From the CEO's desk

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Oct 19, 2026

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Thanksgiving At AVENS- Always Prepared

Last week, we shared the joy of our Thanksgiving supper in the Multipurpose Room with Cottage residents and their families. This past Wednesday, October 14, we continued the tradition with a second celebration right here at Aven Manor, welcoming Manor residents and their loved ones.

> ***"When I started counting my blessings, my whole life turned around"***
>
> ***Quoted from Willie Nelson's book "The Tao of Willie"***

As always, the dinners were about more than the food. They were a chance to gather, enjoy family and friendship, and celebrate a tradition AVENS has treasured for decades.

The best part? Our team's "Boy Scout" planning meant we were ready when more family members arrived than had RSVP'd. There was plenty to share, and nobody had to be turned away.



The Aven Manor was at full capacity for Thanksgiving October 14th, 2026

A sincere thank-you again to **Lawrence Malaque, AVENS Food Supervisor, and his team; Carol Norwegian, Wellness and Recreation Supervisor, and her team; Randie Salaviari, Housekeeping Supervisor, and Randie's team**; and our dedicated care teams. Your hard work and teamwork made both dinners warm, welcoming and memorable.



Our AVENS "Professional" Food Team in full attire and a spread worthy of a five-star luxury hotel!

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A special thank-you to our **Chief Operating Officer, Steven Nicholas**, who attended and worked at both dinners. We're grateful for your hands-on support representing our senior leadership team.



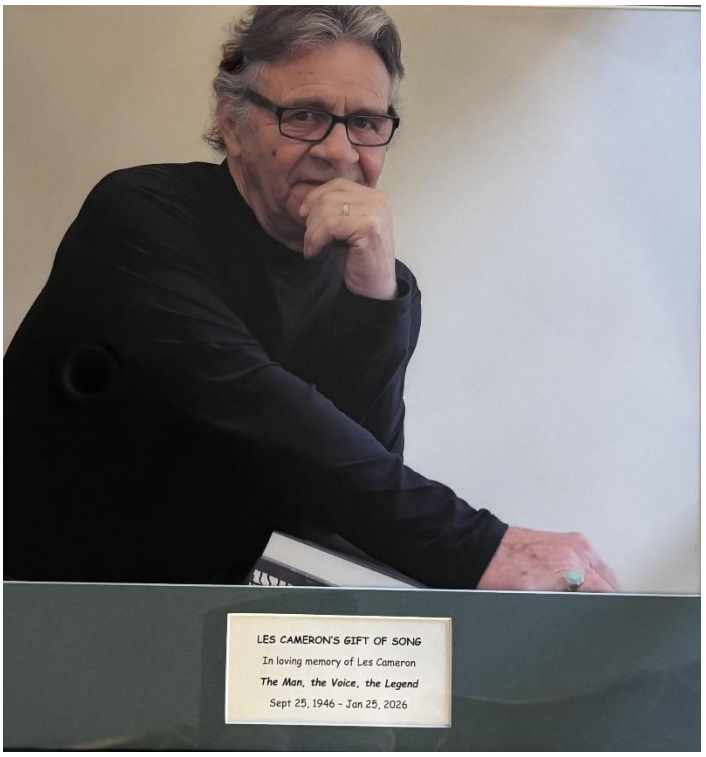
Thanksgiving AVENS style!

And don't worry: at AVENS, extra food never goes to waste. I can personally confirm it was delicious—just look at my size for proof! (That's my story, and I'm sticking to it.)

Thank you to everyone who helped make these celebrations such a success. Traditions like this remind us that at AVENS, family is always welcome—and **there's always room for one more at "our" AVENS table.**

Les Cameron- The Man, The Voice, The Legend

Some people have a way of making a place brighter just by walking into the room. Les Cameron was one of those people—and if he happened to be singing or dancing, all the better.



Les's picture hangs majestically in our Multi-Purpose Room welcoming everyone to his Gift of Song

Les was a treasured part of our AVENS family. He had a beautiful voice, loved to sing and dance, and knew how to have a good time. On a related note, I'll always remember him stopping me many times to say, "Hey, young fella, you're doing a great job," or offering a kind compliment about what I was wearing. Les was a genuinely lovely man, and our care and recreation teams would tell you the same.

His passing on January 25, 2026, left a space in our community that can't truly be filled. But his spirit will keep finding its way into our four walls, through song.

When funding for the Alzheimer's Let's Sing program was coming to an end, Les's family—led by matriarch Mieke Cameron—stepped up to help keep the music going in his memory.

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Our instructor Kerry Wheler, leads a group of enthusiastic singers during Les Cameron's Gift of Song



(Center) Kerry Wheler, then brought out the song shakers to shake things up!

And so, **Les Cameron's Gift of Song** was born.

Thus, with this multi-year donation, we're deeply grateful to Mieke and the whole family for this generous gift.

Here's to many more years of singing together—and picturing Les looking down, with that smile, tapping his feet and joining right in.

AVENS NEW Board Gets Down To Business

Our newly elected Board held its inaugural meeting on Friday, October 16, following the AGM on September 24. The main order of business? Getting everyone settled into their new roles—and giving our committee chairs a chance to plan and set the tone during this next year.

Please join me in welcoming our new Executive:

- **Chair:** Matthew Spence
- **First Vice Chair:** Lani Cooke
- **Second Vice Chair:** Taig Connell



Here we find the first inaugural meeting of our newly elected AVENS board members October 16, 2026

Our Standing Committees are:

- **Governance Committee** — Chair: Gillian Moir; members: Lani Cooke, Lynda Koe, Marjorie Matheson-Maund and Taig Connel
- **Audit and Finance Committee** — Chair: Matthew Spence; members: Taig Connell and Wanda Roberts

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The Board also established these Ad Hoc Committees:

- **Nominating Committee** — Chair: *deferred*; members: Matthew Spence, Lynda Koe, and Taig Connell
- **Fundraising Committee** — Chair: Wanda Roberts; members: Taig Connell, Lynda Koe
- **Manor Evaluation Committee** — Chair: Barry Ward; members: Wanda Roberts, Lynda Koe, Lani Cooke, Marjorie Matheson-Maund

To everyone stepping into a new role: welcome, and thank you for sharing your time and energy. My team looks forward to working with this Board and its committee structure, as we continue supporting AVENS residents and our community.



Community Corner



