

Rest Haven

September 2025

News & Notes

3rd Floor



Help the Environment, One Page at a Time!

To reduce paper waste, we're no longer printing menus and calendars. Instead, you can find the latest updates anytime at: havengroup.ca. Menus and calendars are just a click away easy, eco-friendly, and up to date!

Lets Grow Together!

At Rest Haven, we're always looking for ways to improve your loved one's care. Look for our new **Feedback Boxes** by the elevators! Fill out the form provided, let us know what we're doing well or where we can do better. Your voice helps us grow!

**Should you wish to be added or remove from the contact list please be
advised srandhawa2@havengroup.ca**

September Highlights

**Country Rides On
Sept 10
&**

**Birthday Party
Sept 18
&**


**Tour of Southeast
Event Centre
Sept 24**






Happy Birthday

Please join us in celebrating with our September birthdays:



Malinda Koop
Tim Krause
Peter Schroeder
Joyce Swidersky



Happy Anniversary



Peter & Helen Shroeder

Our monthly birthday party is an invite only which is held every month from 2:00 -3:00 and our friends are welcome to bring one family member each to enjoy some cake, coffee and fellowship.

...when I awoke this morning, and autumn had filled the air, the green leaves had turned to crimson, and God was everywhere. – Russell T. Brown.

Summer Craft Delight
To welcome the warmth of the season, the ladies created stunning flower arrangements that served as vibrant centerpieces.



Volunteers Needed- Make a Meaningful Connection!

We are looking for compassionate volunteers to spend one-on-one time with our residents on 3rd floor. Your time and presence can make a big difference in someone's day. If you're interested in building friendships and bringing joy to others, we'd love to hear from you!

**Please contact Rose at:
rfalk@havengroup.ca**

We had a wonderful summer filled with courtyard coffee, country ride, car show and Tailgate party.



🌸 Fall Immunizations: Protecting Our Loved Ones Together 🌸

Residents and Care Partners,

This fall, Rest Haven will be offering vaccines to protect against COVID-19, influenza (flu), RSV, and pneumococcal disease. These vaccines are an important way we can continue prioritizing the health and well-being of those living at Rest Haven as we head into the colder months.

Why consider fall vaccinations?

As respiratory viruses become more active in the fall and winter, vaccines provide an added layer of protection. Vaccination helps reduce the risk of serious illness, hospitalizations, and outbreaks within our community. The updated 2025–2026 COVID-19 and influenza vaccines are designed to target currently circulating variants, while RSV, and pneumococcal vaccines protect against other common seasonal infections that can be especially hard on older adults.

Program details:

- The fall vaccination program will begin in October 2025.**
- Residents/Care Partners will be contacted to provide consent for eligible vaccines before they are given.**
- All vaccines are provided free of charge.**

Vaccination remains one of the safest and most effective ways to protect our community. Fact sheets on each of the vaccines are available in the homes. If you would like to access these fact sheets from home, use the QR code links below. For questions or to discuss vaccination options, please reach out to us directly.



**COVID Vaccine
Fact Sheet**



**Influenza
(Flu) Vaccine
Fact Sheet**



**RSV Vaccine
Fact Sheet**



**Pneumo-20
Fact Sheet**

To use a QR code, use a device with internet connection:

- 1) Open the camera of your smart phone/tablet.**
- 2) Hold over QR code until a link appears on your screen.**
- 3) Tap the link to be directed to the website.**

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.**

Grandparents Day is on September 7 this month, a great opportunity to show appreciation for the grandparents in our lives!

When all of us getting a little older each year, the meaning of this day continues to change. From thinking about our grandparents, to noticing how our parents turned into grandparents, to finally realizing how many of us have also become grandparents, the transition reminds us again of the passing of time.

It was Marian McQuade, a homemaker from West Virginia, who wanted to help lonely seniors in nursing homes, who helped to get Grandparents Day started in 1978. Celebrated the first Sunday after Labor Day, it is a day where the generations can get together for special events, where grandchildren can tap into the wisdom and heritage of their grandparents and where grandparents can talk about the good ol' days. One suggested activity is for grandchildren to look through the old photo albums and get their grandparents' help in dating the pictures, thus bringing old memories to life and creating new memories in the process.

I'm sure we all have things we appreciate about our grandparents, be it Grandma's baking, Grandpa's storytelling, or the faith that was passed on to us. In II Timothy 1:5 Paul credits Timothy's grandmother Lois for the faith she passed on to her daughter Eunice and to her grandson Timothy. With Timothy becoming a pastor, this was a heritage he must have been especially grateful for! May we also leave a spiritual legacy for our grandchildren.

We would also like to honor the memory of Eva Funk, who passed away at Rest Haven this past month, wishing the family God's strength in this time of loss.

Peter Berg, Chaplain