



Central Haven

Central Haven News

February 2020

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/>



Happy Valentines Day!



In loving memory...

Vera
Elsie
Delores
Ted

Welcome

Audrey
Bernadette
Faye
Debbie
Glenn

Valentine's Day Tea
February 14th at 1:45pm

Happy Birthday
Marie — February 4th

Hairdressing Services are being offered again at Central Haven!

Maleah will be available on

Mondays

Please call or text her to make an appointment, thank

you.

306-361-5533



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.

“Well-being is a much larger idea than either quality of life or customer satisfaction. It is based on a holistic understanding of human needs and capacities. Well-being is elusive, highly subjective and the most valuable of all human possessions.” - Dr. William Thomas, What are old people for?

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 **IDENTITY**? Identity is about being well-known, having personhood, individuality, wholeness and having a story that is known, respected, and valued within your home. Identity comes about through the development of meaningful relationships and the mutual sharing of your story and of who you are. **For reflection:** *‘What ideas do you have to share your story with your house or neighbourhood?’*

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

Please call or text her to make an appointment, thank

you.

306-361-5533



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.

Feb 27th — Lunch Excursion



SHERBROOKE FOUNDATION

Funding full, abundant life at Central Haven

We're excited about a **new backyard patio** outside the Saal Room! It will be an accessible, quiet sunny spot (most days!). Also a great place for outdoor gatherings like BBQ's. **Can you help us** with this project with a financial gift? Help us make our **backyard patio a reality in 2020.**

Every dollar that you contribute will make a difference and help move this wonderful project forward. Pick up a donation card at the entrance or visit www.sherbrookefoundation.ca/donate-now Thank you!

Rob Neufeld



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)**

WORSHIP TIMES **IN SAAL ROOM**

CHAPEL (NON-DENOMINATIONAL SERVICE)
WEDNESDAYS AT 2:30 PM

CATHOLIC MASS
CATHOLIC MASS IN FEBRUARY
SUNDAY'S AT 10:00 WITH FATHER ALBERT

February 2020 Central Haven Community Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>*All programs subject to change as needed.</i>	<i>Spontaneous activities & excursions will happen throughout the month.**</i>				1
2 10:00 Catholic Mass with Father Albert	3 10:30 Bedford Visits 1:30 Art with Alex	4. <i>Happy Birthday Marie!</i> 1:30 Bowling with Bethany College	5 10:30 Mass 2:30 Chapel	6 10:00 Music with Wes 3:00 Java Music Club	7 1:45 Music with Silverstrings	8
9 10:00 Catholic Mass with Father Albert	10 10:30 Bedford Visits 1:30 Art with Alex	11 1:30 Bingo with Bethany College 3:00 Java Music Club	12 10:30 Bingo 2:30 Chapel	13 2:00 Blues Festival Music	14  1:45 Valentine's Day Tea	15
16 10:00 Catholic Mass with Father Albert	17 Family Day Statutory Holiday	18 2:00 Java Music Club	19 2:30 Chapel	20 Welcome SOAR Sask 10:00 Music with Wes 1:30 Bingo	21 2:00 Ice Cream Sundaes	22
23 10:00 Catholic Mass with Father Albert 3:30 Hymn Sing	24 10:30 Bedford Visits 1:30 Art with Alex	25 10:30 Java Music Club 2:00 Birthday Party Music with Alex	26 BBQ Hamburger Lunch 2:30 Chapel	27 Lunch Excursion	28 10:30 Bingo	29