

RH News & Notes

Issue August 2022



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Build Community

Serve.

Build Community.

Volunteer opportunities available at Rest Haven Care Home for Fall 2022



More info available at

<https://havengroup.ca/volunteers/>

or contact Peter Berg, Spiritual Care & Daily Life

Coordinator, at pberg@havengroup.ca

or 204-326-5011



To unsubscribe please email hqinfo@southernhealth.ca

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Supporting the Rest Haven Expansion Project
204-346-0126 or email hqinfo@havengroup.ca
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Spiritual Care

Stopping to Remember...

*Then I said, "It is my grief, That the right hand of the Most High has changed."
I shall remember the deeds of the Lord;
Surely, I will remember Your wonders of old. ~ Psalm 77:10-11*

We may reach to a familiar shelf and grab a photo album that we have paged through many times before... maybe there's an old family Bible where we trace our finger along a portion of Scripture underlined many years ago, we pack and unpack boxes evoking thoughts of yester-year and wonder... "Where has the time gone?" Remembering may bring tears, feelings of nostalgia, goals yet to accomplish, how things used to be, and lessons learned... And as we reflect on the past, we may wonder "What is my purpose? Is God still here?"

If this resounds with you, I invite you to refresh your reading of Psalm 77. Take a moment to read the psalm. We discover that the writer of Psalm 77 went through an experience which many of us have had, or will have at some time or another in living the life of faith. Here is a man who faced a very distressing circumstance (which is never named for us) and it has sent him pleading to God for help. He shares how he prayed and wept and tried to meditate on God all night long, but, to his great distress, he feels he has received no help from God. Ultimately, we see that he is frightened. Then, in verses 10 and 11, the tone changes. The psalmist takes courage, saying, "I shall remember the deeds of the LORD".

We, like the psalmist, can be encouraged by discovering and recalling the faithfulness of God. Take time to reflect on how the Lord has carried you through the highs and lows of your life. Reflect on what God has done, what He is doing now, and what He will do in the future. God's work is not done in our lives yet! We are not "just here"... we must remind ourselves that our existence in the present matters. Our God who has been faithful to His people in the past is still remaining faithful in the present. May we trust His promises and His story to fill us with hope each day.

Aaron Barkman, Chaplain

Daily Life

What a beautiful summer we have had! The long days with lots of sunshine and pleasant weather to be outside has certainly been taken advantage of as our staff has been taking many of our residents for a walk outside. Very often, the path has led along the way that goes around Abe's hill, but sometimes the destination hits a little closer to home and ends up at our local coffee shop! What a good place to sit down and enjoy a coffee!

Daily Life Continued

As our Rest Haven family continues to grow, with new residents moving in regularly, we're also looking to grow our volunteer base. If you have some time you would like to invest in our senior population, we'd appreciate you looking to Rest Haven as a good place to do that!

For the month of August, we would also like to extend happy birthday wishes to a number of our residents. Happy birthday to Leonard Barkman, Bernard Friesen, Andre Gobeil, and Henry Funk! May God bless you on your special day!



Peter Berg, Daily Life & Spiritual Care Coordinator

Infection Control

Fan Use Information for Caregivers

We would like to take an opportunity to review and discuss the criteria for implementing the usage of a fan for your loved one. The following measures are in place in order to ensure safety of your loved one and our residents:

Fans that are brought in by families and caregivers must be new and inspected by maintenance. There are 2 recommended types that can be used, portable or floor stand.

It is recommended that alternative cooling methods should be tried prior to implementing fan use i.e., cool wash cloths, ice packs, limiting direct sunlight, adjusting air conditioning system, etc.

Fans should not be used while a resident is on additional precautions or the home is under outbreak i.e., COVID-19, influenza, gastrointestinal illness, etc. This could allow a virus to become airborne by disrupting normal airflow, thus contributing to transmission to additional residents.

Fans should be directed at the resident but should not be positioned at face level.

Fans should not be positioned at floor level, pointed over dusty surfaces or blowing towards the door. It is not recommended to utilize the oscillate setting.

Fans are to be cleaned and disinfected on a weekly basis and this task has been assigned to our housekeeping staff.

Staff are to turn off fans when performing care such as wound care, foley catheter care or blood draws.

Should you have any questions regarding fan use please do not hesitate to speak with one of our CRN's or myself. Thank you for your ongoing care and collaboration.

Tracey Kokil, Education & Infection Control Coordinator

Rest Haven Care Home – August LUNCH Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Happy Civic Day Beet Borscht Baked Ham Pineapple Slice Scalloped Potatoes Kernel Corn Blueberry Lentil Muffin	2 Lentil Vegetable with Parmesan Shepherd's Pie Green Salad Lava Cake	3 Hearty Vegetable Soup Honey Mustard Chicken Rice Pilaf Salad Coconut Cream Pie	4 Creamy Lentil and Roasted Carrot Soup Hotdog in a Bun Baked Bean Cucumber Salad Jellied Fruit Square	5 Roast Beef Gravy Oven Baked Potatoes Sour Cream/Chives Southwest Mix Veg. Zucchini Brownie	6 Vegetable Soup Ham & Cheese Sandwich Pickles Fruit Cobbler	7 Blueberry Mous Shake & Bake Chicken Mashed Potatoes Cooked Turnips and Carrots
8 Cream of Carrot Soup Meatloaf Gravy Mashed Potatoes Mixed Vegetables Date Square	9 Hearty Italian Soup Kielke & Schmaunt Phat Peas/Carrots Garlic Sausage Oatmeal Muffin	10 Split Pea Soup Battered Fish Tartar Sauce Lemon Slice French Fries/Gravy Coleslaw Lemon Meringue Pie	11 Turkey Stuffing Cranberry sauce Mashed Potato Corn Cheesecake	12 Summa Borscht Soup Hamburger in a Bun Potato Salad Marinated Carrot Ice Cream Sandwich	13 Chef's Soup Turkey Sandwich Pickles Lettuce Fruit Based Dessert	14 Fruit Cocktail Mous Roast Pork/Gravy Potatoes Green Beans
15 Beef and Barley Soup Chicken Fingers Fries/ Gravy Garden Salad Carrot Cake	16 Cabbage Borscht Roll Kuchen Watermelon	17 Hearty Vegetable Soup Chicken Cacciatore Noodles Caesar Salad Chocolate Cream Pie	18 Cream of Celery Liver and Onions Mashed Potatoes Carrots Cinnamon Coffee Cake	19 Chef's Soup Lasagna Caesar Salad Garlic Bread Chocolate Cake	20 Garden Vegetable Soup Chicken Pot Pie Cucumber and Tomato Slices Fruit Platz	21 Roast Beef Mashed Potatoes Gravy/ Coleslaw Rice Pudding
22 Beet Borscht Soup Perogies Farmer Sausage Pickles Cream Gravy Canned Peaches	23 Hearty Manitoba Vegetable Soup Meat Loaf Mashed Potato Vegetable Salad Mini Cinnamon Roll	24 Roast Beef/Gravy Oven Baked Potatoes Mixed Vegetables Apple Crisp	25 Summa Borscht Soup Hamburger in a Bun Potato Salad Marinated Carrot Ice Cream Sandwich	26 Minestrone Soup Ham Kielke & Schmaunt Phat Coleslaw Frozen Yogurt	27 Chef's Soup Egg Salad Sandwich Cheese Chips/Pickles Orange Fluff Salad	28 Baked Ham Pineapple Sauce Scalloped Potatoes Corn Plumi Mous
29 Barley Lentil Soup Country Style Chicken Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae	30 Vegetable Soup Spaghetti with Meat Sauce Caesar Salad Garlic Bread Custard Bread Pudding	31 Cabbage Borscht Roll Kuchen Watermelon	<p><u>MENU SUBJECT TO CHANGE</u></p> <p>Please order meals from Nutrition and Food Services Dept (Dietary) by 10:00 am or for larger groups at least 24 hours in advance at 204-326-2285.</p>			

Rest Haven Care Home – August SUPPER Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Garlic Sausage Macaroni & Cheese Peas Peach Platz	2 BBQ Pork Ribs Gravy Brown Rice Green Beans Lemon Tarts	3 Hamburger Steak Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	4 Baked Fish Lyonnaise Potatoes Tartar Sauce Lemon Slices Salad Chocolate Pudding	5 Fettucine Primavera (with Ham) Biscuits Vegetable Salad Frozen Yogurt	6 Swedish Meatballs Seasoned Noodle Mushroom Gravy Waxed Bean/ Peppers Butter Tart	7 Lentil Soup Brown Bread Cold Cuts Cheese/ Pickles Rhubarb Strawberry Pie
8 Breaded Pork Cutlets Rice Pilaf with Brown Rice Gravy/ Coleslaw Nanaimo Bar	9 Mushroom/ Ham Omelet Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	10 Baked Chicken Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	11 Pork Sausages Spanish Rice (brown rice) Buttered Peas Carrot Muffin	12 Lazy Man Cabbage Rolls Mashed Potatoes Carrots Apple Crisp	13 Spaghetti & Meat Sauce Garlic Bread Lettuce Salad Tart	14 Chicken Vegetable Soup Cottage Cheese Rye Bread Potato Salad Cold Cuts/ Pickles Coconut Cream Pie
15 Savory Meat Loaf Whipped Potatoes Gravy California Mixed Vegeta- ble Jellied Fruit Salad	16 Breaded Mustard Veal Cutlets Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip with Red Lentils	17 Beef Stew Cheese Biscuits Mandarin Segments	18 Chicken with Alfredo Sauce Noodles Peas Biscuits Fruit	19 Baked Fish Fillets Lemon Slice Lyonnaise Potatoes Cauliflower/ Carrots Butterscotch Pudding	20 Breaded Pork Cutlets Noodles and Sauce Mixed Vegetables Chef's Dessert	21 Chicken Noodle Soup Faspa- Cold Cuts/ Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
22 Taco Pie Salad Peanut Butter Brownie	23 Pork and Apple Cakes Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	24 Chicken Teriyaki Steamed Rice Green Salad Mandarin Oranges	25 Fish Sticks Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/ Peppers Trifle	26 Baked Porkchops Pork Gravy Parslied Boiled Potatoes Corn Tapioca Pudding	27 Veal Parmigiana Pasta Marinara Sauce Peas/ Garnish Fruit Platz	28 Farmer Sausage Noodle Soup Faspa - Cold Plate Cold Cuts Buns Salad Cream Pie
29 Lemon Baked Fish Potatoes Coleslaw Pineapple Upside Down Cake	30 Roasted Chicken Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	31 Sweet & Sour Diced Beef S&S Sauce Steamed Rice Broccoli Fruit	<p><u>MENU SUBJECT TO CHANGE</u></p> <p>Please order meals from Nutrition and Food Services Dept (Dietary) by 10:00 am or for larger groups at least 24 hours in advance at 204-326-2285.</p>			