

Congratulations FOSMSOE Members!

February 2020



On October 1, 2019 during the International Day of Older Persons, the Government of Alberta recognized nine individuals and organizations for making a difference in the lives of Alberta seniors and their communities. Our FOSMSOE Society was the one of the Minister of Seniors Award recipients. St. Michael's is honoured to work with FOSMSOE volunteers and we would like to congratulate you for the great work you do to support St. Michael's, and thank you for your many years of volunteer commitment to our organization, to our residents and staff.

The Friends of St. Michael's Society of Edmonton has had another busy year raising funds to help purchase much needed equipment and support special programs and services. In 2019, our group worked 76 Bingo events at 3 bingo halls. The FOSMSOE Executive worked hard as well, meeting monthly to make decisions about funding, about how to promote and assist the mission of St. Michael's Health Group to make a difference in the lives of residents who call St. Michael's home. **Listed below are some of the items purchased this past year with the funds FOSMSOE raised:**



- ❖ Aquarium for sitting room
- ❖ Art Therapy Workshops
- ❖ Bariatric Commode Chair
- ❖ Beds and Mattresses
- ❖ Recreational Activities for all 4 sites
- ❖ Heel / Ankle Protectors
- ❖ Commode Chairs
- ❖ Companion Animals
- ❖ Craft Supplies
- ❖ Resident Use Dinnerware
- ❖ Entertainment groups for all 4 site
- ❖ Fall Mats
- ❖ Gait Belts
- ❖ IV Poles
- ❖ Lift Slings in various sizes
- ❖ Medication Aprons
- ❖ Sheepskin Booties
- ❖ Blood Pressure Monitor and Oximeter
- ❖ Wheelchair Repairs

We also made a **\$50,000** donation to St. Michael's Extended Care Centre Society to help with ongoing care needs.

Once again, our most sincere **Thank You** for your ongoing support. For the many hours at the bingo halls, casino help and as on-site Ambassadors. For your help with our events - Because We Care Brunch, This is Home Fundraising Breakfast, When They Were Young Fundraising Dinner, and with the Baba's Own food booth at U-Fest. **We treasure you and all that you do!**

Charlene Sanheim - Bringing Smiles and Joy to our Residents!



St. Michael's Health Group was honoured to nominate our Resident Care volunteer **Charlene Sanheim**, for an ACCA Award of Excellence. The Awards of Excellence highlight individuals dedicated to improving the quality of life of people in their care. Charlene was selected as a finalist for the ACCA Award and was presented with a certificate. I remember when Charlene started volunteering at St. Michael's in 2016, and since that time she has made an exceptionally positive impression on our residents, staff and other volunteers. For over 3 years Charlene has been assisting residents with meals, as well as helping with recreation and entertainment activities. The greatest contribution Charlene offers to St. Michael's is her work with our dementia residents; each individual's needs and circumstances are unique, which in itself can be challenging.

Charlene's kind heart resonates with each of them. She comes three times a week and in a relatively short period of time, Charlene has contributed 1,825 hours. Residents look forward to their time with her. Charlene is always willing to offer help with other activities as well and gives even more time with preparations for our fundraising events.

Congratulations Charlene and thank you for your dedication and commitment to St. Michael's!

Applauding Jason Mitchell!

Congratulations to one of our star volunteers - Jason Mitchell - who was nominated for the Stars of Alberta Volunteer Award. On International Volunteer day, December 5, Jason attended a Volunteer Awards ceremony and reception at Government House to receive his Certificate for outstanding volunteer commitments to the community.

Jason has made a very personal and kind impression on our staff and other volunteers since he started volunteering at St. Michael's. In the 19 years we have known Jason, he has consistently demonstrated his appreciation and respect for our residents and the staff that he works with.

The greatest contribution Jason gives to St. Michael's is his work in the kitchen. Jason comes five days a week for 6.5 hours each day and has contributed **26,158 hours** helping in the kitchen with various tasks. Jason is a very valuable asset to the food services area. His daily routine starts with helping dietary staff set up meal trays and deliver the meal caddies to each dining area for Residents. Without Jason the load is much heavier on staff and they miss him greatly when he is away on vacations.

Wherever he is needed, Jason will always lend a helping hand. He selflessly volunteers and gives his time to make a difference in the lives of seniors in our community. The best part of Jason is that he does all sorts of work with a huge smile on his face. He is fantastic interacting with residents and volunteers, always encouraging others to come and volunteer at our organization, like his brother, cousins and his friends. Jason ensures that new volunteers know what to do and he always watches that the tasks were done on time by him and other volunteers. He is a pleasure to have around - volunteers are hard to come by but someone like Jason is even harder.

Congratulations Jason and thank you for your hard work!

