spiritual and emotional well-being not only of our Residents but of staff as well. I would like to personally thank everyone for their hard work, their caring hearts, and their loving service. It has been a privilege to have them with us, and they will be dearly missed. This is a good reminder of how the little things we do each day for our Residents and one another make a larger difference than we may ever realize and makes the world a better place. God Bless You All.

**Blessings** - Milton Liska, Pastoral Care Coordinator



## 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.

### It's easy to give

#### DONOR:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_, Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

#### DONATION:

\$500  \$250  \$100  \$50  Other \$\_\_\_\_\_

**PAYMENT:**  One-time  Monthly

Cash  Cheque  VISA  MasterCard

Credit Card # \_\_\_\_\_

Expiry Date \_\_\_\_\_

Signature \_\_\_\_\_

#### 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>

ST. MICHAEL'S  
*Gala*  
2022

SMHG is thrilled to announce  
we will be hosting a LIVE event,  
St. Michael's Gala 2022.

Friday, Nov. 4 @ 6PM  
The Double Tree By Hilton, West Edmonton  
16615 109 Ave NW Edmonton, AB T5P 4K8

Tickets \$225/person Table of 8 @ \$1,750  
Tickets Available Online

Stay informed visit, [smhg.ca/st-michaels-gala](https://smhg.ca/st-michaels-gala)  
All Proceeds from this event will support  
our newest facility, St. Michael's Fenwyck Heights

To purchase tickets:  
[trellis.org/smhg-gala2022](https://trellis.org/smhg-gala2022)

