

LAC STE ANNE FOUNDATION

MARCH 2024 NEWSLETTER

Happy St. Patricks Day!

We are all looking forward to warmer weather.

One new resident moved in this month. Welcome John M! We hope you enjoy your new home!

International Women's Day was March 8th.

"The campaign theme for International Women's Day 2024 is Inspire Inclusion. When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment.

Collectively, let's forge a more inclusive world for women."

<https://www.internationalwomensday.com/Theme>



Jolene & Melody on International Women's Day



Jackie, Kathy & Jen on Pink Shirt Day

The Sewing Club will be in the Community Centre on March 16th.

Good Friday is March 29. Sunday, March 31st, lunch will be our big Easter meal. Please notify the kitchen staff by March 22nd if family will be joining you for lunch. Cost is \$20 per guest. April 1st is Easter Monday so office staff will not be here March 29-April 1st.

Meetings:

March 18 at 9:30am-The Friends of the Lac Ste. Anne Foundation

March 19 at 10:00am-Friendship Club

March 19 at 1:30pm-Staff

March 25 at 10:15am-Resident Council

Pamela Lacialle - PVL Manager

PVL ACTIVITIES

The weather can't seem to decide what it wants to do. One day its looking like spring is just around the corner and then the next we are battling snow blizzards and freezing temps. Luckily, whatever it's doing outside there is usually something fun to do inside the lodge.

Friday, February 16th we set out on a bus trip to Whitecourt for shopping and lunch. Although the lunch portion of the trip wasn't nearly as enjoyable as it usually is, we still had a great time.

Family Day weekend was quiet at the lodge but it was immediately followed by games with the Grade 5's which more than makes up for the quiet time. The children really enjoy the games with the residents and we look forward to continuing our activity partnership. February Birthday Party with music by The Riehl band was an absolute blast! Thank you to Anna C. for donating the cost of the entertainment Sylvia K. and Rose L. volunteered to come in and help with the event. Thank you ladies. ☺

We held a Friday Movie Matinee and played a hilarious movie that had been suggested to us by a resident called "Queen Bees". We would like to thank all who attended this event for making it a great success.

We had a Tim Horton's event on March 8th with music by Iris Tuftin. We decided to try out some of their retro doughnuts. As usual it was a wonderful time.

We are all looking forward to St. Patrick's Day as well and Easter which are both coming up very quickly.

Happy Birthday to Ron, Lloyd, Bret and Sigrid who all celebrated Birthdays in February!

Dallys Crossland - Activities Coordinator



PVL ACTIVITIES



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PVL ACTIVITIES



Please meet our Library Attendant

Bret Shuck

Library Attendant

Bret Shuck

Bret has taken on the responsibility of looking after the Library here at PVL which we appreciate very much.

If you have any questions or if you require assistance with anything pertaining to the Library please see Bret (room #50).



PVL ACTIVITIES



PVL ACTIVITIES



PVL Staff



Congratulations to our February
Make Others Great Award Winner
Carly Komeak-Jager!

SPRUCE VIEW LODGE WHITECOURT



We have been very fortunate and lucky with our beautiful “spring” winter weather. March reminded us that it is in fact winter; much needed snow and not needed cold.

We welcomed a couple of new ladies recently to Spruce View Lodge; Julie Evans- she is really enjoying herself and has a great sense of humour.

We also welcomed Apouline Bernier, a sweet French lady who was nervous at the start but is really beginning to feel like she is home.

Our Spring/ Summer Menu is being created partnered with the dietician. Please stay on the lookout for the dates for the Menu Council Meeting for any and all residents to join in on.

With a full dining room now it is important that residents be cautious of not blocking any exits, and if able to leave walkers in the coffee area to provide adequate spacing in our dining room. We appreciate all of your cooperation with this.

On March 27th Spruce View Lodge will be celebrating a milestone, Our 30th anniversary that is incredible! We are very excited to celebrate this special occasion with new and old friends!

MEETINGS:

Lodge Meeting- March 20th

Resident Meeting- March 13th

Diane Robbins - Site Manager



SVL ACTIVITIES

Greetings!

Here's a recap of our February activities. On February 12th, the students from Pat Hardy School brought smiles and creativity as they helped our residents decorate Valentine's cookies. It was a heartwarming and fun-filled day! February 14th was a day to remember as we celebrated Valentine's Day with a fantastic party. The talented young singer Addison from Hilltop High School serenaded us with beautiful music. We were also showered with love and gifts from Alexander Safety and Payton Baker. A special thanks to Super 8 Hotel for sponsoring our snacks with delicious coffee, cake, and chocolates. It was truly a day filled with blessings and love.

Our residents had a blast playing a variety of games throughout the month, including dominoes, rummy, bowling, horse race game, rummoli, crib, and bingo. Laughter and friendly competition filled the air as we enjoyed these classic games together.

For our Travel Tuesday's we discovered United Arab Emirates a country responsible for its fair share of slack jaws and looks of astonishment thanks to world famous feats of engineering; like the mighty Burj Khalifa and the stunning Sheikh Zayed Grand Mosque. It also boasts a litany of world records, but there is so much more the UAE is famous for. We also explored and learned about biggest cruise ship in the world which is the "Icon of the Seas" by Royal Caribbean that can accommodate almost 10,000 passengers plus the crew. For the cooking show we recreated the Potato Casserole and the residents really enjoyed and ask to add it to in our menu.

February Birthday Party we had Leon Roy from Barrhead as our entertainment. Mayor Tom Pickard came in to personally greet our birthday celebrants; Norman, Babe, Rolande, Vicki, and Gerald. A huge Congratulations to Alberta for winning the beautiful blanket that was donated by Quilters Guild. Congratulations to Kitty, Marilyn and Anne Lenko for winning the Door Bingo each received \$10.00.

To top off the month, we celebrated Leap Year with a spectacular party featuring the Elvis Presley of Whitecourt, Joe Marx. We sang, danced, and enjoyed a lively karaoke session during happy hour. It was a fantastic afternoon where we cherished each other's company and created lasting memories.

We are grateful for the love, laughter, and joy that filled our home in February. Thank you to everyone who contributed to making these moments special and memorable. As we step into March, let's continue to spread love, kindness, and positivity wherever we go. Wishing you all a wonderful month ahead!

Clarissa Titong - Activities Coordinator



SVL ACTIVITIES



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SVL Residents



Julie Evans was born on December 10, 1925, in Manitoba. In 1957, she made the move to Edmonton, where she spent most of her days. Living on a farm, Julie and her family ran an antique shop, where she developed a deep appreciation for history and craftsmanship.

Before retiring, Julie worked as a waitress for nearly 20 years, finding joy in serving others and having connections with the community. In her free time, she indulged in her hobbies of reading books, crocheting unique patterns, and tending to her garden, where she nurtured a variety of plants with care and dedication.

Now residing in the lodge, Julie has found new sources of enjoyment in playing bingo and cribbage with fellow residents.

Her advice to all is simple yet profound: live life to the fullest, find joy in every moment, and nourish your body with healthy food to fuel your adventures. Julie's vibrant spirit and love for life continue to inspire those around her to embrace each day with enthusiasm and gratitude. Welcome Julie!



CHATEAU LAC STE ANNE ONOWAY

Hello from the Chateau Lac Ste. Anne Lodge,

"In like a lion, out like a lamb" the famous quote for March, and this year that has been the case !

By the time this newsletter comes out, we will have welcomed 3 new residents to the lodge. Please take the time to introduce yourselves to Wayne J, as well as Ivan and Katrina K, welcome to your new home 😊

Letters have gone out with a reminder to get your income tax papers together and completed. When your Notice of Assessments come in please share them with the site manager as they are required when calculating your yearly rental rates.

This month is Daylight savings - so we will all "spring ahead" together. Studies say "Darker mornings and more evening light together knock your body clock out of whack — which means daylight saving time can usher in sleep trouble for weeks or longer" so this is something for all of us to keep in mind.

At our latest resident meeting, we provided residents with a brief history from the Chateau Resident Council and thanked them for their contributions to the Chateau and the residents. The first president was said to be Eunice Draper, members still residing at the Chateau are Marina, Carol, & Fernande. The group presented their financial statement as of January 31, 2024, at which time their group dissolved. This group solicited grants and provided things such as benches for the residents, flowers for the lodge, and items for the activities department at the Chateau. They also donated to many charitable organizations such as the Red Cross, Salvation army, etc., THANK YOU !

Reminder that Easter falls between the 2 months of March and April. Good Friday is March 29, this means a long weekend for the office staff being off Friday through Monday.

Easter Meal posters have been up – providing an opportunity for families to share an Easter meal with the residents.

Staff meeting date proposed for March 27

Sylvia Bonnett - Operations Manager





CLSA ACTIVITIES

Hello everyone and hello spring!! We are getting excited here to start preparing for warmer weather, planting flowers and enjoying the outdoors more! Here's a recap of the remainder of February and the start of March activities. Our latest progressive bingo winner was Diane K! On Feb 16th we enjoyed some live accordion tunes with Eric Schochat (a favorite here at the Chateau) then on the 20th, we held a personal lanyard/keychain craft that was well attended-great job everyone! Our birthday party was held on the 23rd with music by Gary Thomas (another favorite here!). Happy birthday again to Mary, Bryan and Olive! We had a lot of folks and staff wear pink (either t-shirts or pins) on the 28th in support against bullying. A fun game of Kerplunk and a sing-a-long (featuring our newest resident guitar player and singer, Jeannette) rounded out the month. For March and moving forward we will be streaming a Netflix series called "Love On The Spectrum" which is a very entertaining, thought provoking and endearing reality show that documents the struggles and challenges that people with autism face as they look for love. We tried a little laughter yoga on the 7th that we hope to do again soon. Laughter yoga is a real thing, yes it is, and it's not only fun but it's benefits include; more energy & motivation, connection, flow of oxygen to the brain, stress relief, immune boosting and so much more! Did you know that your brain can't tell the difference between a fake or genuine laugh? ☺ Let's hope we get a bit better turn out for our next session in April! On Friday the 8th we celebrated International Women's Day with some special treats of strawberries, grapes and cheese along with some wine and champagne and a little silly piano music! International Pie Day was on the 14th and we celebrated with coffee and tea and, you guessed it, some yummy apple pies! We are currently running a St Patrick's Day raffle basket that will be drawn for at our St Paddy's party on the afternoon of the 15th. Coming up for the rest of the month is: Card making with Bonnie, our monthly birthday party with a new entertainer-Jim Beaudoin, shopping with Personal Touch Fashions and an Easter egg craft on the 29th. Don't forget to watch the whiteboard for changes and updates to our activities calendar! We also wanted to share a photo of a painting that one of our staff members, Jordyn, did in remembrance of our eldest residents who passed away last year-Ed and Jerry. They were such good buddies and were so proud of their longevity! We are also currently running a Wilhawk Beef Jerky fundraiser-so make sure to get your orders in! Until next time, we hope you enjoy a blessed Easter!

Shauna and Linda-CLSA Activity Department



CLSA ACTIVITIES



ENJOYING THE BIRTHDAY MUSIC!



ENJOYING ERIC'S ACCORDION TUNES!



COULD I HAVE THIS DANCE?!

CLSA ACTIVITIES

LANYARD MAKING!



CLSA ACTIVITIES



CLSA ACTIVITIES



CLSA ACTIVITIES



CLSA Residents



Verna Lewis

Verna was born and raised in her parent's farm house at Lake Isle. Verna is the middle child of 7 children. Verna has 17 grand kids and 22 great grandchildren all who live close by. Verna married her husband Stan in 1950, where they had a double wedding with Stan's sister. Verna and Stan did mixed farming, where they farmed cattle, horses, pigs, sheep, chickens and hay. Verna's husband passed away in 1976, Verna shortly thereafter rented the land out to be farmed. Verna's oldest grandson has now taken ownership of the family farm. Verna put a brand new trailer onto her daughter's farm and that is where she has lived for the last 10 years. Verna was taught at a very young age how to play crib and that is one of her favorite pass times. Verna used to play crib at the Darwell hall on Friday nights; she is hoping a few of the residents will carry on this tradition with her. Welcome to the Chateau family Verna, you will make many new friends and memories here at the Chateau!

East & Central Manors

Happy St. Patrick's Day and Happy Easter, from East and Central Manors!

We were complaining we didn't have snow... well, lots of that fluffy white stuff out there now! I don't think we will have a green St Paddy's Day!

Between the snow and the cold, many of us have been pretty hunkered down and not getting out much. With warm temps right around the corner, we can shake off our cabin fever!

Easter falls early this year! I hope "somebunny" brings each of you some Easter treats.



Why does the Easter Bunny have such a good complexion?
He eggs-foliates.
I know... groan!

Have a wonderful month of March!
Brenda Young
Independent Living Manager

IN MEMORY OF

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



Annie Pearson



Aime Morin

Those we love don't go away, they walk beside us every day.