

# Woodhaven Hub

DECEMBER 2022  
UPCOMING EVENTS | NEWS



## Christmas Sweater Party

Wear your finest or funniest Christmas Sweater and join the party on Thursday, December 22 at 2:30 in the downstairs MPR. Punch and dainties will be served.



## New Year's Celebration

Let's ring in the New Year with a New Year's celebration on Thursday, December 29 at 2:30 in the basement MPR. Sparkling juices and cheese and crackers will be served.



## Christmas Faspa

The Christmas Faspa will be on Wednesday, December 14 at 4:30 in the basement MPR. 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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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 newborn 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:

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



# Farewell

We wish to say farewell to Bonnie Begalke as she is leaving her position here at Woodhaven Manor effective December 30, 2022. A come and go tea will be held in her honour on Tuesday, December 20 starting at 2:30 in the main floor lounge.





# 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  
for more information.

## Kafe Klatsch

The Christmas season is here! We will be serving hot apple cider for Kafe Klatsch.

# **Woodhaven Worship Service**

The South East Helping Hands and Steinbach Outreach are the chosen organizations which will receive donations from Woodhaven Manor.

These donations will be made mid December. This is from the collection at the weekly Worship Service. Thank you for your generosity.





# Shopping Carts

Woodhaven Manor has purchased new shopping carts. There are 2 large plastic carts and 2 convenience carts. We hope that these smaller carts and lighter plastic carts will make things a little easier for our tenants.



# Winter Driving

Along with colder temperatures, snow, and ice, winter also brings potentially dangerous driving conditions. Slippery roads and decreased visibility can make driving in Canadian winters a challenge. Get prepared by following a few simple tips, provided by Public Safety Canada in collaboration with the Canadian Automobile Association.

Slow down – Fog, black ice, slush or snow-covered roads can make driving dangerous. Drive slowly and leave plenty of distance between vehicles.

Get winter tires – Traction is the key to good movement, turning and stopping on wet, slushy or icy surfaces. Check tires and tire pressure at least once a month when tires are cold and remember that tire air pressure decreases in colder weather. Winter tires provide additional traction in colder weather.

Top-up windshield fluid - Fill up on winter washer fluid and replace wiper blades that streak. Make sure there is enough windshield washer fluid in the reservoir and that it is rated in the -40C temperature range. Carry an extra jug in the vehicle.

Keep the gas tank topped up - When driving in bad weather, think caution, plan ahead and make sure you have enough fuel. Keep the fuel tank at least half full.

See and be seen - Clear all snow from the hood, roof, windows and lights. Clear all windows of fog or ice. If visibility becomes poor, find a place to safely pull off the road as soon as possible.

Get an emergency car kit – Have the appropriate safety and emergency winter equipment always stored in your car. The basic emergency kit for cars should include the following items:

Food – that won't spoil, such as energy bars

Water – in plastic bottles so they won't break if frozen (change every six months)

- Blanket
- Extra clothing and shoes
- First aid kit – with seatbelt cutter
- Small shovel, scraper and snowbrush
- Candle in a deep can and matches
- Crank flashlight
- Whistle – in case you need to attract attention
- Roadmaps
- Copy of your emergency plan

Also keep these inside your trunk:

- Sand, salt or cat litter (non clumping)
- Antifreeze/windshield washer fluid
- Tow rope
- Jumper cables
- Fire extinguisher
- Warning light or road flares





# Woodhaven Manor Congregate Meal Program

Please note that if you would like to pick up your meal instead of eating in the dining room please call the Rest Haven kitchen before 10am of that same day.

This will save the dietary and congregate meal helpers with not having to set extra place settings and washing unused dishes and cutlery.

Thank you for your understanding.