

2nd Floor NEWS & NOTES

September 2025

Perogies Fundraiser: Save the Date!

September 4, 2025

Rest Haven is hosting a Drive-Thru Perogies & Farmer Sausage Fundraiser from 4:30–6:00 PM.

To register, call 204-326-2206 or email kmarrow@havengroup.ca by 12:00 PM on August 29
Don't miss out, order early and support a great cause!

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 removed from the newsletter contact list please contact srandhawa2@havengroup.ca

September Birthdays

Esther, Tina, and Bill!

Summer Celebrations



Upcoming Events and News:

Ladies Craft - Sept. 4 & Sept. 27
Baking - Sept. 10
Singing With Wilbert - Sept. 12
Autumn Bingo - Sept. 16
Men's Group - Sept. 18
Monthly Birthday Party - Sept 24



Summer Memories - Made Together

To soak up the sunshine this summer, the 2nd floor residents enjoyed programs such as, Courtyard Coffee, Outdoor walks, Balcony Groups, the Wheelchair Accessible Swing, Gardening, Sunshine & Song, Sundaes on Thursday, and many small group / one to one visits in the court yard!



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.

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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.



COVID Vaccine
Fact Sheet



Influenza (Flu)
Vaccine Fact
Sheet



RSV Vaccine
Fact Sheet



Pneumo-20
Fact Sheet

August Tail Gate Party!



Have Your Say !! Improve Resident Life Today

Southern Health-Santé Sud is asking residents or their families to complete a short, confidential survey by August 30, 2025, to help improve care and services in Personal Care Homes. To participate, scan the QR code or visit <https://forms.office.com/r/rBYq7NjAcq>; support is available if needed.





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

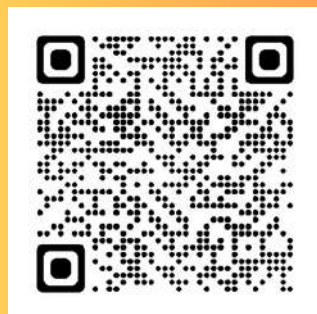
3rd Floor

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!

With all of us get 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