



VEGREVILLE MANOR

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GROVE MANOR

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St. Michael's
HEALTH GROUP

WINTER 2018 ISSUE

Christmas News And
New Year's Wishes

CARING AND SHARING

Highlights

This past September marked the 15th anniversary of Vegreville Manor. The residents, families and guests celebrated this milestone by having an anniversary BBQ. Residents also hosted a Grandparents Day Social with local talent, Harmony Music. October brought many nice warm days that allowed the residents to harvest the garden and pick apples. Some of the ladies at the Manor decided to make and serve perogies made with our garden potatoes. Residents and staff ended the month with a Halloween costume party.

Our local chapter of Youth Bowl Canada came to the Manor for an afternoon of fun indoor bowling, everyone had a great time and are looking forward to doing it again!



Vegreville Manor residents making Christmas crafts

As part of our community engagement residents have been busy writing pen pal letters to a grade 3 class from John Barnett Elementary School and assisting our local Parent Link Centre to create some homemade gifts for children to purchase at Reindeer Lane. Residents of the Manor got together and decided that it would be a great way to give back to the community by hosting a movie night gift basket draw for anyone who makes a donation to our local Food Bank or Christmas Bureau. What a great way to start the holiday season off!

Upcoming Events

January 23 – Lunch Club
February 14 – Valentine's Day Social
February 16 – Chinese New Year Activities and Theme Day
February 28 – Pink Shirt Day
March 16 – St. Patrick's Day Social
March 22 – Personal Touch Fashions Shopping Day
March TBA – Basket Blessing
April 25 – Volunteer Appreciation
May 4 – Cinco de Mayo Mexican Theme Day
May 12 – Mother's Day Social

Outings and Past Events

January 17 – Pub Night and Entertainment with Soul Spice
December 3 – Resident/Family Christmas Social
December 1 & 2 – Music Students Winter Recital
November 8 – United Church Remembrance Day Service
October 20 – Oktoberfest Celebration featuring Country Gold
September 15 – Vegreville Manor 15 Year Anniversary BBQ

Highlights

Our Grove Manor Resident Social Club held successful Thanksgiving and Christmas Raffles. These fundraising efforts make a difference for recreational activities and residents. They will meet again in the New Year to plan their 2018 Fundraising Activities. Also Grove Manor staff put on their turkey feather headgear as residents cheered on their favorite turkey for the turkey races. This special variation of the horserace game was enjoyed by all who participated.

Many of our Grove Manor Veterans were honored at our Remembrance Day Ceremony. A couple residents shared their poetry. It is always interesting to hear the stories of those who served not only in our Canadian Armed Forces, but some who live at Grove Manor served in the British and American Armies as well.

Spruce Grove Composite High School sent a class of special education students to assist residents and volunteers to set up and decorate the various Christmas trees throughout the building. Many residents, staff and visitors commented on how nice the decorated trees looked. As well, residents, staff, volunteers and visitors took time out to do a little Christmas shopping at the 2nd Annual Vendor Sale which was hosted at Grove Manor.

We had a very successful and joy filled Christmas Party. It was a great event with picture taking fun with Santa and his elf. Prizes were given out for the Christmas door decorating contest and best dressed for the theme. Great musical Entertainment was provided by Silver Sounds. We even had the Mayor of Spruce Grove, Stuart Houston bring greetings along with our St. Michael's President/CEO, Mr. John Kopeck and other guests. You can see more photos of this fun event on our Facebook page. Residents commented on how much they enjoyed this event and all the guests who celebrated with them.

Upcoming Events

January 31 – Cribbage Tournament
February 14 – Valentine's Day Dance
March 15 – Horizon Stage Bus showing "Wizard of Oz"
April 10 – Indoor Garden Party
May 15 – Mother's Day Tea

Outings and Past Events

December 7 – Horizon Stage Bus outing "My Son Pinocchio"
November 23 – Travel Movie and Taste of Cuba
October 5 – Thanksgiving Tea
September 14 – Devon Campground

Highlights

Residents were busy this fall! We went to Prairie Gardens twice during the beautiful fall weather. Residents really loved going to Prairie Gardens to participate in all the activities and interact with the animals.

Our residents also went to Bonnie Doon Bowling Alley, Christmas shopping and our first outing to Kensington Bingo Hall. The residents loved going to Kensington Bingo and all the awesome volunteers were really helpful!

Residents at our Long Term Care Centre were really into the Christmas spirit. December and January were filled with fun events that we all enjoyed. Our Resident/Family Christmas party was well received and everybody was so excited to have Mr. and Mrs. Claus visit and socialize with us during the event.

We loved all the events and groups that came and sang for us! Many smiles and the joy of Christmas was felt in our hearts as we ended the year with a New Year's Eve Party.

Upcoming Events

January 27 – Verkhovyna Ukrainian Dance Group
February 14 – Valentine's Day Party
February 15 – Veeteretz Dance Group
February 23 – Zorlanka Ukrainian Dance Group
March 16 – St. Patrick's Day Party
April 12 – Veeteretz Dance Group
May 11 – Mother's Day Tea

Outings and Past Events

December 15 – Bake and Craft Sale
December 13 – St. Matthews Elementary School Caroling
December 12 – Robertson College Act of Kindness
December 11 – Tree of Memories
December 9 – The Sharky Voice Studio Singing Group
December 7 – 2nd Floor Resident/Family Christmas Party and Entertainment with Harmony Kings
December 6 – 1st Floor Resident/Family Christmas Party and Entertainment with Old Smoothies
December 2 – Girl Guides of Canada Caroling
November 28 – Kensington Bingo Hall
November 22 – Bonnie Doon Bowling
October 26 – Halloween Party with Runaway Train
October 4 – Prairie Gardens



Santa and Mrs. Claus taking Christmas requests



Santa and his elf making residents smile

Highlights

This fall we had the pleasure of two University of Alberta pharmacy students volunteering on the weekends. The residents enjoyed building a bond with these students and really appreciated having extra weekend recreation programs. Also we had a NorQuest student volunteer with us over the fall months and we wish her all the best in her future endeavors.

In September we visited the Callingwood Farmer's Market. The residents were able to purchase fresh produce and baked goods. This October, we celebrated with a Thanksgiving Day Tea Party that residents enjoyed. At the end of the month, we had a Halloween Party complete with Halloween Bingo and one of our residents won best costume that evening. In November the Musee Heritage Museum gave a presentation about early Canadian life and the fur trade. Residents loved the presentation, exploring the props, asking many questions and learning so much!

We started off the Christmas season with our Resident/Family Christmas Dinner and Concert on December 1st. It was great to see so many residents and families coming together. Also, our very own Millennium Angel Chorale Group sang for everyone at the event. Christmas cheer and wishes of a Happy New Year was shared by all.



Millennium Angel Chorale Group

Upcoming Events

January 30 – Montana's Cookhouse
February 14 – Valentine's Day Tea Party
February 16 – Telus World of Science IMAX
March 16 – St. Patrick's Day Party
April 10 – IHOP Restaurant
May 11 – Mother's Day Tea and Spa

Outings and Past Events

January 16 – Bonnie Doon Bowling
December 15 – Bake and Craft Sale
December 1 – Resident/Family Christmas Dinner and Concert
November 10 – Remembrance Day Tea
November 3 – Fur Trade Museum Presentation
October 31 – Halloween Party

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A Fun-Filled Christmas At Vegreville Manor

Residents and families of Vegreville Manor enjoyed many festivities over the Christmas season. A visit from Santa, various lunches and entertainers made for happy, busy days.

Everyone was especially wowed by the musical talent of Cassidy Zahar at the Annual Christmas Social. With 118 people in attendance, it was a fun-filled afternoon of food, music and great company.

The 12 days of Christmas raffle raised \$365 for resident recreation programming, and the craft and woodworking sale was a hit giving everyone a chance to purchase one-of-a-kind handmade gifts.

More stories inside...



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All proceeds benefit the services and programs of St. Michael's Health Group. These products are available for pick up at 7404 - 139 Avenue, Edmonton, AB

**Items not always available.*




Bringing The Spirit Of Joy



Pastor Milton Liska inspired attendees at the Prayer Breakfast

There is nothing like the Christmas season for bringing out the spirit of joy, peace and good will towards all. As I look back over the past few months I feel like I have been visited by at least three spirits, not unlike Scrooge in the well know movie, "A Christmas Carol." In October all the clergy who serve at St. Michael's gathered for a luncheon. The theme was, "Cultivating the Spirit of Inclusion." We were reminded how essential it is to look past our biases to truly embrace the people we serve and to embody the spirit of compassion in our ministry.

We embraced the spirit of remembrance and thankfulness at our annual Remembrance

St. Michael's Annual Feast Day Celebrations

Each year residents, families and volunteers gather to commemorate the Feast Day of Archangel St. Michael, protector and healer, and our Patron Saint.

Two services were held, the first on November 4 celebrated in the long term care chapel with Bishop David Motiuk leading the service with clergy and a full chapel of residents and guests.

The Ukrainian Orthodox liturgy was celebrated on

Day service in November. The theme for this year's Prayer Breakfast was, "The Spirit of Caring." We were reminded that it takes time to care, to pause long enough to truly see the person right in front of us. The theme for this year's Tree of Memories service was, "The Spirit of Trust" as we were reminded to trust in the Lord with all our heart and lean not on our own understanding during times of grief and loss.

The past three months have been filled with countless opportunities to embrace all of these spirits in weekly worship services, times spent singing and worshipping, quiet times of prayer at the bedside of a loved one and on special occasions, such as the Feast of St. Michael's celebrated in November. I pray that this Christmas your heart was filled with the spirit of love and wonder as we gratefully remember how God came down to embrace us and to show us His heart. May your celebrations be filled with a renewed sense of His presence and peace.

Happy New Year,
Pastor Milton Liska



Board Members and volunteers at the Nov. 21 Service

November 21 led by Rev. Rauliuk and Rev. Potepa. After both services, fellowship and lunch was enjoyed by all.

St. Michael's Annual Children's Christmas Party

A lively party was held on December 10, 2017 with over 40 children of staff members who attended this fun filled event.

The children enjoyed a magic show, a visit from Mr. and Mrs. Claus, locally handcrafted piñatas, crafts and goodie bags. The children each received a small gift from Santa and had a chance to have a photo taken on Santa's lap. It was a wonderful Christmas event.



All the children were delighted to gather with Mr. and Mrs. Clause to celebrate the wonderful holidays

Our 11th Annual Blue Angel Dinner Fundraiser



Guests enjoying an elegant evening

The enchanting ballroom of the Hotel Macdonald was the setting for our 11th

annual Blue Angel Dinner on November 3, 2017. Over the course of the evening guests enjoyed exceptional cuisine and supported the good work of St. Michael's through the silent and live auctions. With the funds raised over the eleven years, \$1 million dollars has been raised! All funds have been used to purchase much needed equipment, therapy supplies and support recreational programming so our residents can receive the best care possible. Proceeds from this last event

are specifically designated to support our \$2.4 million kitchen expansion project.

Celebrity Emcees Jackie Rae Greening and Seanna Collins kept everyone entertained and Auctioneer Shane Menzak helped raise some significant funds in the live auction.

We could not make this event happen without all our generous sponsors, donors, guests and volunteers – Thank You!

YOU help make a difference in the lives of those in our care.

We Love When Students Get Involved With Residents

St. Michael's welcomed 5 MaKami College HCA students on October 24, 2017. This was a unique experience as these students were following a pilot project curriculum to help better meet provincial demands and legislation. One of the unique features about the MaKami HCA program, is that these students will have almost an additional 100 clinical practice hours compared to other colleges. Additionally, MaKami College has increased the focus on the use of technology, each MaKami HCA has an iPad which they keep and it is fully loaded with valuable health care resources. Further, these students had a distinctive

schedule; completing their hours over a duration of 16 weeks, on evenings and weekends.

St. Michaels is lucky to be a part of this new initiative and all 300+ hours will be completed in our dementia care unit.

Since these students started

the clinical placement at the beginning of the influenza immunization season, all five students showed their dedication and eagerly rolled up their sleeves for their flu shot. St. Michaels has proudly accepted another group of these students which will commence February 2018.



Smiles of Makami pilot project students after a successful placement

Happy New Year From Our CEO

The last year was full of accomplishments at St. Michael's and 2018 is shaping up to be tremendous.

My first 6 months as President & CEO of St. Michael's Health Group have been extremely rewarding. We've accomplished a lot in this short period of time and I believe we are well positioned for the new year.

We are excited to be opening our new Kitchen this coming spring. Although construction is always a challenge, we will be in a much better position to serve the daily nutritional needs of our residents.

Very shortly we will be

introducing a new 3-year strategic plan that will provide us with the foundation we need as an organization and will also encourage growth and innovation – including this announcement that in 2019 we will be adding a new facility to our portfolio in Leduc, Alberta called Summit Heights.

I would also like to recognize the great work of all our teams in Edmonton, Spruce Grove and Vegreville and thank them for keeping with our mission: Care with Love and Dignity. Again, all the best in 2018 and I look forward to providing an update in our next edition of Caring and Sharing!

Visit By Rodeo Queen Contestants



Queen contestants, Minister Sigurdson, MLA Nielsen and staff in the rodeo spirit

We kicked off Rodeo Week on November 9, 2017 with a visit from the CFR Rodeo Queen contestants, which was uplifting to our residents and employees.

In addition, there was a very special visit from the Honorable Lori Sigurdson, Minister of Seniors and Housing, who delivered a wonderful speech on the future plans for seniors care. St. Michaels also welcomed MLA Chris Nielsen. Both individuals participated in the festivities that were held

in Heritage Hall. The annual "jail house" was erected as a fundraising opportunity to involve the newest employees, which included St. Michael's President and CEO, John Kopeck, Marina and Rachele. This year's festivities included a donut eating contest and even bull riding!

Every year, this event successfully builds team spirit, but more important is the joy it provides to the residents. It is always a pleasure to have the Rodeo Queens visit our Long Term Care Centre.

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.

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