



# Lac Ste. Anne Foundation September 2023 Newsletter

Goodbye summer and hello fall!

With kids all going back to school - a reminder to all visitors to please refrain from visiting if feeling unwell or if you have any symptoms. We encourage you to visit family and friends when you are healthy, to prevent the spread of any illnesses.

Although temperatures have been dropping in the evening, we are still enjoying some beautiful weather during the day.

Last month we had a new couple move into PVL, welcome to your new home Loretta and Robert.

## Meetings:

Staff: Thursday, September 14 at 1:30pm

Resident Menu Review: Friday, September 15th at 10:00am

Resident Council: Monday, September 25 at 10:15am

Pamela Lacaille - Site Manager Pleasant View Lodge





# PVL Activities

Well, summer is coming to an end and we are clinging onto every little bit of sunshine we can. We have had a lot of fun activities this past month and over the summer but I think we are ready for fall. Some of our highlights from the last month here at PVL are as follows.

August 17th we had a game of Axe Throwing on the patio and it was a blast! Jim. S and Bill. K tied for the win but Marilyn came in second place with a precision bullseye!

August 18th we had our Lemonade Stand Fundraiser and it was a really nice event for us. We enjoyed some lemonade and sunshine and raised \$558.90 for our Activity department. These fundraising dollars will go towards events and activities here at the Lodge so thank you all for your support!

August 31st we enjoyed some wonderful afternoon music by Iris Tuftin and her friend Pat!

September 5th we made our Fairy Window crafts, everyone did an absolutely amazing job! We have had so much interest from the community in buying these crafts that we may have to get busy making more before Christmas to have for sale. They are beautiful creations, and you should all be very proud of your work.

September 6th we went to Whitecourt for shopping and lunch and as usual we had a great time. We had lunch at Mr. Mikes and it was delicious! Rhonda was our driver for the first time. We really enjoyed having her.

September 10th we had our Grandparent's Day Party. We invited family and friends in for entertainment by Sunset Country – The Roys, as expected they didn't disappoint! Thank you to all who came! It was a great event!

September 11th and 12th were a little boring around here as the Activity staff had some cleaning and organizing to do but we were able to turn that into a "Give and Take" we held on the 13th in which the residents could not only take a look and see if they like something, but also declutter their own space. At the end of the day we brought everything that was leftover to the thrift shop! It was a very busy few days but it's so nice to get rid of all the clutter!

Happy Birthday to Anna C, Eleanor, David, Bill G and Bill K and Loretta who all celebrated birthdays in August!

Congratulations to Bret who was the winner of our August Loonie Bingo!

Dallys Crossland  
Pleasant View Lodge, Activity Coordinator



# 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 PAM!!!

Pam has completed the Site Manager course through  
Red Deer College

"You worked so hard and pushed your abilities to the  
limit to make this success happen. Congratulations!"





## PVL Staff



Congratulations to our August  
Make Others Great Award Winner  
Helen McNair!





# Spruce View Lodge Whitecourt



HELLO  
September

Well its that time of year again, Pumpkin spice and everything nice...

We welcomed a new staff member; Alaina Fry, she is loving the team and the lodge and really grateful for the opportunity.

In August sadly we lost a woman who was very special to us at the lodge, and to myself the Site Manager. My grandmother Stella Robbins passed, she was a fierce and kind woman who will be missed by us all at Spruce View.

On August 18th we celebrated our Leading Maintenance Lady; Brenda for Maintenance Appreciation Day!

Many staff were able to get away this summer, even for a small amount to enjoy the beautiful weather, as well as our residents and Activities Team!

## MEETINGS:

Lodge Meeting- September 26th

PCS Meeting -September 28th

Resident Meetings- September 13th



# SVL Activities

Wow another month has flown by! August is a month that makes us embrace the gorgeous flowers in full bloom. Thank you to all the hardworking ladies and gentleman that have tirelessly maintained the flower beds around the lodge.

We kicked off our August with Pieces by Sharon shopping, residents enjoyed picking their favorite pieces from Sharon's collection. August 4th Banana split in the courtyard, we had a wonderful time enjoying each other's company. We went to Walmart for shopping and then learned about the wine making process at the Fermented Moose.

Staff entertained the residents with enjoyable staff organized games, it was heartwarming to see the residents having a great time. August 15th, we had a fun filled afternoon of singing and enjoying each others performances. August 21st, we had a Special ball bingo in memory of Tom Harnum, we played bingo using Tom's name as a pattern and served his favorite snack, peanut butter balls, a huge THANK YOU to June Harnum.

On our Travel Tuesday's we discovered Austria famous for its castles, palaces and beautiful buildings. It is also home to some of the most famous classical composers such as Mozart & Haydn, the citizens take pride in appreciating the orchestra, opera & performing arts. We also travelled to the Philippines known for their popular beaches & islands. We also discovered how Filipinos are one in spirit. The positive outlook, love for elders, persevering character & recognizing God in the center of their lives.

The cooking show highlighted an easy Filipino refrigerated dessert and very popular in the summer time it's called Peach Graham float, another taste to remember.

We also had a successful outing to the Casino, with many residents joining us for delicious Fish & Chips, it was indeed a nice afternoon.

Finally, for our Birthday Party, Jeje a young talented singer from the community joined in as our entertainment and the staff performed Filipino Folk dances celebrating the Filipino theme, huge thanks to the amazing staff. Deputy Mayor Braden Lancot came in to personally greet our birthday celebrants; Bob, Phillip, Irma & Stephanie. A huge Congratulations to June for winning Make Others Great and to Marilyn & Shirley for winning the August raffle basket. Congratulations to Marilyn for winning the Door Bingo again!

We hope you had as much fun as we did in August, stay safe & healthy till next time ☺

Clarissa Titong - Activities Coordinator



# SVL Activities



# SVL Activities



**HAPPY 65TH BIRTHDAY  
ALBERTA!!**



# SVL Activities





# SVL Activities







# SVL Activities



# SVL Activities







# SVL Activities





# SVL Activities







# SVL Activities





# SVL Activities



CONGRATULATIONS!!!

Dorothy Heisler  
Make Others Great  
September  
Resident Edition!!





# SVL Activities



CONGRATULATIONS!!  
JUNE HARNUM  
Make Others Great  
August  
Resident Edition!!

# SVL Activities



Congratulations!!!  
MERLITA BUCAD  
Laundry Attendant  
Make Others Great  
SEPTEMBER  
Job well done 😊





# Chateau Lac Ste Anne Lodge Onoway



The leaves are changing and the days are getting shorter.

We have our department meeting on September 28th at 1:30. A few staff members will be attending a nonviolent crisis intervention workshop on the 27th. Hopefully we can bring back some good information to share with everyone. We have hired a few new staff; they will be starting over the next few weeks. Please give them a warm welcome.

Our resident meeting is at 1pm on the 20th. Our Fall/Winter menu will start on Monday Oct 16. Thanks to all the residents that gave us their feedback on this menu. Guest meals for thanksgiving will be \$15.00 and we have tickets available until September 25th at noon. This will give us enough time to order and thaw the correct amount of food.

Tammie Jacobs  
Site Manager CLSA



# CLSA Activities

Greetings from Chateau Lac Ste Anne! Fall is in the air (not just the smoke!) and we are trying to make the best of what's left of summer! Congratulations to our recent progressive bingo winner Marina and also to Barb K who won a lovely afghan that was donated to raise money for the resident fund. The rest of our August went something like this: On the 15th we had a great time singing karaoke then we had a great turn out for our resident meeting on the 16th. Bonnie was here on the 17th for another amazing card making class. The afternoon of the 18th we enjoyed pub and crib club and our last visit with Sue from Pet Adventures. Sadly Boom wasn't able to attend, but Sue brought another sweet pooch as his replacement. We will miss our visits with Boom and Sue but are looking forward to meeting our new therapy dog Oliver who will begin visiting us on September 12th and will be here every second Tuesday. Speaking of dogs though, we had a very friendly giant dog named Butch come by for a spontaneous visit and boy was he ever a hit as you can see in some of the pictures that were taken!! On the 25th we celebrated our August birthdays with a great party and amazing entertainment by Sunset Country! Happy birthday again to Marie, Charlie and Dot! On the 30th we held our yearly memorial celebrating the lives of our dear departed friends. The Town of Onoway is holding a bi-election this month so we had 2 candidates come by to visit and talk with our residents about their questions and concerns. A voting station was held on the morning of Sept 7th in our multi-purpose room. September 10th we celebrated our precious Grandparents with a Tim Horton's drive through and then on the 11th we had shopping with Personal Touch Fashions.

Coming up for the rest of September: Floor Curling is starting up again! Join us for a fall craft on the 14th and a fall inspired art class on the evening of the 18th. Resident meeting is on the 20th and all are encouraged to attend; we will follow the meeting with a sing-a-long. Card making on the 21st, a slush pub on the 22nd and then we will round out the month celebrating our September birthdays with music by A Touch of Country on the 29th.

Until next time....take care of yourselves, and each other!

Linda Fenske - Social and Leisure Aide



# CLSA Activities



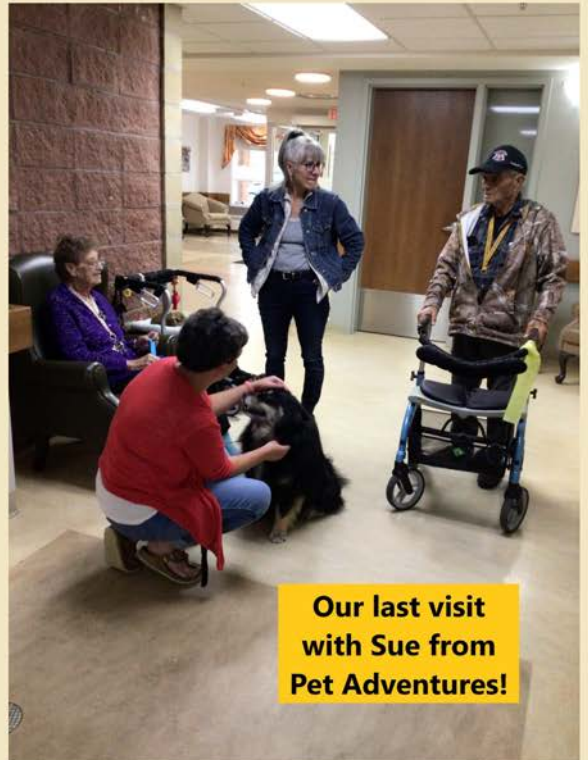
Happy  
Birthday

# CLSA Activities





# CLSA Activities

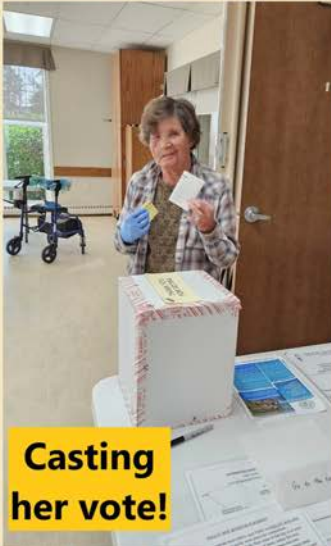


# CLSA Activities



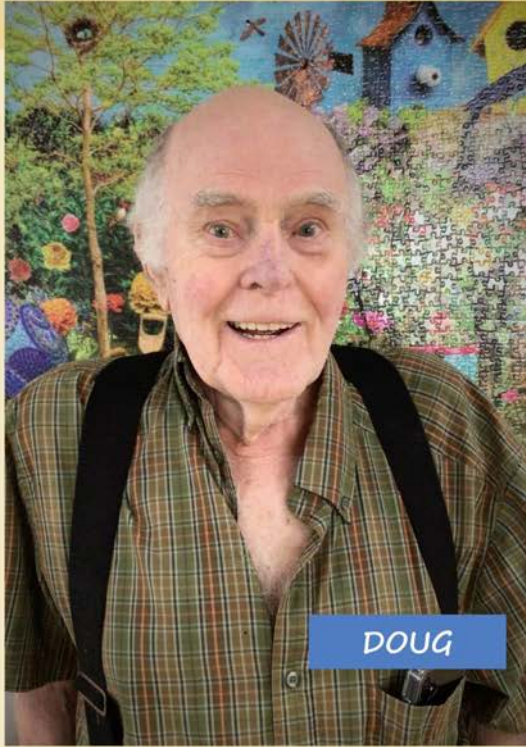


# CLSA Activities





# CLSA Residents



Doug Trueman

Doug was born on September 10, 1937 in Edmonton and had 1 brother and one sister. He went to school in Edmonton but quit in grade 9 to go work as a shop helper for his uncle along with starting a job at Manix Construction. As a kid he loved to play hockey and later on did some coaching as well. In 1963 he started to buy up bankrupt companies to run and he did that for several years. He lived in B.C. for about 12 years where he was involved with designing and building sawmill equipment for forestry. He was also able to do some memorable traveling to France, Italy, Hawaii and Fiji. He and his first wife raised 3 children, 2 girls and a boy, and they loved to go camping. His love for building and tinkering led him to purchasing a Golden Bears bus that he proudly converted into a motor home! He lived in Red Deer before moving to Onoway where he lived on the outskirts of town until he moved into the Chateau just this past July. He is now a very proud Grandfather of 3 and Great Grandfather of 2. Doug tells us he is very independent and is hoping to get his driver's license back soon. He has settled in very nicely and made some new friends and enjoys the meals and care he receives here. He is slowly starting to join us for games of shuffleboard, bingo and more. Welcome to our Chateau family Doug!



# CLSA Staff



Wow 15 Years!!!

When I was first hired at the Lodge I was starting my new life. I wanted to give back to society; I wanted to do something that helped others as much as myself. I wanted to help seniors like my Nana. She was a strong influence on me and eventually passed due to diabetic related complications. I started as a "Dining-Room Girl" yes that was the job title. Then I moved to working night shifts doing general/kitchen housekeeping duties and cooking breakfasts. Eventually as procedures and job duties changed I took a dedicated cooking position. I have always enjoyed working with food, and being in the kitchen is where I am happiest.

Working for the Lac Ste Anne Foundation at the Chateau Lac Ste Anne has been an adventure in learning and understanding what it means to be of service to your community. There have been some hard times over the years but there have been many more amazing moments that I wouldn't trade for anything.

Many faces, both staff & residents, have come and moved on; but I remember the lessons as I continue with my time at the Chateau. Some of those lessons include:

Living for today because you're not promised a tomorrow.

Do what feels right in your heart and be true to your vision and you won't have regrets.

Even your hardest day is someone's dream.

Taking things personally is unhelpful to you and those around you.

Some people are just jerks, don't worry about it, be happy.

I look forward to getting to meet many more people and learning many more lessons with the Foundation. Thank you to my colleagues, residents & friends for allowing me this life of joy.

SHARON



# CLSA Staff



Congratulations to our very own Sharon Kupnicki on her 15th anniversary working for The Lac Ste Anne Foundation at Chateau Lac Ste Anne right here in Onoway! If anyone has ever deserved praise as "going above and beyond", Sharon fits the bill...and then some! She started working at the Chateau from the first days of its opening and we couldn't be more grateful to have her here still, for she is a most amazing team player to us all! Not only does she go beyond for our residents, but for her co-workers too! Every meal she cooks and cookie she bakes is made with care and attention to detail. From the beginning Sharon has shown us all what kindness and generosity mean...from dressing up countless times for special occasions (Halloween being her favorite), to making special treats for staff for their birthdays, cakes for staff meetings and the loveliest treats for our residents. At one point she even went around asking all our residents what their favorite songs were that she then compiled into a play list just for them! At Halloween she dresses up and makes herself up almost unrecognizable just to bring joy to our residents; plus she comes in on her days off to entertain them-the last couple years as a fortune teller! She has created special songs and skits for Christmas and other special occasions showing us her amazing creativity. Her sense of humor and contagious laughter are second to none, and if we really looked back, it would be difficult to list all the extras she has done in the past 15 years. It would not, however, be difficult to say that Sharon is truly a one-of-a-kind humble human being that we couldn't be more fortunate to have with us. Thank you hardly seems like enough to express what she means to us all, but Sharon, we do hope you know how very much you are loved and appreciated for all your hard work and dedication to the Foundation and your Chateau Family. Sharon: Simply the best!!!



# CLSA Staff



# East & Central Manors

Happy September from East and Central Manors!

It is definitely feeling like fall out there. The leaves are changing and starting to fall. I, for one, am not ready for it to be winter!!

On that note; please inform us right away if you are having heat issues, so we can get you fixed up before the real cold weather hits. As temperatures drop, please ensure you are not leaving your windows open when temperatures drop below zero.

Please ensure you are cleaning up all your planters and storing them away prior to the snow flying. Our tenants have gotten some pretty good harvests from their planters. Deer have enjoyed the harvests as well. LOL!

Here's hoping we have a nice, warm and long fall and a short winter!



Why did the tree worry that it would never get its leaves back after autumn?

Because it didn't be-leaf in itself!

Have a wonderful September!!

Brenda  
Independent Living Manager



# In Memory Of

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



**Grant MacDougall**



**Stella Robbins**

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