



## Grove Manor

Always a Good Time to Celebrate!

Recently activities included two significant, milestone birthdays among residents. Betty, seen on the cover, celebrated her 102nd Birthday and was thrilled to feel so special all day with recognition at lunch and then again during Happy Hour. After a toast in her honor, she stood up and gave a short but happy speech. Despite it all Betty truly enjoyed her birthday celebrations with those around her.

We also added a new centenarian among our residents as Emile celebrated his 100th Birthday! Although his family could not join in person, they made sure we had a memorable party as they provided decorations, a beautifully decorated cake, a special birthday hat and several very special recognition certificates from dignitaries. Emile's table area was festooned with balloons, a birthday banner and decorations appropriate for such a significant celebration. Wearing his special birthday hat, he enjoyed his dinner as residents stopped by to congratulate him. The certificates he received to recognize his 100th Birthday included one from Queen Elizabeth, Prime Minister Trudeau, Premier Kenney, the Governor General, and Mayor Houston of Spruce Grove to name a few. Emile was so glad to receive these special messages recognizing such a significant day in his life. After staff and residents sang Happy Birthday, he cut his cake for all to enjoy.

As the celebration came to an end, we noticed Emile was a bit emotional. When asked how he was, holding back a few tears he said 'it was the best day he had ever had'. As staff, it is such an honor to bring joy to our residents and work to make a difference in their lives every day.

*It is such a privilege and joy to plan fun activities for residents of Grove Manor and see them enjoy their day. This has become particularly important the last few months when staying safe was a priority, families have not been able to enter the site for visits, and residents have not been going out into the community.*

## Millennium Pavilion

Festive Fun

We may not have been able to do large parties or gatherings with residents and families, but we still enjoyed the festive season and had some quiet time too. This is a crafty crew and they made wonderful Christmas cards to send their family members with personal, loving messages. Residents helped each other with designs, cutting and pasting as needed. The cards looked lovely and families were delighted to receive good wishes in such personal cards.

Every holiday means photos and we did not disappoint! After beautifully decorating our tree, many photos were taken with residents using the tree as a backdrop. They added some fun props as they got into the spirit of things. Their photo memories from this year will show them wearing hats, holding holiday signs, or just enjoying the tree itself. These photos adorn many rooms in Millennium Pavilion and family homes around the city.

In keeping with social distancing, we also had multiple small Christmas parties for all the residents. Colourful decorations and tree, pizza, cake squares, refreshments and Christmas carols playing in the background helped make things festive. Santa Claus was unable to make it this year, however, Mrs. Claus made an appearance and handed out goodies for all. The residents were so happy to see Mrs. Claus and take in the party festivities, appreciating the effort to make their holiday merry.



## St. Michael's Long Term Care Centre

Bountiful Christmas Cheer

As we neared the Christmas holidays during this extraordinary time, we started to think about how to make Christmas as pleasant as we could for the residents in long term care. So, a call for 'Christmas cheer' went out asking for cards and messages for residents. The results were astounding! Schools, community groups, businesses, and individuals dropped off cards, many of which were beautifully handmade by children. All were so sincere and thoughtful – we were emotionally overwhelmed!

There were also many donations of Christmas gifts to be given to the residents. So many in fact that we were able to give a personalized gift to each resident with items that fit their preferences and interests. We send a huge thank you to everyone who took the time to donate gifts making Christmas a little more special for the residents.

Some chose to contribute Christmas cheer in other ways, like a staff member and her husband who dressed as Santa and Mrs. Clause. They went to each window around the building ringing bells, waving and wishing the residents a Merry Christmas! On the initiative of family, we received beautiful donations of several outdoor Christmas decorations. These added a cheerful Christmas view for residents to look out upon. It has been a challenging year, however it was beautiful to see the community come together to bring holiday joy to the residents. We are so thankful!



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



## Vegreville Manor

News and Views

The past few months Vegreville Manor residents have enjoyed keeping up with current events during our 'News & Views' activity. When the local newspaper arrives, residents spend time reading articles and taking time to have in-depth discussions about what they have read. They particularly enjoy reading 'Glimpses of the Past', a column in the Vegreville News Advertiser. This column allows residents to reminisce about history and happenings from 90, 75, 50 or 25 years ago. Residents are amazed at how many names and events they are familiar with or remember happening.

These memories develop into lively discussions about what they know from their experiences. Frequently this leads to interesting discussions about current news stories with many differing views expressed. These discussions are enjoyed by all and often after listening to the discourse, both residents and staff think about the issues in a different way. The topics have been varied, giving everyone a chance to voice opinions, or at times soothing others from their fears. Vegreville Manor residents do not shy away from being involved! We will continue to keep up with what's going on in the world and hopefully some of us will even solve an issue or two.

2020 has proven to be unlike any other year, creating many challenges for people. However we have been very fortunate to carry on with stimulating activities and events within the Manor and look forward to welcoming a more 'normal' 2021.



# Caring & Sharing

## 102 Years Young!

Celebrating  
at Grove Manor







# Message from John Kopeck

President and CEO

Happy New Year and welcome to 2021. Following an extraordinary year, I am approaching this New Year with optimism, hope, and a sense of renewal.

I would like to take a moment to recognize how difficult 2020 was for everyone in our community, especially for the residents and families we serve. We all made personal sacrifices which tested our ability to cope and manage through this global pandemic. It was a year that no one expected and had a significant impact on the overall health and wellness of our society.

Many industries and sectors were hit hard by this global pandemic. Long Term Care and Supportive Living facilities worldwide found themselves on the front lines, keeping some of the most vulnerable people in our society safe. At St. Michael's we weren't immune or isolated from the pandemic but I'm extremely pleased with how we collectively worked with residents and families to create the safest possible environment. This was, and continues to be, a very difficult environment and I'm thankful for the high level of commitment from our staff and all stakeholders to get us through this crisis. We remain committed to ensuring our facilities are safe while maintaining the highest level of care.

I'm entering 2021 with an overall sense of optimism and promise. St. Michael's Long Term Care Centre was selected as one of the first sites to receive Covid-19 vaccines and our Supportive Living

facilities followed soon after. This is our first step to returning to a sense of normal. This will allow us to see more visitors soon, allow our volunteers back on site, and open up our many services such as the Day Support Program.

The Covid-19 pandemic has also exposed the many challenges Continuing Care operators have been facing for years, even prior to the pandemic. These challenges include funding levels, aging facilities & infrastructure, workforce challenges, and overall standards of care. If anything good can come from this pandemic, I'm optimistic there is a new collective will from government, operators, and industry associations to make overall system improvements together.

I'd like to also recognize and thank our many sponsors and donors for your continued support. This was the first time in many years that we were not able to host our annual fundraising gala. But, with a huge, caring community rallying around us, we managed to adapt and were able to create an at-home event with gourmet meals in the homes of many families.

In the days and months ahead, I look forward to seeing everyone again and getting back to our normal operations. Take care and all the best to you and your family in 2021.

# Living Life in Full!

Recreation Therapy is an incredibly impactful program that enriches the daily lives of seniors who live at St. Michael's. And yet it seems to be an area that most people know little about. "You're going to do physio exercises on patients then, right?" or "oh, like a camp counsellor?" We thought it a good idea to shed some light on this important program.

The main goal of what Recreation Therapists do is to help people with potentially limiting conditions make the most of their lives – physically, mentally, emotionally and socially. It's a healthcare practice that's about helping enjoy life, and the approach is focused on the individual, their needs and their likes.

Recreational Therapists use strategies and activities such as arts and crafts, dance, or sports and physical activities to help the residents. The program allows seniors to enjoy activities that add positivity into their life and is an important part of their care plan.

There are many well-known benefits from Recreation Therapy that support a resident's overall well-being, including return of appetite, a stronger immune system and increased attention span.

In speaking with members of the Recreation Therapy team at St. Michael's Long Term Care, they said it is hard for them to see a resident having an off day. But when they know what that resident enjoys, they feel compelled to try and turn things around by engaging them in that activity. It brings staff joy knowing they are helping make someone's day.

Within our organization, every Supportive Living site has an activity coordinator who maintains a full and varied program for residents. In Long Term Care, we currently have 6 Recreation Therapy attendants who are supervised by a Recreation Therapy Manager. Throughout the pandemic, we have assigned additional staff to this team to help with one-on-one visits and activities.



Since the necessary restrictions as a result of the pandemic, our Recreation staff and Activity Coordinators have been very aware of how difficult it is for residents not to spend time with family. To help ease this absence, many hours are spent facilitating virtual visits daily along with programmed one-on-one activities. In Long Term Care every resident is visited by a recreation therapy team member.

*Research studies suggest that recreational therapy has an essential role in enhancing the mobility of individuals in long term care. A recent study shows that that elderly people with dementia who have good balance, muscular strength and mobility are less likely to suffer from depression.*

Social distancing and PPE requirements throughout the pandemic led to creative program planning! Besides games and craft activities in resident rooms, 'doorway bingo' and special 'treat' days have become popular activities. Card games and cognitive activities such as crossword puzzles, trivia games, and armchair travel are enjoyed by many residents. So when you see our recreation staff in action, you may think they are just playing games or visiting, but in fact they are applying real strategies which benefit the residents. St. Michael's is fortunate to have such caring and talented Recreation Therapy staff!

## A Legacy of Service



After serving our organization and the seniors community for many, many years, with mixed emotions we are announcing the retirement of 3 Directors from our Board as of December 2020. It is difficult in this short space to acknowledge the significant contributions of these individuals. Their altruism and dedication will be a legacy for many years to come.

Lubomyr Pastuszenko is an original Board member having served for 45 years in numerous capacities. In that time he helped make St. Michael's a reality and saw many changes as the organization grew and adapted to new approaches in senior care.

Rev. Mihajlo Planchak was appointed to the Board in 2002 and for the past 18 years helped guide us spiritually and provided significant support to residents.

A Director since 2003, Orest Yusypchuk served on several committees and assisted in our volunteer program on a regular basis.

At this time we welcome to the Board of Directors Rev. Danylo Kuc, Pastor of St. George's Ukrainian Catholic Parish. We look forward to working with Rev. Kuc as we continue the important work of caring for seniors.



## Thank you...

This has been a challenging time for many and we are very grateful to the many donors who have chosen to support our charity. However, the challenges continue and your support will make a difference in our ability to provide the care our seniors deserve.

Providing our residents the consistency of quality, attentive care and dedicated one-on-one time is our priority. 100% of every gift will help St. Michael's rise to any challenge and continue to deliver the highest level of care to everyone who counts on us, no matter the circumstances.

Your support makes all the difference in the lives of seniors in our care. All gifts, no matter the size, have an impact on their lives. To those who have recently made a gift, thank you for your generosity.

Thank you for thinking about our residents and the work we do at St. Michael's.

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One-time  Monthly  
 Cash  Cheque  VISA  MasterCard  
Credit Card # \_\_\_\_\_  
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### 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>



**With support from these generous sponsors, our November event raised over \$67,000!**

Presenting

**EDMONTON PHARMACY GROUP**

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