


# March 2020 Central Haven Community Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 <i>Happy Birthday Notm!</i> 10:00 Catholic Mass with Father Albert</p>	<p>2 10:30 Bedford Youth-Seed Planting  1:30 Art Studio</p>	<p>3  1:30 Bethany College Visits—Seed Planting</p>	<p>4 10:30 Catholic Mass  10:00 Remai Modern Art group 2:30 Chapel 3:15 Heritage Neighbourhood Meeting</p>	<p>5 <i>Happy Birthday Muriel!</i>  10:00 Music with Wes 1:30 Bingo 3:00 Java Music Club</p>	<p>6 10:30 World Day of Prayer  1:45 Music by Silverstrings Band</p>	<p>7 <i>Happy Birthday Bill!</i></p>
<p>8 10:00 Catholic Mass with Father Albert</p>	<p>9 10:30 Bedford Youth-Games  1:30 Art Studio</p>	<p>10 10:30 International Coffee Club  1:15 Resident/Family Council Meeting 1:45 March Birthday Party -music by CanAm</p>	<p>11 10:30 Bingo  2:30 Chapel</p>	<p>12 9:00 Out for Breakfast  10:30 “Irresistibly Irish”-Sing a Long with Susie Q DVD  3:00 Java Music Club</p>	<p>13 10:00 Baking  1:30 Music with Elizabeth</p>	<p>14 <i>Happy Birthday Jake!</i></p>
<p>15 10:00 Catholic Mass with Father Albert</p>	<p>16 10:30 Bedford Youth-Bowling  1:30 Art Studio</p>	<p>17 <i>St. Patrick's Day</i>  10:30  International Coffee Club-Ireland  2:00 St. Patrick's Day Party-music by Phil Miller</p>	<p>18  2:30 Chapel  3:15 Friendship Neighbourhood Meeting</p>	<p>19 <i>Happy Birthday Bob!</i>  10:00 Music with Wes  Pizza Diner's Club Lunch  3:00 Java Music Club</p>	<p>20  2:00 Music by Mark &amp; Jackie</p>	<p>21</p>
<p>22 10:00 Catholic Mass with Father Albert</p>	<p>23 10:30 Bedford Youth-Bingo  1:30 Art Studio</p>	<p>24 10:30 Music with Alex  1:30 Bethany College Visits</p>	<p>25 10:00 Remai Modern Art Group  2:30 Chapel</p>	<p>26  3:00 Java Music Club</p>	<p>27 <i>Happy Birthday Bernadette!</i>  2:00 Music by Doug &amp; Mo</p>	<p>28 <i>Happy Birthday Alfred!</i></p>
<p>29 10:00 Catholic Mass with Father Albert  3:30 Hymn Sing</p>	<p>30 10:30 Bedford Youth-Games  1:30 Art Studio</p>	<p>31 10:45 Read Aloud Library Program with Thomas  1:45 Music by “Special Events”</p>			<p><i>Spontaneous activities &amp; excursions will happen throughout the month.**</i></p>	<p><i>*All programs subject to change as needed.</i></p>



Central Haven

# Central Haven News

## March 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/>

Part of the  
*Sherbrooke*  
Family



### St. Partrick's Day Party

Tuesday, March 17  
Music by Phil Miller  
Green Floats

Show your Irish spirit  
and wear your shamrocks and Green!




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 We will be planting seeds in March, if you are interested in helping with this please let Monica know, thanks.

In  
Loving  
Memory  
Glenn  
Wilma



Happy Birthday  
Norm—March 1  
Muriel—March 5  
Bill—March 7  
Jake—March 14  
Bob—March 19  
Bernadette—March 27  
Alfred—March 28

### WELCOME

Katie  
Wendy

Resident/Family  
Council Meeting  
Tuesday, March 10  
at 1:15pm in Saal  
Room  
Everyone welcome!

New Hairdresser at  
Central Haven!  
Ibolyka will be here on  
Monday's between 9:00am-  
1:00pm.  
For appointments please  
call or write on the paper on  
the door of the salon.  
306-370-5508



**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 **AUTONOMY**? Autonomy is about having choice and self-determination, freedom from the arbitrary exercise of authority. Autonomy comes about through a person-directed approach where elders direct their own lives. As staff we realize that we work in the elder's home as opposed to the elder living in our workplace. **For reflection:** 'What choices are important for you to be making each day of your life here?' 'What helps to alleviate feelings of helplessness if and when you experience those feelings?'

<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.  
March 12—out for breakfast




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

**Do you have a current will?**  
Without it, we risk having no say in how our assets are distributed after we're gone.

If you need resources to help you, give us a call. We have:

- Helpful articles
- Just in Case binders
- Names of legal and financial professionals who can help you

You can do it. And when it's done, you'll breathe a sigh of relief.  
[www.sherbrookefoundation.ca/donate-now](http://www.sherbrookefoundation.ca/donate-now) Thank you!

**Rob Neufeld**  
Donor Relations Leader  
T 306.655.3632



### From Laundry

**IMPORTANT**  
: 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 SER- VICE)

WEDNESDAYS AT 2:30 PM

CATHOLIC MASS  
CATHOLIC MASS FIRST  
WEDNESDAY OF MONTH  
SUNDAY'S AT 10:00 WITH  
FATHER ALBERT