



St. Michael's
HEALTH GROUP



Dear St. Michael's Family:

As Christmas approaches we look forward to spending time with family, friends, and loved ones during this holiday season. We are also filled with the spirit of giving, the importance of family and friends, and a sense of healing, renewal and new opportunity.

As I reflect back on 2022, I want to acknowledge how amazing our Residents, their families, employees and volunteers have performed in the face of adversity these past few years. Your acts of hope, strength, optimism, positivity, kindness, and unfaltering perseverance are truly remarkable.

There's something special at St. Michael's that allows us to keep moving forward. By working together, we can continue to provide the best and safest care for seniors in our community. Our focus is on much more than basic shelter: we are also firmly committed to positively contributing to the quality of life for each senior who calls St. Michael's home.

This year your Christmas campaign donation will go towards enhancing our Resident's outing experience.

Senior outing events are an important part of the senior living experience and crucial to keeping residents healthy, both physically, cognitively and emotionally. Getting residents out and enjoying all that life has to offer while interacting with others is a proven remedy to combat social isolation.

Your support helps to improve the quality of life for every St. Michael's Resident. I truly hope you will join me in offering your heartfelt support today! Every donation is valued and will be put to immediate good use.

This holiday season we hope you and your family will be able to embrace peace, love, and happiness and carry those feelings into the New Year. A New Year where we join our efforts to increase empathy and charity to one another.

Best wishes for a very happy and healthy holiday season!

John Kopeck
President & CEO



SMHG – Enhancing the Resident Outing Experience

Having a variety of activities is key to Resident participation and has a huge impact on residents' overall health. Scheduling day trips is an important way to help residents enjoy a more full and enriched life. Travel outside the community can be a rejuvenating experience. Seniors who can go out and connect with their community are able to remain more independent, and often report having more satisfaction and a higher quality of life.

What Residents are saying about outings:

“It’s wonderful to see and meet new people and it’s just enjoyable to go out and do new things.”
~ Judy

“I like the fresh air and being with other people”
~ Stella

“I enjoy everywhere I go! I enjoy seeing new things on outings.”
~ Sophie

