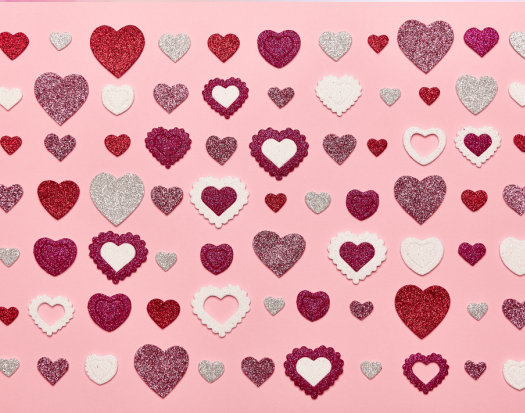


# Woodhaven Hub

FEBRUARY 2023  
UPCOMING EVENTS | NEWS



## Valentine Party

Wear something red and come to the Valentine Party on Tuesday, February 14 at 2:30 in the main floor lounge.

## Movie

The movie Dog Gone will be shown on Monday, February 13 at 2pm in the basement multi-purpose room.

## Faspa

Faspa will be held on Wednesday, February 8 at 2:30 in the main floor lounge.



Supporting the Rest Haven Expansion Project

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

HavenGroup Foundation (2006) Inc.  
HAVEN GROUP PARTNER

*From the  
Chaplain...*



## **Cold hands, warm heart**

An expression I have often heard after I've given someone a handshake in the morning. Though cold hands are not what I like to present, they are the oft-inevitable by-product of being out in the winter!

Though I try to not give any kind of cold greeting, I am glad these recipients are willing to see past my cold hands to my true intent—warm wishes from a warm heart. Maybe this is also what the expression means—that we are willing to overlook a seemingly cold encounter because we trust that it likely wasn't the intent for the person to come across the way they did and that we are willing to extend a little grace.

Jesus taught the same principle as seen in Luke 6:31,

“And as ye would that men should do to you, do ye also to them likewise.” Often called The Golden Rule, it is a principle so vital in the relationships we have one with another.

The article, *See Me*, also presents us with that challenge. Beginning with the question, “What do you see, nurse, what do you see?” the anonymous author goes on to portray the thoughts attributed to an elderly lady who is questioning why she is being treated the way she is and that, even though she can no longer care for herself as she once did, she is still the same person on the inside. An excellent reminder for me to treat others with the same love and respect I would like to be treated with.

So, if we happen to come across “cold hands” in our daily routine, let's be willing to extend the same grace and forgiveness which we would hope to receive and let's look further to the warm hearts that surely must be there.

Peter Berg



# PEROGY & FARMER SAUSAGE DRIVE THRU FUNDRAISER

**MARCH 3 | 4:30-6:00 PM**

## **Perogy and Farmer Sausage Drive Thru Fundraiser**

Join us on March 3, 2023 for the HavenGroup Foundation's Perogy and Farmer Sausage Drive Thru Fundraiser, in support of Rest Haven Care Home!

Enjoy a meal of four cottage cheese perogies, two pieces of farmer sausage, schmaunt phat (white cream sauce), coleslaw, and cheesecake.

Register today by calling 204-346-0126 or online at [HavenGroup.ca/Foundation](https://HavenGroup.ca/Foundation).

Registration closes at 12:00 PM on February 27, 2023.

Meals will be delivered to Woodhaven Manor, Fernwood Place, and Linden Place

Tenants who drop off their donation in advance at the HavenGroup Administration office (177 Woodhaven Ave). Receipts will be processed with the value of the meal and dessert deducted (valued at \$15).

# Bed Bugs Management

## Policy:

HavenGroup is committed to providing effective and efficient response to tenants who suspect they may have bed bugs.

## Procedure:

Should a tenant notice (bed) bugs in a room, apartment, office or common area, please report it to Administration immediately.

## Landlord Responsibilities:

- Act promptly to any report of (bed) bug infestation
- Contact the pest control business to confirm the type of bug and arrange for treatment, when required
- Notify the tenant of any treatment plan including the distribution of preparation instructions
- Provide a minimum of forty-eight (48) hours' notice to enter apartment to provide treatment
- Cost of treatment; if applicable, file claim with Residential Tenancies Branch if tenant caused infestation or does not follow preparation instructions for adequate treatment(s)
- Discourage the purchase of second-hand items being brought into apartment complex

## Tenant Responsibilities:

- Proof of the purchase of a new mattress or proof of professional cleaning must be provided to the Landlord prior to moving in
  - Promptly report any new (bed) bug infestation
- Do not attempt to self-treat bugs with any home remedy or store-bought product; bed bug treatment is quite extensive and while initial home treatments may seem to work, they are not reliable
  - Minimize clutter within your apartment
- Cooperate with the landlord by allowing access and adequately preparing for treatment
  - Do not purchase second hand items for your apartment

The cost of bed bug treatment is the responsibility of the Landlord, however should the Tenant not cooperate by adequately preparing for treatment, the Landlord may file a claim against the tenant to recoup their costs.

# 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.



Please do not leave any unwanted food items by the Woodhaven Manor entrance. We would like to keep the entrance clean and presentable. Thank you for your cooperation.



Make sure upon entering Woodhaven Manor that you wait until the door closes behind you. We do not want any uninvited guests coming into the building.

# REMINDER

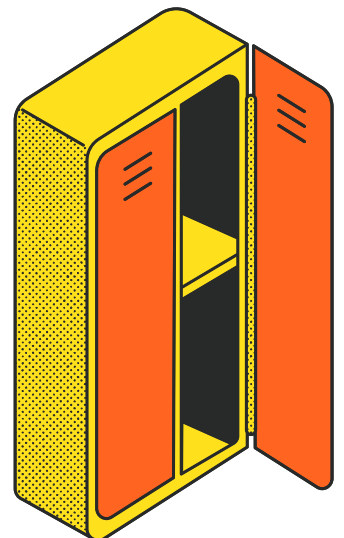
Just a reminder that if you have any housing concerns contact  
Michael Obviar  
Operations Manager - Housing  
204-326-2002



When parking your vehicle please be mindful and park properly and not on yellow lines.  
Handicapped parking is only for loading and unloading and not for long-term parking. Anyone parking longer than 15 mins will be towed.



Please remember that if you use the small cart from the tenant storage room to bring it back. There is not enough room in the main floor garbage room to accommodate all the carts.



# 8 Tips For Dealing With Winter Blues In Elderly

Dark mornings and even darker evenings with chilly grey days in between means winter is here – and with the cold season comes the winter blues. If you or your loved one struggle with the “winter blues” you know how difficult it can be to make it through the holiday season. Although winter does bring in the festive holidays it also means less sunlight, shorter days and colder weather. As a result it leads to reduced physical activity, more sleep, less interest in activities, social withdrawal, unhealthy eating and a general sense of feeling low. This condition is termed medically as Seasonal Affective Disorder (SAD), it can happen at the onset of any season. However, winter depression or winter blues are the most common. Serotonin and Melatonin levels both drop significantly which causes major changes in sleep and mood—two critical components of overall health and wellness. During winter months many elderly may find themselves feeling low and down, it can be due to reduced sunlight, shorter days, and the holidays coming to an end or they could be missing their loved ones.

Here are a few tips for elderly to follow which will help in dealing with low mood during the winter months:

1) Brighten up the surroundings- allowing enough sunlight into the home can help brighten up the mood instantly, intake of Vitamin D from natural light works as a mood enhancer and it is also good for overall health. Getting natural light in winters can at times be a challenge, light therapy can be an option to treat SAD symptoms and other conditions by exposure to artificial light.

2) Eat a balanced diet – Eating a balanced diet is essential for older adults and is a natural way to boost mood and energy. Improved nutrition also helps prevent colds, flu and injuries that are more prevalent in cold weather. As we all know requirement of vitamins, minerals, carbohydrates, proteins and fluids changes in old age hence all these nutrients need to be packaged in easy to digest small meals which can be spread throughout the day. Adding plenty of natural colours to your diet with one or two seasonal fruits can be a good source of anti-oxidants.

3) Stay Active – Exercise, while important all year round, can be vital in lifting the mood during the winter months. Physical activity such as Yoga, Frankel exercises help increase the blood flow to the whole body. Retaining good flexibility for joint movement through stretching really helps when wearing layers to combat the cold. Performing a minimal amount of daily physical movement and exercise also helps prolong memory loss and cognitive decline associated with aging.

4) Planning for events – Whether looking forward to a party or celebration, or planning / redecorating for an upcoming event, it can help create positive feelings. Inviting family members over for lunch, having brunch outside with grand children or visiting friends can help generate positive emotions and excitement.

5) Stick to a Schedule – When experiencing the winter blues, it can be tempting to alter your schedule to avoid activities and socialization – and hibernate instead, but one should try to maintain their schedule of going out, exercising or visiting any community services. Changes in schedule can also lead to disturbances in mood.

6) Accomplish Goals – If you've been putting off a task, whether big or small, winter is the time to tackle it and complete it. For this you can maintain a to-do list and write all your task as per priority and when completed you can cross it off, it will motivate you to complete more tasks on your list, and help you feel better and energetic.

7) Socialize – Being around other people and/or talking to them can lift your spirits. Get together with friends or family or simply give them a call, a small get-togethers with loved ones can help brighten the mood.

8) Mind Stimulation – Mental exercises such as crosswords, puzzles, Sudoku, Scrabble can help one stay mentally alert. Reading a good book by the fire place or in the sun can lift the mood and help stay active.

