

LAC STE ANNE FOUNDATION FEBRUARY NEWSLETTER



THANK – YOU TO OUR GENEROUS DONORS & SPONSORS FOR 2023

The Lac Ste. Anne Foundation is so thankful for your ongoing support and sponsorship of our resident programs and events. Your generous sponsorship has made a tremendous impact on the health and well being of all residents and we would like to express our sincere appreciation. We hope that you will continue to be part of our journey. We cannot thank you enough for having faith in what we do and investing in our mission to provide meaningful social, leisure and recreational opportunities for all residents of the Foundation.

Cliff Wihlidal, Kenneth Charles & Sheena Murray, D & S Meats Anselmo, Eric Karlzen, Virginia Andrew, Cecil Magiega, Eleanor Anger, Woodlands Pastoral Charge, Mayerthorpe Friendship Club, Phillip Bell, Mountain Steak & Pizza, Friends of the Lac Ste. Anne Foundation, Mayerthorpe Value Drug Mart, Ingrid Boblin, SANG Community Enhancement Foundation, Stitch N Time, Anna Cierny, Deep Creek Camping & Events, Lac Ste. Anne County, Rotary Club of Whitecourt, Naomi Taylor, Lori & Matt Butler, Onoway & District Quilters Guild, Carpetown Interiors Ltd., Chateau Lac Ste. Anne Residents, Anna Johnson, John & Linda Cox, Cliff & Shirley Breitreuz, L & G McKay, Larry & Barbara Hubscher, Genetic Futures Ltd., Harvey & Shirley Hubscher, Henry & Wanda Baxter, April Birkbeck, Shelley M. Stark, Byron Selzler, Onoway Healthcare Pharmacy, Catholic Women's League, Anna Brill, Lori Jones, Eagle River Taxi Ltd., Donna McCullough, Mary Larupay, Mayerthorpe Co-op, Mayerthorpe Library, Geraldine Gelych, Fernande Hammond, Carolyn Dow, A & W Whitecourt, Celebrations Flower Shop, Eagle River Casino, Food Bank Whitecourt, Fortis Alberta, IGA Whitecourt, Martin Long's Office, Microtel Hotel, Mr. Mikes, Payton Baker, Pieces by Sharon, Rexall Whitecourt, Tim Hortons, Whitecourt Pins & Pine Needles Quilt Guild.

THANK YOU!

East & West Central Manors



Happy Valentine's Day to All of Our Manor Sweethearts!

Well, we got through the cold snap last month with a bit of scrambling. Thank-you to you all for your patience while we fought with the heating systems.

It is great to see some snow, even if we don't like shoveling it or driving in it. I am just happy we aren't getting hit like Nova Scotia!! I can't even fathom that much snow!

There are concerns with tenants not moving their vehicles when we are plowing the parking lots. Friendly reminder, all vehicles **MUST** be moved, as it puts your vehicle and our contractor at too much risk to clear snow around the vehicles. Your lease agreements state, vehicles must be in running condition with valid insurance and registration to be parked on the premises (We do understand, that occasionally, there can be extenuating circumstances – please be sure to communicate that to myself so our contractor can be informed.) Thank-you for your understanding.

I hope everyone has a wonderful February! Before we know it, it will be spring!



What is Cupid's favourite band?

Kiss!

Brenda Young
Independent Living Manager
East and Central Manors

Pleasant View Lodge Mayerthorpe



Happy Valentines!

There has been some beautiful weather lately; having warm sunny days has been lovely. It's nice to see residents going out more and enjoying the weather when it is warm enough.

Last month Shirley L moved out. We will all miss her positive attitude and smile. One new resident moved in this month. Welcome John! We hope you enjoy your new home! Also there have been a few internal resident moves within our lodge.

Our Cook's Appreciation Day is February 16th. We appreciate all of your hard work and all of the delicious meals you serve everyday 😊

The Sewing Club will be in the Community Centre on February 17th.
Family Day is February 19th. Make sure you enjoy some time with family.
Pink Shirt Day is February 28th. Wear pink to promote kindness and anti-bullying.

Meetings:

Staff: February 20th at 1:30pm

Resident Council: February 26th at 10:15am

Health & Safety Committee: February 26th at 2:00pm

Pamela Lacaille-Site Manager



PVL Activities



Valentine's Day is now behind us, it's amazing how fast the time is flying by. Last fall the geraniums we brought in from outside are now starting to bloom in the window of our activity room.

We finished off January with some fun activities; we had target practice which is always so fun. One of these days I need to get us a good nerf gun with a scope to finally put to rest the "it's not me, it's the gun!" comments. We also had our monthly birthday party, thank you so much to Iris Tuftin for coming to perform for us. It is always so nice to have you!

Lots of the ladies here at the lodge have loved their manicures and I have enjoyed doing them as well. We are all looking forward to our old friend Darby Wells coming to do a few days of manicures as well.

We had a Tim Horton's Day on February 9th in which Eric came to play music for us, as usual he didn't disappoint. Our very own little Carrie. A. stole the show with her dance moves! Thank you to the Baxter's for sponsoring this event.

The children from our local elementary school have been coming by every second Wednesday to read to the residents as well as every two weeks to play games with the residents. We also had the Mustangs U7 and U9 kids come by to make signs and play hallway hockey with us which was so much fun! They also donated the pool noodles we used to play to activities so we can play again in the future. ☺ Thank you to Terra Milburn for organizing this.

For Valentine's Day we had a party in the Community Centre. It was decorated very nicely. We had beautiful piano music by Wendy Lemky, cupid floats and popcorn. Happy Birthday to Wanda, Jack and Marilyn who all celebrated birthdays in January!

Dallys Crossland-Activities Coordinator

PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Activities



PVL Staff



Congratulations to our January
Make Others Great Award Winner
Raeleen Hall!

Spruce View Lodge Whitecourt



Although January is a long month it still seemed to fly by.
We have had a lot of new people join us this past year, and sadly a few have left.

We would like to welcome the following new residents to our SVL Family. George; he is a sweet and kind man with the biggest smile. Lorraine; she is kind and full of spunk. Dee; she has a great sense of humour and is so patient with us all.

We had to say good bye to long-time friend and much loved resident, Eileen Schulte- she will be forever missed here. Her spunk for life and fun for pranks will never be forgotten.

We will continue the year with our Annual deep cleans, and some refreshing of the lodge- we recently painted and cleaned up our Housekeeping space and hoping to continue through out the lodge.

I hope everyone has a fabulous 2024- may it bring peace, calm and health to you all.

MEETINGS:

Lodge Meeting- February 21st

Resident Meetings- February 14th

SVL Activities



January looks forward to the New Year and back to the old year. He sees past and future...— M.L. Stedman

We started our year with lots of fun games.

Our residents had a blast at our Bingo game! The Legacy Room was filled with excitement as residents gathered to try their luck and win. Cribbage was another hit among our residents. It was heartwarming to see the joy on their faces during these games. Led by our amazing volunteer, Joanne, Rummy O brought back cherished memories for many of our residents. The game sessions were filled with laughter and fun. Thank you, Joanne, for making these moments so special.

On January 11th and 24th, we had the adorable furry friends from the pet therapy sessions. The sight of the puppies brought smiles to everyone's faces as residents enjoyed petting and interacting with these lovable companions. It was a heartwarming experience for all.

We had a fantastic time at our men's group on January 16th. We started with a car trivia session and showcasing some new electric cars. The day continued with karaoke, where staff and residents sang their hearts out, creating a lively and enjoyable atmosphere. Laughter filled the air as we celebrated the joy of music and companionship.

For our Travel Tuesday's & presented by Whitecourt Library we learned and discovered the province of Quebec which is known for its rich settlement history, its predominantly French-speaking population, and its robust tourism industry. Its European feel and preservation of French culture sets this province apart from its Canadian neighbors. We also discovered the country of Georgia nestled between Turkey and Russia, Georgia is a small, mountainous country with a rich culture and history. It is at the intersection of Europe and Asia and carries influences from both. Georgia is famous for being a food and wine country. The locals are hospitable, proud people that enjoy sharing their culture. We also learned the New Wonders of the World, residents appreciate everything more fully. The cooking show highlighted a Banana French Toast Roll Up and it was a hit with residents & staff, another taste to remember. For our Info Session Anis from AHS talked about "Screening Nutrition" where the residents identified the risk for nutrition problems etc.

SVL Activities



Finally, we had Caribbean as our theme meal and the residents enjoyed some BBQ Chicken, followed by our monthly birthday party, with Eric & his accordion as the entertainment. Mayor Tom Pickard came in to personally greet our birthday celebrants; Angie, Arlene & June. Congratulations to Anne L. & Sheila for winning the Door Bingo.

Stay tuned for more details in our next newsletter! Wishing you all a fantastic month ahead.

Clarissa Titong - Activities Coordinator



SVL Activities



SVL Activities



SVL Activities



SVL Activities



SVL Activities



SVL Residents



George Boyden

George Boyden was born on April 16, 1932, and was raised in Manitoba. After some time, he made the decision to move to British Columbia and eventually settled in Alberta, where he found work as an equipment operator. George had a deep passion for all kinds of heavy machinery and enjoyed operating them with skill and precision. In his free time, he was an avid basketball player and dedicated himself to body lifting.

However, on January 8, 2024 George made the transition to the Spruce View Lodge facility. Now, he finds joy in playing Bingo, savoring a cup of coffee, and cherishing the company of others. Known for his big smile and friendly demeanor, George never fails to brighten up the room. His advice to others is to never give up and to fully embrace and enjoy life's moments.

Welcome to the Spruce View Lodge Family

SVL Residents



Marie Whitecotton

Marie was born on October 29, 1960, in Okanagan BC; she is a compassionate and dedicated individual who has made a significant impact in the healthcare field. After completing her high school education Marie embarked on a career in nursing, in the head injury department at Alberta Hospital. She has tirelessly cared for patients, providing them with the utmost support and attention.

Outside of her professional life, Marie cherishes her time spent with her grandkids. She believes in the importance of family and cherishes the moments she gets to share with her loved ones. In her free time, she also enjoys staying updated with the latest news, as she believes in the power of knowledge and being well-informed.

Advice; Smoking is indeed harmful to our health. It can lead to various diseases such as lung cancer, heart disease, and respiratory problems. Quitting smoking is a great decision for anyone who wants to improve their overall well-being. Remember, it's never too late to quit and prioritize your health.

Welcome to the Spruce View Lodge Family

SVL Residents



June Dee Warren

Dee, was born on June 27, 1939 in Edmonton, Alberta. In 1996, she moved to Whitecourt, where she found employment as a cashier at the IGA grocery store. June thoroughly enjoyed her job as it allowed her to interact with a diverse range of individuals. Outside of work, she found solace in reading captivating books and indulging in television shows. June had a particular fondness for starting her day with a hearty breakfast, although she is not particularly keen on beef . She also enjoys afternoon tea with good company.

One piece of advice she always imparted was to trust one's instincts and believe in yourself. Believe it can be done. When you believe something can be done, really believe, your mind will find the ways to do it. Believing a solution paves the way to solution.

Welcome to the Spruce View Lodge Family

SVL Residents



Lorraine Pike

Lorraine, was born on October 7, 1944, in Chilliwack BC. She a strong and determined individual who has made a significant impact in her community. After moving to Whitecourt, Alberta, Lorraine found her calling in the field of law enforcement. For over 9 years, she has served as a lady guard at the RCMP office, a role that she describes as tough but ultimately enjoyable.

In addition to her work at the RCMP office, Lorraine also ran a daycare, which she found incredibly fulfilling. The joy that children bring into her life is immeasurable and she cherishes the opportunity to make a positive impact on their early development. Lorraine's nurturing and caring nature made her a beloved figure among the children she cared for. During her free time, Lorraine enjoyed indulging in her hobbies, such as watching TV, knitting, and crocheting. These activities allowed her to relax and unwind, providing a much-needed respite from her demanding roles.

Lorraine's story is a testament to the power of perseverance and determination. Despite the challenges she has faced, she has never given up and continues to strive for excellence in all aspects of her life. Her advice to others is a reflection of her own experiences: to never lose hope and to keep on trying, even in the face of adversity.

Lorraine Pike's journey serves as an inspiration to us all, reminding us of the importance of resilience, compassion, and finding joy in the simple pleasures of life.

Welcome to the Spruce View Family

Chateau Lac Ste Anne Lodge Onoway



Welcome to February, the shortest month, but the one where you realize how much difference a minute or two can make, especially when driving to and from work and noticing that our days are truly getting longer. This is the Leap Year – Feb. 29 only decides to show its face once every four years, which means it's important to make the most of it — whether that means being more productive or checking something off your bucket list !

CLSA would like to welcome 2 new residents Verna and Bryan, please take the time to introduce yourselves and welcome them to the lodge.

Thank you to all the residents who attended the Resident meeting February 7, we appreciate your attendance, interest and input to all things CLSA, minutes of the meeting will be in your mailboxes.

This Friday February 16 is “Cook Appreciation Day.” Thank you to all of the cooks that put forth their best efforts every day to provide healthy & delicious meals and snacks for our residents. Enjoy your day, and know that you are appreciated !

February 19 is Family Day the office staff will be off that day. Try and get outside for some fresh air as the weather looks great for the weekend.

February 28 – Staff meeting & Pink Shirt Day

February 29 – H & S meeting

“While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch.” – Patience Strong

Sylvia Bonnett -Operations Manager

CLSA Activities



Greetings from Chateau Lac Ste Anne! And a very special Happy Valentine' Day too!

On January 8th we had our MLA Shane Getson stop in for a visit and a discussion regarding the potential Alberta Pension Plan. On Friday January 12th we held a fun Mexican party complete with snacks, margaritas, jokes and silly dancing...oh what fun we had while forgetting about the brutal cold outside! On Jan 18th we had Bonnie and Judy lead another wonderful card making class then on the afternoon we held a painting class led by a local artist. The ladies enjoyed our own version of "paint night" with some wine and beautiful works of art created. We rounded out the month with our birthday party on the 26th with music by Larry Renn. Happy birthday once again to our January celebrants, Annie, Noella and Peter! We started out February with a delightful ground hog day themed party with amazing cupcakes and cookies made by Sharon K and we played some golf (thankfully no gophers were in the "holes"!) Our winter raffle draw was won by our very own Carol! We'd like to thank everyone who purchased tickets; we raised \$155 that went towards a new towel warmer for the tub room! We then offered some consolation prizes of artwork donated by Tamara McBride. Our most progressive bingo winners are Barbara S (x2!) and Fernande. Congratulations to you all and thank you for supporting your activity department! We've brought knit wits back for the rest of winter and enjoy getting together to work on projects, coloring or just having a coffee and talking about current affairs. This past weekend we had the Girl Guides come by for a visit followed by Saturday bingo with our volunteer Kasia. Thank you again to all the volunteers who come on Saturdays to call bingos: Kasia, Joan, Ginny and Wendy. We also have a couple of new volunteers-welcome to Charlie and Lynda!

This week is Valentines and we ran a fun "cupid" hunt that we started on Feb 1st and the winner was Laura N who found 76 cupids hiding around the Chateau! Enjoy those Purdy' s chocolates Laura! At our Valentine party we enjoyed strawberry milkshakes, some games and had a couple of door prizes that were won by Laura, Marie C. and Mary! Thank you also to all the residents that offered their Love Advice; from the silly to the sweet, we love what you had to say!

CLSA Activities



Coming up for the rest of the month: card making, live music with accordion player, Eric Schochat, a lanyard making class on the 20th, come enjoy laughter yoga on the 22nd (more fun than you can imagine!), our birthday party with music by the ever popular Gary Thomas and a sing-a-long on the 27th. Don't forget to wear pink on February 28th to show your support against bullying! That's it for now, until next time....

Linda Fenske-Social Leisure Aide



CLSA Activities



ENJOYING LIVE MUSIC BY ERIC!



ACCORDION MUSIC WITH
ERIC SCHOCHAT



A BIRTHDAY PARTY DANCE!

CLSA Activities



CLSA Activities



CARD MAKING WITH BONNIE!



CLSA Activities



PAINT CLASS



CLSA Activities



GROUND HOG DAY
PUTT 'N PARTY!



SHUFFLEBOARD!



CLSA Activities



HAPPY VALENTINE'S DAY!



CUPID SCAVENGER
HUNT WINNER LAURA!!



CLSA Activities



CLSA Residents



Fred Parsons

Fred was born June 1st, 1955 in Westlock Alberta where he was raised with his two older siblings. Fred married his first wife and had 1 child, shortly thereafter they divorced. Fred then remarried his second wife and they had 2 children. Fred has grandkids however there are no great grandkids as of yet. Fred played hockey and baseball and now he really enjoys a good game of cribbage. In Fred's younger years he was a courier driver for Wagner Courier Services. Fred joined us on January 17th and we are most delighted to have him as part of our Chateau family.... Welcome Fred!!!

CLSA Residents



Marnold Goodmanson

Marnold was born March 23, 1935 in Manitoba. He was raised on a farm in Langruth, which is located 6 miles from the western shore of Lake Manitoba with a population of only 60. Lang Ruth was a functioning town until they took the railway out, causing the whole town to shut down except for one small store. In 1955 Marnold was green right off of the farm, so he decided to get a bus ticket to Vancouver. He only had \$120 in his pocket to try to land on his feet. When he got to Vancouver he was staying at a skid row hotel downtown. A police officer saw him and asked him "where in the hell have you come from?" The police officer then helped him by taking him to the unemployment office and introduced him to the soup kitchen. Interestingly enough, meals at the soup kitchen were a mere .50 cents each! Marnold's first job did not last all that long as he was working unloading fishing boats (he found it to be quite gross from working in the fish slime!) He then went on to unloading boxcars in Vancouver. Then he moved to New Westminster, the oldest city in B.C., where he did labor work for a roofing company. Marnold spent most of his 60's living in Prince George where he met his girlfriend who was from Rocky Mountain House, Alberta. In 1967 Marnold and his girlfriend took the leap and moved to Edmonton where he got his ticket in roofing. Marnold then purchased an acreage in the Calahoo area and made many memories there for 43 years. Marnold has 4 children, 2 of his own and 2 step children, as well as 5 grandchildren. He moved here to the Chateau just this past month from the Gunn Manor. Welcome to our Chateau family Marnold, we are sure you will enjoy it here!!!

In Memory of



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



Barb Klein



Eileen Schulte

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