



LODGE AND SUPPORTIVE HOUSING NEWS JUNE, 2017

SENIORS' WEEK JUNE 5 to 11

Senior Centre BBQ

June 6

Ice Cream Social

June 7

Outing - Walmart

June 8

Men's Outing

Jun 13

Estate Planning
Presentation

June 14

Memorial Service

June 15

Father's Day Bingo & Pie

June 16

Birthday Party

June 27

Canada Day Celebrations

June 30

CONSTRUCTION UPDATE

The recent weather slowed the work somewhat, but the tarps were nailed down to protect the walls in the ramp area. Kelly Roberts, Superintendent with Jen-Col reports that demolition and excavation will take place within the next two weeks. The modernization project progresses as planned.

NEW COORDINATOR

Hello Supportive Housing residents and family – My name is Shaelyn Strang.

On May 1, I transferred from the Lodge to become the full time Supportive Housing activities coordinator. I work with an excellent team of health care assistants, coordinating activities to provide the residents with care and enjoyment. I hold a daily walking program that most residents are scheduled on once per week. I do one major activity per day, per set of houses (for example: 10:30 am in Houses 1 and 2, and 1:30 pm in Houses 3 and 4). We still play bingo and card bingo in the rec room on Monday, Wednesday and Friday, in addition to the regular house activities. Some of our May activities consisted of flower pot painting and planting, bird seed ornament making, and a trip to Kathy's Greenhouse, and ice cream in Marwayne.



In June we look forward to making stepping stones, painting bird houses, holding a fishing derby and a beach party, as well as attending Canada Day celebrations uptown. I am very open to suggestions. If you, or someone you know has an idea, or would like to facilitate an activity, I am more than willing to accommodate you some exciting activities going for our residents.

CHRISTEL TISCHLER – MY STORY

It was an odyssey, leaving a war-torn Europe and all that devastation; my life was filled with uncertainty. I was born in Poland, my parents passed away early, and I was responsible for my siblings.

I worked for two years in the Eastern zone and two in the Western zone. Once my siblings were safe, I left for England, then Switzerland and finally, Canada in 1958. Here I met my husband and had three sons. We worked hard, and years later we bought an acreage six miles north of Mannville. We farmed it for 30 years.

In November, 2009 I was alone on the farm. My husband had passed away two years before, and I had one son in Texas, one in Edmonton, and one in Mannville. One night, I went to bed feeling fine, and looking forward to bible studies next morning.

Something woke me. When I tried to get up, I realized I could not move. I managed to grab the phone, but I couldn't think; I could not dial. I dropped the phone on the night table, and suddenly a voice appeared, asking whether he could help. It was the telephone company.

"I can't move," I said.

After a moment, he said, "OK, they're coming".

I said, "But I cannot open the door".

"Oh, don't worry," he replied. "They will break in."

The ambulance took me to Wainwright. My son Brian drove up to check on me, and saw that my house was open, the garage was open, and the light was on. Alarmed, he called the ambulance, and they told him where I was.

After my stroke, it was decided that I could no longer live on my own. I stayed at the Glenrose for three months, and then I moved in with my son David for a month.



"I am 85 years-old. Living close to family is important."

I wanted to live in Edmonton, but found that every place was full. I wrote to the Lodge, and when they wrote back saying there was room for me, I jumped at the chance to come to Vermilion where I could be close to my son. I called Dr. Lowe who said I could stay in the hospital until my room at the Lodge was ready. It was March, 2010.

The Lodge has been good for me. Staff members are friendly; they take good care of me. The food is plentiful, and there is a variety of activities to choose from. I get involved in as many activities as I can, and I attend many events. I enjoy exercises, puzzles, dominos, bingo, and bible studies. The grounds are beautiful. We have plenty of green space, flowers and a good crop of tomatoes, squash, and peas each season.

Living close to family and friends gives me a sense of stability, of belonging. But, at times I wonder: Had it not been for that letter from the Lodge – Where would I be living today?

MARILYN'S CORNER

We have quite a packed calendar in June. For Seniors' Week we are attending the Seniors' Centre BBQ in Heritage Park on the 6th, and on Tuesday, June 7th, we are holding an ice cream social with entertainment in the Lodge dining room. Among other activities, we have three trips planned, plus bingo and pie on June 16th in honour of Father's Day.

Please remember to stay hydrated. Hats, and sunblock are important as well.

Outdoors at night?
Wear a light sweater; the mosquitos are out in force.

Thanks again for your patience and understanding with regards to the construction noise during bingo, and the long walk to the dining room. I hope you are enjoying the new coffee and snack area in the rec room.



The canteen has been moved to Wing B, Room 25, and we have purchased a variety of snacks and sundries. Come over, and check them out.

If you have any questions, feel free to email us at: valleylodge2@gmail.com or call (780) 853-5706 and ask for Marilyn



St. Jerome's School Wisdom Project

Through the month of April, Lodge and Supportive Housing residents shared their life stories with Grade 11 students.

The result is an interesting and enjoyable Anthology, compiled by the students, and delivered to participants.

Residents are grateful to the Maintenance team for the wonderful upgrade of the *other* residents' lodge.



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