

Rest Haven News & Notes

Issue January 2024



January Highlights



Old Time Country Jam
Pat Porter Center
January 17th
6:30pm



Armchair Traveler
Yucatan Peninsula

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



Welcome 2024!

Once again Rest Haven has gone through a lot of change over the past year. We have opened more homes and look forward to opening the last two homes on first floor in 2024! As we continue to grow and improve the quality of care at Rest Haven we look forward to a new year of new beginnings as many of us find our way in our new roles. Our goal is to create an environment where our residents want to live, where people want to work and visit, and a place that feels like home. Using our mission statement to guide us, we want to focus on building a culture around meaningful relationships that matter for everyone who walks through our doors.

Mission: HavenGroup provides resident focused care in Christ-centred, life giving communities in an environment of purpose, comfort and hope.

We strive to work hard to uphold this statement in everything we do at Rest Haven.

Esther Reimer
Director of Resident Care.



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 Post 7349

3rd Floor

Prairie Sky 7355

Sunset Way 7356

Homestead Ridge 7357

Freedom Meadows 7356

January,

The first month of the year,
A perfect time to start all over again,
Changing energies and deserting old moods,
New beginnings, new attitudes”

“Let go of yesterday and let today be a new beginning. Be the best that you can, and you'll get to where your God wants you to be.”

— Joel Osteen

It may be cold, but look how beautiful everything is... like living in a Currier & Ives picture. We are blessed to have predictable weather, even if your nose tingles in the cold.... But do not despair.... The first day of spring will be here before you know it...

We have lots to keep us busy indoors this month. We have some new exciting programs to add to our repertoire. “Come on Down” will be echoing through our halls as we play The Price is Right and try to guess today's prices.

We are also going on an Armchair travel destination to... the Yucatan Peninsula later in the month to learn more about this tropical destination. No sunscreen, no bugs. We will have a good time...



Chuckle Corner:

What do you say on the 1st of January?
Last year just seems like yesterday!

What's for breakfast on really cold January days?
Snowflakes.

There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogs.

– Hal Borland

We have some January birthdays to celebrate, including two
New Years' Day babies...
check out the list on the next page....

'May all your troubles last as long as your New Year's resolutions!'

– Joey Adams

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

HAPPY *Birthday*

Please help us in celebrating our many
January birthdays:

Dan Demchenko

Maria Wiebe

Iris Pylypjuk

Minna Loewen

Margaret Buhler

Katie Hildebrand

Mary Broesky

Jacob Poetker

Maria Plett

Lynne Swain



I enjoy the beauty of a winter snowfall, especially seeing large snowflakes lazily drifting down from the sky above, to find their place in the grand puzzle that forms a winter blanket for the ground beneath it.

Snow forms as moisture in the air cools, crystallizes, and sticks together with other crystals to form snowflakes. At cold temperatures, snowflakes remain small, but warmer temperatures can result in snowflakes becoming quite large, with the largest snowflake on record back in 1887, being the size of a dinner plate!

God asked Job, "Hast thou entered into the treasures of the snow? or hast thou seen the treasures of the hail? Out of whose womb came the ice?" (Job 38:22, 29). What interesting questions to ask about the origins of snow! How does ice actually form? Does God have a warehouse filled with snow somewhere? Though we have learned a lot about creation around us, these questions point out how little we actually know and how great God truly is!

Though we may have questions about creation, we likely have more questions about life: why are some things the way they are, and how do we respond to them? What does the future hold for us, and will we be able to handle it?

The questions that God asked Job demonstrate how much higher God's wisdom and understanding is than ours and that, even as God is able to look after the details of what he has created, he is also able to look after the needs of those who trust in him!

As we move into another New Year with all its questions and concerns, let's remember that God already knows the answers to our questions and that we can trust him with those answers.

As we enter the New Year, we're also planning a communion service for January 11 in the Rest Haven chapel, a service where we want to reflect on and give thanks for what the Lord has done for us.



God bless you in the New Year!

Peter Berg, Chaplain





REST HAVEN LUNCH MENU

MONDAY	TUE SDAY	WEDNE SDAY	THUR SDAY	FRIDAY	SATURDAY	SUNDAY
1 <i>(Week 3)</i> Sourra Borscht Country Style Chicken Chef's Alternate Mac N Cheese Savory Green and Wax Beans Ice Cream Sundae	2 <i>(Week 4)</i> Beet Borscht Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Lentil Muffin	3 <i>(Week 5)</i> Sauerkraut Borscht Soup Meatloaf or Chef's Alternate Gravy Mashed Potatoes Mixed Vegetables Date Square	4 <i>(Week 1)</i> Beef and Barley Soup Chicken Fingers or Chef's Alternate Fries Garden Salad Fruit Based Dessert	5 <i>(Week 2)</i> Hearty Noodle Soup S&S Baked Farmer Sausage or Chef's Alternate Steamed Rice Green Beans Tapioca Pudding	6 <i>(Week 3)</i> Chef's Soup Chili or Chef's Alternate Chef's Salad Toast Chef's Desert	7 <i>(Week 4)</i> Turkey/Stuffing or Chef's Alternate Mashed Potatoes Gravy Glazed Carrots Cherry Platz
1 <i>(Week 3)</i> Summa Borscht Spaghetti with Meat Balls or Chef's Alternate Caesar Salad Garlic Bread Custard Bread Pudding	2 <i>(Week 4)</i> Baked Farmer Sausage or Chef's Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	3 <i>(Week 5)</i> Lentil Vegetable with Parmesan Soup Shepherd's Pie or Chef's Alternate Green Salad Lava Cake	4 <i>(Week 1)</i> Chicken Noodle Soup Bacon Fish Fry or Chef's Alternate Potato Wedge Three Bean Salad Ambrosia Salad	5 <i>(Week 2)</i> Green Bean Soup Farmer Sausage or Chef's Alternate Perogies Pickled Beets Schmaunt Phat Trifle	6 <i>(Week 3)</i> Chef's Soup Chili or Chef's Alternate Chef's Salad Toast Chef's Desert	7 <i>(Week 4)</i> Turkey/Stuffing or Chef's Alternate Mashed Potatoes Gravy Glazed Carrots Cherry Platz
8 <i>(Week 4)</i> Beet Borscht Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Lentil Muffin	9 <i>(Week 5)</i> Hearty Italian Soup Kalee with Fried Onions & Schmaunt Phat	10 <i>(Week 1)</i> Hearty Vegetable Soup Honey Mustard Chicken or Chef's Alternate Rice Pilaf Salad	11 <i>(Week 2)</i> Broccoli Soup Fish or Chef's Alternate Lyonnaise Potato Coleslaw Frozen Sherbet	12 <i>(Week 3)</i> Roast Beef or Chef's Alternate Gravy Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie	13 <i>(Week 4)</i> Vegetable Soup Ham & Cheese Sandwich or Chef's Alternate Pickle Fruit Cobbler	14 <i>(Week 5)</i> Shake & Bake Chicken or Chef's Alternate Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous
15 <i>(Week 5)</i> Sauerkraut Borscht Soup Meatloaf or Chef's Alternate Gravy Mashed Potatoes Mixed Vegetables Date Square	16 <i>(Week 1)</i> Hearty Italian Soup Kalee with Fried Onions & Schmaunt Phat	17 <i>(Week 2)</i> Split Pea Soup Battered Fish Fry or Chef's Alternate Fries Coleslaw Lemon Meringue Pie	18 <i>(Week 3)</i> Turkey/ Stuffing or Chef's Alternate Cranberry Sauce Mashed Potato Corn Cheesecake	19 <i>(Week 4)</i> Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork or Chef's Alternate Rice Pilaf California Mixed Veg. Peach Upside Down Cake	20 <i>(Week 5)</i> Chef's Soup Turkey Sandwich or Chef's Alternate Chips/Pickles Fruit Based Dessert	21 <i>(Week 1)</i> Roast Pork with Gravy or Chef's Alternate Boiled Potatoes Green Beans Fruitcocktail Mous
22 <i>(Week 1)</i> Beet Borscht Soup Chicken Fingers or Chef's Alternate Fries Garden Salad Fruit Based Dessert	23 <i>(Week 2)</i> Hearty Noodle Soup Sausage or Chef's Alternate Steamed Rice Green Beans Tapioca Pudding	24 <i>(Week 3)</i> Hearty Vegetable Soup Chicken Cacciatore or Chef's Alternate Noodles Salad Chocolate Cream Pie	25 <i>(Week 4)</i> Cream of Celery BBQ Rib or Chef's Alternate Mashed Potatoes Carrots Cinnamon Coffee Cake	26 <i>(Week 5)</i> Chef's Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread Chocolate Cake	27 <i>(Week 1)</i> Garden Vegetable Soup Chicken Pot Pie or Chef's Alternate Cucumber and Tomato Slices Fruit Plat	28 <i>(Week 2)</i> Roast Beef or Chef's Alternate Mashed Potatoes Coleslaw Rice Pudding
29 <i>(Week 2)</i> Beet Borscht Soup Perogies Farmer Sausage or Chef's Alternate Mixed Vegetables Cream Gravy Canned Peaches	30 <i>(Week 3)</i> Hearty Manitoban Vegetable Soup Meat Loaf or Chef's Alternate Mashed Potato Vegetable Salad Cinnamon Roll Cake	31 <i>(Week 4)</i> Roast Beef/Gravy or Chef's Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp				

MENU SUBJECT TO CHANGE

Nutrition and Food Services
Department:
204-326-2285/204-346-5013

**JANUARY
2024**

REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 <i>(Week 3)</i> Lemon Fish or Chefs Alternate Potatoes Peas & Carrots Pineapple Upside Down Cake	2 Mushroom Baked Pork Chops or Chefs Alternate Mushroom Gravy Lyonnaise Potatoes Mixed Veg Cupcake	3 Sweet & Sour Diced Beef or Chefs Alternate S&S Sauce Steamed Rice Broccoli Fruit	4 Homemade Chicken Pot Pie or Chefs Alternate Mandarin Lettuce Salad Peanut Butter Brownie	5 Lemon Butter Chicken or Chefs Alternate Mashed Potatoes Mixed Vegetable Hot Fudge Pudding Cake	6 Sweet and Sour Chicken Balls or Chefs Alternate Rice Spring Roll Broccoli Fruit Jello	7 Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chefs Alternate Apple Pie
8 <i>(Week 4)</i> Savory Meat Loaf or Chefs Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	9 BBQ Pork Ribs or Chefs Alternate Gravy Brown Rice Green Beans Lemon Tarts	10 Hamburger Steak or Chefs Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	11 Garlic Sausage or Chefs Alternate Macaroni and Cheese Peas Chocolate Pudding	12 Baked Chicken or Chefs Alternate Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	13 Swedish Meatballs or Chefs Alternate Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	14 Lentil Soup Brown Bread Cold Cuts or Chefs Alternate Cottage Cheese Pea Salad Rhubarb Strawberry Pie
15 <i>(Week 5)</i> Breaded Pork Cutlets or Chefs Alternate Rice Pilaf with Brown Rice Gravy/Coleslaw Nanaimo Bar	16 Mushroom/Omelet or Chefs Alternate Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	17 Honey Garlic Chicken or Chefs Alternate Mashed Potato Roasted Broccoli Fruit Based Dessert	18 Pork Sausages or Chefs Alternate Spanish Rice (Brown rice) Buttered Peas Carrot Cake	19 Cabbage Rolls or Chefs Alternate Mashed Potatoes Carrots Apple Crisp	20 Spaghetti & Meat Sauce or Chefs Alternate Garlic Bread Lettuce Salad Tart	21 Chicken Noodle Soup Cottage Cheese Rye Bread Potato Salad Cold Cuts/Pickles or Chefs Alternate Coconut Cream Pie
22 <i>(Week 1)</i> Garlic Sausage or Chefs Alternate Hashbrown Casserole Mixed Vegetables Peach Platzz	23 Beef Stew or Chefs Alternate Cheese Biscuits Mandarin Segments	24 Breaded Mustard Veal Cutlets or Chefs Alternate Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chips with Red Lentils	25 Chicken with Alfredo Sauce Noodles or Chefs Alternate peas Biscuits Fruit	26 Breaded Fish Fillet or Chefs Alternate Lemon Slice Lyonaise Potatoes Cauliflower/Carrots Butterscotch Pudding	27 Breaded Pork Cutlets or Chefs Alternate Noodles and Sauces Mixed Vegetables Chefs Dessert	28 Summer Borscht Cold Cuts or Chefs Alternate Bread/Pickles Macaroni Salad Cottage Cheese Blueberry Cheese Cake
29 <i>(Week 2)</i> Roasted Chicken Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	30 Pork and Apple Cakes Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	31 Baked Porkchops Gravy Mashed Potato Corn Tapioca Pudding				

MENU SUBJECT TO CHANGE

Nutrition and Food Services
Department:
204-326-2285/204-346-5013

Rest Haven Care Home
January 2024

January 2024

Sunday Morning

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1st Floor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1st Floor						
1 9:30 1:1 Visits 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Bingo LV	2 10:30 Fun Fitness SW 2:00 Men's Bible Study 3:00 Hymn Sing	3 10:30 Fun Fitness LV 2:00 Men's Bible Study 3:00 Hymn Sing	4 10:30 Communion Chapel 6:45 Steinbach EMC	5 10:30 Chapel 2:30 News Update SW 6:45 Kleefeld EMC	6 6:00 God's Grace Singing German Program	
7 9:30 1:1 Visits 10:30 Fun Fitness SW 2:00 Baking LV	8 9:30 Reading LV 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Bingo SW 6:00 Abe & Tina Music	9 10:30 Fun Fitness LV 2:00 Men's Bible Study 3:00 Hymn Sing	10 10:30 Communion Chapel 6:45 Steinbach EMC	11 10:30 Chapel 2:30 Armchair Traveler	12 6:00 God's Grace Singing German Program	
14 10:30 Jerry Falk 	15 10:15 Singing the Sixties with Joe Draude	16 9:30 Fun Fitness SW 10:00 Men's Coffee 10:30 Ladies Bible Study	17 2:00 Men's Bible Study 3:00 Hymn Sing Special Event: Old Time Country Jam	18 10:30 Chapel 2:30 Armchair Traveler 6:45 Evangelical Fellowship	19 1:1 Programming	
21 10:30 Prairie Rose EMC 	22 9:30 Reading LV 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Bingo SW 6:00 Abe & Tina Music	23 9:30 1:1 Visits 10:30 Fun Fitness LV 2:00 Men's Bible Study 3:00 Hymn Sing	24 9:30 News Update SW 10:30 Chapel 2:30 Price is Right! 6:00 Prairie Rose Group	25 9:30 News Update SW 10:30 Chapel 2:30 Price is Right! 6:00 Prairie Rose Group	26 	
28 10:30 Steinbach EMC 	29 9:30 1:1 Visits 10:30 Bowling LV 2:00 Baking SW	30 9:30 Bean Bag Toss SW 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Bingo LV	31 9:30 Activity Corner LV 10:30 Fun Fitness SW 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 English & German Gospel Music	*Events in Red- Chapel Lakeview LV Still Waters SW Ladies Bible Study SW	*Programs are subject to change without notice. Check whiteboards for daily current events.	

Rest Haven Care Home
January 2024

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2nd Floor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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7	10:30 Jerry Falk 	8 9:30 Fun Fitness PP 10:00 Men's Coffee 10:30 Laughter Exercise WE 2:30 Roll-A-Snowman AG 6:00 Abe & Tina Music	9 9:30 Ladies Bible Study 10:30 Bingo PP 2:00 Men's Bible Study 3:00 Hymn Sing	10 10:30 Communion Chapel 6:45 Steinbach EMC 11 5:45 Singing WE	12 God's Singing German Program	13 Grace
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14	10:30 Prairie Rose EMC 	15 10:15 Singing the Sixties with Joe Draude 2:30 Bean Bag Toss WE	16 9:30 Fun Fitness PP 10:00 Men's Coffee 2:00 Men's Bible Study 3:00 Hymn Sing Special Event: Old Time Country Jam	17 9:30 Ladies Bible Study 10:30 Bingo WE 2:00 Men's Bible Study 3:00 Hymn Sing Special Event: Old Time Country Jam	18 9:30 News Update WE 10:30 Chapel 2:30 Armchair Traveler 6:45 Evangelical Fellowship	19 9:30 News Update WE
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Name:

Room Number:

Contact:

Draw Date: Wednesday, January 31st

Hand into Samantha Day, Daily Life Department

NEW YEAR'S EVE

WORD SEARCH

C	G	E	H	S	S	Y	S	M	J	P	A	R	T	Y	
Q	O	U	T	L	R	Q	R	A	P	L	G	I	H	X	
O	M	N	A	A	Z	E	N	P	L	C	K	P	N	U	
M	G	O	F	H	R	R	U	E	R	J	C	S	J	W	B
F	G	N	N	E	A	B	A	H	R	V	I	V	O	A	
E	O	H	X	R	T	D	E	E	C	K	T	L	D	L	
K	L	T	Y	X	N	T	S	L	J	U	T	A	T	L	
C	D	J	U	E	X	O	I	K	E	Y	Z	V	N	O	
O	L	R	L	N	L	L	K	X	U	C	V	W	U	O	
L	Q	A	N	U	R	E	K	A	M	E	S	I	O	N	
C	C	D	T	M	I	D	N	I	G	H	T	U	C	S	
V	I	I	R	A	E	Y	W	E	N	V	A	M	H	H	
A	O	B	S	Z	E	U	W	S	X	F	C	P	V	I	
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M	H	A	N	L	G	A	H	G	R	J	Q	D	O	Y	

BALLOONS

CONFETTI

MIDNIGHT

CALENDAR

COUNTDOWN

NEW YEAR

CELEBRATE

GOALS

NOISEMAKER

CHEERS

HAPPY

PARTY

CLOCK

JANUARY

RESOLUTION

