

**Woodhaven Newsletter - January 2024**

**HAPPY  
NEW YEAR!**

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**Thank you for making  
December such a fun and  
festive month! We had so  
much fun celebrating the  
season with you all. Thank  
you for all of the Christmas  
cards and treats! Alison and  
I are so grateful! We wish  
you all a very happy and  
healthy new year!**

**Helen & Alison**







# Christmas Party Fun!













Thank you to everyone who participated in the “Find Noel the Gnome” contest last month! It was fun to see so many of you out looking for him, and a bit of friendly competition happening as well! Noel was found by: Nettie Penner *4 times*, Tim Krause *1 time*, Elizabeth Thiessen *2 times*, John Martens *2 times*, Jake Friesen *2 times*, Fran Harms *2 times*, Betty Reimer *1 time*, and Peter Martens *1 time*! On December 22nd we put all of the names in a bag and drew 2 winners! Congratulations to our 2 winners who each took home a \$5 Tim Horton’s gift card: Jake Friesen & Nettie Penner!!



Thanks for playing! Noel the Gnome will be back again next December!



On Tuesday, January 9th Helen will be spending the day packing up all of the Christmas trees and decorations on every floor. If you are able to lend a hand, please let me know! Thank you so much!





# January is Alzheimer's Awareness Month in Canada.



## Normal Aging Versus Dementia:

Alzheimer's disease and related dementias are not a part of normal aging. Approximately 40% of people over the age of 65 experience some form of memory loss. When there is no underlying medical condition causing this impairment, it is known as "Age-Associated Memory Impairment", which is considered a part of the normal aging process. Age-Associated Memory Impairment can be distinguished from a brain disorder such as Alzheimer's disease in a variety of ways. In general, a memory problem may become an issue if it begins to affect your day-to-day living. Most older adults do not go on to develop Alzheimer's disease or another form of dementia. Below are some examples of Age-Associated Memory Impairment and memory loss that may be related to a dementia. (Note: this is not a diagnostic tool.)



Normal Aging	Dementia
Not being able to remember small details of a conversation or event that took place a year ago	Not being able to recall details of recent events or conversations
Not being able to remember the name of an acquaintance	Not recognizing or knowing the names of family members
Forgetting things and events occasionally	Forgetting things or events more frequently
Occasionally have difficulty finding words	Frequent pauses and substitutions when finding words
You are worried about your memory but your relatives are not	Your relatives are worried about your memory, but you are not aware of any problems

If you have any concerns about your memory, talk to your family doctor. He or she may be able to rule out other causes for memory loss. If you have already determined that you are experiencing normal age-related memory problems, there are strategies which can improve your brain health and may strengthen your memory abilities. There are many suggestions for how older adults can cope with normal age-related memory difficulties. For example:

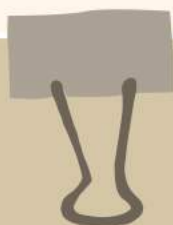
1. Keep a routine
2. Organize information (keep details in a calendar or day planner)
3. Put items in the same spot (always put your keys in the same place by the door)
4. Repeat information (example, repeat names when you meet people)
5. Run through the ABCs in your head to help you remember a word
6. Make associations (relate new information to things that you already know)
7. Involve your senses (if you are a visual learner, visualize an item)
8. Teach or retell stories to other people
9. Get plenty of rest each night





This month our Ted Talk video will be on mental health. Join us at 2:30pm in the basement activity room on Monday January 29th

Come for Faspa on Wednesday January 10th. Bring \$2 and your own mug. We will be having (portzelky) New Year's Cookies!



On Monday January 15th at 2:30pm in the basement activity room, our movie matinee will be "Blue Miracle". Based on a true story, Blue Miracle depicts the struggles of a real-life orphanage (Casa Hogar) in Mexico and their victory at a local fishing tournament. Popcorn and pop will be available for purchase.



Come for "Show & Tell" on Wednesday January 17. Bring photographs, books, awards, something you've made, keepsakes...literally anything you would like to share about! I'd love to see all your treasures!

Need foot care? Call Helen to book an appointment with Irene in the salon room. Appointments are in the evening on the last Monday of every month. Basic is \$20, full is \$30.



### Games this month:

- L-C-R
- Scrabble
- Sequence
- Rummikub

Let's  
PLAY



**Beginning January  
8th, Helen's new  
office hours will be  
8:30am-4:45pm  
Monday to Friday**



**If you haven't  
checked out the  
Tuck Shop yet, stop  
by Helen's office  
and have a look!**

**Please check your floor's bulletin  
board regularly for new sign up  
sheets! Sign ups required this month:**

- **Faspa**
- **Movie Matinee**
- **Ladies' & Men's Breakfasts**
- **Birthday Party**
- **Pie & Coffee**





# REMINDER

**It's very icy out there!  
Please be careful, wear  
appropriate footwear, and  
watch your step!**



**Thieves are always at  
work! If you are warming  
up your vehicle, please  
remember to lock your  
doors.**



**Admin/TRC office  
will be closed on  
Monday, January 1  
for New Year's  
Day. Happy New  
Year!**

*Happy New Year*  
**2024**





# **January Birthdays:**

**Doris McFadyen - 4**  
**Esther Barkman - 10**  
**Sarah Thiessen - 18**  
**Karin Suderman - 18**  
**Jake Friesen - 22**  
**Jean Loewen - 28**  
**Mary Hildebrand - 30**

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**Join us for a birthday party  
on Monday, January 22 at  
2:30pm. Please sign up to  
be included!**





## **From the Chaplain's desk:**

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 demonstrated 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.

God bless you in the New Year!  
Peter Berg, Chaplain



Happy New Year

MAY ALL THE BLESSINGS  
..... OF THE LORD .....  
BE YOURS IN ABUNDANCE  
IN THE *New Year.*

ISAIAH 43:19

dayspring.c





# WINTER WORD SEARCH



## Winter Word Search



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

BLIZZARD  
BOOTS  
COAT  
COCOA  
COLD  
DECEMBER  
EARMUFFS  
FEBRUARY

FIREPLACE  
FROSTY  
HAT  
ICE  
ICICLES  
JANUARY  
MARCH  
MITTENS

PLOW  
SCARF  
SHOVEL  
SKIING  
SLEDDING  
SNOW  
SWEATER  
WINTER

