

Rest Haven News & Notes

Issue September 2023



September Highlights!!



Couples outing:
Mennonite Heritage Museum

Fall Rides



Should you wish to be added or removed from the newsletter contact list please
contact tchabot@havengroup.ca

**Fall is also a great time to start thinking about immunizations .
Fact sheets for the different vaccine's offered at Rest Haven
are available upon request at the welcome desk or by email.**

How would Shingles affect me?

Shingles is a serious disease that commonly results in a very painful, blistering rash. It usually occurs in one part of the body and can last for several weeks along with fever or headache. The pain can be severe and disabling, interfering with daily activities, affecting social interactions and emotional health. If you develop shingles, it may lead to serious complications, such as long-lasting nerve pain (postherpetic neuralgia or PHN), which can last for months or years and may be severe even after the shingles blisters heal. Shingles can also lead to scarring. PHN is the most common complication you can develop if you have shingles. PHN can be serious, disabling, and can interfere with your daily activities.

Will I get Shingles?

Shingles is caused by the same virus that causes chickenpox, called herpes zoster virus. Anyone who has had chickenpox can develop shingles (that is 90% of Canadians!) because the virus is stored in our nerve cells after a chickenpox infection. Years later, when the herpes zoster virus becomes active again, it is called shingles. 1 in 3 Canadians develop shingles, and 1 in 2 of people after 85 years of age. The chance of getting shingles increases with age and conditions that cause a weak immune system. Shingles blisters are very contagious, but only to those who have never had chickenpox virus (10% of Canadians) or chickenpox vaccine. You cannot catch shingles from someone with shingles, but you can easily catch chickenpox if you are not protected.

How can I prevent Shingles and Post Herpetic Neuralgia?

Shingrix, a 2-dose vaccine, is very effective at preventing shingles (90%) and postherpetic neuralgia for four years. Shingrix is available for all Canadians, however is self-pay at this time. If you are interested in finding out if Shingrix, or any vaccination, is right for you or your family member, please ask and our health care team, and we provide you with more information including the cost and our recommendations. For more information, see www.shingrix.ca or www.gov.mb.ca/health/publichealth/diseases/shingles.html





September is here — marking the transition from summer to fall and ushering in an energy that makes us want to savor every moment of crisp mornings and cozy evenings.

In many ways, September also feels like the busiest time of the year: The kids go back to school, work piles up after the summer's dog days, and Thanksgiving is suddenly upon us. It's a month of new beginnings, heartwarming traditions, and the enchantment of golden leaves and apple orchards.



Household Extension Numbers

1st Floor

Lakeview 7465
Still Waters 7466
Golden Creek 7340
Woodlands 7341

2nd Floor

Water's Edge 7346
Autumn Glory 7347
Daisy Lane 7348
Prairie Posts 7349

3rd Floor

Prairie Sky 7355
Sunset Way 7356
Homestead Ridge 7357
Freedom Meadows 7358

Sage Words From Senior Souls

“The Bible doesn’t change. It changes us.” This was one of the gentle reminders overheard in conversation during a Ladies’ Bible Study. Sometimes we ‘run ahead’ and think we can do it on our own, and maybe we can, for a while. This was a beautiful prompt to remind us to pick up His word as often as we can...

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





**Please help us in celebrating our many
September birthdays:**

Tina Heckert

Minnie Reimer

Ken Eide

Malinda Koop

Jean Major

Grace Huculak

Catherine Berg

Evelyn Keuhn

Brenda Reid

Helen Penner

Susanna Neufeld



HAVENGROUP ANNOUNCEMENT:

On behalf of HavenGroup, it is my pleasure to announce that Esther Reimer has accepted the role of interim Director of Resident Care for Rest Haven Care Home Inc. effective October 16, 2023.

Esther has served as a Social Worker for Rest Haven Care Home since June 2022. She has provided solid leadership with residents, families and staff in planning and executing admissions to the facility. Esther is a prime example of someone who lives by HavenGroup's Mission, Vision, and Values. Both her character and diverse background in healthcare make her an excellent candidate for this position. With Esther's previous employer, her portfolio included management of staff and resources, in the continuum of care for those living in the community.

Please join us in welcoming Esther (ereimer3@havengroup.ca) to the Interim Director of Resident Care role.



We celebrate Grandparents Day this month—a day to show appreciation for the grandparents in our lives, the work they have done and what they continue to do in helping to raise their families!

Grandparents Day is on September 10 this year. It was Marian McQuade, a homemaker from West Virginia, who wanted to help lonely seniors in nursing homes, so in 1978 she helped get Grandparents Day started.

Celebrated the first Sunday after Labor Day, it is a day where the generations can get together for special events, where grandchildren can tap into the wisdom and heritage of their grandparents and where grandparents can talk about the good ol' days. One suggested activity is for grandchildren to look through the old photo albums and get their grandparents' help in dating the pictures, thus bringing old memories to life and creating new memories in the process.

We all likely have things we appreciate about our grandparents, be it Grandma's baking, Grandpa's storytelling, or the faith they passed on to us. In II Timothy 1:5 Paul credits Timothy's grandmother Lois for the faith she passed on to her daughter Eunice and to her grandson Timothy. This was an important heritage which Timothy must have been especially grateful for, as he went on to become a pastor. What heritage are we leaving for our grandchildren? Is our faith a part of that? Sharing Bible stories with our grandchildren is one way we can do that.

May God bless you, Grandparents, for what you have done for your families and for the legacy you are leaving behind!

Peter Berg, Chaplain










REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 SEPTEMBER 2023	MENU SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013			1 (Week 5) Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork Rice Pilaf Gravy California Mixed Veg. Peach Upside Down Cake	2 Chef's Soup Turkey Sandwich Chips/Pickles Fruit Based Dessert	3 Roast Pork/Gravy Potatoes Green Beans Fruitcocktail Mous
4 LABOR DAY (Week 1) Beef and Barley Soup Chicken Fingers Fries/Gravy Garden Salad Carrot Cake	5 Chicken Noodle Soup S&S Baked Farmer Sausage Steamed Rice Green Beans Tapioca Pudding	6 Hearty Vegetable Soup Chicken Cacciatore Noodles Salad Chocolate Cream Pie	7 Cream of Celery Liver and Onions Mashed Potatoes Carrots Cinnamon Coffee Cake	8 Chef's Soup Lasagna Caesar Salad Garlic Bread Chocolate Cake	9 Garden Vegetable Soup Chicken Pot Pie Cucumber and Tomato Slices Fruit Platz	10 Roast Beef Mashed Potatoes Gravy/ Coleslaw Rice Pudding
11 (Week 2) Beet Borscht Soup Perogies Farmer Sausage Pickles Cream Gravy Canned Peaches	12 Hearty Manitoba Vegetable Soup Meat Loaf Mashed Potato Vegetable Salad Cinnamon Roll Cake	13 Roast Beef/Gravy Oven Baked Potatoes Mixed Vegetables Apple Crisp	14 Butternut Squash Soup Chicken Taco Bake Noodles Cucumber Salad Fruit	15 Minestrone Soup Ham Kielke & Schmaunt Phat Coleslaw Frozen Yogurt	16 Chef Soup Egg Salad Sandwich Cheese Chips/Pickles Orange Fluff Salad	17 Baked Ham Pineapple Sauce Scalloped Potatoes Corn Plumi Mous
18 (Week 3) Summa Borscht Country Style Chicken Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae	19 Vegetable Soup Spaghetti with Meat Balls Caesar Salad Garlic Bread Custard Bread Pudding	20 Chicken Noodle Soup Baked Farmer Sausage Fried Potatoes Vegetable au Gratin Banana Cream Pie	21 Corn Chowder with Bacon Lemon Baked Fish Potato Wedge Three Bean Salad Ambrosia Salad	22 Green Bean Soup Farmer Sausage Perogies Pickled Beets Schmaunt Phat Trifle	23 Chef's Soup Chili Chef's Salad Toast Chef's Desert	24 Turkey/Stuffing Mashed Potatoes Gravy Glazed Carrots Cherry Platz
25 (Week 4) Beet Borscht Baked Ham Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Lentil Muffin	26 Lentil Vegetable with Parmesan Soup Shepherd's Pie Green Salad Lava Cake	27 Hearty Vegetable Soup Honey Mustard Chicken Rice Pilaf Salad Coconut Cream Pie	28 Broccoli Soup Baked Fish Lyonnaise Baked Potato Coleslaw Frozen Sherbet	29 Roast Beef Gravy Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie	30 National Day for Truth and Reconciliation Three Sisters Soup Battered Fish Fry Steamed Rice (Wholewheat) Mixed Vegetable Blueberry Crumble	

REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MENU SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013			(Week 5) Cabbage Rolls Mashed Potatoes Carrots Apple Crisp	Spaghetti & Meat Sauce Garlic Bread Lettuce Salad Tart	Chicken Noodle Soup Cottage Cheese Rye Bread Potato Salad Cold Cuts/Pickles Coconut Cream Pie
LABOR DAY (Week 1) Garlic Sausage Hashbrown Casserole Mixed Vegetables Peach Platiz	4	5	6	7	8	9
	Beef Stew Cheese Biscuits Mandarin Segments	Breaded Mustard Veal Cutlets Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip With Red Lentils	Chicken with Alfredo Sauce Noodles Peas Biscuits Fruit	Baked Fish Fillet Lemon Slice Lyonnise Potatoes Cauliflower/Carrots Butterscotch Pudding	Breaded Pork Cutlets Noodles and Sauce Mixed Vegetables Chef's Dessert	Summa Borscht Cold Cuts/ Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
11	12	13	14	15	16	17
(Week 2) Roasted Chicken Chicken Gravy French Fries Colleslaw Iced White Cookies	Pork and Apple Cakes Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	Baked Porkchops Gravy Mashed Potato Corn Tapioca Pudding	Fish Sticks Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/ Peppers Trifle	Chicken Teriyaki Steamed Rice Stir Fry Vegetable Mandarin Oranges	Veal Parmigiana Pasta Marinara Sauce Peas Fruit Platiz	Farmer Sausage Noodle Soup Cold Cuts Buns Three Bean Salad Cream Pie
18	19	20	21	22	23	24
(Week 3) Lemon Baked Fish Potatoes Peas & Carrots Pineapple Upside Down Cake	Homemade Chicken Pot Pie Mandarin Lettuce Salad Peanut Butter Brownie	Sweet & Sour Diced Beef S&S Sauce Steamed Rice Broccoli Fruit	Mushroom Baked Pork Chops Mushroom Gravy Lyonnise Potatoes Mixed Veg Cupcake	Sweet and Sour Chicken Thighs Ranch Style Potatoes Kernel Corn Hot Fudge Pudding Cake	Chicken Chow Mein Spring Rolls Fruit Jello	Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles Apple Pie
25	26	27	28	29	30	
(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	Baked Chicken Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	Swedish Meatballs Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	 2023

1st Floor



September 2023

2nd Floor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Events in Red- Chapel Daisy Lane DL Autumn Glory AG Men's Bible Study WE Prairie Post PP Ladies Bible Study DL Water's Edge WE						
10:30 Service with Aaron Barkman	3:00-4:00 Sonnie the Dog 	10:00 Men's Coffee 3:00 Fun Fitness PP	9:30 Ladies Bible Study 10:30-11:30 Bingo AG 3:00 Hymn Sing 6:00 Abe & Tina Music Special Event: Couples Outing	9:30 News Update WE 10:30 Chapel 3:00 Men's Bible Study 3:00 Getting to Know.... PP 6:45 Kleeefeld EMC	1	2
10:30 Emmanuel Free 	10:30 Music with Peter & Arlene 3:00-4:00 Sonnie the Dog 	10:00 Men's Coffee 6:00 Jon Penner Music	9:30 Ladies Bible Study 10:30-11:30 Bingo WE 3:00 Hymn Sing	9:30 News Update AG 10:30 Chapel 3:00 Men's Bible Study 6:45 Steinbach EMC Special Event: Country Rides	15 9:30 Bowling PP 3:00 Balloon Badminton WE	16
17 	3:00-4:00 Sonnie the Dog 	9:30 Fun Fitness AG 10:00 Men's Coffee 10:30 Fun Fitness WE 2:00-3:30 Pumpkin Craft PP 6:00 Abe & Tina Music	9:30 Ladies Bible Study 10:30-11:30 Bingo PP 2:00 Resident Council 3:00 Hymn Sing	9:30 News Update PP 10:30 Chapel 3:00 Men's Bible Study 2:30 Surprise! WE 6:45 Evangelical Fellowship	22 3:00 Let's Talk Autumn WE 5:45-6:45 Guess What's in the Bag AG	23 
10:30 Steinbach Mennonite 	9:30 Bean Bag Toss PP 10:30 Let's Talk Yellow WE 3:00-4:00 Sonnie the Dog 	9:30 Fun Fitness PP 10:00 Men's Coffee 10:30 Fun Fitness AG	9:30 Ladies Bible Study 10:30-11:30 Bingo AG 3:00 Hymn Sing 6:00 Peter Wiebe and Friends (German Program)	9:30 News Update WE 10:30 Memorial Chapel 3:00 Men's Bible Study 2:00-3:30 Pumpkin Craft AG 6:00 Prairie Rose Group	29	30

*Programs are subject to change without notice. Check whiteboards for current daily events.

September 2023

3rd Floor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Events in Red- Chapel Homestead Ridge HR Freedom Meadows FM Sunset Way SW						
*Programs are subject to change without notice. Check whiteboards for current daily events.						
10:30 Service with Aaron Barkman	4	5 9:30 Fun Fitness HR 10:00 Men's Coffee 3:00 Getting to Know FM	6 9:30 Ladies Bible Study 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 Abe & Tina Music Special Event: Couples Outing	7 9:30 News Update SW 10:30 Chapel 1:00-2:00 Sonnie the Dog 3:00 Spelling Challenge HR 6:45 Kleefeld EMC	1 10:30 News Update HR 2:45-3:45 Bingo PS	2
10:30 Emmanuel Free	11 10:30 Music with Peter & Arlene	12 10:00 Men's Coffee 2:00-3:30 Pumpkin Craft PS 6:00 Jon Penner Music	13 9:30 Ladies Bible Study 10:30 Let's Talk Yellow HR 2:00 Men's Bible Study 3:00 Hymn Sing	14 9:30 News Update PS 10:30 Chapel 1:00-2:00 Sonnie the Dog 1:45 Guess What's in the Bag SW 3:00 Balloon Badminton FM 6:45 Steinbach EMC	15 9:30 Fun Fitness PS 10:30 Fun Fitness FM 2:45-3:45 Bingo SW	16
	18	19 10:00 Men's Coffee 6:00 Abe & Tina Music	20 9:30 Ladies Bible Study 10:30 Fun Fitness 2:00 Resident Council 3:00 Hymn Sing	21 9:30 News Update FM 10:30 Chapel 1:00-2:00 Sonnie the Dog 6:45 Evangelical Fellowship Special Event: Country Rides	22 9:30 Bowling SW 2:45-3:45 Bingo HR	23 
10:30 Steinbach Mennonite	25	26 9:30 Fun Fitness PS 10:00 Men's Coffee 10:30 Fun Fitness HR	27 9:30 Ladies Bible Study 10:30 Surprisel SW 2:00 Men's Bible Study 3:00 Hymn Sing	28 9:30 News Update HR 10:30 Memorial Chapel 1:00-2:00 Sonnie the Dog 2:30 Let's Talk Autumn PS 6:00 Prairie Rose Group	29 10:00-11:30 Pumpkin Craft FM 2:45-3:45 Bingo PS	30