

# Rest Haven News & Notes

Issue May 2024



## May Highlights

*Mother's Day*



**Winkler Softlined Fabrics**  
presents  
**ADAPTIVE CLOTHING**



**Rest Haven, Steinbach**  
**Friday, May 24, 2024**  
**9:00-11:00 A.M.**

Should you wish to be added or removed from the newsletter contact list please contact [tchabot@havengroup.ca](mailto:tchabot@havengroup.ca)

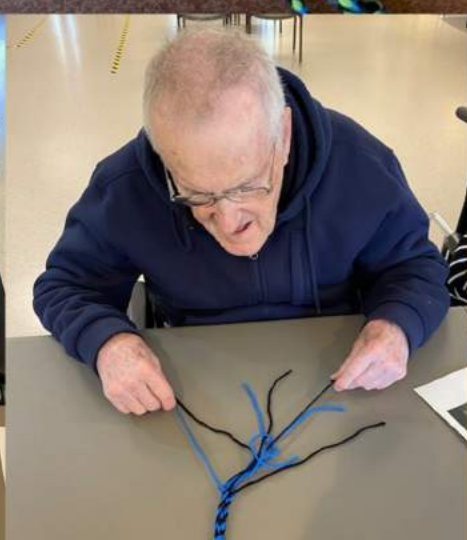








# Metis Finger Weaving







**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**



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HavenGroup please scan the  
code provided.**

**"May, the month of  
sunshine, blooming flowers,  
and endless possibilities."**

- Unknown



As things warm up outside, we are just getting warmed up here in our Home.

This month, we are Celebrating Motherhood by taking pictures of the hands that held our world together, so look for those pictures in the homes. Celebrate until further notice!

So we are...! We will be having a birthday party to celebrate those who have a birthday within that month on the 2nd Tuesday, and it's starting now! All birthday celebrants are invited plus one guest each to enjoy fellowship together.

Flowers are God's apology for Winter... We will be heading out to a local greenhouse in the last week of May to beautify our patios and grow our own fresh veggies. Nothing tastes better than a carrot, warm and fresh from the garden...

# HAPPY BIRTHDAY

Please join us in celebrating with our May Birthday Friends:



**Amanda Heinrichs**  
**Robert Friesen**  
**Nadia Pankiewich**  
**Abe Kornelsen**  
**Pauline Ewonchuk**



# ≡ Welcome ≡

**Pauline Ewonchuk**  
**Edith Docking**  
**Art Poetker**  
**Heinz Stolle**  
**Ralph Napady**  
**Mary Koop**



We hope you flourish and make many new friends and memories in the years to come....

May the lengthening days of May be filled with laughter and sunshine.

Until next time...  
Leanne Silvers  
Therapeutic Recreation Facilitator,  
Daily Life Team Member



How do we adequately honor our mothers on Mother's Day? The ones who raised us and looked after us; the ones who picked us up and kissed away our hurts; the ones who watched us grow up and sadly waved as we moved on; the ones who endured much but loved anyway!

Many are privileged to still have their mothers with them and can easily drop by to share a cup of coffee or tea. A card, a call, a word of thanks and appreciation; smiles, hugs, gifts of time, and the words I love you; these are just a few ways to honor the ones who have done so much for us.

While the initial commandment of Honor thy Father and Thy Mother was likely directed towards the young, the need to honor our parents continues on as we age and even after our parents are gone.

Many don't have their mothers with them anymore but can still cherish the memories. Looking through photo albums and reminiscing about things from the past is just one way to do that. Taking some time to visit the cemetery and put flowers on the grave is another way.

Someone asked, "I wonder if they celebrate Mother's Day in heaven?" This is a good question indeed! With the many special events God directed his people to celebrate in the Bible, I wouldn't be surprised if some of those special celebrations would continue on in heaven!

Happy Mother's Day!

At this time, we would also like to honor the memory of some Rest Haven residents who have passed away in the last month. Condolences to the families of Betty Schroeder and Edwin Behnke. May the Lord continue to give you strength in this time.

Peter Berg, Chaplain

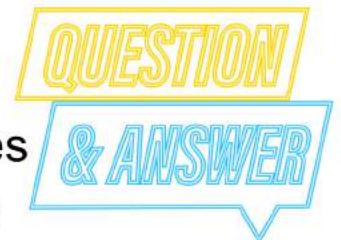
HAPPY  
Mother's Day



We are excited to announce that we have upgraded our TV package to include all the sports channels, an additional Faith channel and another in-house Channel. Everyone should now be able to watch their favorite sporting events! The second in-house channel will allow us to broadcast different events providing more choice for the residents. An example of this would be an event going on in the chapel on one channel and possibly streaming a funeral or the YouTube music on the second channel. This should be up and running by the end of the week, we will print new TV guides for each room once we get confirmation on the channel numbers. Thank you for your patience!



I would also like to invite families to join Rest Haven leadership on May 14th @ 4:30 in the MPR for an education/ Q & A conversation. We are planning to facilitate these events twice a year (Spring & Fall) as a forum to get to know each other and discuss the things that are important to the families we serve. As we continue to grow, our goal will always be to work within our Mission, Vision and Values statement which we will review at this meeting as well as some recurring topics raised by some of you. We look forward to developing a working relationship that promotes excellence.





# PERSONAL CARE HOME INFECTION PREVENTION & CONTROL ONE YEAR UPDATE

## Infection Control Positions

In the past year, 60 new positions were created to support infection prevention and control in Personal Care Homes (PCHs) in Manitoba:  
**10 new Infection Control Professionals (ICPs)** and **50 new Infection Control Support Associates (ICSAs)**



Audits are a core component of an IP&C program. They supply information about how well a PCH is following IP&C standards and creating opportunities to improve practice.

Seven audits have been implemented, and a survey to assess the success of these audit tools was recently completed.

Here are some survey results:

81.5% of respondents agreed or strongly agreed that the infection control audits adequately address specific IP&C needs and challenges in the PCH.

91% of respondents implemented some IP&C audit tools, and 48% have implemented all of the tools.

95% of respondents who have implemented audit tools share and review audit results with an interdisciplinary team

\* 65 responses were received from 124 PCHs



## What is the ICSA's Role?

The ICSAs have quickly become valuable members of the health-care team. They provide knowledge and experience to help staff, residents and visitors understand IP&C practices. This helps keep everyone healthy!

ICSAs can:

- Educate staff about hand hygiene, use of PPE, and other infection control measures
- Complete IP&C audits
- Support PCHs during outbreaks
- Communicate with PCH management and ICPs regarding IP&C issues... and much more!

## ICPs and ICSAs are Knowledgeable and here to help!

ICPs and ICSAs are required to complete an IPAC Canada endorsed course in Infection Prevention & Control. While the ICPs do this course on their own, the ICSAs have been working towards this in larger groups. In June 2023, 29 ICSAs completed the course. In December 2023, another 13 ICSAs completed the course. Congratulations to all!



## What's Next?

Continue to focus on integrating the ICSA role, evaluating, and making IP&C improvements throughout the PCH facility





## REST HAVEN LUNCH MENU

MONDAY	TUE SDAY	WEDNE SDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
<p><b>(Week 1)</b>                      Beef and Barley Soup                      Chicken Fingers                      or Chef's Alternate                      Fries                      Garden Salad                      Fruit Based Dessert</p>	<p>7                      Chicken Noodle Soup                      S&amp;S Baked Farmer Sausage                      or Chef's Alternate                      Steamed Rice                      Green Beans                      Tapioca Pudding</p>	<p>8                      Hearty Vegetable Soup                      Chicken Cacciatore                      or Chef's Alternate                      Noodles                      Salad                      Chocolate Cream Pie</p>	<p>9                      Cream of Celery BBQ Rib                      or Chef's Alternate                      Mashed Potatoes                      Carrots                      Cinnamon Coffee Cake</p>	<p>10                      Orie's Soup                      Lasagna                      or Chef's Alternate                      Caesar Salad                      Garlic Bread                      Chocolate Cake</p>	<p>11                      Garden Vegetable Soup                      Chicken Pot Pie                      or Chef's Alternate                      Cucumber and Tomato Slices                      Fruit Piziz</p>	<p>12                      Roast Beef                      or Chef's Alternate                      Mashed Potatoes                      Cakeslaw                      Rice Pudding</p>
<p><b>(Week 2)</b>                      Beet Borscht Soup                      Perogies                      Farmer Sausage                      or Chef's Alternate                      Carrot Salad                      Cream Gavy                      Canned Peaches</p>	<p>13                      Hearty Maritoba Vegetable Soup                      Meat Loaf                      or Chef's Alternate                      Mashed Potato                      Broccoli Salad                      Cinnamon Roll Cake</p>	<p>14                      Roast Beef                      or Chef's Alternate                      Oven Baked Potatoes                      Mixed Vegetables                      Apple Crisp</p>	<p>15                      Butternut Squash Soup                      Chicken Taco Bake                      or Chef's Alternate                      Noodles                      Cucumber Salad                      Fruit</p>	<p>16                      Minestrone Soup                      Ham                      or Chef's Alternate                      Kedje with Fried Onions &amp; Schmaunt                      Phat                      Cakeslaw                      Frozen Yogurt</p>	<p>17                      Chef Soup                      Egg Salad Sandwich                      or Chef's Alternate                      Cheese                      Chips/Pickles                      Orange Fluff Salad</p>	<p>18                      Baked Ham                      or Chef's Alternate                      Pineapple Sauce                      Scalloped Potatoes                      Corn                      Plum Mous</p>
<p><b>(Week 3)</b>                      Summa Borscht                      Country Style Chicken                      or Chef's Alternate                      Mac N' Cheese                      Savory Green and Wax Beans                      Ice Cream Sundae</p>	<p>20                      Vegetable Soup                      Spagetti with Meat Balls                      or Chef's Alternate                      Caesar Salad                      Garlic Bread                      Custard Bread                      Pudding</p>	<p>21                      Chicken Noodle Soup                      Baked Farmer Sausage                      or Chef's Alternate                      Fried Potatoes                      Vegetable au Gratin                      Baranas Cream Pie</p>	<p>22                      Corn Chowder with Bacon                      Battered Fish Fry                      or Chef's Alternate                      Potato Wedge                      Three Bean Salad                      Antrosia Salad</p>	<p>23                      Green Bean Soup                      Farmer Sausage                      or Chef's Alternate                      Perogies                      Pickled Beets                      Schmaunt Phat                      Trifle</p>	<p>24                      Chef's Soup                      Chili                      or Chef's Alternate                      Chef Salad                      Toast                      Chef's Dessert</p>	<p>25                      Turkey/Stuffing                      or Chef's Alternate                      Mashed Potatoes                      Gavy                      Glazed Carrots                      Cherry Piziz</p>
<p><b>(Week 4)</b>                      Beet Borscht                      Baked Ham                      or Chef's Alternate                      Pineapple Sauce                      Scalloped Potatoes                      Kernel Corn                      Blueberry Lentil Muffin</p>	<p>27                      Lentil Vegetable with Parmesan Soup                      Shepherd's Pie                      or Chef's Alternate                      Green Salad                      Lava Cake</p>	<p>28                      Cabbage Borscht Soup                      Honey Mustard Chicken                      or Chef's Alternate                      Rice Piziz                      Salad                      Coconut Cream Pie</p>	<p>29                      Broccoli Soup                      Battered Fish Fry                      or Chef's Alternate                      Lyonnaise Potato                      Cakeslaw                      Frozen Sherbet</p>	<p>30                      Roast Beef                      or Chef's Alternate                      Gavy                      Oven Baked Potatoes                      Sour Cream/Chives                      Mixed Veg                      Zucchini Brownie</p>	<p>31</p>	<p>31</p>

**Happy Mother's Day!**

**MENU SUBJECT TO CHANGE**

**Nutrition and Food Services**

Department:

204-326-2285

204-346-5013




















# REST HAVEN SUPPER MENU

MONDAY	TUE SDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
<p><b>(Week 1)</b> Garlic Sausage or Chefs Alternate Hashbrown Casserole Mixed Vegetables Peach Platz</p>	<p>Beef Stew or Chefs Alternate Cheese Biscuits Mandarin Segments</p>	<p><b>(Week 5)</b> Honey Garlic Chicken or or Chefs Alternate Rice Roasted Broccoli Fruit Based Dessert</p>	<p>Pork Sausages or Chefs Alternate Spanish Rice (Brown rice) Buttered Peas Carrot Cake</p>	<p>Cabbage Rolls or Chefs Alternate Mashed Potatoes Carrots Apple Crisp</p>	<p>Spaghetti &amp; Meat Sauce or Chefs Alternate Garlic Bread Lettuce Salad Tart</p>	<p>Chicken Noodle Soup Cottage Cheese Rye Bread Potato Salad Cold Cuts/Pickles or Chefs Alternate Coconut Cream Pie</p>
<p><b>(Week 2)</b> Roasted Chicken or Chefs Alternate Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies</p>	<p>Pork and Apple Cakes or Chefs Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae</p>	<p>Baked Porkchops or Chefs Alternate Gravy Mashed Potato Corn Tapioca Pudding</p>	<p>Fish Sticks or Chefs Alternate Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/ Peppers Trifle</p>	<p>Chicken Teriyaki or Chefs Alternate Steamed Rice Stir Fry Vegetables Mandarin Oranges</p>	<p>Veal Parmigiana or Chefs Alternate Pasta Mananara Sauce Peas Fruit Platz</p>	<p>Farmer Sausage Noodle Soup Cold Cuts or Chefs Alternate Buns Carrot Salad Cream Pie</p>
<p><b>(Week 3)</b> Lemon Fish or Chefs Alternate Potatoes Peas &amp; Carrots Pineapple Upside Down Cake</p>	<p>Mushroom Baked Pork Chops or Chefs Alternate Mushroom Gravy Lyonnise Potatoes Sauteed Mixed Veg Cupcake</p>	<p>Sweet &amp; Sour Diced Beef or Chefs Alternate S&amp;S Sauce Steamed Rice Broccoli Fruit</p>	<p>Homemade Chicken Pot Pie or Chefs Alternate Mandarin Lettuce Salad Peanut Butter Brownie</p>	<p>Lemon Butter Chicken or Chefs Alternate Mashed Potatoes Carrots Hot Fudge Pudding Cake</p>	<p>Sweet and Sour Chicken Balls or Chefs Alternate Rice Spring Roll Broccoli Fruit Jello</p>	<p>Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chefs Alternate Apple Pie</p>
<p><b>(Week 4)</b> Garlic Sausage or Chefs Alternate Macaroni and Cheese Peas Chocolate Pudding</p>	<p>BBQ Pork Ribs or Chefs Alternate Gravy Brown Rice Green Beans Lemon Tarts</p>	<p>Hamburger Steak or Chefs Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit</p>	<p>Savory Meat Loaf or Chefs Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad</p>	<p>Baked Chicken or Chefs Alternate Mashed Potatoes Gravy Southwest Vegetables Cream Puffs</p>	<p><b>MENU SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013</b></p>	



# Rest Haven Care Home

## May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1st Floor</b> 10:30 John Hildebrand 		Lakeview LV Still Water's SW Ladies Bible Study SW Events in Red-Chapel Celebrate May Birthdays	9:30 Guess What's in the Bag SW 2:00 Men's Bible Study 3:00 Hymn Sing	10:30 Chapel 6:00 Prairie Rose Group 	9:30 Men's Coffee 	4
10:30 Blumenort Community 	10:30 Fun Fitness LV 6:45 Kleeefeld EMC	10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Bingo LV	9:30 Bean Bag Toss LV 2:00 Men's Bible Study 3:00 Hymn Sing	10:30 Chapel 6:45 Steinbach EMC <b>Special Event:</b> Mall Outing 	9:30 Men's Coffee 10:00 Music with Dennis	6:00 God's Grace Singing German Program 
10:30 Evangelical Fellowship 3:00 Bethaus Youth 	10:30 Morning Glory School Singing	10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Bingo LV 6:00 Jon Penner's Music	9:30 Word Games SW 2:00 Men's Bible Study 3:00 Hymn Sing	10:30 Chapel 2:30 Celebrate Mothers 	9:30 Men's Coffee 10:30 Fun Fitness LV	17 
10:30 Kleeefeld EMC 	10:15 Singing the Sixties	9:30 Ladies Bible Study 10:00 Men's Coffee 10:30 Laughter Exercise SW 2:30 Bingo LV 6:00 Abe & Tina Music	9:30 Manicures 2:00 Men's Bible Study 3:00 Hymn Sing	10:30 Chapel 6:30 Singalong Singers 	9:30 Men's Coffee 10:30 Fun Fitness LV	24 
10:30 John Hildebrand 	10:30 Fun Fitness SW <b>Special Event:</b> Greenhouse Outing	10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Bingo LV	9:30 Reading SW 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 English & German Gospel Program	10:30 Memorial Chapel 	9:30 Men's Coffee 	31 <b>*Programs are subject to change without notice. Check whiteboards for daily current events.</b>



# Rest Haven Care Home

## May 2024









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2nd Floor</b> Special Event: Greenhouse Outing May 22	Daisy Lane DL Prairie Post PP Water's Edge WE Autumn Glory AG Ladies Bible Study DL Events in Red - Chapel	9:30 Ladies Bible Study 9:30 Manicures 10:30 Bingo PP 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update AG 10:30 Chapel 2:30 Plant a Vegetable 6:00 Prairie Rose Group	9:30 News Update AG 10:30 Memorial Chapel 2:00 Plant Flowers	9:30 Men's Coffee 2:30 Fun Fitness WE 5:45 Singing DL	6:00 God's Grace Singing with German Program
10:30 Blumenort Community 	9:30 Reading PP 10:30 Fun Fitness WE 2:00 Baking PP 6:45 Kleefteld EMC	9:30 Fun Fitness PP 10:00 Men's Coffee	9:30 News Update PP 10:30 Chapel 6:45 Steinbach EMC Special Event: Mall Outing	9:30 Men's Coffee 10:00 Music with Dennis	6:00 God's Grace Singing Program	6:00 God's Grace Singing Program
10:30 Evangelical Fellowship 3:00 Bethaus Youth 	9:30 Fun Fitness WE 10:30 Morning School Singing 2:30 Celebrate Mothers DL	9:30 Fun Fitness PP 10:00 Men's Coffee 10:30 Roll a Dice WE 6:00 Jon Penner's Music	9:30 Ladies Bible Study 10:30 Bingo PP 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update DL 10:30 Chapel 2:30 Fun Fitness WE 6:30 Singalong Singers	9:30 Men's Coffee 10:00 Bowling PP 2:30 Card/Board Games WE	10:00 Fun Fitness PP 1:1 Visits
10:30 Kleefteld EMC 	10:15 Singing the Sixties	10:00 Men's Coffee 6:00 Abe & Tina Music	9:30 Ladies Bible Study 10:30 Bingo WE 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update DL 10:30 Chapel 2:30 Fun Fitness WE 6:30 Singalong Singers	9:30 Men's Coffee 2:30 Card/Board Games WE	10:00 Fun Fitness PP 1:1 Visits
10:30 John Hildebrand 	9:30 Reading AG 10:00 Men's Coffee 10:30 Laughter Exercise WE 2:00 Bits and Bites DL	9:30 Reading AG 10:00 Men's Coffee 10:30 Laughter Exercise WE 2:00 Bits and Bites DL	9:30 Ladies Bible Study 10:30 Bingo DL 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 English & German Gospel Program	9:30 News Update AG 10:30 Memorial Chapel 2:00 Plant Flowers	9:30 Men's Coffee 2:30 Fun Fitness WE 5:45 Singing DL	10:00 Fun Fitness PP 1:1 Visits

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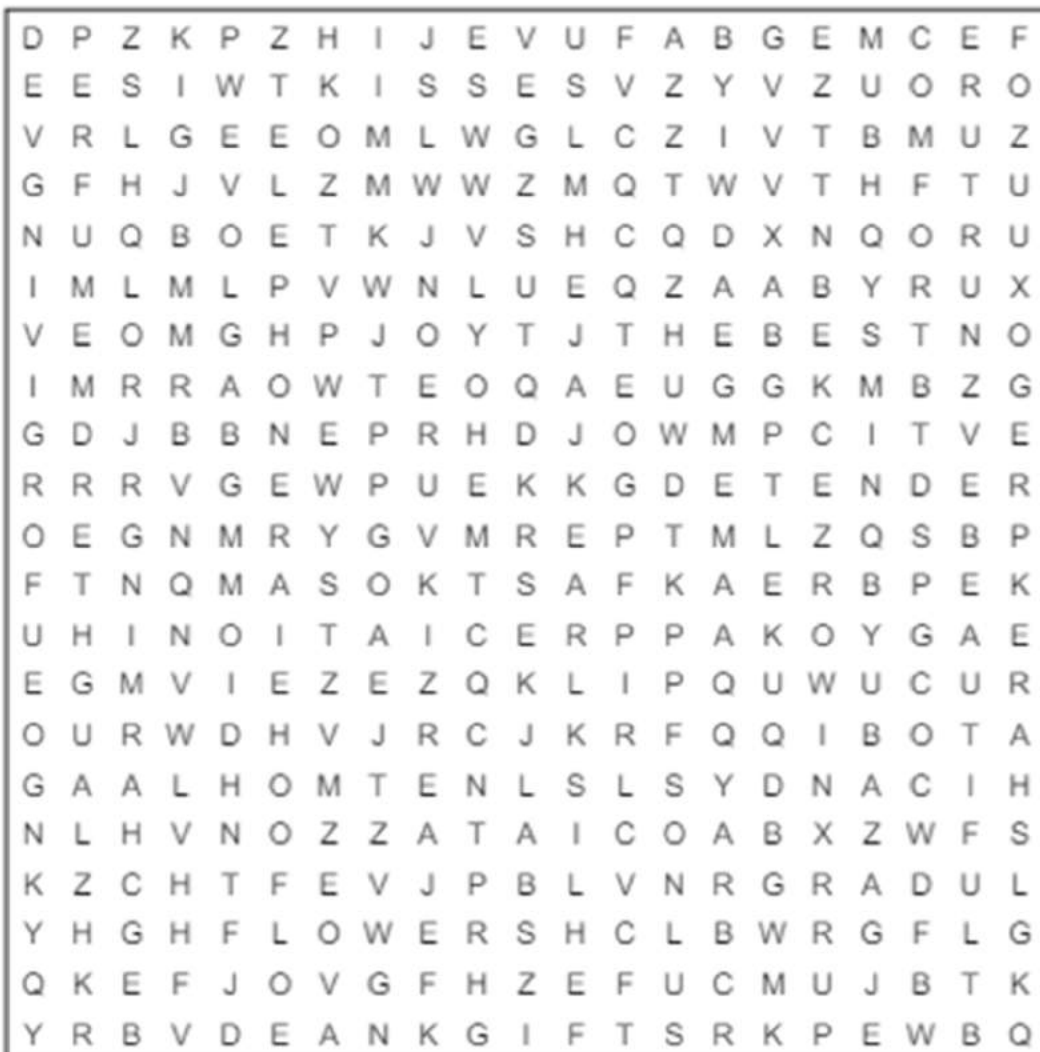
# Rest Haven Care Home

## May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3rd Floor</b> Homestead Ridge & Freedom Meadows Take Out- Chicken Chef May 29th 	Events in Red-Chapel Ladies Bible Study PS Prairie Sky PS Sunset Way SW Homestead Ridge HR Freedom Meadows FM	9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update SW 10:30 Chapel 2:30 Plant a Vegetable PS 6:00 Prairie Rose Group	9:00 1:1 Visits HR 9:30 Men's Coffee 2:30 Bingo FM	10:00 Fun Fitness FM 1:1 Visits	10:00 Fun Fitness FM
10:30 Blumenort Community 	10:30 Ladies Bible Study 6:45 Kleefteld EMC	9:30 Reading FM 10:00 Men's Coffee 10:30 Laughter Exercise SW 2:30 Celebrate Mother's PS	9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update PS 10:30 Chapel 6:45 Steinbach EMC Special Event- Mall Outing	9:30 Men's Coffee 10:00 Bowling SW 2:30 Bingo PS	6:00 God's Grace Singing German Program
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# Happy Mothers Day



APPRECIATION

BEAUTIFUL

BREAKFAST

CANDY

CHARMING

COMFORT

DEVOTED

FLOWERS

FORGIVING

GIFTS

GUIDANCE

HUGS

JEWELRY

JOY

KISSES

LAUGHTER

LOVE

MATERNAL

MOM

MOTHER

NURTURE

PERFUME

PROTECTIVE

SHARE

TELEPHONE

TENDER

THE BEST

WARM

WISE

**DIRECTIONS:**  
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.