



HOLY FAMILY LIFELONG LEGACY



1 YEAR

Piece

ISSUE THIRTEEN | MARCH 2025 FROM IDEA TO INK



Happy Birthday, "Lifelong Legacy"!

One year ago, this newsletter began with a simple wish: to share the stories that make Holy Family, *Home*. CEO Angela Peeler envisioned a space where every voice – residents, staff, families, volunteers and visitors could be heard. And what a year it's been!

We've danced our way through pop-up discos, felt the joy of Easter blessings and the thrill of cheering on the Winnipeg Jets. We've witnessed the power of music lift spirits, from Elvis to Ukrainian carols. We've celebrated everyday moments: unit parties, paint nights, and the beauty of resident's stories.

As we step into our second year, we invite you to continue being a part of our **lifelong legacy**. Thank you!

TO SERVE IS TO LOVE

STORIES FROM OUR RESIDENTS: "CONVERSATION CAROUSEL"



Sometimes, a simple conversation is all you need! Our Staff Wellness Team's 'Conversation Carousel' paired staff with residents for meaningful moments on travel, hobbies, life experiences and more. Guided by conversation starters, these interactions sparked both connections and new memories. One staff member shared a particularly touching moment: *'It was a pleasant visit, she gave me a big hug, and I promised to come back.'* We're excited to share a few of these heartwarming experiences through the **voices of our residents.**

What's an important lesson you've learned in life?

"Life is a lesson in itself!"

"Be generous of thought, friendship is always a plus."

"When I was working, I was very busy, when you retire, get a cabin!"

"Tell the truth!"

"Being a grandma doesn't make me old, it makes me blessed."

"I'm still learning it."

What's a piece of advice that's been helpful to you?

"Teddy, be a good boy!"

"All jazz music!"

"My dad always said to keep quiet!"

"Be patient, don't rush things!"

"Try your best, be kind."

"Be respectful, honest and friendly - My mom and Dad"

"Learn by watching people."

What makes you really happy?

"Really old cars, going to physio, I never used to exercise!"

"I loved hiking and climbing mountains!"

"Blitva!"

"My great grandsons and 7 grandsons!"

"My 6 kids and when they visit me!"

"BINGO!"

"Gardening."

"My friend Anka, she is so funny!"



What do you like about Holy Family Home?

"The meals in the link!"

"There's so much to do, it's so big!"

"The staff is very good, nice, and they seem to know what they're doing!"

"The staff. Josh, Terry, Housekeeping!"

"Everyone says hi to me and it makes me feel popular!"

"I consider everyone on the unit my friend, and one HCA has the same name as my grandkid!"



The 'Conversation Carousel' has demonstrated its value as a meaningful way for staff to connect with residents. With over 75 residents and 16 staff participating, and receiving overwhelmingly positive feedback, we are pleased to announce its continuation! Staff may volunteer or refer a resident by contacting newsletter@hollyfamilyhome.mb.ca

SHAMROCK STROKES & MASKS AT PAINT NIGHT

Turns out, the luck of the Irish comes with a paintbrush! Our residents' St. Patrick's Day masterpieces prove it. Leprechauns leapt from canvas in a riot of green and gold. Forget four-leaf clovers, these paintings are pure gold!

We're also excited to share the photos from Mardi Gras paint night! We love how paint nights take on such fun, themed adventures, and can't wait to see what theme our residents will explore next!



HFH'S HIDDEN TALENTS

Michael (our Hairdresser) and Jeremy (our Recreation Facilitator) took center stage in the Atrium for a special performance, revealing their hidden talents!

Their performance proved that their dedication to our residents extends far beyond their daily roles. Perhaps, if we're lucky, we can persuade them to give us an encore! A huge thank you to Michael and Jeremy for a truly special evening.



NEW BEGINNINGS AND A CENTURY OF WISDOM

From a newborn's joyous greeting to 104 years of vibrant celebration, life's beauty is in full swing. Anastasiya, our Housekeeping Manager, celebrated her new baby Ariana, while we honored and celebrated resident Josephine on her 104th birthday! **Happy birthday!**



THE POWER OF PAWS

The sound of gentle paws and laughter filled the air during this recent pet visit. This lovable dog brought smiles and comfort to our residents, demonstrating the incredible power of the human-animal bond! We are so grateful for the volunteers and staff who bring these special animals to the home to share their love and companionship with our residents.



DID YOU KNOW?

Pet visits boost resident well-being!

Research shows pet therapy can lead to:

- Reduced cortisol levels: Indicating decreased stress.
- Lowered blood pressure: Promoting cardiovascular health.
- Increased release of endorphins: Contributing to improved mood and pain management.



THREE YEARS ON

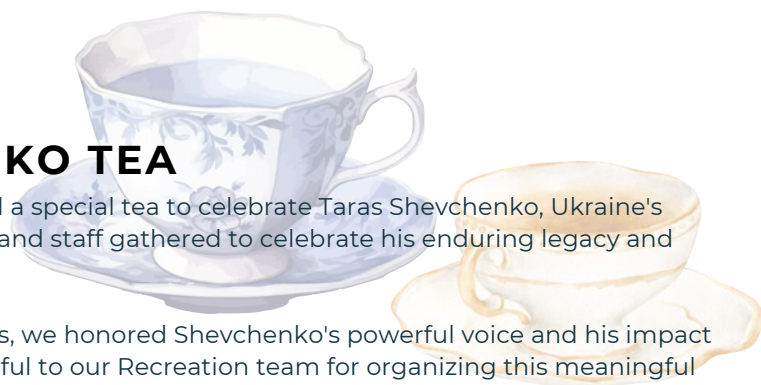
Three years have passed since the war in Ukraine began, and the pain it has caused remains in our hearts. We remember those affected, holding them in prayer and solidarity. Like a family, we share in the sorrow of so many, acknowledging the human cost of this ongoing crisis. In our tradition of care, we also hold onto hope – hope for a future where peace and healing prevail. Just as we strive to provide comfort and support within our own walls, we extend that same compassion to those suffering far away.

We stand with Ukraine. Слава Україні! Героям слава!

TARAS SHEVCHENKO TEA

The Recreation department hosted a special tea to celebrate Taras Shevchenko, Ukraine's national poet and artist. Residents and staff gathered to celebrate his enduring legacy and contributions to Ukrainian culture.

Through poetry readings and songs, we honored Shevchenko's powerful voice and his impact on Ukrainian identity. We are grateful to our Recreation team for organizing this meaningful afternoon!



BLESSED JOSAPHATA: WOMEN'S HISTORY MONTH



This month, we celebrate Women's History Month by honoring **Blessed Josaphata Hordashevskia**, co-foundress of the Sisters Servants of Mary Immaculate (SSMI). Her life stands as an inspiring example of dedication and service, a spirit that continues to resonate within HFH. Born in Lviv, Ukraine, in 1869, Mykhailyna Hordashevskia, later Sister Josaphata, felt a strong calling to religious life and service to the poor and marginalized. 1892, the newly-founded congregation of the Sisters Servants of Mary Immaculate was inaugurated in the church in Zhuzhel, and Sister Josaphata was appointed Superior and formation directress. This new congregation aimed to serve the spiritual and material needs of the Ukrainian people, particularly through education and care for the sick and vulnerable.

Sister Josaphata, taking the name Josaphata in religious life, dedicated herself to this mission with unwavering commitment. She played a crucial role in establishing schools, orphanages, and healthcare facilities, leaving an indelible mark on the lives of countless individuals. Her dedication to serving others, especially the most vulnerable, became the cornerstone of the SSMI's mission.

Today, her spirit is deeply felt at Holy Family. It's evident in the compassionate care provided to our residents, the serene atmosphere of our chapel, and the newly dedicated "Josaphata Hordashevskia Atrium," a space designed for comfort and connection. This atrium serves as a tangible reminder of her enduring influence.



We take this opportunity to celebrate all women, particularly those at Holy Family, who carry on Blessed Josaphata's mission of compassion and service. Your dedication ensures that her legacy lives on.

Happy Women's History Month!



SUPPER CLUB DELIGHTS

Step into the 'Served with Love Bistro' – our first Supper Club transformed HFH into a bustling Chinese restaurant! Residents enjoyed a culinary escape, filled with delicious flavors, laughter, connecting with loved ones and new friends.

Our staff and volunteers went above and beyond, not only providing exceptional waitstaff service, recreating the restaurant experience, but also meticulously plating each dish in the kitchen. Their tireless efforts made the evening truly unforgettable.



We're excited to announce Supper Club will now be a quarterly event, allowing us to curate even more memorable dining experiences. Keep an eye out for the announcement of our next theme!



NUTRITION MONTH



March is National Nutrition Month and we're celebrating the importance of healthy eating! Be sure to visit the Nutrition Month display table, located across from the hair salon, available throughout March.

We'd also like to take this opportunity to express our gratitude to our Nutrition and Food Services Department. They work tirelessly to ensure everyone enjoys balanced and flavorful food every day. Thank you for your hard work and commitment!

Served With Love Bistro Menu

Select Main

- 1 Sweet & Sour Chicken
- 2 Lemon Chicken

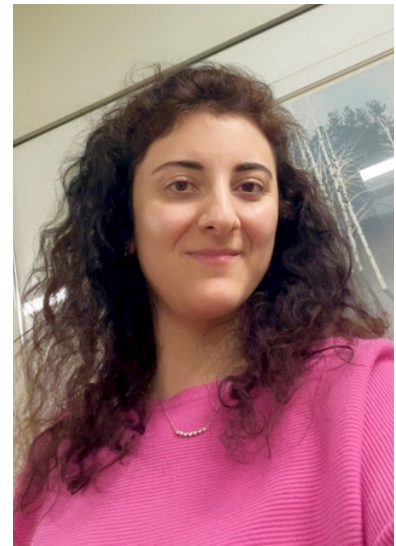
Included Items

Consomme Soup Egg Roll
White Rice Fried Rice Shrimp
Pork Chop Suey Green Tea Ice Cream



SOCIAL WORK MONTH

Happy Social Work Month! We're celebrating Justina, Narmin, and Janice, our compassionate social workers. They are essential in connecting families, advocating for residents, and ensuring access to vital resources. Thank you for your dedication!





BECOME A PARK PARTNER

Our beautiful park provides residents with a peaceful outdoor space, but we need your help to make it even better! We're seeking "Park Partners" to help us enhance our park with vibrant annual plants.

Here's how you can help:

- **Donate Plants:** Contribute one or more annual plants to brighten our parks.
- **Adopt a Planter:** Supply approximately five plants to fill a planter.
- **Volunteer:** Lend a hand with planting and park cleanup.
- **Monetary Donations:** Support our efforts with a donation at the front desk.



Plant donations will be accepted in late May and we'll share more details soon. Stay tuned for updates on how you can help us improve the park for our residents!

Message from our CEO



ANGELA PEELER
Holy Family Home Chief Executive Officer

As we celebrate the first anniversary of our newsletter, I am reminded that Holy Family Home is so special. We've celebrated milestones, shared stories, and supported one another. I've been continually inspired by the dedication of our staff, the resilience of our residents, and the generosity of our families and volunteers.

This anniversary edition is a tribute to all of you. Thank you!

COMING SOON

RESIDENT COUNCIL MEETINGS

Friday, March 14th, 2025

Thursday, April 24th, 2025

All meetings are at 3PM in the Link Dining Room

All residents are welcome!



Wear green on
March 17th!

LIGHTS, CAMERAS, HFH

Exciting news! Filming for the movie "Strong Son" has wrapped, and you might just spot Holy Family Home and Lubov on the big screen!



Our very own Seniors Tower residents even had the chance to shine as extras in the film. Keep an eye out for "Strong Son" when it hits screens – you might recognize a familiar location and some familiar faces!

SCAN ME

