

#### St. Andrew's Centre

#### MONTHLY NEWSLETTER

As the summer is ending, one can see the beauty of fall peeking its head around the corner. Fall is my favorite time of year. I love the beauty of the leaves turning color, the warmth of a soft wind on a sunny fall afternoon where you still can wear a sweater but not need a jacket for a beautiful walk in the river valley. How the North Saskatchewan River glistens from the reflection of the sun and the sound of the rustling of the leaves gives you a wonderful feeling of peace as you witness the transition of summer into fall. I enjoy the farmers market and seeing all the beautiful decorations along with pumpkins, sunflowers, and experiencing all the delightful smells of nutmeg, cinnamon, and clove as a symbol of what is about to come. Thanksgiving.

Thanksgiving is a time to reflect on family, friends, and the bonds we have made with our community. St. Andrew's Centre is a community within a community. Yes, some may come and go to work, to volunteer, to spend time with loved ones, while others stay within the Centre and enjoy the newly or long-lasting friendships they have developed over the years or within moving here over the past few months. No matter which it is, the residents of St. Andrew's Centre are truly what make it special.

I am always amazed at how the residents will come to me with concerns about the wellbeing of each other. There is a sense of caring and thoughtfulness within these walls that maybe not everyone is able to see but I feel it every day I walk through these doors. It is that caring spirit that on a tough day I am comforted knowing deep down when one is struggling many will surround them and show them the love, kindness, and respect they deserve.

Thanksgiving is a time to reflect on one's own life and be thankful for all the gifts we have received over this past year. Be mindful that others in our community may not have a lot of family or friends in the area. We need to extend a welcome to those who are new and ensure we include everyone with open arms who wants to join in the activities and that they feel welcome to do so. When you are new to the Centre it can feel scary venturing out for the first couple of times. Do not fear, as someone is always around and is willing to help you figure out where everything is or where you need to go.

As we enter this season of thankfulness, I want to express my gratitude to each of you for contributing to the warmth of St. Andrew's Centre. Your kind words and considerate actions deeply resonate with us and make our work truly rewarding.

Additionally, please keep in mind the protocol when visiting the office: make sure to check in with Juvy at the front desk before heading to finance, myself, or Tammy.

Correne Killian

**Chief Operating Officer** 

#### **ANNOUNCEMENTS**

MAIN OFFICE Closed October 14th Thanksgiving Day

Security Staff are on duty to assist with EMERGENCIES.

Contact Security @ 780-452-4444

#### **GENERATOR TESTING**

Monday, October 7th starting at 2:00 pm

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.

#### FLU/COVID CLINIC

The Flu/Covid clinic is scheduled for **Tuesday**, **October 8th at 9am** in the **Father Irwin Room** (**Reception Room**). Kindly ensure that your consent forms are completed promptly and brought back to the Main Office **before the Deadline of October 1st.** 



#### **UNDERGROUND PARKING**

All Residents who currently park underground, effective as of January 1st, 2025, the monthly fee for underground parking will increase from \$55 to \$75 a month. This increase began August 1st, 2024, for all new rentals already. The increase is in direct correlation with the rising costs of maintaining the underground garage. If you already have a space the amount will increase automatically with your rental payment on the first of each month.

#### BE SAFE!

All residents who park underground please remember that if you are entering or exiting the underground please do not follow other vehicles in or out. If another vehicle is in front of you let the door come completely down and then tap your card to get in or proceed forward to get out. The doors are on a timer which only allows one vehicle at a time to enter or exit the garage. You run the risk of the door coming down on your vehicle if this occurs it would be at your own risk and liability. Any damage would be at your own cost.





#### **STORAGE LOCKERS**

We appreciate the patience of all those on the waiting list for a storage space in the basement. Please understand that there are limited cages, and the waiting list is long. Effective as of August 1st, 2024, the cost of a storage cage is now \$50 a month, regardless of how long you have been on the waiting list.

#### **CHARITY SALE ST. VINCENT DE PAUL**

The sale will take place from Wednesday, October 23rd to Saturday, October 26th, in the Auditorium.

Entrance will be accessible via the front lobby through the sunroom. The event is open to the public.

#### RESIDENTS' ASSOCIATION (R.A)



On Remembrance Day, we would like to express our deepest gratitude to all the brave individuals who served in the armed forces. Your dedication and sacrifice will never be forgotten.

If you have served in the forces, please leave your name with the main office.

Reminder to Add your name to the <u>Quarterly Birthday Party List</u>
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.



- Octoberfest Celebration is planned for Tuesday, October 15th
- Annual Hallowe'en Party will take place on Tuesday, October 29th

#### **RESIDENT COMMUNITY COMMITTEE (R.C.C.)**

- Minutes from the September Resident Community Committee meeting are included in this publication.
- The next meeting is scheduled for: Wednesday, October 16th @ 1:30pm in the Reception Room (Fr. Irwin).
- The Centre has a bulletin board for RCC information and notices. It can be found in the atrium next to the piano.

#### MAINTENANCE DEPARTMENT

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

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 of applicable fees for your request before the work order is dispatched to staff.

#### FINANCE DEPARTMENT





#### **INCOMING PARCELS**

If you receive a **Canada Post** key (like the one pictured here) in your personal mailbox, you will find a package inside the parcel locker with the matching letter, "E" in this case.

Once you have your package, <u>re-lock the parcel locker door using the key.</u>

Then drop the key in the red outgoing mail slot, just like you would mail a letter.

\* DO NOT KEEP THE KEY or LEAVE IT INSIDE THE LOCKER \*

Canada Post must re-key lockers when the keys are not returned in this manner.

They have informed us that in the future **they will be charging a \$30.00** fee to the person who receives a parcel and does not return the key properly.

## IMPORTANT

#### Received Mail that is not yours?

#### If you receive mail that does not belong to you, according to Canada Post:



- Cross through the name and address on the front of the envelope and mark it "RTS" or "Return to Sender".
- Drop it directly into any red mailbox, as you would when sending a letter to someone else.
- Do not give it to the Main Office or leave it anywhere in common areas.

#### Moved within the Building?

If you have moved internally from one suite to another within the Centre, it is very important to have your mail forwarded by Canada Post to your new address (suite) and/or notify all your contacts of the change in suite number.

St. Andrew's Centre is not responsible for redirecting mail or parcels within the building, or handling mail for former residents, misdirected items, etc.

Please be aware that the Centre no longer has free access inside the mailroom to distribute anything directly to Residents' mailboxes.

It is only possible by appointment with Canada Post on a very limited basis.

#### 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 at 587-525-8718 before 3:30 pm



Available Every Sunday

From 9:00am to 1:00pm

Residents: \$16

Guests: \$23

Children aged 3 - 12: \$10

Children aged 2 & under: FREE

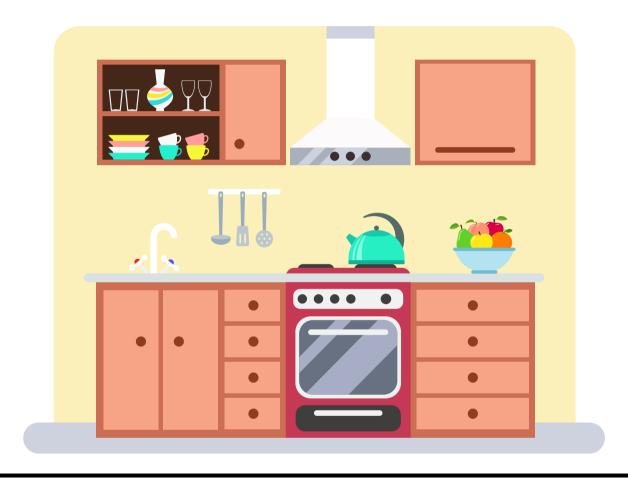
#### HOSPITALITY DEPARTMENT

Do you want deep cleaning service in your kitchen?

We are here to help.

To book an appointment

please call (587)525-8714.



#### **GUEST SUITE RATES**

\$85.00 per night - Bachelor Guest Suite

\$100.00 per night - 1-Bedroom Guest Suite

Discounts are available for longer stays.

Cots can be rented for a \$25 flat rate (up to 1 week)



For more information and bookings, please contact Juvy at the Main
Office at 587-525-8707

#### **AMENITIES**

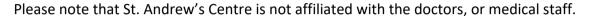


#### **FARMERS' MARKET**

BI-WEEKLY on THURSDAYS in the Atrium

#### **Family Physicians**

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





#### **Special Touch Hair Salon**



Located on the main floor of the Centre next to the Garden Café, our staff can provide all your hair, hand, and foot care needs for both women and men. We are open Tuesday-Friday at 8:00 am. **To book an appointment call 780-452-1105**.

We are excited to add Gel Polish Manicures and Sculpted Nails to our range of services.



Autumn is upon us, and it's the perfect time to embrace the cooler daytime temperatures with a pleasant walk or outing.

This month, we look forward to the Thanksgiving holiday on Monday, October 14th. Let's all aim for a wonderful celebration with family and friends, complete with a delightful Thanksgiving dinner.

Please note that the Tuck Shoppe will be closed on Monday, October 14th, and will reopen on Friday, October 18th.

The Tuck Shoppe hours are: Monday 8:30am - 3:30pm Friday 8:30am - 3:30pm

We are excited to introduce our new clinical pharmacist, Ishmeet Virdi, who will be available at St. Andrew's on the following dates:

Friday, October 4th

Friday, October 18th

If you have any questions about medications or wish to sign up for CareRx to have your prescriptions delivered, feel free to visit the Tuck Shoppe. And most importantly, we would love for you to stop by and say hello!

#### Sandra's Mobile Footcare

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.



#### **ACTIVITIES**

#### **WALKING GROUP**

When: Tuesday and Fridays at 10:00am

Where: Meet in the Atrium for a 20-30 minute

**INDOOR** or **OUTDOOR** walk,

and then coffee-time at the Garden Café.

Short distance, or long - you pick. All levels

of walkers are welcome!

TV Room at 7:00pm every Friday Check notice board for weekly title.



#### **POOL**

When: Tuesday at 1:00pm

**FRIDAY MOVIE NIGHTS** 

Where: Games Room



#### **SHUFFLEBOARD**

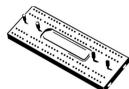
When: Mondays & Thursdays at 2:00pm

Where: Games Room

#### **CRIBBAGE**

When: Monday at 6:30pm

Where: Games Room



#### **NEWSLETTER READING + BOOK CLUB**

When: Tuesdays from 11:15am - 12:00pm

Where: Pink Room (TV Room)

Come listen as volunteers read either the newsletter or a novel out loud. This group is for everyone. Join in and discuss what is being read.



#### HAPPY HOOKERS CLUB

When: Tuesday at 1:00pm

Where: North Atrium near the Koi Pond

**Donations Needed!** 

#### \$3.00 BINGO

When: Saturdays at 6:00pm

Where: Games Room



#### **CARD BINGO**

Monday/Wednesday/Friday at 2:00pm When:

Where: Games Room

#### **OFF TO THE RACES... HORSE RACES**



Postponed until the further notice



WHIST **CANASTA** 

When: Wednesdays at 6:00pm

When: Tuesday at 5:30pm and 6pm

Wednesday at 6 pm Thursday at 5:30pm

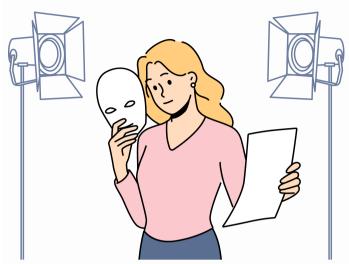


Where: Games Room



#### **JOIN US ON TUESDAY, OCTOBER 9TH**

TIME: 1:30PM COST: \$11 AUDITORIUM



#### **SPACE FOR 3 RESIDENTS REMAINING**





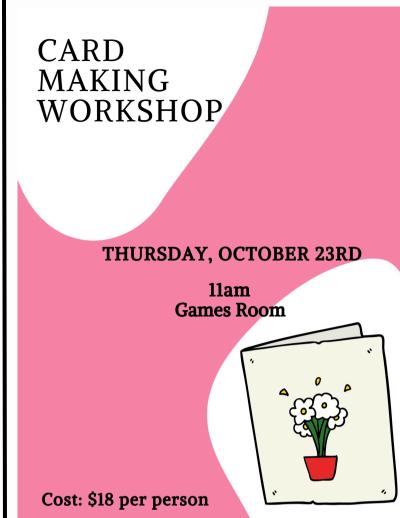
## Technology Lessons Every Wednesday Starting October 9th - November 27th 2:30pm- 3:30pm in the Reception Room

Bring your device, your questions, and leave your fears at the door!

Friendly staff members from the library will be here to facilitate
learning about tech topics, devices and what's available online at
the library so sign up to participate!

If you are interested, please sign up with Kiara.









#### SUSAN'S NEWS

Susan's notices are located in the planting room (between games & tv rooms) and between the piano and west elevators on the main floor.

#### **FIT FRIDAY**

WHAT IF WE CHANGED THE DEFINITION OF AN ATHLETE TO ANYONE WHO WORKS ON INCREASING STRENGTH, BALANCE, AND MOBILITY.

THIS CAN BE YOU.

STAND TALLER! BE STRONGER! FEEL BETTER!



#### DID YOU KNOW?

The first Jack-o'-lanterns were not made from pumpkins but from turnips. The tradition of carving Jack-o'-lanterns for Halloween originated in Ireland and intended to ward off evil spirits.

Joke: What is a pumpkins' favorite sport?

Answer: Squash **HAHAHA Happy Halloween** 

#### **GARDENERS**

Information on preparing your garden for winter is posted in the planting room. Fall is a time to prepare the soil for next year.

#### **EXERCISE ROOM AND FITNESS**

No matter our age we can straighten our posture to help our spine and internal organs, strengthen our muscles, increase our balance and flexibility. Stand tall, be strong, live longer. Not sure where to start? Talk to Susan or come to a Fit Friday

#### **SHOUT OUT**

Thank you to our resident donor for equipment, fans, and new blinds in the exercise room. Thank you volunteers for sanding and staining the benches outside. Volunteer activity shifts throughout the year. Thank you everyone for all your time. You are so appreciated



#### **FUN ZONE**

Get to know the staff!



Robert, Cook

#### Do you have any vacations on your agenda?

Yes, I do! I make it a tradition to treat myself to an annual birthday getaway to VIVA Las Vegas.

#### When did you land your first job?

My first role was as a cook at Mr. Mike's Steakhouse.

#### Do you prefer tea or coffee?

Personally, I have a fondness for coffee, especially when enjoyed with Baileys.

#### Do you have any pets?

I do; I have a Chihuahua named Bebe!



pcyree	
e m v p i r a	
nosotembt	
mbroo	
citkr	
sspiitr	
erwrccosa	
rtnsmeo	
enolweahl	

## St. Andrew's Centre Phone Directory

Correne Killian – Chief Operating Officer	587-{	525-8708
Chief Operating Officer		
Juvy – Front Desk	587-	525-8707
For work orders, to book guest suites, if you are going your call redirected.	ing to be away from the Centre, o	or to have
Tess – Hospitality Manager	587-	525-8714
To book housekeeping/laundry services or meeting	/function rooms	
Garden Café	587	-525-8718
To order food for delivery or inquire about the Café		
Kiara - Community Relations Manager	587	-525-8710
For recreational activities and marketing		
Tammy – Community Leasing Coordinator	825	-480-7057
For suite questions, rent inquiries, internal moves,		
Tracey – Finance & Administrative Assistant	587	-525-8711
		-020-0711
Questions or concerns regarding invoices		
Susan – Community Enrichment Coordinator	587	-525-8713
Gardening, resident volunteer opportunities		
Melodie – Finance Manager	587	-525-8709
Violet - Human Resources Manager		
Security		-452-4444
Monday to Friday 4:00 pm – 8:00 am		24hrs
- · · · · ·	•	

# October 2024

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

St. Andrew's Centre

28

Bingo 6pm Saturday Bingo 6pm 27 Walking Group 10am Walking Group 10am Walking Group 10am Movie Night 7pm Movie Night 7pm Pink/TV Room Movie Night 7pm Pink/TV Room Card Bingo 2pm Card Bingo 2pm Card Bingo 2pm Pink/TV Room **Auditorium Auditorium** Auditorium Fit Friday Fit Friday Fit Friday Friday **Keep Fit with Bonnie Keep Fit with Bonnie Keep Fit with Bonnie** Shuffleboard 2pm 9:30am - 1:30pm 9:30am - 1:30pm Shuffleboard 2pm Farmers' Market Shuffleboard 2pm Farmers' Market Canasta 5:30pm Canasta 5:30pm Canasta 5:30pm Movie Group Auditorium Thursday Movie Group **Auditorium Auditorium** Tv Room Tv Room Atrium Atrium 25 Story Telling Improv Class Shop Easy 9:30am **Edmonton Library** Card Bingo 2pm 1:30pm Sign up Required Reception Room Wednesday Tech Time with Card Bingo 2pm Canasta 6 pm Canasta 6 pm **BBQ LUNCH** Whist 6pm Whist 6pm Auditorium 11:00 am Whist 6pm Canasta 5:30pm & 6 pm 24 Canasta 5:30pm & 6 pm Oral Book Club 11:15am October 1st Stroll and Trivia with Walking Group 10am Walking Group 10am Happy Hookers Club Reception Room Bible Study 2pm **General Meeting** Happy Hookers Bible Study 2pm Pink/TV Room **Auditorium** Auditorium **FLU CLINIC** Tuesday 1:00pm Susan Club 1pm 30 23 **Keep Fit with Bonnie** Keep Fit with Bonnie Keep Fit with Bonnie Shuffleboard 2pm Shuffleboard 2pm Cribbage 6:30pm Shuffleboard 2pm Cribbage 6:30pm Cribbage 6:30pm Card Bingo 2pm Card Bingo 2pm starting at 2pm Card Bingo 2pm **Generator Test Auditorium Auditorium Pink Room** Monday 22 29 Music Hour 7pm Music Hour 7pm Music Hour 7pm Pink/TV Room Pink/TV Room Pink/TV Room Sunday

12

St. Andrew's Centre

Saturday	19 Bingo 6pm	Bingo 6pm 2	Bingo 6pm
Friday	### Nalking Group 10am  Fit Friday 1pm Auditorium  Card Bingo 2pm  Movie Night 7pm Pink/TV Room	ST. VINCENT DE PAUL  Walking Group 10am  Fit Friday  Ipm Pink Room  Card Bingo 2pm  Movie Night 7pm Pink/TV Room  November 1  November 1  Additorium  Auditorium  Card Bingo 2pm  Card Bingo 2pm  Movie Night 7pm	Cribbage 6:30pm R.A Whist 6pm Pink/TV Room
Thursday	Keep Fit with Bonnie 10am Auditorium Coffee Painting 1:00pm Games Room Shuffleboard 2pm Canasta 5:30pm	Farmers' Market 9:30am - 1:30pm Atrium Keep Fit with Bonnie 10am Pink Room Shuffleboard 2pm Canasta 5:30pm Auditorium Auditorium Auditorium Atrium Atrium	
Wednesday	RCC Meeting 1:30pm 1:30pm Reception Room Tech Time with Edmonton Library 2:30pm Reception Room Canasta 6 pm	Short Edin	Whist 6pm
Tuesday	Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Entertainment 7pm Auditorium R.A	Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Z9 Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 10m Bible Study 2pm Entertainment 7pm Auditorium	R.A
Monday	The Office is closed for THANKSGIVING	Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Shuffleboard 2pm 28 Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Shuffleboard 2pm	Cribbage 6:30pm
Sunday	13 Music Hour 7pm Pink/TV Room	Music Hour 7pm Pink/TV Room 27	Pink/TV Room

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

### Resident Community Committee Minutes – September 18th, 2024 - 1:30pm

Chair: Correne

1.Call the meeting to order: 1:30pm

2. Welcome and introductions: Team members present were introduced

3.Attendance: Correne (Chief Operating Officer), Kiara (Minute Taker), Tammy, Susan,

Lawrence, (Attendance sheet attached to minutes)

**Absent: Tess** 

#### 4. Reading/Acceptance of minutes from last meeting

1st - Karin V.

2nd - Linda H.

\*\*Please note that meeting minutes are issued in the monthly newsletter\*\*

Changes to minutes: no changes to the meeting minutes

5. Additions to the Agenda to add under new business, accept Agenda.

1st - Karin V.

2nd – Linda H.

#### 6.Business arising from the last meeting/old business:

**-Music in the Atrium**: The current music schedule will remain the same for now. This discussion will be tabled until Morris and Correne can meet to discuss it. There was also a suggestion to consider a pub night that would be resident-driven.

#### 7.Standing Agenda Items:

#### 7.1.Food Service:

- -BBQ Lunch: The price of the barbecue was discussed with Lawrence and has now been adjusted from \$15.00 to \$12.00.
- **-Price of Chef's Salad:** A resident proposed that the price of the salad be reduced. Lawrence will explore the possible options.
- **-Exploring Vegetable Substitutions for Carbohydrates:** Lawrence will investigate the option of replacing carbohydrates with vegetables in meals, based on a resident's request. The current portion sizes and meal prep are determined by a certified dietitian.

Frozen Meals: The Garden Café has discontinued the provision of frozen meals.

#### 7.2. Maintenance/Housekeeping:

- **-Front-Load Washer for Bedding:** The Front Load Washer has been installed and is ready for use. Residents are advised not to overuse soap, as Tide Pods are effective and require minimal water. Residents can ask the main office or housekeeping staff if they need help with learning how to use the new washers.
- **-Step Stool:** The center is exploring the option of ordering a step stool for residents who find it challenging to retrieve their clothes from the washers and dryers.
- **-Maintenance Team:** We are excited to introduce a complete maintenance team here at the Centre Joe, Steven and Manny.
- **-Pink Room Washroom and Shower Renovations:** We are currently in the process of renovating the Pink Room Washroom due to an incident that necessitated a complete overhaul. Correne has emphasized the importance of completing this renovation within the next couple of weeks.

#### 7.3. Social/Leisure Activities:

\*Please check bulletin boards for upcoming activities\*

**-Enhancing Music Offerings:** It was proposed that the Centre hosts additional music sessions, like vinyl playing and karaoke, for residents to enjoy. Kiara and Susan will create a schedule for such events.

#### 7.4 Security:

- The residents are grateful to the security team for being such an outstanding department and providing valuable assistance.

#### 8.New Business (suggestion box/Committee concerns):

Suggestion Box:

**-Noise Levels on weekends:** We've received positive feedback from residents regarding the reduced noise levels during Bingo and Music on weekends.

#### New Business Arising from the Meeting:

**8.3- Muster Point Sign:** It was noted that the existing sign for our muster point does not use the appropriate colors and resembles a standard sign that is confusing for residents. Correne will take the initiative to rectify this, as it is essential for all residents to be informed.

- **8.4- Fire Drill Procedure:** During a recent fire drill, a resident inquired about the appropriate protocol for individuals who, due to mobility issues, are unable to safely navigate the stairs. Correne informed the residents that those who cannot exit safely should remain in their suites and avoid the hallways and stairwells until assistance is available.
- **8.5- Staff Phone Directory Update:** It was proposed that we include the directory in the newsletter every few months so that residents can stay informed.
- **8.6- Home Care:** We have been informed that home care providers are improperly disposing of their gloves in the garbage chute. This poses a serious biohazard risk. Correne will address this issue with the manager of the staff involved to ensure that this practice stops immediately.
- **8.7- Designated Smoking Area for Winter:** A resident pointed out that there is a sheltered space available for smokers during the winter season. Correne responded that currently, there is limited ability to accommodate further requests, as we are among the few facilities in the city that allow smoking on our premises, including a designated area. Correne also mentioned that starting January 1st, 2025, we will cease to permit smoking and will no longer honor grandfathered smokers.
- **8.8- Rogers Cable:** it was suggested by a resident that we change over to the new updated system that rogers provide. Correne stated this has already been updated to the current system. Correne is in discussion with Rogers.

#### **Administration Sharing:**

- **9.1- Underground Parking:** Effective as of January 1st, 2025, the monthly fee for underground parking will increase from \$55 to \$75 a month.
- **9.2- Storage:** Beginning August 1st, 2024, the monthly fee for a storage cage will be \$50 for all residents currently looking for storage units. If you are already paying for your storage, your rate will remain unchanged.

Meeting Adjourned at 2:42pm

Next meeting: October 16th, 2024, in the Reception Room