

Lac Ste. Anne Foundation

October 2024 Newsletter

CHATEAU LAC STE. ANNE



Tracy Nkonge - Site Manager

Onoway

Hello from Chateau Lac Ste. Anne Lodge, October is here, the leaves are changing to beautiful colours and our minds are getting ready for the months festivities. We are looking forward to our Thanksgiving meals and Halloween for the kids. Our facility will be rolling out a new Fall-Winter menu as well this month – this is a menu that is sure to have our resident's mouth's watering in the coming months.

The activities department has done up a gratitude tree in our lodge where residents and staff have been writing on leaves, the things they are grateful for. It is a good reminder to be thankful for the small and big blessings in our lives.



CHATEAU LAC STE. ANNE

This month we are also grateful to be welcoming both Floyd and Lynne to the lodge. We look forward to getting to know you and serving you. Welcome to the CLSA family, we are so excited to have you here!

With most of our welcomes, we usually have goodbyes to mention as well. So this month we also say "Goodbye" to Marilyn. Marilyn, you will be missed by us and your friends here at the lodge. We hope you enjoy your new home and please keep in touch!

Since our last newsletter we did do a fire drill for the staff in the facility. Our team continues to ready ourselves in the event of an emergency. Some of our staff also took advantage of a Colours Workshop which allowed us to get to know and understand each other on different aspects of our personalities. It was a lot of fun, and a lot of skills were learned.

We hope everyone had a great Thanksgiving and are able to take note of those things we are grateful for.

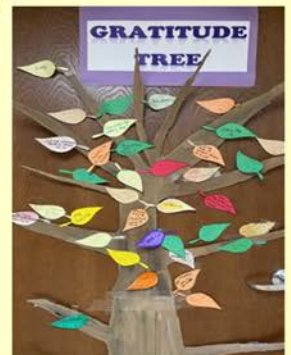
William Arthur Ward said:

"Gratitude can transform common days into thanksgivings."

Next Proposed Resident Meeting: November 6th, 2024.

Next Proposed Staff Meeting: November 27th, 2024.

Tracy Nkonge
Site Manager - CLSA



CLSA STAFF



Marion Letourneau

Hi there! My name is Marion and I was born in Cape Breton, Nova Scotia! I moved to Alberta 20 years ago and just recently, my husband and I moved closer to the Alberta Beach area to be near our 3 wonderful grandchildren aged 5, 3 and 2 months. We have a small acreage that we like to refer to as the “funny farm” which consists of 28 chickens, 2 cats and 2 dogs.

In my spare time I love crocheting, baking, reading and gardening. I also love to volunteer my time and that’s what brought me here to the Chateau! I have recently secured a position here as a casual LA and I absolutely love getting to know all the wonderful residents! I’m just so pleased to be a part of this great organization!

CHATEAU LAC STE. ANNE ACTIVITIES

Shauna Londeau - CLSA Activities

Onoway

"October's poplars are flaming torches lighting the way to winter" – Nova Beir.

On Sept. 6th we had a lovely time at our Sing-A-Long with Linda and our very talented resident Jeannette. Our residents always love to gather and sing some awesome melodies that bring back some beautiful memories. On Sept. 10th Personal Touch Fashions came to the Chateau-our ladies looked so dapper with their new purchases.

On Sept. 11th Joanne and Cathie come in and put on a Connecting Through Technology Training session. On Sept. 13th we had our Pub & Crib Club. Pub and Crib club is not just for those who enjoy crib, it is also for coming down and enjoying some social time with friends or playing other card or board games.

On Sept. 19th Bonnie our volunteer came in to make two Christmas cards. Yes I said the "C" word – Christmas! It'll be here before we know it! Bonnie usually comes in on Thursday's, however our new hairdresser comes in to do hair on that day so we have made a change going forward to hold our card making classes on Tuesday mornings.

On Sept. 20th Carolyne came in from Norquest College to put on a Caregiver Workshop for residents, resident families and the community. In the afternoon we enjoyed some fully loaded ice cream sundaes.

On Sept 24th we held our own version of Babbel, or language sharing. We have many residents that speak different languages so we learned some phrases in different dialects including Dutch, German, French, Swedish and thanks to our Manager Tracy, some Swahili that she learned during her time in Kenya. It's a fun and interesting hour of sharing.



CLSA ACTIVITIES

On Sept. 25th we had Joanne and Cathie come and put on another workshop about Cool Internet Sites Training where they touched on social media and online shopping etc. On Sept. 26th we made some beautiful rustic fall pumpkins. Thank you to our resident Gordon and his daughter Theresa for making these pumpkins for our residents to decorate. They turned out absolutely amazing!

For our monthly birthday party we had some live entertainment from A Touch of Country. This birthday party had a lot of people on their feet dancing. It was such a great sight! This month we celebrated Laura, Doug, Katrina, Larry and Marilyn. Thank you to everyone who purchased raffle tickets. Together we raised \$223 with all proceeds going directly to the Activity Department. Congratulations to Wayne as he was our Raffle winner!! Congratulations also to Diane for winning our monthly progressive bingo...she won \$34.50!

During the month of September we also played ladder ball, axe throwing, horse racing, left/right/centre, floor curling, bean bag toss, shuffleboard and of course our resident's favourite, BINGO!

Spooky

BOO!

Trick-or-treat



CLSA RESIDENT

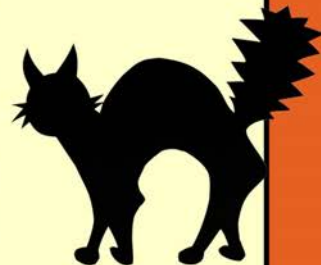


Tom Nicholson

Tom was born August 24, 1943 in the Edmonton area and has 1 sister and 4 brothers. He was in the insurance business for 50 plus years having obtained a degree from the Nait Institute of Canada in Business Administration and Insurance. He and his soul mate and best friend of 35 years, Lois, travelled the world together and they raised 6 children, 4 girls and 2 boys. He is a very proud grandfather of 13 and also has 6 great grandchildren!

Tom loves watching most sports and absolutely loves to play golf! He and his wife also loved to dance and when a good song comes up at our social gatherings, he knows how to swing those hips! His likes include pasta dishes, cabbage rolls, turkey and perogies and he mostly certainly dislikes bad weather and “know it all’s” and anyone who dares to call him Thomas! Tom moved into the Chateau just this past August and has settled in very nicely...making friends and participating in many activities. Welcome to our Chateau family Tom!

CLSA ACTIVITIES



CLSA ACTIVITIES



CLSA ACTIVITIES



Trick-or-treat



BOO!



EAST & CENTRAL MANORS

Brenda Young - Independent Living Manager

Happy Thanksgiving from our East and Central Manors!

Turkey time is upon us once again! I hope everyone finds the time to take a few minutes to think about what things they are truly thankful for!

Our weather is starting to get a bit nippy at night. If you haven't already, please test your heaters to make sure they are working. Crank up your thermostat for a few minutes and check to see if there is heat. Better to catch it now, rather than when it's -30! With that in mind, please be very mindful of open windows as temperatures drop... the last thing you want to have to contend with is broken heating pipes. Here is to staying warm and toasty this winter!



There is still an abundance of flowers, around the manors, hanging on for their last hurrah. I love that we still have those colours so late in the season. That, combined with the changing leaves and the stellar northern lights displays we have been seeing, has made for some beautiful scenery.

Tenant Meetings and Secret Santa letters are coming up soon. Please keep your eyes open for those notices.



What is the best way to fix a broken pumpkin?

Use a pumpkin patch.



Have a wonderful Thanksgiving and enjoy the fall.

Brenda Young

SPRUCE VIEW LODGE ACTIVITIES

Clarissa Titong - Activities Coordinator

Whitecourt

WOW! Another month has flown by. September has been a month full of memorable activities, trainings & workshop.

September 6th, we honored our beloved grandparents. Residents enjoyed a delicious pizza lunch from Mountain Pizza, generously donated by one of our resident's family members. The day continued with a delightful root beer float party in the courtyard, bringing smiles and good times to all.

On the 10th, we held our much-anticipated karaoke party! Singing along to classic songs not only brought joy but also a wonderful memories.

Our residents participated in an informative session presented by AHS, focusing on nutrition. It was a great opportunity to learn about healthy eating habits and making nourishing choices in our daily lives.

We also hosted a workshop centered on effective communication, offering valuable guidance for caregivers. This session aimed to enhance our interactions and support within our community.

During our Travel Tuesday, the library presented China, showcasing its rich culture and intriguing traditions. We also took a virtual trip to Shuswap Lake, BC, exploring its beauty and reputation as the "House boating Capital."

For our cooking show we featured a fun and delicious Tempura ice cream! While it may not have looked perfect on the outside but it was very tasty and a delightful treat for everyone.

SVL ACTIVITIES

We are so proud for the completion of our senior's computer training this month, vesting our residents with valuable digital skills. We also took a moment to celebrate our facilitator's birthday Cathie, what a wonderful way to end the program.

In our birthday celebration, we were so happy to have Iris Tuftin to entertain us and Mayor Tom Pickard personally greeted our celebrants. A highlight of the event was the drawing for our 50/50 fundraiser, with June Harnum winning \$155. Congratulations to our bingo winners; Gay, Jurgen, and Louise!


We are incredibly grateful for the donations received during our bottle drive, which raised \$271 to support our resident's activities.

And lastly, September 30th the Truth and Reconciliation Day! We concluded the month with a meaningful celebration of Truth and Reconciliation Day with Kevin Mustus and his daughter joined us for an inspiring afternoon of Indigenous dance and music, filling the space with culture and significance.

Thank you to all our RESIDENTS and STAFF for your continued support and participation. Until next time, stay healthy and take care.



BOO!



Trick-or-treat



SVL STAFF

Spooky

BOO!



We are very happy to introduce Valerie Risser, our new LPN Team Lead, who officially joined us on October 1, 2024!

Born and raised in Edmonton, Valerie now lives on an acreage outside of Whitecourt. She chose nursing because she enjoys helping others and making people happy.

What she enjoys most about her job is meeting new people, making a difference in people's lives and working as a team.

After moving to Whitecourt in 2012 following her marriage, Valerie has embraced her role as a professional and a loving mother. She has a 5-year-old son named Benjamin, who keeps her on her toes!

In her free time, Valerie enjoys decorating her home, nurturing her garden, and shuttling Benjamin to all his activities. She's also a fan of watching "Gilmore Girls" and cheering on the Oilers during hockey games.

Welcome Valerie to our AMAZING team☺

SVL RESIDENT



Effie Gibbs was born on August 10, 1941, in Stettler, Alberta. Growing up on a farm with her four sisters was the best part of her life. The sisters spent their days tending to the farm, milking cows, and cultivating their garden, having a strong bond through their shared responsibilities.

In addition to her farming life, Effie found joy in waitressing, where she enjoyed the interactions with customers and loved meeting new people. Her friendly personality and welcoming spirit are traits she is proud of.

Effie's hobbies include watching comedy shows, which bring her laughter and joy, and reading books.

Through her experiences, she has learned valuable life lessons, one of which she shares with younger generations: "Keep on smiling and keep going, since life is too short." Effie's story is one of hard work, joy, and a loving spirit, inspiring those around her to embrace life's moments with a positive outlook.

SVL RESIDENT



John Syml was born on October 11, 1928, in Poland. At just six months old, his family made the journey to Canada, settling first in St. Paul, Alberta. As they adapted to their new life, they moved to Mayerthorpe and settled their home in Whitecourt, where John has lived since 1980.

Growing up in a family of immigrants, John embraced the hard work of farming alongside his parents, raising cattle and growing vegetables. His industrious nature led him to work in the oilfield industry, where he enjoyed his skills as a driver and worker. John also enjoyed selling vehicles.

John is the proud father of four children, a grandfather to seven grandchildren, and a great-grandfather to six great-grandchildren, all of whom bring him happiness.

In his free time, John enjoys fishing, camping, golfing and activities that allow him to appreciate the great outdoors. He also shares a special connection to the world of hockey as the proud cousin of Stanley Smyl, a well-known player and former member of the Vancouver Canucks. John's passion for the sport is reflected in his love for watching hockey games.

John's rich life story is a true testament to resilience and hard work and he is very proud of it 😊

SVL ACTIVITIES



SVL ACTIVITIES

Avine

2 Feet
4 Grandchildren
6 Great Grandchildren

Advice:

Learn about your family history! It contains stories of strength, resilience, and love that have influenced who you are.



© PinnedMyWall.com

Doreen

6 Feet
24 Grandchildren
38 Great Grandchildren

Advice:

Show kindness and gratitude to one another.



© PinnedMyWall.com

Herman

2 Feet
7 Grandchildren
1 Great Grandchild

Advice:

Be kind and proud of who you are!



© PinnedMyWall.com

Fred

3 Feet
8 Grandchildren
1 Great Grandchild

Advice:

Take care of each and spread love!



© PinnedMyWall.com

Jurgen

3 Feet
3 Grandchildren
1 Great Grandchild

Advice:

Watch your Pennies, and your Dollars will look after themselves.



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Louise

5 Feet
8 Grandchildren
4 Great Grandchildren
1 Great Great Grandchild

Advice:

Do not dwell on the past, and be happy!



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SVL ACTIVITIES



SVL ACTIVITIES



SVL ACTIVITIES



Trick-or-treat



SVL ACTIVITIES



SVL ACTIVITIES



Blessed together

PLEASANT VIEW LODGE

Pamela Lacaille - PVL Site Manager

Mayerthorpe

Happy Halloween!!

Last month we celebrated Kathy Brydges retirement and 20 years at PVL on September 30th. Congratulations Kathy!

HOORAY!



HCA appreciation day is on October 18th
Thank you for all that you do!



Last month we had one resident move in, welcome Ellen!
We welcomed Gerald and Sharon W. to the lodge this month.

Meetings:

Staff - October 15th at 1:30pm

Resident Council - October 28th at 10:15am

PVL STAFF



**Congratulations to our September
Make Others Great Award Winner
Elma Supat!**

PVL ACTIVITIES

Dallys Crossland - PVL Activities

Mayerthorpe

I can't believe how fast time has been flying by. It seems like just yesterday the kids were just going back to school and now it's already almost Halloween. But, I must admit, I do love spooky season.

My friend, Kristen Farrar, came out to PVL on September 16th to sing some karaoke with us. I cannot wait to do this again. Thank you to Kristen ☺

We had so much fun on our Fall Drive this year we had to do it again! Day 1 we drove all around Mayerthorpe and surrounding area, had lunch at Rochfort Bridge Trading Post and then in the afternoon we went over to Rae's house, which used to be Ingrid's home, for a visit. On day 2 we went for an afternoon drive to Sangudo to Iris Tuftin's property where Iris told us all about the rich history of her families land and then we toured around Sangudo before heading back home.

Iris also came to PVL to perform for our monthly Birthday Party on September 27th and she brought her friend Elsa with her. Thank you to Iris and Elsa for taking the time to come and put on a show for us.

We finished off our final Tech Training for Senior's with Joanne and Kathy. I am really hoping we see those two again. Their classes were very informative and the ladies themselves were very enjoyable to have teaching us. Thank you Kathy and Joanne!



PVL ACTIVITIES

We said goodbye for now to one of our wonderful staff here at PVL. Kathy Brydges had been with the foundation for over 20 years so of course we had to throw her a surprise Retirement Party! We decided to decorate for our monthly birthday party in a tropical theme, which we knew Kathy would like, as to not throw her off On September 30th we lied to Kathy and told her we were throwing a party for the residents in the Community Centre after lunch when in fact the party was for her. The staff all had a steak lunch together and then afterwards the residents came in to throw her a going away party of their own! We also played the videos we had all made for Kathy as well which was very funny to watch. We will miss you Kathy!

We also enjoyed a card making class with Leanne Elliot. This was a very good time and we are already looking forward to our next card making class in November. We would like to wish a very Happy Birthday to John M., Muriel and Nadine who all celebrated Birthdays in September!

Dallys Crossland , Pleasant View Lodge, Activity Coordinator



PVL ACTIVITIES



PVL ACTIVITIES



PVL ACTIVITIES



PVL ACTIVITIES



BOO!



Spooky



IN LOVING MEMORY



BRENDA HOISINGTON
June 26, 1961 – September 17, 2024

*Your presence we miss,
Your memory we treasure,
Loving you always,
Forgetting you never.*