



CEDARWOOD

APRIL 2024

NEWSLETTER



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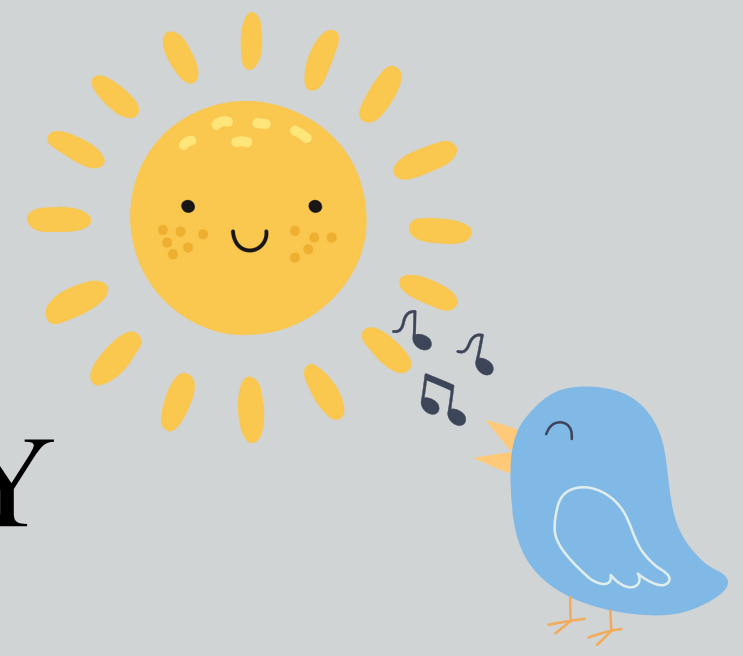


The *deep* roots
never doubt spring
will come.



APRIL 2024

CEDARWOOD ACTIVITY



S	M	T	W	T	F	S
	1 7:00 P.M. Jac. & Helen Harder	2	3 9:45 AM. CHAPLAIN 	4 BOOKMOBILE LIBRARY 2:00 p.m. BINGO!	5	6
7 9:30 a.m Jerry Falk	8 10:00 a.m. Punch Ball Volley 	9 CW 6:30 P.M. Jonathon Penner 	10 ♥ 10:00 a.m. Woodlawn School Children	11 2:00 p.m. BINGO!		13
14 9:30 A.M. Grace Mennonite 2:00 PM. Bethaus Youth	15 10:00 a.m. Punch Ball Volley 	16 2:30 P.M.. Joe Draude 	17 9:45 AM. CHAPLAIN 	18 2:00 p.m. BINGO!	19	20 7:00 P.M. FIRST BAPTIST
21 9:30 A.M. KLEEFELD EMC 2:30 P.M. JOHN & ANNIE & FRIENDS	22 10:00 a.m. Punch Ball Volley 	23	24 10:00 a.m. Woodlawn School ♥ Children 7:00 P.M. Ridgewood Youth 	25 2:00 p.m. BINGO!	26	27
28 9:30 A.M. STEINBACH EMC	29 10:00 a.m. Southwood School Children  BIRTHDAY PARTY 2:30 PM	30				

Expect to have hope rekindled. Expect your prayers to be answered in wondrous ways.

The dry seasons in life do not last. The spring rains will come again.

-Sarah Ban Breathnach, author

TICKLE YOUR FUNNY BONE

- Why shouldn't you tell duck jokes in April? They may quack up!
- Why was Cinderella so bad at soccer? She kept running away from the ball.
- What did the horse say after he tripped? Help I've fallen and I can't giddy-up.

Celebrate World Book Day?

Keep the Mind Active...

- it stimulates our minds and increases our vocabulary
- it teaches us new things and improves our focus
- it can help us relax and reduce stress
- it also develops our thinking skills and opens up our eyes to different perspectives.

Fall Prevention:

- Stop and smell the roses: take your time, don't rush when walking or getting up
- Keep stairs and walkways free of clutter, ice or snow
- Use hand rails and grab bars to keep you steady on your feet
- Balance your body through good nutrition, hydration, and gentle stretching exercises
- Keep an eye on your vision and get your sight checked regularly
- Know what you are taking: talk to your doctor some medications may make you prone to dizziness and falling.
- Put your best foot forward in well-fitting, sturdy shoes
- Light up your life...and your hallways, stairs, and walkways!
- Check your home for slipping and tripping hazards
- Ask for help if you are worried about falling

Causes:

- **Foot Problems**
- **Environmental Hazards**
- **Lack of Movement**
- **Side effects of medication**
- **Poor Vision/Hearing**

Local Upcoming Events

Farm and Toy Show
April 5, 2024 - April 6, 2024
10am to 6pm
at the **Clearspring Centre**

Southeast Artists – Show & Sale
April 20, 2024
Come out and support local Artisans
at the **Clearspring Centre**
10am to 5pm

BUZZ BRASS
BRASS QUINTET
7:30 PM WEDNESDAY, APRIL 17, 2024
GRACE MENNONITE CHURCH, 430 THIRD STREET
\$30 adult | \$15 student

Volunteers Needed:

Host &/ Hostess:

Evening Programs at Cedarwood
(Make sure Tenants are aware of:
and take attendance of evening programs,)

Bingo:

We need someone to call Bingo and make sure
Tenants are aware of/and take attendance.
Thursdays - 2:00 p.m.

Birthdays



April 2nd - Herta Kihn

Thank-you!

Thank-you for helping with the
**St. Patricks Day Shamrock
Milkshakes and Cookies Event**
Its a Honor to work with you....

Sylvia Hudson
Home Care Staff
Dietary Staff
Housekeeping Staff

From the Chaplain

How do you describe a pleasant aroma?

I think of coming home to the smell of baking or cooking as I enter the door.
It's an aroma that makes me anticipate what I'll find on the stove...turkey and stuffing? cinnamon buns?
There must be a direct link from our sense of smell to our taste buds
as it doesn't take long to suddenly be hungry for supper!

In Genesis 8:21 we read that the Lord also appreciates a pleasant aroma.
When Noah offered a sacrifice after the flood, we read how "the Lord smelled the pleasing aroma" and said
he wouldn't again destroy every living thing as He had just done.

When God directed Moses to build the tabernacle,
he included instructions for making a golden altar for the priest
to burn sweet incense on each morning and evening,
thus ensuring a pleasant aroma there (Exodus 30:7).

In his vision of heaven, John saw the elders around the throne of God holding bowls full of incense,
representing the prayers of God's people (Revelation 5:8).
How special to know that our prayers add to the sweet aroma of heaven.

How about our actions? Paul described both the sacrifice of Christ and the gift of the Philippian church
as fragrant offerings (Ephesians 5:2, Philippians 4:18). We could say that as certain aromas arouse pleasure in us, the
service we do for the Lord also brings pleasure to him.

We also find many pleasant aromas at Haven Group—and not just from the kitchen!
We appreciate Haven Group for its environment of purpose, comfort, and hope,
as well as it being a place where people trust and respect each other.
We appreciate each one for their role, residents, family, and staff,
as well as the many volunteers who generously give of their time to add to the pleasant aroma at Haven Group!

Peter Berg, Chaplain



Some of our Services Available:



Hair Care
by Connie Hiebert
Services Include:
Ladies Cuts, Mens Cuts,
Cuts & Style,
Wash & Style,
Perms
Ph: 204-392-2258



Foot Care
by
Nurse Angelina Alajar
Services included are
trimming, corn removal foot
assessment referral.
Ph: 204-381-1970