

LAC STE. ANNE FOUNDATION

August 2025 Newsletter

CHATEAU LAC STE. ANNE

Tracy Nkonge - Site Manager

Onoway



Hello from Chateau Lac Ste. Anne Lodge,
August is here, and with it, the Sunday of summer!

The Chateau's activity department has been busy this summer, making the most of the weather with our residents.

We would like to welcome our newest resident to the Chateau: Joyce Vernables.
Welcome to the Chateau Joyce, we are so happy to have you as part of our family.

I would also like to mention that our long-standing part-time Activity Aide, Linda Fenske is now retired. She will still be working at the Chateau casually, but she has decided it is time to take that next step in her life. We love you Linda and we thank you for your continued dedication to the team and the residents; we all wish you the very best in your retirement. On the same note, we are welcoming Marion Letourneau who has stepped into Linda's role – I have no doubt you will succeed and provide for the resident's nothing but love, fun, and genuine care.

Next Proposed Resident Meeting: September 3rd, 2025.

Next Proposed Staff Meeting: September 24th, 2025.

Tracy Nkonge
Site Manager - CLSA



CLSA RESIDENT



Ted Shannon

Born in Edmonton, Alberta, Ted's younger years took a turn when, at just eight years old, he was moved to Melita, Manitoba to be raised by his grandparents on a mixed farm. Life on the farm was full of animals, but it was the horses that captured Ted's heart. Riding and working alongside them became his favorite part of farm life.

At fifteen, life called him back to Alberta as his mother faced a battle with breast cancer. It was a difficult time, but one that steered Ted toward a new path. He began an apprenticeship in welding, and by eighteen, he had earned his journeyman status.

Ted's personal life was as full as his professional one. Married three times, he is the proud father of eight children — five daughters and three sons. His legacy continues through fourteen grandchildren and three great-grandchildren.

Welcome to our Chateau family!





CLSA STAFF



Hello, my name is Gordon Shupac.

I was born and raised in the Mayerthorpe area, and I'm proud to call Alberta home. I'm a father to two amazing kids — a son and a daughter. My wife and I also had the joy of raising our “niece-daughter” until she was 17.

Family means everything to me, and I'm blessed with six energetic grandsons and a loving wife, Doris, who I've been happily married to for 23 years this year. I love to cook, camp, and clean — especially when the task seems too big for everyone else. That's when I know it's just right for me!

I find joy in rolling up my sleeves and diving into whatever needs doing. I'm truly looking forward to meeting and supporting both the residents and staff here at the Chateau.





CLSA ACTIVITES

Shauna Londeau - Activities Coordinator

Onoway

“August is the border between summer and autumn; it is the most beautiful month I know.” — Tove Jansson

On July 4th we gathered for a cheerful social enjoying delicious banana splits.

On July 11th, we put our game faces on at our pub and crib club gathering. The afternoon was filled with friendly competition and good conversation. Whether folks came for the snacks or the strategy, it was an afternoon of good times.

On July 16th, we took a delightful trip to the Alberta Beach Museum. The museum's collection of antiques and historic buildings truly took us down memory lane. From the original Canadian Northern Railway station to the lovingly preserved Red and White Store, each exhibit offered a glimpse into life in the early 1900s. The stories, artifacts, and even the “honey house” brought back fond memories and sparked wonderful conversations among our residents.

On July 18th, we gathered in the gazebo, with a lively get-to-know-you game that sparked conversation, laughter, and a few fun surprises. The afternoon reminded us how meaningful time spent together can be.

On July 29th, we welcomed Susanne from Artforms Illustration & Graphic Design for a day of creativity. With her talented hand and keen eye, she sketched stunning caricatures of our beautiful residents—each one full of personality and flair. These delightful portraits aren't just works of art; they're cherished keepsakes that capture the spirit and smiles of all.

And the fun doesn't stop there we have also enjoyed floor curling, bean bag toss, jackpot card bingo, left right centre the dice game.





CLSA ACTIVITES

July 25th we welcomed a new entertainer, Fred Albert, to our birthday party. The afternoon's celebration may not have gone off without a hitch—but even a bash with a few bumps can still bring joy! While things didn't unfold exactly as we hoped, we're grateful for the laughter, the company, and the chance to step out of our rooms and connect. A big thank you to all the residents for your thoughtful feedback and for making the most of the moment. We celebrated our July birthday babies: Fay, Lorna, Rosemary, Clive, and Ken.

A big round of applause to Lorna, the lucky winner of our crocheted blanket donated by Vicky! Thanks to everyone who participated, we raised an amazing \$264 that will go directly toward enriching the activities for our residents.

Congratulations to Floyd, our three times in a row champion of our progressive bingo!

We'd like to extend a special thank you to our amazing volunteers who generously give their time to call bingo on the weekends. Your presence brings joy, connection, and a welcome break to our residents' routines.



CLSA ACTIVITES



Canada





CLSA ACTIVITES





CLSA ACTIVITES



CLSA ACTIVITES





CLSA ACTIVITES



CLSA ACTIVITES





SPRUCE VIEW LODGE

Diane Robbins - Site Manager

Whitecourt



It's hard to believe that Summer is pretty much over, with a month full of rainy, cloudy and colder days it did not feel much like summer. A lot of staff and residents enjoyed the sun when we could, took some vacations and enjoyed time with their families. In August we sadly said goodbye to Donna Woyewoda, we are hoping she will still come to the lodge for visits and our monthly parties.

We welcomed our newest resident Bruce Pike, he was happy to finally be reunited with his wife Lorraine and officially join the Spruce View family.

We celebrated our Maintenance man, Aaron on August 15th for "Maintenance Appreciation Day". As well, we had to say good bye to Gea Tuin, our long standing Leisure Aid; she will surely be missed but we are excited for her next adventure- Retirement!

Thankyou everyone for a great summer, a great August- hopefully Fall will give us some better weather...

MEETINGS:

Lodge Meeting- August 13th

Resident Meetings- August 20th

H& S Committee Meeting- August 26th



SVL STAFF



We are excited to welcome Lerma Bagayo to our team! Originally from Negros Occidental, Philippines, Lerma joined us on July 24, 2025, as a casual Health Care Aid, and we are happy to have her on board.

Lerma enjoys her role, particularly caring for the elderly which she describes as rewarding and meaningful.

Though she is quiet and simple in nature, Lerma has a vibrant side that shines through in her hobbies. She enjoys dancing and singing, and we look forward to seeing her talents in action. The next time we have a dance performance; we will be definitely recruiting her!

We are delighted to have Lerma as part of our team and are excited about the positive energy and dedication she will bring to our lodge. Welcome aboard, Lerma!



SVL RESIDENT



Welcome to our family, Karen Munro! Karen moved to the lodge on July 14, 2025. Born and raised in Edson on October 1, 1941. She is a proud mother of three, with her daughter residing here in Whitecourt, which brings her happiness as they are now closer together.

Karen is very close to her grandson Keiran and was saddened that they will now be separated because they live in Swan Hills. Her favorite pastimes include making crafts, crochet, sewing, and creating crafts using forks. Karen now enjoys word games, hangman, bingo and is a big fan of crib. She used to go to the farmers' market to sell her handmade crafts, and she really enjoyed it.

She used to work as a bookkeeper, and she also cooked at a campsite. Her very first job was as a Ward Aide. Her experiences showcased her adaptability and dedication. Karen's advice to everyone is to pursue their dreams before settling down, a testament to her belief in following one's passions. We are excited to have her as part of our family and look forward to the joy and creativity she will bring to our lodge.





SVL ACTIVITIES

Clarissa Titong - Activities Coordinator

Whitecourt

July has swiftly passed, filled with fun activities and cherished moments that brought everyone together. We kicked off the month with a fun bocce ball game followed with refreshing slices of watermelon generously sponsored by our resident Joyce. This delightful start was a reminder of the joys of summer and the camaraderie we share.

On July 8th our cooking show featured Anne who delighted everyone by demonstrating how to roll delicious cabbage rolls. The event was not just about cooking; it was a fun-filled experience where residents actively participated and shared laughter, making it a memorable occasion.

Our resident meeting was another highlight of the month. We were joined by the local fire department, who discussed essential safety measures for our residents. This informative session was crucial in ensuring that everyone felt secure in their environment. Additionally, Colleen from Northern Health Footwear provided insights into foot care products and services, enhancing our residents' understanding of personal care. After the meeting, we indulged in delicious milkshakes, which added a sweet touch to our gathering.

The excitement continued July 11th with our car show and BBQ fundraiser. The event was a tremendous success, with a great turnout. We were thrilled to have hotdogs, donated by Rebecca & Mike of No Frills and we showcased about eight vintage cars, including a charming vintage fire truck and a state-of-the-art fire truck. Residents had really a wonderful time.!

We invited Faith Milton to play the piano, and residents joined in a joyful sing-along before ending with ice cream.

We welcomed Joanne from Know It Sooner, who discussed the importance of surfing the internet safely. Residents expressed their excitement for the upcoming training, eager to enhance their digital literacy.





SVL ACTIVITIES

July 23rd brought another creative opportunity as Dallys from PVL hosted an epoxy workshop. This event turned out to be one of the best crafting experiences our residents have had, allowing them to express their creativity. We also enjoyed playing Pool noodle volleyball, various board games like Trionimos, Cribbage and Rummy and a stimulating brain game during our coffee social. The month concluded with a delightful banana split party, where residents indulged in this classic treat, bringing smiles all around.

July 28th our dedicated volunteer Laura surprised everyone with a freshly baked rhubarb crisp. The delicious dessert was a hit among residents, showcasing her warmth and kindness. Thank you, Laura, for your thoughtful contribution!

On July 25th we had Addy Watson provided entertainment for our monthly birthday party and Mayor Tom personally greeted the birthday celebrants; Shirley, Nettie, Marilyn, Wally and Jurgen. Congratulations to Marilyn & Doreen for winning our raffle baskets. Huge shout out to Anne & Marie for winning the Door Bingo.

Morley White, was featured in The Press newspaper, reflecting on his life now and then. Morley, way to go!

As we reflect on July, the month was filled with joy, learning, and connection. We look forward to more exciting events and continued engagement in the coming months. Thank you ALL.





SVL ACTIVITIES





SVL ACTIVITIES





SVL ACTIVITIES



YUMMY





SVL ACTIVITIES



Canada





SVL ACTIVITIES





SVL ACTIVITIES





SVL ACTIVITIES





SVL ACTIVITIES





ADMINISTRATION

Sylvia Bonnett - Operations Manager

**LSAF MAINTENANCE APPRECIATION DAY
AUGUST 15 - 2025**



**RECOGNIZING – Mike & Gordon, CLSA
Steven & Patty, PVL Aaron – SVL
MANY THANKS FOR ALL YOUR HARDWORK**





PLEASANT VIEW LODGE

Pamela Lacaille - Site Manager

Mayerthorpe

Hello and Happy August!

Summer is still with us although we have had some days of rain here and there. It's been wonderful to see the lodge so full of life. From courtyard visits to social events and morning coffee chats, it's good to see that everyone is making the most of the season. Let's keep enjoying the sunshine.

Special Announcements

We're excited to share some wonderful news from our team!

Congratulations to Stacey who welcomed a beautiful baby daughter August 12th!



Blair Natalie 6 lbs 13 oz



Congratulations to Carrie, who celebrated the arrival of a granddaughter on August 13th!



Scotti Lynne 6lbs 3 oz

What wonderful additions to their growing families! We are so happy for you and your families!





PLEASANT VIEW LODGE

Our lovely cooks serving some delicious meals.



Michelle & Kathy

This Month:

Our Maintenance Appreciation Day was August 15th! Thank you, Steven & Patty for all that you do!



Patty & Steven our maintenance team.



Jane, Kathy, Delilah & Emily

Know it Sooner - Tech Help Sessions for Seniors

These free, hands-on sessions continue to help you feel more confident using your devices.

- August 18 - 1:30 pm to 3:30 pm
- August 19 - 9:15 am to 11:15 am





PLEASANT VIEW LODGE

Western Financial Fundraiser

August 27

Western Financial has generously supported our lodge with a donation toward community center upgrades, and now they're hosting a fundraiser in the parking lot at PVL! See poster for details.

Thank you, Western Financial, for your support!

Meetings

Staff Meeting: August 12th at 1:30pm

Resident Council: August 25th at 10:15 am.

Sewing Club

Still on summer break. It will resume in September.

Wishing you all a peaceful, happy, and healthy August.





PVL STAFF



Congratulations to our July
Make Others Great Award Winner
Elena Pimm!





PVL ACTIVITIES



Dallys Crossland - Activities Coordinator

Mayerthorpe

It's crazy to think that we are already getting close to the end of our summer. It seems like it just started, but soon it will be fall.

We had our Westlock trip in July. We go on this trip every once in a while, and it's always a really good time. We also had a second trip this past month where we went to Whitecourt for shopping and lunch as always, it was a great time! We got ice cream cones for the drive home, and before returning to the lodge, we drove out to the acreage my family and I just purchased so the residents could scope out my new spot. I loved it, of course, but I think the residents enjoyed it as well.

We had a Tim Horton's Day in July. Thank you to Margaret Reglin for donating the cost of this event! That was a very nice gesture to share with your co-residents. □ We've had a couple of games of axe throwing in the last month as well. We hadn't played in a while, but it always proves to be fun for all.

Tech Training for Seniors has been running again all summer as a two-day, once-a-month class that is open to all seniors free of charge. We have two more classes before fall, anyone who wishes to attend is welcome.

We've had a couple of bingo bus trips where we went to each sister facility for a game of bingo. It was very fun, and we would like to thank both Onoway and Whitecourt Lodges for hosting us.

Once again, Edward Pimm came to perform for our monthly birthday party. It's always a pleasure to have him.

We were thrilled to have Fro On The Go park outside the lodge with their frozen yogurt truck. Activities gave each resident and staff member a coupon for a free frozen yogurt so that everyone who wished to could enjoy a treat. The weather was beautiful, and the community all came out to have a yogurt and visit outside the lodge. It turned out to be a lovely day for it. Unfortunately, they did completely sell out of frozen yogurt but that was only 15 minutes before closing time anyway, so I would say it was a good day for us as well as the ladies selling the yogurt!



PVL ACTIVITIES



And finally, we had Donna Strongman come back again for Laughter Yoga. Donna has an incredibly unique way of keeping the group giggling throughout the entire session. I would suggest to anyone who has not tried Laughter Yoga yet to do so. It's an experience that will definitely make you laugh out loud!

We would like to thank Monique, Ingrid's granddaughter, for donating the cost of a special beer and popcorn event this past month. What a nice way to celebrate your birthday with your Gramma and all her friends when you can't be close by. Very thoughtful!

We also had Joyce's family come in with Burger Baron soft-serve ice cream for all our residents and staff this past month. What a special treat that was for everyone. Thank you so much!

- We would like to wish a very Happy Birthday to Pat, Joyce, Ken, Tiny, and Sharon Peacock, who all celebrated birthdays in July.





PVL ACTIVITIES





PVL ACTIVITIES





PVL ACTIVITIES



YUMMY

