



Lac Ste. Anne Foundation February 2025 Newsletter



CHATEAU LAC STE. ANNE

Tracy Nkonge - Site Manager

Onoway



Hello from Chateau Lac Ste. Anne Lodge,
February is here, and with it are the last days of winter and the hopes of spring.

With many strains of cold and flu season upon us, we want to remind all our visitors, residents, and staff to be very diligent with your hand washing, and using hand sanitizer. If you are a visitor and feeling unwell, please postpone your visit till a later date..

This month we would like welcome Tom K. back to the Chateau. We look forward to getting to know you (again) and your families, and we hope we can provide for you the very best services in our Lodge.

We are very excited to announce our new LPN Team Lead, Phylcia Robinson, who started February 10th. Phylcia has joined our team with her vast amount of experience. We are looking forward to having her expertise and collaboration with us.

Next Proposed Resident Meeting: March 5th, 2025.

Next Proposed Staff Meeting: March 26th, 2025.

Tracy Nkonge
Site Manager - CLSA



CLSA STAFF



Ryan Ossevorth

Hi I am Ryan, I just moved to Rich Valley from Victoria B.C.

When I am not at work I am out on the lakes fishing for whatever will bite.

Previously I worked in the maintenance department on Canada's Largest Pacific Fleet, which is Esquimalt Naval Base in Victoria.

CLSA RESIDENT



Jean Kulak

Jean was born on April 3rd 1935. Jean was born and raised in Stony Plain Alberta.

Jean married her husband Glen at the young age of 19. She has 3 children, and 4 grandchildren, and 3 great grandchildren.

Although Jean was a farm girl she also worked at the Bank of Commerce in Onoway and the Dental office as a receptionist. Jean has helped raise her grandchildren and took great care of her mother.

Jean loved baking but her famous cinnamon buns were by far her BEST!!
Welcome to the Chateau Jean!!

CLSA RESIDENT

Tom Krogsgaard



Tom was born April 28, 1943 in Ceylon (Saskatchewan, not Sri Lanka!). He is the youngest and only surviving member of his 4 siblings; coincidentally, he was the only one that was born in a hospital!

An interesting note about Tom - in 1912 his Mother from Denmark was unable to secure passage aboard the Titanic...lucky Tom! It is very important that his family name of Krogsgaard continue, and it will for many years with his nephew and his son: Kyle who lives in Whitecourt.

Tom was born into a farming family, mostly cattle and grain, but by the age of 17 he was eager to head out on his own.

He worked for the Timothy Eaton Company (the department store) for 17 years and loves to tell of his time working in the China department in the morning, and the lingerie department in the afternoon!

In 1968 Tom, his wife, and 2 kids moved to Oyen, Alberta. Here he began his career of 35 years hauling and working for all the big propane companies. He drove the big rigs and still holds his class 1 licence. Three years ago Tom retired from his second career of 12 years working for Yellowhead Petroleum. Tom lived in a cabin at Lake Isle for the last 20 years until it was sold and he moved into the Chateau.

His favorite hobby is fishing and his favorite spots are at Waterhen in Meadow Lake Saskatchewan and South Buck Lake here in Alberta.

Tom's greatest joys are his 4 grandchildren, 2 of which are twins in Whitecourt. The other grandkids are in Courtney, B.C. His other great joy is his dog, Cutie Pie, a terrier mix that he often gets to see, as she lives with his son in Whitecourt.

Tom has a great sense of humour and is very social and loves visiting with both residents and staff here at the lodge. 7 years ago Tom moved to Beaupre Court and then lived on a farm for a couple of years and then moved to Lakeview Manor in Gunn. He has now moved back to the Chateau. Tom says he loves the staff, especially the ones who he can tease back and forth with! Welcome back Tom we are sure you will enjoy catching up with old pals and making new ones!



CLSA ACTIVITIES



Shauna Londeau - Activity Co-ordinator

January was a long cold month, here's to hoping February is shorter and hopefully a lot warmer.

On December 31st we celebrated our December birthday's Fernanda, Georgina, Carol and Marina. During our birthday party we also rang in the New Year listening to some amazing music performed by Gary Thomas. We would like to welcome Marina to the 90 plus club!!

Now the hustle and bustle is over we are finally able to get back to regular activities. On January 9th we started our string art craft. This craft was based on the poem "Let Them" by Cassie Phillips. We were able to mix in 5 different mediums of crafting, we stained the wood, scratched some vinyl onto the sign, pounded the nails (which helped us with anger management) then wound the string. It was a lot of work, they turned out fantastic!


On January 10th we all gathered to enjoy a delicious ice cream float. On January 14th we gathered once again for our CLSA BABBLE group. We have so much fun during our BABBLE class we always leave with very sore cheeks from all our laughing.

On January 21st Bonnie and her amazing volunteers came in and helped created some beautiful homemade cards. On January 22nd the Onoway Elementary school grade 7 students came to play games with the residents. It is amazing how children young or old can light up a room.

On January 24th we had our amazing sing along with Linda, Jeannette and Shelley. When we have our sing-a-longs it is my favourite activity as music brings so many wonderful memories and we are making them at the same time.

We have our weekly bingo which is the most popular event. The last bingo that was held had 24 bingo players, with this being said, we have had to change the seating arrangements to accommodate all players.

Make sure to bring your lady luck and WIN WIN WIN!!





CLSA ACTIVITIES



We always enjoy our amazing Pet therapy dogs “Boom” who comes with Sue & “Oliver” who comes with Donna. These two dogs are so great with our residents, their faces change the moment the dog walks through their door!

Congratulations to Carol for winning our lunchtime progressive bingo jackpot of \$40.50 and congratulations to Mildred for winning our “What the elves left behind” raffle basket. This raffle basket raised \$126 that goes to the activity department. Thank you to everyone who purchased tickets we appreciate your continued support!

Throughout the month we also enjoyed axe throwing, floor curling, jackpot card bingo, shuffleboard, horse racing, dice game (left, right centre) and bean bag toss.

Shauna Londeau





CLSA ACTIVITIES



St.Valentine's Day

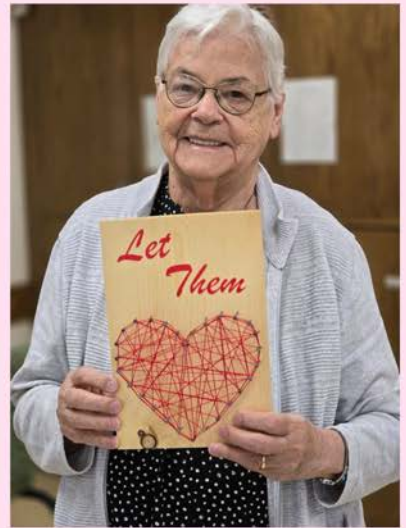




CLSA ACTIVITIES



CLSA ACTIVITIES



LOVE





EAST & CENTRAL MANORS



Brenda Young - Independent Living Manager

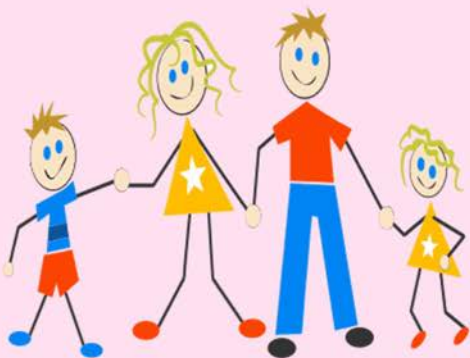
Happy Family Day from East and Central Manors!

I hope this finds everyone staying warm. Our weather has certainly been a rollercoaster!

All of your tax documents (T4s, T4As, T5s, etc.) should arrive to you by the end of February. Did you know, if you are a low-income senior, you can have your simple tax returns filed for free through your local FCSS program? (they don't handle complex returns) Check it out at Onoway or Mayerthorpe Town Office or Lac Ste Anne County Office.

Are you aware of the Alberta Special Needs program? This program offers financial reimbursement of various medical expenses to low-income seniors. The booklet on what is covered, and the request forms are on the bulletin boards in each of the manors. Feel free to check it out. It is a good way to get some money back into your pocket.

I hope everyone finds time to spend with their family and friends this month! Maybe you will be able to get out and enjoy some of the local festivities.



**Why shouldn't you fall in love with a pastry chef?
They'll dessert you!**

Have a wonderful February everyone!

Brenda Young



ADMINISTRATION

Sylvia Bonnett - Operations Manager

TO THE EXTRAORDINARY KITCHEN TEAMS AT SVL, PVL & CLSA

I am continually amazed by the way you work together seamlessly, like a well-oiled machine. Every one of you brings unique talents and skills to the table, and it shows in the outstanding meals that you create for our residents.

Your teamwork, communication, and support for one another are truly inspiring.
Thank you for being an incredible team!

HAPPY APPRECIATION DAY TO OUR WONDERFUL
COOKS
FEBRUARY 14, 2025

KITCHEN

KITCHEN



ADMINISTRATION

"VOLUNTEERS WELCOMED"

If you have spare time or special talents to share with our residents we would love to hear from you!!

Our volunteers play cards, help at special events, assist with gardening, share craft ideas, as well as sing or play musical instruments - whatever you are able to give, we are grateful!

Please call Christine 780-786-3100 or email adminclerk@lsaf.ca



"Volunteering is at the very core of being a human. No one has made it through life without someone else's help."

Heather French Henry



PLEASANT VIEW LODGE



Pamela Lacaille - Site Manager

Mayerthorpe

Hello everyone, and Happy Valentines! I hope this month finds you all in good health and high spirits. As we continue through the winter season, I want to take a moment to reflect on the wonderful connections we've made so far this year. January was filled with great moments, and we're excited to carry that energy into February.

A special welcome to our new resident Elsie who has joined us recently—we're so glad to have you here! Your presence adds even more warmth to our community. We were also thrilled to host the groups of young readers and leaders from Elmer Elson Elementary, who brought some extra joy and energy to our lodge. You'll see pictures from their visit on our Facebook page!

As we faced those chilly -40°C temperatures, I want to remind everyone to check that windows are fully closed to help prevent any pipes from freezing or bursting. Our team is working hard to keep everything running smoothly, but a quick check can provide extra peace of mind during these extreme weather conditions.

We also want to kindly remind everyone that if you're feeling unwell, please avoid visiting others until you're feeling better. This helps keep our community safe and healthy, especially during the colder months when illnesses can spread more easily. We have some fun events lined up this month that I hope you'll join in on to stay connected and engaged with one another:

- Valentine's Day Celebration: February 14th – A special day to spread love and joy. More details coming soon!
- Sewing Club: February 15th at the Community Centre – A creative and fun day to share with others.
- Meetings:
 - o Friendship Club: February 18th at 10am
 - o Staff Meeting: February 18th at 1:30pm
 - o Resident Council: February 24th at 10:15am
- **Pink Shirt Day: Wednesday, February 26th – Let's stand together against bullying and promote kindness and inclusion!**



PLEASANT VIEW LODGE

Let's continue to find joy in small moments—whether it's a warm drink with friends, a good book in the library, or simply enjoying the company of neighbors. If you ever have questions or ideas, please don't hesitate to reach out. We're here to support you. Wishing you all a month full of warmth, happiness, and connection.



PVL STAFF



Congratulations to our January

Make Others Great Award Winner

Helen McNair!



PVL ACTIVITIES



Dallys Crossland - Activities Coordinator

Mayerthorpe

We have had some really cold days the last couple of weeks. I for one am really looking forward to spring. I don't like the snow, but I really dislike the cold weather a whole lot more. Unfortunately, the PCN Healthy Living Workshop is no longer meeting here at PVL. Their group got so big it outgrew our space here at the lodge. They are still running two days a week, however, this will be held at our local Diamond Center.


We watched a series on Netflix called "A Man on The Inside" which was hilarious! There is a second season coming out sometime this year and we are already eagerly waiting for it to become available.

Two of our staff, Emma and Amy, both had babies recently so we held a double baby shower here at the lodge on January 20th to welcome the babies and visit with the new moms. We would like to thank all of the residents as well as staff that pitched in with some nice gifts for the new babies.

We had a bus trip on January 24th. We went to Whitecourt for shopping and lunch. As usual this was a great time. We always love our bus trips. We also welcomed back Horse Races. We used to play this game often but we hadn't played in awhile, so we brought it back and it was a good time. Its nice to do something different sometimes.

On January 31st we had our monthly Birthday Party with music by Iris Tuftin. Iris has been such a good volunteer for us and is always willing to come and perform for us whenever she has a chance.

Deep Creek Camping and Events had donated a bunch of ice cream but we didn't have a lot of freezer space so despite the frigid temperatures we did door to door ice cream cone deliveries with 6 different ice cream flavours to choose from, or mix and match. I was worried the residents wouldn't want ice cream because it was so cold but as our dear resident Ingrid told me "Dallys, its never a bad time for ice cream!" Thank you Deep Creek!



PVL ACTIVITIES

And finally we had peeled and froze a bunch of apples from our courtyard in the fall. We also had some leftover pie shells and toppers that we wanted to use up so we once again got together and made as many mini apple pies as we could with the ingredients we had. We then baked the mini pies when the kitchen staff were not using the ovens and then finally served the warm apple pies with ice cream during our social hour in the afternoon. I would like to thank the ladies that all came to help with this task.

We would like to wish a very Happy Birthday to Wanda, Marilyn and John W. who all celebrated Birthdays in January.

Dallys Crossland , Pleasant View Lodge, Activity Coordinator



PVL ACTIVITIES



you're so sweet



PVL ACTIVITIES



PVL ACTIVITIES



angel

adorable



PVL ACTIVITIES



Love



PVL ACTIVITIES





SPRUCE VIEW LODGE



Diane Robbins - Site Manager

Whitecourt



We began the year off with warm and beautiful weather- much different than what January usually has in store for us. February has however brought the cold, I feel as though we are living in the East Antarctic Plateau.

We had 16 seniors from the Swan Hills community join us on a tour of our two sites; Pleasant View and Spruce View Lodge. They absolutely loved it here, after the tour they engaged in some nice conversations and questions with some residents who joined in. Of course one of our amazing chefs; Laurel made some delicious coconut cookies.

With all of the good things that happened we sadly had to say goodbye to Dorothy Heisler; who passed away the beginning of February. She showed so much patience and understanding to the staff and fellow residents. She had the most amazing smile that lit up a room, I know the staff and residents will miss her deeply; alongside her husband Jim.

This month we get to celebrate a special 1950's Valentine's Day party hosted by our Activities Team. We are also celebrating our Cook's on the same day for Cook Appreciation- lunch and gifts will be given to the cooks to show our gratitude for all that they do. We have Felito, who is an architect from the Philippines and who also lived in Dubai. He has two children, and loves heavy metal- as well as singing his heart out- love songs usually!



SPRUCE VIEW LODGE



Next we have Adriana our wild and crazy chef who moved here from Mexico about 13 years ago, she began this job ready and eager to learn. She loves cooking and has her own Tostitos business that is thriving and can be found in stores all over Alberta.

Then there is Laurel, she moved here from Nova Scotia just a few short years ago with her boyfriend- who just recently PROPOSED. She is especially talented at baking and loves a challenge. She recently made a drink using edible glitter and the most amazing cake pops; she shares a love for rock and roll music and travelling.

Last but not least is Lisa, she is our casual cook who is very familiar with the lodge being that her father once lived here. She loves dancing, and is very good at teaching it. Lisa never passes up on an opportunity to go to a good concert, and loves bringing her daughters along with her.

MEETINGS:

Lodge Meeting- February 19th

Resident Meetings- February 12th



SVL RESIDENT



We are happy to introduce our newest member, Ron Little, who joined our lodge on January 22, 2025. Born on May 28 in Newfoundland, Ron's journey led him to the Northwest Territory before finally settling in Whitecourt, Alberta. Ron is a proud father of two children who are close by, along with two wonderful grandchildren whom he cherishes dearly.

In his earlier years, Ron used his skills as a carpenter and logger, with his father being his greatest teacher in the art of carpentry. Alongside his woodworking talents, Ron also ventured into various professions such as car salesman, bus driver, and cab driver. A man of many talents, Ron finds happiness in entertaining others through his singing and guitar playing, particularly country and Irish tunes.

Ron's life advice "Follow your heart and don't listen to anyone else!" his words of wisdom resonate with all who have the pleasure of knowing him.

Let's extend a warm welcome to Ron as he continues to enrich us with his kindness, talents, and valuable advice.



SVL ACTIVITIES



Clarissa Titong - Activities Coordinator

Whitecourt

January has been a long month, yet it seemed to fly by so fast! Here's a recap of our exciting activities and events.

Whitecourt Library took us on a journey exploring famous train trips around the world. We also discovered the fascinating world's tallest statues; and for our cooking show the residents & staff were impressed by the chicken quesadillas, they were a big hit even some requests to add it to our menu.

January 14th our Operations Manager, Sylvia joined us for an afternoon tea. Residents had the opportunity to ask her personal questions and enjoyed delightful conversations. For our Arts & Crafts we created beautiful Valentine's cards filled with love and creativity led by Gea.

January 21st, we had karaoke and happy hour, singing some songs and favorite oldies songs. It was a perfect way to bring everyone together for laughter and music.

January 22nd the Grade 1 students from Pat Hardy came to visit and did a fun Penguin craft with the residents.

We kicked off watching the thrilling TV series "The Man on the Inside," keeping everyone on the edge of their seats during our entertainment sessions.

AHS provided an information session into sleep health and the importance of quality rest. We learned helpful exercises to aid in falling asleep faster.

For our monthly Birthday party we had Eric as our entertainment and we were so happy to have him back. Belated happy birthday again to Arlene & June. Congratulations to our door bingo winners Shirley & Sheila.

That's a wrap for now! Stay tuned for more exciting updates and remember to stay healthy and happy. Cheers to a wonderful February ahead!

SVL ACTIVITIES



SVL ACTIVITIES



SVL ACTIVITIES





SVL ACTIVITIES



St. Valentine's Day

you're so sweet

SVL ACTIVITIES

