



# Woodhaven Hub

SEPTEMBER 2022  
UPCOMING EVENTS | NEWS



## Breakfast

**Ladies' breakfast will be held on Tuesday, September 20 and men's breakfast will be held on Thursday, September 29. Sign up is required for these events.**



## Crokinole

On Wednesday, September 14 at 2:30 pm come and enjoy playing crokinole in the main floor lounge.



## Paint Party

Colleen Watchnorn a local painter from Steinbach will instruct an afternoon paint party on Wednesday, September 21 at 2:00 in the main floor lounge. This will be pending interest. Sign up required.

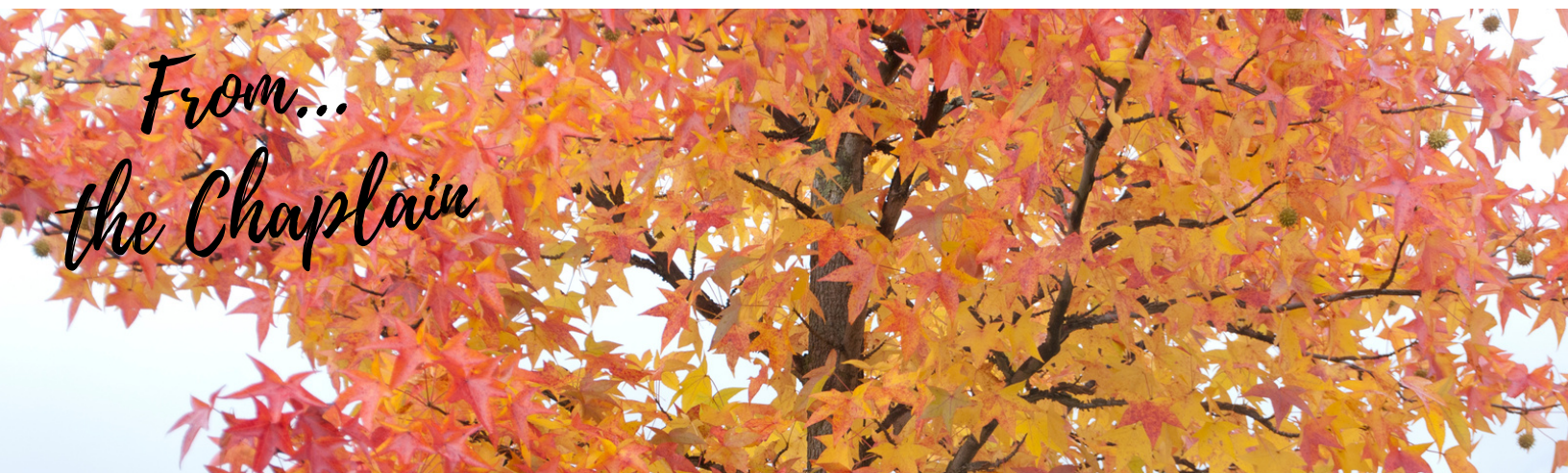


Supporting the Rest Haven Expansion Project

204-346-0126 or email [hginfo@havengroup.ca](mailto:hginfo@havengroup.ca)

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*From...  
the Chaplain*

**Then after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. ~ 1 Peter 5:10**

In the corner of our living room there is a large wooden bookshelf that holds many of our favourite books. Classics of the faith from C.S. Lewis to Bonhoeffer, an old leather-bound Martyr's Mirror, various biographies, family memoirs, adventure-fiction, and many others rest on its shelves. As the years have gone by, I have discovered that my wife has an odd reading habit... when she starts a new book, she will often read the last few pages, just to see how the story ends. She likes to know the ending, because it gives her peace of mind that "all will be well" during the times of suspense or struggle within the story.

As Christians, we can also take heart in times of great difficulty, because we too, know how the story ends. Victory in Jesus Christ. In The Revelation to John, we are told in the most vivid language that we will live in a new, beautifully redeemed earth, with Christ as our king, and there will be no more pain or tears (see Revelation 21-22). We read this as a summary of that victory, of eternal peace.

From the depths of the struggles of life, it can be hard to feel the hope or happiness that comes from this truth. Especially in brokenness and pain. Our emotions betray us, but the truth of God's word remains steadfast. We must continue to read daily the rich promises He has made to those who persevere. Take 1 Peter 5:10 (written above) for example. In light of eternity, our suffering is only for "a little while". And then what happens next? God HIMSELF will restore... heal...confirm... strengthen... and establish you. Can you imagine that? You don't have to imagine...This is our hope in Him!

Take time to reflect daily on the promises found in God's word. May our testimony tell His story...that, "in green pastures...beside still waters...in paths of righteousness...through the valley of the shadow of death...surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever" (Ps. 23).

Aaron Barkman, Chaplain

# 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.



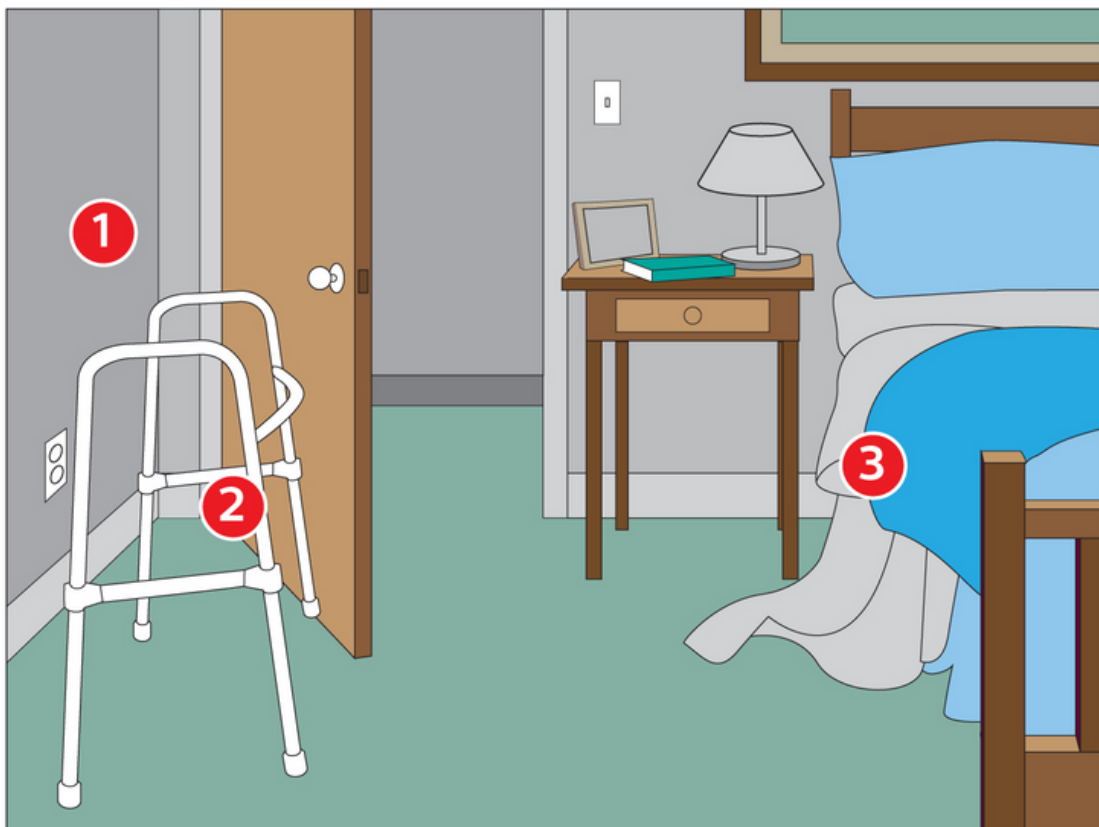
## Announcement

Candice Kihn has given notice and is leaving her position effective August 31st. Please direct all inquiries to Bonnie Begalke until a replacement has been hired. We wish Candice all the best!

# Eliminating Causes Of Falls

## Bedroom Safety Issues

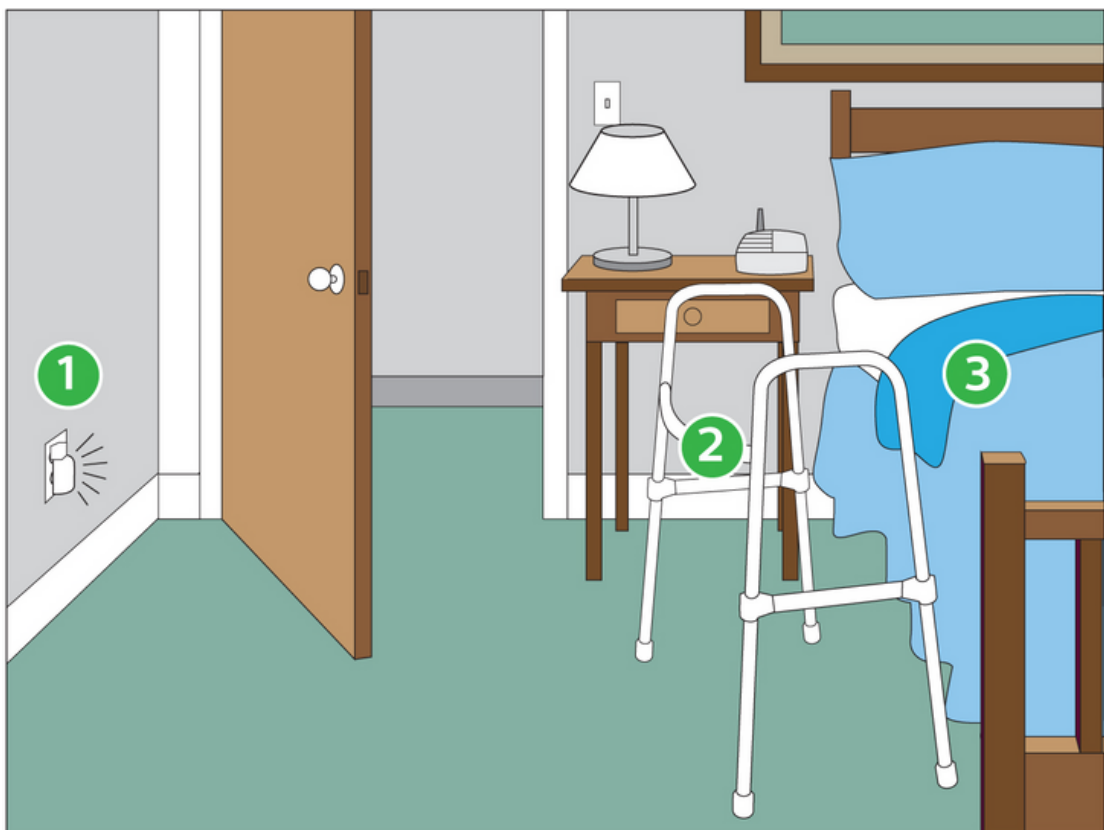
1. **Cluttered nightstand.** Too many objects leave no room for more useful items such as a table lamp.
2. **Objects on floor.** Clutter can lead to tripping. Worn carpeting or loose throw rugs also pose a hazard.
3. **Non-accessible phone.** Without a phone near your bed, getting up or rushing to answer phone could lead to a fall.
4. **Awkward furniture arrangement.** Prevents easy access to doorway and does not offer safe pathway around room.





## Bedroom Tips: Much Safer

1. **Clean nightstand.** Neater surface leaves room for table lamp or other necessary items that can be accessed from bed.
2. **Less cluttered floor.** Shoes are placed away from walking areas. Secure rugs with double-sided tape or remove entirely.
3. **Accessible phone or Lifeline device.** Phone within reach of bed or, with Lifeline service, phone could be answered with a push of a button.
4. **Better furniture placement.** Removing chair creates a safer path to doorway.



## **Bedroom Fall Hazards**

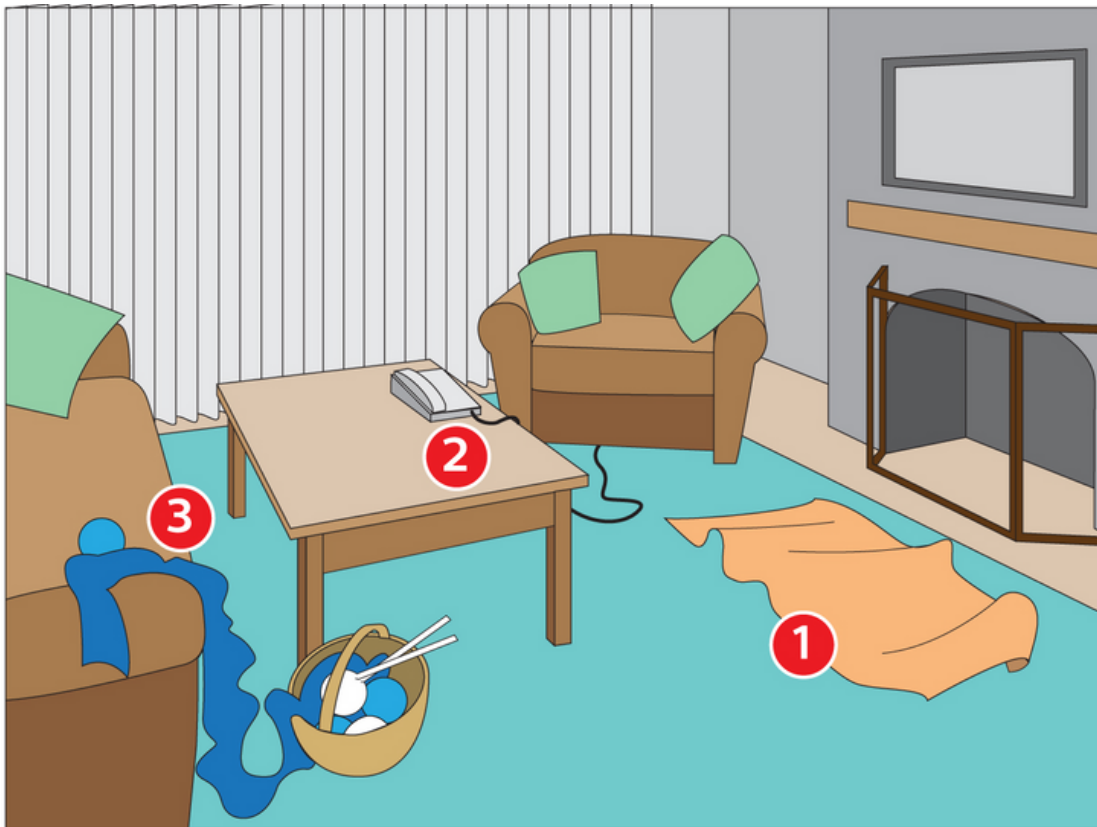
1. **Little nighttime lighting.** Poor or no lighting can lead to falls.
2. **Assistive equipment not within reach of bed.**
3. **Disheveled bedding.** Bedding allowed to drape on floor is a tripping hazard.

## **Bedroom Tips: Much Better**

1. **Appropriate nighttime lighting.** Table lamp close to bed and wall mounted, light-sensitive night light added to improve visibility.
2. **Assistive equipment within reach.**
3. **Keep bedding tucked in.** Removal of draped bedding and cleaner floor in general reduces falls risk.

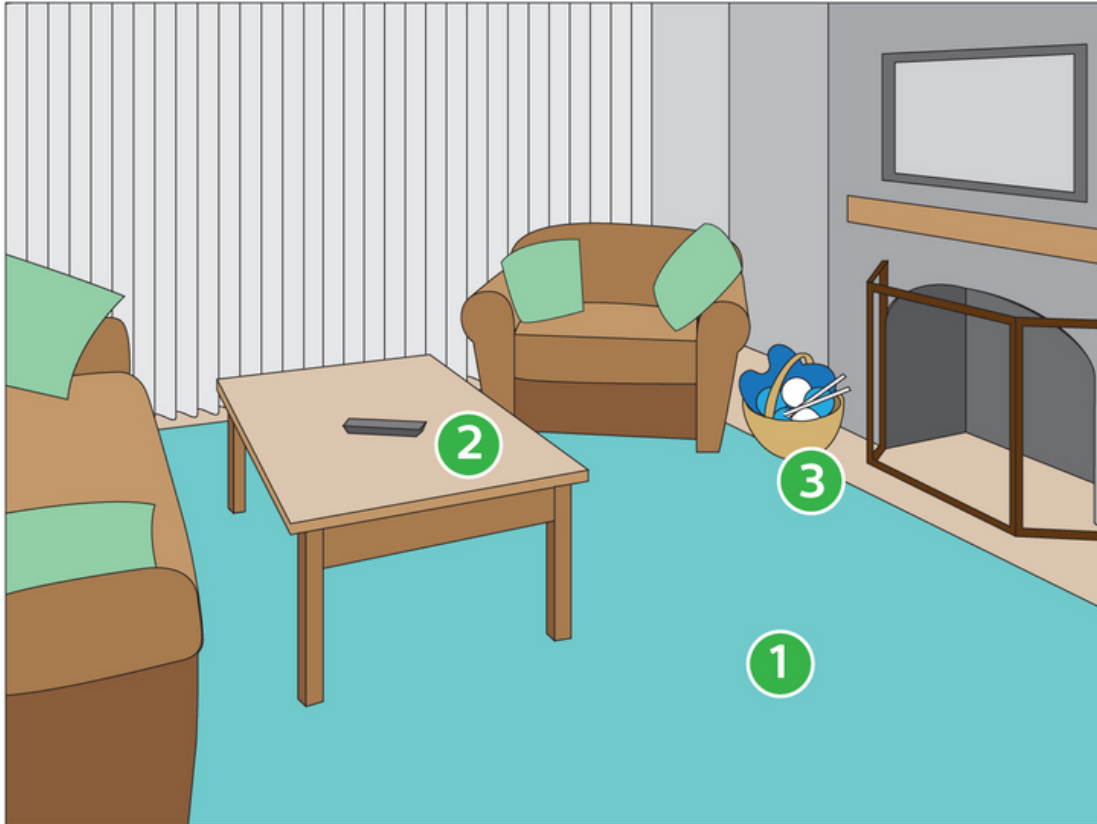
# Living Room Safety Issues

1. **Non-secured rug.** Curled rug is easy to trip over.
2. **Exposed cords.** Extension or telephone cords can easily entangle feet.
3. **Clutter.** Craft projects and basket are blocking path to sofa.



## Living Room Tips: Much Safer

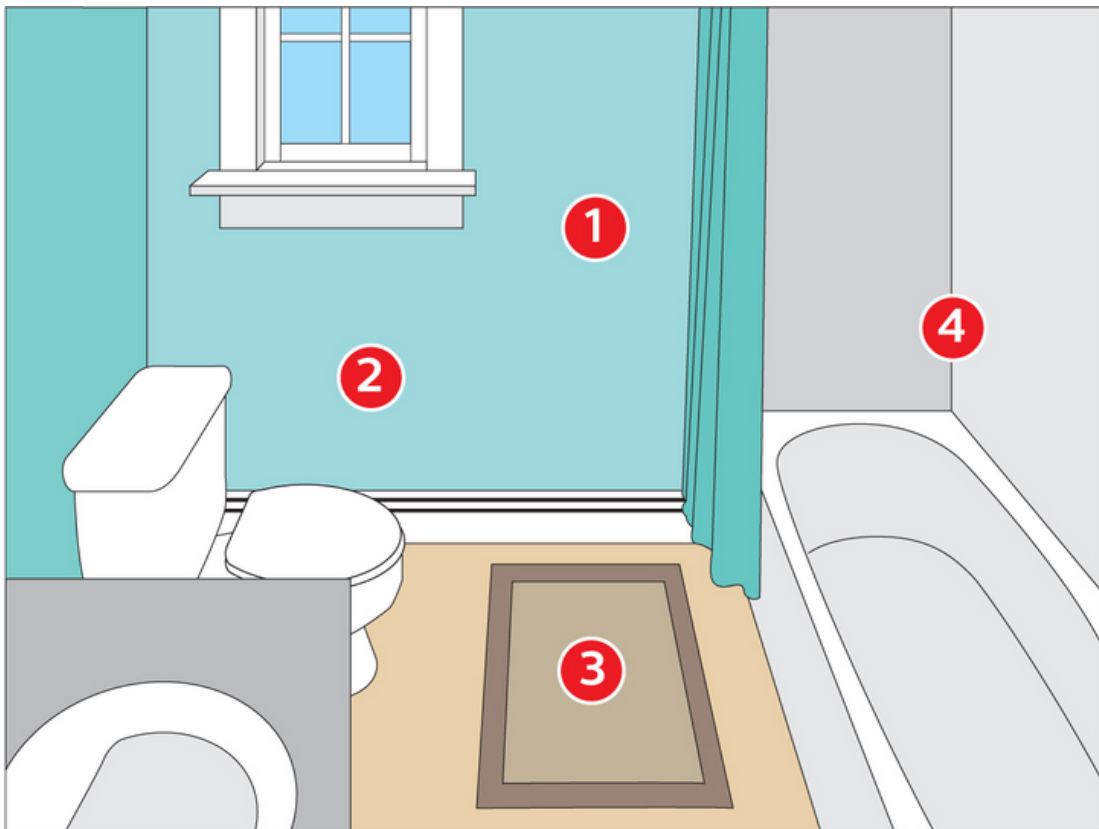
1. **Remove or secure rugs.** Eliminates tripping hazard.
2. **Hidden cords.** Telephones and electronic devices are placed nearer to wall sockets, and all cords are removed from walk ways.
3. **Organize room.** Less overall clutter and organized projects reduce falls risk.





# Bathroom Safety Issues

1. **No grab bars.** Senior could fall when exiting shower or toilet.
2. **Poor nighttime lighting.**
3. **Loose bathmat.** Increases slipping hazard.
4. **No assistive equipment in shower.** Showering or bathing can become more dangerous.



## Bathroom Tips: Much Safer

1. **Grab bars.** Ensures safer egress from shower or toilet.
2. **Nightlight.** Installing a light-sensitive nightlight that automatically turns on when needed increases visibility.
3. **Bathmat.** Use non-slip bathmat or remove altogether.
4. **Assistive equipment in shower.** A sturdy shower head with hose reduces risk of falls.

