



VEGREVILLE MANOR
5913 - 49 Street, Vegreville

Highlights

As spring turned into summer, it was busy at Vegreville Manor with the planting of flowers and completing all the landscaping in the courtyard. Thanks to the donations from former residents and families, we were able to purchase statues to make our courtyard a very tranquil area for residents to relax and enjoy the summer.

Several events took place at Vegreville Manor that kept residents checking the recreation calendar so activities were not missed. Residents had been practicing their action songs to perform for an audience of volunteers and families during our Annual Volunteer Social, Mother's Day Tea, Father's Day Social and the Community Awareness Meeting end of June. Throughout the year (and depending on what holiday or event



is being celebrated), Vegreville Manor often makes up displays with the assistance of the recreation convener and residents. The photo above is just one of the many displays you will find at the Manor. In this Mother's Day display, you will find pictures of our female resident hands along with a poem called "These Hands". Residents had to guess whose hands belonged to which resident.

Upcoming Events

August 23 - A resident and staff luncheon BBQ at the Manor
September - A family and resident harvest luncheon will be held (date to be announced)

Outings and Past Events

May 6 - Mother's Day Tea
June 1 - A social with the Royal Purple Ladies was enjoyed by the residents
June 17 - Father's Day Social - the residents entertained the families with action songs
August 4 - The Vegreville Agricultural County Fair Parade
July 15, July 26 and August 16 - Sporting the Sizzlin' Summer Children's Program. Children ranging from the ages of 6 to 11 years visited with residents



GROVE MANOR
600 King Street, Spruce Grove

Highlights

Spring and summer finally arrived and our resident's garden committee was busy planning, planting and caring for all the beautiful flowers around our property. Senior's Week kicked off with a BBQ, cake cutting ceremony, and great music by "Mr. Mello's Variety Show". Residents also enjoyed trip to the County Hoe-Down. A fun filled day of games, crafts, delicious food and great music performed live by "The Emeralds".

Upcoming Events

August - Volunteer BBQ, Trip to Rutherford House, Beach Party, Parkland Fun Night (dates to be announced)
September - Outing to Tri-Leisure Seniors Dance, Parkland Fun Night, trip to the country for a Corn Roast (dates to be announced)
October - Octoberfest, Art of Aging Conference, Halloween Party, Tri-Leisure Seniors Dance, Parkland Fun Night (dates to be announced)

Outings and Past Events

April 19 - Annual Cribbage Tournament
May 10 - As part of our Connecting



MILLENNIUM PAVILION SENIORS LODGE
7408 - 139 Avenue, Edmonton

Highlights

Staff and residents are eagerly anticipating the newly renovated and improved Rotary Room.

Upcoming Events

August 23 - The Millennium Pavilion is hosting a Community Awareness Event. It will take place in the Heritage Hall
September - Crib Tournament, Grace's Volunteer Tea Party, and visit to Enjoy Centre (dates to be announced)
October - Fall Crafts
November - Remembrance Day Service
December - Family Christmas Party (dates to be announced)

Outings and Past Events

June 2 - A day of soaking up the sun visiting the Kuhlmann's Greenhouse.

June 13 - "Tarnawsky Music Studio" presented an evening piano recital for the residents. There was a great turn out

Generations Program, students from St. Marguerite School enjoyed our first ever joint Community Drumming Circle with our residents.

May 17 - RCMP's Fraud Prevention Program
July 13 - Capital Ex featuring performance by "Klondike Kate"

July 20 - Grove Manor hosted it's first Community Meeting which provided an opportunity for service providers, organizations and community leaders to learn more about the services offered at the facility
July 21 - Jurassic Forest Trip



Grove Manor couple dancing

of residents and everyone enjoyed the talented students

June 21 - A magician presented an unforgettable show. Leaving the audience in awe, all agreed that it was something that would never be forgotten

July 13 - Visit to the Ukrainian Village.

A great opportunity to spend a relaxing afternoon and enjoy lunch together

August 4 - Outing to ride the "Edmonton Queen" Riverboat



Visiting Kuhlmann's Greenhouse



ST. MICHAEL'S LONG TERM CARE CENTRE
7404 - 139 Avenue, Edmonton

Highlights

The Long Term Care Centre's Recreation Dept. volunteered to work a bingo event for our Friends of St. Michael's Society of Edmonton. FOSMSOE purchases equipment



The Recreation Dept. at bingo

and supplies for our Recreation Program regularly and this was the department's way of saying "thank you". The staff truly enjoyed themselves and hope to volunteer again in the near future.

Seniors week was June 5-11th and the Recreation Department celebrated with special activities for everyone 55 years and older. There were different events such as: children visiting, making parfaits, programs with our Day Support clients, Spruce Grove's Guess the Senior



Guess the Senior Trivia

trivia and Free Hugs Friday. Staff were encouraged to spend extra time with residents. A number of staff attended the birthday party with residents, had tea, played games or took a resident outside for a stroll.

The LTCC has recently become a member of the Pet Therapy Society of Northern Alberta and we hope to get some furry little friends to come visit our residents very soon. It has been a while since we had therapy dogs visit and we are excited about this opportunity!

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



SUMMER 2011 ISSUE

New website launching this summer!

CARING AND SHARING

News Achievements Products Programs Plans



Enjoying the Muttart Conservatory



ST. MICHAEL'S CAPITAL CAMPAIGN - CONSTRUCTION COMPLETED!

On June 30, 2011 St. Michael's Long Term Care Centre celebrated the completion of its 3-year renovation project. An outdoor event was held to celebrate and reveal the upgrades that have been taking place in the facility. Over 300 guests were in attendance and included dignitaries such as: Mayor Stephen Mandel, Minister Thomas Lukaszuk and other MLAs, City of Edmonton Councillors and community leaders. Many volunteers, residents and staff also joined in the fun.

A formal program was carried out and was followed by a BBQ lunch in the courtyard, entertainment and tours of the facility. Guests also enjoyed visiting with representatives from the City of Edmonton Police - North Division, the Fire Department (Station 14) and the Lord Strathcona's Horse, 1 Canadian Mechanized Brigade Troupe.

St. Michael's Long Term Care Centre was officially opened in 1974 and since that time, the facility has grown to support a diverse range of residents from numerous heritages. The interior of the facility was simple yet functional during its time. After 30 years of constant use, it was determined that a revitalization and upgrade was essential in order to continue providing the care and services we are known for.

In July 2008, St. Michael's Long Term Care Centre launched a \$6 million dollar Capital Campaign to completely renovate the facility with modern elements of decor and current

Capital Campaign Donor Wall

Continued Inside...

**BABA'S OWN
FOOD PRODUCTS
PRICE LIST**

PYROHY

(2 doz per bag)

Potato, Cheddar, Cottage
Cheese, Onion or
Cheddar Bacon \$8.50

Cottage Cheese
Plain, and
Cottage Dill \$10.45

Mushroom* \$10.45
Pizza* \$10.45

Sauerkraut
19 per bag \$10.45

Cheddar Kowbasa*
Blueberry* \$11.30
Cherry*

**CABBAGE ROLLS &
OTHER ITEMS**

(2 doz per bag)

Rice & Onion \$12.65
Rice & Bacon \$12.65

Rice &
Ground Beef* \$12.65

Mini Cabbage
Rolls* \$8.25

Mini Roaster
Pan* \$36.00

Nalysnyky
1 dozen \$9.60

These products are
available at the St.
Michael's Long Term
Care Centre front desk,
at select Sobey's stores
and at other retailers
throughout the Edmonton
area.

*Not always available.

Construction Completed!

Cover Continued...

equipment. This would include: wheelchair accessible tables, new washrooms for residents' rooms, re-tiling of washrooms for advance sanitary control, an up-to-date computer nurse call system and strobe lights for those hard of hearing, new flooring throughout, re-designed nursing stations and new furniture and window coverings in all the resident rooms, sitting and recreation areas. The campaign was focused on



BEFORE: double resident room



AFTER: double resident room



BEFORE: cafeteria



AFTER: cafeteria



Celebration of Completion Event

providing a comfortable, home-like environment for the residents to enjoy and also to meet current safety and accommodation standards.

The Capital Campaign was launched at a time when our economy was just beginning to decline. As a result, fundraising for this project was challenging. A Capital Campaign Cabinet was established and included volunteers from the community to help solicit donations from the corporate and private sectors. Half way into the re-construction project, the campaign costs increased to \$7.5 million dollars. This presented an even bigger challenge to the Board and to all those involved.

This 3-year renovation plan was carried out in phases. The first phase involved re-construction of the public areas such as: the main dining area, cafeteria, main reception desk and front lobby lounge. All these areas saw the installation of new flooring, lighting, furniture and handrails. The second phase of renovations focused on re-designing and re-building the nursing stations on the 1st and 2nd floors to become more accessible to residents and to better accommodate family members and visitors' needs. The last phase of the project was the renovation of residents' rooms, hallways, recreation areas in the units and the dining areas of each unit.

During this last phase of renovations, residents were moved out of their rooms for 2 weeks at a time into temporary bedrooms. 7 temporary rooms were constructed on the 2nd floor of the facility. Every 2 weeks, 7 residents were moved in and out of these temporary rooms until all residents' rooms were newly renovated and furnished. St. Michael's invested \$100,000 dollars of their own funds to construct the temporary rooms. This process of moving residents into temporary rooms was an inconvenience, but in doing so, St. Michael's saved the provincial government \$5.3 million dollars by not transferring the residents back into the acute care system. The residents remained in their "homes" during the entire process and their routines were not disrupted as all programming continued throughout the construction.

While the construction has been completed, fundraising for this project will continue as the goal was not reached. A mortgage has been obtained to cover the shortfall and we hope to pay this off as quickly as possible. *Donations are still being accepted and can be made using the envelope insert provided with this publication.*

This 3-year Capital Campaign journey was challenging, yet fulfilling. We now have a beautiful, home-like facility for all our residents families, visitors, volunteers and staff to enjoy for many years to come!



Capital Campaign event candle

Photo Diary



MP Resident Con Popescul + military guests



Staff with a resident in the garden



Residents enjoy the botanical garden



MP ladies enjoying the sun in the garden

TREX Coming to St. Michael's



Abstract Thinking Exhibition

The Art Gallery of Alberta's Travelling Exhibition Program is coming to St. Michael's Long Term Care Centre! A series of travelling exhibitions will be on display at St. Michael's throughout the upcoming months. In September, we will feature an exhibition named "Abstract Thinking" with 24 works of abstraction (by different artists) on display through the facility. In March 2012, we will feature an exhibit named "TREX 25". This is an exhibition of artworks representing some of the 400-plus TREX exhibits produced for the program since 1986. 20 artworks will be on display throughout the facility for this exhibit. Each exhibit will run for 3 weeks and will have an educational interpretive guide developed for each show. We welcome everyone to visit St. Michael's Long Term Care Centre to view and enjoy these works of contemporary and historical art from Alberta.



TREX 25 Exhibition

Vitalize Conference

St. Michael's Health Group was well represented at Vitalize Volunteer Conference this year. For the Friends of St. Michael's Society of Edmonton members who attended, it was a great opportunity to meet old acquaintances and connect with new ones. Everyone bonded over an outstanding dinner on the evening of June 14th and enjoyed the entertainment provided.



Our Volunteers at Vitalize

ATCO Volunteers

On Saturday May 28th, ATCO Gas employees came to St. Michael's for their 3rd Annual Corporate Volunteer Day. These eager helpers painted a trellis and planted flower beds in the garden court and in all planters along the Silver Trail. This officially kicked off the summer gardening programs for the residents and day support clients at St. Michael's Long Term Care Centre and Millennium Pavilion Seniors' Lodge.



ATCO Gas Volunteer Day 2011

The vibrant colors in the garden and around the buildings are a feast for the eyes. Thank you to all of the ATCO Gas volunteers for their care and devotion.

**Dementia Educational
Support Group**

Are you interested in learning the difference between 'normal' forgetting and dementia or learning about the types and stages of dementia or how to communicate with someone who has dementia?

Next group starts Wednesday, September 21, 2011 and will run every second Wednesday for six weeks.

If you are interested in attending this group and would like more information or to register, please contact Patricia Gartner, Registered Social Worker at (780)472-4535 or at pgartner@smhg.ca.

Our Website

St. Michael's will launch its new website this summer!



Keep checking www.smhg.ca for updates and exciting changes.

Contact Us

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Fax: 780.472.4506
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