

### VEGREVILLE MANOR 5913 - 49 Street, Vegreville

Like us: fb.me/VegrevilleManor

### Highlights

What an exciting summer here at Vegreville Manor. Summer started with a kick off to Seniors Week in June, with our 1st Annual Vegreville Manor's Angel Walk, where we raised over \$6000.00 for our courtvard enhancement project.

registrant's, including residents, family, friends, and several community teams the event was a success! Residents have kept very busy with tending to the garden and picking cherries from our fruit trees amongst our regular activities.

There were several events over the summer that residents hosted such as: a Father's Day



Vegreville Manor residents caring for the courtyard together

Social, Canada 150 Cultural Luncheon, and a community CNIB presentation which were enjoyed by all. Another fun highlight was a Northeast bus trip which provided a great getaway for the day. We travelled from Vegreville to Vilna to see the giant mushrooms, with a stop in St. Paul at the UFO landing pad. We then had lunch at Two Hills with ice cream. It was a beautiful way to take in all the wonderful warm weather.

### **Upcoming Events**

September 22 - Country Drive Bus Trip October 19 - Oktoberfest Celebration October 30 - Personal Touch Fashions Shopping Day

October 31 - Halloween Costume Social November 10 - Remembrance Day Ceremony

November 17 - Town Christmas Light Up November 26 – Resident and Family Christmas Party

**December 5** – Community Christmas Social with Harmony Music

January 6 - Ukrainian Christmas Eve Dinner

### **Outings and Past Events**

September 15 – 15 Year Anniversary Celebration BBO August 14 - Hawaiian Day

August 10 - Vegreville Fair and Parade

July 17 - Northeast Bus Trip

June 29 - Canada 150 Cultural Luncheon

June 15 - Father's Day Social June 4 - Vegreville Manor's Angel Walk

600 King Street, Spruce Grove

Like us: fb.me/GroveManor1



During the summer months Grove Manor residents enjoyed many outings and delighted in the sunshine. Their days were filled with activities and companionship that made this summer

Two indoor garden party socials were held in July and August during the evenings and residents enjoyed them so much they want these socials to continue into the winter months.

The 50's day dance and theme day was a fun afternoon which ended with vintage car rides for residents who participated. This event is always a favorite.



Residents gather to delight in a delicious Klondike Day pancake breakfast

Residents celebrated Canada Day which included a dance and theme day prizes. Many people showed up sporting Canada Day swag and apparel. Good company, food and laughs were had by all. (see cover photo of Grove Manor residents)

Horseshoes and ladder ball were games residents were a hit amoung residents this season. BBQ's were well attended and the ice cream socials have been growing in popularity. Residents took advantage of this wonderful summer season to the fullest. Fond memories were made.

### **Upcoming Events**

October 5 – Thanksgiving Tea November 10 - Remembrance Day Ceremony December 4 - Christmas Vendor Sale

January 15 - Parkland Senior's Fun Night and Dance

### **Outings and Past Events**

September 7 – Entertainment with Wayne O August 28 – Indoor Garden Party July 21 - Klondike Day pancake breakfast July 4 - Picnic at Rotary Park June 29 - Canada Day Dance Party May 29 - Lunch at IHOP



### ST. MICHAEL'S LONG **TERM CARE CENTRE**

7404 - 139 Avenue, Edmontor Like us: fb.me/www.smhg.ca

### Highlights

Residents have been taking advantage of the nice weather. The Recreation Therapy Department planned multiple outdoor activities for the summer months. The residents enjoyed the outside as much as possible on a daily basis.

We had two very successful Resident/Family BBQ's in July and August this year with a huge turnout. Entertainment by Larry Begoray on the accordion, delicious hamburgers, hotdogs, pasta salad, watermelon and the sun were enjoyed by all.



2nd floor annual resident/family BBQ at our long term care centre

Return Undeliverable

7404 - 139 Avenue

Canadian addresses to:

St. Michael's Health Group

Edmonton, Alberta T5C 3H7

We celebrated birthdays of three centenarians this summer, who turned 104 and 102 with live entertainment and a visit by MLA Chris Neilson. As well, the Recreation Therapy Department and Day Support Program held a Canada Day 150 celebration. The event was filled with games, cake, photo booth, red and white Canadian décor and of course, the singing of the national anthem! Family members and other quests also attended. Everyone shared the cake, music, games and even had their picture taken with the photo booth props to celebrate some Canadian heritage.

### **Upcoming Events**

September 21 – Entertainment with Ron K September 27 – Bonnie Doon Bowling October 12 – Entertainment with Dwayne Cannon October 26 – Halloween Party with Runaway Train

November 16 – Entertainment with The Casuals November 23 – Entertainment with Wes and Wendy December 6 - 1st Floor Annual Christmas Party

December 7 - 2nd Floor Annual Christmas Party December 9 - Entertainment with The Sharkey Voice Studio Singing Group

**December 21** – Entertainment with Old Smoothies

December 28 - New Year's Eve Party with Dwayne Cannon

### **Outings and Past Events** August 17 - Ice Cream Social

with MLA Chris Neilson August 15 - Wladyslaw's 102nd Birthday Party

August 3 - Florence's 104th Birthday Party July 13 – Gladys's 102nd

Birthday Party July 12 - 2nd Floor Resident and Family BBQ

July 11 – 1st Floor Resident and Family BBQ



### MILLENNIUM PAVILION SENIORS' LODGE

7408 - 139 Avenue, Edmonton Like us: fb.me/MillenniumPavilionSeniorsLodge

This summer at Millennium Pavilion was an exciting one. It started off with an entire kitchen renovation on the 8th floor lounge. We have been putting it to great use baking delicious treats for everyone to enjoy. We also purchased a bread machine, so we have been baking fresh bread every week.

We celebrated senior's week with Hawaiian themed activities, ncluding a fashion show. As well, we had our Canada 150 themed Resident and Family BBQ. It was great to see so many families and friends.

We also visited Horsehill Berry Farm to pick raspberries and make delicious freezer jam. We ended the summer with an Ice Cream Social with our MLA Chris Nielson, a trip to the Ukrainian Village and a BBQ at Hawrelak Park in the river valley.



Residents picked respberries and made freezer jam

### **Upcoming Events**

September 27 - Pub Night

October TBA - TELUS World of Science IMAX Theatre October 31 – Bowling

November 10 - Remembrance Day Tea December 1 - Resident and Family Christmas Dinner **December TBA** – Visit to Greenland Garden Centre December 29 - New Year's Celebration

### January TBA – Tony Roma's **Outings and Past Events**

June 13 - Muttart Conservatory July 7 - Resident and Family BBQ August 9 – Berry Farm

September 6 - Callingwood Market Shopping



## 'St.Michael's HEALTH GROUP

# CARING AND SHARING

FALL 2017 ISSUE

Sacred Moments

Day ice cream social with MLA Chris Nielsen as well.

Blue Angel Dinner

# canada 150 Celebrations



Not to be outdone, Vegreville Manor residents recognized the diversity of our country with a Canada 150 cultural luncheon. They brought special foods from their own ethnic backgrounds for a multicultural feast. Then entertainment by Darmohrai, a musical group from Ukraine who happened to be in the Vegreville area, capped off the event with energizing tunes that had everyone's toes tapping.

dance party that included Canadian-themed bingo, Canada trivia and delicious snacks. The residents

were treated to a performance by our St. Michael's Millennium Angels Choir. All enjoyed a special Canada

The Long Term Care Centre in Edmonton partied and enjoyed a full program of music, Canada trivia, many games, including of course hockey! The Canada-themed frame was very popular for the photo booth as residents enjoyed having photos taken with an assortment of red and white props. The celebration was capped off with a special cake commemorating the occasion.

In Spruce Grove, Manor residents decked out in red and white to enjoy their Canada theme day. A great turn out meant a very full dance floor! Snacks, hand-made fans featuring the Canada 150 logo and a second event featuring all Canadian music performed by Terry Jordan left all feeling happy for the opportunity to recognize and celebrate Canada's 150th anniversary. Our residents have seen many changes in Canada during their lifetimes and we were pleased to be able to celebrate such a big milestone with them!

Contact St. Michael's: Tel: 780.473.5621 Fax: 780.472.4506 Toll Free: 1.800.472.6169

Email: smeccs@smhq.ca Website/Facebook: www.smhq.ca Follow Us On Twitter: @smhq #StMichaelsHealthGroup



# Limited Time Holiday Specials!

order at babasown.ca



Onion Pyrohy
1.3kg bag of Rice & Onion

Cabbage Rolls 900ml Borshch



\$26

reg. \$33.45

650g bag of Potato Cheddar Cheese Pyrohy

2x 500g bags of Mini Rice & Bacon Cabbage Rolls

900ml Borshch \$31 reg. \$39.20



Cabbage Rolls

650g bag of Potato Cheddar Cheese & Bacon Pyrohy 1kg bag of Rice & Beef

650g package Nalysnyky



All proceeds benefit the services and programs of St. Michael's Health Group

> 7404 - 139 Avenue Edmonton, AB

> > babasown.ca

BabasOwnUkrainianFood

@BabasOwn

### Welcome Our New President & CEO



Mr. John Kopeck, President & CEO

St. Michael's Health Group is pleased to introduce to you our recently appointed President & CEO, Mr. John Kopeck, who stepped into his new position July 4, 2017.

Joining St. Michael's with over 20 years of senior management experience both within the non-profit and for-profit sectors, John's leadership, management and government relations knowledge and experience will be much valued by our organization. John is very familiar with the work of St. Michael's as a former member of our Board of Directors. His extensive experience in sales and fund development will also be a major asset as we work to provide quality care for residents of St. Michael's.

We are all excited to work with John as he shares his vision for the organization with us. If you would like to speak with him, John can be reached at jkopeck@smhg.ca or at 780-472-4510.

Welcome to the St. Michael's team John!

## **Sharing Sacred Moments**

At St. Michael's we have the privilege of sharing many sacred moments in the lives of our residents and their families. An important aspect of the pastoral care department is offering the ministry of presence, of listening, of emotional support and prayer for residents and their loved ones during end of life. Families often experience a heightened awareness of the things that have eternal value such as relationships, love ones, faith, values and precious memories that will live on and become a lasting legacy for the family. I attended the annual Alberta Pastoral Care conference which focused on finding new ways to honor the people we love by being intentional about allowing them to live on in our lives as an on-going presence by carrying on their values, and re-telling the stories that express how deeply they impacted the lives of those who loved them.

For everything there is a season; and for all the care-givers and volunteers at St. Michael's each season brings many fond memories and tearful good-byes. This summer we mourned the passing of a long time employee as well as several dear residents. We participated in memorial services, celebrations of life that encouraged us all to be thankful for the gift of life we so often take for granted and to make sure our time is spent enriching the lives of those we love by making the most of each day with them. It is a blessing to be part of such a compassionate, caring team that invests their lives and their hearts into making a difference for so many.

Pastor Milton, Pastoral Care Coordinator

### **Volunteering Spans Generations**

St. Michael's is so proud of our diverse and dedicated volunteers, their work ethic and their commitment to our organization. We are fortunate to have many different volunteers from all walks of life: adult, junior, fundraising volunteers, Sunday Ambassadors, students from various schools and universities and staff volunteers. We also have volunteers who are now retired, ranging in age from their 60's to 90's who help with fundraising events, bingos and casino's. As a Volunteer Coordinator it is a privilege to work with them.

Whenever a volunteer is asked to help they quickly say "Yes". They are hard working and committed. Our volunteers give us a good example how to live life to the fullest and at the same time make a difference in our community. To all volunteers young and elderly who are an example to us every day, thank you for being "You"

## Vegreville Manor's Angel Walk!



Vegreville Manor's Angel Walk Participants and Pysanka

On June 4, 2017 over 60 people laced up their runners for the first annual Angel Walk to raise funds for Vegreville Manor. The support we received from the residents and their families, the community and businesses was incredible.

The inaugural Angel Walk met our goal to raise \$7,000 in support of Vegreville Manor's Courtyard Enhancement Project. The residents, along with their families, will enjoy summer activities and outdoor living with the additions. When complete, the courtyard will boast a new greenhouse, two gazebos and garden boxes. Residents can enjoy the warm months like they did in their own homes, planting and tending to the garden boxes, and enjoying the outdoor space to socialize with friends and family. With plenty of organised activities to get them outdoors in the summer months, this space will become the hub of the manor until the snow falls!

This would not have been possible without our sponsors! Thank you!

**BBQ Sponsors:** 





Volunteer Sponsors:





Media Sponsor:





T-Shirt Sponsor:

Thank you to all who have participated and supported Angel Walk 2017. We look forward to welcoming you at next year's event.

## St. Michael's Blue Angel Dinner



## FRIDAY, NOVEMBER 3, 2017

Our Blue Angel Dinner is quickly approaching. This is our largest annual fundraising event and we hope you can attend.



For tickets, sponsorship opportunities and auction information, please email dluciw@smhg.ca or call 780-472-4791

smhg.ca/BlueAngelDinner



Food, More Food And Music

The St Michael's family gathered on Monday, June 27, 2017 to celebrate Cultural Days together. In attendance were residents and families, employees, summer students, volunteers, Robertson College students, Provincial and Federal government representatives.

Everyone had the opportunity to taste various cuisines from around the world: Canadian, Ukrainian, Thai, Chinese, Polish, Lebanese, Greek, Mediterranean and the list goes on! Entertainment for the event consisted of a Latin American musician who played music that encouraged employees to want to dance.

Several employees, volunteers and Board Directors dressed up in their national costumes – a nice addition to the luncheon. Employees brought items from their home country to display for all those in attendance to enjoy. At St Michael's we are very proud to call ourselves a multicultural family.

### Active Summer Students- A Heartfelt Thank You!

Fourteen students from various fields of study were employed at St. Michael's in May, June and July.

The summer students were employed for the most part until August 25, 2017 and then returned to or commenced studies at University or College.

Seven students have previously worked as a summer student for St. Michael's with seven students being new to the organization. For one of the students this was her first summer job.

The students were actively involved in their day to day tasks and responsibilities interacting with residents and fellow co-workers.

They were very hard working and some worked in a position that matched their studies while others were in positions



Thank you to all our summer students!

which were new to them. The enthusiasm, professionalism, and willingness to give their best in fulfilling the tasks they had been asked to do was welcomed. We wish the students continued success in their studies and hope to see some of them back in 2018.

# Your Support Makes a Difference to our Residents



Your donation or monthly gift will bridge the gap between what we receive funding for and the needs we have to be the best at what we do.

Thank you to all our donors who continue to support St. Michael's! Our work to provide the best quality of life possible for St. Michael's residents can only happen because of donors like you.

### Thank You!

Please return this form with your donation

### DONOR:

Name \_\_\_ Address

City\_\_\_\_

Postal Code Phone

Email

### DONATION:

□ \$500 □ \$250 □ \$100 □ \$50 □ Surprise us! \$

PAYMENT: ☐ One-time-gift ☐ Monthly-gift

□ Cash □ Cheque □ VISA □ MasterCard □ Other

Credit Card #\_\_

Expiry Date

Signature\_

Cheques payable to:

St. Michael's Extended Care Centre Society 7404 - 139 Avenue Edmonton, AB T5C 3H7

Registered Charity #108032483RR0001
All donations are fully tax deductible