

# Rest Haven News & Notes

Issue February 2025



## February Highlights



Though February is short, it is filled with lots of love and sweet surprises. We are offering something new and wonderful in the month of love!

On February 14th, from 12 - 1 pm, loved ones are welcome to enjoy a specially prepared lunch , complete with 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 and filling up fast, so please RSVP to [bbanman@havengroup.ca](mailto:bbanman@havengroup.ca) by February 10th.



*Love is in the air...*



Should you wish to be added or removed from the newsletter contact list please contact [srandhawa2@havengroup.ca](mailto:srandhawa2@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



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# February



***“ In February there is everything to hope for  
and nothing to regret.”***

**-Patience Strong**

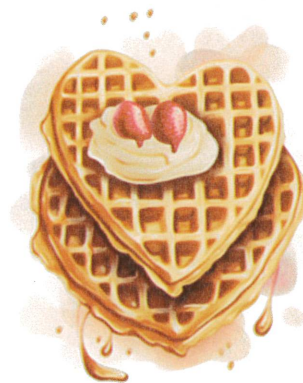
Oddly enough, even though February is just another month, there is a lot of history behind this month of romance and love!

February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years during leap years.

The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a *“leaper”* or *“leapling.”*

People born in February have a birthstone amethyst and their flowers are violets and primroses.

The name February comes from the Latin word *“februum,”* which means purification. It's a month to prepare for spring: bringing promise of longer days in the Northern hemisphere.



...are those pancakes I smell? No, wait! Waffles!!

Throughout the month of February, we will be cooking up some love with heart-shaped waffles for breakfast for residents.

*delicious!*

Dates and times may vary, so just follow your nose to the table when you hear us rattling those pots and pans!

# HAPPY BIRTHDAY

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

John Friesen

Ruby Plett

Helen Wiebe

Heinz Stolle

Frank Klassen

Al Hiebert

Margaret Goertzen-Friesen

Ruth Bercier

Anna Reimer

Mary Reimer

Micheal Dubchak

Our February Birthdays are scheduled for **Tuesday, February 11th @ 2:30 pm** in the **MPR** room. We are asking for one family member from each family to attend with their loved one on that day to help us celebrate all of our wonderful birthdays with some cake, coffee and fellowship. **It is invite-only**, so check your inboxes and emails for the invitation.

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

Helen Klassen

Minna Friesen

Steve Diduck

Peter Wiebe

Lena Bueckert

Laurence Friesen

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

***"You are braver than you believe, stronger than you seem, and smarter than you think."*** A.A. Milne

Leanne Silvers  
Therapeutic Recreation Facilitator,  
Daily Life Team Member

# Social Work Corner

## Empowering Residents - Resident Council @ Rest Haven

Part of every Personal Care Home's accountabilities to Manitoba Health includes the organizing of a Resident Council. The Resident Council must meet at minimum, five times a year, and is composed of both residents and/or their respective family members. The meetings are intended to provide a formal communication strategy to the Home's leadership; it is an opportunity for both Residents and their family members to share feedback about the quality of care received. It is also an opportunity for Rest Haven to communicate with you about our goals and planning priorities, and seek your input on ideas that we may be exploring to improve the quality of services we provide.

To ensure privacy, all meetings are held in the Main Floor Staff Lounge. Information is always posted in advance of the meetings and will confirm any date or location changes. Should you wish to review the minutes, they are available in the main hallway between the front doors and the Atrium, just outside the Daily Life office.

Primary function of the council is to:

- *Empower residents to deal with issues of interest or concern and make constructive recommendations to management;*
- *Review and revise, as necessary, the Resident's Bill of Rights;*
- *Promote communication between residents, staff and management;*
- *Provide the opportunity for residents to have input into all aspects of care and service delivery;*
- *Promote interest and friendships among residents;*
- *Advise the facilitator about how they feel the facility can be improved for resident enjoyment. Usually through suggestions of entertainment and purchasing of equipment.*

All residents are welcome to participate, share ideas, discuss concerns, be involved in their home and receive support.

**Come Join Us!**

**Next Meeting will be held March 24, 2025 at 10:30 am.**



***“Who touched me?”*** The question hung in the air as people looked around to see what was going on. When no one spoke up, Peter pointed out the crowds pressing in on Jesus-anyone could have touched Him (Luke 8:45). It was no ordinary touch, though, and Jesus had noticed it. It was an intentional touch; it was faith-filled touch of someone looking for help. Jesus felt healing power go out from him and now he looked around to see who had received it.

Who had touched him? It was a woman desperate for a miracle. A woman who hoped to just come close, brush the edge of his garment, and slip away. Her plan had worked-almost. She was healed but she was not unnoticed. She didn't want to talk about her situation but now she had to, so she fell down at Jesus' feet and poured it all out-she told him everything.

How did Jesus respond? Did he condemn? No-he understood and accepted her.

Jesus could have left the situation alone but I wonder if he wanted her story told so others could be helped. Someone else might be encouraged through her testimony. Someone else might be drawn to the Lord through what she shared.

It is comforting to know we can bring everything to the Lord, no matter how personal it is. We don't need to be afraid to bring things out because God understands. Even as the prodigal son was eagerly welcomed by a waiting father (Luke 14:20), our Heavenly Father does the same!

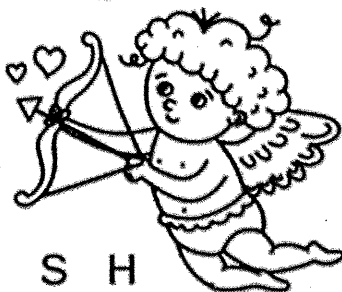
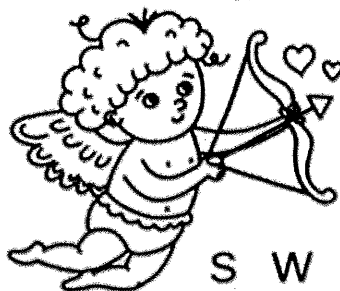
This month we also want to honor the memory of some Rest Haven residents who have recently passed away. Condolences to the families of Jim Lohr, Walter Friesen and Dan Loewen. May God give you strength in this time of loss.

**Peter Berg, Chaplain**



# VALENTINE'S DAY

## Wordsearch



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

### WORD LIST

BE MINE  
BOUQUET  
CANDY  
CARD  
CHOCOLATE






















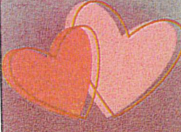
CRUSH  
CUPID  
DECORATE  
FEBRUARY  
FLOWERS

GIFT  
HEART  
KISS  
LOVE  
PINK

RED  
ROSE  
SWEETHEART  
TEDDY  
VALENTINE




# Rest Haven Care Home

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1st Floor</b>		Daily 1:1 Visits 	Lakeview - <b>LV</b> Still Waters - <b>ST</b> Woodlands - <b>WL</b> Golden Creek - <b>GC</b> Chapel - <b>Red</b>	*Programs are subject to change without notice. Manicures Wednesday- 1-4pm 	Sonnie the Dog- Tuesday's Main North Thursday's Main South 2:30-3:30pm 	1
2 10:30 John Hildebrand 	3 9:30 Fun Fitness <b>LV</b> 10:00 Ladies Tea 10:30 Reading <b>ST</b> 2:30 Balloon Toss <b>WL</b> 6:45 Kleefeld EMC	4 9:30 Bean Bag Toss <b>WL</b> 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Guess What's in the Bag <b>GC</b> 	5 9:30 Grand Partner Grade 8 2:00 Men's Bible Study 3:00 Hymn Sing 	6 10:30 Chapel 2:00 Craft 6:00 Prairie Rose Group 	7 9:30 Who's your Valentine? 10:00 Men's Coffee 10:30 Bowling <b>LV</b> 2:00 Bingo	8 10:30 Singing <b>LV</b> 6:00 God's Grace Singing German Program
9 10:30 Evangelical Fellowship 3:00 Bethaus Youth 	10 10:00 Ladies Tea 6:30 Bethaus Youth	11 9:30 Parachute <b>LV</b> 10:00 Men's Coffee 10:30 Ladies Bible Study 6:00 Jon Penner Music 	12 11:00 Fun Fitness <b>ST</b> 2:00 Men's Bible Study 3:00 Hymn Sing 5:45 Chat Group <b>GC</b> 	13 10:30 Chapel 6:45 Steinbach EMC 	14 9:30 Pump it Up <b>WL</b> 10:00 Men's Coffee 10:30 Grand Partner Grade 2-3 2:00 Bingo Special Event: Valentine's Meal 	15 9:30 Fun Fitness <b>ST</b>
16 10:30 Kleefeld EMC 	17 10:15 Singing the Sixties	18 9:30 Laughter Class <b>WL</b> 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Baking <b>LV</b> 6:00 Abe & Tina Music 	19 9:30 Grand Partner Grade 8 2:00 Men's Bible Study 3:00 Hymn Sing 	20 9:30 News Update <b>GC</b> 10:30 Chapel 2:30 Bean Bag Toss <b>WL</b> 	21 9:30 Fun Fitness <b>ST</b> 10:00 Men's Coffee 10:30 Laugh out Loud <b>LV</b> 2:00 Hymn Sing	22 6:00 Peaceful Harbor
23 10:30 Steinbach EMC 	24 9:30 Reading <b>WL</b> 10:00 Ladies Tea 10:30 Darts & Ring Toss <b>ST</b> 2:30 Trivia <b>LV</b>	25 9:30 Ball Toss <b>GC</b> 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Who am I? <b>WL</b> 	26 9:30 Fun Fitness <b>LV</b> 10:30 Guess the Logo <b>ST</b> 2:00 Men's Bible Study 3:00 Hymn Sing 	27 10:30 Memorial Chapel 6:30 Singalong Singers 	28 9:30 Fun Fitness <b>LV</b> 10:00 Men's Coffee 10:30 Color my World <b>ST</b> 2:00 Bingo	

# Rest Haven Care Home

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2nd Floor</b>			Water's Edge- <b>WE</b> Autumn Glory- <b>AG</b> Daisy Lane- <b>DL</b> Prairie Post- <b>PP</b> Chapel- <b>Red</b>	*Programs are subject to change without notice. Manicures Wednesday- 1-4pm 	Daily 1:1 Visits Sonnie the Dog- Thursday's 2:30-3:30pm 	1
2 10:30 John Hildebrand 	3 10:00 Ladies Tea 3:45 Ladies Bible Study 6:45 Kleefeld EMC	4 9:30 Roll a Dice <b>PP</b> 10:00 Men's Coffee	5 10:30 Fun Fitness <b>WE</b> 2:00 Men's Bible Study 3:00 Hymn Sing 	6 9:30 News Update <b>AG</b> 10:30 Chapel  2:00 Craft  6:00 Prairie Rose Group	7 10:00 Men's Coffee 11:00 Ball Toss <b>PP</b> 2:00 Bingo 2:30 5:45 Singing <b>DL</b>	8 2:30 Fun Fitness <b>DL</b> 6:00 God's Grace Singing
9 10:30 Evangelical Fellowship 3:00 Bethaus Youth 	10 9:30 Fun Fitness <b>AG</b> 10:00 Ladies Tea 2:00 Whose your Valentine? 3:45 Ladies Bible Study 6:30 Bethaus Youth	11 10:00 Men's Coffee 10:30 Colour my World Pink <b>DL</b> 6:00 Jon Penner Music 	12 9:45 Fun Fitness <b>AG</b> 2:00 Men's Bible Study 3:00 Hymn Sing  	13 9:30 News Update <b>DL</b> 10:30 Chapel  6:45 Steinbach EMC 	14 10:00 Men's Coffee 10:30 Grand Partner Grade 2-3 2:00 Bingo Special Event: Valentine Meal 	15 10:30 Would you Rather <b>AG</b> 2:30 Singing with Randi <b>PP</b>
16 10:30 Kleefeld EMC 	17 10:15 Singing the Sixties	18 9:30 Fun Fitness <b>PP</b> 10:00 Men's Coffee 10:30 Make a Friend Day <b>DL</b> 2:30 Curling <b>WE</b> 6:00 Abe & Tina Music	19 9:30 Grand Partner Grade 8 10:45 Parachute <b>PP</b> 2:00 Men's Bible Study 3:00 Hymn Sing 	20 9:30 News Update <b>WE</b> 10:30 Chapel  2:30 Fun Fitness <b>AG</b> 	21 10:00 Men's Coffee 2:00 Bingo	22 6:00 Peaceful Harbor
23 10:30 Steinbach EMC 	24 10:00 Ladies Tea 3:45 Ladies Bible Study	25 10:00 Men's Coffee	26 9:45 Fun Fitness <b>WE</b> 10:30 Trivia 2:00 Men's Bible Study 3:00 Hymn Sing  	27 9:30 News Update <b>AG</b> 10:30 Memorial Chapel 2:30 Balloon Toss <b>PP</b> 6:30 Singalong  Singers	28 9:30 Reading <b>PP</b> 10:00 Men's Coffee 10:30 Bowling <b>WE</b> 2:00 Bingo	





# Rest Haven Care Home

February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3rd Floor</b>			Prairie Sky - <b>PS</b> Sunset Way - <b>SW</b> Homestead Ridge - <b>HR</b> Freedom Meadows - <b>FM</b> Chapel - <b>Red</b>	*Programs are subject to change without notice. Manicures Wednesday- 1-4pm	Daily 1:1 Visits Sonnie the Dog- Tuesday's 2:30-3:30pm	1
2 10:30 John Hildebrand 	3 10:00 Ladies Tea 3:45 Ladies Bible Study 6:45 Kleefeld EMC	4 10:00 Men's Coffee 	5 9:30 Grand Partner Grade 8 2:00 Men's Bible Study 3:00 Hymn Sing 	6 9:30 News Update <b>SW</b> 10:30 Chapel 2:00 Craft 6:00 Prairie Rose Group	7 9:30 Fun Fitness <b>PS</b> 10:00 Men's Coffee 10:30 Who's your Valentine? 2:00 Bingo	8 9:30 Reading <b>HR</b> 6:00 God's Grace Singing
9 10:30 Evangelical Fellowship 3:00 Bethaus Youth 	10 10:00 Ladies Tea 2:30 Ladies Bible Study 6:30 Bethaus Youth	11 9:30 Trivia <b>FM</b> 10:00 Men's Coffee 10:30 Singing <b>HR</b> 6:00 Jon Penner Music 	12 9:45 Fun Fitness <b>SW</b> 10:30 Board Games <b>PS</b> 2:00 Men's Bible Study 3:00 Hymn Sing	13 9:30 News Update <b>FM</b> 10:30 Chapel 2:30 Color my World Pink <b>SW</b> 6:45 Steinbach EMC	14 9:30 Fun Fitness <b>HR</b> 10:00 Men's Coffee 10:30 Grand Partner Grade 2-3 2:00 Bingo Special Event: Valentine Meal	15 10:30 Singing with Randi <b>SW</b> 2:30 Bean Bag Toss <b>FM</b>
16 10:30 Kleefeld EMC 	17 10:15 Singing the Sixties	18 9:30 Parachute <b>FM</b> 10:00 Men's Coffee 10:30 Reading <b>HR</b> Baking <b>SW</b> 6:00 Abe & Tina Music 	19 2:00 Men's Bible Study 3:00 Hymn Sing 	20 9:30 News Update <b>SW</b> 10:30 Chapel 2:00 Bits & Bites <b>FM</b>	21 9:30 Fun Fitness <b>PS</b> 10:00 Men's Coffee 10:30 Bowling <b>FM</b> 2:00 Bingo	22 6:00 Peaceful Harbor
23 10:30 Steinbach EMC 	24 10:00 Ladies Tea 2:30 Ladies Bible Study	25 9:30 Laughter Class <b>SW</b> 10:00 Men's Coffee 2:30 Curling <b>PS</b> 5:45 Singing <b>HR</b> 	26 9:45 Fun Fitness <b>FM</b> 10:30 Would you Rather <b>SW</b> 2:00 Men's Bible Study 3:00 Hymn Sing	27 9:30 News Update <b>PS</b> 10:30 Memorial Chapel 2:30 Balloon Badminton <b>SW</b> 6:30 Singalong Singers	28 9:30 Fun Fitness <b>PS</b> 10:00 Men's Coffee 10:30 Who am I? <b>FM</b> 2:00 Bingo 2:30 Ball Toss <b>HR</b>	

REST HAVEN LUNCH MENU (HAVENLINK SERVET)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <h1 style="margin: 0;">FEBRUARY</h1> <h2 style="margin: 0;">2025</h2>					1 (Week 4) Vegetable Soup Ham & Cheese Sandwich Pickles Fruit Cobbler	2 Shake & Bake Chicken Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous
3 (Week 5) Sauerkraut Soup Meatloaf Gravy Mashed Potatoes California Mixed Vegetables Date Square	4 Hearty Italian Soup Kielke with Fried Onions & Schmaunt Phat Ham Veg Salad Jello Fruit	5 Split Pea Soup Battered Fish Fry Fries Coleslaw Lemon Meringue Pie	6 Turkey/ Stuffing Cranberry Sauce Mashed Potato Corn Cherry Platz	7 Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork Rice Pilaf Gravy California Mixed Veg. Peach Upside Down Cake	8 Chef's Soup Turkey Sandwich Chips/Pickles Orange Fluff Salad	9 Roast Pork with Gravy Boiled Potatoes Green Beans Fruitcocktail Mous
10 (Week 1) Beef and Barley Soup Chicken Fingers Fries Garden Salad Fruit Based Dessert	11 Chicken Noodle Soup S&S baked Farmer Sausage Rice Green Beans Tapioca Pudding	12 Hearty Vegetable Soup Chicken Cacciatore Noodles Salad Chocolate Cream Pie	13 Cream of Celery BBQ Rib Mashed Potato Carrots Apple Cinnamon Coffee Cake	14 <b>Happy Valentine's Day</b> Zuppa Toscana Lasagna Caesar Salad Garlic Bread Chocolate Cake	15 Garden Vegetable Soup Chicken Pot Pie Cucumber and Tomato Slices Fruit Platz	16 Roast Beef Mashed Potatoes Coleslaw Rice Pudding
17 <b>Louis Riel Day</b> (Week 2) Beet Borscht Soup Perogies Farmer Sausage Carrots Cream Gravy Canned Peaches	18 Hearty Manitoba Vegetable Soup Meat Loaf Mashed Potato Broccoli Salad Cinnamon Roll Cake	19 Roast Beef Oven Baked Potatoes Mixed Vegetables Apple Crisp	20 Butternut Squash Soup Chicken Taco Bake Noodles Cucumber Salad Fruit	21 Minestrone Soup Ham Kielke with Fried Onions & Schmaunt Phat Coleslaw Frozen Yogurt	22 Chef Soup Egg Salad Sandwich Cheese Chips/Pickles Fruit based Dessert	23 Baked Ham Pineapple Sauce Scalloped Potatoes Kernel Corn Plumi Mous
24 (Week 3) Summa Borscht Soup Country Style Chicken Mac N' Cheese Savory Green and Wax beans Ice Cream Sundae	25 Vegetable Soup Spaghetti with Meat Balls Caesar Salad Garlic Bread Custard Bread Pudding	26 Chicken Noodle Soup Baked Farmer Sausage Fried Potatoes Vegetable au Gratin Banana Cream Pie	27 Corn Chowder with Bacon Fish Fry Potato Wedge Three Bean Salad Ambrosia Salad	28 Green Bean Soup Farmer Sausage Perogies Pickled Beets Schmaunt Phat Trifle	<b>MENU IS SUBJECT TO CHANGE</b> <b>Nutrition and Food Services</b> <b>Department:</b> <b>204-326-2285/</b> <b>204-346-5013</b>	

# REST HAVEN SUPPER MENU

M ONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 (Week 4) Meat Balls or Chef's Alternate Noodles Mushroom Gravy Waxed Bean / Pepper Butter Tart	2 Butternut Squash Soup Cheese Bread Pea Salad Cold Cuts/Pickles or Chef's Alternate Rhubarb Strawberry Pie
3 (Week 5) Breaded Pork Cutlets or Chef's Alternate Potato Wedge Gravy Coleslaw Nanaimo Bar	4 Omelet or Chef's Alternate Garlic Toast Salad Fruit Based Dessert	5 Honey Garlic Chicken or Chef's Alternate Rice Roasted Broccoli Oatmeal Raisin Cookie	6 Pork Sausages or Chef's Alternate Potatoes O' Brien Buttered Peas Carrot Cake	7 Cabbage Rolls or Chef's Alternate Mashed Potatoes Mixed Vegetables Apple Crisp	8 Spaghetti & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart	9 Chicken Noodle Soup Cottage Cheese Fresh Bread Potato Salad Cold Cuts/Pickles or Chef's Alternate Coconut Cream Pie
10 (Week 1 ) Garlic Sausage or Chef's Alternate Hashbrown Casserole Mixed Vegetables Chocolate Cookies	11 Beef Stew or Chef's Alternate Cheese Biscuits Mandarin Segments	12 Breaded Mustard Veal Cutlets or Chef's Alternate Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip Cookies With Red Lentils	13 Chicken with Alfredo Sauce Noodles or Chef's Alternate Peas Biscuits Fruit	14 Baked Fish Fillet or Chef's Alternate Lemon Slice Lyonnaise Potatoes Cauliflower/Carrots Butterscotch Pudding	15 Breaded Pork Cutlets or Chef's Alternate Noodles and Sauce Mixed Vegetables Chef's Dessert	16 Summa Borscht Cold Cuts or Chef's Alternate Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
17 (Week 2) Roasted Chicken or Chef's Alternate Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	18 Pork and Apple Cakes or Chef's Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice Cream Sundae	19 Baked Porkchops or Chef's Alternate Gravy Mashed Potato Gravy Corn Tapioca Pudding	20 Fish Sticks or Chef's Alternate Fried Potatoes Tartar Sauce Herbed Green Beans/ Peppers Trifle	21 Chicken Teriyaki or Chef's Alternate Steamed Rice Stir Fry Vegetables Mandarin Oranges	22 Veal Parmigiana or Chef's Alternate Pasta Marinara Sauce Peas Fruit Platz	23 Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Carrot Salad Cream Pie
24 (Week 3) Lemon Fish or Chef's Alternate Potatoes Peas & Carrots Pineapple Upside Down Cake	25 Mushroom Baked Pork Chops or Chef's Alternate Mushroom Gravy Lyonnaise Potatoes Mixed Veg Cupcake	26 Sweet & Sour Diced Beef or Chef's Alternate S&S Sauce Steamed Rice Broccoli Fruit	27 Homemade Chicken Pot Pie or Chef's Alternate Mandarin Lettuce Salad Peanut Butter Brownie	28 Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Carrots Hot Fudge Pudding Cake	MENU IS SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013	