



Sakaw Terrace Set to Open in November

It is a very exciting time as Sakaw Terrace is getting ready to welcome its first residents in a few short months!

As you drive by, you may notice the exterior of the building looks almost complete. Most of the concrete sidewalks and patios have been poured. The paving of the main parking



lot and landscaping of the grounds are scheduled for the beginning of September.

The more exciting part of the building, the interior, is also coming along quite nicely! Inspections of the elevators, the kitchen and lodge and apartment suites are currently underway. Two show suites are fully furnished and ready for applicants to start doing tours!

If you are interested in seeing the building, please contact the office at Sakaw Terrace at 780-461-2449.



Building for Life Breakfast Fundraiser

The Building for Life Breakfast Fundraiser is GEF Seniors Housing's largest fundraising event of the year. This year's breakfast was held at Fort Edmonton Park, which was the perfect open setting for guests to mingle and listen to some incredibly moving presentations. Over \$90,000 was raised from the support of our donors and sponsors.

Our wonderful host, for the tenth year in a row, CTV's Daryl McIntyre, always adds some extra flavor and a laugh or two to the event.

This year we saw support from many city officials, including, MLA for Edmonton - Whitemud Dr. Bob Turner, MLA for Edmonton - Decore Chris Nielson, Ward 1 City Councillor Andrew Knack, Ward 9 City Councillor Tim Cartmell and Ward 10 City Councillor Michael Walters. Year after year we see tremendous support from dignitaries and different levels of government, which shows that the issue of providing affordable housing to seniors is a very important topic.

This Breakfast was a little different. Guests at the event were given the option of directing their support to the Building for Life Fund, which contributes to new GEF capital building projects, they could donate to the Quality of Life Program.

In conjunction with the Federal Government's New Horizons for Seniors funding program, GEF formed the Community Support team with the focus to address social isolation in seniors.

Social isolation is a quiet epidemic that's finally being brought to the forefront of conversations, especially with the older adult population. To date, the Community Support team has worked with more than 430 seniors with difficulties they are experiencing in their day-to-day lives.

We thank everyone for attending and their continued support and look forward to having another successful Breakfast next year!



Raymond's Summer Job



Raymond cleaning a resident's suite

When we think of summer, we usually think of vacations, long weekends, sunshine and summer jobs. Our CEO, Raymond Swonek, has a summer job he is quite passionate about. This job includes working at every GEF Seniors Housing Lodge. He works side by side with the chefs, housekeepers, dining room attendants, maintenance staff, recreation coordinators and more.

Raymond takes this opportunity to get to know the staff better and to walk in the shoes of the front line staff. He learns something new every time and all the staff enjoy the opportunity to work with him.

There is not a job he won't do. He cleans toilets, makes beds and even chops onions - he is a quite a whiz with a knife! When he is working at a site you would never know he was the CEO. He dresses the part and blends in with the staff. The supervisors and managers instruct him on the tasks at hand and he eagerly jumps in. Many of the staff feel honoured to work with Raymond and some even feel so close to him they call him their brother.

After doing this "undercover boss" role every year, many would think there would be nothing new for Raymond to

learn. As GEF is constantly evolving and improving its standards, so have the jobs. This summer, he learned every dishwasher is taken apart several times a day and cleaned thoroughly to keep it in excellent working order. He also learned how changing some cleaning processes have affected all the sites. However, his favourite lessons are learned through the stories from the staff and residents. Their stories are the ones which have the greatest impact on him and are the reason he does what he does.

Raymond's summer job is the highlight of his year and he is a better, more insightful and understanding CEO because of these experiences.



Raymond in the kitchen

**QUALITY OF LIFE
RAFFLE**

TICKETS \$2 EACH

Available at GEF locations.

**GRAND PRIZE
DRAW \$2,000**

Drawn December 20, 2018

**Deadline to purchase tickets
is December 14, 2018.**



5000 tickets printed. Raffle License #499585

The Great Knitting Giveaway

Each year, thousands of hand-knit items are donated to local charities through the Great Knitting Giveaway. Knitting groups all across GEF Seniors Housing buildings get together throughout the year to knit items for people who need it most. Knitted items include toques, scarves, mitts (all adult and baby size), baby blankets, dolls, squares and more!

The day of the Great Knitting Giveaway is a very touching and exciting day. Knitters are invited to celebrate over a wonderful luncheon along with the chosen charities in which the items will be donated to. The knitted items fill multiple tables lining an entire room and everyone can see the impact that these items will make to the people they are going to. Charities are given the opportunity to thank the group. The stories and speeches told by the charities give a bigger meaning to the day. At the end of the event, the charities get to bring their items back with them and the knitters get to sort through the copious amounts of yarn donated throughout the year to continue their projects for next year's event!



**EXTRA YARN?
DONATE IT TO THE GREAT
KNITTING GIVEAWAY AT
ANY GEF LODGE!**



Over the past ten years, the Great Knitting Giveaway has donated to charities like Project SNUG, Blankets for Canada, The Mustard Seed, YESS, Ronald McDonald House, Operation Friendship Seniors Society and many more.

Thank you to all the knitters living in GEF Seniors Housing buildings for giving back to the community and to the charities that make a huge difference in the lives of so many Edmontonians! We are excited to see what is in store for the 11th Great Knitting Giveaway on Friday, September 28!



Update to the GEF Board of Directors

We would like to thank Gary Gordon for volunteering for the past six years on the GEF Board of Directors. Gary retired from the Board this year.

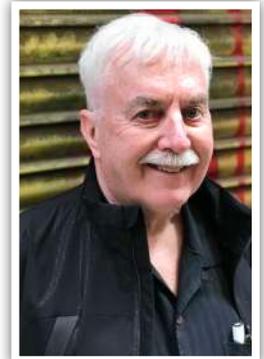
Thank you Gary, for your contributions to GEF, its residents and the seniors of Edmonton.



Craig Henderson was appointed to the GEF Seniors Housing Board of Directors on May 1, 2018.

Craig is a recently retired architect with over forty years of senior expertise with government and private sector clients in building design, strategic planning and project management.

Welcome, Craig. We look forward to working with you.



Welcome to a New Senior Manager



Stephanie Olsen has been a business consultant and marketing specialist in the United States for over 25 years. She has worked in the biotechnology field, corporate business field and the non-profit sector.

Stephanie moved to Edmonton in 2015 when she married her husband who was born and raised in Edmonton.

Her skills and passion for empowering others and using all available technology to share a message will be an asset to our organization. She joins GEF with a strong desire to serve the needs of seniors and to enhance the marketing and communications department of our organization.

Stephanie has expressed “I am excited to be a part of such an excellent foundation whose vision is to positively influence senior’s quality of life. The exceptionally high standards here at GEF are in direct alignment with the congruency I demonstrate in my own life”.



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