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Small Projects, Big Impacts!

This week, I want to share a delightful little project that shows how even the smallest efforts can make a big difference.

“Success is the sum of small efforts, repeated day in and day out.”

Robert Collier

Meet Kavan Martin, our relatively newest maintenance crew member, we say new, but he has been with us for more than a year now! With a unique background in cabinetry from Midwest Properties, he brought some fantastic skills to our team.

Recently, we noticed that some of the kitchen cabinetry in Cedar and Redwood Cottages could use a little refresh. Kavan, alongside the stewardship of Maintenance Supervisor, Rick Marshall, and Chief Operations Officer, Steven

Nicholas, jumped at the chance to lead the project, and we all got on board.

Instead of outsourcing the work, which would have cost us a small fortune, Kavan and our maintenance team decided to tackle it together right here on campus. They designed, built, and installed the new cabinetry—saving us tons of money in the process!



This is a before picture of the very well used center kitchen in Aven Cedar Cottage

The best part? This project turned into a great learning experience for everyone involved. The team picked up new skills and worked together in a way that was both fun and productive to observe. There was definitely a teamwork atmosphere, and a sense of accomplishment as the new cabinets took shape.

It may seem like a small project, but it's a perfect example of how the little things can have a big impact on our residents and tenants. It's all about creating a welcoming environment that feels like home.



Great care was taken to remove the kitchen infrastructure and to inspect and remediate the sub floor in Redwood Cottage



Here in our Aven Pavilion woodshop the Maintenance team cut and fabricated an exact replica of each Cottage Center Kitchen replacement

A huge shoutout to Kavin and our maintenance team for their hard work and creativity! It's these everyday wins that truly make AVENS special.



A little bit of a proud “swagger” could be seen by the maintenance crew on this day, as they paraded their newly crafted “trophy” throughout the facility, before finding its’ future resting place

So don't forget to keep appreciating the little things that maintenance does every day, especially that brighten our community and keep us safe!



(L to R) AVENS Maintenance, Kavan Martin, Supervisor of Maintenance, Rick Marshall and AVENS Maintenance, Tim Zoe-Martin, seen here taking final lowering instructions from Kavan

A New Wave Of Certified Lifesavers!

We're excited to share some fantastic news from our recent St. John's Ambulance First Aid course! Under the expert guidance of our lead certified instructor and Chief Financial and Technology Officer, Sara Fullerton, we had an extra special session this time.



AVENS Lead Certified First Aid Instructor and AVENS Chief Financial and Technology Officer, Sara Fullerton addressing the first aid class on March 19th, 2026

Joining Sara were our newly certified instructor, Emma Lee-Marks, who brought her fresh knowledge to the table, and our very own Juanita Walsh, making her instructor debut!

Together, they did a remarkable job in certifying another group of AVENS team members as certified first aiders. Their new energy and enthusiasm made the learning experience not just informative but a lot of fun!



Wound care in action!



(L to R) Let's meet our AVENS St. Johns Ambulance Certified First Aid Instructor Team! AVENS Chief Financial and Technology Officer, Sara Fullerton, AVENS Wellness Team member, Juanita Walsh, and AVENS Unit Clerk, Emma Lee-Marks

A big shout-out to all our new first aiders! We're so proud of you and grateful for the dedication of our instructors. Here's to keeping our AVENS community safe and sound!

Lucky Irish Moments At AVENS

What a delightful St. Patrick's Day we had! Our residents enjoyed a festive day filled with laughter, music, a formal tea party and a sprinkle of cookie decorating magic. Each cookie was a masterpiece—almost too beautiful to eat (but we managed)!



Community Corner

RENEW YOUR MEMBERSHIP BY MARCH 31

TO BE ELIGIBLE TO VOTE AT AVENS ANNUAL GENERAL MEETING



AVENS MEMBERSHIP INCLUDES:

- Eligibility to vote at our Annual General Meeting
- Exclusive access to information and events about seniors
- Discounted rates to all Room Rentals
- Being a part of our community for seniors

FREE

SCAN THE QR CODE TO RENEW YOUR MEMBERSHIP



OR SIGN UP ON OUR WEBSITE

For more information about AVENS, please visit our website: www.avensseniors.com

Any questions or concerns? Call or Email 867-920-2443 EXT. 104 EA@avensseniors.com



AVENS-A COMMUNITY FOR SENIORS

2ND ANNUAL CAR, TRUCK AND BIKE SHOW



Saturday June 20, 2026
11:00 am-3:00 pm
5710 50th Ave.

To register your vehicle, or if you would like to be a sponsor of this event, email Lindsey_Dwojak@avensseniors.com or call (867) 920-2443 ext 105