

Woodhaven Newsletter



November 2023

Helen Hutt
Tenant Resource Coordinator
204-346-1501

Michael Obviar
Director of Housing
204-326-2002



November is Fall Prevention Month!

How You Can Reduce the Risk of Falls as an Older Adult:

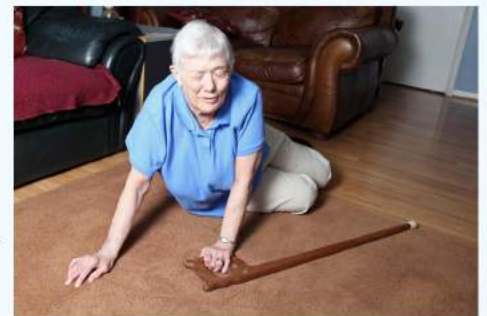


Our bodies naturally change with age and these changes affect the way we feel, move, and behave. A fall can have a devastating and lasting impact on a person, resulting in injury, chronic pain and a reduced quality of life. Even without an injury, a fall can cause an older adult to lose confidence and reduce their activities. The good news is that there are actions you can take to prevent falls.



These are the most effective steps you can take to prevent a fall, as assessed by the Public Health Agency of Canada and Finding Balance, a program for older adults and caregivers created by the Injury Prevention Centre at the University of Alberta:

- Exercise: challenge your balance and build strength.
- Get enough sleep.
- Take your time: don't rush when walking or getting up.
- Balance your body through good nutrition and hydration.
- Get your sight and hearing checked regularly.
- Manage your medications and review them regularly with your pharmacist or doctor as some may make you prone to dizziness and falling.
- Wear well-fitting, sturdy shoes with non slip soles.
- Consider using a cane or other mobility device if needed.
- Maintain proper use of eyeglasses and hearing aids.



FOR MORE INFORMATION ON FALL PREVENTION, JOIN US FOR A SPECIAL PRESENTATION WITH TINA PLETT FROM VICTORIA LIFELINE ON NOVEMBER 14th!



NOW OPEN:

The Woodhaven “Tuck Shop”

With the weather getting colder and the days getting shorter, its less convenient to just pop to the shop when you run out of something! Introducing the brand new **Woodhaven “Tuck Shop”**. Basic, non-perishable household items are now available for purchase in the TRC office! Soap, razors, toothpaste, Tylenol, cough drops, laundry detergent, batteries and more! Come by during office hours to take a look. **Cash only please.**





NEWS & REMINDERS:

Daylight Savings Time

Daylight Savings Time ends at 2:00am on Sunday November 5th. Don't forget to put your clocks back one hour before you go to bed on Saturday November 4th!



Remembrance Day

The office will be closed on Monday November 13th due to Remembrance Day. We thank our Veterans for their service and sacrifice.



Sign In Sheets

Please remember to always sign in with your name and suite number on the sign in sheets whenever you attend a program!

SIGN IN



Flu Clinic

Our Flu Clinic is happening on Monday November 6th in the basement multipurpose room. Don't forget to have your consent form(s) filled out before you go!



Havencare, Hair Care and Foot Care Services



For suite cleaning, grocery shopping, companionship, or to book a hair or foot care appointment, please call Helen at 204-346-1501

Please remember to bring your own mug for coffee and tea to events like Kafe Klatsch, Faspa, and Birthday parties! Thank you!



To book an in suite appointment with a licensed foot care nurse, call **Angeline at 204-381-1970**

To book an in suite massage, or reflexology appointment, call **Becky at 204-392-8029**

If you would like to have your photo updated or added to the Tenant Photo Directory, please come and see Helen!



DID YOU KNOW?

Nail care appointments with **Irene** are available!
Basic: 15 mins - \$20 (nails clipped and foot massage)
Full: 30 mins - \$30 (basic plus callus removal and ingrown nails etc.)
Call Helen to book!



On **Wednesday November 15th**, we will be decorating each floor for Christmas together! Join your floor neighbours for some hot chocolate, goodies, and trimming of the tree! Please let Helen know if you would like to donate any cookies or baking for this!



Remembrance Day



- Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called "Armistice Day" to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 am.—on the eleventh hour of the eleventh day of the eleventh month.
- From 1921 to 1930, Armistice Day was held on the Monday of the week in which November 11 fell. In 1931, Alan Neill, Member of Parliament for Comox–Alberni, introduced a bill to observe Armistice Day only on November 11. Passed by the House of Commons, the bill also changed the name to "Remembrance Day". The first Remembrance Day was observed on November 11, 1931.
- Every year on November 11, Canadians pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace.
- The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to provide assistance to Veterans.
- The national ceremony is held at the National War Memorial in Ottawa. The Governor General of Canada presides over the ceremony. It is also attended by the Prime Minister, other government officials, representatives of Veterans' organizations, diplomatic representatives, other dignitaries, Veterans as well as the general public.
- In advance of the ceremony, long columns of Veterans, Canadian Armed Forces members, RCMP officers, and cadets march to the memorial lead by a pipe band and a colour guard.
- Some of the 54 Commonwealth member states, such as Canada, the United Kingdom and Australia, observe the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month.
- Many nations that are not members of the Commonwealth also observe Remembrance Day on November 11, including France, Belgium and Poland.
- The United States used to commemorate Armistice Day on November 11. However, in 1954 they changed the name to Veterans Day.



Come and check out the first: "Resthaven Winter Market at Woodhaven"

Saturday, November 18th

1:00 pm - 4:00 pm

*In the Woodhaven Basement
Multipurpose Room*

*Browse all of the different
vendor booths, and get an
early start on your
Christmas shopping!*

- *Pampered Chef*
- *Avon*
- *Baking & Canned Goods*
- *Jewelry*
- *Tupperware*
- *Rugs*
- *Painted Crafts and more!*

*Interested in setting
up your own booth
at the market?
Contact Helen asap
at 204-346-1501*

*All purchases are cash only
please!*



HAPPY

BIRTHDAY

HELEN HIEBERT - 4
NITA SOBERING - 9
TILDA HARDER - 10
JOHN REIMER - 16
WILLIAM FRIESEN - 16
DENVER PENNER - 18
JOHANN NEUFELD - 21
LESLIE HARMS - 26



**Join us for a birthday party on
Monday, November 27th at 2:30pm
in the main floor MPR**

From the Chaplain's desk

What are you hoping for?

We likely all remember things we hoped for as a child—maybe a special gift for our birthday or for Christmas: a new doll, a dump truck, or perhaps a game to enjoy with friends. I remember seeing some Christmas wish lists which were quite long!

How do we respond, though, when what we hope for doesn't materialize? When what we were building on falls through? We need to make sure that what we are hoping for is solid and secure.

The Psalmist writes, "I will lift up mine eyes unto the hills, from whence cometh my help? My help cometh from the Lord, which made heaven and earth," (Psalm 121:1). Though he may have been scanning the horizon for help, the Psalmist knew where his help ultimately came from.

One aspect of remaining hopeful is to remember that the difficulties of this life are only temporary and that God has something better in store for us. Paul writes that "...Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him," (I Corinthians 2:9). The glory of what God has in store for those who have trusted in him, is more than we can even imagine.

It was Edward Mote who penned the words,
My Hope is built on nothing less, than Jesus' blood and righteousness.

May we continue on with that same hope,

Peter Berg, Chaplain

Sudoku Fun!

3	8			5				
	2			7		6		5
			6		2			4
	6		3			2	9	
1	5	3						8
			7					
	9		2	6		8		
		8						3
2		1						9



Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

			9	4	1		7	
7		6	2				3	
	2		3					
4					9	3		
2					7		8	
				1				
6	1			8			2	
	3				2		1	4
	4			9		6		