



# September 2019 Central Haven Community Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 <i>Happy Birthday Kathy!</i></p> <p>10:00 Catholic Mass with Father Albert</p>	<p>2 Labour Day Stat Holiday</p>	<p>3 <i>Happy Birthday Ron!</i></p> <p>10:00 Art Group with Wesley</p>	<p>4</p> <p>10:00 Art Group with Wesley</p> <p>2:30 Chapel</p>	<p>5</p> <p>10:00 Music with Wes</p> <p>Noon Cream Can Dinner</p>	<p>6</p> <p>10:30 Exercises</p> <p>1:45 Music by Silverstrings</p>	<p>7 <i>Happy Birthday Ray!</i></p>
<p>8</p> <p>10:00 Catholic Mass with Father Albert</p>	<p>9</p> <p>1:30 Art Studio</p>	<p>10 <i>Happy Birthday Peter!</i></p> <p>1:30 Aviation Museum Tour</p>	<p>11</p> <p>10:30 Daycare Visits</p> <p>2:30 Chapel</p>	<p>12</p> <p>10:30 Indoor Curling</p> <p>1:45 Music with Elizabeth</p>	<p>13</p> <p>10:30 Exercises</p> <p>1:30 Bingo</p>	<p>14</p>
<p>15</p> <p>10:00 Catholic Mass with Father Albert</p>	<p>16</p>	<p>17 <i>Happy Birthday Helen!</i></p> <p>1:15 Resident &amp; Family Council</p> <p>1:30 Bingo</p>	<p>18</p> <p>10:30 Sing-a-Long with Susie Q</p> <p>2:30 Chapel</p>	<p>19</p> <p>10:00 Music with Wes</p> <p>2:00 Music with Mark &amp; Jackie</p>	<p>20 <i>Happy Birthday Justine!</i></p>	<p>21</p>
<p>22</p> <p>10:00 Catholic Mass with Father Albert</p> <p>3:30 Hymn Sing</p>	<p>23</p>	<p>24</p> <p>10:30 Bingo</p> <p>2:00 September Birthday Bash—Music by Phil Miller</p>	<p>25</p> <p>10:30 Daycare Visits</p> <p>2:30 Chapel</p>	<p>26</p> <p>10:30 Bowling</p> <p>1:30 Country Drive</p>	<p>27</p> <p>10:30 Exercises</p> <p>1:30 Indoor Curling</p>	<p>28</p> <p>10:15 Humanity First Coffee, Cake &amp; Company</p>
<p>29 <i>Happy Birthday Alexis!</i></p> <p>10:00 Catholic Mass with Father Albert</p>	<p>30</p> <p>1:30 Art Studio</p>				<p><b><i>*All programs subject to change as needed.</i></b></p>	<p><b><i>Spontaneous activities &amp; excursions will happen throughout the month.**</i></b></p>



Central Haven

# Central Haven News

## September 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/>



### Pet News...

Our vet has said that our cats are overweight! We ask that everyone help to keep the Central Haven pets healthy. Please do not feed the cats treats like Temptations or other small treats as this is like candy to the pets. We have been advised to use catnip to entice the cats to play with us. Catnip is natural and will not make them gain weight. If you would like to feed them, we ask you use their regular food as a treat instead of Temptations. We have bags of catnip and food in the rec office or housekeeping if you would like some. Also we encourage you to use toys to help the cats get exercise. Thank you for making our cats happy!



### Cream Can Dinner

Thursday, September 5 at Noon  
Lunch will be cooked in a cream can!

This will be the meal replacing the regular menu meal for that day. Families must sign up and pre pay by August 30—\$12.00 per person  
Menu: Potatoes, Corn on the Cob, Carrots, Ham, Smokies, Garlic Sausage,  
Salads, Buns & Dessert  
Watch for Sign Up Posters!



### Happy Birthday

- Kathy—Sept 1
- Ron—Sept 3
- Ray—Sept 7
- Peter—Sept 10
- Helen—Sept 17
- Justine—Sept 20
- Alexis—Sept 29

### WELCOME

Anne



ALTERNATIVE®

**Principle One** - Principle One is called the Problem Statement or the Wake-up Call. The bulk of suffering among people who live in long term care is from Loneliness, Helplessness and Boredom. These are the plagues of the human spirit, not the body. They effect all humans, but Elders living in long term care are at higher risk. The medical model does not address these plagues and the Institutional Model we were stuck in really makes them worse. We have chosen to use the word Elder as it is used in traditional cultures. The wisdom of the Elders is revered, and Elders are honoured and cherished. 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 **MEANING**? Meaning is about purpose, activity that speaks to one's personal values, rituals, recognition and self-esteem. Meaning comes about by being involved in or part of something that makes you want to get out of bed each day! **For reflection:** 'Think about what it is for you that makes you want to get out of bed each day!' <http://www.edenalt.org/>



### 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.  
Sept 10—Tour of Aviation Museum  
Sept 26—Country Drive



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

WEDNESDAYS AT 2:30 PM  
CATHOLIC MASS

NO WEDNESDAY MASS FOR SEPTEMBER  
SUNDAY'S AT 10:00 WITH FATHER ALBERT



**SHERBROOKE FOUNDATION**  
*Funding full, abundant life at Central Haven*

### \*\*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



### 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)**

Woohoo! Central Haven's new Nurse Call system couldn't have happened without the financial support of many people. **Thank you for your gifts!** Small, big or in-between, they all add up to make a big impact!  
[www.sherbrookefoundation.ca](http://www.sherbrookefoundation.ca)