

Lac Ste. Anne Foundation

May 2024 Newsletter



SPRUCE VIEW LODGE

Diane Robbins - Site Manager

Whitecourt

Spring flowers- now if we could only get some spring showers!
This month we went over the Wildfire Preparedness Plan and informed residents of what would take place if Whitecourt was to get evacuated due to wildfires.

We had some new additions to our SVL staff team; Lisa who is an incredible chef with us, she is very familiar as she used to always come and visit when her father lived here. Welcome! We hope to have you with us for years to come!

This month we celebrate Mother's Day- a HUGE thank you to all those mothers who raised us to be the people we are today. Every day these amazing people deserve to be celebrated but we dedicate one special day to us all!



SVL ACTIVITIES

Clarissa Titong - Activities Coordinator

April has been a short month. Let's take a look back at some of the highlights from the past month.

Our monthly shopping to Walmart & Dollarama was a joy being able to see the residents picking out their favorite items and enjoying a fun day out.

April 9th, Movie Time for our residents we watched the heartwarming movie "Rescued by Ruby" a true-to-life story that left everyone inspired. The Men's Group had engaging discussions about hobbies, pastimes and memories from their younger days. It was a time to share stories and bond over shared interests.

April 13th, was the day we hosted a successful spring sale fundraiser. Residents and vendors enjoyed selling their crafts and it was a heartwarming to see the community come together for a good cause.

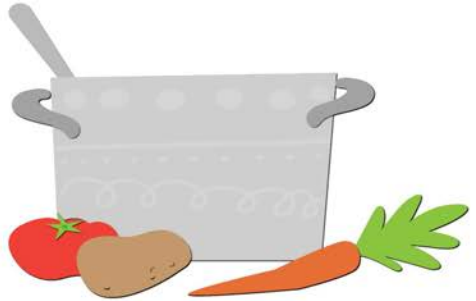
On April 19th, we celebrated Volunteers Appreciation Day with a special event to honour our dedicated volunteers. Thanks to the Baxters, Eileen, Jane, Susan, Joanne, Laura and our residents, Gay, Find, Anne Schaffer and many more. It was another great afternoon tea, we enjoyed creating meaningful memories.

For our Travel Tuesday and trivia the Whitecourt Library discussed Italy, we also explored Sweden. In our trivia segment we talked about the airbus and size. During our cooking show the residents learned how to make cheese sticks, it was another tasty experience enjoyed by all.

While we couldn't celebrate the birthday party due to the declared outbreak we still managed to make April a wonderful month filled with warmth and laughter, Happy belated Birthday wishes to Gay, Ethel, George and Arline.

Congratulations to our Door Bingo winners; Marilyn, Find, Stephanie and Connie and huge congratulations to Lawson for winning our Spring sale raffle basket.

SVL STAFF



We are very happy to welcome Lisa Ostopchuk to our Spruce View Lodge family as our casual chef, she joined our team on April 10. Originally born in Vancouver, Lisa's journey led her to Victoria and eventually to Whitecourt, Alberta.

As a dedicated mother of three grown children, Lisa brings a wealth of experience and passion to our kitchen. Lisa enjoys cooking, reading, furniture refinishing and playing billiards showcase her diverse talents and personality.

Lisa's enthusiasm for joining our team and her eagerness to create delicious meals for our seniors. She loves the opportunity to meet and interact with our seniors and that makes her job more fulfilling.

Again, we are thrilled to have Lisa on board, adding her creativity and culinary expertise to enhance the dining experience for our residents. Please join us in giving a warm welcome to Lisa new member of our Spruce View Lodge family.

SVL ACTIVITIES



SVL ACTIVITIES



SVL ACTIVITIES



SVL ACTIVITIES



CHATEAU LAC STE ANNE

Sylvia Bonnett - Operations Manager

Onoway

Hello from the Chateau Lac Ste. Anne Lodge !

“May is the most beautiful month of the year, a month alive with warm color. The flowers and trees are in full bloom, and even the sun joins this rhapsody by emitting warmer rays.”

— Lillian Berliner

Tracy Nkonge has been hired as the new site Manager for the Chateau. Tracy and her family will be moving from Saskatchewan, she is set to begin the first week of July, we are looking forward to welcoming her to the team !

So far this month we have had beautiful sunny days, very windy days with a touch of coolness, along with some smoky days to remind us of last year. They are calling for rain showers which everyone is definitely looking forward to, let's cross our fingers !

Our team has been working on our Wildfire Preparedness plan which was presented to the staff as well as residents ensuring everyone is aware of what the plan is in the event we may need to evacuate due to Wildfires. The site team , families as well as residents have their 72 hour plans so everyone is informed and prepared - communication is key !

For staff familiarity and confidence, we will be conducting a mock Fire Drill as well as a mock Full Evacuation with residents this month.

I want to thank all of the families that had attended the Mother's Day tea here at the Lodge we had a full house, it was very nice to meet many of the family members. The Foundation was successful in obtaining grant funding to provide seniors with the opportunity to learn more about technology such as their cell phones, Ipads and Laptops. These sessions have started May 15, consisting of 2 hours before lunch, and 2 hours after. Next session set for May 29. I am curious to hear the feedback from these sessions, these are open to all Seniors in the community that may wish to attend. Have a wonderful long weekend, till next month .

CLSA ACTIVITIES

Linda Fenske-Social Leisure Aide

Onoway

Greetings from Onoway!

Here's a little recap since our last newsletter (the remainder of March, April and the beginning of May!)

The winner of our Easter scavenger hunt was Laura N and our St Patrick's Day raffle basket was won by Barbara S. with a total of \$137 raised for the activity department! Additional fundraising included Wilhawk Beef Jerky (\$487) and the warm fleecy blanket was won by Art (\$60). We had a blast at our St Patrick's Day pub complete with green beer!

On the 19th we enjoyed a sing-a-long featuring Jeannette doing some lovely gospel tunes. Our card makers with the generous Bonnie and her volunteers have created some more wonderful greetings cards. We celebrated our March birthdays on the 22nd with music by Jim Beaudoin-he was great! Happy birthday again to Mervin, Ivan, Audrey, Marcelle, Evelyn and Marnold!

On March 25th we enjoyed some shopping with Personal Touch Fashions and rounding out the month was an Easter egg decorating class! April began with an attempt at making paper airplanes and origami! On the morning of the 4th our craft was a beaded sun catcher- they turned out beautiful!

April 11th was laughter yoga and throughout the month we took in a few more episodes of Love on the Spectrum. On April 18th we held a volunteer luncheon for our volunteers who do so much for us here and we couldn't be more grateful...thank you again to Lori, Kasia, Johanne, Len and Tess, Joan, Ginny, Wendy, Bonnie, Judy, Donna and our newest volunteers Lynda and Marion. "Volunteers are not paid-not because they are worthless, but because they are priceless."

CLSA ACTIVITIES

On the 26th we had Gary Thomas come play music for our April birthdays and a great time was had by all! Happy April birthdays again to Carmen and John B! Our month ended with some retail therapy with the lovely Pieces By Sharon! Our most recent progressive bingo winners for March, April and the beginning of May have been Laura, Diane, Barb S., Fernande and Ivan!

We are well into May now and we started things out with an informative and well attended RCMP fraud awareness presentation. Remember...if you ever have doubts about potential scams, trust your instincts; if it's too good to be true then chances are it is! On May 8th our cook Sharon busted out the razor after having reached her fundraising goal to donate to the Canadian Cancer Society. We gathered as co-workers, residents and friends to cheer her on! Our Mother's Day craft was a beautiful keepsake flower; a unique creation brought to us by our volunteer Johanne! Thank you also to Fernande who helped out and did a few test runs to see which method worked best! We had a full house for our Mother's Day Tea on the 10th with loads of laughs, memory making and of course, tea!!!

The winner of our raffle basket was Diane K and we also had a bunch of door prizes won by many of our guests. That basket was comprised of donated items so our sales were all profitable to the tune of \$271.00. We also ran a flower bouquet fundraiser for Mother's Day and we made \$138.00...all of these fundraising dollars go a long way in providing enrichment programming for our residents.

On May 11th we had the girl guides come visit and then on the 15th we started some training programs for our residents on Internet Basics and Safety. On the 18th we had some sweet visitors from the Little Giants Adventurer Club stop by to sing some songs and hand out cards. We always love it when the littles come to visit! We are also slowly getting our raised flowerbeds ready for the summer! For the rest of May we will be enjoying some more laughter yoga, a visit from the Rich Valley Elementary School, a sing-a-long, smart phone tips and tricks training, a visit from Little Village Daycare and our birthday party on the 31st with music by Dahlia Wakefield. Please remember to keep an eye on the daily whiteboard for changes and updates to our activity programming. Until next time, take care of yourselves...and each other!

CLSA RESIDENTS



Bryan McCammon

Bryan was born February 2, 1941 and was raised in Winnipeg. At the age of 23 Bryan married his wife Carol and within the first year of their marriage Bryan was offered a job in Edmonton. He worked for Pool Engineering in the finance department for 5 years. He then got a promotion and started working for PCL as a controller.

Bryan and his wife raised 3 children and have 4 grandchildren. In 1971 they purchased 5 acres of land on the shores of Lac La Nonne, northwest of Onoway. The property had an old horse barn where they did some renovations and turned it into a cabin that they enjoyed on weekends. They loved going to their cabin so much that they soon decided to sell their home in Edmonton and let the cottage be their main residence. Bryan lived at the cottage for the last 17 years until he moved in with our wonderful Chateau family. Welcome Bryan!



Werner Hein

Werner was born and raised in Germany during the war. Werner basically raised himself from the age of 11. Werner attended school up to Grade 6 where he learned to read and write. He then started going to apprenticeship school, which lead to trade school 1 day a week where he focused on plumbing and heating.

At the age of 18 Werner passed his trade school apprenticeship and moved to Canada. He would go home to Germany to see his long-time lady friend Renate, who he knew since they were 14 years old. Renate chose to marry Werner and make the move to Alberta where they would reside together for 6 months, and then she would have to return to Germany for the other 6 months. They did this for years until Renate passed away. Werner recently sold his home in West Cove and has moved into the Chateau. We welcome you to the Chateau Werner! You already knew a bunch of friendly faces from Darwell area, however you are sure making new ones every day!

CLSA ACTIVITIES



CLSA ACTIVITIES



CLSA ACTIVITIES



Airplanes & origami!



Some of our amazing volunteers!



Little Giants Adventure Group



CLSA ACTIVITIES



Gathering To Support Sharon's Head Shaving!



Mother's Day Tea



Beautiful Mother's Day Keepsake Flower



EAST & CENTRAL MANORS

Brenda Young - Independent Living Manager

Happy Mother's Day from East and Central Manors!

So lovely to see some rain! Let's hope it keeps up and reduces our wildfire risk! It is sure nice to see things "greening up".

As much as we all love watching the forest creatures that stray through our properties, please don't feed them. It ultimately ends up causing them to come in closer and closer, and then they start damaging the buildings. We end up having to trap them. Let them do their thing out in the trees.

Please keep your eyes opened for upcoming newsletters. Our lodges will be hosting a variety of different seminars, which you will have the opportunity to attend. We will let you know, as dates are finalized.

I would like to give a huge shout out to our Lakeview Manor tenants and their incredible patience with the ongoing contractors in our building! There has been a lot of "in and out" of their suites. The job is finally complete! Thank-you to you all!

I hope families are able to find time to be together and celebrate Mother's Day with their loved ones, and maybe spoil them a bit

Why did the cookie cry?
Because it's mother was a wafer so long!

Have a wonderful May!



PLEASANT VIEW LODGE

Pamela Lacialle - PVL Manager

Happy Mother's Day!

We had one resident move out. We will all miss Jack, and wish him well in his new home.



It always amazes me how in sync the staff are because of how often they show up in matching scrubs.



Megan and Lisa



Kaylyn and Emily



Kaylee and Jen

We have two new HCAs at PVL, welcome Elena and Elma to the team!

Reminder that we request each resident's Notice of Assessment every year by May 15th; if you haven't already done so, please provide a copy as soon as possible.

Please limit time outdoors and leave windows closed during smoky conditions and drink plenty of fluids in these warm summer months ahead. We are all looking forward to enjoying some beautiful sunny days.

PVL STAFF



**Congratulations to our April
Make Others Great Award Winner
Jen Steinger!**

PVL ACTIVITIES

Dallys Crossland - Activity Coordinator

PVL Activities

The weather is getting more and more beautiful all the time. Soon the planters all around the lodge will be full of flowers. The courtyard always looks so nice when it's in full bloom.

We have finally come off outbreak, thank goodness, and now things are back to normal. Which is good because we enjoy all of our activities and miss them when we are on outbreak.

We were happy to have the children from Elmer Elson Elementary School come and do a practice run of their songs prior to them competing in a festival. They ended up doing very well in the festival and I'd like to think we had something to do with that.

We had a sun catcher craft planned but we went on outbreak shortly before we were set to do it. So, throughout outbreak I worked on them with everyone that had signed up as well as some staff in small groups until every single one was completed. It did take a while but they all turned out lovely so it was worth the work.

We were able to come off outbreak, luckily, but it was only one day before we would have had our Annual Mother's Day Tea so we decided to have a little tea party for the ladies of PVL instead of our large event we usually throw and we will be looking forward to our next big event here at PVL on May 22nd when we will have Richard and Deborah Popovich here to perform for us.

We did enjoy a lovely outing on May 13th when we went on a ladies trip to Whitecourt for shopping, lunch and we also stopped at the greenhouse.

I am looking forward to watching the flowers bloom in the coming months here at Pleasant View lodge.

These Hands

“Oh these old hands? With all their wrinkles? Why would you want to?”

Most of the ladies say as I ask to photograph their hands.

“Why? Because”, I reply, “your families will love it, just you wait and see.”

I asked them what their hands have done that they are proud of

And this is what they said to me...

These hands have raised children, they have wiped away little tears and put band aids on little booboos

These hands have gently bathed, fed, and swaddled many little ones.

These hands have held our lovely grandchildren, great-grandchildren, nieces and nephews, and helped to raise them too.

These hands have dug in the soil to plant flowers and vegetables. They have pulled many weeds, roots, and rocks to maintain wonderful gardens that we are still proud of to this day.

These hands have milked cows, butchered, plucked, and roasted chickens.

These hands have prepared and cooked healthy meals to feed their families, baked loafs of bread and made so many buns, they have also baked delicious deserts to serve as treats.

These hands have swept and scrubbed day after day to maintain a beautiful home.

These hands have knitted, crocheted, and sewn beautiful items as well as mended clothing for their family and their friends.

These hands have done many arts and crafts projects, many of which we display in our rooms, and many more we have given to family members which they always enjoy.

These hands have served the Lord, they have prayed each and every day.

These hands have held my husband’s hands for so many years, which I will always cherish.

These hands have made music, they have played piano and accordion as well as tapped along to country music at the jamboree.

These hands have cut grain, loaded bales, and drove truck.

These hands have worked very hard for such a long time.

These hands are absolutely beautiful. Don’t worry about the wrinkles ladies, these hands show their love and hard work with every crease and line.

These are the loving hands of the ladies of Pleasant View Lodge.

Happy Mother’s Day to each and every one of you!

PVL ACTIVITIES



PVL ACTIVITIES



PVL ACTIVITIES



PVL ACTIVITIES

