



**VEGREVILLE MANOR**  
5913 - 49 Street, Vegreville  
*Like us:* fb.me/VegrevilleManor



**GROVE MANOR**  
600 King Street, Spruce Grove  
*Like us:* fb.me/GroveManor1



**ST. MICHAEL'S LONG TERM CARE CENTRE**  
7404 - 139 Avenue, Edmonton  
*Like us:* fb.me/www.smhg.ca



**MILLENNIUM PAVILION SENIORS' LODGE**  
7408 - 139 Avenue, Edmonton  
*Like us:* fb.me/MillenniumPavilionSeniorsLodge



*Residents and staff dressed up for "I Love Lucy Day"*

With winter being so long and cold the residents at Vegreville Manor have kept themselves warm with a variety of daily activities. Many residents enjoy the challenge of board games while others thrive with card playing. The one-on-one or group settings have many talking and looking forward to the next event.

Card playing (Crib) has now become a monthly tournament and the social interaction between the residents during cards has now expanded to any time any day. When we aren't busy playing games the creative side of us comes out. Craft day brings many to try out their skills. The pride of what was accomplished can be seen on their faces after a day of creativity and fun.

We have many different themed lunches but I think the best one yet was, I Love Lucy Day. Residents had a meal, dressed up and we socialized while playing trivia games about the 50's era. Everyone laughed and surprised each other with the awesome costumes made for the luncheon. We are all looking forward to our new adventures that are coming!



*Proud resident sharing her crafty creations*

#### Upcoming Events

*Every fourth Tuesday the Lunch Club has an outing to a local restaurant.*

**January 8** - Sharing Happiness Day  
**January 15** - Hat Day  
**March 5** - What Does Your Name Mean? Social Event  
**March 17** - St. Patrick's Day  
**March 28** - Stick Day  
**April 26** - Pretzel Day

A very important occasion appreciated by our residents was our in-house Remembrance Day Service. A WWII Veteran, residents who served in peacetime and one of our newer residents, who is a retired RCMP, joined us this year for the ceremony. Some residents were part of the program reciting a poem such as "In Flanders Fields", "The Forgotten Soldier" and others. The room was full and many commented on the fact that it was very well done and they appreciated it.

We went to the Horizon Stage to see the local high school drama club perform their version of the Lion King. We had front row seats. Residents loved the costumes and how terrific the actors and actresses were.

An outing that was the most anticipated of all... was the Christmas Light Tour to Candy Cane Lane and the Castro Raceway Display of Lights. Residents loved the lights.

There were many Christmas Concerts put on for residents this year. Choirs and a Chamber Music Ensemble also helped residents celebrate a joyous Christmas. The Resident & Family Christmas Party was enjoyed by all who came. The Fall Grove Manor Drama Club debuted a Christmas Skit which was an amazing spectacle. We had many visitors during the holidays. The Tender Heart Association came and distributed Christmas gifts to every resident. The RCMP's annual Christmas Visit going door to door bringing Christmas greetings to every resident was a delight. All in all, it was a busy time for us with many activities to participate in.

#### Upcoming Events

**January 23** - IMAX Theatre "Great Bear Rainforest"  
**January 31** - Joey's Only Eat-In Supper  
**February 4** - River Cree Casino  
**February 14** - Valentine's Day Dance & Entertainment  
**March 10** - Local High School Musical "Freaky Friday" at the Horizon Stage  
**March 17** - St. Patrick's Day Dance  
**March 23** - IMAX Theatre "TBA"



*Above: Remembrance Day group photo  
Below: RCMP annual Christmas Visit*



*Kildare Elementary Students handing out Christmas gifts*

Kildare Elementary School adopted our facility this year and Grades 4, 5 and 6 bought 153 presents for our residents here at Long Term Care Centre. On Christmas day each resident was able to open a special present from this school. The leadership group from this school was able to join us on Thursday December 19th to hand out presents and join in singing with the residents.

Our annual Resident & Family Christmas Party saw the biggest amount of attendees so far, thank you to everyone that attended. Our residents celebrated Christmas and New Years with family and friends. Residents stayed active with spirited events, outings where we went shopping for gifts, and other activities that allowed us to be together during the holidays and share our blessings with one another.

#### Upcoming Events

**January 23** - Entertainment provided by Sean  
**January 29** - IMAX Theater "Backyard Adventures"  
**February 10** - Ukrainian Dance Group  
**February 13** - Valentine's Day Party  
**February 20** - Visit from St. Elizabeth Junior High School Students  
**February 26** - Bonnie Doon Bowling  
**February 27** - Entertainment provided by Wes & Wendy  
**March 7** - Ukrainian Dance Group  
**March 12** - Ukrainian Dance Group  
**March 12** - Entertainment provided by Sean  
**March 12** - Entertainment provided by Patrick White  
**April 2** - Ukrainian Dance Group  
**April 2** - Visit from St. Elizabeth Junior High School Students  
**April 16** - Entertainment provided by Sean  
**April 23** - Entertainment provided by Jukebox Leigh  
**May 7** - Visit from St. Elizabeth Junior High School Students

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



November kicked off with a ZOO2U Animal Encounter visit. The residents loved engaging with the animals so much. If only we could have kept them here at the lodge! It was a hoot! We also had an outing where we visited Grove Manor residents, enjoyed snacks and made new friends. Residents love visiting our other St. Michael's sites to socialize with other residents.

December was the busiest month for our residents. With the warmer weather we had an opportunity to go to Candy Cane Lane and take in the wonderful lights. Then we made a stop for some hot cocoa. We also took some time to do some Christmas shopping. The most anticipated event of the year was the Resident & Family Christmas Party. It was really great being together during the holidays. North Edmonton Senior's Association (NESA) also hosted an event with our residents where they came to serve cookies, hot cocoa and gave away Christmas presents with Santa. Residents were delighted! We ended 2019 with a fantastic New Year's Eve Tea Party where residents played games and prizes were won. Everyone had a great time.

#### Upcoming Events

**January 21** - Humane Society  
**January 23** - Entertainment provided by Jukebox Leigh  
**January 28** - Lunch & Castle Downs Bingo Hall  
**January 31** - Crib Tournament  
**February 6** - Fort Road Casino  
**February 14** - Valentine's Day Party  
**March 17** - St. Patrick's Day Party  
**March 26** - Entertainment provided by The Britz Duo



*Resident holding one of the ZOO2U animals*



# CARING AND SHARING

Winter 2020 Issue



*Residents of Millennium Pavilion Seniors' Lodge excited to use the iPads and keyboards so generously donated by Alberta Blue Cross @ABBlueCross through their employee-led charity Hearts of Blue. The iPads will allow residents to connect with loved ones, engage in stimulating mental exercises, read news and other fun activities.*

## In This Issue...

Message From Our President & CEO  
St. Michael's Community Ventures  
FOSMSOE Making an Impact  
Special Events for Special Needs  
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Site Activities and More...

*Celebrating the Importance of Philanthropy*



## President & CEO Message



As President & CEO of St. Michael's Health Group, I look forward to opportunities to meet and connect with family members of our residents. One of the topics that is often addressed is about aspects of our operations such as equipment for therapy or even our staffing levels. What I've come to realize is that we need to communicate better that

St. Michael's is a charity. Secondly, that we - like many other senior care charities - operate with a significant financial gap between government funding, resident accommodation fees and what the costs are of providing quality care supported by specialized equipment, staffing levels and programming. We've intentionally themed this edition of Caring & Sharing to showcase the overall importance of Philanthropy, and what it means to St. Michael's.

There are an estimated 86,000 registered charities in Canada which touch almost every aspect of Canadian life. We generate more than 8.1% of Canada's GDP and employ more than 2 million people. Charities, including St. Michael's, operate under tight financial constraints. Several regulatory and employment standards changes coupled with the effects of an economic downturn have contributed to increased and significant financial

pressures. Higher operating costs and clear trends of diminishing financial support from funders and donors compound an already challenging budget.

With many charities receiving funding from government, it would be easy to assume that we are just fine without donations. Not so. In our case for example, the funding received from government does not cover specialized equipment and items like lifts, slings or special therapeutic supplies. In addition, the vast majority of government funding is directed at a tiny subset of large charities with 85% of all government funding going to 1% of charities. And the same holds true for donations where 5% of charities receive 75% of fundraising revenue.

Needless to say, raising funds is a continual effort for us. We work hard at self-sustainability, to generate revenue from a variety of sources in order to bridge the financial gap. Fundraising events, donation requests, grant applications, and community ventures all contribute to our operating budget. Staff members also donate regularly through payroll deductions. It's this kind of commitment from our donors that allows us to provide the highest level of care.

This is a challenge we will continue to face for the foreseeable future but with your help, our commitment is that we live our mission of providing Care with Love and Dignity, ensuring that those who call St. Michael's home receive the quality of life they so richly deserve.

*John Kopeck, President & CEO*

## St. Michael's Community Ventures Help Fill a Gap

St. Michael's volunteers and staff work to raise funds annually, but the organization is also very entrepreneurial. The financial need to provide quality care for seniors is challenging, and so over the years St. Michael's has developed community ventures which provide needed services and products, with all proceeds supporting our programs and services. These are:

### Family Health Centre

Since 1992, family physicians have been providing medical care and treatment for patients of all ages. Each physician maintains their own patients to ensure continuity

of care. Conveniently located at 13930 - 74 Street by ETS bus route 182. Our facility is wheelchair accessible and has free parking. Call 780.457.1600 to make an appointment.



### Heritage Banquet Hall & Catering

This popular rental facility can accommodate up to 250 people, is available for rent to the general public and provides a perfect venue for weddings, anniversaries, holiday

events and more. Abundant menu options are prepared by our award winning chef and his team. Located on the northside of Edmonton at 7406 - 139 Avenue. Book a viewing with our event coordinator today by calling 780.472.4508



### Baba's Own Ukrainian Food

Operating for 30 years, this business produces delicious traditional Ukrainian food, made by our skilled staff. Baba's Own Ukrainian Food is available to

order for wholesale and the food service industry, and can be purchased at many grocery stores and at St. Michael's. Pre-order for pick up at our site online at babasown.ca



### St. Michael's Mobile X-Ray

This service started in Edmonton in 1997. We saw the need in our community for those with various challenges and mobility issues and understood this service could

alleviate the high cost of ambulance transportation and long waits in emergency rooms. Whether a job site, care centre or your home - we come to you! To inquire about Edmonton services call 780.472.4504 or in Calgary call 403.819.3400

## Friends of St. Michael's Society of Edmonton - Making an Impact

St. Michael's is truly blessed to have an amazing volunteer and support group in FOSMSOE, the Friends of St. Michael's Society of Edmonton. This group of very active and dedicated volunteers raise funds to assist with purchases of much needed equipment and materials for the care facilities of St. Michael's Health Group. They help fill the ever-widening gap between funding and actual operating need.

With 85 members currently, almost all Friends members are themselves senior citizens, and most are retired. However, there are a handful of members who are still working and volunteering at the same time or volunteering with FOSMSOE as well as different community organizations. They give of their time and energy to help benefit seniors in care and those who require support.

For several decades these volunteers have worked tirelessly at bingo halls and casino's raising money to benefit the residents of St. Michael's care sites. Currently FOSMSOE holds licenses at 3 bingo halls and regularly picks up additional events whenever they can. This commitment amounts to an

average of 6-8 bingo events per month. For these events, 16 to 18 volunteers are required for each bingo, which equates to over 140 volunteers contributing more than 750 hours monthly, a total in excess of 9,000 hours each year. Or to look at it another way,

this group has given more than 230,000 hours since they began working fundraising bingos 25 years ago. All the funds raised have gone to purchase portable and ceiling lifts, therapy equipment, exercise equipment, support recreational programs and activities and much, much more.

Since the group first began working to fundraise and support St. Michael's Health Group almost 25 years ago, well over \$1.5 million dollars has been generated by these volunteers. These funds have helped enhance the quality of life for hundreds of seniors through the purchase of

equipment and the creation of quality care programs.

The Executive and members of the Friends of St. Michael's Society of Edmonton have shown remarkable commitment to ensuring that seniors who call St. Michael's home receive the best care possible.



*Friends of St. Michael's Society of Edmonton were a recipient of the 2019 Ministers Seniors Service Award*

## Special Events for Special Needs

For many years St. Michael's has been presenting a signature fundraising event in support of a specific goal. Over the last 10 years, over \$1 million has been raised to support several important initiatives within St. Michael's. The Blue Angel Dinner, This Is Home Breakfast, Because We Care Brunch and the recently launched When They Were Young fundraising evening have raised funds for a kitchen and cafeteria expansion, accessibility improvements, new beds, an outdoor patio and much more.

Currently, our focus is on a campaign to provide specialized equipment and environmental changes to our long term care centre to support residents living with dementia. More and more we are providing care for those who may not be able to speak for themselves or identify their own needs. Almost 80% of our long term care residents are living with a cognitive disability. We are still

learning about the various forms of this disease and while we cannot yet fix this condition, we can change how we care for people living with dementia.

This campaign will allow us to provide technology and activities mounted on the walls for residents to access and interact with; new lighting that is programmed to change lighting levels to what the resident needs as the day progresses; cleverly placed art to help them find their way - these are just a few of the innovative concepts already proven to work.

But there is a challenge. These improvements are not covered in the funding we receive. As a result, we have embarked on a campaign to raise \$250,000 to start applying these enhancements in one of our wings.

Your support makes all the difference. All gifts, no matter the size, have an impact and help improve the quality of life our residents enjoy. Thank you for your support and for making a difference in the lives of seniors in our care, just as they have made a difference in building the community we enjoy today.



*Resident enjoying an outing*

## Families Help St. Michael's Live our Mission

When residents move into St. Michael's, we also have the privilege of getting to know many of their families and close friends. When the Gagnon family realized their beloved mother, Muriette, required more care as she was showing increasing signs of dementia, they toured several sites before asking for mom to come to live at St. Michael's Long Term Care Centre. Since arriving, Muriette has continued to be active, participating in many weekly events, attending church services in the chapel and is very happy.

Her large family come to visit her often, and when St. Michael's identified a need to purchase palliative comfort chairs allowing family members to stay overnight with their



*Gagnon family spending time together*

loved ones, the Gagnon family knew they wanted to help make this happen. St. Michael's set out an appeal with a goal to raise funds to purchase 2 palliative chairs. The palliative journey is frequently an uneasy and emotional one for all involved. People living with advancing illness, family members and caregivers all require support. In an effort to ease the stress and encourage time together, St. Michael's wished to provide sleeper chairs that fold out into a bed allowing family members to spend valuable precious time with their loved one.

The goal was to raise \$10,000 to purchase 2 chairs. The Gagnon family got together and said 'we want to purchase one of those chairs'. And they did!

Sharing this information with their family, asking all to contribute whatever they could, the Gagnon's raised in excess of \$5,000 purchasing the larger of the chairs. Ultimately, and because of their generosity, St. Michael's was able to purchase 3 palliative chairs providing comfort and peace to our palliative care residents at St. Michael's so they can enjoy sharing memories and spending some quality time with their loved ones.

We are so very grateful to this family for their thoughtfulness and generosity. Many families for years to come will see the plaque on the chair that it was donated by Family and Friends of Muriette Gagnon, leaving a legacy that will bring unmeasurable comfort.

This is but one example of how families of those who call St. Michael's home make an impact of the quality of care we are able to provide seniors and comfort to families. If you or your family are also interested in leaving a legacy, please let us know and we would be happy to discuss this with you. If you're on site, let the reception desk know or contact Daria directly at dluciw@smhg.ca or 780.472.4791.

## Save The Date - Friday, May 8, 2020

8<sup>th</sup> Annual

*This is Home*

### Fundraising Breakfast

7am - 8:30am @ Heritage Hall  
Tickets \$35 or \$250 for a table of 8

Want to book a table now?  
Please contact Daria Luciw:  
dluciw@smhg.ca / 780.472.4791



*Bring A Friend*

## 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 of 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!

#### DONOR:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Postal Code \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

#### DONATION:

☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50  
☐ Surprise us! \$ \_\_\_\_\_

#### PAYMENT:

☐ One-time ☐ Monthly  
☐ 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

Tax receipts will be issued for donations over \$20. Donations can also be made online: <https://smhg.ca/donate/>

We take pride in our entrepreneurial spirit to enhance the quality of life for those in need. Whenever you use these services or products, you are supporting senior care and our community - thank you!