

# Lac Ste. Anne Foundation

## September 2024 Newsletter

### SPRUCE VIEW LODGE



September

**Diane Robbins - Site Manager**

**Whitecourt**

Well happily we are off of outbreak, effective September 4th. Huge shout out to our Spruce View Lodge staff for all you did during the outbreak to keep everyone safe, healthy and happy. Thank you to all the residents, family and friends for your patience and understanding as we got through it.

It's hard to believe that fall is upon us already- it seems like yesterday when all we could think about were fires, heat exhaustion and margarita's. It was a difficult summer with the fires in Jasper- our hearts still go out to all those affected by this tragedy. Jasper was a gem in Alberta and something we are so proud of...

This month we said goodbye to a few people; one of them being our young and talented Health Care Aide- Leira; she is now back in school to complete her LPN. We wish her all the best for her future career. We also said goodbye to our LPN-Tara Storr; she was with the foundation for 6 years and we will miss hearing her laughter through out the halls. Resident Barb Sayer is also someone who will be very missed, she moved to the Manor in town and I know she will be just as spunky, sarcastic and full of humour there too.

#### MEETINGS:

Lodge Meeting- September 18th

Resident Meetings- September

# SPRUCE VIEW LODGE ACTIVITIES

Clarissa Titong - Activities Coordinator

Whitecourt

August was a brief month, but we made the most of it!

On August 8, we took a wonderful trip to Carson Lake. It was a perfect afternoon spent with great company, delicious snacks, and beautiful surroundings. This outing truly highlighted the beauty of summer!

One of the highlights of the month was our Banana Split Party! Residents had a great time with the Banana Split, and the smiles on their faces were a win. It was a fantastic way to celebrate together!

While the outbreak restricted our activities for the remainder of August, we still found ways to connect and share joy. We wrapped their favorite snacks, popcorn, in yellow and green paper that resembles corn on the cob, to put a smile on their faces, and delivered them to our residents in isolation. In addition, we made comforting s'mores and delicious hot chocolate and distributed them from room to room to brighten everyone's day.

Congratulations to Connie for winning \$16.00 for Door Bingo and Marilyn for our August raffle basket. Belated Happy Birthday to Phillip & Stephanie.

As we wrap up August, we thank you for your understanding especially in these challenging times. Stay tuned for more activities, and remember to stay safe and healthy!



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# CHATEAU LAC STE. ANNE

Tracy Nkonge - Site Manager

Onoway



Hello from Chateau Lac Ste. Anne Lodge,

September is here, school has started and the leaves will soon start to change colours. With the hot summer days at an end, we are looking forward to the beautiful fall colours.

This month we have had to say goodbye to Lucille. We all loved getting to know you, and we will miss seeing your smile every day. We wish you the best in your new home as you go forth on your journey.

Congratulations to Tamara, one of our wonderful Cooks and Lodge Assistants. Tamara was married on the 22nd of July. We wish you a marriage filled with many blessings





# CHATEAU LAC STE. ANNE

We focused a lot on emergency preparedness and evacuation procedures in the last couple months. Staff members are continually educated on emergency procedures. For residents, please frequently review the fire procedure on the back of your door – this will ensure everyone remains safe in the event of an evacuation. We will also be doing a fire drill in the coming weeks.

Next Proposed Resident Meeting: October 9th, 2024.

Next Proposed: September 25th, 2024

Tracy Nkonge  
Site Manager - CLSA



# CLSA STAFF



Hello

My name is Michelle. My husband and I moved here 7 years ago just after the birth of our last child. She was a bit of a surprise to us as my older children were already 19 and 18 years old and had moved out! We decided fate was trying to tell us something and took the opportunity to downsize and be closer to extended family.

While my eldest has since claimed Southern Alberta as his home after completing university, my middle son and his wife call Calahoo home along with my first grandson that was born last November. We have embraced this community and embedded ourselves throughout it, including opening the pet store, Creature Comforts, as well as the fitness centre, CC Fitness, which is across the street from the Chateau.

# CHATEAU LAC STE. ANNE ACTIVITIES

**Shauna Londeau - CLSA Activites**

**Onoway**

By all these lovely tokens, September days are here. With summer's best of weather and autumn's best cheer.

On Aug. 15th we gathered and created our own cards with a variety of 'stamping up' products that we have here at the Chateau. Thank you to our volunteer Johanne for helping organize our card making supplies! On Aug 16th we had a great turnout for pub & crib club, thank you to Wally's Bar & Grill for donating some alcohol to help out with these fantastic afternoons!

On Aug 23rd we had our Luau party where we enjoyed some Mai Tai's and tried to learn how to Hula dance. On Aug 26th we tried our luck with a new game of ring toss; it took a long time before we got the hang of the weight and angle of the ropes we were tossing. On Aug 27th Jordyn (one of our casual worker's) volunteered her time to come in and put on a painting class. There were lots of beautiful pieces of art created I'm pretty sure we have a few Picasso's here at the Chateau.

On Aug 27th we had our annual Memorial; we celebrated the lives of dear residents who passed away in the last year. Thank you Linda for doing such an amazing job it was absolutely beautiful! If anyone missed this celebration and would like to watch the video please come see Linda or myself and we will set it up for you.

For our monthly birthday party we had Dahlia Wakefield come and grace us with her angelic voice. This month we celebrated Bernadette, Marie, Charlie, Dot, Tom, Wayne, Werner and Svea! We hope you all had a wonderful birthday!

Along the way we had some great times playing jackpot card bingo, horse racing, shuffleboard, axe throwing, bean bag toss, floor curling, dice game – left right centre, and our house favourite BINGO!

# CHATEAU LAC STE. ANNE

Thank you to everyone who supported our Kernel's fundraiser, together we raised \$791. Excellent job to all the staff, residents and their families for your continuous support! Currently there is a raffle basket fundraiser being held -the basket contents are a fleece tie blanket, bag of kernels salt & butter popcorn, purdy's chocolate and a tray of nuts. Tickets are \$1.00 each.

Have a wonderful September and remember to snap a few pictures of the beautiful autumn trees. There is almost nothing more spectacular!



# CLSA ACTIVITIES



ALOHA



# CLSA ACTIVITIES



Dice Game - Left  
Right Centre



Thank you  
Wally's Bar &  
Grill for your  
donation!

# PLEASANT VIEW LODGE

**Pamela Lacaille - PVL Site Manager**

**Mayerthorpe**

September started off with some beautiful weather that we all enjoyed. With kids going back to school, it means getting together and sharing stories, as well as illnesses, please continue to be very diligent with hand hygiene and waiting to visit if you have any symptoms and or changes in your overall health.

One new Cook/Lodge Assistant started this month. Welcome to the team Delilah!

June Watt, the last WWII veteran from the Mayerthorpe Legion branch #126 passed away on August 24th. Please contact me if you would like a link to watch her service.

We had a long-time resident Shirley Couiyk pass away on September 18th. We will all cherish the laughs we shared.

We continue to carry those that we have lost with us in our hearts.

"There are no goodbyes for us. Wherever you are, you will always be in my heart." Mahatma Gandhi

Technology for seniors training was on September 12th.

The Norquest Caregiver Wellness Workshop is on September 20th from 1:30-3:30pm. The topic covered will be effective communication. These wellness workshops are open to everyone.

Meetings:

Staff: September 17th at 1:30pm

Resident Council: September 30th at 10:15am

# PVL STAFF



**Congratulations to our August  
Make Others Great Award Winner  
Steven Borle!**





# PVL ACTIVITIES

## Dallys Crossland - PVL Activities

## Mayerthorpe

The mornings are getting pretty chilly out there, a daily reminder that winter will soon be here.

As usual we have been busy, busy here at PVL. We have had several bus trips in the last month. We went on our annual trip to Alberta Beach which was a lovely trip, thank you to the Anderson family for arranging this trip each year. We also went to Westlock for a shopping trip and we are looking forward to our annual fall drive which is also coming up quickly.

Unfortunately our band cancelled on us for our August Birthday Party, however, the lovely Iris Tuftin was able to drop what she was doing and come and perform for us so it was not a complete loss. Thank you to Iris for her continued support.

We have all worked very hard on our crafts this past month. It was a complex epoxy craft and everyone did amazing. It took us 3 steps over 2 days to complete the projects and each one turned out even better than I had expected.

We had so many apples this year from our apple trees in the courtyard that I was actually a little overwhelmed by what to do with them all, but luckily I had the ladies to help me peel and process them! We used as many as we could peel to make apple pies for all the residents, staff and visitors which everyone seemed to enjoy. We then shared the rest with our community which made short work of the apples and everyone that came to pick up really appreciated them as well. None had gone to waste 😊

Grandparents Day was on September 8th, we had Sunset Country - The Roy's come and perform for us. Although the party was not as big and fancy as we usually have, it was well attended and everyone seemed to have a wonderful time.

We would like to wish a very Happy Birthday to Caroline, Anna, Davis, Bill. G, Bill. K, Evelyn. H, and Linda who all celebrated Birthdays in August!

Dallys Crossland , Pleasant View Lodge, Activity Coordinator

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