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# Lac Ste. Anne Foundation

## November 2024 Newsletter

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### PLEASANT VIEW LODGE

**Pamela Lacaille - PVL Site Manager**

**Mayerthorpe**

We ended October with our Team Lead LPN going off on maternity leave in preparation to have her baby boy. We are all looking forward to meeting Amy's bundle of joy once he arrives.

We will miss Alfred, who had moved out of the lodge at the end of October. Halloween was very lively with many children stopping in for treats; we all enjoyed seeing their costumes.

We welcomed Margaret to her new home. She has been a long-time area resident, when she moved in, Anna C told me of their history; they used to ride a horse to school together! What an amazing tidbit of information, I love hearing those stories and glad we can reconnect some childhood friends.

We started our fall menu on October 14th. It looks amazing and we welcome all feedback.

The legion came to the lodge to hold a Remembrance Day Service on November 6th. It was very well attended by residents and staff. We appreciate them coming, so a big thank you to the members!

The Sewing Club will be here on Saturday, November 16th.  
Meetings:

Staff: November 19th at 1:30pm  
Resident Council: November 25th at 10:15am





# PVL STAFF



Congratulations to our October  
Make Others Great Award Winner  
Jolene Chadd!





# PVL ACTIVITIES



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## Dallys Crossland - PVL Activities

## Mayerthorpe

Winter is here. I have never been a fan of winter driving but every year I get more and more used to it and this year I think I am actually ready for it.

We have had lots of fun things going on over the last month here at PVL. We had pieces by Sharon come and put on a pop up shop for us, it's always nice to have shopping right here at home.

We welcomed Boom, the therapy dog back to the lodge. Boom's owner had moved away but luckily she has returned and we get to see her and Boom again. We sure missed the both of them.

As usual we did have Tim Horton's Drive Thru. This event is always a hit. We are already looking forward to the next time!

We have had a two trips to Whitecourt for shopping and lunch since our last newsletter, these trips are always a good time and fun for all.

We had our monthly Birthday Party on the 25th of October with music by The Riehl Band. The residents always seem to love when The Riehl's come to perform for us.

Halloween was wonderful this year, we had the elementary school kids come to do a costume parade for us. In addition to that we also had a TON of trick or treaters who kept us busy most of the evening. I would like to thank the group of ladies that helped Brandi and I make candy bags to hand out. Each year we have a group of residents help us with this and each year it amazes me as to how fast we can blow through the task. They all show up ready to work and we get it done in record time. Thank you all for your help!

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# PVL ACTIVITIES



We also enjoyed a Halloween Happy Hour in the living room in the afternoon before trick or treating starts, this has become an annual event here at the Lodge and it is always a very fun and spooky time. Thank you to Sylvia. K. for her help with this event 😊

We have a brand new Healthy Living Workshop taking place at the lodge. We meet twice a week to discuss healthy living matters with professionals as well as do exercises and stretches. We have only had a couple sessions so far but it has been very enjoyable thus far.

We would like to wish a very Happy Birthday to Betty and Carrie who celebrated Birthdays in October.







# PVL ACTIVITIES





# PVL ACTIVITIES







# PVL ACTIVITIES



TRICK Or TREAT





# PVL ACTIVITIES



**BOO!**







# PVL ACTIVITIES





# PVL ACTIVITIES



## Flanders Fields

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch, be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

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~ John McCrae



*Remembrance Day  
Lest We Forget*



# SPRUCE VIEW LODGE



Diane Robbins - Site Manager

Whitecourt



What beautiful weather we have had so far, we had a couple days of snow and freezing rain but it left just as fast as it came. This month we will remember those who fought, and the those who lost their lives so I could live in freedom.

For the month of October we celebrated Health Care Aid appreciation on October 18th and had Fire Protection here to check all of our alarms on October 21st. We have also been placed on Outbreak, with a tentative date to be off on November 18th; the staff and residents have all been very patient and understanding during this time. Infection Prevention and Control had conducted a site visit that went fantatsic. It's great to hear and see the support around the lodge from residents and staff when dealing with these outbreaks.

We will soon begin planning our Christmas Festivities, what an exciting time for all!

## MEETINGS:

Lodge Meeting- November 20th

Resident Meetings- November 13th

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# SVL STAFF



**Elma Supat**

We're happy to have you with us! Originally from the Philippines, Elma joined our company in April 2024 and has been making a wonderful impact as a Health Care Aide at both our Mayerthorpe and Whitecourt Lodges.

What Elma cherishes most about her role is the time spent with our residents, engaging with them, and listening to their wonderful stories. It's clear that her passion for connecting with others is a true asset to our team.

Elma, alongside her husband, is proudly enjoying the empty nest stage of life with their three grown children, two boys and a girl. When she's not at work, you can find her fishing or watching a variety of sports, even though she admits she's never played any herself.

While she may not consider herself an entertainer, Elma has a great appreciation for being entertained! She's our go-to snack enthusiast at potlucks, always the first to dive into the feast.



# SVL RESIDENT



**Shelagh Rowswell**

Shelagh Rowswell was born on September 4, 1954, in Wisner, South Dakota. At the age of ten, she and her family moved to Canada and settled in Edmonton and later moving to Whitecourt.

Shelagh is a proud mother of two wonderful children and a cherished grandmother who enjoys spending quality time with her grandkids creating beautiful memories together. A talented graphic artist, Shelagh enjoyed working in the newspaper advertising, showcasing her keen eye for layout and design. Her versatility also brought forth as a good mechanic, specializing in sleds and quads.

Eventually, Shelagh and her family made their way to Whitecourt, where she took on the role of Detail Manager in the Ford dealership team. With her strong work ethic and dedication she continues to inspire those people around her.

When not working, Shelagh loves refining furniture, painting, and making various crafts. Shelagh believes in the importance of following your passion and has a piece of advice for everyone: "Do what your heart desires so you won't rely on others. Just don't be afraid."

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# SVL RESIDENT



**Allen Culley**

Born on June 6, 1950 in Ontario, Allen Culley made the move to Norman Wells, Northwest Territories in 1969. A proud father of three boys, he enjoys having one of them living nearby in Whitecourt, bringing a touch of family warmth to his life.

Allen is known for his easygoing nature, never fussy about food or anything and can easily blend in anywhere. With nearly 20 years of experience as a hunting guide, he worked primarily with American clients, a role he found both rewarding and enjoyable.

In his free time Allen loves fishing, trapping, hunting, and tending to his garden during the summer months.

He believes in the value of lifelong learning and often advises others to "try to learn everything and listen to elders."

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# SVL RESIDENT

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**Cecilia Tettrie**

Meet Cecilia Tettrie, born December 6, 1945 from Tatamagouche, Nova Scotia. Five years ago, she made the wonderful transition to Whitecourt.

Cecilia is a proud mother of four and a grandmother to eleven beautiful grandchildren, most of whom live nearby, making family gatherings easy and enjoyable.

Her journey began as a field worker, where she spent her days picking fresh tomatoes, raspberries, and blueberries. After that, she dedicated herself to being a full-time housewife, nurturing her family and having a warm home environment.

In her spare time, Cecilia loves reading suspenseful novels, putting together jigsaw puzzles, and enjoys fishing trips especially in the summer. However, the times she cherishes the most are those quiet walks with her late husband, where they would share stories and laughter.

Cecilia believes in the importance of standing firm in your beliefs and taking initiative, as she often says, "Make sure to do things on your own because nobody will do it for you."  
We're thrilled to have you here!

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# SVL ACTIVITIES



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**Clarissa Titong - Activities Coordinator**

**Whitecourt**

Welcome to our October newsletter 😊

We kicked off the month by donating a beautifully crafted quilt blanket made by our talented knitting club. The club chose to donate it to the Wellspring Shelter, and we were so happy to have a local reporter Serena Lapointe from the Whitecourt Press Newspaper join us to cover this heartwarming story.

On October 8th, we had Jenna Mae our volunteer come in and play enchanting music, starting with nursery rhymes that brought our residents back to their childhood. It was a delightful performance!

The following day, October 9th, we had an arts and crafts session led by Gea, where everyone made lovely pumpkins of various sizes using repurposed cloth. The results were fantastic!

On October 11th, we welcomed the teachers from Living Waters, who entertained our seniors with nostalgic piano tunes. They even helped serve lunch, adding a personal touch to the day. In the afternoon, we hosted a Thanksgiving bingo session, open to friends, family, and staff. Congratulations to Marie for winning the jackpot prize of \$30!

On October 18th, we enjoyed a casino lunch celebration. The casino manager generously provided a complimentary lunch, allowing us to donate the collected funds to our December entertainer.

Throughout the month, residents enjoyed games of rummy, crib, horse racing, and bowling activities that brought them a smile. We also hosted an informative session with Alberta Health Services where Courtney spoke about fall prevention, helping to keep residents safe and informed.

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# SVL ACTIVITIES



For our birthday party we had Jim Chamberly & friends as our entertainment. Mayor Tom Pickard came in to personally greet our birthday celebrants; Lorraine, Kay C, Alex, Kay H and Marie. Congratulations to Phillip for winning the door bingo with \$19.50.

Having been placed on Outbreak near the end of October lead us to focus on low-risk activities, we did make up 200 Halloween candy bags for trick-or-treaters on October 31st. We also held a spooky afternoon tea, although we had to offer room service due to gathering restrictions. A huge thank you to Norma for stepping in to help serve our spooky snacks on her day off.

That wraps up our October events! Thank you all for your participation and support, and we look forward to seeing you in November!





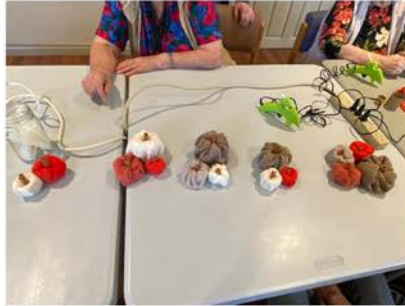


# SVL ACTIVITIES





# SVL ACTIVITIES



*Remembrance Day  
Left We Forget*







# SVL ACTIVITIES





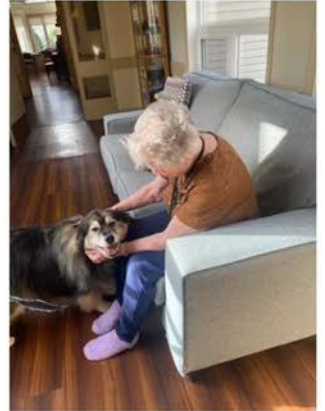


# SVL ACTIVITIES





# SVL ACTIVITIES



WHAT a  
*pampered*  
PET!







# SVL ACTIVITIES







# SVL ACTIVITIES





# SVL ACTIVITIES







# SVL ACTIVITIES







# SVL ACTIVITIES



On The Road Again





# CHATEAU LAC STE. ANNE



Tracy Nkonge - Site Manager

Onoway



Hello from Chateau Lac Ste. Anne Lodge,

November has arrived! I can't believe how fast this year is going; with Christmas already around the corner we are already making plans here in the Chateau!

Thanksgiving was celebrated in our Lodge, with family and friends. Staff, residents and families, enjoyed the fresh turkeys and festivities.

One day every year, on Remembrance Day, we pay special homage to those who died in service to their country. We remember these brave men and women for their courage and their devotion to our freedom. In our Lodge, and in our homes, we honoured those who sacrificed and served our county.

What a season of gratitude we are in.

We are now planning December festivities, and we hope to have a very festive Lodge in the coming weeks.



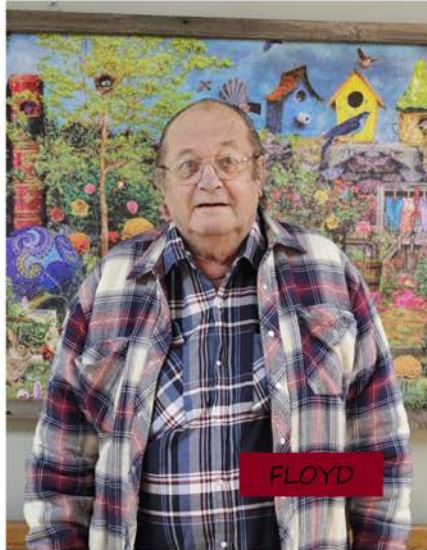
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# CLSA RESIDENT



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**Floyd Anderson**

Floyd was born in Wetaskiwin Alberta, and along with his 3 brothers and 3 sisters was raised on a farm in Clandonald until he was 8. He then moved to Edmonton where he started working as a truck driver at the age of 12... yes 12! He drove all the time with no license but one day when he was 16, he was driving and was stopped at the weigh scale. The staff were training that day so they knew him from previous passing's through; however, because they were training, they went through the proper procedure and asked him for his licence. He did not have one to give so he was FINALLY caught!

The staff were so kind to Floyd helping him get his training and licence so he could drive legally. Floyd mostly drove moving oil field rigs and he also drove fire crews to their wildfires, including Fort MacMurray. Floyd retired July 1, 2018 when he moved to Duchess Alberta where he resided until moving here to the lodge just this October.

Welcome to the Chateau Floyd, we hope you enjoy and flourish in your home!

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# CLSA HAIRDRESSER



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Hi my name is Teresa and I'm the hairstylist for the lodge. I also offer waxing, manicures and pedicures.

I've been a hairstylist for over 30 years and still love my job! I have been married to my husband Emile for almost 30 years and we have two daughters and two beautiful grandchildren.

In my spare time I love spending time with my grandchildren and watching murder mysteries. We also love to travel and hopefully one day we will be snowbirds! I look forward to getting to know the residents and making them look and feel great!

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# CLSA ACTIVITIES



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**Shauna Londeau - CLSA Activities**

**Onoway**

Welcome sweet November, the season of senses and my favorite month of all. – Gregory F. Lenz

On Oct. 4th we gathered and enjoyed delicious ice cream floats and listened to some great music.

On the 11th all of our crib players came together for some very intense games of crib and happy hour. On Oct 15th we held our own version of “Babbel”, or language sharing. We have many residents that speak different languages so we get together to learn some common phrases. This gathering is a lot of fun and we often leave the activity with mouths that are sore from all the puckering of our lips or from the many laughs had!

Oct. 18th we enjoyed some hot chocolate & baileys with ginger cookies....yum, yum, yum...they were so delicious!

Oct 22nd we travelled all around the world with our armchair travels touring Scotland, Ireland, Norway, England, Darwell and even Onoway! We also had another wonderful sing-a-long that afternoon and this time Linda & Jeannette were joined by their friend Shelley who played the mandolin. It was a great turnout and so beautiful!

On Oct. 23rd Sue and “Boom” came for their first visit back to the lodge. It was so wonderful to see them again! We also do have Donna and “Oliver” who come to lodge biweekly to share their time with us. We are truly lucky to have such great K9 companions!

On Oct. 24th we started to get ready for Halloween; we stuffed 160 treat bags! Thank you to all the residents and staff for their donations!!

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# CLSA ACTIVITIES



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On Oct. 25th we celebrated the birthdays of Leo, Orval, Jeannette and Fran with some live entertainment from Sunset Country.

Finally we had a wonderful Halloween party on Oct. 31st where residents and staff wore some silly and scary costumes and our wicked witch gave some spells to our residents. Thank you to the residents who stayed at the front entrance to hand out the goody bags to all the wonderful kids from the community!

We raffled off a beautiful crocheted blanket donated by Marion. All together we raised \$205. Thank you to everyone who purchased tickets!! Congratulations to Ruth who was our winner!! Speaking of winner's, our most recent progressive bingo winners were Gordon and Diane. Congrats to all! November started out with a happy hour and board games on the 1st that was well attended.

On the 7th a few ladies got together to whip up some lovely felt poppies that we placed on the dining room tables.

On the 8th Pieces by Sharon was here with all her lovely items for some retail therapy.

Thank you to the members from the Onoway Legion that were here on the 10th to hold a small Remembrance Day ceremony.

Coming up for the rest of November we will be offering another Christmas portrait photo shoot, a decorative solar light craft, a "Supporting Persons with Dementia" workshop, an ATB fraud prevention presentation and we will welcome the Lac Ste Anne Community Choir to start getting everyone into the Christmas spirit...time to deck the halls!

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# CLSA ACTIVITIES



Let's  
have  
some  
FUN!







# CLSA ACTIVITIES





# CLSA ACTIVITIES







# CLSA ACTIVITIES



BOO



Bewitching