

Lac Ste Anne Foundation

January 2023 Newsletter



MANY THANKS!

The Lac Ste. Anne Foundation would like to acknowledge and thank our many generous donors, supporters and volunteers from 2022! We truly appreciate your continued support to our Seniors Lodge sites.

Our residents are very grateful and fortunate to have the number of community groups, businesses, family members and individuals that truly care about their health & wellbeing.

In the spirit of giving back - Statistics show that older adults who volunteered, contributed the most hours per person on average. In addition seniors are very generous, they give more money to charities than other age groups. Whatever your motivation for support, please know that your kindness has touched and enriched the lives of our residents.

We have many valued supporters at all levels, whether it is donating time, providing meals, gifts, or a monetary donation we appreciate you all equally!

I encourage everyone to visit our website www.lsaf.ca to view our monthly newsletters which showcase photos of activities & events at our lodges that were accommodated due to your support.

To follow up on our 2021 projects, the gazebo for Onoway is now built & being utilized. The furniture in Mayerthorpe has all been re-upholstered, and looks great. Whitecourt continues to provide new furniture in their site as required.

We would like to express our deepest gratitude for your many contributions to our organization in support of the seniors that reside with us. May you all enjoy a wonderful 2023!



Lac Ste Anne Foundation

January 2023 Newsletter



DONORS & SPONSORS TO THE LAC STE. ANNE FOUNDATION 2022

Mountain Pizza Steakhouse, Golden Delight, Tim Hortons Whitecourt, Smitty's, Eagle River Casino, Original Joe's, Brother's Diner, 7 Eleven, Rexall Whitecourt Bottle Depot, Melissa Baker, Michelle Heisler Mol, Penny Wilson, Mr. & Mrs. Murray Schaffer, Rotary Club Whitecourt, Fortis Alberta, Home Hardware, Fabutan, Beaver Creek Store, Ken & Ruby Armistead, Tri Jet Services, D & S Meats Anselmo, Royal Canadian Legion Branch 132 Poppy Fund, Lisa Swallow, Pieces by Sharon Boutique, Darlene Knapp, Woodland Pastoral Charge, Alberta Newsprint Company, Mr. Mikes Steakhouse Casual – Whitecourt, Dave Mills, Lori & Matthew Butler, Deep Creek Camping & Events, Norma Alexander, Luisa Bustamante, Anna Cierny, Randy & Brenda Beatson, Nancy & Travis Patrick, Gerrit and Maria Vermeer, Ste. Anne Natural Gas Co-Op Ltd., Earl & Debra Hagman, Gloria Steingart, Anna Johnson, Friends of the Lac Ste. Anne Foundation, Mayerthorpe Friendship Club, Mayerthorpe Legion Branch 126 Poppy Fund, The Magiega Family, Lac Ste. Anne County, Christine Pellowe and Family Roger Morin, Marie Stensrud, Tamara McBride, Green Gables Whitecourt, Tim Hortons Mayerthorpe, Mayerthorpe Value Drug Mart Divine Spa & Wellness, Mayerthorpe Catholic Womens League.

****We would also like to acknowledge the many anonymous donors that dropped off gifts & items without leaving your names, your generosity is appreciated ☺**

CLSA Volunteers:

Len and Tess Kwasny, Joan Grierson, Ginny Bourke, Lori Birchill, Johanne Gurke Bonnie Read, Judy Grasley, Todd and Lily Butler, Michelle Dentinger and Friends, Lac Ste Anne Community Choir, Runnin' Free Country Fellowship, Sarah Bautista & Friends, Latter Day Saints Youth Group, Karen Wagner, Maridon School of Music, Roger Morin

PVL Volunteers:

Eric Schocat, Iris Tuftin, Judy Ulrich, Louis Johner, Ruth Lotholz , Sylvia Krikun, Toni Meyer, Colin Trost

SVL Volunteers

Jane Lee, Brenda Terelly, Eric Schocat, Ron Little, The Baxter's, Whitecourt Library, Martha Bourassa

It is our intent to acknowledge everyone, apologies if we have missed anyone from this list.

Spruce View Lodge

Whitecourt



"Life has no remote, so wake up and change it"

I hope everyone had a wonderful New Years; cheers to a healthy and happy 2023 full of enthusiasm, hope, and most importantly good health.

We have installed the new curtains in the Legacy Room, the new puzzle/craft tables have been purchased and will be put together soon.

Thank you to everyone for your suggestions and ideas on ways to improve the interior of the lodge. Our Rotary Room will become a games room, where the beautiful leather recliners donated by The Schaffer's will be placed so you can enjoy the fire, watching friends play on the shuffle board, or relax with a good book.

It is with great sadness that we say farewell and good luck to our previous Activities Coordinator, Melissa Reed. She is beginning her exciting journey into motherhood and we wish her nothing but the best. We hope to see her again soon for a good game of BINGO.

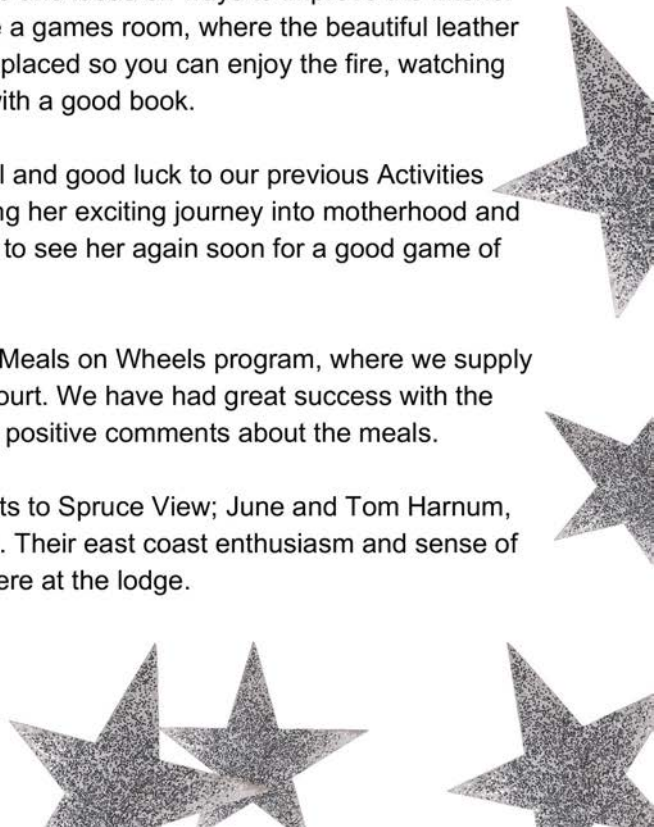
We have continued the New Year with our Meals on Wheels program, where we supply the meals for seniors in the town of Whitecourt. We have had great success with the program and such wonderful feedback and positive comments about the meals.

I would like to welcome our newest residents to Spruce View; June and Tom Harnum, who have been so much fun to get to know. Their east coast enthusiasm and sense of humour makes them such a wonderful fit here at the lodge.

MEETINGS:

Lodge Meeting- January 18th

Resident Meetings- January 12th



SVL Activities



December is unquestionably my favorite time of the year!!

We had a busy and fun month starting off with the Shiney bank choir, we had the Whitecourt Central students come in here to sing Christmas carols. We also had our friends from the Mennonites group sing beautiful Christmas songs.

We went to Walmart, Home hardware and Dollarama for shopping and really we had a great time. Faith Milton and her students came in for a short Christmas concert. A group of parents and hockey kids came in to play cards with the residents, followed by wonderful snacks that they brought in.

December 23rd the staff went room to room singing Christmas carols, it was really special and the residents enjoyed it. In the afternoon we held the Christmas party; the residents were given gifts from the Foundation and also exchanged secret Santa gifts.

Lastly, for our birthday party we had Leon Roy & Friends from Barrhead as our entertainment and they were fantastic. Ms. Tara Baker from the Town Council personally greeted our Birthday celebrant: Barb. Congratulations to our December Raffle Basket winner Gay Sebo, Shirley Olson for our Make Others Great for the month of December, and Marilyn for winning the Door Bingo. Overall it was a lovely month with beautiful memories to remember.

THANK YOU😊

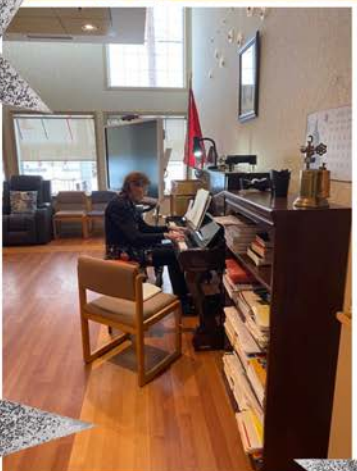
Clarissa Titong - Activities Coordinator



SVL Activities



SVL Activities



SVL Activities



SVL Activities



SVL Activities



SVL Activities



SVL Activities



SVL Activities



SVL Activities



SVL Activities



SVL Activities



SVL Activities



SVL Staff



Congratulations!!!
Maria Luisa Bustamante
Lodge Assistant
for winning the
Make Others Great
for the month of January
Good Job😊

SVL Residents



CONGRATULATIONS
STEPHANIE TRYNCHY!!

Make Others Great
Resident Edition
For the Month of January
Good Job😊

SVL Residents



Welcome
Tom & June Harnum

Tom & June moved to the Lodge just before Christmas. The couple are both from Newfoundland, and have been in Alberta for quite some time. June used to manage apartment buildings, while Tom was the Maintenance. They really enjoyed being able to work together.

Advice: Enjoy life as much as you can because life is so great, and we only get a tiny moment so enjoy it while you can.

SVL Residents



Welcome William Taylor

Bob (as he prefers to be called) was born August 5, 1940 in Lethbridge, Alberta. Bob has four brothers and three sisters. Bob worked as a Foreman in a various oilfield company for 52 years. He said oil mining is a rigorous and requires physical labor and long hours, you are constantly exposed to heavy machinery, heights, chemicals, moving vehicles, hazards and bad weather. But during the time of economic down turn where the oil and gas sector has been hit harder than any other, it remains one of the strongest industries around. Because of the long hours of working he just enjoyed relaxing and staying home, watch TV and reading books. He also likes to cook and eat his favorite dish which is pork chops paired with garlic mashed potato. Significant events is having a happy family.

SVL Residents



Welcome Sandra Krischuk

Sandra was born on the farm in Saskatchewan on March 21, 1943. Sandra has two children, a son and a daughter. She went to school until Grade 9, after that she began working as a Secretary in the oil industry. She then later on worked as an HR officer with her main focus on training. Sandra then worked as a waitress, which she enjoyed a lot because she loves meeting different people.

Advice – Luke 6:31” Do unto others as you would have them do unto you. “Some people may say that it’s in our nature to do well to others, after all there has been a random act of kindness everywhere.

Chateau Lac Ste Anne

Onoway



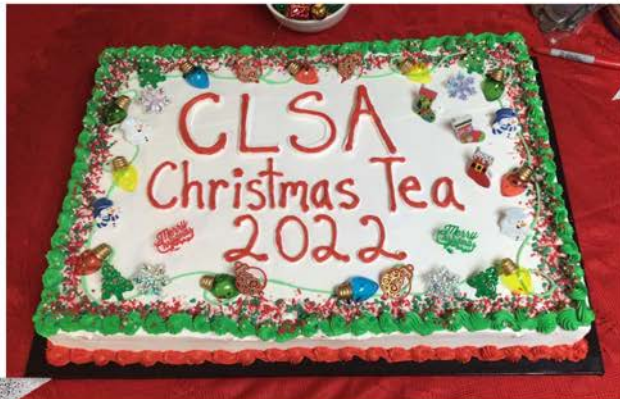
Happy 2023!!

Hope everyone's New Year is starting off good. January 1st unfortunately hit us with a couple of positive Covid results, landing our site in an outbreak situation. We were saddened by the passing of a couple of our residents, we will all miss James & Julia in our lodge. We have also had our sweet little Betty move out, we wish her all the best in her new place.

Needless to say the year hasn't started off the way we would have liked.

Our first department meeting of 2023 will be held on January 26 at 1:30 pm. We purchased a new vacuum and everyone is being signed off on how to use it.

Tammie Jacobs
Chateau Site Manager



CLSA Activities



Happy New Year from Chateau Lac Ste Anne, Onoway!

May 2023 bring you all memories to cherish, joy to behold and love to share freely!!! A wrap up (pardon the pun) of our December went something like this: On the evening of December 14th we had a local youth church group stop by for some caroling, then the next day we had card making with Bonnie and that same afternoon Boom came by for his visit and we also had "Runnin Free" Country Fellowship pop by to sing and play music for our folks...they were amazing and will be back this month! Our annual Christmas Tea was held on the afternoon of the 16th...we welcomed many family members for a wonderful afternoon of music, refreshments and visiting. Kelly B, our entertainer for the afternoon was amazing and we will surely invite him back. Thank you again to Lac Ste Anne who sponsored our Tea! Our Christmas raffle basket was won by the daughter of Barb K and we raised \$410.00! On Dec 22nd we held our free Christmas bingo with loads of prizes and 5 cash bonanzas...congrats to all our winners and special thanks to the folks who donated prizes and cash-you are appreciated! December 23 we had an amazing visit from the big man himself, Santa! What fun we had taking pictures with him! He and some helpers then went around to each room visiting and delivering the gifts that were donated by our Annual Senior's Wish List program! Santa was great and so is our community!! On Christmas day we had a local fellow, Todd Butler, come by with his wife Lily to sing carols in the afternoon. We rounded out December and the year with our combined birthday and New Year's celebration on the 31st. The folks enjoyed sausage, cheese and crackers, champagne, punch and some very nice music by the Ziemmer's. Happy December birthdays again to Fernande, Ray, Carol, Irene, Marina and Alf! And now, here we are into a new month and New Year. Sadly, we've had to rearrange our activities due to another Covid outbreak, but are managing to play some games that fit in with our limitations. For the first week of January we played floor curling, hangman and bingo, and on the 6th we had pub with a slideshow of our 2022 activities-it's fun to look back at all the things we've done over the year! Last Friday, the 13th (no bad luck here!) we had a fun Mexican pub with margarita's (with or without) chips and salsa and watched videos of Spanish dancers! Coming up for the rest of January we have horse racing, card making with Bonnie, a "Runnin Free" Country Fellowship concert, karaoke, jackpot bingo and more plus our monthly birthday party on the 27th with music by the "Old Amigos"! Our most recent progressive bingo winners were Marina and Diane...congrats ladies!! Until next time, take care of yourselves-and each other!!!

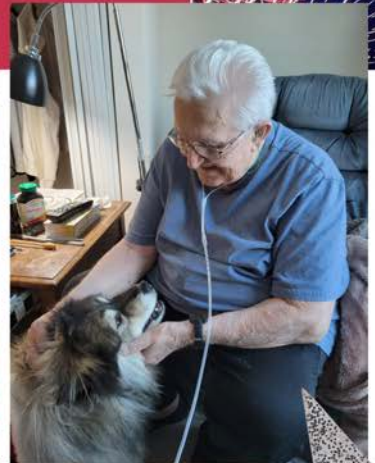
Linda Fenske - Activities Coordinator



CLSA Activites



CLSA Activites



CLSA Activites



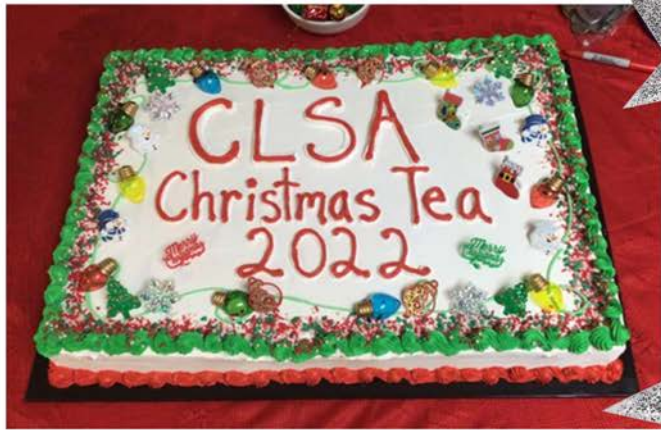
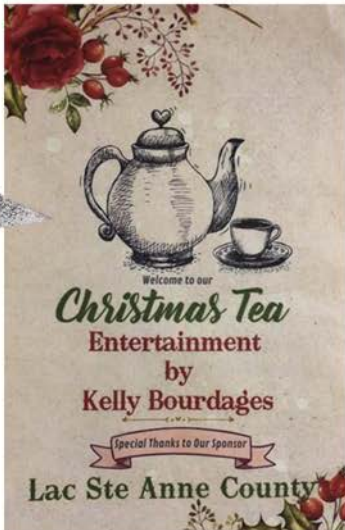
CLSA Activites



CLSA Activites



Thank you Lac Ste Anne County for sponsoring Chateau Lac Ste Anne's Annual Christmas Tea! Thanks to your generous donation, we were able to put on a wonderful event for our residents and their families! Christmas blessings to you all!!!



CLSA Activites



CLSA Activites



CLSA Activites



CLSA Staff



Samantha Grantham

Hi! My name is Samantha but I love to be called "Sam"! I have lived in the Onoway area for 21 years. I have 3 children that my husband and I raised in this community and 2 dogs. My kids are all grown up so I decided to get a job outside of the home. Before working at the Chateau I worked from home. I love working here as a lodge assistant! My co-workers are great and I like getting to know the residents!



East & West Side Manors



Happy New Year from the East and Central Manors!

I hope this finds everyone still basking in the glow of friends and family, and too much turkey and sweets! We were so fortunate that the cold weather broke in time for Christmas, so loved ones weren't traveling in frigid conditions.

It was lovely to see the potluck dinners happening at a few of the manors. Tenants were happy to be able to get together and share some recipes and laughter.

The generosity of our communities throughout the holidays was humbling. Thank-you to all who brightened our senior's days.

Forms have been sent out requesting updated contact information for all of our residents. Please ensure you get them filled out and turned back into the office.

We've had quite a few new faces in several of our buildings over the last little while. Please say hello and help your new neighbours feel at home.



I hope everyone has a stellar 2023! Keep smiling and having fun. Happy New Year!!

Brenda Young
Independent Living Manager

Pleasant View Lodge

Mayerthorpe



Happy New Year!!

During the last year we have seen many changes around Pleasant View Lodge. Many wonderful memories were made. A big thank you to everyone who helped to make the residents Christmas merry and bright!

Our wonderful resident Trixie has moved out. We will all miss her and wish her all the best in her new place.

Valerie our Team Lead LPN will be leaving in February to take a position closer to home. We will all miss her and wish her the best.

We would like to welcome our new Team Lead LPN Amy Friend! Amy will be starting in her new role on February 6th. We are looking forward to having her at the lodge.

Wishing everyone a happy and healthy New Year!

Staff Meeting-Wednesday, January 25th at 1:30 pm.
Resident council meeting-Monday, January 30th at 10:15 am.

Pamela Lacaille-Site Manager



PVL Activities



December was jam packed with fun activities. It'll be nice to unwind a little after such a fun but busy month.

On December 2nd we were lucky enough to have the local Christmas Parade come right by our building so we could stay warm and watch from inside, which was good because it was very cold outside that evening.

On December 8th we did wreath decorating which was an absolute blast!

On December 10th we had our annual Christmas Tea. We invited families in to enjoy some music, snacks and refreshments. We also had a surprise visit from Santa himself which was the highlight of the event for me. Thank you to Iris Tuftin who came in last minute for this event and saved the day since our scheduled entertainment was not able to make it. Thank you so much Iris!

Unfortunately we did have to cancel our Bus Trip which was scheduled for December 21st to go see Christmas lights due to the extreme cold weather but we are hoping to be able to go first thing in the New Year if possible.

On December 24th we had an Eggnog Social with some snacks and eggnog with the option of spiced rum if wanted, as well as the lovely music by Eric Schocat and his friend Kevin. It was a perfect little event for Christmas Eve.

Christmas was very quiet but nice, Santa left a gift for each and every one of our residents. In addition to that our local Library put on their Secret Santa for a Senior event in which locals can pick a senior without family to buy a gift for. The generous "Santa's" that donated got each and every one of our residents that do not have a family to celebrate with a gift as well.

And finally on December 31st we had an absolutely amazing New Year's Eve Party. We went all out and decorated the Community Centre for the party of the year. We also had the Riehl Band come and perform for us and served an assortment of different drinks as well as a selection of Nanaimo bars.



PVL Activities



We were lucky enough to have several individuals and groups such as Shining Bank Music Group, Colin Trost, Mennonite Youth Group and the Wolverines AA Hockey team come in to the lodge in December to spread holiday cheer to all our residents. Thank you to each and every one of you for taking the time to come and visit us.

Thank you to Lac Ste. Anne County for sponsoring our Christmas Tea, and Christmas Eve Egg Nog Social Events .

Happy Birthday to Cecil, Gordon and Carol. H. who all celebrated Birthdays in December. Congratulations to Shirley. M. who was the December Loonie Bingo Winner. Merry Christmas and Happy New Year to you all ☺

Dallys Crossland Activities Coordinator



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Staff



Congratulations to our December
Make Others Great Award Winner
Penny Swartzenberger!

In Memory Of



We continue to send our thoughts and prayers to friends and family of loved ones lost.



Julia Kirchner



James Wells

Goodbyes are not forever. Goodbyes are not the end. They simply mean I'll miss you until we meet again.