

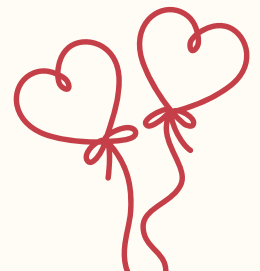
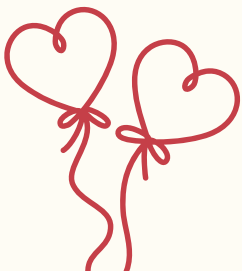
Woodhaven Newsletter



February 2024

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204-326-2002





**So now faith,
hope, and love
abide, these three;
but the greatest of
these is love.**

1 CORINTHIANS 13:13



about



FEBRUARY

February is most commonly recognized for Valentine's Day, flowers, and, depending on where you are, being incredibly cold! Even though it's just another month, here are some fun facts about February:

- 1.**February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years during leap years.
- 2.**The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a "leaper" or "leapling."
- 3.**If you were born in February, your birthstone is an amethyst, and your flower is a primrose.
- 4.**The name of February comes from the Latin word "februum," which means purification.
- 5.**The western zodiac signs in February are Aquarius and Pisces.
- 6.**Over time, the length of February kept changing. At one point, it had as little as 23 days.
- 7.**February was named after a purification ritual which was like an early Roman spring-cleaning festival.
- 8.**In Welsh, February is sometimes known as "y mis bach," which means "little month."
- 9.**February and January were the last months added to the Roman numeral calendar.
- 10.**Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release!
- 11.**February has been Black History Month for over 40 years.
- 12.**February, March, and November always start on the same day of the week unless it is a leap year.
- 13.**It was in February 1964 when The Beatles made their first American television appearance on the "Ed Sullivan Show." Over 73 million Americans watched!
- 14.**Groundhog Day is celebrated in Canada and the United States every year on February 2nd. Legend has it that watching a groundhog emerge from its burrow can determine the weather forecast for the coming weeks. Accordingly, if it is a sunny day and the groundhog sees its shadow, it goes back to sleep for six more weeks of winter. If the weather is cloudy and the groundhog does not see its shadow, it stays outside, meaning that the worst of winter is over and spring will soon arrive.



The Admin/TRC office will be closed on **Monday February 19th** for **Louis Riel Day**.

Remember to check bulletin boards for sign up sheets!

- Men's Breakfast
- Ladies' Breakfast
- Birthday Party
- Cherry Blossom painting tutorial



With a few people moving in and out lately, it's time for a **photo directory update!** Please see Helen **before Friday February 23rd** if you would like to have your photo updated or added, or your phone number changed in the directory. The updated versions will be distributed to you the first week of March.



Join us for a Valentine's Day party/faspa on **Wednesday February 14th at 2:30pm!** Bring your own mug and a snack to share!

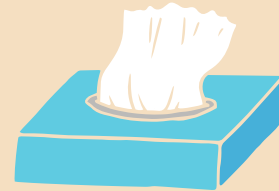
Show off your vocabulary, and create a funny story together! Come and play Mad Libs on **Friday February 23rd at 2:30pm.**





You may have noticed on the calendar that **“Kafe Klatsch”** has now been renamed **“Coffee & Connect”**. Join us every Tuesday and Thursday morning at 9:30am. All are welcome to come! Please bring your own mug!

Don't feel like running to the store? Don't forget the tuck shop is always available in the TRC office during office hours!



Keep your mind sharp and play some word games on Wednesday February 28th at 2:30pm



Are you looking to get involved? We are always in need of volunteers! If you are interested in volunteering in any way at Woodhaven, please let Helen know.

“Let us welcome February, and take every chance to show love to all we meet.”



CHERRY BLOSSOM

Painting Tutorial



On **Wednesday February 21st**, we'll be following a step-by-step YouTube tutorial for beginners, and painting a beautiful cherry blossom picture. **Please be sure to sign up if you would like to join in! Cost will be \$5 per person and all supplies will be provided.** No painting experience needed.

New Tuesday Bible Study

Please welcome our new SBC student volunteer: Torasia Elias. Beginning on **Tuesday February 6**, Torasia will be offering afternoon Bible studies at **2:30pm** in the main MPR. She will also be available on other days for one-on-one visits if you would like a friendly volunteer visitor.

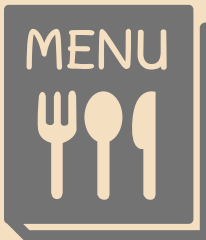


UPDATE



Thanks to your offerings that were collected at the Sunday morning Worship services in 2023, we were able to make two local donations. **Steinbach Community Outreach** and **Steinbach Helping Hands** each received a **\$1000** donation on behalf of the tenants of Woodhaven. Thank you for your generosity and giving!

A friendly reminder regarding meal ordering: Please order your Monday to Friday lunches through the Congregate Meal Program, by checking off and handing in your menu. Weekend lunches and weekday suppers can be ordered directly at HavenLink (The Rest Haven kitchen).



How are you enjoying the TRC programs so far?



Please keep an eye out for a short survey in your mailboxes this month! I'd love to hear your feedback (the good and bad) about the programs and activities here at Woodhaven. Please participate if you are able to - your opinion is important to me! I will do my very best to accommodate your suggestions.

HavenGroup Foundation

Dessert Evening Fundraiser

The funds raised at the event are targeted for

Rest Haven Care Home & HavenGroup Housing



Featuring Canadian singer/song writer and guitarist, Steve Bell

When: March 1, 2024

Where: Steinbach EMC – 422 Main Street

Time: 7:00 PM

For tickets or donations contact the HavenGroup Welcome Centre at 204-326-2206 or hginfo@havengroup.ca

Thank you to everyone who came out for "Show & Tell" last month! It was wonderful to share and see so many of your neat treasures, creations and memories. Join us again on **Friday February 9th** for a special **love** themed Show & Tell! Bring your wedding photos and albums, old **love** letters and keepsakes, or even your wedding outfit! If you were never married, or if you don't have something from your wedding, bring anything that you **love** or that is meaningful to you!



RUSK MEDICAL CORPORATION



Respiratory Syncytial Virus (RSV) Vaccine

What is RSV?

Respiratory syncytial virus (RSV) is a prevalent respiratory infection typically characterized by mild symptoms resembling a cold. While many individuals recover within 1-2 weeks, older adults (and infants) are particularly susceptible to experiencing severe manifestations of RSV that can require hospitalization.

Who Should Receive the RSV Vaccine?

Adults at Higher Risk and/or Older Age:

Those with chronic health conditions, weakened immune systems and/or are over the age of 60.

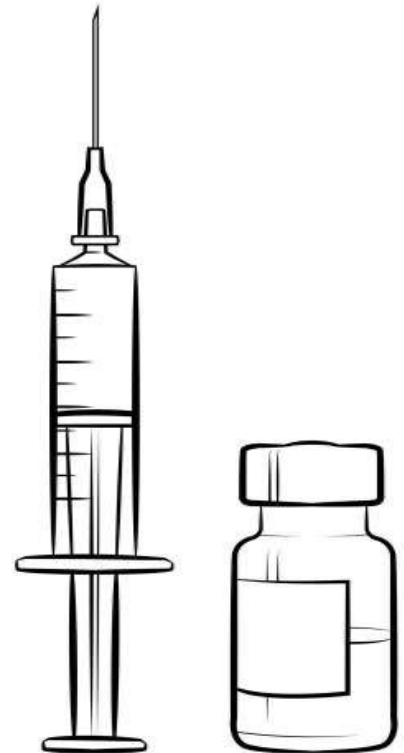
RSV Vaccine Cost: \$260.00

Injection Fee: Free

Payment Options: Cash, E-transfer, and Credit Card.

Benefits:

- We come to you! Meaning no need to travel and reduced wait time, occurring in an environment familiar to you.
- Receive one-on-one attention from a doctor, to foster a more personalized and comprehensive healthcare experience; with tailoring vaccination based on individual health needs and medical history.
- Flexible to follow up consultations/discussions.

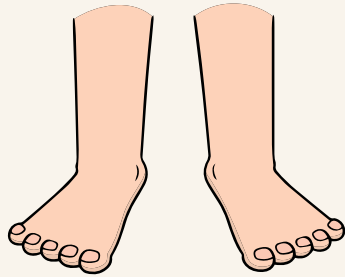


Coming soon to Woodhaven Manor. Vaccination date is still to be determined. Please see Helen if you would like to sign up to receive an RSV injection. Or call Rusk Medical directly at: (431)-996-7875



What is a Footcare

Nurse?



A foot care nurse is a licensed RN/RPN who has taken specialized training in foot care. They work along with a team of health care professionals such as family doctors, podiatrists, chiropodists, physiotherapists, and others to keep a person mobile and decrease the risk of developing foot complications. A footcare nurse will do an assessment of your feet for circulation, swelling, edema, sensation or any skin disorders. They will look at the overall health and condition of your feet. They will advise, and offer health education for the management of any nail or foot conditions you may have. They do cutting and filing of nails, removal of calluses, corns and ingrown toenails. They will use an antibacterial softener solution to prevent infection and contamination. All of the equipment they use is sterile for your protection and safety. If you would like to book an appointment with a licensed footcare nurse, please contact Angeline Alajar to book an appointment.

**Angeline's Footcare
204-381-1970
angel.bait@yahoo.com**



February Birthdays:

Joanne Williams - 2

Peter Martens - 3

Evelyn Barkman - 10

Lena Dueck - 22

Esther Loewen - 27

Please join us for a birthday party
on **Monday February 26 at 2:30pm.**

Cost is \$2 per person, free for
those with a birthday in February!

Please bring your own mug!



From the Chaplain's desk:

**When someone tells their story, they share a treasure;
when we listen, we give a gift.**

Theologian John Swinton shared this thought as part of a spiritual care series, and it made me stop and think—what did he just say?

Conversations we have with people about things like the weather are one thing, but conversations that go deeper and stir up things of the heart are treasures. When we take the time to listen to someone's heart story, we are reaching out to receive a treasure they are holding out for us.

Listening to the stories of others can help people make sense of their world. The telling of a story has power to heal hurts from the past and can help validate struggles and triumphs. This validation takes place when we see that the heart of someone else understands what our heart is trying to say, that someone else “gets it,” and that someone else understands us and supports us.

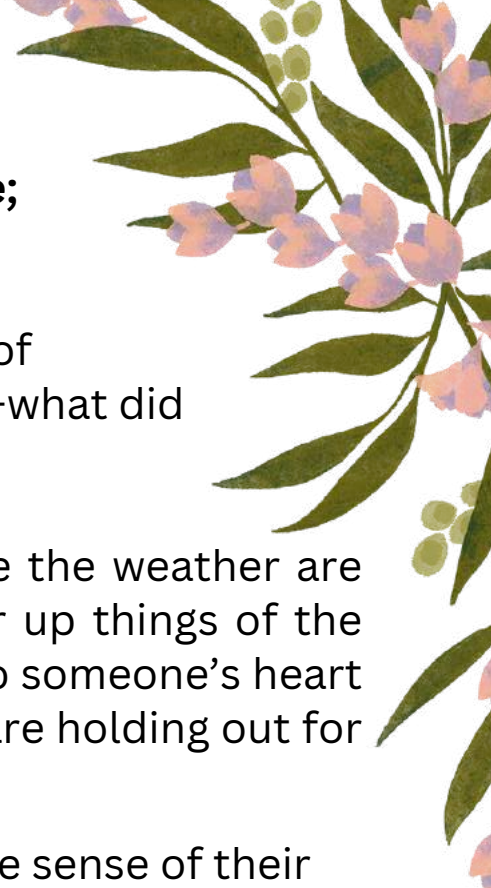
The Lord is the one who ultimately understands us and the hidden things of the heart. He is the one to whom we can regularly turn. He is the one who also invites us to reach out in support of others.

The Psalmist wrote,

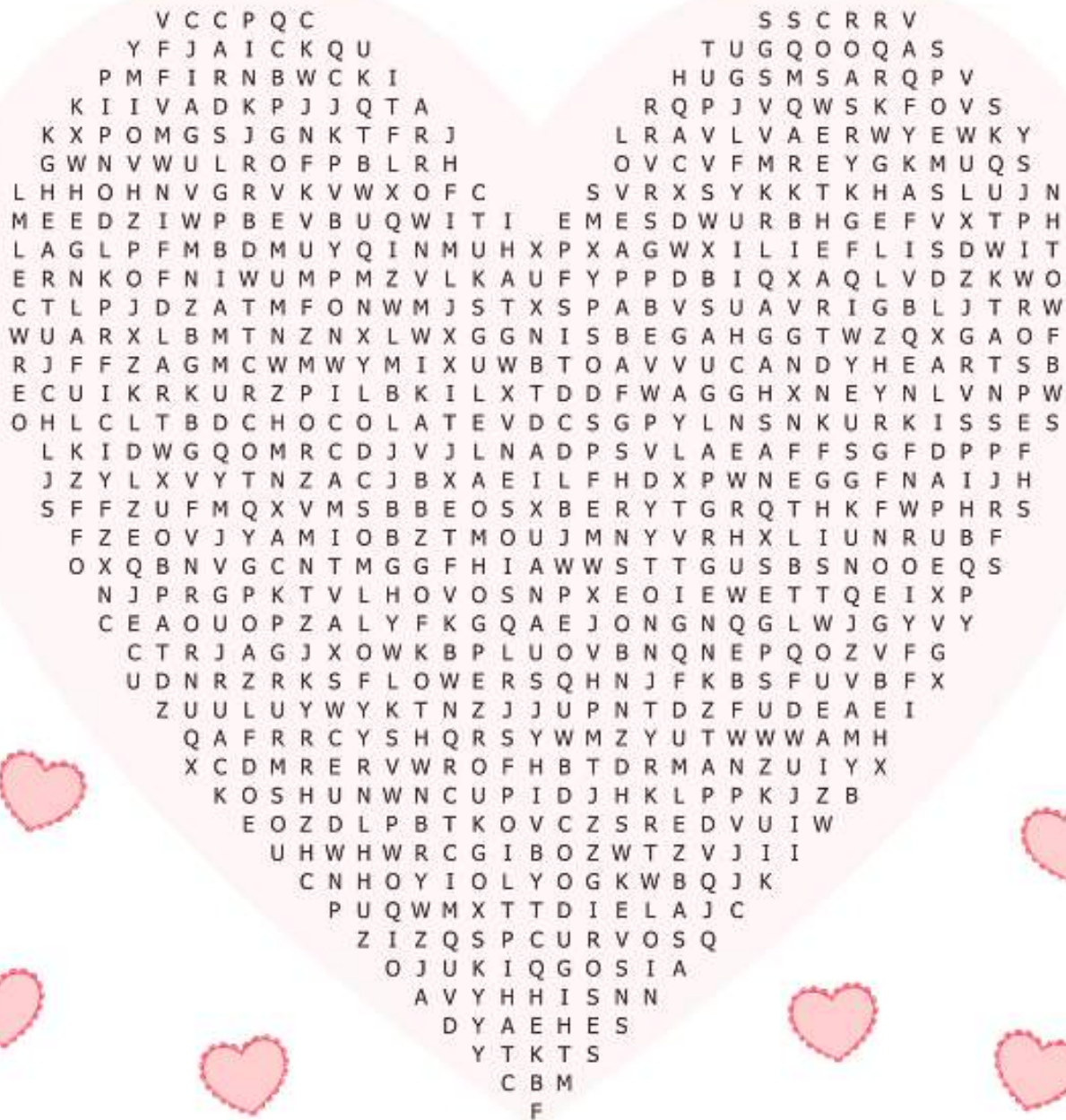
“I love the LORD, for he heard my voice; he heard my cry for mercy.
“Because he turned his ear to me, I will call on him as long as I live.
“Be at rest once more, O my soul, for the Lord has been good to you.”
Psalm 116: 1, 2, 7

Wishing you God's blessing as you rest in him and as you share that rest with others,

Peter Berg, Chaplain



Valentine's Day Word Search



WORD LIST:

ARROW
 BEMINE
 CANDYHEARTS
 CARDS
 CHOCOLATE

CUPID
 FEBRUARY
 FLOWERS
 HEART
 HUGS

KISSES
 LOVE
 PINK
 POEMS
 RED

ROSES
 SWEETHEART
 TRUE LOVE
 VALENTINE
 VALENTINES DAY