

WOODHAVEN NEWSLETTER

July 2024



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May the spirit of Canada Day fill your heart with pride, gratitude, and a deep appreciation for the freedoms we enjoy!

Please note that the Administration and Finance offices will be closed on Monday July 1st.

Happy Canada Day!



COMING UP IN JULY...



Pearl Buhler will be here once again with her bake sale on Thursday July 11th from 9:30am-10:15am (during Coffee & Connect). She will be selling: Breads (including cinnamon raisin, pizza rolls, sourdough, multigrain, and other varieties) Cookies (icing cookies, ginger snaps, jam-jams and more!) Danishes, Squares, Rhubarb pies, Fresh Muffins, Cake, and Roll kuchen!

Be sure to come by and check it out!

COME AND ENJOY SOME BACK YARD GAMES IN THE SUNSHINE! MEET OUT AT THE GAZEBO ON WEDNESDAY JULY 3RD, THURSDAY JULY 18TH, AND MONDAY JULY 29TH AT 2:30PM

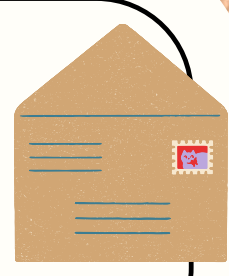




Summer



◆ Please note that effective immediately, stamps are now \$1.25 each. Thank you! ◆



♥ A Note From Helen: ♥

I will be on holidays the week of **July 8th to 12th**, and back in the office on Monday July 15th! If you need any assistance while I am away, please see or call Alison! I will miss you all so much! ♥



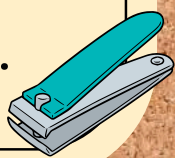
Don't forget to use sunscreen!



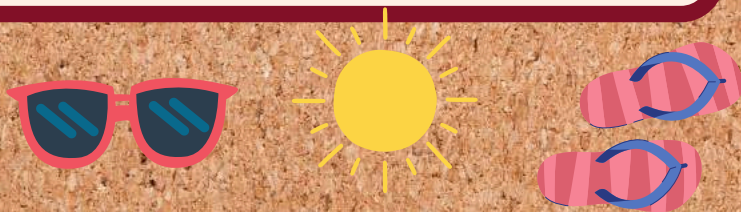
Alison will be on holidays the week of **July 1st to 5th**. She will be back in the office on Monday July 8th. If you need any assistance while she is away, please see Helen.



Irene will be here **Tuesday July 2nd** at 2:00pm for nail care. Please see Helen to book an appointment.



Havencare services are available for \$25 per hour. Cleaning, grocery shopping, companionship and pharmacy pick up! Please call Helen to schedule a service.



Dennis & Phyllis Reimer will be here to perform for us on **Friday July 12th at 2:30pm**. Don't miss it!



FRIENDLY REMINDERS:

SIGN UP SHEETS

Please try to check the bulletin board on your floor **frequently for new sign up sheets!** Many of our programs and events (especially ones with food!) require you to sign up so that I can make sure I buy enough supplies and plan things properly. If you don't sign up ahead of time, you may not be able to participate in the program.

TO GO MEALS

The main purpose of the congregate meal program is for tenants to congregate, and enjoy a social meal together. Therefore, the dining room staff are asked to serve those eating in the dining room first. **If you are picking up your meal to go, please arrive at the dining room at 12:15pm to be served.** Thank you for your cooperation and understanding!



Do not
forget



THANK
YOU
😊



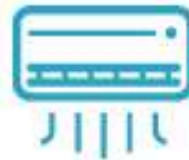
Stay Hydrated



Stay Indoors



Apply sunscreen when outdoors



Stay Cool



Check forecast

10 Summer Heat Safety Tips for Older Adults



Keep bugs at bay



Know the early signs of heat illness



Have an emergency contact list



Dress Properly



Identify side-effects of medicines

1. Staying hydrated is very important to avoid the risks of dehydration and to stay safe in the summer heat. Drink plenty of cool water throughout the day. You can also try sports drinks or adding hydration powder to water to restore any lost electrolytes through sweating.
2. It is important to stay indoors to avoid exposure to extreme temperatures. Beat the heat by remaining physically active at home. Try indoor activities such as chair exercises and stretches, walking, dancing, indoor games etc.
3. Always apply sunscreen of SPF 30+ to any exposed skin before going out in the sun. This will help to protect your skin from ultraviolet rays. Wearing a hat and sunglasses are also recommended to protect your face and vision.
4. Stay cool with an air conditioning system or fan. If you don't have access to one, in extreme heat go to a friend or family members house that does, or go to buildings that have air conditioning such as the mall, a coffee shop, or grocery store.
5. When planning to step out, check the weather forecast first. By doing this, you can know what to expect of the weather, dress appropriately and plan accordingly.
6. Use bug spray or repellents, especially outside in the evening. This will help to protect you from bites and insect-borne diseases.
7. Learn the signs of heat illness. This will help to treat the issue much faster. Overheating can result in heat stroke and heat exhaustion. Some of the early signs to look out for these heat-related illnesses are feeling tired, headache, muscle cramps, excessive sweating, weakness, etc.
8. Stay connected with your friends, family and nearby neighbours. Check in with them frequently and let them know if you are staying cool and feeling all right or not. In addition to this, keep an emergency contact phone list nearby. This will help you to get connected quickly if there is an immediate need.
9. Wear loose-fitting and light-colored clothing. Make sure your clothes are lightweight and are made up of natural fabric and cotton material.
10. Check if any medications you are taking have side effects when you are exposed to the sun. This doesn't mean you should completely avoid going out when on your medicine, but it is vital to follow some precautions to avoid health problems.

Stay cool, stay hydrated, stay safe!

Mini Golfing at La Broquerie Golf



SIGN UP



Come and play a round or two of mini golf on Friday July 26th. Stick around afterwards and enjoy a coffee and a snack at Putter's Grill. Cost to golf is \$6 per person (tax included). We will meet at the golf course at 2:00pm. Please sign up if you are coming! We will be carpooling to save on costs. Please plan to drive yourself, or ride with a friend! Please see Helen if you need help arranging a ride!

Putter's
GRILL & MINI GOLF





Sign up to enjoy a delicious

Banana Split

SIGN UP!

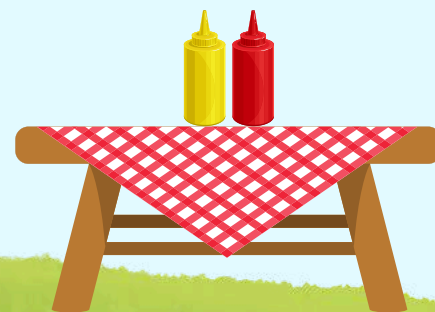
On **Friday July 5th at 2:30pm**, we will be having “build your own” banana splits in the **main MPR**. Start with bananas and vanilla ice cream, then build your own creation with whipped cream, nuts, cherries, and all the toppings! **\$3.50** per person. **You must sign up if you would like to be included please!**



SIGN UP

Hot Dog BBQ by the gazebo

Come out to the gazebo on **Wednesday July 31st at 2:30pm!** For \$5 per person, you will get a hotdog, bag of chips and a can of pop. **Don't forget to sign up so that I can make sure I buy enough for you!** Hope to see you there!





Volunteer Appreciation party!

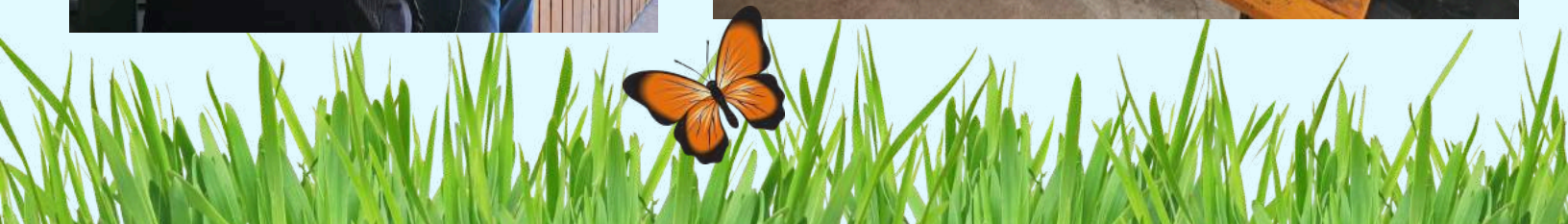
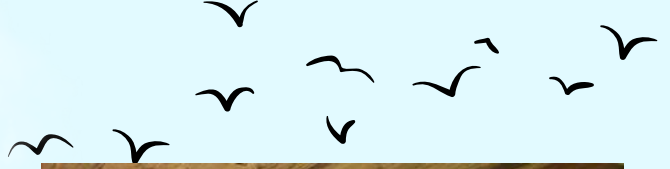
On Wednesday June 19th, we showed our immense gratitude by blessing our volunteers with a delicious meal at the park. The weather was perfect, the food was yummy, and a good time was had by all! Words can't express how truly grateful we are for all of our volunteers. From setting up chairs, to serving meals, to delivering newspapers or newsletters, to stapling, to checking pink tags and everything in between...our volunteers do so much for us! Each and every one of them gives of themselves so selflessly, and we would be lost without them! **Thank you to all of our volunteers!** If you are interested in becoming a volunteer, please see or call Helen.



"Alone we can do so little; together we can do so much."

- Helen Keller







July Birthdays:

Deborah Harris - 7

Clarence Dyck - 9

Fran Harms - 11

Gladys Boitson - 15

Nettie Plett - 16

Mary Loewen - 19

Jake Friesen - 24

Marie Friesen - 28

June Moyle - 29

Mary Koop - 31

*Happy
Birthday!*



Please join us for a birthday party on Monday, July 22 at 2:30pm in the main MPR. \$2 per person, free for those celebrating a birthday in July! Don't forget to sign up if you would like to attend, and bring a mug!

From the Chaplain's desk:



Does Jesus care?

This question can come up in times of distress when it seems our prayers don't go very far. It's a question Mary and Martha likely asked as they waited for Jesus to come heal their brother (John 11). By the time Jesus came, though, Lazarus was in the grave.

Mary and Martha both said, "Lord, if you had been here, my brother would not have died."

That almost sounds like an accusation, like they're saying, "Where were you—don't you care?"

Jesus did care. He was "deeply moved in spirit and troubled" and he wept. Though his arrival seemed too late, Jesus knew what he was doing. It was through the miracle of Lazarus being raised from the dead that many came to faith in Christ.

Pastor Frank Graeff, also known as the Sunshine Minister for his optimistic attitude and sunny disposition, responds this way:

*Does Jesus care when my heart is pained
Too deeply for mirth or song,
As the burdens press, and the cares distress,
And the way grows weary and long?
Oh, yes, He cares, I know He cares,
His heart is touched with my grief;
When the days are weary, the long nights dreary,
I know my Savior cares.*

As we face both joys and sorrows in life, and as we may even go on with questions unanswered, let's continue to hold on to the one who does care deeply for us.

Peter Berg, Chaplain

Canada Day Word Search



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

Northwest Territories
 Northern Lights
 Newfoundland
 Maple Syrup
 Bilingual
 Lacrosse
 Nunavut
 Canada
 Quebec

Prince Edward Island
 Confederation
 Saskatchewan
 Nanaimo Bar
 Diversity
 Manitoba
 Ontario
 Hockey
 Toonie

Great White North
 New Brunswick
 Butter Tart
 Nova Scotia
 Fireworks
 Mounties
 Poutine
 Loonie
 Goose

British Columbia
 Niagara Falls
 Celebration
 Maple Leaf
 Dominion
 Alberta
 Beaver
 Ottawa
 Yukon

