

# *Lac Ste Anne Foundation*

## *December Newsletter*



Happy Holidays to our Amazing LSAF Team !

It's the time of year to reflect on our accomplishments and cherish the spirit of togetherness. As the year draws to a close, we want to express our gratitude for your exceptional efforts.

Your hard work has been a shining light this year.

May your holidays be a time of rest and rejuvenation, surrounded by loved ones. Let's look forward to another year of growth and success together! Best of health to all for 2024.  
Warmest Wishes to you and yours for the Holiday Season!



# Woodland Villa



Melody Nemlander  
Supportive Housing Manager





# East & West Central Manors



## Merry Christmas from East and Central Manors!

Wow! The countdown is on! Our manors are getting their trees and decorations up. It makes the buildings look so cheerful! Maybe everyone will be lucky and have good roads and nice weather for their holiday traveling.

Do you know that the FCSS and your local library are good sources of help for seniors? Many locations will help with numerous things, from offering seminars on various topics, help access and fill out forms, help source groups to assist with daily chores, etc. Make sure to check them out.



# East & West Central Manors



How did Joseph and Mary weigh Baby Jesus at birth?

They had a "weigh" in the manger.

Merry Christmas and Best  
Wishes for a Wonderful Holiday Season!

Brenda Young - IL Manager





# *Pleasant View Lodge*

## *Mayerthorpe*



We received our first snowfall Dec. 3 that didn't quickly go away. Please take extra precautions when going downtown to avoid any icy areas. Let staff know when you are going out so we know when to expect your return. This is also helpful during emergency situations so we are not searching for someone who may be downtown shopping or at an appointment.

Since we were on outbreak as of November 19th, we were unable to have our full evacuation. Once we are off outbreak, hopefully soon, we will have the evacuation with all staff and residents. Just a reminder if you hear the fire alarm stay in your room with the door closed and staff will direct you to the muster area.

Bernie and Shirley M have both moved out at the end of November. We will all miss them both.

Our Team Lead LPN & Site Manager Appreciation Day will be celebrated December 13th.

The Friendship Club Christmas supper will be on December 15th.

### Meetings:

Resident Council: December 18th at 10:15am

Staff: December 19th at 1:30pm

Best wishes for a joyous Christmas filled with love, happiness and prosperity in the New Year!

Pamela Lacaille - Site Manager



# POL Activities



This past month has definitely not been what we were expecting. We had a fun filled December planned and this outbreak came along and completely ruined our plans. We did get to enjoy a few fun things before all this started. We enjoyed the wonderful accordion music on November 10th. It is always a pleasure when Eric comes to play for us.

November 13th we did our resident Christmas photos. Thank you to Janice. O for taking the time to come in and help with this event. On November 15th we had the EEE Grade 5 class come over to the lodge to read to the residents.

On November 16th we did our Deer Hunting game. I personally ALWAYS enjoy this event. It is so fun to watch the residents take out the targets, I tried so hard to make it as difficult as possible. Shortly afterwards we were put on outbreak status which really threw a wrench in all our plans. We had to cancel all of our upcoming events and shift to one on one visits and door to door activities. We are now finally just off outbreak and ready to start having some Christmas season fun!

Happy Birthday to Jim. B and Marie who celebrated Birthdays in November!

Dallys Crossland - Activity Coordinator





# POL Activities





# POL Activities





# POL Activities





# *POL Activities*





# *POL Activities*



*POL Staff*



Congratulations to our November  
Make Others Great Award Winner  
Naomi Taylor!





# *Spruce View Lodge*

## *Activities Whitecourt*



We hope this newsletter finds you well and that you had a wonderful November! We wanted to take a moment to highlight some of the memorable events and activities.

First and foremost. We would like to express how happy we are for the beautiful weather that graced us throughout November. The clear skies and pleasant temperatures made our days even more enjoyable.

One of the highlights of the month was our shopping trip to Walmart and Dollarama. It's always fun to explore the aisles and discover new things, Christmas ornaments etc.

In the spirit of Remembrance Day, we dedicated some time to arts and crafts. We gathered together to draw and paint poppy flowers, paying tribute to those who have served and sacrificed for our country. It was a meaningful and creative way to honor their memory.

On November 9th, we went on a heartwarming trip to visit Pleasant View Lodge in Mayerthorpe. It was a wonderful opportunity to connect with them and brighten their day. The seniors were delighted to have visitors and cherished the time spent together. It's moments like these that remind us of the importance of community and the joy of giving back.

We were also fortunate to have St. Anne's students join us for an afternoon of storytelling. Their presence brought smiles to the faces of our seniors, and the stories they shared created a beautiful bond between the generations. We are grateful for their visit and the positive impact they made.

Anis from AHS conducted an informative session on "Improving your Heart Health". It was a valuable opportunity for our residents to learn about staying safe and healthy.

For our Travel Tuesday's we learned and discovered the country of New Zealand which is known for their sheep. It is also known for its wine, lupines and rugby as well as the outdoor activities. We also traveled to Kazakhstan which is the ninth largest country in the world and known to be the largest producer of Uranium and other minerals. It is always nice to know and learn about the different cultures, cuisine and the people.



# SOL Activities



For our birthday party we had the Sunset Band as our entertainment it is always nice to have them. Huge congratulations to Marilyn & Donna for winning our door bingo. Congratulations to Joyce for winning the Make Others Great for the month of November and to Brenda for winning the raffle basket.

And to wrap up the month on a musical note, we had the pleasure of having local talent Jenna Mae. She mesmerized us with her piano skills and played enchanting Christmas songs. It was a delightful afternoon filled with the joy of music and singing.

We are so grateful for each and every one of you and look forward to creating more cherished memories in the coming months. Wishing you a joyful December filled with love, laughter, and warmth.

Stay safe and healthy ☺

Clarissa Titong - Activities Coordinator





# SOL Activities



# SOL Activities





# SOL Activities





# SOL Activities





# SOL Activities





# SOL Activities





# SOL Activities





# SOL Activities





# SOL Activities



# *SOL Residents*



**CONGRATULATIONS!!!**  
**Louise Boudreault**  
**MAKE OTHERS GREAT**  
**December**  
**Good Job ☺**





## SOL Residents



Norman Stubbs, born on February 12, 1946, in Hays, Alberta, grew up in a close-knit family on a farm where they raised cattle, pigs, and various other animals. From a young age Norman developed a strong work ethic and a passion for mechanics. After completing his studies at NAIT to become a licensed mechanic Norman entered in a successful career in the field, finding a job that he truly loved. One of Norman's proudest moments came when his son decided to follow in his footsteps and pursue a career as a mechanic. This legacy brought joy and satisfaction to Norman, as he saw his hard work and dedication being carried forward by the next generation.

Norman enjoys watching and playing hockey and curling. These activities not only provide him with a sense of relaxation and enjoyment but also serve as a reminder of the importance of being healthy.

Norman's advice to everyone is simple yet powerful: choose a job that brings out the best in you and work hard to excel in it. He believes that by pursuing one's passion and putting in the necessary effort, success and fulfillment are within reach. Norman's own journey is a proof to the rewards that come from following this advice and he hopes to inspire others to do the same.



# *SOL Staff*



**CONGRATULATIONS!!!**

**Tracey Law**

**Social Leisure Aide**

**MAKE OTHERS GREAT**

**DECEMBER**

**Well done 😊**





# Chateau Lac Ste Anne

## Onoway



Donation  
for Lac Ste  
Anne East  
Food Bank-  
Well Done!!

I hope everyone has been able to get into the Christmas spirit, being a brown Christmas and all.

I'd like to thank all the staff here at the Chateau for always being available to help out when needed. It has been a challenging few months leading up to Christmas. We have worked through 2 concurrent out breaks all while the elevator has been down. Just when we thought we'd make it through the season it failed again. I know what I have on my wish list this year.

I hope all staff are able to enjoy our 6 days of Christmas meals. There are plenty of leftovers for the evening and night staff.

Merry Christmas to all and all the best in 2024  
Tammie Jacobs - CLSA Site Manager



# CLSA Activities



December greetings from the Chateau! The place is all decorated for the season and despite the lack of snow, we are slowly getting into the spirit of it all! Our most recent progressive bingo winner was Marina...congrats! Our fundraising total for the Purdy's Chocolates came to a whopping \$836.52!!! (Wow! That's a whole lot of chocolate!!) Thank you to all who purchased and supported our fundraiser! The Chateau staff and residents have also collected \$400 to give to our local food bank-well done everyone! Sadly towards the end of November we were placed on outbreak status so had to modify quite a few activities...add to that a broken down elevator and needless to say, we had to be creative! Our bus trip and birthday party were canceled but we are looking forward to celebrating all November and December babies on the 29th in conjunction with our New Year's Party. Happy November birthdays again to our very own Barb P., Ron, David, Art and Ruth! On Nov 15th we had a great turn out for an AHS sponsored presentation on Anxiety in Seniors. On the 16th our card making guru Bonnie and her friend Judy started on a 2-part Christmas card making class. (Part 2 coming up on the 14th)...beautiful works of art indeed! On the 20th we had a new shopping experience come to the Chateau called Sassy Pants, lots of great stuff was displayed and purchased! Shauna stayed busy taking beautiful Christmas portraits of all our residents-a great treasure for gifting to family and friends! When the elevator broke down we hauled some games upstairs and split our time between the upper and main level keeping busy with floor bowling, curling, bingo (by speaker phone!), coffee time with trivia, hangman, exercises and more! We are currently holding an awesome Christmas raffle basket that will be drawn for on the 15th while enjoying our Tim Horton's drive through and some Christmas carolers! On Saturday the 16th we have our local Fish and Game youth popping in for a visit. The rest of the month will be busy indeed with so many Christmas festivities, performances and fun! We will be doing a Christmas themed stained glass art class on the 12th, the Lac Ste Anne Community Choir will be here in concert on the evening of the 13th, the Baptist Church kids choir on the 17th, a Christmas sing-a-long on the 19th and on the 20th Santa is coming to town! On the 21st we will host a FREE Christmas Bingo with cash bonanza then we will be enjoying our Christmas Tea on the 22nd with music by "Sunset Country". Also be sure to join us on the 29th to celebrate the New Year and our November and December birthdays with music by Gary Thomas.





# CLSA Activities



We would like to take this time to acknowledge all our wonderful sponsors and volunteers. Whether financially or with their time; these folks always go above and beyond to help bring joy to our seniors, not only at Christmas, but throughout the year. Thank you: Bonnie and Judy, Len and Tess, Joan, Ginny, Wendy, Johanne, Lori, Kasia, The Butlers, Donna, Lisa Fibke who runs the Santa's wish list program and the community members that get involved, the Reid Family, Onoway Bigway Foods, Onoway Healthcare Pharmacy, Onoway & District Quilters Guild and many more anonymous supporters. And to all the others that come by to spend time with our folks, you are amazing and we are grateful! "Never stop doing things for others; sometimes those little things occupy the biggest part of their hearts"

Wishing you and yours a magical and wondrous Christmas and all the best of health and happiness in 2024!!

Shauna Londeau - Activity Coordinator  
Linda Fenske - Social Leisure Aide



# CLSA Activities





# CLSA Activities



Card making with Bonnie and Judy!



Crafting!





# CLSA Activities



**Bingo!!**



**Shopping with Sassy Pants!**





# CLSA Activities



**Coffee and Trivia!**



**Trivia Time!**





# CLSA Residents



Svea Spicer

Svea was born and raised in Sweden. At the young age of 7 she was asked by the local bakery if she could help them scrape baking sheets during the Christmas season. The following year she was asked to work at the local florist. Svea graduated College at age 16 and was hired by a large merchant shipping company in their coding and statistical department. Svea moved to Toronto Ontario in 1970 where she was only expecting to stay for six months, but Canada stole her heart! Her love for animals took her to new adventures as an animal technician. Svea married in 1975 to her late husband Ed. Together they raised 2 children, 1 boy Leif who resides in Australia, and 1 girl Katrina who resides in Alberta.



While living in Ontario, Svea lived in the bush where she had her own personal lake. It wasn't a big enough lake to have a name; however the taxman wanted it to be named so they could increase property taxes. All the local's knew the lake as "Svea's Swamp!" When Svea left Ontario she was working as an operations manager in the Aviation field. In 2004 she moved to Darwell, Alberta to be closer to her daughter. There she started work at Camp Warwa in the kitchen as a cook. (They called her the bannock lady!) Svea was a proud volunteer fire fighter for Lac Ste Anne Fire Services from 2004-2016. During her services Svea drove 'Big Red'. For 14 years Svea also ran a very successful accounting company. One of Svea's favourite meals is to have traditional homemade Swedish Meatballs. Welcome Svea to our Chateau family!





# CLSA Staff



Dominika Chomyn

Hello, my name is Dominika! I moved to Canada from Poland 25 years ago. I lived most of these years in Ontario but in 2021 my family and I decided to make a big move to Alberta. Best decision ever!!! I still have to pinch myself every time we go to the mountains, so lucky to live in this beautiful province. My husband Andrew and I have 2 daughters, Sophia (14) and Lilianna (11) and a cute doggie Jazzy (3). Our family loves road trips, hiking and dirt biking. I am more of a homebody who loves to craft and decorate our home. I am very excited to join the team here at the Chateau and get to know all of our dear residents!!



# *In Memory Of*



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



**Jerry Safoiles**



**John Spelina**

Death leaves a heartache no one can heal.  
Love leaves a memory no one can steal.

