

Lac Ste. Anne Foundation

July 2024 Newsletter

PLEASANT VIEW LODGE

Pamela Lacaille - PVL Site Manager

Mayerthorpe

Last month we celebrated Activities and Lodge Service Coordinator day on June 14th with a nice lunch. A big thank you for always going above and beyond for the residents!

When going out during this warm summer weather, drink more fluids and bring water with you. It is a good idea to have a fan in your room and keep windows closed during the hottest hours of the day.

There were some very high temperatures in July, so Activities has put out a hydration station which encourages everyone to drink more fluids. Help yourself to some thirst quenching flavoured water.

Residents enjoyed barbecued hot dogs July 17th to celebrate National Hot Dog Day.

A reminder to be very cautious of text or phone calls from scammers. There has been an increase in texts stating they are Canada Post. DO NOT go onto any website links or give out any personal information.

"Some of the most common scams committed against seniors including impersonating a Government official or a business, befriending the senior, bank oversights and investment fraud."

For more information visit: <https://www.ruralcrimewatch.ab.ca/crime/fraud-prevention>

PLEASANT VIEW LODGE

We welcome Mary D and Caroline to your new home at PVL!
We had one resident move out last month, we all wish Art well in his new home.
This month has been a very tough one; we lost a long-time resident Eleanor. She will be deeply missed.

Meetings:

Staff: July 16th at 1:30pm

Resident Council: July 29th at 10:15am



PVL STAFF



**Congratulations to our June
Make Others Great Award Winner
Melody Kittleson!**

PVL ACTIVITIES

Dallys Crossland - PVL Activities

Mayerthorpe

Oh my goodness, it sure is hot out there! We have been watering the flowers daily and putting out a hydration station every day to try and beat the heat. We are on day 5 of the heat wave and we have 8 more to go according to the weather forecast, let's hope they are wrong!

In June we were watching the playoffs which was a big deal. Oilers didn't win but it was very exciting while it lasted. Congratulations to John. W. who was the winner of our game day 50/50 draw. John won \$123.00 and we raised \$123.00 for activities as well 😊

On Father's Day we had Edward Pimm come in and perform for us. It was a full house! We are already looking forward to Edward coming back July 26th for our monthly Birthday Party!

The Friday before Canada Day we had a Canada Day Party on the patio. The weather was perfect and the snacks were delicious.

We also had the Roy's come in and perform for us for our June Birthday Party. They are always amazing!

In the beginning of July we went on a shopping trip to Whitecourt. We went to Ricky's Bar & Grill for the second time and once again it was very good. We always enjoy our bus trips, it's always nice to get out of the house.

And finally on July 12th we welcomed back Almost Johnny Cash, David Pittet. He was here back in 2022 but we hadn't seen him in some time. I think he was even better this time than the last.

PVL ACTIVITIES

We have a few fun bus trips and events coming up so we will be looking forward to those, and, in the mean time we will try and stay cool!

Happy Birthday to Jim. S. who celebrated a birthday in June.

Dallys Crossland , Pleasant View Lodge, Activity Coordinator



PVL ACTIVITIES



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PVL ACTIVITIES



SPRUCE VIEW LODGE

Diane Robbins - Site Manager

Whitecourt



It appears that summer has started; extreme heat is on its way. Let this be a reminder to everyone to watch for any signs or symptoms of heat exhaustion, take breaks when needed, and drink lots of water. The coffee area will have a water station with flavoured water stocked daily.

Air conditioners have begun to be installed for those residents who have purchased one, if you need yours installed please speak to Diane, Site Manager or Brenda, Maintenance Lead.

Sadly we had to say goodbye to our long-time friend and resident- Angie M. Her kind honesty and zest for life will be much missed. Our thoughts and prayers are with her family during this time.

MEETINGS:

Lodge Meeting- July 17th

Resident Meetings- July 10th

SVL ACTIVITIES

Clarissa Titong - Activities Coordinator

Whitecourt

The month of June passed by quickly, filled with fun and exciting activities. Let's take a look back at some of the highlights from our June calendar.

We had a fantastic start to the month with Seniors Week (June 3-7). Highlights included a lively visit from Pat Hardy students, a cooking show featuring delicious desserts and smoothies, entertaining games, interviews with residents sharing their life lessons, trips to Mayerthorpe Lodge, a blooming tour, petting zoo, a fun staff pie-eating contest where Tanja won and donated her winnings to the Bingo pot, and a wonderful performance by the Baxters to wrap up the week.

We celebrated Father's Day with a comedy show, served cheesy hotdogs, and enjoyed refreshing cold drinks. June 13th, the Whitecourt Taekwondo students, led by Jim Rennie treated us to an afternoon full of impressive tricks and action.

June 18th, we were treated to a beautiful performance by the Shining Bank Choir, showcasing their wonderful voices; it's always nice to have them here.

Lastly for our monthly birthday party we invited Gary Thomas from Edmonton, making it a fun-filled afternoon for all. Congratulations to Diane Robbins for winning our Eagle River Casino basket. Huge congratulations to Anne for winning door bingo.

Thank you to all the residents, staff, and visitors who made June a memorable month filled with laughter, entertainment, and community spirit. Let's look forward to more exciting events and activities in the upcoming months.

SVL ACTIVITIES



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SVL RESIDENT



Donald Retzlaff, born on July 16th, 1948, in Blue Ridge, Alberta, prefers to be called Don. Growing up on a farm with three sisters and three brothers, Don loved farming life. He cherished the animals on the farm, especially the chickens, goats, and his favorite horses.

Don's career involved driving and transporting big and heavy trucks, showcasing his skills in handling challenging tasks. After a long day's work, Don enjoyed indulging at his favorite restaurant- Mountain Steak & Pizza for a good steak.

Known for his friendly nature, Don loves having conversations with people, sharing stories, and connecting with others. His simple yet meaningful advice is to "find a good job that you like, and save money."

CHATEAU LAC STE. ANNE

Tracy Nkonge - Site Manager

Onoway



Hello from Chateau Lac Ste. Anne Lodge,
If you saw a heat wave, would you wave back?
It appears we will be doing a lot of waving in the coming weeks. We encourage everyone to stay hydrated and cool.

Since our last Newsletter, I am a new addition to the team. My name is Tracy Nkonge and I am the new Site Manager for the Chateau Lac Ste. Anne Lodge. I have just started this position July 2, and I am in the orientation stages and getting to know all the staff and residents – I have so far felt very welcomed by everyone and I look forward to collaborating with the team and doing great things. Moving to Alberta from Saskatchewan, I am enjoying the beautiful picturesque landscapes in the area, and the friendly Albertan people; I am honored to be calling this my new home.

Good friends never say goodbye, so we will say "see you soon" to Tom, who retired as our part-time maintenance staff, and to our resident Allan and his family; we will miss you all, while wishing you all the best on your future endeavours.

Please welcome our newest residents to the Chateau family, Colin and Thomas, we look forward to getting to know you.

Resident meeting is July 10th, 2024

Staff Meeting: July 24th, 2024

Have a great summer!

Tracy Nkonge, Site Manager

CLSA STAFF



Hello, my name is Tracy Nkonge. My family and I have just moved to Alberta from Saskatchewan, so far we love both the landscape and the people in this area!

My husband and I have 3 children, 2 boys and a girl, who are all very active in sports and activities – this keeps me busy in my spare time. When I have downtime for myself, you will almost always find me reading.

In Saskatchewan I worked as a Manager for an Integrated Health Facility which contained a Continuing Care facility, an ER/Acute, Home Care and a Clinic; my favourite thing about that work was working with seniors and their families every day.

I have now taken a position at the Chateau as Site Manager, and I have felt very welcomed by the staff, residents and families – I know the move from Saskatchewan to Alberta was a great choice and I am enjoying my time here so far!

CLSA ACTIVITIES

Shauna Londeau

Onoway

Greetings from Onoway!

Feelin' that July heat?

Wow did we ever have a beautiful July!

On June 18th we tried to have some Iced Tea & Vitamin D however the wind was too intense for us to enjoy the outdoors so we brought our gathering indoors. On the 21st we had a fantastic afternoon with a bit of friendly competition playing crib. On the 25th we were able to do some shopping with Pieces by Sharon throughout the day, then in the afternoon we had a beautiful sing-a-long with our very talented Linda and resident Jeannette.

On the 28th we celebrated our June month's birthday's with Sunset Country, happy birthday to Ed, Fred, John St., Nora, Irene and June. Sunset Country puts on an amazing performance, it is absolutely crazy how much energy and the vibes that Luci and Roy give off, they are simply amazing!!

On July 5th we tried to beat the heat by having our Ice cream social in the gazebo. We enjoyed some delicious ice cream floats and played some trivia. On the 12th we had our Pub 'n' Crib Club, those who came down who didn't know how to play crib enjoyed some games of double solitaire.

On the 16th we rolled out the putting turf and did some golfing. On the 18th we had Bonnie and Judy volunteer their time and came in to help our residents make some beautiful birthday cards. On the 19th Pleasant View Lodge residents came to the Chateau to see our site and meet some of our residents.

Elvis the king was in the building and put on a fantastic performance for all of the residents. We are looking forward to our July birthday party celebrating Fay, Rosemary, Clive and Ken we will be enjoying our party with Jim Beaudoin.

CLSA ACTIVITIES

We received our FCSS grant for \$1000, this grant money was intended for site beautification. With the funds we have purchased flowers, manure, fertilizer and a rain barrel.

In July 24 our resident Fay donated a beautiful queen afghan, congratulations to Lisa our Lodge Assistant who won the afghan, altogether we made \$96 that went to the Activity Department. Currently the Activity department is holding a Mundare Sausage fundraiser which all orders are due on July 31st. Please keep an eye out for our next fundraiser in August, which will be Kernels popcorn, we have never done a Kernels fundraiser however it is delicious fresh popcorn supporting a local Edmonton company.



CLSA ACTIVITIES



CLSA ACTIVITIES



CLSA RESIDENTS



Marilyn Hesemeier

Marilyn was born September 28, 1948 in Calgary Alberta. Marilyn's father was working in the Airforce which made it hard for Marilyn's family to stay rooted for any length of time. In her school-aged years the longest they stayed in one location was 5 years. Thankfully for Marilyn she wasn't a very shy child so she never had a problem making friends. In all of those years of moving from town to town she managed to make one friend at the age of 12 who she is still very good friends with to this day.

Once Marilyn graduated high school she went to Saskatoon Business College for one year where she became a payroll clerk. She thought she should go back to school, so she enrolled in college again; however soon realized she'd much rather make money than study so she quit and moved to Edmonton and started working again.

Marilyn met her husband Manfred and they married soon after on November 28, 1970 (the coldest day of the year as she so vividly remembers!). Marilyn and her husband lived in Yellowstone where they raised their 2 daughters. She is also a very proud Grandmother of 4!

Over the years Marilyn was a woman who wore many hats... she was St Anne Natural Gas Co-ops' (SANG) first secretary in 1972, they owned Onoway Radio and Television repair shop where she kept the books, she worked at Gunn Centre, then as a Realtor and also was a cashier at Beachside Market in Alberta Beach. She then retired at the age of 65. Marilyn moved in just this past May and has settled in very nicely....welcome to our Chateau family!

CLSA RESIDENTS



Lucille Pitre

Lucille was born in Woonsocket, Rhode Island and raised in Woonsocket and Blackstone, Massachusetts. Lucille moved to Canada in 1991, and most recently received her Canadian citizenship in 2022.

Lucille has been widowed for the past 4 years. Lucille and her husband raised 5 children; they have 4 grandchildren, and 2 great grandchildren. Lucille has had many different hats on during her career; she has been a banker, printer repair technician, cook and a crafter. Lucille's favorite pass times are doing crafts, walking the beach and picking rocks.

Welcome to the Chateau your smiling face is so infectious you will love your new Chateau family!