



# Lac Ste Anne Foundation January Newsletter

Woodland Villa  
Melody Nemlander - Supportive Housing  
Manager

Wishing everyone all the best for 2024.  
Keep safe and warm!



# East & West Central Manors

Happy New Year from the East and Central Manors!

Hello all. I hope this finds everyone recovered from all the turkey and treats you may have “gobbled” throughout the holidays. We were so fortunate the weather held for those who were traveling.

Now into the deepfreeze for a bit, and finally some much needed moisture! Just a reminder, most of our building's outlets for plugging in vehicles, are on a 2hr on and 2hr off rotation. Our snow removal crews aim to have snow cleared from entries and sidewalks by 9am each day of snowfall. Just a reminder, as this is independent living, it is the tenant's responsibility to clear the snow from their decks (if applicable) if desired, and from their vehicles. Parking lots are cleared periodically, but not after every snowfall.

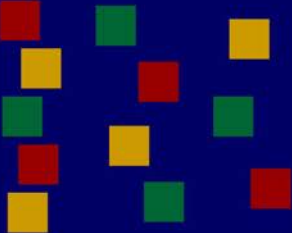
Our contractors are working feverishly to complete the new fire alarm system at Lakeview Manor. Thank-you to all our Lakeview tenants for your continued patience.



Have a wonderful January and stay warm and safe.

Brenda - Independent Living Manager





# Administration Office

Here we are starting a New Year once again, here's a recap of events for December 2023.

Together the Foundation celebrated **30 years of employment for Betty Gale on December 12.** This is quite an achievement, Congratulations !!

Betty serves as an excellent historian, and is a wonderful asset with a wealth of knowledge and true commitment to LSAF.

**Thank you Betty – wishing you many more years with the Foundation.**

I hope that everyone had a wonderful Christmas season whether it was spent with family, or with staff and your friends at the lodge sites.

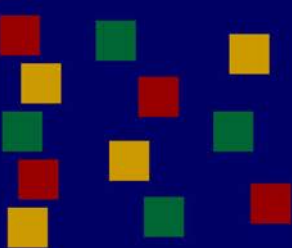
All lodge sites had provided some wonderful events, entertainment, meals and gifts for the residents and staff to enjoy. THANK YOU to those that made this possible !

I can't wait to see where the next year brings us! Wishing you all nothing but happiness in the new year.

May this coming year lead you on a new exciting adventure, complete with life-changing experiences and deeper friendships.

Sylvia Bonnett, Operations Manager LSAF





# Pleasant View Lodge Mayerthorpe

## Happy New Year!

The lodge was on outbreak for part of December but it was short lived and everyone is feeling better in the New Year!

We did have three residents move this past month & a half. We will miss Loretta & Robert and Anna J.

Our temporary COVID positions ended December 31, 2023. Darlene and Annette will both be back to visit as Darlene has Young at Heart in the Community Centre Wednesdays at 1:30pm.

We started January off with some mild weather. Mid-January hit us with some colds of -50. Luckily it was only for a few days and we got through it. Our staff made sure everyone stayed warm. Thank you to all staff and especially to Robin for going to pick up extra space heaters for anyone who was a bit chilly with the cold weather.

Please welcome Rae (HCA) to the PVL team! Naomi left her position of Lodge Service Coordinator to work closer to home, we will all miss her. Jackie is our new Lodge Service Coordinator. Congrats on your new role!

January 18th we had our annual fire alarm inspection.

On the third Saturday of every month the sewing club will be in the community centre. Their next meet up is January 20th.

### Meetings:

Friendship Club-January 16th at 10:00am

Friends of the Lac Ste Anne Foundation-January 24th at 9:30am

Staff-January 26 at 1:30pm

Resident Council-January 29 at 10:15am

Pamela Lacaille - PVL Manager



# PVL Activities

Well Christmas is over and everything is being packed away for the year. Although our Christmas season was hindered by outbreaks we didn't let it stop us from having a great time.

On November 29th Jim and Evelyn Selzler celebrated their 65th wedding anniversary. We would like to thank their family for donating a cake to share with the residents. We were on outbreak at the time so instead of having a party together we did door to door visits and cake deliveries.

Although we weren't able to have many group activities we still enjoyed distanced bingo, one on one and small group activities, such as our Christmas Fairy Window craft, Christmas manicures, as well as door to door visits and activities such as hot chocolate and treat deliveries.

On December 19th we were finally able to go on an outing. We went to Whitecourt for some shopping and lunch. We stopped by the Home Hardware to see their Christmas displays and it was amazing.

December 21st Santa stopped by to give each resident a card and a gift. We also received gifts from the public library this day as well. The library has a program in which a resident of the community will sponsor a senior that does not have a lot of family. They are wonderful for running this program. It makes a huge difference for seniors in our community and we thank everyone who participates in the program!

Christmas Eve Eric came to play his accordion for us again this year, it's always a pleasure! Thank you Eric!

We did have to postpone our Christmas Party with entertainment by The Roy's on two occasions over the holidays but luckily on January 15th we were able to finally have our party.



# PVL Activities

Happy Birthday to Cecil, Gordon and Carol, they all celebrated their birthdays in December.

I would also like to thank the following people who made donations to PVL activities towards this holiday season, these donations went towards band and other event costs, Tim Horton's, gifts for the residents and much more. - Carpet Town Interiors Whitecourt, The Magiega Family, Lac Ste Anne County, Mayerthorpe Value Drug Mart, April Birkbeck, Anna Cierny and Henry and Wanda Baxter.

Dallys Crossland - Activity Coordinator





# PVL Activities

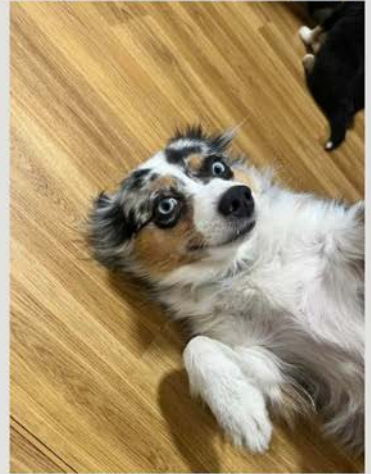


# PVL Activities





# PVL Activities



# PVL Activities





# PVL Activities





# PVL Activities





# PVL Activities



# PVL Staff



Congratulations to our December  
Make Others Great Award Winner  
Carrie Arndt!



# Spruce View Lodge Whitecourt



December feels like a blur, having been on outbreak and then trying to ensure we keep the Christmas Spirit high amongst staff and residents made it go by in the blink of an eye. We had some very memorable experiences in January with CTV news coming to interview some residents in regards to gifts donated by a young and bright high school student. Sadly we did say good bye to many people in December. See you again to an incredible leisure aid, Tracey Law, with her short time with us at Spruce View Lodge she made quite the impact with residents and staff and we hope to see her at Spruce View Lodge again soon.

We also said good bye to Bob Taylor, him and his wonderful family will be very missed by all of us. He was a man who was not afraid to speak his mind, and let you know what he liked and did not like.

Ronald Melvin will be very much missed, his fist pumps and big smile that lit up a room will not be forgotten.

Linnea Whyte was a beautiful lady, she had such a high spirit and beautiful aura, always with fresh nails and gorgeous long locks.

January brings a lot of new changes, and a feeling of refresh for the year 2024. We welcome Claude Brisson to our SVL family; he is a kind man with a big heart. As well we welcome Marie Whitecotton who recently moved into SVL, she has a very kind soul and will bring a lot of new trends to our site. Last but not least we welcome George Boyden, his sweet and loveable sense of humour has us all laughing and smiling with him.

# Spruce View Lodge Whitecourt

This year the staff at Spruce View Lodge decided to do something different for our Christmas Party! Together we joined into 5 groups and did a Christmas RACK (Random Acts of Christmas Kindness), we wanted to show our sincere gratitude and appreciation to our community and the businesses and people who make this community great. We delivered coffees, treats and sweets to local businesses and community service providers. We also donated/ gifted items and goodies to those who needed it the most. It was our way to saying THANK YOU, it was a year of giving and we are so proud of all of the staff who was able to partake in this incredible experience.

## MEETINGS:

Lodge Meeting- January 17th

Resident Meetings- January 10th

Diane Robbins - SVL Manager





# Spruce View Lodge Whitecourt





# SVL Activities

Can you believe it's already mid-January??? Time flies when you're having fun, and December was certainly a month filled with joy, festivities, and heartwarming moments. Let's take a look back at some of the highlights.

We kicked off December with a delightful shopping experience at Walmart and Home Hardware. The stores were beautifully decorated with their yearly Christmas decor, creating a magical atmosphere that brought smiles to everyone's faces.

On December 8th, we had the pleasure of hosting the much-anticipated Pieces by Sharon Fashion Show. This year, we added a twist by inviting gentlemen to be escorts for the ladies as they showcased Sharon's winter collection. A special shout out to Jurgen and Find for dressing up impeccably, complementing the ladies' outfits. We extend our gratitude to the residents who participated, including Judy, June, and Babe, as well as staff members Alberta, Gea, and Norma. You all rocked the runway!

The Rosedale & Shining Bank Choir graced us with their angelic voices, filling the air with beautiful Christmas carols. It was a truly enjoyable experience for all who watched, adding to the festive spirit that enveloped our community.

Our residents' Christmas party was a blast! The staff prepared dance performances that entertained and brought smiles to everyone's faces. Mrs. Claus, Santa Claus, and even the Grinch made appearances to distribute gifts, making the event even more memorable.

One of the highlights of our December was the opportunity to be featured on CTV News Edmonton. Payton Baker from Hilltop High School did an exceptional job of making our residents happy. Payton organized a wish list drive at her school, ensuring that our residents' Christmas wishes were fulfilled. We are immensely grateful for her efforts. Additionally, Eagle River Taxi generously donated money to purchase gifts for our seniors, making it a truly heartwarming year for all of us.

For our Birthday Party, we have Edward Pimm as our entertainment. Belated Happy Birthday to Find and Barb. Congratulations to Shirley for winning our December raffle basket and to Anne Lenko for winning \$21.00 door bingo.



# SVL Activities

We want to express our gratitude to each and every one of you for making it such a wonderful month. Your participation, support, and kindness have made Spruceview Lodge shine. Thank you everyone ☺



# SVL Activities

7:39



**CTV NEWS**  
EDMONTON



EDMONTON | News

## 'So thoughtful and caring:' Whitecourt teen organizes special gift drive for seniors



Residents of the Spruce View Lodge in Whitecourt received gift bags Thursday, each completed with a personalized handmade card from local elementary students. (Miriam Valdes-Carletti/CTV News Edmonton)



Payton Baker (centre) met with seniors from Spruce View Lodge in Whitecourt Thursday when she dropped off dozens of personalized gifts put together with help from the community. (Miriam Valdes-Carletti/CTV News Edmonton)

On Thursday, Christmas came early for the seniors. While many had wished for just one item, each person received a bag full of gifts.

"It's awesome, just totally awesome. So thoughtful and caring. It's really great," resident Judy Skinner said. "We really appreciate it."

"I can't believe they've done so much in such a short time," said resident Find Thomsen.





# SVL Activities



# SVL Activities





# SVL Activities



# SVL Activities





# SVL Activities





# SVL Activities





# SVL Activities



# SVL Residents



## Welcome to SVL

Jean Claude Brisson was born and raised in Quebec on November 13th, 1941. Growing up in a family of seven, with one brother and five sisters, he learned the value of strong relationships. In 1971, Jean Claude began his career as a logger, a profession that he found both challenging and fulfilling.

He particularly enjoyed staying informed about current events by watching the news. He also loves to watch National Geographic, where he could explore different cultures and wonders of the world. Additionally, Jean Claude was an avid hockey fan, finding excitement in the fast-paced and competitive nature of the sport.

One of the highlights of Jean Claude's life was participating in competitions related to logging and lumberjack activities. Whether it was showcasing his skills in chopping wood or demonstrating his ability in log rolling, he discovered great satisfaction in the camaraderie and friendly competition that these events provided. For Jean Claude, participating in these competitions was a way to celebrate his passion for logging and connect with others who shared the same enthusiasm.

Jean Claude's life philosophy was simple yet profound: "If you don't enjoy something, it's best to avoid it." He believed in pursuing activities that brought him joy and fulfillment, and he encouraged others to do the same. Through his work as a logger, his love for learning, and his participation in competitions, Jean Claude embraced life with enthusiasm and a zest for adventure.



# SVL Staff



Welcome to the SVL family, Brandi Yellowknee! We are thrilled to have you on board. It's wonderful to hear that you have a passion for working with seniors and enjoy engaging in conversations with them. Your dedication and compassion will surely make a positive impact on their lives.

It's great to know that volleyball is your hobby. Sports can be a fantastic way to unwind and stay active. We hope you find opportunities to continue playing and enjoying the game.

Moving to a new place can be both exciting and challenging, having a support system in a new environment is always helpful. We hope that you and your daughter find Whitecourt to be a welcoming and fulfilling place to live.

Once again, welcome to the SVL family. We look forward to working with you and creating a positive experience for all.

# SVL Staff



Welcome to our SVL family, Chyvaughn Sutherland from Mayerthorpe! We are happy to have you as a Health Care Aide casual since November 14, 2023. Your care for helping and being there for the residents is truly amazing.

It's wonderful to know that you have lived in three provinces, Alberta, Saskatchewan, and Ontario, but decided to make Alberta your home again. Family is clearly important to you, with two daughters, one son, three grandsons, and five granddaughters. Spending time with them must bring you so much joy.

Chyvaughn enjoys horseback riding and watching her grandkids compete in figure skating. It sounds like she has a great balance between enjoying outdoor activities and cherishing precious family moments.

We hope you continue to find fulfillment in your role as a Health Care Aide and that your time with us at SVL is rewarding and fulfilling.



# Chateau Lac Ste Anne Onoway



Here we are almost into February, it's great to see a little more daylight each day.

We have been busy here at the Chateau welcoming new residents. Fred, Marnold and Werner all moved in last week. Thankfully the weather was a bit warmer for them and their families. Please welcome them. We will have 2 more residents move in by the end of January. We have lost a lovely lady this month, Barb K we will miss you.

Reminder to staff, our first department meeting will be held on January 24th at 1:30. We will be reviewing the newly approved Personnel Handbook at the meeting.

Here's to warmer weather in February.

Tammie Jacobs - CLSA Site Manager



# CLSA Activities

Happy New Year from Chateau Lac Ste Anne!! We hope your 2024 will be filled with an abundance of good health and happiness and lots of memories in the making! December is always so busy and filled with the wonderful spirit of the holidays! On the morning of the 12th we held a Christmas themed "stained glass" art project that turned out beautifully! That afternoon was a new shopping experience with Fashion Jewelry. The evening of the 13th brought the spectacular Lac Ste Anne Community Choir in concert raising their voices in their unique magical Christmas style! On December 14th Bonnie and Judy came by to finish up card making, then on the 15th it was LPN & Site Manager Appreciation day...thank you Tammie and Jessie-you are applauded for all your hard work and commitment! That afternoon was a Tim Horton's Drive Thru sponsored by the Butler family plus we had a group come in to do a caroling sing-a-long. Our raffle basket winner was Lara B and thanks to all who bought tickets, we raised \$231.00. Also on the winning end of things, our most recent progressive bingo winner was Diane. Congrats ladies! On Saturday the 16th we had our local Fish and Game Youth Group come by for a visit and to hand out gifts to all our residents. On the 20th Jolly Old Saint Nick himself was here in full jolly merriment to pose for pictures and hand out a little gift from the activity department. We had a free Christmas bingo with \$\$ bonanza on the 21st and then elevator Gods' smiled down on us right in time for our annual Christmas Tea on the 22nd. The place was filled with family, friends and wonderful music by Sunset Country! Then on the afternoon of the 29th we held a combined New Year's and birthday party with great music by Gary Thomas. Special thanks to Donna M for donating the music and to Lac Ste Anne County for the funding they provided for the event. Happy birthday once again to our December folks, Fernande, Carol, Irene Hook, Marina and Alf! Thanks to the Santa's Wish List program, every resident received a wonderful gift from anonymous members of our wonderful community!

Here we are now well into the New Year and winter has finally arrived! Thankfully though with its late start, it won't stick around too long! We had a quite a good turnout for a visit from our MLA, Shane Getson who came to talk about the potential pension plan changes in Alberta, among other things. It was good Q&A! On the 5th we had live music with Eric Schochat who wowed the folks with his accordion playing! Our volunteer Saturday bingos are in full swing, so an extra special thanks to those folks who donate their time for this-Joan, Wendy and Kasia! Also another great big thank you to our card making friend Bonnie who dropped off adorable little treats that she hand made for each of our residents, filled with chocolate and ginger biscuits. Bonnie is a Stampin' Up rep and if you ever need custom made cards, invitations or gift boxes, she is your gal!



# CLSA Activities

So...when the weather is cold and dreary what do you do? You have a Mexican Fiesta with cheers, goodies, dancing and laughter...what could be warmer than that?! Salud!! Coming up for the rest of the month please join us for plenty of games, card making, a painting class on the 19th (also sponsored by the Butler's) and then our birthday party on the 26th with music by Larry Renn. Until then, stay warm and stay safe and stay wonderful!

Linda Fenske - Social & Leisure Aide



BAPTIST CHURCH KIDS CHOIR!



LAC STE ANNE COMMUNITY CHOIR!



OUR RAFFLE BASKET  
WINNER, LARA!

# CLSA Activities





# CLSA Activities



# CLSA Activities



OUR FRIEND BONNIE WHO DONATES SO MUCH TOWARDS CARD MAKING AND GIFTS!



SHUFFLEBOARD FUN!



BEAUTIFUL STAINED GLASS ART!





# CLSA Activities





# CLSA Activities





# CLSA Activities





# CLSA Activities





# CLSA Activities



# CLSA Residents



## Clive and Mildred Heeks

Clive was born July 16th 1931 in Edmonton Alberta at the Royal Alexander Hospital. Clive was the oldest of his 2 siblings, 1 brother and 1 sister who have since passed away. During Clive's younger years he coached Bantam hockey for the Maple leaf Athletic Club.

During all his coaching time he coached 2 players who proceeded to play in the NHL, Bruce McGreggor and Eddie Joyal. Clive has worked for CN Rail, he then went on to working for a fire prevention company in Edmonton. He liked it so much he then opened his own business doing Fire Prevention where he would travel across Alberta checking fire extinguishers to make sure they were charged. Clive started the Men's Golf League in Alberta Beach.

Mildred was born May 12, 1933 in Edmonton Alberta at the Royal Alexander Hospital. Mildred is the youngest of 4 siblings. Mildred had 3 brothers who all served in the Armed Forces; they always made it home from their duties however they have since passed away. Mildred's father passed away when she was 5 years old, her mother remarried a coalminer in Luscar Alberta. There was a time her step father took her in the coal mining car and showed her what they do in the mine. Mildred worked for Hudson's Bay Company, The Bissell Shelter where she ran their store downtown Edmonton. Once Mildred retired she went on to volunteering at the Alberta Beach Museum & Alberta Beach Seniors centre.

At the young age of 20 Clive married Mildred who was 18. During their engagement, Mildred had to get Clive's parent's permission to wed, however permission was not required for Mildred to get married. The two love birds married on September 1, 1951. As Mildred describes it, they have a handful of children; they have 4 girls and 1 boy and 15 great grandchildren. They raised their children in Edmonton then, when the kids left the coop in 1967 they decided to move to Alberta Beach where they bought a small cabin which they eventually demolished and Clive built them a beautiful home. They then made the commute to Edmonton for work; in all of 14 years of commuting to Edmonton they only ever missed 1 day of work and that was due to the terrible winter road conditions.

Welcome to the Chateau, we are so happy that you have joined our Chateau family we cannot wait to make beautiful memories with the two of you!



# CLSA Residents



## **Ed and Jeannette Patrick**

Ed was born June 1, 1939 on the family farm near Calahoo and is the middle child with 4 brothers and 1 sister. With his Ukrainian heritage, their original last name was Patronchuck but was later changed to Patrick. He was raised mostly on a cattle and mixed farming property. Ed always loved to work with horses, especially young colts teaching them tricks.

For work he did some pipelining and then worked at the consolidated gravel pit at Villeneuve for 31 years. He remembers a proud time when there was a fire at the nearby Hutterite Colony where he was called into action with his cat to help control and put out the dangerous fire!

Jeannette was born at the Wetaskiwin hospital on October 20, 1943. She was raised on the farm and was the youngest of nine. She went to school until Grade 9 then started a job working at the Army and Navy store in Edmonton. She remembers sewing and hanging fish nets that sometimes stretched out 300 ft for \$15.00 a week including her room and board. Those nets were then sent up to Great Slave Lake. Some of her hobbies include doing jigsaw puzzles, crosswords, sewing and upholstery and playing her guitar and singing her gospel music; something very dear to her heart. Her brother used to own the Calahoo General Store and she would often go out that way to visit Ed's sister Elsie who in turn introduced her to Ed and thus their relationship blossomed. (Well, truthfully Jeannette fell in love with Ed's palomino horse first!)

Ed and Jeannette were married in 1961 and settled on 30 acres near Calahoo where they did some mixed farming. There, they raised their 2 children, Travis and Sheila in a little blue house that has now been turned into a cabin on Travis's property. Jeannette was a proud stay at home Mom and when Ed retired in 1999 they started taking short trips to Salmon Arm B.C. to visit family, Tucson to visit friends and then later they were involved in a group purchase of a quarter section of land near Clearwater B.C. where they vacationed for many years enjoying the mountain scenery, fishing and spending time with family and friends. They are very proud grandparents of 6 and great-grandparents of 10!

Ed and Jeannette moved into the Chateau just this past November and say they are grateful for the wonderful meals and the kind and caring staff. Welcome Ed and Jeannette!!!

# In Memory of



Bob Talyor



Richard Johnson



Ronald Melvin

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



Mark Engelbert



Linnea White