



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



WINTER 2016 ISSUE

Your Support
Makes A Difference!

CARING AND SHARING

News Achievements Products Programs Plans

In This Issue

Rodeo Queen's Visit
Feast Day Celebrations
Activities At Our Sites

.....and more



Highlights

On November 1, 2016 residents from Vegreville Manor had the opportunity to take a bus trip to the Alberta Legislature Grounds where they had a guided tour. The residents enjoyed the beauty of the Legislature building and learned about the Famous Five, and how women won the right to vote in Alberta. After the tour, MLA Jessica Littlewood broke from session to meet with us and take pictures. The residents enjoyed a visit to Millennium Pavilion for lunch before returning home.



Residents and MLA Jessica Littlewood smiled for a photo

This year, in May, the Royal Canadian Legion sent a request for volunteers to participate in the National Gift of Peace - IZZY Doll project. In October, our residents Anne and Winnie presented Diane Fausak (Past President, Legion) with 25 of the Izzy Dolls that they hand knitted to be taken overseas to give as comfort to children of war, refugee children and those affected by natural disasters. This project concluded in November and was very successful. Since starting the project two decades ago, Canadian soldiers and healthcare workers have handed out over 1.3 million of these tiny toys.



Residents had an international impact participating in the IZZY Doll project

Upcoming Events

December 21 - Door Decorating Contest Judging
January 6 - Ukrainian Christmas Eve Supper
January 26 - CALS Family Play Group
February 24 - Bully Free Pink Shirt Day
February 27 - Personal Touch Fashions
March 17 - St. Patrick's Day Lunch

Outings and Past Events

December 4 - Resident and Family Christmas Party
November 8 - Remembrance Day Ceremony
October 3 - Boston Pizza Lunch Outing
September 28 - Guest Speaker - Dealing with Grief
September 16 - Family and Resident BBQ
August 8 - Grove Manor Olympics

Highlights

In August we had Olympic activities with residents vs. staff for Olympic Mini-Golf. The resident team won the Gold Medal! It was a very fun afternoon.

After the exciting Olympics a 50's dance was held where residents and staff dressed up and won prizes. This event was a bash to remember with laughter, music and good times for all.



Resident and staff 50's dance prize winners

Over the past few months residents have enjoyed many bus trips, outings and on site events. Recently residents were thrilled with the results of a Christmas decorating afternoon with the local Grade 8 Leadership Class from St. Thomas Aquinas Catholic Jr. High School. This joyous activity kick-started the spirit of Christmas at Grove Manor.

Every year there are many groups wanting to entertain during the Christmas season and it is very much appreciated by our residents.

Upcoming Events

December 20 - Christmas Light Tour and Candy Cane Lane
December 30 - New Year's Dance with The Harmony Kings
January 12 - Dance/Entertainment with Randy and Rai Smith
February 14 - Valentine's Dance and Theme Day
March 17 - St. Patrick's Day Dance and Theme Day
April 27 - Parkland Celebration Choir Performance

Outings and Past Events

December 15 - Resident and Family Christmas Party
November 28 - Christmas Shopping Vendor Sale
October 13 - Oktoberfest Dance
September 8 - Crazy Hat Theme Day
September 26 - Stony Plain Mural Bus Tour and Lunch at Multicultural Centre
August 11 - 50's Day Dance and Theme Day

Highlights

Residents have been busy taking part in winter activities in the community. November, residents took in Edmonton's Festival of Trees and it has become an annual event that the residents in Long Term Care enjoy. Seeing all the beautiful trees lit up, and hearing the different children's choirs and bands perform is a grand experience!

In October, residents went on a great outing to visit Stars Air Ambulance where they received a personalized tour of the facility. One of the Air Ambulance Paramedics showed the residents different medical equipment and how it is used.



Residents loved the trip to Stars Ambulance

Upcoming Events

December 16 - Christmas Bake and Craft Sale
December 21 - Meet and Greet with MLA Chris Neilson
December 22 - Dwayne Cannon
December 23 - Christmas Breakfast
December 29 - Christmas Light Drive
December 30 - New Year's Eve Party
January 9 - Ukrainian Choir
January 12 - Shawn
January 19 - Ron K.
January 28 - Ukrainian Dance Group
February 16 - Veeteretz Dance Group
February 22 - Dwayne Cannon
March 16 - The Casuals
March 23 - Wendy Duke
April 13 - Veeteretz Dance Group

Outings and Past Events

December 3 - Girl Guides of Canada Christmas Caroling
December 7 - 1st Floor Resident/Family Christmas Dinner
December 8 - 2nd Resident/Family Christmas Dinner
December 14 - St. Dominic's Church Carolers
November 30 - Telus World of Science - Secret Ocean
November 25 - Festival of Trees
November 16 - Aviation Museum

November 9 - Rodeo Week
October 12 - Bonnie Doon Bowling
October 5 - Stars Ambulance
September 21 - Prairie Gardens
September 10 - Rogers Place
August 30 - Resident and Family BBQ
August 19 - Antique Car Show

Highlights

This fall was wonderful as we had pharmacy students from the University of Alberta volunteer at Millennium Pavilion. They engaged and socialized with our residents. The students provided assistance in our group activities and programs.

We have also added a variety of exercises such as yoga, zumba, weights, stretching and elastic bands. Residents enjoy different exercises every week.

Several events took place at Millennium Pavilion that kept residents busy and active including the crib tournament that took place along with Day Support Program clients. Another big event was our pizza making contest - 2 thumbs up for the our winners: Shirin(1st), Nancy(2nd) and Clarice(3rd). Last but not least, during our trick or treat event on October 31st, Sonia won for best costume and residents all enjoyed treats.

Upcoming Events

December 16 - Christmas Concert & Dinner
December 21 - Resident's Christmas Party
December 28 - Themed Lunch (Italian)
December 30 - Pub Night
January 18 - Themed Lunch (Korean)
January 17 - Telus World of Science
February 6 - Cup Cake Making Contest
February 8 - Themed Lunch (Chinese)

Outings and Past Events

December 07 - Mural Tours
December 14 - Szechuan Paramount Restaurant
November 30 - Themed Lunch (Vietnamese)
November 02 - Bonnie Doon Bowling
October 26 - Pizza Making Contest Themed Lunch (Indian)
October 11 - Prairie Gardens

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St. Michael's Health Group
7404 - 139 Avenue
Edmonton, Alberta T5C 3H7





PYROHY VARIETIES

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Cottage Cheese or Cottage Cheese & Dill	\$11.50
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Cheddar & Kobasa, Blueberry and Cherry*	\$13.00
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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.

Great Is Your Love

When I think of the past four months and all the activities happening at St. Michael's, I am reminded of Psalm 57, "Great is your love, O Lord, reaching to the heavens; your faithfulness reaches to the skies." It would be impossible to meet all the spiritual needs of our residents without the faithful commitment of so many volunteers, clergy, family and friends.

October 16 to 22 was Pastoral Care Week when we gathered as clergy to give thanks for all the services, prayers, singing, support and hands on ministry that gives hope and strengthens the spiritual resiliency of our residents.

In November we took time to honour the sacrifice of our veterans during our Remembrance Day service. Life is precious, a gift from God and it is in that spirit that we gather the first week of December for our annual Tree of Memories service to remember and honour all the residents that entered into the presence of the Lord this past year.

We thank God for the friendships formed, for the hugs, caring, love received and precious memories, but also for the blessings that flow from the privilege of caring for those in need.

Advent is upon us. May the light of the Christ Child shine through you as you gather with loved ones to celebrate His birth; I pray that God will richly bless your time together and that you may experience the joy and peace of His presence. Merry Christmas!

Pastor Milton
Pastoral Care Department

Rodeo Queen Contestants Visit Residents at St. Michael's

On November 10, 2016, taking time away from their busy Rodeo schedule, four Miss Rodeo Queen Contestants plus Miss Rodeo from last year and two Rodeo Queens from Australia came to St. Michael's. During their time here they joined us for lunch and visited with Long Term Care Centre residents and clients from our Day Support Program.

The residents were very excited to see and visit for a few minutes with the Contestants, who posed for pictures and signed photos for residents and employees. The Contestants have to compete in six categories for the title of Miss Rodeo Canada. This year the 2016 Miss Rodeo Canada title went to Miss Medicine Hat, Ali Mullin.



Smiles, delight, lunch and visits with Rodeo Contestants brightened our residents day

Practicum Completed at St. Michael's



NorQuest LPN students enthusiastically engaged at St. Michael's Long Term Care Centre

St. Michael's is very pleased to have students from Norquest College chose our facility for their practicum placement as part of their learning program to become a Licensed Practical Nurse.

Throughout the year various groups of students come to the Long Term Care Centre for four to six weeks to learn hands on about care and medication administration, along with other aspects of their program.

We look forward to the next group!

Blue Angel Dinner Success Because of YOU!

November 4, 2016 was a special evening of celebration commemorating the 10th Anniversary of the Blue Angel Dinner. The Hotel Macdonald provided an exquisite setting where 150 guests enjoyed exceptional cuisine and supported the good work of St. Michael's through the silent and live auctions. In the first 9 years this event has raised over \$800,000 net and this year added another \$120,000 to that total.

ALL these funds are used to purchase much needed equipment, therapy supplies and support recreational programming so our residents can receive the best care possible. 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.

Photos from the event can be viewed at [smhg.ca](#) and also on our Facebook photo gallery.

Residents Get Into the Festive Spirit



Long Term Care Centre resident posing with Festival of Trees Mascot

This past November residents from our Long Term Care Centre went on an outing to see Edmonton's Festival of Trees. This outing has become an annual event that the residents in Long Term Care Centre are delighted to take part in.

They were enthralled by all the beautiful trees that light up in a brilliant spectacle. They were moved by music from the various children choirs and bands that performed. At St. Michael's we have been finding this a wonderful way to start the Christmas season with our residents. The lights and music fill their hearts with joy and smiles!

One of our residents from Long Term Care Centre, waved the mascot down and asked if they could take a photo with her for all of us to see at St. Michael's. This reindeer danced over and gladly posed with our resident. The Festival of Trees is an event we will keep coming back to! The residents are very thankful for all the people who make these outings possible so they can get out and experience the lights, music, smiles and laughter. With your help, excursions like this are possible.

Recognizing St. Michael's Feast Day

Every once in a while we are asked why we are called 'St. Michael's'. When the project to build this site was developed, it was noted that Saint Michael the Archangel is the archangel known as a protector and for healing. Our St. Michael's cares for and protects those who need us, and so this Angel was chosen to protect the residents in our care.

Every year we commemorate the Feast Day of St. Michael the Archangel with a liturgy. This year we gathered in our chapel on November 5 with Bishop David Motiuk leading the service with clergy for residents, families, staff, volunteers and community organizations. A second liturgy (Ukrainian Orthodox) was celebrated on November 21.

After both services, fellowship and lunch was shared by all. We thank everyone who joined us and look forward to next year!

Photo Diary



Oktoberfest dance and fun at Grove Manor



Trip down memory lane with Antique Car Show at Long Term Care Centre



Residents from Long Term Care Centre enjoy Prairie Gardens outing



Warm cuddles shared during Pet Therapy at Millennium Pavilion



Grove Manor's Crazy Hat Theme Day group photo frenzy

A Time For Giving

"I call St. Michael's home – they make it home and I love it here."

Home for Christmas - the place everyone desires to be during the Christmas holidays is at home with family. For the residents of St. Michael's, this is where they live - this IS home.

At home we enjoy personal comforts, we know our needs are met and we make choices that help us stay healthy. Those who call St. Michael's home deserve the same level of care and comfort. Whether they are residing at one of our supported living sites or in long term care, providing the care needed while making this environment 'like home' for our residents is a daily focus for St. Michael's.

With the Christmas season upon us, you may be considering how you can support various community charities. We invite you to seriously consider St. Michael's as a recipient of your generosity. The impact of your support on the lives of our residents helps improve the comfort and quality of life they enjoy.

Donations received by December 31, 2016 will be receipted for the 2016 tax year.

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 have supported St. Michael's this year! 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.

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

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