

Rest Haven News & Notes

Issue November 2024



November Highlights



Remembrance
Day Program:
November 8th



CLEARSPRING SHOPPING CENTRE
**CHRISTMAS
CRAFT SALE**

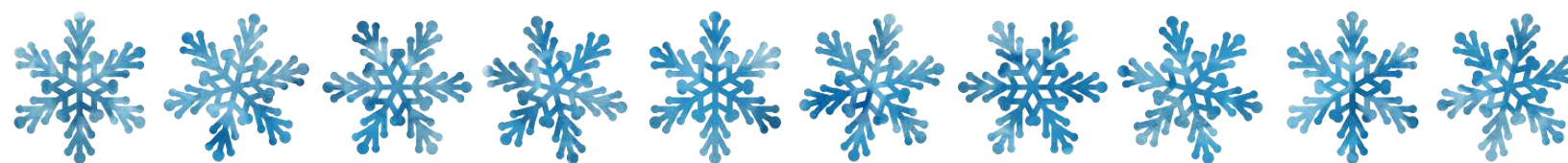
FRIDAY, NOVEMBER 15TH 2024
TIME: 1:15PM



Check your
calendar!



Hunting:
November 19th & 21st



Should you wish to be added or removed from the newsletter contact list
please contact Rsquires@havengroup.ca



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



For Donations, to

HavenGroup please scan the code provided.



Clear and crisp, the days of harvest nearly complete, we can now turn to the solemn beauty we find in November. It is a twilight month of transition as we watch the leaves change and fall in the same crisp winds that will soon bring a soft white blanket of pristine snow...

November has us on our toes, as we see the start of **“Grand Partner Buddies”** happening, inviting youth gr.7-8 from the Stony Brook Middle School to spend time with our residents a few times this month.

Chicken Chef is on the menu this month as well as we order in from this yummy restaurant... Check the Recreation Calendar for information on dates.

We will be having our **Remembrance Day Service** on **Friday, November 8**, starting at 10:30 am, as we thank those who have served in the military and participate in honouring the families who have supported them. Lest We Forget, let's continue to remember...



Our outing for this month has us going to the Clearspring Centre on **Friday, November 15th** for the **Annual Christmas Craft Show**. Get your name in early with Sam or Leanne because seats fill up fast....

And last, but not least, on **November 19th & 21st**, we are having our annual Staff Hunt, where our residents, armed with NERF guns, will see how many “trophy”(staff) they can harvest. It's going to be a lot of fun!!!

HAPPY BIRTHDAY

Please join us in celebrating with our November birthday's:

Ralph Napady
Maria Neufeld
Bill Eichhorst
Jennie Bilun
Agatha Smith

Sally Wiebe
Tina Kornelsen
Sam Wiens
Katherine Martens
Justina Hiebert

Our November Birthday is scheduled for **Tuesday, November 12th @ 2:30 pm** in the **MPR** room. It is **invite-only**, so check your inboxes and voicemails, as we ask our friends to bring only one family member each to enjoy some cake, coffee and fellowship.

We'd like to take this opportunity to welcome our new friends into our home:

Agatha Klein
Debbie Penner
Abe Wiebe
Frieda Dueck
Agatha Friesen
Norma Kehler
Michael Dubchak
Anna Hiebert

Mary Plett
Agatha Smith
Doris Thiessen
Bill Funk
Eldon Hood
Gabriel Thacker
Joyce Swidersky

We hope you enjoy many years here, making new friends and rekindling old friendships...

Leanne Silvers
Therapeutic Recreation Facilitator,
Daily Life Team Member

How does God comfort us?

A good question to ask in this time around Remembrance Day or in any time of difficulty or loss.

When Jesus met up with a funeral procession on the outskirts of Nain, He found a widow grieving the loss of her only son (Luke 7:11). How did He respond? By intervening in the miraculous way of raising her son back to life!

Does God always comfort in this way, by solving all the problems we encounter? This is what we may like, but God doesn't always do it that way. Even the apostle Paul was disappointed when God didn't heal him the way he asked. God did provide strength, though, as he said, "...My grace is sufficient for thee...my strength is made perfect in weakness...." (II Corinthians 12:9).

How can strength be made perfect in weakness?

Doing things in our own strength can make us feel self-sufficient, like the child who asserts, "I can do it myself!" Times of weakness, though, force us to look elsewhere for strength, which can motivate us to seek the Lord. Jesus does encourage us to trust and not to be afraid (John 14).

So why did Jesus comfort the widow of Nain the way He did? This special miracle served as a sign to show who He was—God's only Son. Though God does miracles today, we don't see them as often as in the early church. But what God does give is grace and strength for each moment, which are also signs that can encourage others as they observe us continuing on despite the challenges of life.

This month we also want to honor the memory of some Rest Haven residents who recently passed away. Condolences to the families of Anne Loewen, Maria Doerksen, Cornie Thiessen, and Eva Kehler.

May God grant you the strength to continue on, no matter what you're facing today.

Peter Berg, Chaplain



Social Work Corner

Relationships, Helping residents make their house a home.

Every care setting operates better when those living and working in that care setting enjoy authentic relationships with one another. These relationships are particularly important in long term care, where older adults receive essential services and supports in the same place where they live. Because our facility is both a care setting and a home, our care team has a special obligation to encourage and support relationship building.

Positive social relationships can positively influence life satisfaction, well-being, and the ability to thrive, as well as decrease feelings of loneliness among older adults. Strategies that our care team often utilize for promoting development and maintenance of relationships may include:



- Introducing new residents to others with similar interests, hobbies and life experiences. This often happens through gathering of information for social histories, recreational activities and discussions.
- Placement of residents in the facility and consideration of the residents ability to ambulate. Physical proximity is key for the development of friendly peer relationships. Mobility also helps residents remove themselves from the company of others whom they may at times find stressful or overstimulating. We often hear during admission planning, that a resident knows another resident from the community or that they may be related. We sometimes hear that their preference is to be in the same home. We also hear them when they say that they want to be close, but not in the same home.
- Encouraging residents to actively involve themselves in events will give them the opportunity to engage with other residents. With there being a focus of the time spent together, conversation should come easier. It's also likely that they'll find themselves with people who have similar interests, which always helps to promote a bond.

As we welcome our new residents and families to Rest Haven, let us not forget the power of social relationships with staff and peers for older adults in long term care settings.



Warm greetings from Rest Haven Care Home!

As the holiday season fast approaches, we have the privilege of once again extending warmth, comfort, and hope to those residing in Rest Haven Care Home, as well as friends/family who visit their love ones over the holidays. The residents and staff at Rest Haven invite families and friends to be a part of our new tradition of “**Light Up the Night Christmas Campaign.**” Your donation will provide funding to enhance Christmas décor, both inside and outside of the facility. Your continued support plays a pivotal role in making this possible. Help us light up Rest Haven!

Ways you can support this event is to:

- Sponsor a tree/decorations/nativity scene in memory of a loved one who has passed;
- Sponsor a tree in the name of your parent, child, grandchild, or family. (e.g. “This tree is sponsored by the ***** family.”)

Sponsor Level Ornament Recognition:

As a sponsor you will receive the following:



1. Your name, loved one’s name, or a general message of hope, placed on an ornament in the Clearview Common,
 - **Blue Ornament** - donation of \$25 - \$99;
 - **Silver Ornament** - donation of \$100 - \$199;
 - **Gold Ornament** - donation of \$200 - \$499; OR



2. Signage with your name, loved one’s name, or a general message of hope.
 - A donation of \$500 and up;
3. A charitable donation receipt will be issued for all of the above donations. Cheques can be addressed to The HavenGroup Foundation.

Donations can be dropped off at the Welcome Centre. Thank you.



Brighter Smiles at Home

Dental Hygienist coming to Rest Haven!

We are happy to announce our residents now have the opportunity to book appointments with Emma Martinez for professional dental hygiene care. The appointment booking and payment will be a family responsibility. Please contact Emma directly. Rest Haven will provide her with a space for treatment.

The Mobile Dental Hygiene Experience

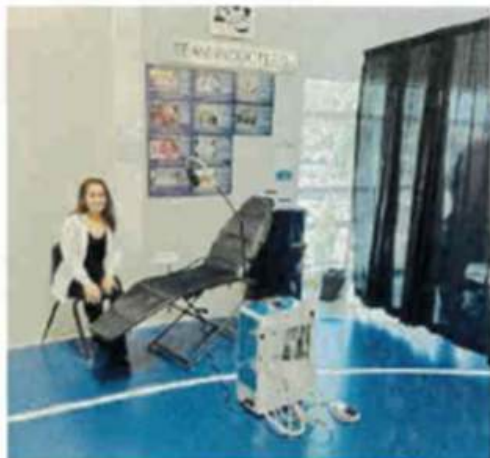
Initial Appointment: We will provide a thorough examination of the teeth and evaluate your specific oral health care needs. We will relay our findings to your dentist and ask for consent to have your dental cleaning done. There is no charge for this service.

Procedure: A cleaning includes the following:

1. Dental Scaling
2. Dental Polishing
3. Fluoride Treatment
4. Denture Cleaning
5. Oral Cancer Screening
6. SDF Treatment (if required)
7. Personalized Dental Care Plan

Logistics: We bill your insurance directly without the cost of your deductible. You will receive a printout of your statement once treatment is completed. If you do not have insurance, we offer our services at a flat rate of \$90.00. This includes all the services mentioned above.

Follow Up Appointments: A follow up cleaning appointment will be scheduled within 4-6 months depending on a mutual understanding of your specific dental health care needs.



Your Provider

Emma Martinez, your hygienist, has over 23 years of experience in the field of dental hygiene. She is a graduate of the University of Manitoba. She is currently involved in community health through the CCOH program at the University of Manitoba. She is on the board of directors for the Manitoba Dental Hygiene Association.

Emma has traveled to Latin America to provide mobile dental hygiene care. She has experience working in long-term care homes and is involved in community outreach programs in the rural areas of Manitoba.

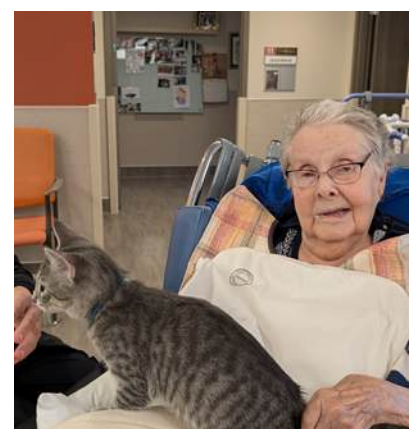
Contact

Brighter Smile at Home
291 Prom Brunet
Winnipeg, MB R2J 4K4
(431) 777-8977
emma.291@hotmail.com



Mobile Dental Hygienist: Emma Martinez RDH

I have the privilege of serving the residents of Rest Haven as their dental hygienist. I have built lasting relationships with family members and their loved ones. I strive to gain the trust of future clients and their families. I would love to answer any questions you may have regarding the dental care I can provide for you and your family member.



REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOVEMBER 2024 MENU IS SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/ 204-346-5013						
4 (Week 2) Beet Borscht Soup Perogies or Chef's Alternate Farmer Sausage Pickles Cream Gravy Canned Peaches	5 Hearty Manitoba Vegetable Soup Meat Loaf or Chef's Alternate Mashed Potato Broccoli Salad Cinnamon Roll Cake	6 Roast Beef or Chef's Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	7 Butternut Squash Soup Chicken Taco Bake or Chef's Alternate Noodles Cucumber Salad Fruit	8 Minestrone Soup Ham or Chef's Alternate Kielke with Fried Onions & Schmaunt Phat Coleslaw Frozen Yogurt	9 Chef Soup Egg Salad Sandwich or Chef's Alternate Cheese Chips/Pickles Orange Fluff Salad	10 Turkey Stuffing or Chef's Alternate Mashed Potatoes Corn Strawberry Mous
11 (Week 3) Remembrance Day Summa Borscht Soup Country Style Chicken or Chef's Alternate Mac N' Cheese Savory Green and Wax beans Ice Cream Sundae	12 Vegetable Soup Spaghetti with Meat Balls or Chef's Alternate Caesar Salad Garlic Bread Custard Bread Pudding	13 Chicken Noodle Soup Baked Farmer Sausage or Chef's Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	14 Corn Chowder with Bacon Fish Fry or Chef's Alternate Potato Wedge Three Bean Salad Ambrosia Salad	15 Green Bean Soup Farmer Sausage or Chef's Alternate Perogies Pickled Beets Schmaunt Phat Trifle	16 Chef's Soup Chili or Chef's Alternate Chef's Salad Toast Chef's Dessert	17 Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Kernel Corn Plum Mous
18 (Week 4) Beet Borscht Baked Ham Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Lentil Muffin	19 Lentil Vegetable with Parmesan Soup Shepherd's Pie or Chef's Alternate Green Salad Lava Cake	20 Cabbage Borscht Soup Honey Mustard Chicken or Chef's Alternate Rice Pilaf Salad Coconut Cream Pie	21 Broccoli Soup Battered Fish Fry or Chef's Alternate Lyonnaise Potato Coleslaw Frozen Sherbet	22 Roast Beef or Chef's Alternate Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie	23 Vegetable Soup Ham & Cheese Sandwich or Chef's Alternate Pickles Fruit Cobbler	24 Shake & Bake Chicken or Chef's Alternate Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous
25 (Week 5) Sauerkraut Borscht Meat Loaf or Chef's Alternate Mashed Potatoes California Mixed Veg Date Square	26 Hearty Italian Soup Kielke with Fried Onions & Schmaunt Phat Ham or Chef's Alternate Veg Salad Muffin Bran	27 Split Pea Soup Battered Fish Fry or Chef's Alternate Fries Coleslaw Lemon Meringue Pie	28 Turkey/ Stuffing or Chef's Alternate Cranberry Sauce Mashed Potato Corn Cherry Plat	29 Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork or Chef's Alternate Rice Pilaf Gravy California Mixed Veg. Peach Upside Down	30 Chef's Soup Turkey Sandwich or Chef's Alternate Chips/Pickles Fruit Based Dessert	

REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		MENU IS SUBJECT TO CHANGE or Chef's Alternate Nutrition and Food Services Department: 204-326-2285/204-346-5013					
4 (Week 2) Roasted Chicken or Chef's Alternate Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	5 Pork and Apple Cakes or Chef's Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice Cream Sundae	6 Homemade Chicken Pot Pie or Chef's Alternate Mandarin Lettuce Salad Peanut Butter Brownie	7 Fish Sticks or Chef's Alternate Fried Potatoes Tartar Sauce Herbed Green Beans/Peppers Trifle	8 Chicken Teriyaki or Chef's Alternate Steamed Rice Stir Fry Vegetables Mandarin Oranges	9 Veal Parmigiana or Chef's Alternate Pasta Marinara Sauce Peas Fruit Platz	10 Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Carrot Salad Cream Pie	
11 (Week 3) Lemon Fish or Chef's Alternate Potatoes Peas & Carrots Pineapple Upside Down Cake	12 Mushroom Baked Pork Chops or Chef's Alternate Mushroom Gravy Lyonnaise Potatoes Sautéed Mixed Veg Cupcake	13 Sweet & Sour Diced Beef or Chef's Alternate S&S Sauce Steamed Rice Broccoli Fruit	14 Baked Porkchops or Chef's Alternate Gravy Mashed Potato Gravy Corn Tapioca Pudding	15 Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Carrots Hot Fudge Pudding Cake	16 Sweet and Sour Chicken Balls or Chef's Alternate Fried Rice Broccoli Fruit Jello	17 Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chef's Alternate Apple Pie	
18 (Week 4) Savory Meat Loaf or Chef's Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	19 BBQ Pork Ribs or Chef's Alternate Gravy Potato Wedge Green Beans Lemon Tarts	20 Hamburger Steak or Chef's Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	21 Garlic Sausage or Chef's Alternate Macaroni and Cheese Peas Chocolate Pudding	22 Baked Chicken or Chef's Alternate Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	23 Swedish Meatballs or Chef's Alternate Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	24 Butternut Squash Soup Brown Bread Cold Cuts or Chef's Alternate Cottage Cheese Pea Salad Rhubarb Strawberry Pie	
25 (Week 5) Breaded Pork Cutlets or Chef's Alternate Potato Wedge Gravy/Coleslaw Nanaimo Bar	26 Omelet or Chef's Alternate Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	27 Honey Garlic Chicken or Chef's Alternate Rice Roasted Broccoli Fruit Based Dessert	28 Pork Sausages or Chef's Alternate Potatoes O' Brien Buttered Peas Carrot Cake	29 Cabbage Rolls or Chef's Alternate Mashed Potatoes Mixed Vegetables Apple Crisp	30 Spaghetti & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart		

Rest Haven Care Home

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st Floor 10:30 John Hildebrand  Daylight Savings Ends	Daily 1:1 Visits *Programs are subject to change without notice.	Manicures: Wednesday's 2-4pm  Sonnie the Dog 2:30-3:30pm	Lakeview- LV Still Water's- ST Woodlands- WL Golden Creek- GC	Ladies Bible Study- ST Chapel- Red Lakeview & Still Water's Take Out: 	8:30 1:1's 10:00 Men's Coffee 10:15 Bowling WL 2:00 Bingo	10:30 Singing WL
3 10:30 John Hildebrand  Daylight Savings Ends	4 9:30 Fun Fitness WL 10:00 Ladies Tea 10:30 Reading GC 2:30 Singing LV 6:45 Kleefteld EMC	5 9:30 Bean Bag Toss ST 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Trivia WL	6 9:30 Grand Partner Buddies 11:00 Fun Fitness ST 2:00 Men's Bible Study 3:00 Hymn Sing	7 10:30 Chapel 2:30 Remembrance Day Craft 6:00 Prairie Rose Group 	8 10:00 Men's Coffee 10:30 Remembrance Day Program 2:00 Bingo 2:30 Dice Game LV	9 6:00 God's Grace Singing German Program
10 10:30 Evangelical Fellowship 3:00 Bethaus Youth	11 6:30 Bethaus Youth 	12 9:30 Riddle Me This ST 10:00 Men's Coffee 10:30 Ladies Bible Study 6:00 Jon Penner's Music 	13 9:30 Fun Fitness LV 10:30 World Kindness Day WL 2:00 Men's Bible Study 3:00 Hymn Sing	14 10:30 Chapel 2:30 News Update LV 6:45 Steinbach EMC 	15 9:30 Fun Fitness 10:00 Men's Coffee 10:30 Colour my World Grey WL 2:00 Bingo Clearspring Craft Sale	16 
17 10:30 Kleefteld EMC 	18 10:00 Ladies Tea 10:15 Singing the Sixties 2:30 Fun Fitness ST	19 9:30 Ladies Bible Study 10:00 Men's Coffee 11:00 Laughter Class WL 2:00 Hunting 6:00 Abe & Tina Music	20 9:30 Grand Partner Buddies 11:15 Ball Toss LV 2:00 Men's Bible Study 3:00 Hymn Sing 5:45 Fun Fitness ST	21 10:30 Chapel 2:30 News Update WL 	22 9:30 Reading LV 10:00 Men's Coffee 10:30 Curling WL 2:00 Bingo	23 9:30 Singing ST 10:30 Fun Fitness GC 2:30 Baking WL
24 10:30 Aaron Barkman 	25 9:45 Morning Glory School 10:00 Ladies Tea 10:30 Resident Council	26 9:30 Ladies Bible Study 10:00 Men's Coffee 10:30 Peter & Arleen Music 2:30 Sanding Wood LV	27 9:30 Fun Fitness ST 10:30 Would You Rather? LV 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 English & German Gospel Program	28 9:30 News Update GC 10:30 Memorial Chapel 2:30 Decorate Homes 6:30 Singalong Singers 	29 9:30 Decorate Homes 10:00 Men's Coffee 10:30 Balloon Toss WL 2:00 Bingo	30 

Rest Haven Care Home

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3rd Floor		Manicures: Wednesday's 2-4pm Sonnie the Dog 2:30-3:30pm Daily 1:1 Visits	Chapel-Red Prairie Sky- PS Sunset Way- SW Homestead Ridge- HR Freedom Meadows- FM	*Programs are subject to change without notice. Prairie Sky & Sunset Way: Take Out	9:30 Fun Fitness HR 10:00 Men's Coffee 10:30 1:1's 2:00 Bingo	2:00 Reading SW
10:30 John Hildebrand	10:00 Ladies Tea 2:30 Ladies Bible Study PS 6:45 Kleeefeld EMC	10:00 Men's Coffee 11:15 Reading HR 2:30 Would You Rather? SW 5:45 Singing FM	9:30 Grand Partner Buddies 11:00 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update SW 10:30 Chapel 2:30 Craft 6:00 Prairie Rose Group	9:30 Fun Fitness FM 10:00 Men's Coffee 10:30 Remembrance Day Program 2:00 Bingo	6:00 God's Grace Singing German Program
Daylight Savings Ends	10:30 Evangelical Fellowship 3:00 Bethaus Youth	10:00 Men's Coffee 11:00 Laughter Class SW 6:00 Jon Penner's Music	9:30 Fun Fitness ST 10:30 World Kindness Day FM 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update PS 10:30 Chapel 2:30 Balloon Toss SW 6:45 Steinbach EMC	9:00 Trivia FM 10:00 Men's Coffee 10:15 Bowling SW 2:00 Bingo Clearspring Craft Sale	9:30 Fun Fitness FM 10:30 Reading PS 2:00 Baking HR
10:30 Kleeefeld EMC	10:00 Ladies Tea 10:15 Singing the Sixties 2:30 Ladies Bible Study PS	9:30 Bean Bag Toss PS 10:00 Men's Coffee 10:30 Lists by Letter FM 2:00 Hunting 6:00 Abe & Tina Music	9:30 Grand Partner Buddies 11:00 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update SW 10:30 Chapel 2:00 Curling PS	9:30 Fun Fitness FM 10:00 Men's Coffee 10:30 Colour my World Grey PS 2:00 Bingo	10:30 Singing HR
10:30 Aaron Barkman	9:45 Morning Glory 10:00 Ladies Tea 10:30 Resident Council 2:30 Ladies Bible Study 6:15 Steinbach Mennonite Handbells	9:00 Decorate Homes 10:00 Men's Coffee 10:30 Peter & Arleen Music 11:00 Laughter Class FM 2:30 Singing HR	9:30 Fun Fitness SW 10:30 Sanding Wood PS 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 English & German Gospel Program	9:30 News Update FM 10:30 Memorial Chapel 2:00 Baking PS 6:30 Singalong Singers	9:30 Fun Fitness HR 10:00 Men's Coffee 10:30 Decorate Homes 2:00 Bingo	2:30 Fun Fitness SW

