

Rest Haven News & Notes

Issue December 2022



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Spiritual Care

It was Christmas Eve, 1818, in the Alpine village of Oberndorf in northern Austria, where Joseph Mohr paced back and forth in his study. The church organ wasn't working so in its place Joseph hoped to present his congregation with a new song for Christmas, but the words just didn't seem to come.

As he observed the falling snow outside his window, he noticed a woman struggling through the drifts on the walkway, so he hurried to let her in to the warmth of the house. Breathlessly, she told him of her friend in a neighboring village who had just given birth to her first child, and how the father hoped the priest would come to bless their son.

"Of course, I'll go", he said, and bundled up for the long, cold walk.

When Joseph arrived and opened the door, he caught his breath at the scene before him—a young father kneeling down in admiration in front of the new-born baby in the arms of its mother.

Noticing his arrival, the young father invited the priest in to meet and to bless their son.

Afterwards, as Joseph made his way past pine trees laden with freshly-fallen snow, he discovered anew the pristine beauty in the air and found the words to write what has become a beloved carol:

(over)

Spiritual Care, Continued

*Silent night, Holy night,
All is calm, all is bright
'Round yon virgin mother and child!
Holy infant so tender and mild,
Sleep in heavenly peace.*



As we can easily overlook the familiar around us, let's discover anew the Message in the manger and join in with Mary and Joseph in adoration of the Lord Jesus this Christmas!

May God's love and peace surround you this season and in to the New Year!

Peter Berg
Daily Life & Spiritual Care Coordinator

Christmas Goodies

As the Christmas season approaches we would like to remind our families and visitors that as a health care facility we are required to follow certain restrictions/ guidelines implemented by the province. We are not permitted to share communal food items such as bags of chips or candies. Items must be individually wrapped and packaged. Items should be shared amongst all shifts. We would like to suggest, instead of bringing in goodies for staff to share, perhaps you could make a monetary donation to the HavenGroup Foundation to assist with furnishing our staff lounge.

We would like to thank you in advance for your support, wishing you and your loved ones a Merry Christmas.

Tracey Kokil
Education and Infection Control Coordinator

Social Work

Resident Council

Resident council meetings had to be canceled for November because of the declared outbreak status.

Save the date: December 15th we will hold resident councils on the 2nd floor and third floor at 2:30pm. Household locations to be announced.

Resident council is open to all residents and family representatives. It is a forum to bring forward concerns and have input into the homes support service programing, such as recreation, spiritual care, food services, housekeeping and laundry. We also review and discuss the Resident Bill of rights yearly.

We will keep the Resident Council January schedule as planned: 2nd floor on Monday January 16th and the 3rd floor on Monday January 23rd.

Please note: Resident council is not the appropriate place to bring forward *personal* health care concerns. Concerns of this nature should be discussed individually with the nurse in charge of the Resident's house.

Christmas

If you are seeking practical gift ideas for your loved one, here are suggestions that come from the people who work and live in a PCH:

- Over the bed tables, because they are mobile with adjustable heights, it gives the resident a place to put things within reach and yet are still easy to clean around.
- Cardigans, they can be put on and off easily, and are needed year-round.
- Soaps, lotions or shampoos
- Framed photo's or prints of things your loved one enjoys, help reminisce and dress up the room
- Blankets
- Slippers and/or gripper socks
- Crafts, games, puzzles to do together with your loved one

Social Work, Continued

Gifts like flowers and perfumes are discouraged, poinsettia's and lilies are especially known for triggering allergic reactions for other residents and staff. Thank you for your consideration in these matters. Please feel free to ask staff for further, more individual gift suggestions or if you have specific questions.

Merry Christmas!

**Lorraine Friesen
Esther Reimer
Social Work**

Daily Life

What an exciting time it has been as we have been preparing for Christmas. With 12 new homes to decorate, it has been quite a task to buy and set up 12 trees, along with all the lights and the decorations that go with that, but it's definitely worth it to see the joy that it brings to our residents. The decorations and the busyness of Christmas brings back memories of days gone by and time spent with family and friends as we celebrate the birth of Christ.

In this month of December, we also want to celebrate the birthdays of a number of our residents. Happy birthday to Betty Friesen, Edna Baker, Ken Bond, Harry Falk, Bill Stoesz, and Cathy Thiessen! May God bless you on your special day!

From the Daily Life Department

**Peter Berg
Daily Life & Spiritual Care Coordinator**



HavenGroup Foundation

In this season of giving, consider giving a gift that will support the respectful, dignified, and loving care to seniors in our community!

Your donation this season will help HavenGroup grow into our future.

To inquire about making a donation, visit HavenGroup.ca/Donate, call 204-346-0126, or email hginfo@havengroup.ca.



Merry Christmas!

On behalf of the HavenGroup Board of Directors and Staff, we wish you and your family a "Merry Christmas"! May you know and experience the depths of God's love for you in this season as you reflect on the coming of the Saviour, Jesus Christ.



Isaiah 9:6

"For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."

REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>DECEMBER 2022</p>	<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>		<p>1</p> <p><i>(Week 1)</i></p> <p>Cream of Celery Liver and Onions Mashed Potatoes Carrots Cinnamon Coffee Cake</p>	<p>2</p> <p>Chef's Soup Lasagna Caesar Salad Garlic Bread Chocolate Cake</p>	<p>3</p> <p>Garden Vegetable Soup Chicken Pot Pie Cucumber and Tomato Slices Fruit Platz</p>	<p>4</p> <p>Roast Beef Mashed Potatoes Gravy/ Coleslaw Rice Pudding</p>
<p>5</p> <p><i>(Week 2)</i></p> <p>Beet Borscht Soup Perogies Farmer Sausage Pickles Cream Gravy Canned Peaches</p>	<p>6</p> <p>Hearty Manitoba Vegetable Soup Meat Loaf Mashed Potato Vegetable Salad Mini Cinnamon Roll</p>	<p>7</p> <p>Roast Beef/Gravy Oven Baked Potatoes Mixed Vegetables Apple Crisp</p>	<p>8</p> <p>Butternut Squash Soup Chicken Taco Bake Noodles Cucumber Salad Fruit</p>	<p>9</p> <p>Minestrone Soup Ham Kielke & Schmaunt Phat Coleslaw Frozen Yogurt</p>	<p>10</p> <p>Chef Soup Egg Salad Sandwich Cheese Chips/Pickles Orange Fluff Salad</p>	<p>11</p> <p>Baked Ham Pineapple Sauce Scalloped Potatoes Corn Plumi Mous</p>
<p>12</p> <p><i>(Week 3)</i></p> <p>Summa Borscht Country Style Chicken Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae</p>	<p>13</p> <p>Vegetable Soup Spaghetti with Meat Balls Caesar Salad Garlic Bread Custard Bread Pudding</p>	<p>14</p> <p>Chicken Noodle Soup Baked Farmer Sausage Fried Potatoes Vegetable au Gratin Banana Cream Pie</p>	<p>15</p> <p>Corn and Lentil Chowder with Bacon Soup Lemon Baked Fish Three Bean Salad Potato Wedges Ambrosia Salad</p>	<p>16</p> <p>Green Bean Soup Farmer Sausage Perogies Pickled Beets Schmaunt Phat Trifle</p>	<p>17</p> <p>Chef's Soup Chili Chef's Salad Toast Chef's Desert</p>	<p>18</p> <p>Shake & Bake Chicken Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous</p>
<p>19</p> <p><i>(Week 4)</i></p> <p>Beet Borscht Baked Ham Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Lentil Muffin</p>	<p>20</p> <p>Lentil Vegetable with Parmesan Soup Shepherd's Pie Green Salad Lava Cake</p>	<p>21</p> <p>Hearty Vegetable Soup Honey Mustard Chicken Rice Pilaf Salad Coconut Cream Pie</p>	<p>22</p> <p>Beef and Broccoli Soup Baked Fish Lyonnais Potatoes Tartar Sauce Salad Frozen Sherbet</p>	<p>23</p> <p>Roast Beef Gravy Oven Baked Potatoes Sour Cream/Chives Southwest Mixed Veg Cheesecake</p>	<p>24</p> <p>Vegetable Soup Ham & Cheese Sandwich, Pickles Fruit Cobbler</p>	<p>25</p> <p>MERRY CHRISTMAS!</p> <p>Turkey /Stuffing Cranberry Sauce Cabbage Rolls Mashed Potato Corn Fruit Cake</p>
<p>26</p> <p><i>(Week 5)</i></p> <p>Sauerkraut Borscht Soup Meatloaf Gravy Mashed Potatoes Mixed Vegetables Date Square</p>	<p>27</p> <p>Hearty Italian Soup Kielke & Schmaunt Phat Peas/Carrot Ham Oatmeal Muffin</p>	<p>28</p> <p>Split Pea Soup Battered Fish Fry Tartar Sauce French Fries/Gravy Coleslaw Lemon Meringue Pie</p>	<p>29</p> <p>Turkey /Stuffing Cranberry sauce Mashed Potato Gravy Corn Cheesecake</p>	<p>30</p> <p>Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork Rice Pilaf Gravy California Mixed Veg. Peach Upside Down Cake</p>	<p>31</p> <p>Chef's Soup Turkey Sandwich Chips/Pickles Fruit Based Dessert</p>	

REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 DECEMBER 2022	<u>MENU SUBJECT TO CHANGE</u> 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.		1	2	3	4
			(Week 1) Chicken with Alfredo Sauce Noodles Peas Biscuits Fruit	Baked Fish Fillets Lemon Slice Lyonnaise Potatoes Cauliflower/Carrots Butterscotch Pudding	Breaded Pork Cutlets Noodles and Sauce Mixed Vegetables Chef's Dessert	Summa Borscht Faspa- Cold Cuts/ Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
	5	6	7	8	9	10
	(Week 2) Taco Pie Salad Peanut Butter Brownie	Pork and Apple Cakes Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	Chicken Teriyaki Steamed Rice Green Salad Mandarin Oranges	Fish Sticks Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/ Peppers Trifle	Baked Porkchops Pork Gravy Parslied Boiled Potatoes Corn Tapioca Pudding	Veal Parmigiana Pasta Marinara Sauce Peas Fruit Platz
	11					
						Farmer Sausage Noodle Soup Faspa- Cold Plate Cold Cuts Buns Tossed Salad Cream Pie
12	13	14	15	16	17	18
(Week 3) Lemon Baked Fish Potatoes Peas & Carrots Pineapple Upside Down Cake	Roasted Chicken Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	Sweet & Sour Diced Beef S&S Sauce Steamed Rice Broccoli Fruit	Mushroom Baked Pork Chops Mushroom Gravy Lyonnaise Potatoes Mixed Veg Cupcake	Sweet and Sour Chicken Thighs Ranch Style Potatoes Kernel Corn Hot Fudge Pudding Cake	Chicken Chow Mein Spring Rolls Almond Float	Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles Apple Pie
19	20	21	22	23	24	25
(Week 4) Savory Meat Loaf Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	BBQ Pork Ribs Gravy Brown Rice Green Beans Lemon Tarts	Hamburger Steak Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	Garlic Sausage Macaroni and Cheese Peas Chocolate Pudding	Fettucine Primavera (with Ham) Biscuits Vegetable Salad Frozen Yogurt	Swedish Meatballs Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	 MERRY CHRISTMAS! Lentil Soup Brown Bread Cold Cuts Cheese/Pickles Rhubarb Strawberry Pie
26	27	28	29	30	31	
(Week 5) Breaded Pork Cutlets Rice Pilaf with Brown Rice Gravy/Coleslaw Nanaimo Bar	Mushroom/Omelet Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	Baked Chicken Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	Pork Sausages Spanish Rice (Brown rice) Buttered Peas Carrot Cake	Lazyman Cabbage Rolls Mashed Potatoes Carrots Apple Crisp	Spaghetti & Meat Sauce Garlic Bread Lettuce Salad Tart	