

# Rest Haven News & Notes

Issue March 2023



## Spiritual Care

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Precious Lord, take my hand,  
Lead me on, help me stand;  
I am tired, I am weak, I am worn;

What a familiar description—many are tired, weak, and worn among the people we serve. I think of some of the frail hands I come across. Hands, once youthful and energetic, once capable of whipping up a cream pie or of controlling a team of horses, now lying limp in the lap, perhaps not even able to raise a fork to the mouth. Hands, once capable and strong, now totally dependent on others.

Through the storm, through the night,  
Lead me on to the light;  
Take my hand, precious Lord, lead me home.

It was just a week after the death of his wife and newborn son that Thomas Dorsey penned these words to show how he depended on One stronger than himself—the Lord Jesus Christ.

In Numbers 11:23 we find the interesting response of God to Moses when he questioned God's promise. He had just said he would provide enough meat for all Israel, but Moses had his doubts.

“The LORD answered Moses, ‘Is the Lord’s arm too short? You will now see whether or not what I say will come true for you.’”

God's promise did come true as he provided quail enough for all the people. Likewise, God is well able to lead us through the difficulties of life. The only time God's hands appeared weak was the time the hands of Jesus were nailed to a cross—but that was to fulfill the plan of redemption.

So, as we face life's challenges, let's continue to hold on to the capable hands of the only One truly able to provide for us!

**Peter Berg, Rest Haven Chaplain**

## Daily Life

In like a lion, out like a lamb...?

I hope as you read this you are wearing warm fleece... As much as March appears to be coming in like a lion, let's march into March with all the hope and expectation of an early Spring. Longer, warmer days are on the way...

This month also brings us St. Patrick's Day, so don't forget to get your green on for March 17<sup>th</sup>! Our department has planned some exciting St. Paddy's Day crafts so be on the look out for our seasonal creations...

We want to wish our March Birthday celebrants a very Happy Birthday...

Susan Kehler  
John Neufeld  
Liz Loepky  
Donald Schettler  
Maria Friesen Doerksen  
Ben Andres  
John Plett  
Katherine Doerksen

Trivia Tidbit:

Do you know the difference between a shamrock and a clover?

Shamrocks always have three leaves while clovers can have a fourth leaf. Shamrocks are usually green, but you can find purple, green or white clover. And finally, shamrocks grow in clumps, while four leaf clovers are rare and grow one at a time...



And now you know...

**Leanne Silvers**  
**Therapeutic Recreation Facilitator,**  
**Daily Life Team Member**

## REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<h1 style="font-family: cursive;">March</h1> <h2 style="font-weight: bold;">2023</h2> <p style="color: green; font-weight: bold;">HAPPY NUTRITION MONTH!</p>		1	2	3	4	5
		<p style="text-align: center;"><i>(Week 4)</i></p> <p>Hearty Vegetable Soup Honey Mustard Chicken Rice Pilaf Salad Coconut Cream Pie</p>	<p>Beef and Broccoli Soup Baked Fish Lyonnais Potatoes Tartar Sauce Salad Frozen Sherbet</p>	<p>Roast Beef Gravy Oven Baked Potatoes Sour Cream/Chives Southwest Mixed Veg Zucchini Brownie</p>	<p>Vegetable Soup Ham &amp; Cheese Sandwich, Pickles Fruit Cobbler</p>	<p>Shake &amp; Bake Chicken Mashed Potatoes Cooked Turnips and Carrots Marble Cake</p>
6	7	8	9	10	11	12
<p style="text-align: center;"><i>(Week 5)</i></p> <p>Sauerkraut Borscht Soup Meatloaf Gravy Mashed Potatoes Mixed Vegetables Date Square</p>	<p>Hearty Italian Soup Kielke &amp; Schmaunt Phat Peas/Carrot Ham Oatmeal Muffin</p>	<p>Split Pea Soup Battered Fish Fry Tartar Sauce French Fries/Gravy Coleslaw Lemon Meringue Pie</p>	<p>Turkey /Stuffing Cranberry sauce Mashed Potato Gravy Corn Cheesecake</p>	<p>Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork Rice Pilaf Gravy California Mixed Veg. Peach Upside Down Cake</p>	<p>Chef's Soup Turkey Sandwich Chips/Pickles Fruit Based Dessert</p>	<p>Roast Pork/Gravy Potatoes Green Beans Lemon Square</p>
13	14	15	16	17	18	19
<p style="text-align: center;"><i>(Week 1)</i></p> <p>Beef and Barley Soup Chicken Fingers Fries/Gravy Garden Salad Carrot Cake</p>	<p>Chicken Noodle Soup S&amp;S Baked Farmer Sausage Steamed Rice Green Beans Tapioca Pudding</p>	<p>Hearty Vegetable Soup Chicken Cacciatore Noodles Salad Chocolate Cream Pie</p>	<p>Cream of Celery Liver and Onions Mashed Potatoes Carrots Cinnamon Coffee Cake</p>	<p><u>ST. PATRICKS DAY</u></p> <p>Chefs Soup Lasagna Caesar Salad Garlic Bread Chocolate Cake</p>	<p>Garden Vegetable Soup Chicken Pot Pie Cucumber and Tomato Slices Fruit Platz</p>	<p>Roast Beef Mashed Potatoes Gravy/ Coleslaw Rice Pudding</p>
20	21	22	23	24	25	26
<p style="text-align: center;"><i>(Week 2)</i></p> <p>Beet Borscht Soup Perogies Farmer Sausage Pickles Cream Gravy Canned Peaches</p>	<p>Hearty Manitoba Vegetable Soup Meat Loaf Mashed Potato Vegetable Salad Mini Cinnamon Roll</p>	<p>Roast Beef/Gravy Oven Baked Potatoes Mixed Vegetables Apple Crisp</p>	<p>Butternut Squash Soup Chicken Taco Bake Noodles Cucumber Salad Fruit</p>	<p>Minestrone Soup Ham Kielke &amp; Schmaunt Phat Coleslaw Frozen Yogurt</p>	<p>Chef Soup Egg Salad Sandwich Cheese Chips/Pickles Orange Fluff Salad</p>	<p>Baked Ham Pineapple Sauce Scalloped Potatoes Corn Plumi Mous</p>
27	28	29	30	31	<p style="font-weight: bold;">Nutrition and Food Services Department: 204-326-2285/204-346-5013 <b>MENU SUBJECT TO CHANGE</b></p>	
<p style="text-align: center;"><i>(Week 3)</i></p> <p>Summa Borscht Country Style Chicken Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae</p>	<p>Vegetable Soup Spaghetti with Meat Balls Caesar Salad Garlic Bread Custard Bread Pudding</p>	<p>Chicken Noodle Soup Baked Farmer Sausage Fried Potatoes Vegetable au Gratin Banana Cream Pie</p>	<p>Corn and Lentil Chowder with Bacon Soup Lemon Baked Fish Three Bean Salad Potato Wedges Ambrosia Salad</p>	<p>Green Bean Soup Farmer Sausage Perogies Pickled Beets Schmaunt Phat Trifle</p>		

## REST HAVEN SUPPER MENU

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