LAC STE ANNE FOUNDATION NOVEMBER 2023 NEWSLETTER



CHATEAU LAC STE ANNE - ONOWAY

Six more Fridays before Christmas!!

We had our resident meeting on the 8th. Our next staff department meeting will be on the 23rd of November at 130pm. This month we also have our quarterly H&S meeting on the 28th.

We have had to say goodbye to 2 of our gentlemen over this last month. Jerry and Jan will be dearly missed. In the October 30th issue of the Lac Ste. Anne Bulletin we had our very own Jerry Safioles on the front page. At 99 Jerry was one of the oldest WW2 veterans in Canada. Jerry joined the Navy in September of 1943, and served until October of 1945. Oddly enough Jerry did not know how to swim. Sadly Jerry passed away 2 days after the issue was published. Jerry held a special place in the hearts of the Chateau Staff.

Svea has moved into room 213 she will be out and about on the 20th. Please welcome her to the Chateau then. Ed and Jeannette will be moving into room 105.

Tammie Jacobs - CLSA site manager

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November greetings from Chateau Lac Ste Anne! Can you believe this amazing weather?! At this rate, winter will seem a lot shorter (fingers crossed!) Thank you to everyone that ordered sausage from our Mundare fundraiser! The Activity Department raised \$481.20! This will go a long way towards enrichment programming for our wonderful seniors. We are also currently holding a Purdy's Chocolate fundraiser just in time for the holidays-stay tuned for that total next month! Our most recent progressive bingo winners were Dot, Fernande and Annie! Congrats ladies! On Oct 17 we held an all-day treasure swap where residents brought out items, clothing etc. that they no longer wanted to trade or give awayall of the items that were left were donated to the Goodwill...what a great way to give back! On the 19th Bonnie was here to start making Christmas cards and then we had a fun (and delicious) hot chocolate pub on the Friday. On the 23rd we gathered a bunch to fill treat bags for the trick-or-treaters (150 of them!) and then we rounded out that week with our birthday party featuring the music of Sunset Country! Happy birthday again to our one and only October baby, Leo! Our Halloween party was amazing with yummy treats, drinks and games galore....thank you to everyone who dressed up for the occasion! That evening the residents gathered at the front to hand out treat bags to at least 175 kids! (Thank goodness we had a few extra goodies!) We were also blessed to have our local daycare bring by their sweet little ones for a costume parade through the dining room! We began November making a poppy craft with our volunteer Donna and enjoyed a game of Connect 4! On Saturday the 4th we had some local piano students drop by for a recital-they were amazing! On the 7th we enjoyed another sing-a-long with yours truly and a lovely visit with our amazing therapy dog Oliver! Our resident meeting on the 8th was very well attended and the next morning we enjoyed coffee and trivia talk-it's amazing how much we remember trivial things! We had planned on taking a bus trip to Walmart on the 14th but it was canceled due to lack of folks signing up....we will try again on December 4th. In getting ready for the holiday season, Shauna will be taking beautiful Christmas portraits of all our residents that they can give to family and friends. Thank you to Dallys at PVL for the loan of the backdrop. Coming up for the rest of the month we have more Christmas card making with Bonnie on the 16th, a popcorn party on the 17th, shopping with Sassy Pants Fashions on the 20th, our birthday party with Larry Renn (a new entertainer) and much more! Hope to see you all soon!!!

Linda Fenske-Social and Leisure Aide



































































CLSA Activities Hot Chocolate Goodness!!

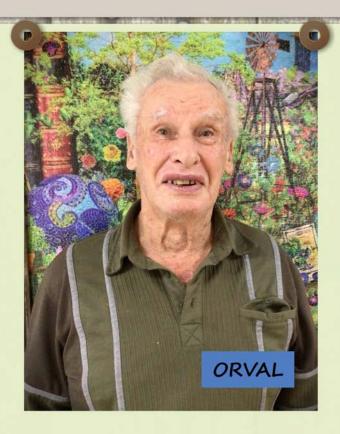
CLSA Residents



Fran Pifko

Fran was born in Toronto on October 25th 1928. Fran has 2 older sisters and 3 younger brothers; two of her brothers are fraternal twins. Fran was married to her husband Arthur who passed away in 2000. Fran has 3 sons, 1 who resides in Sandy Beach, 1 who resides in Ontario & 1 who resides in Australia. Fran spent 2 ½ years living with her son in Australia where she was able to soak in the warm weather and get away from the winters. Fran was an employer of Canadian Pacific Railroad in Toronto where she worked in the telegraph department sending telegrams on a machine. She worked there till she got married and had her children, she then stayed home with them until they were old enough to go to school and be on their own. That is when she returned to Canadian Pacific Railroad in the same job duty as before. Fran moved to Alberta when she moved in with her son in Sandy Beach. Fran enjoyed living along the lakeside where she was able to watch and listen to the geese every day. (That is until she would have to shoo them away because her son didn't like them making a mess on the beach!) Fran enjoys watching television, playing bingo and cards. Some of her previous pastimes are knitting and collecting stamps. She is still very active and has been joining us for many activities. Welcome Fran!

CLSA Residents



Orval Satermo

Orval was born October 15, 1937 in Vancouver and at the young age of 6 months, his family relocated to Lake Isle. Orval was married to his first wife for 42 long happy years until she passed away; they raised 1 boy and 1 girl. Orval then remarried and once again was married for 7 years until his wife passed away in 2020. Orval has 4 grandchildren 3 girls and 1 boy. Orval has 3 brothers, 2 of which are older and 1 younger brother. Orval's family farmed cattle and hay in the Lake Isle area. During his spare time he would support the family's farm with carpentry work. The largest amount of cattle Orval ever had on his farm was 60 cows. During Orval's spare time he would volunteer at the local Bingo hall in Darwell selling Nevada pull tickets, which his wife loved playing. When Orval moved here to the Chateau he had to give his favourite pal, Nova his cat, to his granddaughter to take care of. Orval will get to visit with his cat when he goes for family visits. We are delighted to welcome Orval to the Chateau family!!

CLSA Staff



Hello, I'm Lisa Blais!

I have been an Alberta resident for many years, originally I am from Manitoba. I live in my empty nest with my Torr (partner). I raised 3 beautiful children who make me proud; my grandchildren are my pride and absolute joy! I really enjoy baking cupcakes/cakes and anything else that cures the sweet tooth. One of my favourite pass times is chatting with my girlfriends and watching my favourite hockey team the OILERS! I have been working at the Chateau Lac Ste Anne for one month and I am really enjoying it! The staff is amazing and I feel privileged to be working here. I look forward to making more memories with all the residents and staff here at the Lac Ste Anne Foundation.

Woodland Villa



Melody Nemlander - Supportive Housing Manager

We are all very thankful for the continued mild weather lately.

The comfort & safety of our tenants is of utmost importance. A reminder for any suspicious persons noticed in out buildings please phone the police and report it.

Do enjoy the beautiful outdoors while we still can.



East & Central Manors



In remembrance of those who have served and those who continue to serve. Thank-you from our east and central manors!

I hope everyone was able to find their way of participating in Remembrance Day activities. The weather was certainly beautiful to partake outdoors.

All the little ghouls and goblins are off enjoying their Halloween treats! Highview Haven had 129 trick-or-treaters this year!

The cold weather has stayed away thus far. That being said, please don't get lax about leaving windows open. It is still dropping below zero, which puts your pipes at risk of bursting.

Just a reminder to ALL tenants, although we do allow smoking in your suite, it is your responsibility to make sure you are doing what you can to keep the smoke from infiltrating the rest of the building. Some things that can be done to alleviate the 2nd hand smoke; air purifier, weather stripping around door, fans to blow smoke out your window (assuming it is above zero outside). Also, smoking of cannabis is STRICTLY PROHIBITED! We have never allowed cannabis to be smoked in our buildings. There are other options (oils, edibles) that can be used that do not cause offensive odors throughout the buildings.

Brenda Young - Independent Living Manger

Pleasant View Lodge Mayerthorpe



Last month Rexall came to the lodge to do an immunization clinic for residents and staff. Thank you to Rexall for providing that service.

During the last resident council meeting we discussed everyone being prepared for emergencies. We also talked about the importance of keeping all medications together, an easy to grab overnight bag along with a jacket during the winter. We do complete at least two full mock evacuations every year, in which we request resident participation.

We have a few residents moving rooms within the lodge and once those moves are complete, Amy and I will schedule the next move in.

The legion held a very nice ceremony at the lodge. Thank you to the Mayerthorpe Legion! With the Community Centre open again, the Friendship Club has been coming in to play pool on weekday mornings. The Sewing Club is in the Community Centre every third Saturday, as well as Crib Club Thursday mornings.

If you would like to book the Community Centre or the Family Dining Room during the Christmas season, please let me know as soon as possible.

Meetings:

Health & Safety Committee: November 16th at 2:30pm

Resident Council: November 27th at 10:15am

Staff: November 28th at 1:30pm

Pamela Lacaille - Site Manager

I have always really enjoyed Halloween and this year was no exception. We have had a really fun last month and here is a quick recap of our events and activities.

Thanks to a generous donation from Friends of The Lac Ste Anne Foundation as well as our very own Anna J we were able to have two Tim Hortons's Drive Thru's this past month, one on October 12th and again on November 2nd. We appreciate these donations very much. Thank you!

We also had two outings over the last month. We first did a scenic drive on October 4th and then a shopping trip to Whitecourt on October 23rd.

We had a spooky Halloween bingo on Friday, October 13th to kick off our Halloween festivities.

On October 27th we celebrated our Halloween Happy Hour. We served witches brew and chips while we played spooky music and handed out special Halloween gem stones (with their own meaning) to each person in attendance.

On October 30th we made 200 candy bags to be handed out the following evening to trick or treaters. I just want to take a moment to thank all the residents for their help with this task. It would have taken me all day but with their help we had it done in no time! Thank you ladies!

On Halloween morning we welcomed the children from the elementary school to come in and put on a costume parade for us. In total about 150 children came into our make shift haunted house (The Community Centre) and then strutted the halls in their costumes for us all to see before grabbing a candy and heading back to class. It was wonderful to see all the adorable and creative costumes!

We then had our Halloween Party in the afternoon in which Elvis came and performed for us, thank you to the Friends of the Lac Ste Anne Foundation for donating the cost of the entertainment for the event. As always Elvis put on a great show! Afterwards the residents ate supper and got ready to hand out candy to all the little trick or treaters that evening. It was a great Halloween season and I will be looking forward to next year!

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We would like to thank Mayerthorpe Legion for taking the time to come and do a Remembrance Day ceremony here at the lodge with us on November 8th, it was absolutely lovely!

We would also like to thank Spruce View Lodge for coming to visit us on November 9th. It was a great time!!

Happy Birthday to Betty, Mary and Carrie who all celebrated birthdays in October! Congratulations to Bret who was the Loonie Bingo winner for October.

Dallys Crossland - Activity Coordinator







Hortons.

This event was generously sponsored by The Friends of The Lac Ste Anne Foundation, thank you for your continued support!





































































PVL Residents



Larry Harris moved to PVL from Onoway this summer. He has adapted well to his new home and we all very much love having him here. Larry enjoys playing crib and gallivanting around town in his fancy new electric wheel chair. Welcome to PVL Larry!

PVL Staff



Michelle is one of our HCA's here at the lodge. Michelle, also known as Chelle, was born in Whitecourt where she has lived her whole life. Michelle says that she loves working at PVL because she really enjoys the residents as well as her co-workers! Welcome to PVL Chelle!



Spruce View Lodge Whitecourt



What a great start to our winter season, it has been such beautiful warm weather. Hopefully this will not mean that winter will last long and have extreme cold... With cold and flu season upon us it is very important that we are ensuring we are staying home if we have any cold or flu symptoms and help keep everyone safe and healthy.

We will begin our Annual room deep cleans here at SVL, and if there is no availability for you to leave your suite then we can have our Legacy or Rotary room set up nicely for you to enjoy.

We have also began scheduling our Christmas activities for residents and staff and we can't wait for the fun of the season to begin!

MEETINGS:

Lodge Meeting- November 15th Health & Safety Meeting- November 14th Resident Meetings- November 8th

Diane Robbins - Site Manager



Welcome to the October edition of our newsletter. Here at SVL we had an exciting month filled with fun activities and events.

We kicked off October with a fashion show featuring Pieces by Sharon's fall collection. It was June, Judy, Anne Schaffer and Babe who took to the runway and had a blast showcasing the latest fashion trends; kudos to Alberta and Christine for participating too. The audience enjoyed the show and it was a great success!

On October 6th, we held our annual bake & craft sale and it was a tremendous hit, Heidi wowed everyone with her very colorful tissue holder, Doreen with her crochet gloves, mittens and dish cloths, and finally Gay with her beautiful creations of crochet doll, blankets, mittens etc. We managed to raise an impressive \$511, thanks to the generous donations from both RESIDENTS & STAFF. Hip hip hooray©

We played bowling and it is always a joy to see residents having a great time and enjoying friendly competition. Joanne taught the residents how to play the Rummy game, I would say that this game was particularly special as it brought back cherished childhood memories for many of them; it was full of laughter making it a memorable experience for all.

Anis from AHS conducted an informative session on Fall Prevention. It was a valuable opportunity for our residents to learn about staying safe during the fall season.

For our Travel Tuesday's we learned and discovered the province of Saskatchewan, presented by the Whitecourt Library. Saskatchewan supplies more than a third of the world's total exported durum wheat and is the world's top exporter of lentils and dry peas. We also traveled to Czech Republic which lies in Central Europe and is known for its rich history, stunning architecture, delicious cuisine and vibrant culture. Lastly, we discovered Turkey which is famous for landmarks, monuments, ruins and other historical places. The location and the past empires made Turkey one of the most attractive destinations in the world.

In a special cooking show episode, I had the pleasure of working with June. Together we created delicious four- ingredient snacks that can be given away as Christmas gifts. It was a wonderful experience to collaborate with one of our residents and another taste to remember.

For our birthday party we had the Baxter's as our entertainment. Mayor Tom Pickard came and personally greeted our birthday celebrants; Ray, Kay C. and Kay H. Huge congratulations to Rolande for winning the October Make Others Great, and to Judy for winning October raffle basket. Congratulations to Marilyn & Alberta for winning Door Bingo.

Lastly, October 31st we celebrated Halloween by hosting a Spooky afternoon tea. We played games, indulged in croffles (croissant – waffles) and enjoyed hot chocolate, coffee with pumpkin spice Irish cream. It was a delightful afternoon filled with laughter and togetherness.

Thank you ALL for making October a month to remember. Stay safe and healthy®

Clarissa Titong - Activities Coordinator































































































Consuelo Martinez or Connie for short was born in Valencia, Spain on September 16, 1931. After spending majority of her life in Canada, specifically on the Sunshine Coast in BC, she has decided to join our beautiful family here in Whitecourt.

Throughout her life, Connie has been incredibly passionate about singing, dancing and most notably cooking. In fact, she once owned a restaurant in BC called Casa Martinez, where she had the pleasure of serving many high profile individuals. Her culinary skills and dedication to providing exceptional service earned her a reputation as a talented chef.

Fun facts about Connie, she was a true polyglot, fluent in five languages. Aside from her native dialect, she is also proficient in Spanish, Italian, French and English.

Connie's advice to everyone is to take care of what you eat and find happiness in every

Connie's advice to everyone is to take care of what you eat and find happiness in every single day. With her love for cooking and her appreciation for the simple joys in life she reminds us all to savor the flavors and moments that brings us happiness.

Welcome Consuelo!



Welcome Ray!!

Ray Ghostkeeper was born on October 5, 1949 in High Prairie, Alberta. Ray is known for his contagious smile and friendly nature, he's always been a people person. Throughout his life, he has held various jobs, including working as a service man, mechanic and even serving in the Whitecourt fire department.

One of Ray's passions is watching drag races and he would often travel to Calgary just to watch the thrill of racing. Another hobby that brings him happiness is singing, particularly rock & roll.

A significant turning point in Ray's life was when he moved to Spruceview Lodge. He found happiness here, he enjoys the people and the environment.

Ray's advice to everyone is to pick a life path and work with it, striving to live the best life possible.



Welcome Lil!!

Lil McDermott was born on June 10, 1936 and raised in Burtonsville. Lil was a true farm lady at heart and found happiness in the simple and peaceful life on the farm. However circumstances led Lil and her family to relocate to Whitecourt. Due to her shy nature, Lil preferred to work in the house away from the spotlight.

In her free time, Lil discovered a passion for painting and quickly became skilled at it. Her artistic talents extended beyond painting, as she also enjoyed knitting, sewing and crocheting.

Lil's advice to everyone is to be nice and friendly to people. She understands the importance of kindness and believes that it can make a significant impact on the lives of others. Lil serves as a reminder to spread positivity and warmth wherever we go.

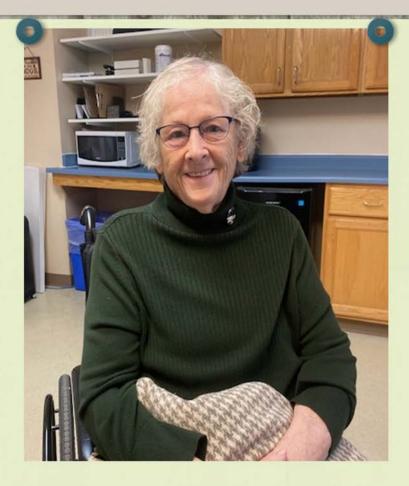


Gerald Stimson, born on February 21, 1937, in Wainwright, Alberta, Gerald has a deep passion for farming, hunting, and travel. Gerald dedicated his life to cultivating the land and nurturing its bounty. Gerald finds solace in the peacefulness of nature and the satisfaction that comes from working the fields.

In addition to his love for farming, Gerald possesses a unique interest in boxing. He has even competed for provincials, showcasing his determination and skill in the ring. This unexpected hobby adds an exciting dimension to his already fascinating life.

Fun facts about Gerald he has a fear of bees and spiders, these tiny creatures makes him uneasy. It serves as a reminder that even the bravest among us can have unexpected fears.

Gerald's outlook on life is characterized by gratitude and optimism. He firmly believes in the power of gratitude and cherishes every day as a gift. His favorite saying, "I am great because I woke up on the right side of the ground," reflects his unwavering appreciation for life's blessings. This positive mindset serves as a reminder to always be thankful for the opportunities that each day brings. Welcome to your new home Gerald!!



CONGRATULATIONS!!!

Joyce Hahnekamp
Make Others Great
for November
Wonderful ©

SVL Staff



Born and raised in the charming Radium Hot Springs of BC. Alaina now finds herself in the beautiful town of Whitecourt. She started her journey here at SVL in September as a Lodge Assistant and it has been amazing.

What Alaina enjoys most about her job are the wonderful residents, their stories, smiles brings her joy and happiness. Not only that, but the staff she works with she finds very friendly and helpful.

Outside of work, Alaina finds happiness with her loving husband and their two adorable dogs. She also enjoyed massage therapy, aesthetics and hairdressing. Once again welcome Alaina, we're happy to have you here, Cheers!

SVL Staff



Tracey, originally from Wadena Saskatchewan, has found her new home on an acreage in Whitecourt. She started in October as a Social Leisure Aide. She truly loves the warm and friendly nature of the residents, who have made her feel incredibly welcome. Additionally, the supportive staff have made her transition seamless and enjoyable.

Outside of work, Tracey is a proud mother of four grown-up children and grandmother to one grandchild. In her free time, she indulges in her passion for quilting, creating beautiful designs. When summer arrives, Tracey loves to spend time at the lake with her husband.

SVL Staff



CONGRATULATIONS!!!

Brenda Hoisington

Maintenance

MAKE OTHERS GREAT

November 2023

Simply Superb ©

In Memory of

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



Marjorie Rolfe



Jim Savoy

Gone but not forgotten. Your memory will forever live on in our hearts.