

Woodhaven Hub



AUGUST 2022
UPCOMING EVENTS | NEWS



Birthday Party

Birthday Party on Monday, August 29 at 2:30 in the main floor lounge. The cost is \$2.00 per person. For those with a birthday it is free.



Ice Cream Party

Come and enjoy some ice cream on Monday, August 22 at 2:30. We will gather by the gazebo and enjoy the afternoon. Cost is \$2.00 and sign up is required.



Cornhole

On Wednesday, August 17 @ 2:30 let's gather by the WH gazebo and enjoy a game of cornhole. Those with limited mobility can still play.



Supporting the Rest Haven Expansion Project

204-346-0126 or email hginfo@havengroup.ca

HavenGroup Foundation (2006) Inc.
HAVEN GROUP PARTNER



*From...
the Chaplain*

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.

Woodhaven Manor Congregate Meal Program

Effective August 1,

Woodhaven Manor tenants would be requested to eat in a congregate setting and anyone who picks up a meal rather will need to bring their own containers and will have to wait until after the in-room diners are served. There will be no more to-go containers or clamshells to be used.

HAVENCARE

A HavenCare Companion can help you with a variety of things including meal preparation, accompanying to appointments, grocery shopping, housekeeping, and companionship.

Speak to Rachel @ 204-346-1501 or 204-371-1721 for more information.



Kafe Klatsch



For August 2, 4, 9 and 11 please bring along your own coffee. I am on holidays but still gather and enjoy each other's company!

7 Life Hacks For Seniors That Make Everyday Life Easier

1. Reach items in the back of the refrigerator.

It can be tough for older adults to reach items in the back of the refrigerator. To make it easier, add a lazy susan (turntable) on top of a shelf so they can rotate it to bring what they need to the front.

2. Add raised dot stickers to key phone and remote control buttons.

For seniors with macular degeneration or other common eye diseases, add raised button stickers to certain phone buttons and TV remote control buttons to help them know which they need to press.

For example, Barbara has macular degeneration so she added bumps to the "Answer," "2," and "8" buttons on her phone to make it easier to use.

The same could be done for a TV remote control, adding bumps to the "On/Off" and volume buttons make them easier to find.

3. Round out sharp furniture corners to prevent injury.

Counters, coffee tables, or nightstands with sharp corners could be an injury waiting to happen.

Soften those corners by adding stick-on corner guards or moldable putty that dries into rubber.

4. Use rubber bands to make cups easier to grip.

Simple rubber bands can be wrapped around cups and mugs to make them easier for weak, shaky, or arthritic hands to grip.

This trick could work for thinner objects like toothbrushes or pens – though foam grips that enlarge the handle may be more comfortable.

5. Keep the straw in place while drinking.

If you notice your older adult chasing the straw around their cup when they're drinking, tape the straw to a clothespin and clip it to the glass. This keeps the straw in place when the cup moves.

6. Prevent soap from falling to the shower floor.

Soap is notoriously slippery when wet and could easily slip out of your older adult's hands and fall to the tub or shower floor.

This is a dangerous falling hazard as well as inconvenient. To stop this from happening, get a pair of old pantyhose and cut it at the top of one leg.

Put the bar of soap into the foot and tie the top end of the leg to the shower head or a handy grab bar.

7. Organize medications.

It's often easiest to organize medications with simple, low tech tricks. Despite the many medication tracking apps available, many find that a simple calendar stuck to the refrigerator or a printed spreadsheet / log are simple and accurate ways to track when medicine is taken.

Pill organizers (like these) make sure the correct pills are taken at the right times of day and inexpensive plastic bins or shoe boxes keep medicine bottles organized.





John Martens who is one of our tenants here at Woodhaven Manor came and took in the Country Classics car show on Wednesday, June 29. A shout out to Sandi Kihn (Wilbert Schalla's daughter) for organizing this event.



Hair Care

Kim, our hairstylist, will be on holidays from
August 1- August 12.
She will return Wednesday, August 17.



Holidays

Rachel will be on holidays from August 1 - August 12 and
returning Monday, August 15.

Please make sure to book your hair appointments and
pedicure appointments before Friday, July 29 or when I
return on Monday, August 15. Phone 204-346-1501 or
cel. 204-371-1721