



## VEGREVILLE MANOR

5913 - 49 Street, Vegreville



## GROVE MANOR

600 King Street, Spruce Grove



## ST. MICHAEL'S LONG TERM CARE CENTRE

7404 - 139 Avenue, Edmonton



## MILLENNIUM PAVILION SENIORS' LODGE

7408 - 139 Avenue, Edmonton



St. Michael's  
HEALTH GROUP

SPRING 2016 ISSUE

# CARING AND SHARING

News Achievements Products Programs Plans

Residents Activity  
Update!

### Highlights



*Promin Ukrainian dancers performed for residents at Vegreville Manor*

December was a very busy month at Vegreville Manor. We had 10 musical performances as well as the residents' own sing-a-long group. A New Year's Eve Bash wrapped up the year!

New ideas and projects continue to be a part of our busy schedule. Daily exercise groups, coffee, baking projects and discussion groups are ever growing. Residents have enjoyed spring shopping for new clothes at the clothing sale held onsite. Residents have also been very active during themed events like our Hawaiian Luau and others. Our card and board games continued including a new game called "crokinole" introduced by a resident. Also, the formation of a new book club has been a great success.

Thank you to our dedicated volunteers who help fill our days with song, dance and games. Also, thank you to the in-house volunteers who help with activities and jobs around the manor.

### Upcoming Events

**April 30** – Orthodox Blessing of Baskets (St. Vladimir's)  
**April 22** - Volunteer Appreciation Social  
**May 6** – Mother's Day Tea Party  
**May 25** – Crazy Hat Day Party  
**June 17** – Father's Day BBQ  
**June 21** - Vegreville Museum Tour  
**July 14** - Resident Weiner Roast  
**July 21** - Mexican Fiesta Night  
**August 8-9 and 15-16** - Grove Manor Olympics

### Outings and Past Events

**April 10** – Art class with local artist  
**March 19** – Open House and Easter Bake Sale  
**March 26** – Blessings of Baskets (Holy Trinity)  
**March 17** – St. Patrick's Day Social  
**February 9** – Shrove Tuesday Pancake Breakfast  
**January 22** – Hawaiian Luau Party

### Highlights

Residents decorated Grove Manor beautifully for Christmas and enjoyed many festive winter activities on and off-site.

The first ever ladies and men's groups were held to discuss ideas about what projects they might like to be involved in at Grove Manor.

Some of these initiatives include revamping the outdoor courtyard, birdhouses for the men and the ladies were interested in organizing an Easter Raffle, a Strawberry Tea, modeling for a Fashion Show, sharing craft ideas, discussing bus outing destinations for spring and summer, initiating donation projects such as supporting our local food bank and supporting the local Thrift Shop with second hand items.

A few residents joined the Resident Volunteer Program and many are actively involved in assisting with recreation programs, special events, being a friendly visitor to a fellow resident, decorating the site and helping to decorate the bulletin board.

A Volunteer Pet Visitor, Carol and her dog "Tempe" have joined the recreation program at Grove Manor visiting twice a month. These visits are appreciated by all who attend.

### Upcoming Events

**April 21** – Themed Movie Dinner "The British Isles"  
**May 5** – Strawberry Tea Party  
**May 9** – Parkland Seniors' Fun Dance Night  
**May 19** - Dance and Social  
**June 16** – Father's Day Raffle  
**June 23** - Dance and Social  
**June 30** – Canada Day Celebration  
**July 7** – Picnic in the Park  
**July 15** – Fun and BBQ  
**August 11** – 50's Theme Day and Entertainment

### Outings and Past Events

**April 14** - Local Tri-Community Volunteer Celebration  
**April 11** - Parkland Senior's Dance Bus  
**March 24** – Easter Egg/Scavenger Hunt  
**March 23** – Live Easter Bunny Races  
**March 17** – St. Patrick's Day Dance  
**March 10** - Mornville Minstrel's Chior  
**February 11** – Valentine's Day Dance  
**February 10** – Brownies Valentine's Day  
**January 21**– Hawaiian Day

### Highlights

St. Michael's Long Term Care Centre Recreation Therapy Department has had many changes in the last few months.

We welcomed Lisa Albert as a Recreation Therapy Attendant. We also welcomed two Recreation Therapy Students; one from Lethbridge College and the other from NorQuest College.

Residents have been busy taking part in winter activities in the community. These included: a trip to Edmonton Humane Society; Telus World of Science IMAX (Rocky Mountain Express); Bonnie Doon Bowling Lanes; Muttart Conservatory; Pink Elephant Society Easter Concert and Potluck.

This winter, residents have filled the months with events such as visits from the Ukrainian National Youth Federation, Verkhovyna Choir, Coralwood Academy, Veeteretz Dance Group, Ukrainian Dance Groups, Syrena Polish Dance Group, St. Patrick's Day Party with musical guest Awesome Twosome, and Easter social musical guest Dwayne Cannon.

### Upcoming Events

**April 21** – Harmony Kings Band  
**May 3** – Ukrainian Dance Group  
**May 5** - Mother's Day Tea Party  
**May 19** – Dwayne Cannon  
**May 26** – Old Smoothies Band  
**June 16** – Dwayne Cannon  
**June 23** – Harmony Kings Band  
**July 14** – The Casuals Band  
**July 21** – Dwayne Cannon  
**July 28** – Nigel Davidson

### Outings and Past Events

**April 14** – Dwayne Cannon  
**April 11** – Edmonton School of Ukrainian Dance Performance  
**March 24** – Easter Social with Dwayne Cannon  
**March 23** – Muttart Conservatory  
**March 17** – St. Patrick's Day Social  
**March 16** – Pink Elephant Easter Concert and Potluck



*Residents bowling at Bonnie Doon Bowling Lanes*



*Brownies and residents making beautiful Valentine's Day art*

### Highlights

2015 ended with lots of fun and parties. Residents had a great time at their Christmas Party where many family and friends also attended. They enjoyed games, door prizes, food and dancing.

MLA Chris Nielson joined the residents for their December Party and greeted our celebrants. A great time was had by all.

Thirty grade 1 and grade 6 students from Ann Fitzgerald School visited our residents this winter. They brought snacks, painted and bonded with the residents. The students will be returning this spring to engage in more activities with our delighted residents.

### Upcoming Events

**May 7** – Mother's Day Tea Party  
**June 18** - Father's Day BBQ  
**July 22** – William Hawrelak Park Picnic  
**August 12** – Boyko acreage farm outing  
**August 20** – Family Courtyard BBQ

### Outings and Past Events

**April 7** – Pysanka Making  
**March 21** – Paska Making  
**March 11** – Ann Fitzgerald Students visit  
**March 8** - Pet Therapy  
**February 12** – Valentine's Day Tea Party  
**February 8** – Chinese New Year Dinner



*MLA Chris Nielson bringing greetings to Millenium Pavilion Seniors' Lodge residents and staff*

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Canadian addresses to:  
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## PYROHY VARIETIES

Potato & Cheddar, Potato & Onion, Potato & Cottage Cheese, Potato and Cheddar Cheese & Bacon \$9.20

Straight Cottage Cheese and Cottage Cheese & Dill \$11.50

Pizza \$11.50

Sauerkraut \$11.50

Cheddar & Kobasa, Blueberry and Cherry\* \$13.00

## CABBAGE ROLLS & OTHER ITEMS

Rice & Onion \$14.25  
Rice & Bacon \$14.25

Rice & Ground Beef \$14.25

Mini Cabbage Rolls Rice & Bacon \$10.00

Mini Roaster Pan\* \$44.50

Nalysnyky \$10.90



These products are available for pick up at the St. Michael's Long Term Care Centre front desk. [Shop online](#) at [babasown.ca](#)

\*Items not always available.

## Dancing The Day Away!



Alberta Caregiving Students Farewell Party with Long Term Care Centre

St. Michael's continues to collaborate with numerous educational institutions including the Alberta Caregiving Institute, NorQuest College, Robertson College, Excel Academy and the University of Alberta.

On their last day of practicum, February 19, 2016, the group of HCA Students from Alberta Caregiving Institute (ACI) organized a Farewell Party in collaboration with the residents. The students gave speeches, sang and danced with all in attendance.

Special performers were included in the program: one resident played the keyboards and another sang. We would like to express special thanks on behalf of St. Michael's residents and staff to the ACI students and their instructor for organizing such an enjoyable and memorable event.

## 1st Floor LTCC Door Murals



Graphic installers applying the vinyl door wraps

We are excited to report after searching for images using our iPads with the residents, they along with families and staff, have chosen four different images to match the pods and one for the main set of doors on the 1st floor at the Long Term Care Centre. This has transformed the area to a bright and cheery atmosphere.

The resident's, residents' families and staff have chosen images from their past and to reflect what we see in western Canada. The images are a red fall tree for the red pod, a hay bundle in a green pasture for the green pod, a scenic image of the rocky mountains for the blue pod and a field of tulips for the main entrance by the nursing station.

We have had great feedback about the new aesthetics and how they make the 1st floor feel more vibrant and alive!

## St. Michael's Angel Walk

The 2nd Annual St. Michael's Angel Walk was held on February 6, 2016 at West Edmonton Mall. Despite the early hour on a Saturday morning, eager participants all walked a route of 3km around the mall.

CFCW, West Edmonton Mall, Portuguese Bakery, Save On Foods, Safeway, Double Diamond, Fast Trax Run & Ski Shop and DynaLifeDx were generous sponsors for this event. Entertainment was provided by three talented young singers from Jack Cooper Studios and our emcee, CFCW's Sean Burke kept everyone chuckling with his jokes and sense of humour.

Thank you to all participants, staff and volunteers for making this event a success and helping us raise nearly \$6000 to support seniors who call St. Michael's home. Stay tuned for information about new plans in store for next year!



Participants get their walk-on raising funds for St. Michaels!

## 13th Annual Long Service Awards



St. Michael's Long Service Award Recipients

On January 16, 2016 we held the 13th Annual Long Service Awards ceremony for our dedicated staff. This year we recognised and celebrated the commitment and determination of thirty seven employees. All of them have been with St. Michael's for at least five years and two of them for twenty five years! All St. Michael's family - residents, families, staff and volunteers acknowledged and appreciate the dedication, professionalism and caring attitude of our staff. The award recipients mentioned how proud they were to work at St. Michaels, serving residents and their families.

## Day Support Program

Our Day Support Program this December was packed with fun and goodies. We baked and decorated cookies. We also had a family Christmas dinner and sang Christmas carols.

The new year has been full of activities as well. Staff and clients have worked together for the monthly events such as: crafts, baking and birthday celebrations. On St. Valentine's Day, clients elected their king and queen of hearts.

## Photo Diary



Residents enjoy an outing to the Humane Society



Millennium Pavilion Seniors' Lodge residents enjoyed laughs with Santa Claus!



Day Support Program King and Queen of Hearts

Like what you see? Visit [www.smhg.ca](http://www.smhg.ca) for more photos

## Elevator Ribbon Cutting

On March 23, 2016 St. Michael's held a ceremonial ribbon cutting to celebrate the official opening of our new elevator in Heritage Hall.

With support from our donors and the provincial CFEP funding program, the elevator now provides easier access to different parts of the site for our residents.

Guests coming to Heritage Hall can also access the elevator from the street.

Thank you to Dennis and Laurie Mozak, and Gayle Holtz as well as the Government of Alberta for their significant gifts towards this project, and to Synergy for project management.



Board Chair Ed Hladunewich, MLA Chris Nielsen along with donors Gayle Holtz and Dennis Mozak help Harry, a St. Michael's resident, with the ribbon cutting

## Networks, Alliances and Partnerships

A number of years ago, the St. Michael's Board of Directors adopted a strategic plan with five key elements. One of those was developing Networks, Alliances, and Partnerships. In turn, as the CEO I was tasked with developing an action plan to ensure that our vision and core values would be respected in that process. In addition, we are to identify and evaluate signals of our success and lay out goals and objectives for our operations. Currently:

- St. Michael's is a member of the Alberta Continuing Care Association (ACCA) as we join other service providers across Alberta in collective efforts for the betterment of programs and policy development, and influencing Government resources directed to this field, principally in Long Term Care.
- We are proud and active members of the Alberta Seniors Communities Housing Association (ASCHA). Our supportive living operations at Spruce Grove Manor, Vegreville Manor, and Millennium Pavilion are the beneficiaries of our membership and provincial alliance.
- NorQuest College has chosen to continue their placement with St. Michael's for practicum students in their nursing programs. The six-week experience brings much energy to services for our LTCC residents, great assistance to our nursing staff, and a fantastic learning experience for those students in their interaction with our skilled and certified staff. Most recently Richardson College has also entered into a practicum placement with us, and again, it is proving to be an asset to our respective objectives.
- The Seniors Housing Society of Alberta (SHSA) enables members to address tax structure matters, operations and administrative details in running our organizations and are a body that has representation at a senior committee level of Alberta Health, Alberta Health Services, and Alberta Seniors.
- Our volunteer development efforts engage over 250 active volunteers, and as such we are active members of Volunteer Alberta, IMAGINE Canada and the International Association of Volunteer Effort (IAVE). This network enables us to attend volunteer conferences, and many local volunteer information exchanges and training events. This learning leads to better services for our residents and happier, skilled and active volunteers.
- We are members of ICCER (Institute for Continuing Care Education and Research) which allows us to stay current with new trends and research benefitting our services.

These are just a few examples of the work we undertake to better our programs and services. This doesn't touch the array of contacts we have with families, service clubs or Municipal Government contacts in the greater Edmonton area. Yes, we're a busy organization, a vibrant service provider and an organization which practices daily our mission of "Care with Love and Dignity". This strategic objective is a vehicle which helps us live our mission. Thank you!

Respectfully,  
Stan C. Fisher, President and CEO

## Pastoral Care Corner

Does Easter change how you feel about waking up each day?

At St. Michael's people matter. It is a blessing to work in an environment where everyone is committed to providing care with love and dignity.

Jesus said, "My command is this: Love one another as I have loved you. Greater love has no one than this that he lay down his life for his friends." (John 15: 12-13) There is no greater love than the love Jesus displayed when he laid his life down for each one of us on the cross.

God may be omniscient and omnipotent, but that does not mean he has to be complicated. God is love!

In a devotion based on the writings of Francis of Assisi I found this wonderful insight: "Jesus did not come to change the mind of God about humanity, but rather Jesus came to change the mind of humanity about God!"

Jesus came so we could see with our own eyes what God was like. Why does it seem to be easier to run from God, to deny he exists, to fear him, than it is to simply believe that God loves us and desires for us to love him in return?

I challenged my parish this Lenten Season to find the one thing they loved most about Jesus and seek to imitate that characteristic, then go and do likewise. Rather than just giving up something for Lent why not allow God to transform one more area of your life to be more like Jesus; why not share God's blessings with others all year? The Lord has risen, how will you allow that truth to impact your life when you wake up tomorrow morning?

God bless,  
Milton Liska, Spiritual & Pastoral Care Services

We Can't Spell  
S C C E S S  
Without U

St. Michael's Health Group  
sincerely thanks ALL  
our wonderful volunteers  
who dedicate their time for the  
residents of our facilities!