

# Woodhaven Newsletter

# March 2025



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# Hello March

May the early spring

Awaken your soul and

Remind you to

Celebrate the season with the

Hope and Joy it brings



Ladies! You are cordially invited to the:

## 2nd Annual Women of Woodhaven Tea Party!

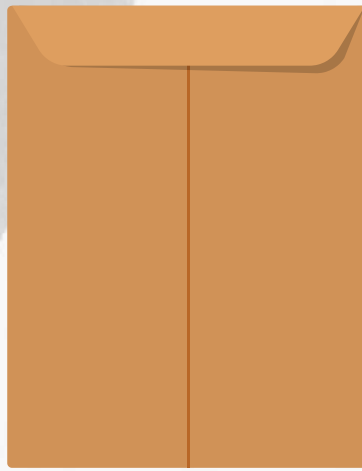
To recognize International Women's Day, we will be having a tea party to honour and celebrate the Women of Woodhaven! Come for food and fellowship on: **Friday March 7th at 2:30pm**. No cost to attend, please just bring a cup and saucer if you have one, and a small tea party snack to share (finger sandwiches, dainties etc.) Coffee & tea will be provided. Please sign up to be included. I hope to see you there! If you have a teapot that I could borrow for the party, please let me know! Feel free to dress up if you'd like to.

## MEN'S SOCIAL HOUR

**All men** are invited to come for a men's social hour. Come for coffee, snacks, and fellowship on **Friday, March 7th at 2:30pm** in the basement activity room. No cost to attend, please just bring your own mug. The game room will also be available to use if you would like to play billiards or shuffleboard together!  
Hope to see you there!




**IMPORTANT!**



Income tax season is here! Edwin Klassen CPA, CMA is offering his services once again to all Woodhaven tenants for a flat rate of \$50 per person. He will be coming to the Woodhaven Administration office on Tuesday, March 11th to collect any paperwork. The most common forms needed are: CPP & OAS statements from Service Canada, T3 forms for investment income, T5 form for interest income, donation receipts, medical receipts and the statement for how much rent was paid. There may also be other forms required, depending on the individual. If you have not used Edwin to prepare your taxes before and would like to this year, he will also require your 2023 income tax return. **If you would like to use Edwin's services, please place all of your required documents in an envelope labelled with your name, suite number and phone number. Please also include a cheque for \$50 addressed to Edwin Klassen. Please drop off your envelope to Helen in the office no later than Monday, March 10th.**



**VICTORIA LIFELINE**  
Safe and independent living.



Tina Plett from Victoria Lifeline will be here on **Wednesday March 12th at 2:30pm**. This is a great opportunity to hear all about the new products and services that Lifeline has to offer, or just ask any questions you may have. Even if you think Lifeline is not for you, come and check out this information session.



# Seniors and driving - some safety tips!



The trouble with aging is that no matter how much we deny it, our minds and bodies don't function as they did in years past. We try to keep our frailties hidden as long as possible, but sometimes we recognize that our limitations are affecting our ability to drive safely. Or, sometimes, others recognize this for us. We know we must take measures to guard our own safety and that of others. Below are some driving safety tips for seniors:

## 1. Take a Driver Safety Refresher Course

Enrolling in a course like this is about more than simply learning to compensate for changes in vision or hearing. It can also familiarize you with new vehicle technology that could prove very helpful, teach driving skills you might not have learned before, and evaluate your current driving ability in an honest and informative way.

## 2. Choose the Right Car for Your Life Stage

The retirement years are ideal to start driving a new car—one with features that have an extra degree of comfort and safety to the ride. Earlier in your life you were likely driving a “family car,” like an SUV or van, or perhaps a fun but impractical sports car. Now is the time to value safety, comfort and simplicity above all else.

## 3. Have Regular Vision and Hearing Tests

Two of the most critical senses for driving safety – hearing and vision – tend to decline with age. Impaired hearing can keep someone from hearing an emergency vehicle, an approaching train, or an urgent honk. Age-related vision issues make it difficult to see clearly or drive after dark. Your eye doctor may recommend anti-reflective coating or night-driving glasses, or they may advise you to stay off the roads after dark. Schedule routine vision and hearing tests, even if you believe your hearing and vision are normal. Problems are often easier to correct or minimize if they are caught in the early stages.

## 4. Exercise for Energy, Strength, and Flexibility

A research study focused on 4 types of exercise: strength, range of motion, flexibility, and coordination, (all of which are critical for driving) found that those over age 50 who exercised daily for at least 20 minutes over 8 to 10 weeks performed better behind the wheel. Check with your doctor to find out what type of exercise regimen is right for you. Of the driving safety tips for seniors, this one promises to improve your overall health, too!

## 5. Understand Your Medications

It's not uncommon for seniors to take prescription medications. However, we tend to neglect or dismiss the various side effects they can cause. But what if you feel lightheaded or sleepy while driving? Speak to your doctor about if any of your medications have side effects that could affect your ability to drive. Whatever you do, don't drive while impaired!

## 6. Get the Proper Amount of Sleep

Impaired driving can also occur due to a lack of sleep, and aging is often associated with an increasing inability to get the right amount. As we grow older, our sleep changes due to the effects of an aging brain. For seniors, inadequate sleep can be extra risky, so you might need help from a sleep specialist or other healthcare provider if sleep deprivation is a problem.

## 7. Compensate for Longer Reaction Times and Slower Reflexes

Since physical changes in nerve fibers slow their conduction speed, reflexes tend to slow over time. The parts of the brain that handle motor control also lose cells over time. Even so, the effect of age on reflexes and reaction time varies from one person to another. Of course, sometimes practice makes things better (not perfect), and it is occasionally possible to shorten reaction time.

### Other suggestions for senior drivers:

- Increase following distance
- Get rid of distractions inside the vehicle
- Avoid busy highways and heavy traffic areas
- Only drive when you feel awake and alert
- Minimize left turns.
- Know your route before starting the trip
- Review medications with your doctor before driving
- Know your limitations and when its time to stop driving!

**STAY  
SAFE**



If these driving safety tips are not enough to ensure safety for you and others on the road, it might be time to make one of the most challenging decisions older adults must make. It may be time to surrender your license, sell your car, and give up driving for good. If you're concerned how you'll run errands or visit friends, be sure to explore transportation alternatives! In many communities a lot of resources are walkable and transportation options are available to you. A change like this might hurt your pride, but doing so could save lives, including your own. Finally, as hard as it may be to listen to others' concerns about your driving, remember they are only doing it out of care and concern for you. So listen, and take them seriously!

## UPDATE

The Barkman bake sale will be here every other month from now on. Therefore, they will not be here this month. The next bake sale will be in April.



## DON'T FORGET

Daylight savings time begins on **Sunday March 9th**. Be sure to set your clocks forward one hour before you go to bed on Saturday night!

## A friendly reminder:

Please do not leave your unwanted books and magazines down in the library. **All library donations should be brought to Helen's office first for sorting and labelling.**

Thanks so much!



Sign up for a slice of warm pie with ice cream on **Friday, March 28th at 2:30pm**. Cost is **\$3 per person**, coffee and tea will also be provided. **Don't forget to sign up and bring your own mug!**



Thursday,  
March 20th is  
the first day of  
spring!



**A friendly reminder:**

Please do not leave walkers in the hallway outside of your suite. Hallways need to be kept clear at all times according to fire safety regulations. Thank you for your cooperation and understanding!



Come and have some fun while moving your body at "Exercise with Helen" **every Friday at 9:30am**. This class is accessible and friendly for **anyone**, and **everyone**! Check it out!



**All are welcome!**

Don't forget the 'Tuck Shop' is always open during office hours. Non-perishable household items like toilet paper, dish and laundry soap, cough drops, shampoo, soup, batteries, lotion etc are available for purchase. Cash only please! In the TRC/Admin office.



TOOTHPASTE

SOAP

Prairie Rose high school youth group will be here on **Thursday March 13th at 7:30pm**



# From The Chaplain's Desk

We are certainly appreciating the approach of spring this month, as we see the sun coming up earlier and the days getting longer!

One of the beauties of creation is the icicle. Often forming on the edge of a roof through the melting, dripping, and refreezing of water, it can grow meters long and can dazzle and sparkle through the interesting shapes it forms.

How much do we notice these little marvels? An icicle, a falling snowflake, or the hoarfrost on a window pane—beautiful reminders of God's handiwork around us.

The book of Job presents us with a number of interesting scenes, from the conflicts surrounding Job's suffering, to discussions between Job and God. Near the end of the book we see how God asks Job a number of questions about creation (Job 38:28-29).

Hath the rain a father?  
or who hath begotten the drops of dew?  
Out of whose womb came the ice?  
and the hoary frost of heaven, who has given it birth?

Interesting ways to picture ice or rain, but also reminders of how God orchestrates it all to work together in every detail, down to the smallest drop of rain!

This month, many celebrate Ash Wednesday and observe Lent, a 40-day period of fasting and prayer leading up to Easter and commemorating the 40 days of fasting Jesus went through as he began his ministry. For many this is also a time of preparation for Easter.

Blessings to you as we enjoy the marvels of spring together!

Peter Berg, Chaplain



# March Birthdays:

Anna Wall - 16

Gladys Penner - 19

Sarah Penner - 30

Please join us for a Birthday party on Monday, March 24 at 2:30pm! \$2 per person, free for those celebrating a March birthday. Please sign up, and be sure to bring your own mug!

Age is a matter of mind.  
If you don't mind, it  
doesn't matter!

A birthday reminder:  
Growing old is mandatory,  
but growing up is optional.

# Puzzle Time



- BLOSSOM
- BREEZE
- BUD
- BULBS
- BUNNY
- BUTTERFLY
- CHICK
- DAFFODIL
- EASTER
- EGGS
- GRASS
- GREEN
- HATCH
- JUNE
- MARCH
- MAY
- NEST
- PUDDLE
- RAINBOW
- ROBIN
- SEASON
- SHOWERS
- SUNSHINE
- THAW
- TULIP
- UMBRELLA

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

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