

Lac Ste Anne Foundation

March Newsletter



Happy St. Patrick's Day from East and Central Manors!

Wow, winter is flying by! I can't wait for warmer weather and budding flowers ☺

With all the freezing and thawing we have been getting, it is creating ice issues in some areas. While we strive to stay on top of it, it can build up between contractor and staff visits. Please feel free to use the sand/salt provided in the bins at each site if you come across a slippery area, and please let us know if there is an issue.

Tis the season for annual taxes again. Please remember to submit your Notice of Assessment once you have received it. You can; email to ilmanager@lsaf.ca, text to 780-862-9153, fax to 780-786-4810, drop off at administration office (4407 – 42a ave, Mayerthorpe), or message/call me at 780-862-9153 to pick it up from you. These are due no later than May 15th, 2023.

I am seeing a number of tenants using the common rooms while sick. We do still have an overload on our healthcare workers, with hospitalizations high from respiratory illnesses, plus many tenants are immune compromised. Please try to distance yourself from others if feeling unwell, so as to not spread germs throughout the buildings.

Here is to hoping for sunshine and warming weather! Have a wonderful March!



What do you feed a leprechaun for lunch?

A Ba-larney sandwich!

Brenda Young, Independent Living Manager

Woodland Villa



It is so nice to have longer days again, as we draw closer to spring. We have had a lovely donation by Stefa, as she is preparing to move. One is a picture that her son took, of a scene near Whitecourt and the other is of a Tiger, which is Stefa's own handiwork.

Thank you so much Stefa for this lovely gift.



Melody Nemlander – Supportive Housing Manager

Pleasant View Lodge

Mayerthorpe



Happy St. Patricks Day!!

Unfortunately, we have had two residents move out.
We hope Dorothy R. and Dorothy T. enjoy there new home.

This month Amy and I have been busy with interviews. We have one new casual Cook/Lodge Assistant Kaylyn. We will have one part-time Lodge Assistant, Ashleigh, starting March 29th. Welcome Kaylyn and Ashleigh to the PVL team!

We have one new resident moving in at the end of the month. Welcome Don D!

Due to the water leak in February, we have to complete some repairs to the flooring of the community centre. The crews will be here replacing the floor over the next few months.

The sewing club will be in the Activities room while the community centre is under repair.

The next resident council meeting is March 27th at 10:15am.

Pamela Lacaille - Lodge Manager



PVL Activities



What an absolute blast we had in February!

On February 1st we had a visit from the EEE kids to play games; it was so nice to spend some time with the kids, even if it was a short visit.

On February 4th Rod Romeo came by to have a woodworking discussion in the Community Centre. It was very informative and we are looking forward to him coming back and hopefully we can work together on some projects in the future.

On February 7th we had our Valentine's Target Practice which is always a good time. Everyone played well but the top spot went to Anna. C in first place, Lloyd in second place and Bret in third place. Good job guys!

On February 10th we had a Tim Horton's Drive Thru following Jackpot Card Bingo which was a nice treat! Thank you to Eleanor A. who generously sponsored this event!

On February 14th we had our Valentine's Day/February Birthday Party and as usual it was a great time! Judy Ulrich was kind enough to come and play for us. Judy was nervous as she hadn't played for a while but you would never have known it by her playing. Absolutely beautiful!

On February 21st we had our activity "Stories From The Past" in which we worked our way around a big table and gave residents each a chance to tell a little bit about their lives to their co-residents. It was a great opportunity to get to know one another a little better.

On February 22nd we went on a bus trip to Whitecourt to do some shopping and lunch. We always have a good time when we go on our outings and we are forever looking forward to the next one!

And finally on February 28th we had Rosalie and her family stop by with some animals for a petting zoo which was amazing! We had some adorable little puppies, bunnies and even a baby lamb in a diaper! Can't ask for a better day!

Happy Birthday to Anna, J, Victor, Lloyd, Bret and Sigrid who all celebrated birthdays in February. Congratulations to Bret who was the February Loonie Bingo Winner!

Dallys Crossland - Activities Coordinator

PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Residents



Ingrid Boblin

Ingrid is one of our new residents here at PVL. Ingrid was born in Whitecourt where she lived until 1951 when she got married to her husband Mike, and moved to his farm in Sangudo. The two lived on the farm where they raised their 8 children. In 2000 Ingrid and Mike bought a 5th wheel and traveled, spending each winter in Arizona and the summers in Canada. They enjoyed every minute of this for 10 years before finally deciding to settle in Duncan on Vancouver Island. Ingrid and Mike were married for 64 wonderful years before Mike sadly passed away after which time Ingrid made the decision to move back to the area and into Pleasant View Lodge. Ingrid's 90th birthday is coming up and her biggest wish for her birthday would be to have her family united so she could see all the people she loves together once more, although she knows it is not possible since her family is spread apart so much. We hope your wish comes true! Welcome to PVL Ingrid, we absolutely adore you already and we look forward to getting to know you more.



Amy Friend – Team Lead LPN

Please join us in welcoming Amy to the PVL team! Amy is our brand new Team lead LPN and so far she is fitting right into life at the Lodge. Amy grew up on a farm north of Barrhead and currently resides on an acreage just outside of Sangudo. Amy does not have children just yet but she does have a husband and a dog. Before coming to the lodge Amy worked for 5 years at Keir Care centre in Barrhead as an HCA and 5 years working as an LPN at the Barrhead Hospital on acute care. Amy enjoys being outdoors, hiking, snowboarding and quadding in the mountains. Amy also enjoys making macramé and does this as a side business as well, and may I say her works is amazing! We are hoping to ROPE Amy into doing a macramé class here at the lodge so our residents can learn a new skill, how cool would that be! Amy says her favorite thing about working at the lodge so far is all the smiling faces she gets to see every day. Amy's kind and friendly nature has already endeared her to residents and co-workers alike!



**Congratulations to our February
Make Others Great Award Winner
Emily Mack!**

Spruce View Lodge

Whitecourt



February gave us beautiful warm weather. Although I was away on holidays for a week, I still missed all of the staff and residents.

We celebrated our cooks this month during a Cook Appreciation Day on February 17th, thank you again to our amazing cooks because with you we would be verrrrryyyy hungry 😊 This month we also celebrated Pink Shirt Day- wearing pink shirts in support of Anti-Bullying, through wearing pink we can help raise awareness and help to stop bullying. We welcomed back Tammy Turner as a Health Care Aid, she missed us a lot and is very excited to be back!

Two new residents joined our SVL family; Arline St. Martin and Find Thomas. Both have been so patient and understanding as they transition into their new home. We are very happy to have them with us.

MEETINGS:

Lodge Meeting- February 15th

Cook Meeting – February 23rd

Resident Meetings- February 22nd

Diane Robbins - Lodge Manager

SVL Activities



February maybe the shortest month of the year but it is one of the sweetest. Our calendar was full with sweet activities and entertainment.

We started our February off by going shopping at Walmart and Dollarama. We celebrated Valentine's Day with a Valentines Party the theme was King & Queen. The chosen King & Queen for the party was Arlene Tremblay and Tom Harnum. We had a special guest entertainer for the party; Penny (our very own chef) as always she put on a great performance. In addition to that we also had a special treat from Laura Vandezande who rendered an act of kindness to the residents, everyone received a special bag.

February 17th the students from St. Mary's School had a question and answer activity with the residents as part of their school project.

In celebration for the Family Day Marjorie and Norma asked the residents their choice of game and decided to play bowling where we served ice cream.

Gea and our new volunteer Susan had fun hosting a Crib tournament, since we have quite a few residents playing crib and afterwards we played Shuffleboard.

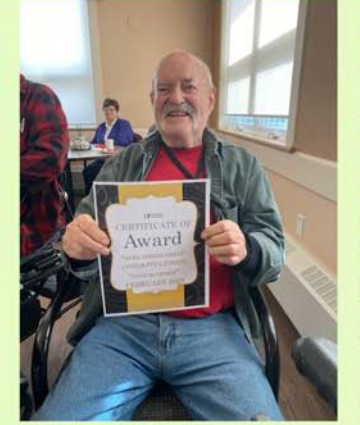
Our Travel Tuesday's we discovered The Bahamas, "The Coral-Based archipelago consists of around 700 islands and islets and more than 2,000 cays (coral reefs). It is called the playground of the worlds rich and famous." The Whitecourt Library presented Newfoundland & Labrador, known for its colorful homes on rocky shores, unique dialect of English and friendly folks.

The cooking show highlight was an Easy 5 ingredient Donut, another taste to remember. Finally for our Birthday party we had Edward Primm as our entertainment. Happy belated birthday to Babe, Rolande, Vicki, and Phyllis and a big Congratulations to Hank for winning Make Others Great for the month of February, and to Marilyn, Phillip, and Sheila for winning the Door Bingo.

Clarissa Titong - Activities Coordinator



SVL Activities



SVL Activities



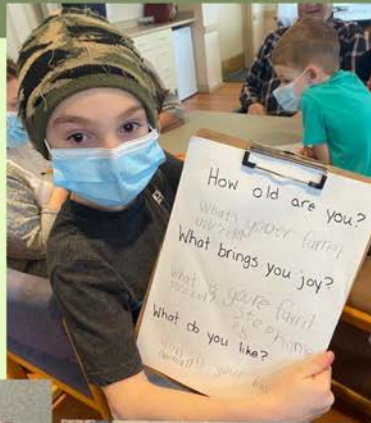
SVL Activities



SVL Activities



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SVL Activities



SVL Activities



Anne Lenko's

- Clivia plants are native to South Africa and have become quite popular with collectors. These unusual plants derived their name from the Lady Florentina Clive and are so exquisite that they fetch a hefty price—upwards of \$50 or more per plant.



Heidi Linde Craft



Gay Sebo knitting

SVL Residents



WELCOME
ARLINE ST. MARTIN

Arline was born in Calgary Alberta on April 22, 1937.

Arline worked as a Cinema Secretary and she really enjoyed working there because you have the opportunity to meet different people and can watch movies for free. Arline's favorite food is steak. She is a homebody and loves to stay home reading and watching TV. She also enjoys walking in the morning, which she believes improves her mood for the day. Arline enjoyed traveling with her husband in their motor home camping, this helps her to get away from screens and be in nature.

Advice: Enjoy yourself and always be grateful on what you have.

SVL Residents



WELCOME
FIND THOMSEN

Find was born and raised in Northern Denmark on December 17, 1942. He eventually moved to Canada and became a Heavy equipment operator which he did for almost 20 years for the Oil & Gas industry. Find loves reading books most especially thriller & crime novels; his favorite author was Michael Connelly. On vacation with his wife to Hawaii they took a submarine ride, which is was of his most memorable moments. Fun fact about Find, he met his wife through Pen Pal, they began writing to one another and decided to meet; as soon as they met they knew they wanted to be together.

Advice: Enjoy life while you are young and explore the world.

SVL Residents



CONGRATULATIONS
ANNE SCHAFFER!!!

For winning Make Others Great
for the month of March
(Resident Edition)

Thumbs up ☺



CONGRATULATIONS!!!

JOAN COWIE

Health Care Aide for winning

Make Others Great

for the month of March.

You Rock 😊

Chateau Lac Ste Anne

Onoway



Happy St Patrick's Day.

The chateau has experienced the loss of 2 of our long-time residents, with a 3rd in hospital. This can be a difficult time for both staff and residents. It's important to reach out if you need to talk with someone. We will miss Eunice and Ray. They were a big part of everyone's day. Always there to greet you with a good morning and a smile.

Jessie and I will be continuing our management courses online on Tuesday and Thursday mornings. We have our Resident meeting on March 15, at 1:30 pm. We will be rescheduling our general Staff meeting. Please watch for the invite.

Just a reminder that it is Tax season and we need a copy of your 2022 Notice of Assessment. If you need someone to help with your taxes come see me and I will put you in touch with Phyllis from trail accounting. She is in town and willing to pick up and deliver paperwork for you.

As most of you are aware Linda stepped down from her Full time position with activities. I would like everyone to welcome Kasia to the full time position of Activities Coordinator. She of course is a great fit as we all know.

Tammie Jacobs - Lodge Manager



CLSA Activities



March greetings from Chateau La Ste Anne, Onoway!

We hope you are all keeping well and safe! The rest of February went something like this; on the afternoon of the 11th we celebrated our centenarian Ed's 100th birthday with all of his Chateau Family....what an amazing milestone for our dear friend! On the 14th we celebrated Valentine's Day with strawberry milkshakes, heartbreaker game and watched a slide show of our folks' love advice....some very thoughtful and silly advice was shared.

Congratulations to Laverne who won our Curly Cupid scavenger hunt! On the 16th Bonnie and Judy were here once again to lead some ladies in beautiful card making. On the 22nd it was a sea of pink in here in recognition of anti-bullying. Thank you to everyone who participated in this most important day! The Mad House day care has been coming every second Thursday to hang out and play games with our residents-such sweet little kids! We rounded out the month with our birthday party on the 28th with dancing and music by A Touch Of Country...we had a blast celebrating Mary, Ed, Darrell, Eva, Elsie and Olive. Our most recent progressive bingo winners were June, Diane and Larry. We started out March with some fun games of bean bag toss, jackpot card bingo, pub and crib club and horse racing. We will soon be putting out a leisure interest survey so please make sure you fill it out, and know that we always welcome suggestions!

Coming up for the rest of this month we will have our resident meeting on the 15th, card making, pet therapy, St Patrick's Day festivities, some more visits with day care and school kids and more; plus we'll round out the month with our birthday party on the 31st with music by Kelly Bourdages! Until next time...

Linda Fenske - Social Leisure Aide



CLSA Activities



CLSA Activities



CLSA Activities



CLSA Activities



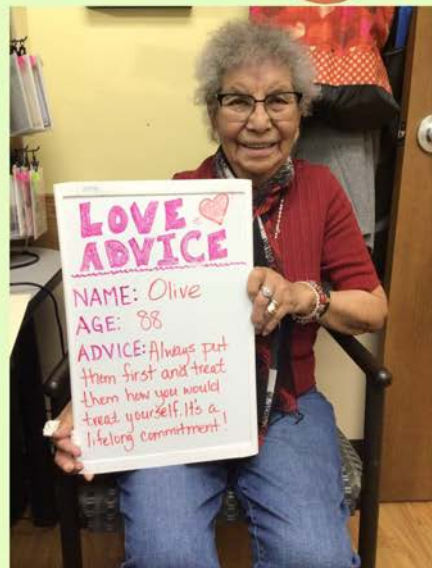
CLSA Activities



CLSA Activities



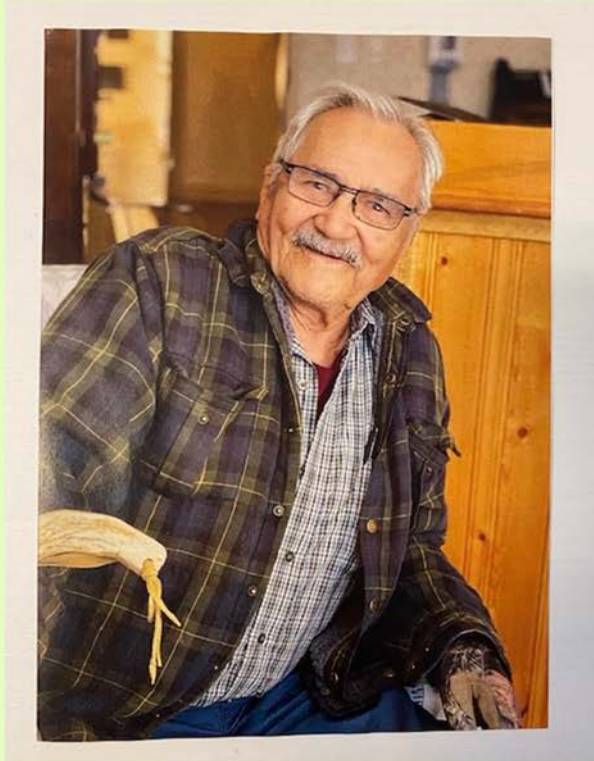
CLSA Activities



In Memory Of



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



George Hurst

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