

April 2019 Central Haven Community Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> 10:30 Bedford -Indoor Curling	<i>2 Happy Birthday Ken!</i> 10:30 Java Music Club 1:30 Bingo	<i>3</i> 10:30 Catholic Mass with Fr. Clements 1:30 Country Drive 2:30 Chapel	<i>4</i> 10:00 Music with Wes 2:30 Saska- toon Zoo bringing a Ferret to visit	<i>5 Happy Birthday Maxine!</i> 10:30 Exercises 1:30 Music by Silverstrings 2:30 Garden Club	<i>6</i>
<i>7 Happy Birthday Eleanor!</i> 10:00 Catholic Mass with Father Albert	<i>8</i> 10:30 Bedford -Bingo	<i>9</i> 10:30 Indoor Curling 2:00 Music by After 4	<i>10</i> 10:30 Daycare Visits 2:30 Chapel 6:30 Chelsea and Kali the dog visit	<i>11</i> 10:30 Bowling 1:30 Bingo 1:15-3:00 Tumbleweed Pop-Up Shop	<i>12</i> 10:30 Exercises 2:30 Garden Club	<i>13 Happy Birthday Mary!</i>
<i>14</i> 10:00 Catholic Mass with Father Albert	<i>15</i> 10:30 Bedford -Easter Egg Colouring	<i>16</i> 1:30 Bingo	<i>17</i> Breakfast Excursion 2:30 Chapel 3:15 Heritage Neighbour- hood Meeting	<i>18</i> 10:00 Music with Wes McDonald's Lunch 2:00 Music by Phil Miller	<i>19</i> Good Friday Stat	<i>20 Happy Birthday Tina!</i>
<i>21</i> Easter Sunday 10:00 Catholic Mass with Father Albert	<i>22</i> Easter Monday Stat	<i>23 Happy Birthday Ruby!</i> 10:45 Read Aloud with Susan 2:00 April Birthday Par- ty—Music by Can Am Country	<i>24</i> 10:30 Daycare Visits 1:30 Country Drive 2:30 Chapel 6:30 Chelsea and Kali the dog visit	<i>25</i> 10:30 bowling 1:15 National Film Day Movie— A Bear Called Winnie 3:15 Friend- ship Neigh- bourhood Meeting	<i>26</i> 10:30 Exercises 2:00 Music by Mama B & Freight Train 2:30 Garden Club	<i>27</i> 2:00 Music by James Steele & Desiree
<i>28</i> 10:00 Catholic Mass with Father Albert 3:30 Plain's Mennonite Hymn Sing	<i>29</i> 10:30 Bedford -Bowling	<i>30</i> 10:30 Java Music Club 1:30 Bingo			<i>*All programs subject to change as needed.*</i>	<i>Spontaneous activities & excursions will happen throughout the month.**</i>



Central Haven

Central Haven News

April 2019



Central Haven Special Care Home
1020 Ave I North
Saskatoon, Saskatchewan Canada S7L 2H7
306-844-4034

<http://www.sherbrookecommunitycentre.ca/about-sherbrooke/central-haven/>

Part of the
Sherbrooke
Family

It's the time of year to start thinking of spring and gardening!

Are you an avid gardener? Do you like digging in the dirt?

The garden box sign up sheet is up on the bulletin board, please sign up if interested. It is helpful if you have a helper/family member sign up with you. Please note we ask that you are responsible for getting the plants that you would like in your garden box. If we get donations of plants or seeds they will be made available to everyone. If you have any question please give us a call 306-844-4034

If you really have the garden itch, join the Garden Club! Starting in March every Friday at 2:30 pm. We will be starting by transplanting some indoor plants and planting some seeds!

If you would like to volunteer to help with this club, please talk to Monica or Elizabeth



*In loving
memory
Marion*

Best Wishes in your New Home!



**Christine Bill
Elsie**

Thank you to those who supported the ST. Patrick's Day Bake Sale
We raised \$157.00
Wedny G. was the winner of the Candy Guess
All proceeds will go to the new canvases project for Heritage Lane's Hallway.



Central Haven Heritage Lane Photo Contest!
Theme: Saskatchewan Farm Life
Submissions must be 8x10 photos
Photos chosen will be permanently hung in Heritage Lane



Submissions must be handed in by September 27, 2019 Noon
Entry Forms are available at Central Haven
Please see full details & entry form on poster posted.
More information to come.
Help us get some great farm photos to enhance our décor!

**WELCOME
Raymond**

Happy Birthday
Ken—April 2
Maxine—April 5
Eleanor—April 7
Mary—April 13
Tina—April 20
Ruby—April 23



ALTERNATIVE®

Principle 8 of the Eden Alternative® is about empowerment and team work. It helps us to move decisions to the correct place in the organization so that our Elders have the choices that belong to them and our hands on staff can make decisions that belong to them. It helps us to be more resident directed and to develop teams of care partners around the Elder in small enough communities where everyone's voice can be heard. The Eden golden rule is as management does unto staff so shall staff do unto Elders. So if we want happy and empowered Elders we need to ensure our staff are cared for, empowered and respected too. If you have any questions please talk to an Eden Associate or a Manager. The Eden Philosophy teaches us that there are 7 domains that create our well-being. They are Identity, Connectedness, Security, Autonomy, Meaning, Growth, and Joy. What is the domain of **SECURITY**? Security is about freedom from fear, anxiety and doubt; feeling safe; having privacy, dignity, and respect. Security comes about through the building of trust; loving support; being well-known; and by never, never forcing care. **For reflection:** 'What is it that does or would help you to feel secure within your home here?'

<http://www.edenalt.org/>

Neighbourhood Meetings in the Saal Room!

Heritage Lane & Way Neighbourhood Meeting will be Wednesday, April 17 at 3:15pm

Friendship Lane Neighbourhood Meeting will be Thursday, April 25 at 3:15pm

As part of our Eden journey, Central Haven will be holding monthly neighbourhood meetings. The goal of these meetings is to get to know each other well and to build the community. Elders, families, and staff who belong to the particular neighbourhood are welcome to attend.

WORSHIP TIMES IN SAAL ROOM CHAPEL (NON-DENOMINATIONAL SERVICE)

WEDNESDAYS AT 2:30 PM

CATHOLIC MASS

CATHOLIC MASS WEDNESDAY SERVICE 1ST WEDNESDAY OF THE MONTH

SUNDAY'S AT 10:00 WITH FATHER ALBERT



****Booking procedure for the Saal Room & Alcove area:**

To book a room for a family gathering please call Michelle at 306-844-4030.
For short notice booking after business hours please talk to the nurses.
Thank you



SHERBROOKE FOUNDATION

Funding full, abundant life at Central Haven

Have you included a charitable gift(s) in your will? If not, you may be missing out on an opportunity to *leave the world a better place*. Central Haven is honoured to be named in people's wills. Such gifts enable us to continue *renewing our home* to support full, abundant life for future residents. For further information – without obligation – please contact Rob Neufeld at the Sherbrooke Foundation 306-655-3632 or rob@sherbrookefoundation.ca



Community Excursions:

Please remember that we have limited seats on the bus and therefore must give everyone a chance to go on the excursions. Thank you for understanding.
April 3—1:30 Country Drive
April 17—9:00 Breakfast Excursion
April 24- 1:30 Country Drive



IMPORTANT

From Laundry :

When bringing in new articles of clothing or bedding, please place in a bag & label the bag with the residents name and room number. Also, make sure to bring the bag to the laundry staff or leave with a care partner or nurse if laundry is closed. Thank you. **Please check for lost & found items by laundry area. (Please check often as the lost clothing accumulates)**