



Happy September Everyone!

Summer has gone by in heartbeat and fall is starting to appear in many ways around us.

Fall is a good time to reset after frolicking in the summer sun and hopefully having enjoyed a bit of relaxation time in the form of a vacation.

Over the last few months St. Andrew's staff have been creatively thinking about new methodologies to enhance the way we do things with the focus on improvements that are committed to sustainability, improved service/engagement, and innovation.

With my recent emphasis on trust and all that has or is happening in the world surrounding us I have been inspired to focus my understanding on soft skills. I believe that soft skills can be hard to define but easy to recognize and are talents that go beyond technical abilities. Although soft skills are essential, they are not instinctual for everyone and can require a great deal of practice and reinforcement. Some of the hardest soft skills to develop can be emotional intelligence, empathy, communication, and adaptability.

The term of independent senior living has evolved so significantly in the past few years that **adapting** to the transformation can be challenging in different ways for many staff, citizens, and visitors. Our ultimate goal as an organization is to provide an inclusive and safe community that invites a renewed love of life and a feeling of belonging for those who choose to live here. We want our citizens to call St. Andrew's Centre home for many years to come expressing their feelings with pride, dignity, and joy.

As an organization we believe **communication** is the ultimate tool to avoid misunderstandings, frustrations, and foster harmony within our community. We strive to support a senior's right to remain self-sufficient and autonomous while offering the benefit of a stress-free living arrangement. It can be difficult to navigate the diverse lifestyles that attract people to our Centre but we remain committed to becoming an extension of one's family.

I have witnessed the emotional turmoil that some elders experience when a lifestyle changes and moving into a new home occurs. **Empathy** towards newcomers into our community is a vital tool during these transitions. Research shows that it takes the average person 90 days to develop a new routine and settle into a new environment. We want our citizens to know that they will never be lonely here but will instead find themselves surrounded by others in the same stage of life who may share common interests, experiences, concerns, history, etc.

Applying **emotional intelligence** empowers our Centre to inspire citizens to be an active part of the community in a means one chooses which results in a vibrant, happy place. We are so fortunate to have many of our peers who actively give back and are committed to shared goals that matter within our facility. It is tricky at times to anticipate and exceed the needs and expectations in our population which is why we review, reorganize, and recommit often. I believe triumphs come from trial and error and that we cannot be afraid of failure. If one makes an honest effort always asking the questions: "How will I serve my citizens well and how/why does that matter" then I believe we will see successful outcomes.

So as the weather cools let's put on our soft socks, sweaters, and skills!

Best Regards, *Wanda*

IMPORTANT NOTICES



MAIN OFFICE CLOSED Labour Day – Monday, September 5th

Security Staff are on duty to assist with EMERGENCIES. **Contact Security @ 780-452-4444**



GENERATOR TESTING Wednesday , September 7th starting at 2:00pm

The Maintenance Department will be performing routine testing of the building's emergency generators. Elevators may be out of service, ONE AT A TIME for short periods of time during the testing.



ANNUAL INFLUENZA VACCINATION CLINIC

To receive your flu shot here this fall you must do the following:

- 1) Get a consent form located on the table by the main office.
- 2) **Return your completed consent form** to the main office **PRIOR to September 9th** with all the necessary information completed.

Date to be announced in mid-September and new notices will be posted.
Clinic will be operated by CareRx pharmacists.



INNER COURTYARD CONSTRUCTION

Creation of the inner courtyard will begin in mid-September. We kindly ask citizens to avoid entering the area until the work is completed. The construction crew will work from 8am to 5pm daily, weather permitting. If the weather is cooperative the construction should be completed by the end of October. There will be an increase of noise during the construction hours as the company works to get this project completed.



INTRODUCING THE NEWCOMERS' AMBASSADOR PROGRAM!

Formerly the "*Greeters Program*", the *Newcomers Ambassador Program* will be made up of volunteers who are responsible for introducing themselves to new residents/citizens who live on their floor or in the same area of the Centre. These ambassadors will guide new citizens through this unfamiliar environment, when needed, and answer any questions that may arise. Moving can be very overwhelming and we're hoping this new program will help with the transition!

If you are interested in participating in the Newcomers Ambassador Program or would like to find out more, join us for **an information session on Wednesday, September 14th at 10am in the Fr. Irwin (Reception) Room.**



STAFF APPRECIATION EVENT

Please be aware that our annual staff appreciation event will take place on **September 28th from 1pm to 3pm** in the Auditorium. **Please note that the Main Office, Garden Café, Hospitality and Maintenance Departments will be closed at that time.** Only emergency calls will be responded to during those hours. We appreciate your understanding while we celebrate the staff's achievements.

HAPPY GRANDPARENTS' DAY!

**"Grandparents have ears that really listen, arms that always hug & hold,
love that's never-ending, and a heart that's made of gold."**

We hope you enjoy some extra special time with your families!

AMENITIES

Special Touch Hair Salon

Located on the main floor of the Centre next to the Garden Café, our staff can provide all your hair, foot, and beauty needs. **To book an appointment, call 780- 452-1105**, and let our staff make your day a little more beautiful. **Open Tuesday through Friday.**



~ How old you are is your business... How young you look is ours!!! ~

CareRx

September has arrived and it's back to school time again. Time to harvest those gardens and enjoy some fresh fruit and vegetables. This month is great to have some outdoor walks as it is not so hot! Don't forget to drop by the Tuck Shoppe to say "hello". The CareRx flu shot forms are located outside the main office so be sure to fill one out (by the September 9th deadline). **The Tuck Shoppe will be closed on Monday September 5th for the Labour Day Holiday and back open for Friday September 9th.** Hope to see you soon!

Sole Mates Footcare Ltd.

Sandra Dickerson operates a **Mobile Foot Care Service** for residents of the Centre. For more information or to book an appointment **contact her directly @ 587-926-0422, or e-mail sandradickerson82@gmail.com.**



Dr. Harkirat Sidhu

Dr. Sidhu is on-site for resident appointments in the Centre **two evenings each week, starting at 5:00pm. Pre-booking is required.** Mark your name in an open time slot on the whiteboard in the hallway just past the east tower elevator lobby.

Please note that Dr. Sidhu is not affiliated with the Centre.
Contact him directly with any questions or concerns you may have.

Community Cupboard

Donations of food and household staples, and monetary contributions are always appreciated to keep the cupboard stocked. **Please DO NOT give EXPIRED food products.** As always, if you have any need, please do not hesitate to ask one of the Main Office staff. We are pleased to help.

FARMERS' MARKET



When:	Bi-Weekly on Thursdays	Sept 1st, 15th & 29th
Time:	9:30 am – 1:30 pm	
Where:	ATRIUM	

CENTRE EVENTS & ACTIVIES

CHRISTMAS ART & CRAFT VENDOR MEETING

WHEN: Thursday, September 8th **TIME:** 1:00 – 1:30pm **WHERE:** Pink Room (TV Room)

This meeting is for anyone wanting to have a table setup at this year's Christmas Art & Craft Sale should be in attendance. The sale will be November 17th & 18th.

SITE TOUR – ASHCA & CCB

The *CCB (Continuing Care Branch)* and *ASHCA (Alberta Seniors & Community Housing Association)* will join Wanda for a site tour on **Friday, September 9th starting between 8:45 - 10:15 am**. This provides us the opportunity to show off our beautiful Centre and services we operate while providing education to the Government and other Organizations about the citizens who reside here. You may find that these individuals stop to chat to citizens who are in our common areas.

ANNUAL CITIZEN FREE BBQ

St. Andrews Centre will host our Annual FREE Citizen BBQ on **Monday, September 12th from 11:30am- 1:00pm**.

We invite everyone to join us in this time of fellowship. Please note that this BBQ is for citizens and staff only who reside or work in our community. Watch posters for further details.

EDMONTON POLICE SERVICE PRESENTATION

WHEN: Tuesday, September 13th **TIME:** 2:00pm **WHERE:** Auditorium ***"Fraud Prevention & Scams"***

Everyone is welcome to join Constable Amanda Trenchard and the Edmonton Police Service Community Engagement Team for an informative presentation on Fraud Prevention & Scams.

HEARING & HEARING AID INFORMATION SESSION

WHEN: Friday, September 16th **TIME:** 1:30 – 2:30pm **WHERE:** Reception Room (Fr. Irwin)

Do you have questions or concerns regarding hearing aids?

For example, have you ever wondered why sometimes you still can't hear clearly even with hearing aids? How do hearing aids even work? Do you wonder if you should get hearing aids? How will they help? Why are hearing aids so expensive? How do you know if you need hearing aids and where should you get them?

Dr. Cheryl Blair, Doctor of Audiology, will provide information about hearing and hearing aids and will answer your questions during this information session.

MONEY MATTERS INTRODUCTION

WHEN: Friday, September 23rd **TIME:** 1 – 2PM **WHERE:** Reception Room (Fr. Irwin)

Linda Mak from *Money Matters* will give an introduction on matters of money and how their organization can help others. *Money Mentors* is the only Alberta-based, not-for-profit credit counselling agency that is free. Money Mentors teaches how to stretch your dollars and offers credit counselling, money coaching, retirement planning, and financial literacy.

Later this fall Linda will hold presentations with more detail in certain subject areas.

EXERCISE by BONNIE

September 19th – December 15th

WHEN: Monday's & Thursday's **TIME:** 10 – 11am **WHERE:** Auditorium

Registration: Main Office (in advance)

Cost: Fee of \$50 paid directly to Bonnie at the first class

Welcome back Bonnie and join her for exercise twice a week, starting September 19th!

Benefits of being physically active: reduce risk of falls, stronger muscles and bones, better sleep, improved mood and much more.

FITNESS ROOM

WHEN: Wednesdays **TIME:** 4:15 – 5:00pm **WHERE:** Fitness Room

Join Susan on Wednesdays from 4:15-5:00 pm. This is a GREAT opportunity to come ask questions, workout with someone, keep motivated or learn something new. See you Wednesdays.

TIP (Point of View): If you have swollen legs, feet, or ankles, muscle tension in your calves or a lack of circulation in your veins do this -> lay on a couch or bed and elevate your legs every evening for 10 minutes.

RESIDENTS' ASSOCIATION (R.A.)

Residents' Association Financial Statements for the year ending May 31, 2022 are available for review by the general membership. They are posted on the R.A. easel and on the noticeboard by the mailboxes. Please review at your convenience. Questions/comments may be directed (by Tuesday Sept 13th) to Treasurer Karin Vanweelden.

Add your name to the **Quarterly Birthday Party List** to be included in the celebrations for your birth-month! The sign-up list is on the bulletin board near the parcel locker across from the mailboxes.

RESIDENT COMMUNITY COMMITTEE (R.C.C.)

There was no *Resident Community Committee* meeting in August, and therefore there are no meeting minutes to be included in this publication. The next meeting is scheduled for: Wednesday, September 21st @ 1:30pm in the Reception Room (Fr. Irwin), after taking a break for the summer months. The Centre has a bulletin board in the atrium next to the piano for RCC information and notices.

ACTIVITIES

WHIST When: Wednesdays @ 6:00 pm Where: Games Room
BRIDGE When: Thursdays @ 6:00 pm Where: Games Room
CANASTA When: Sundays @ 5:30 pm Where: Games Room



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CARD BINGO When: Monday/Wednesday/Friday @ 2:00pm
Where: Games Room

SHUFFLEBOARD

When: Mondays & Thursdays @ 2:00 pm
Where: Games Room

CRIBBAGE

When: Mon @ 6:30 pm & Tues @ 6:00 pm
Where: Games Room



\$3.00 BINGO

When: Saturdays @ 6:00 pm
Where: Games Room

WALKING GROUP

When: Tuesdays and Fridays @ 10:00 am
Where: Meet in the Atrium for a 20-30 minute **OUTDOOR** walk,
and then coffee-time at the *Garden Café*.
All levels of walkers are welcome.



CARPET BOWLING

When: Wednesdays @ 9:45am Where: Auditorium

Carpet bowling resumes Wednesday September 7th at 9:45 am in the auditorium.
Sense of humour needed and no other skills.

FRIDAY MOVIE NIGHTS

TV Room @ 7pm
Check notice board for updates.



HAPPY HOOKERS CLUB

When: Tuesdays @ 1:00 pm
Where: North Atrium, near the Koi Pond



Instructions provide for making toques for the Boyle Street Community Services Centre.
Also looking for wool donations.

SUSAN'S NEWS



Ideas about events & activities are always welcome.

Contact Susan at 587-525-8713 or susan@stAndrew'scentre.com

Atrium

Thank you to those who donated plants and planters this past month. The atrium is looking brighter with more variety and colors. In September there will be work done in the tropical beds to aerate them and add nutrients.

Note: All plant donations must be pre-approved before the plant enters the atrium to help keep pests under control.

Koi Pond

The koi pond bottom grew darker with the sunny days and the burnt-out UV bulb in the filtration system. These UV lights help prevent single cell algae from growing which is what we now see on the bottom. With the new bulb and some scrubbing, fingers crossed the pond will be looking better in September.

Gardens/West Courtyard

Many gardeners are enjoying their harvest while already planning for next year. Once the produce is harvested, we will see many more garden beds cleaned out.

Gardeners: If for any reason you cannot water or maintain your garden please reach out.

Gardens that are not tended to will be assigned to others next season. To make things easier the garbage cans have wheels so you can pull the garbage close for any clean up.

Notice Board

Watch the notice board for information on a 'Grass Roots' session where we can share ideas, look at citizen interests, and strategies to implement new activities or events.

Miscellaneous

Interested in volunteering?

- Assistance with budgie birds on weekends/holidays. This consists of changing out the water and checking their food.
- Painting the planting table. Possibly some light sanding.
- Fill both water barrels in garden area for September. Thank you to our volunteer who has been diligently doing this since spring.
- Scrubbing the walls of the koi pond early September.

The new picture in the planting room was graciously donated. Thank you, as it brings new life to the room.

MAINTENANCE DEPARTMENT

MAINTENANCE HOURS: **Monday – Friday** **8:00 am – 4:30 pm** (except holidays)
 Saturday **9:00 am – 3:00 pm**

Please call the main office @ 780-452-4444 to request Work Orders for Maintenance tasks in your suite.

Most requests are completed the same day, and at no charge to the resident.

You will be advised if fees are applicable to your request before the work order is dispatched to staff.

AIR CONDITIONERS

Please be aware of the following:

- St. Andrew's Centre does not provide air conditioners.
- Units can have a **MAXIMUM output of 8,000 B.T.U.**
- **Window A/C units MAXIMUM DIMENSIONS** are Height of 15 inches and Width of 20 inches. Must be installed by Centre Maintenance Staff) (submit work order, no charge).
- Must be removed in the Fall by Centre Maintenance staff (submit work order, no charge).

Annual Suite Inspections

Wanda and Joe say **"THANK- YOU"** for everyone's cooperation during the annual suite inspections. We are happy to report that our citizens have well-kept suites and only minor issues were noted.

Some suggestions to note:

Fruit Flies

To avoid getting an occurrence of fruit flies in your suite please ensure that you have a garbage can with a lid and that you dispose of any empty pop, juice and other containers you may be recycling quickly. Also please remove ripened vegetables and fruit from your counter quickly.

Flickering lights

Most often a flickering light is an indication that your light bulb may soon burn out.

Air conditioners

If you find that your air conditioner is not cooling properly please check to ensure that your filter is clean. Maintenance is happy to assist you with this task if required.

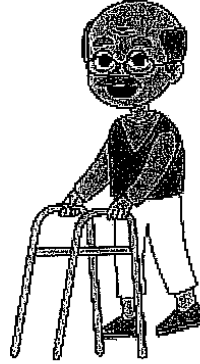
Bathroom fans

Bathroom fans will collect lint. If you notice dust falling from your fan please contact the main office for a work order and we will clean it for you.

**We kindly remind everyone to report any noticeable problems quickly
as it is easier to repair an issue before it gets worse.**

HOSPITALITY DEPARTMENT

Need a brand new look for you walker or scooter?



Please call 587-525-9714 and ask about our **Equipment Cleaning Services**.

Housekeeping – Hourly housekeeping services are available by appointment. Fees based on time.

Laundry – Hourly laundry services are available by appointment. Fees based on time taken, and number of loads.

*Maximum of 3 loads per service. (Coins for machines @ \$4/load, detergent @ \$2/load and softener @\$1/load are extra if not provided by resident)

Garbage Disposal – Available by request. Fee to be determined per request.

Window Washing – Available by request. Fee depends on suite style as shown above.

Carpet Cleaning – Available by request. Fee to be determined per request.

For all services, please contact **Tess @ 587-525-8714** for full details and scheduling.

For immediate assistance please call the Main Office @ (780)452-4444 if you spill something on the floor in a common area or have other concerns about the cleanliness of our building, and for everyone's safety.

**For the convenience of our Residents' families and loved ones,
St. Andrew's Centre is pleased to provide Guest Accommodations.**

There are 5 fully-furnished suites, each with all necessary items for a comfortable and convenient stay.

Our well-appointed Guest Suites each include; linens, dishes, pots, pans and small appliances.

Contact our Hospitality Department for pricing, availability and reservations.



GARDEN CAFÉ



The *Garden Café* Restaurant is open from 9:00 am to 6:30 pm EVERY DAY serving:

Breakfast	9:00 am – 11:00 am
Lunch	11:00 am – 1:30 pm
Dinner	4:30 pm – 6:30 pm

DELIVERY IS AVAILABLE for a \$2.50 charge per trip.

To order dinner for delivery, please call the Café directly @ 587-525-8718 before 4:00pm.

The 4-week rotating Summer Menu is in effect now through to October. Copies are available at the Café and online.

FREE BBQ LUNCH

Monday, September 12th — 11:30 am – 1:00 pm

Garden Café

Residents Only

The *Garden Café* accepts payment by Cash, Debit Card, Punch Card, St. Andrew’s Swipe Card or Gift Cards.

FINANCE DEPARTMENT

ACCOUNT CHANGES

- Parking Rental
- Storage Rental
- Meal Plans
- Banking Information

Please inform the Main Office of changes **before the 20th of the month**.

This is important to ensure charges for the following month are correct.


ACCOUNT BALANCES

Monthly Invoices for Garden Café, Hospitality Services, and incidental charges are **due upon receipt**. Accounts with invoices not paid in full by the 15th of the following month may be subject to suspension and/or finance charges.



...to all our residents, and their families, who routinely ensure their invoices are paid promptly!

Game Activities take place in the Games Room unless otherwise noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>August 28</p> <p>Canasta 5:30pm</p>	<p>29</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>30</p> <p>Walking Group 10am Atrium</p> <p>Cribbage 6pm</p>	<p>31</p> <p>Shop Easy Fashions 9:30am – 3:30pm Games Room</p> <p>Bridge 6pm</p>	<p>September 1</p> <p>Farmer's Market 9:30am – 1:30pm ATRIUM</p> <p>Shuffleboard 2pm</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin: 10px auto; width: fit-content;"> <p><i>Erin Rutherford</i> Ward Anirniq @ 2pm Fr. Irwin Room</p> </div> <p>Bridge 6pm</p>	<p>2</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>RIVER CREE CASINO OUTING</p> </div> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p>	<p>3</p> <p>Bingo 6pm</p>
<p>4</p> <p>Canasta 5:30pm</p>	<p>5</p> <div style="border: 1px solid black; transform: rotate(-5deg); padding: 5px; margin: 10px auto; width: fit-content;"> <p>OFFICE CLOSED</p> </div> <p>LABOUR DAY Holiday</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>6</p> <p>Walking Group 10am Atrium</p> <p>Happy Hookers 1pm Koi Pod</p> <p>Cribbage 6pm</p> <div style="border: 1px dashed black; padding: 5px; margin: 10px auto; width: fit-content;"> <p><i>Residents' Association</i> ENTERTAINMENT "Tribute to Patsy Cline" @ 7pm Auditorium</p> </div>	<p>7</p> <p>Carpet Bowling 9:45am Auditorium</p> <p>Card Bingo 2pm</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>GENERATOR TESTING starting @ 2pm</p> </div> <p>Whist 6pm</p>	<p>8</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>CRISTMAS ART & CRAFT VENDOR MEETING 1:00 – 1:30pm Pink Room</p> </div> <p>Shuffleboard 2pm</p> <p>Bridge 6pm</p>	<p>9</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>DEADLINE to sign up for FLU CLINIC @ Main Office</p> </div> <p>Walking Group 10am Atrium</p> <p>Card Bingo 2pm</p>	<p>10</p> <p>Bingo 6pm</p>
<p>11</p> <div style="text-align: center;">  </div> <p>Canasta 5:30pm</p>	<p>12</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin: 10px auto; width: fit-content;"> <p>FREE BBQ LUNCH 11:30 am–1:00 pm <i>Garden Café</i> Residents Only</p> </div> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>13</p> <p>Walking Group 10am Atrium</p> <p>Happy Hookers 1pm Koi Pod</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>EPS PRESENTATION FRAUD PREVENTION 2pm AUDITORIUM</p> </div> <p>Cribbage 6pm</p>	<p>14</p> <p>Carpet Bowling 9:45am Auditorium</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>AMBASSADOR PROGRAM Information Session 10am @ Reception Room</p> </div> <p>Card Bingo 2pm</p> <p>Whist 6pm</p>	<p>15</p> <p>Farmer's Market 9:30am – 1:30pm ATRIUM</p> <p>Shuffleboard 2pm</p> <p>Bridge 6pm</p>	<p>16</p> <p>Walking Group 10am Atrium</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>HEARING & HEARING AID Information Session 1:30 – 2:30 pm @ Reception Room</p> </div> <p>Card Bingo 2pm</p>	<p>17</p> <p>Bingo 6pm</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Canasta 5:30pm	19 Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm Exercise 10-11am Auditorium	20 Walking Group 10am Atrium Happy Hookers 1pm Koi Pod Cribbage 6pm	21 Carpet Bowling 9:45am Auditorium RCC Meeting 1:30pm @ Reception Room Card Bingo 2pm Whist 6pm	22 Shuffleboard 2pm Bridge 6pm Exercise 10-11am Auditorium	23 Walking Group 10am Atrium MONEY MATTERS Introduction 1 - 2pm @ Reception Room Card Bingo 2pm	24 Bingo 6pm
25 Canasta 5:30pm	26 Exercise 10-11am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	27 Walking Group 10am Atrium Happy Hookers 1pm Koi Pod Cribbage 6pm	28 Carpet Bowling 9:45am Auditorium Card Bingo 2pm Whist 6pm	29 Farmer's Market 9:30am - 1:30pm ATRIUM Exercise 10-11am Auditorium Shuffleboard 2pm Bridge 6pm	30 OFFICE CLOSED National Day for Truth & Reconciliation Walking Group 10am Atrium Card Bingo 2pm	October 1 Bingo 6pm
2 Canasta 5:30pm	3 Exercise 10-11am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	4 Walking Group 10am Atrium Happy Hookers 1pm Koi Pod Cribbage 6pm	5 Carpet Bowling 9:45am Auditorium Card Bingo 2pm Whist 6pm	6 Exercise 10-11am Auditorium Shuffleboard 2pm Bridge 6pm	7 "Fit Fridays" Begins (details in Oct Newsletter) Walking Group 10am Atrium Card Bingo 2pm MOVIE NIGHT 7pm TV Room	8 Bingo 6pm

While every effort is made to provide up-to-date calendar event listings, they are subject to change. Please check notice boards also.