## Rest Haven News & Notes

Issue January 2025

# **Upcoming Highlights**

New Year



Should you wish to be added or removed from the newsletter contact list please contact srandhawa2@havengroup.ca



- All our homes at Rest Haven were opened
- Rest Haven hired 79 new staff
- We welcomed 64 new residents into our homes
- We said good-bye to 42 residents
   We have so much to be grateful for as we look forward to 2025!
- Our goal is to fill all our homes before Spring
- As we settle into a new routine of being fully operational, we plan to build on the excellence of care and activities provided
- Continue to provide resident focused care in Christcentered, life-giving communities in an environment of purpose, comfort and hope.

### Continue to grow with us in 2025! Thank you



### The Gift of Personal Touch Massage Therapy Services

Because some older adults may be widowed, socially isolated or dealing with restrictive health issues, they may miss out on regular human touch, such as a warm hug, rocking a grandchild to sleep, or walking hand in hand with a loved one. Geriatric massage may help offer comfort to our residents.

Geriatric massage can also help improve one's mood, stress levels, pain, and more. As we age, our bodies requires different care, and a massage therapist will factor in one's health needs prior to starting the massage. A geriatric massage may be shorter than a typical massage and use special manipulations specific to one's health history and current needs.

Massage therapy is not covered by Manitoba Health, so you'll likely need to pay out of pocket for these services. Talk to the nurse on your care team if you are looking to set up a visit.





Household Extension <u>Numbers</u>

<u>1st Floor</u> 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

<u>3rd Floor</u> Prairie Sky 7355 Sunset Way 7356 Homestead Ridge 7357 Freedom Meadows 7356



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January has arrived with the promise of new beginnings.

A New Year is not just about starting something new.

It's also about putting the past behind along with the tears, triumphs, and regrets.

It's about clearing up mental space for new adventures and knowledge.

So be an empty cup and fill it with gold.

January has us getting back to basics with singing, baking, reminisce and more... The Grand Partner Buddies are back as well to bring life and Laughter into our home. We're even having strawberry ice cream on January 7 to celebrate Strawberry Ice Cream Day!

Love is in the air...

We are offer something new and wonderful in this month of love!

**February 14th**, from 12 -1 pm, spouses are welcome to enjoy a specially prepared lunch with their loved one in a romantic setting, complete with music, décor and a red rose.

The cost is \$15/plate, and will be charged to the Resident's account. (Resident's meal is included). Seating is limited to the first 20 couples, so please RSVP bbanman@havengroup.ca before February 5th to reserve your spot.

# HAPPY BIRTHDAY

#### Please join us in celebrating with our January birthday's:

Maria Wiebe Arthur Poetker Margaret Buhler Mary Broesky Lynne Swain Debbie Penner Denis Goulet Iris Pylypjuk Frieda Dueck Maria Plett Jessie Doerksen

Our January Birthday is scheduled for **Tuesday, December 14th @ 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:

Edmund Heinrichs Eva Friesen Clarence Lange Allan Choquette Jim Penner Wesley Friesen Frank Klassen

We hope you enjoy your new home and make many lasting memories over the years to come.

Make this the best year yet, filled with life, love and lots of laughter.

"May He give you the desire of your heart and make all your plans succeed." — Psalm 20:4

> Leanne Silvers Therapeutic Recreation Facilitator, Daily Life Team Member

































### **Christmas Smoothies**

#### 🗱 Why Eat Red & Green?

1. A

Adding a festive mix of red and green fruits and veggies to your diet doesn't just look great—it delivers a powerful punch of vitamins, minerals, and antioxidants to keep you feeling merry and bright this holiday season.

#### **Red Smoothie**

1 lb. cooked beets

3 cups frozen strawberries

1/4 tsp powdered ginger (or 1Tbsp fresh grated)

3 cups water

Combine all ingredients in a blender and blend until smooth.

问 Nutrients in Red Fruits & Vegetables 🍅

Examples: Strawberries, raspberries, watermelon, tomatoes, red peppers, beets

- Lycopene: Supports heart health and may protect against certain cancers.
- Anthocyanins: Antioxidants that reduce inflammation and support brain health.
- Vitamin C: Boosts your immune system and supports healthy skin.
- Potassium: Helps maintain healthy blood pressure and muscle function.

#### Green Smoothie

- 1 cup frozen spinach
- 2 ripe bananas
- 1 ripe avocado (or frozen equivalent)
- 1.5 cups orange juice
- 1 cup water

Combine all ingredients in a blender and blend until smooth.

🌳 Nutrients in Green Fruits & Vegetables 🌳

Examples: Spinach, kale, kiwi, cucumbers, broccoli, green apples

- Chlorophyll: A molecule that has antioxidant and anti-inflammatory effects
- Vitamin K: Essential for blood clotting and keeping your bones strong.
- Folate: Vital for cell growth and development.
- Lutein & Zeaxanthin: Protect your eyes and support long-term vision health.

🗱 Created by Registered Dietitian

Chelsea Owasi

"Is there a piece missing?" "Where does this one go?" "Almost done—just a few left!"

These are just a few of the comments we hear around the puzzle table. Interestingly, each piece of the puzzle has only one spot where it fits but each piece contributes to "the big picture".

While the completed puzzles may lie there a few days, the boxes they were dumped out of soon become full again and ready for another round. If they could, I'm sure each of the puzzles could tell many stories that they have heard.

As we start another year and leave one behind, does our life sometime feel like a puzzle? Did our box get dumped out this year? Or just when we thought we were making progress and the picture was coming together did we get scooped back into the box and had to start over? Have we wondered, "How does this piece fit into my life?"

Albert Brumley wrote the words to the song,

Some glad morning when this life is over, I'll fly away.

To a home on God's celestial shore, I'll fly away.

Perhaps it will take until we "fly away" before we will really be able to appreciate the beauty of what the Lord has been working in us all along. Maybe the most difficult times of our lives will produce the most vivid colors in "the big picture" of our lives.

"O Lord, thou hast searched me, and known me." Psalm 139:1

This month we also want to honor the memory of some Rest Haven residents who recently passed away. Condolences to the families of Evelyn Keuhn, John Neufeld, Grace Huculak, Minna Loewen, Ken Eide, Jean Major, and Agatha Friesen. May God give you strength in this time of loss.

Let's enter the New Year with confidence knowing the Lord will continue to lead us,

Peter Berg, chaplain

Minest 5/s         Minest 5/s         Turkey Summer         Carent Lant and Summer Sum Port 7         Chart and Summer Sum Port 7         Chart and Sum Port 7         Chart Sum Port 7         Chart and Sum Port 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6         7         8         10         11 <td>2"</td> <td><b>1</b>0</td> <td>1 (Week 5) Happy New Year Split Pea Soup Battered Fish Fry or Chef's Alternate Fries Coleslaw Lemon Meringue Pie</td> <td>75</td> <td>3 Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork or Chef's Alternate Rice Pilaf Gravy California Mixed Veg. Peach Upside Down Cake</td> <td>-27</td> <td>5 Roast Pork with Gravy or Chef's Alternate Boiled Potatoes Green Beans Fruitcocktail Mous</td>	2"	<b>1</b> 0	1 (Week 5) Happy New Year Split Pea Soup Battered Fish Fry or Chef's Alternate Fries Coleslaw Lemon Meringue Pie	75	3 Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork or Chef's Alternate Rice Pilaf Gravy California Mixed Veg. Peach Upside Down Cake	-27	5 Roast Pork with Gravy or Chef's Alternate Boiled Potatoes Green Beans Fruitcocktail Mous
3       14       Field Ham       15       16       17       18       Baked Ham         Heart Mantona       Heart Mantona       15       Rest Merrate       Butternut Scusah Soup       Ham       Chef Soup       18       Baked Ham         Meat Load       On Chef's Atternate       Chef Soup       Baked Ham       Chef Soup       Fig Sous Sonowch       Prine spis Source       Prine spis Source       Prine spis Source       Sonnaurch Frid Onions & Chef's Atternate       Or Chef's		Contract Contract of Contract		9 Cream of Celery BBQ R ib or Chef's Alternate Mashed Potato Cards Cards Cirnamon Coffee Cake	22// 22/3	11 Garden Vegetable Soup Chicken Pot Pie or Chefs Alternate cucumber and Tomato Silces Fruit Platz	
0         21         22         23         23         24         25         Turkey Stuffing           Vegetable Soup         Chicken Noodle Soup         Corn Chowder with Baked Farmer Sausage         Coren Soup         Corer's Alternate         Chef's Soup         Turkey Stuffing           or Chef's Alternate         or Chef's Alternate         or Chef's Alternate         or Chef's Alternate         Chef's Alternate         Or Chef's Alternate           or Chef's Alternate         or Chef's Alternate         or Chef's Alternate         or Chef's Alternate         Or Chef's Alternate           or Chef's Alternate         or Chef's Alternate         or Chef's Alternate         or Chef's Alternate         Or Chef's Alternate           Caesar Salad         Vegetable aution         Vegetable aution         Vegetable aution         Stamber Protatoes           Custard Bread Pudding         Banana CreamPle         or Chef's Alternate         or Chef's Alternate         or Chef's Alternate           Custard Bread Pudding         Banana CreamPle         Trifle         Trifle         Or Chef's Alternate         Or Chef's Alternate           Custard Bread Pudding         Banana CreamPle         Trifle         Trifle         Or Chef's Alternate         Or Chef's Alternate           Custard Bread Pudding         Banana CreamPle         Or Chef's Alternate		Hearty Manitoba Vegetable Soup Meat Loaf or Chef's Atternate Mashed Potato Broccoli Salad Cinnamon Roll Cake	15 Roast Beef or Chef's Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	16 Buttemut Squash Soup Chicken Taco Bake or Chef's Atternate Noodles Cucumber Salad Fruit	17 Minestrone Soup Ham or Chef's Alternate Kelke wth Fried Onions & Schmaunt Phat Coleslaw Frozen Yogurt	18 Chef Soup Egg Salad Sandwich or Chef's Alternate Cheese Chips/Pickes Orange Fluff Salad	
7     28     29     30     31       1     Lentil Vegetable with Parmesan Soup     Cabbage Borscht Soup     Broccoli Soup     30     31       1     Parmesan Soup     Honey Mustard Chicken     Hamburger     or Chef's Alternate     31       1     Shepherd's Pie     or Chef's Alternate     or Chef's Alternate     Oven Baked Potatoes       1     French Fries     Nore Baked Potatoes     Sour Cream/Chickes       1     French Fries     Nore Destaw       1     French Fries     Mixed Veg       1     Lava Cake     Coconut Cream Pie	20 (Week 3) Summa Borscht Soup Country Style Chicken or Chefs Alternate Mac N Cheese Mac N Cheese Savory Green and Wax beans Ice Cream Sundae	Vegetable Soup Spaghetti with Meat B or Chef's Alternate Caesar Salad Garlic Bread Custard Bread Pudd	22 Chicken Noodle Soup Baked Farmer Sausage or Chef's Atternate Fried Potatoes Vegetable au Gratin Banana Cream Pie				
	27 (Week 4) Beet Borscht Baked Ham Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Lentil Muffin	Lentil Vegetable with Parmesan Soup Shepherd's Pie or Chef's Alternate Green Salad Lava Cake	29 Cabbage Borscht Soup Honey Mustard Chicken or Chef's Atternate Rice Pilaf Salad Coconut Cream Pie		31 Roast Beef or Chef's Alternate Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie	MENU IS SUBJE Nutrition and F Depart 204-326 204-346	<b>CT TO CHANGE</b> Food Services ment: 5-5013

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	JARY 25	(Week 5) Honey Garlic Chicken or Chef's Alternate Rice Roasted Broccoli Fruit Based Dessert	Pork Sausages or Chef's Alternate Potatoes O' Brien Buttered Peas Carrot Cake	Cabbage Rolls or Chef's Atternate Mashed Potatoes Mixed Vegetables Apple Crisp	4 Spaghetti & Meat Sauce or Chef's Alternate Garfic Bread Lettuce Salad Lettuce Salad Tart	5 Chicken Noodle Soup Cottage Cheese Fresh Bread Potato Salad Cold Cuts/Pickles or Chef's Alternate Coconut Cream Pie
6 (Week 1) Garlic Saus age or Chef's Alternate Hashbrown Cass erole Mixed Vegetables Chocolate Cookies	7 Beef Stew or Chefs Atternate Cheese Biscutts Mandarin Segments	8 Breaded Mustard Veal Cutlets or Chefs Atternate Mas hed Potatoes Beef Gravy Steamed Broccofi Oatmeal Chocolate Chip Cookies With Red Lentits	Chick en with Alfredo Sauce Noodles or Chefs Alternate Peas Bis cuits Fruit	10 Baked Fish Fillet or Chef's Alternate Lemon Slice Lyonnaise Potatoes Cauliflower/Carrots Butterscotch Pudding	11 Breaded Pork Outlets or Chef's Alternate Noodles and Sauce Mixed Vegetables Chef's Dessert	12 Summa Borscht Cold Cuts or Chef's Alternate Bread/ PicMes Macaroni Salad Cottage Cheese Blueberry Cheesecake
13 (Week 2) Roasted Chicken or Chef's Atternate Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	14 Pork and Apple Cakes or Chef's Atternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice Cream Sundae	15 Baked Porkchops or Chef's Alternate Gravy Com Tapioca Pudding	16 Fish Sticks or Chef's Alternate Fried Potatoes Tartar Sauce Herbed Green Beans/ Peppers Trifle	17 Chicken Teriyaki or Chef's Alternate Steamed Rice Stir Fry Vegeatables Mandarin Oranges	18 Veal Parmigiana or Chef's Alternate Pasta Marinara Sauce Peas Fruit Platz	19 Farmer Sausage Noodle Soup Cold Outs or Chef's Alternate Buns Carrot Salad CreamPle
20 (Week 3) Lemon Fish or Chef's Atternate Potatoes Peas & Carrots Pineapple Upside Down Cake	21 Mushroom Baked Pork Chops or Chef's Alternate Mushroom Gravy Lyonnaise Potatoes Sauteed Mixed Veg Cupcake	22 Sweet & Sour Diced Beef or Chef's Atternate S&S Sauce Steamed Rice Brocoli Fruit	23 Homemade Chicken Pot Pie or Chef's Alternate Mandarin Lettuce Salad Peanut Butter Brownie	24 Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Carrds Hot Fudge Pudding Cake	25 Sweet and Sour Chicken Balls or Chef's Attemate Fried Rice Broccoli Fruit Jello	26 Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chef's Alternate Apple Pie
27 (Week 4) Savory Meat Loaf or Cher's Atternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	28 BBQ Pork Ribs or Chef's Atternate Gravy Potato Wedge Green Beans Lemon Tarts	29 Hamburger Steak or Chef's Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	30 Garlic Sausage or Chef's Alternate Macaroni and Cheese Peas Chocolate Pudding	31 Baked Chicken or Chef's Alternate M ashed Potatoes Gravy Southwest Vegetables Cream Puffs	MENU IS SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013	BJECT TO VGE ood Services ment: 204-346-5013

Saturday	2:30 Singing ST	11 6:00 God's Grace Singing German Program	18 9:30 Fun Fitness LV 10:30 Word Games ST 2:30 Singing WL	25 10 10 10 10 10 10 10 10 10 10 10 10 10	
Friday	3 9:30 News Update LV 10:00 Men's Coffee 10:30 Fun Fitness WL 2:00 Bingo	10 Take down decorations 10:00 Men's Coffee 2:00 Bingo	17 9:30 Reminisce ST 10:00 Men's Coffee 10:30 Curling LV 2:00 Bingo	24 9:30 Fun Fitness LV 10:00 Men's Coffee 10:30 Grand Partner 2:00 Bingo	9:30 Reading ST 31 10:00 Men's Coffee 10:30 Bowling WL 2:00 Bingo 2:30 Ball Toss GC
Rest Haven Care Home January 2025 Tuesday Kednesday Thursday	10:30 Chapel 26:00 Prairie Rose Group	9 10:30 Communion Chapel 2:00 Craft 6:45 Steinbach EMC	15151611:00 Fun Fitness WL10:30 Chapel2:00 Men's Bible Study6:45 Evangelical Fellowship3:00 Hymn Sing5:45 Reading LV	23 9:30 News Update ST 10:30 Chapel 2:30 Trivia WL 6:30 Singalong Singers	30 10:30 Memorial Chapel
<b>Ven Cal</b> January 2025 Wednesday	Happy 1	8 Take down decorations 9:30 Grand Partner 2:00 Men's Bible Study 3:00 Hymn Sing	<ul> <li>15</li> <li>11:00 Fun Fitness WL</li> <li>2:00 Men's Bible Study</li> <li>3:00 Hymn Sing</li> <li>5:45 Reading LV </li> </ul>	22 9:30 Reading GC 10:30 Fun Fitness WL 2:00 Men's Bible Study 3:00 Hymn Sing	29 9:30 Fun Fitness LV 10:30 Table Talks ST 2:00 Men's Bible Study 3:00 Hymn Sing
Rest Ha Tuesday	*Programs are subject to change without notice. Daily 1:1 Visits Manicures 1-4pm	9:30 Reading ST 7 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Ice Cream	14 9:30 Bean Bag Toss LV 10:00 Men's Coffee 10:30 Ladies Bible Study	9:30 Dice Game ST <sup>21</sup> 10:00 Men's Coffee 10:30 Ladies Bible Study 2:00 Bits & Bites WL 6:00 Abe & Tina Music	28 9:30 Laughter Class WL 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Baking LV
Monday	Lakeview- LV Still Water's- ST Woodlands- WL Golden Creek- GC Chapel- Red	9:30 Fun Fitness GC 10:00 Ladies Tea 10:30 Games WL 2:30 Parachute LV 6:45 Kleefeld EMC	13 10:00 Ladies Tea 6:30 Bethaus Youth	209:30 Dice Game ST 2110:00 Ladies Tea10:00 Men's Coffee10:15 Singing the Sixties10:30 Ladies Bible Study2:00 Bits & Bites WL2:00 Abe & Tina Music	27 9:30 Fun Fitness ST 10:00 Ladies Tea 10:30 Reading LV 10:30 Resident Council 2:30 Bean Bag Toss WL
Sunday	1st Floor	10:30 Jerry Falk	12 10:30 Prairie Rose EMC 3:00 Bethaus Youth	19 10:30 Ridgewood EMC	26 10:30 Steinbach EMC

	Saturday	4 10:30 Singing DL	11 6:00 God's Grace Singing German Program	18	25	
	Friday	3 10:00 Men's Coffee 2:00 Bingo	10 Take down decorations 10:00 Men's Coffee 2:00 Bingo	17 10:00 Men's Coffee 2:00 Bingo	24 10:00 Men's Coffee 10:30 Grand Partner 2:00 Bingo	31 9:30 Fun Fitness PP 10:00 Men's Coffee 10:30 Reading DL 2:00 Bingo
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Rest Haven Care Home	Tuesday	*Programs are subject to change without notice. Daily 1:1 Visits Manicures 1-4pm	9:30 Reminisce PP 10:00 Men's Coffee 10:30 Parachute DL 2:30 Ice Cream	14 9:30 Laughter Class PP 10:00 Men's Coffee 10:30 Balloon Toss WE	9:30 Who's your 21 Grandmother? DL 10:00 Men's Coffee 10:30 Guess the Logo WE 2:30 Curling PP 6:00 Abe & Tina Music	28 10:00 Men's Coffee
	Monday	Water's Edge- WE Autumn Glory- AG Daisy Lane- DL Prairie Post- PP Chapel- Red	6 10:00 Ladies Tea 3:45 Ladies Bible Study 6:45 Kleefeld EMC	9:30 Fun Fitness WE 13 10:00 Ladies Tea 10:30 Trivia PP 2:30 Baking DL 3:45 Ladies Bible Study 6:30 Bethaus Youth	20 9:30 Fun Fitness PP 10:00 Ladies Tea 10:15 Singing the Sixties 2:30 Reading WE 3:45 Ladies Bible Study	27 10:00 Ladies Tea 10:30 Resident Council 3:45 Ladies Bible Study
	Sunday	2nd Floor	5 10:30 Jerry Falk	12 10:30 Prairie Rose EMC 3:00 Bethaus Youth	19 10:30 Ridgewood EMC	26 10:30 Steinbach EMC

Saturday	4	11 6:00 God's Grace Singing German Program	18	25	
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Rest Haven Care Home January 2025 Tuesday Wednesday Thursday	Hayayay 1	8 Take Down Christmas Decorations 2:00 Men's Bible Study 3:00 Hymn Sing	15 2:00 Men's Bible Study 3:00 Hymn Sing	22 9:30 Grand Partner 11:00 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing &	9:30 Fun Fitness PS 29 10:30 Colour my World Grey FM 2:00 Men's Bible Study & 3:00 Hymn Sing
Rest Ha	*Programs are subject to change without notice. Daily 1:1 Visits Manicures 1-4pm	7 10:00 Men's Coffee	14 10:00 Men's Coffee	21 9:30 Laughter Class SW 10:00 Men's Coffee 10:30 Singing HR 2:30 Parachute FM 6:00 Abe & Tina Music	28 10:00 Men's Coffee 11:00 Reading HR 2:00 Bits and Bites SW 5:45 Balloon Toss FM
Monday	Prairie Sky- PS Sunset Way- SW Homestead Ridge- HR Freedom Meadows- FM Chapel- Red	9:30 Fun Fitness FM 6 10:00 Ladies Tea 10:30 Reading PS Take down Decorations 2:30 Ladies Bible Study 6:45 Kleefeld EMC	13 10:00 Ladies Tea 2:30 Ladies Bible Study 6:30 Bethaus Youth	20 10:00 Ladies Tea 10:15 Singing the Sixties 2:30 Ladies Bible Study	27 10:00 Ladies Tea 10:30 Resident Council 2:30 Ladies Bible Study
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### New Year's Word Search

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BABY BALL CALENDAR CELEBRATION CLOCK CONFETTI COUNTDOWN EVE

FAMILY FRIENDS HAPPY JANUARY MIDNIGHT NEW YEAR NOISEMAKER PARTY

RESOLUTION TOAST

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