



We Wish You

Merry Christmas

*and a
Happy New Year*

THE
GRAY VINE

ALLEN GRAY CONTINUING CARE
CENTRE NEWSLETTER

DECEMBER 2025



VISIT OUR WEBSITE WWW.ALLENGRAY.AB.CA



The Leadership Ledger

Cory Komant
Chief Executive Officer

As the year comes to a close, I would like to extend my sincere appreciation to our residents, clients, children and families, staff, Managing Board of Directors, and the Gray House Guild. Your trust, dedication, and ongoing support are the foundation of everything we do.

This past year has been one of significant progress and achievement for our organization. We successfully completed major IT infrastructure and system upgrades that strengthen our operational capacity and position us well for the future. We also achieved a successful three-year CARF accreditation—an important milestone that required substantial policy and process revisions and reflects our collective commitment to quality, safety, and person-centred care.

In addition, we began our transition from AHS to ALA regulatory oversight, including Accommodation Standards and Continuing Care Health Service Standards inspections. I am proud to share that we passed these inspections with strong results. Just as importantly, we welcomed the constructive feedback provided, which will guide further improvements and help us continue to grow as an organization.

I am also pleased to share that we were successful grant recipients this year, enabling us to further strengthen our Recreation Therapy services. This investment enhances meaningful engagement, social connection, and overall quality of life for the residents, clients, and children we serve.

As part of our ongoing commitment to safety, reliability, and long-term sustainability, we are also modernizing our emergency power systems. These essential upgrades will strengthen our resilience and preparedness during unforeseen events. I would like to sincerely thank residents, families, clients, children, and staff for their patience and understanding as this important work progresses.

As we look ahead to the coming year, my focus—and that of our leadership team—will be on strengthening our organization from within so we can better serve those who depend on us. We are committed to investing in our people, improving our systems, and working more efficiently, always with residents, clients, and children at the heart of every decision we make. By doing so, we will continue to find meaningful ways to provide compassionate, consistent, and high-quality care and services for the individuals and families who call Allen Gray home.

Thank you for your continued commitment to our shared mission and values. It is a privilege to serve as your CEO and to work alongside such a dedicated community.

On behalf of the organization, I wish you and your loved ones a very Merry Christmas and a safe, healthy, and fulfilling New Year.

With sincere gratitude,

Cory Komant
Chief Executive Officer





The Guild Chronicles

Donna Pullen

President
The Gray House Guild

Seasons greetings everyone from the Gray House Guild,

How soon the year passed and here we are now saying Good Bye to 2025. Hopefully all had a year of good health and peace.

At this time, I wish to thank all the staff, management and volunteers for their dedication to keep The Allen Gray Continuing Care Centre a safe and comfortable place to live. Many hours of hard work, care and love are in evidence each and every day and that is essential for each resident and the peace of mind for their families.

May all residents and care givers have a blessed Christmas and a Happy New Year!

Donna Pullen, President
Gray House Guild



Merry Christmas



The Gray House Guild's STAFF CHRISTMAS LUNCHEON

The Gray House Guild Staff Christmas Luncheon for the staff of the Allen Gray Continuing Care Centre was a warm and festive celebration held on December 17, 2025.

Guild members proudly served a delicious holiday meal featuring traditional turkey alongside flavorful tandoori chicken, creating a joyful moment of appreciation for staff.

The lunch reflected the spirit of gratitude, community, and Christmas cheer shared by everyone at Gray House Guild.



The Gray House Guild's **STAFF CHRISTMAS LUNCHEON**





The past few months have been very busy at the Long-Term Care Centre. I would like to extend a warm welcome to the 30 new residents and their families who have joined us over the past five months.

During this time, we completed our CARF Accreditation Audit, Continuing Care Health Service Standards Audit, and Continuing Care Accommodation Standards Audit. I am pleased to share that we successfully passed all of them. While a few areas for improvement were identified, we are already addressing these opportunities to strengthen the quality of care we provide.

The implementation of the Skin and Wound Application, combined with enhanced wound care training for our staff and the introduction of monthly Wound Rounds, has significantly improved the healing time for wounds.

Our Resident Vaccine Clinics are now complete. We are proud to report that 85% of our residents received the influenza vaccine and 76% received the COVID-19 booster.

Resident Safety Week, held from October 27–31, offered staff, residents, and families the opportunity to reflect on and celebrate safe care in action.

We would also like to thank all residents and families who participated in the Fall and Winter Resident Surveys. Your feedback is invaluable in guiding our ongoing improvements.

I am pleased to introduce Selam, our new part-time Chaplain at the Allen Gray Continuing Care Centre. Her office is located in the administration area, and she can be reached at 780-469-9606 ext. 505. Selam provides one-on-one spiritual care and counselling to residents and families, offering support during times of grief, loss, or crisis.

She facilitates rituals, prayer, reflection, and sacrament upon request and has been collaborating with the Quality Team to develop a spiritual assessment for each resident. We look forward to the meaningful spiritual programs and interventions she will bring to our community.

We also welcome Kaitlyn, our new Recreation Therapist who joined us on November 25. She brings years of experience in Long-Term Care, Supportive Living, and Mental Health Continuing Care. Kaitlyn has been busy getting to know our residents and recreation team, and we look forward to the expertise she will bring to enhance our Recreation Program.

On behalf of myself and the entire staff at Allen Gray, I would like to wish you a Merry Christmas and a Happy New Year. We look forward to working with you in 2026.

Sincerely,

Kelly Kontek
Director of Care

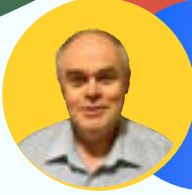


Christmas in November Sale Event

Bringing the Festive Cheer to Allen Gray Continuing Care Centre

The holiday spirit arrived early at Allen Gray Continuing Care Centre with the Christmas in November Sale, transforming the Centre into a festive marketplace filled with warmth and community. Local vendors offered handcrafted goods, unique gifts, and seasonal treats, while a Sip & Chai Fundraiser featuring chai and samosas prepared by Sylvia Naidu raised proceeds for the Gray House Guild. Residents, clients, and staff enjoyed shopping, socializing, and supporting local businesses, making the event a joyful celebration of togetherness and generosity.





Compassion in Action

Michael McCarthy
Social Worker

This past year has been both inspiring and rewarding for Social Work at Allen Gray. We have seen wonderful growth and momentum, particularly with the Resident & Family Council, which has expanded and is now firmly established. The Council is made up of enthusiastic, creative, and dedicated members who continue to bring fresh ideas and meaningful contributions that enhance the quality of life for our residents.

In November, the Council successfully hosted the Alberta Funeral Service Association for an informative presentation on Funeral & Arrangements Planning. The session was well received, and we are excited to share that more educational and engaging presentations on a variety of topics are already being planned for 2026.

The Claddagh Family Support Group continues to be a valued source of connection and comfort for families, meeting on the last Thursday of each month at 1:00 p.m. in the Chapel. This non-judgmental, supportive, and confidential space is enriched by the remarkable depth of caregiving experience, compassion, and peer support shared by its members—an aspect that never ceases to inspire.

As a friendly reminder, please ensure that residents' income taxes are completed to avoid any interruption in benefit payments.

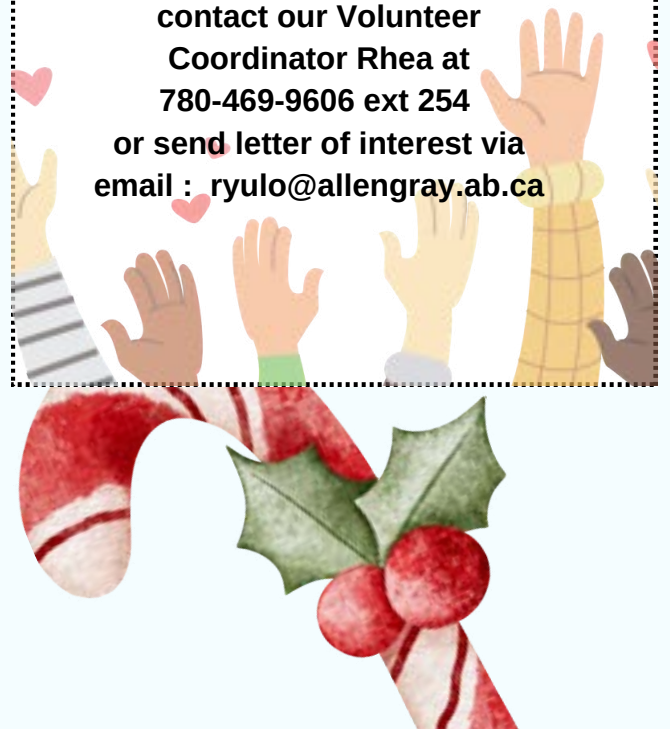
Thank you all for your continued dedication, collaboration, and care. Wishing everyone a joyful and peaceful holiday season.

VOLUNTEERS NEEDED

**Are you passionate about
making a difference?
Looking for a fulfilling way
to give back to the
community?**

The Allen Gray Continuing
Care Centre invites
individuals ages 18 and up
to be a beacon of hope and
support for our clients
residents!

**If you are interested to apply
contact our Volunteer
Coordinator Rhea at
780-469-9606 ext 254
or send letter of interest via
email : ryulo@allengray.ab.ca**



The Revitalizing Corner

Kaitlyn Edwards
Recreation Therapist



Hello Everyone,

My name is Kaitlyn, and I am excited to introduce myself as the new Recreation Therapy Manager here. I bring over eight years of experience working in continuing care homes, along with prior experience working in adult day support programs and geriatric psychiatry.

My philosophy in Recreation Therapy is to meet each individual where they are and to help them find meaning, purpose, and enjoyment through the activities they engage in. I am passionate about creating inclusive, person-centered programs that support well-being and quality of life.

Outside of work, I enjoy spending time with family and friends, attending spin classes, hiking in the mountains, and taking my very energetic Boston Terrier, Willis, on several walks each day.

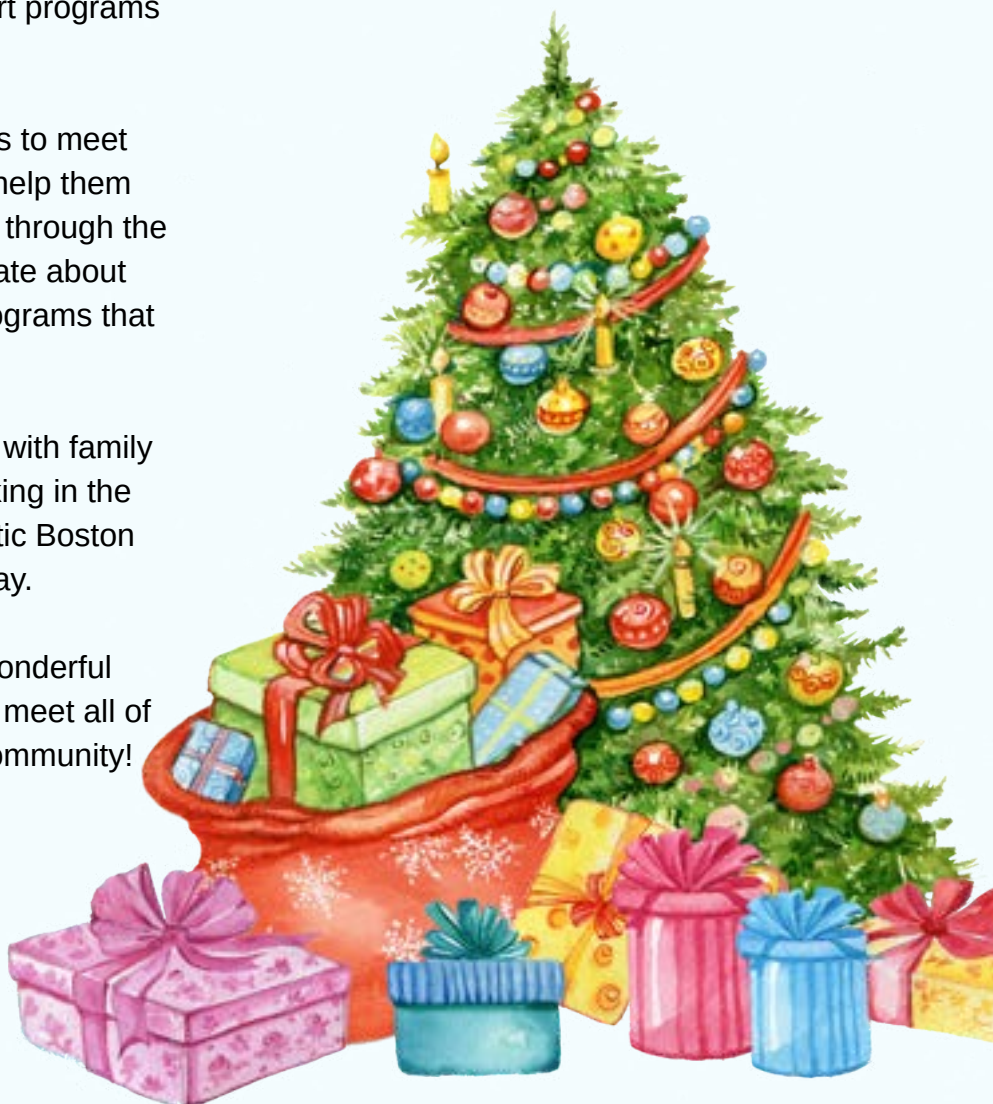
I am very happy to be joining such a wonderful team and look forward to continuing to meet all of the residents and families within our community!

Warm regards,

Kaitlyn Edwards CTRS, BTR
Recreation Therapy Manager
Allen Gray Continuing Care Centre



**Recreation Therapy Department
Staff Members**



Creating Moments of Joy

Recreation at Allen Gray



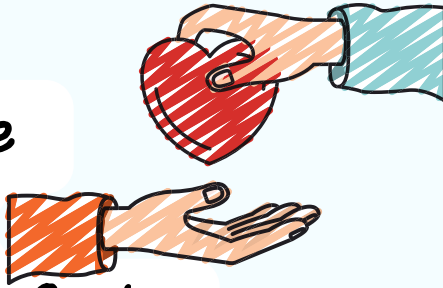
This Christmas season, our community enjoyed a variety of festive Recreation Therapy programs that brought residents together in meaningful ways. Residents took part in decorating gingerbread houses for display, baking Christmas cookies, enjoyed Christmas choir performances, and coming together for an afternoon Christmas party held on December 18th. In addition to these events, several other activities were offered throughout December, creating opportunities for residents to share memories, reflect on cherished holiday traditions, and connect with one another.



The holiday season reminds us of the importance of spending time together and offering our presence to one another. Recreation Therapy plays a vital role in creating these moments of connection, joy, and belonging, supporting residents' social, emotional, and overall well-being during this special time of year.



Sharing the Gift of Care at Allen Gray Continuing Care Centre



This festive season, your generosity and compassion can bring comfort, joy, and meaningful support to the lives of our residents. The spirit of giving truly shines when it helps us continue providing the highest quality of care in a warm and nurturing environment.

Donations play a vital role in enhancing the quality of life for those who call Allen Gray Continuing Care Centre home. Your kindness helps support essential medical, social, and emotional care, while also allowing us to improve our facilities, purchase needed medical equipment, offer enriching recreational activities, and provide specialized training for our dedicated staff.

By choosing to give this holiday season, you are investing in the well-being, dignity, and comfort of our residents. Your support not only brightens their daily lives but also offers reassurance and peace of mind to the families who entrust us with the care of their loved ones. Every gift—no matter the size—makes a meaningful difference and is deeply appreciated.

Thank you for helping us spread warmth, care, and compassion this holiday season.

This holiday season, we invite you to share the spirit of giving in ways that are meaningful and convenient for you. Whether through a monetary donation, volunteering your time and skills, or donating specific items that help enhance our residents' daily experiences, every contribution makes a difference.

Donations to Allen Gray Continuing Care Centre are gratefully received by the Gray House Guild and are used directly to benefit our residents and help maintain a safe, welcoming, and comfortable facility.

Your generosity helps create moments of joy, comfort, and connection for those who call Allen Gray home.

Thank you for your kindness and support in making this season brighter for our residents and their families.

You Can Also Make An Online
Donation through
CanadaHelps.Org

The Guild's charitable # is 88956
3441 RR001

The Gray House Guild
c/o Allen Gray Continuing Care
Centre
5005 -28 Avenue
Edmonton, AB
email: grayhouse@allengray.ab.ca

Tax receipts are available.

Thank you again for considering
supporting our non-profit long-term
care facility. Your kindness will
have a lasting impact on the lives
of our residents and their families.

ROCKIN' *Revival*

A GRAY HOUSE GUILD FUNDRAISING EVENT



THANK
YOU

A heartfelt thank you goes out to everyone who supported, attended, and contributed to our Rockin' Revival Dinner & Music Event! Thanks to your generosity and enthusiasm, the evening was a tremendous success, filled with delicious retro-inspired food, lively music, dancing, and unforgettable memories.

Residents, Clients, staff, and guests came together to enjoy a night of fun and community spirit, grooving to the live DJ tunes and singer, and sharing laughter and joy in celebration of compassionate care at the Allen Gray Continuing Care Centre.

We are especially grateful to our Attendees and Donors, whose participation helped make this event possible. Your support directly benefits our residents, helping us provide the highest quality of care, comfort, and enrichment programs for those who call Allen Gray home.

Events like the Rockin' Revival remind us of the power of community and the impact that generosity and participation can have. Every dance step, every shared meal, and every donation helped create a memorable evening that will continue to support our residents long after the music stops.

Thank you once again for your kindness, energy, and support. Together, we are making a difference, one joyful celebration at a time

CHILD CARE DEVELOPMENT NEWS AND EVENTS



We were so pleased to host and tour a bus load of 40 Educators from Winnipeg, Manitoba, Ontario, British Columbia and all over Alberta on Friday November 21, 2025. They were able to observe Intergenerational Music, view Curriculum in action and witness children deeply engaged in learning experiences. We heard great feedback that our community is warm, welcoming and nurturing!



Our incredible Educators were excited to learn and network with 667 other Educators at the National Child Day Conference at the Edmonton Convention Centre on Saturday Nov 22, 2025. What an inspiring day of learning!



Lodge residents came together to celebrate the festive season at their annual Lodge Christmas Party, filled with joy, laughter, and togetherness.

THE LODGE CHRISTMAS PARTY

With Poonam, Deanna and Guild Members Fay adding a special touch to the celebration, the evening was a wonderful mix of holiday cheer, shared moments, and community spirit. It was a memorable afternoon that truly captured the warmth and joy of the Lodge.



Adult Day Support Christmas Party 2025



Last December 2025, the Adult Day Support Program hosted a joyful Christmas party that brought participants, staff, and supporters together to celebrate the holiday season. The space was beautifully decorated with festive lights, ornaments, and a Christmas tree that set a warm and cheerful atmosphere for everyone in attendance.



Participants enjoyed holiday music, games, and a variety of seasonal treats. Laughter and smiles filled the room as everyone shared in the spirit of togetherness. A special highlight of the day was the gift exchange, where participants received thoughtfully chosen presents that added to the excitement and holiday cheer.



The Christmas party was a meaningful opportunity for participants to socialize, create memories, and feel connected during the holiday season. The Adult Day Support Program was proud to host an event that celebrated inclusion, community, and the joy of Christmas.

Merry
Christmas



Happy
New Year



Holiday
Sparkle & Joy
SEASONS
GREETINGS!



Merry
Christmas
FROM THE RECREATION DEPARTMENT



New Year Dinner

*Lakeview Dining Room
Main Floor*

*Thursday
January 1, 2026
4:00 pm - 6:30 p.m.*

BY RESERVATION ONLY

\$25.00 per person

MENU

STARTER

Tomato Basil Bruschetta

MAINS

Ham Festive

Chicken Supreme with Mushroom Sauce

Scallop Potatoes,

Baby Carrots and Asparagus

Desserts

Black Forest cake

Cheesecake

Fresh Fruit Platter

Beverage

Tea, Coffee,

To Make Reservations please contact Food Services at
469-9606 Ext 245 or speak with one of our Dining Room Staff



Continuing Care Centre
Owned and operated by the Gray House Guild
Bess Winspear Centre

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