

## February Birthdays

Kimbark J. 02/01      Norma C. 02/12  
 Jean O. 02/06      Myron E. 02/19  
 Betty S. 02/06      Norris R. 02/20  
 Myrna W. 02/06      John E. 02/24  
 Rosalie J. 02/24

### Services at Havenwood Available to All Residents

#### Bus Transportation:

- Doctors Trips
- Shopping
- Outings

#### Spiritual:

- Chapel/Worship
- Bible Study

#### Exercise:

- Live 2B Healthy

#### Social:

- Bingo
- Game Nights
- Bus Outings
- Socials
- Monthly Crafts
- Movie Nights

#### Groups:

- Concerto Chats
- Book Club
- Bible Study
- Havenwood Choir

#### In House:

- Dining Center
- Bistro
- Beauty Salon
- Weight Room
- Chapel/Theatre Room
- Store
- Library

## February Word Search

N	W	S	A	N	F	R	A	N	C	I	S	C	O
O	O	G	S	K	L	R	S	Y	I	S	Y	S	C
P	R	R	W	A	S	F	H	D	C	T	W	R	H
R	R	O	E	N	T	R	O	N	A	R	S	S	O
A	A	U	E	S	Y	R	C	A	R	A	O	A	C
E	A	N	T	A	A	F	H	C	D	E	F	R	O
Y	C	D	H	S	D	L	I	A	S	H	S	L	L
P	W	H	E	C	N	L	E	Z	E	R	R	L	A
A	Y	O	A	I	U	P	F	Z	F	O	E	A	T
E	S	G	R	T	S	F	S	I	S	S	W	B	E
L	E	C	T	Y	H	O	W	P	N	E	O	T	D
F	O	U	R	T	E	E	N	S	O	S	L	O	I
T	R	E	T	N	I	W	U	I	W	S	F	O	D
F	A	C	O	L	D	F	N	O	H	N	L	F	Y

GROUND HOG  
 CANDY  
 FOOTBALL  
 FOURTEEN  
 KANSAS CITY  
 SNOW  
 ARROW  
 PIZZA  
 ROSES  
 COLD  
 CHOCOLATE  
 HEARTS  
 FLOWERS  
 CHIEFS  
 SAN FRANCISCO  
 LEAP YEAR  
 SUNDAY  
 WINTER  
 SWEETHEART  
 CARDS

# Havenwood Herald

February 2020

Havenwood of Richfield  
 February 2020 Newsletter



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Happy Valentine's Day

### Dining Information

**Breakfast Hours:** 7:30am-9:00am  
**Lunch Hours:** 11:00am-1:00pm  
**Dinner Hours:** 4:30pm-6:00pm  
**Bistro Hours:** 8:00am-5:30pm

### Important Numbers

**Front Desk:** 612-286-8762  
**Kitchen:** 612-286-8723  
**Maintenance Emergency (After Hours):** 612-246-6599  
**Salon:** 1-319-330-9756

## Chaplain's Corner

### Good Gossip?

Is there such a thing? Is it ever good to talk about another person behind their back? Is it ever right to engage in casual conversation about others when we don't know whether it's true? **It is always appropriate to watch carefully what we say about other people.**

As a close-knit community, we care about the well-being of one another, and often desire to pray for those who are in the hospital or suffering. It's vital not to pass along misinformation; it's always best to verify information before sharing. If something is public knowledge or if the resident gives permission to pray or share publicly, then you may do so.

### How about passing along good things about other people?

I read about a lady who started a new job for a large corporation. Much of her job was fielding telephone calls from other employees in the company. She was quite surprised to hear complaints and negativity about her boss from several employees who called. As a result of the discontent, morale was low and the department her boss operated was not profitable.

The situation bothered this assistant very much. She contemplated what she could do to improve it. Soon she embarked upon her plan.

First, she started listening very carefully to what her boss said about his employees. Whenever the boss praised an employee, the assistant would make a mental note to remember that information. Then when she had opportunity she would pass along this positive comment to the employee such as, "Did you know the boss thinks you do especially well at 'such and such?'" Often the employee was surprised, but happy.

After a few weeks of positively affirming staff members, their attitudes towards their boss and towards their work began to change for the better. The department began to see increased productivity again.

What's the moral? Negativity can spread. We need to keep watch on what we say. Instead of repeating unverified information about another person behind their back, tell them face to face what you appreciate about them. You will make their day!

**Therefore encourage one another and build each other up, just as in fact you are doing**

(1 Thessalonians 5:11).

- written by Chaplain Sherree Lane

Appreciation is the highest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts.

- Alan Cohen

## Havenwood Happenings

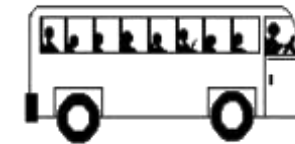
### **"I'm Ok" Checks Weekend Volunteer Needed**

We are still looking for a volunteer to do the I'm Ok checks on the weekends. The checks are done on Sat. and Sun. around 10am. Anyone enrolled in the I'm Ok checks are on second and third floor. The position entails going around to each room enrolled and checking the card to make sure it's flipped and checking on the resident if the card is not flipped. Please see Phil at the front desk if you have any questions or would be interested in volunteering on the weekends!



### **RBCU Bus Outings & Adventures**

RBCU, a local bank/credit union, has partnered with Havenwood for their Adventure Club. A.C. is a club for members 55+ to get out and enjoy what the Midwest has to offer! RBCU has generously waived their membership fees and requirements to go on Adventure Club outings. The outings for 2020 are posted by the bus signups for Havenwood. If you are interested in an outing or would like more information, please see Linay or Ashley!



### **Welcoming Wellness 2020 Event**

On Thursday, February 13<sup>th</sup> Havenwood will be hosting a Wellness 2020 event! Come stop by tables providing free wellness related services. Modern Audiology, Live 2B Healthy, Bloomington Public Health, Stonebridge Chiropractic, Allina and Home Instead Senior Care will all be here offering their services for free. From blood pressure checks to balance screenings! See the handout in your mailbox or ask Linay for more information and questions!



## This Month in History:

- ♥ February 6, 1933 - The 20th Amendment to the U.S. Constitution was adopted. It set the date for the Presidential Inauguration as January 20th, instead of the old date of March 4th. It also sets January 3rd as the official opening date of Congress.
- ♥ February 8, 1910 - The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.
- ♥ Rosa Parks, the American civil rights activist known for protesting against giving up her seat on the bus to a white passenger, was born on February 4th, 1913. Her birthday is commemorated as Rosa Parks Day in California and Missouri. She passed away in 2005, at the age of 92.

## Activities Highlights & Information

**Superbowl Potluck** – Sunday, February 2<sup>nd</sup>- Come join fellow residents and watch the Super Bowl together! Signups for if you'd like to bring a food item, are in the lobby by the bus signups.

**Havenwood Choir** – Do you love to sing? Lane & Shel have begun a choir just for Havenwood Residents! Every Tuesday at 1pm in the Chapel is choir practice! Anyone is welcome to join.

**Richfield Historical Society** – The Richfield Historical Society will be here on Thursday, February 6<sup>th</sup> to talk about Valentine's Day and its history!

**AMC Theatres Outing** – The movie times for February are not out yet, but let's make a plan for a matinee of a movie on Friday, February 7<sup>th</sup>! Signups will be in the lobby, showtimes and movie selection will be announced the Wednesday before.

**Errands Day** – Monday, February 10<sup>th</sup> we will be doing another "Errands Day"! From 8:30am-3pm, signup for anywhere you need to go (within an 8-mile radius) from lunch with friends to shopping to doctors' appointments and everything in between! Signups will be limited. Please read the information in the signup book before signing up! If you have any questions, please see Ashley!

**Pies with Guys** – A new spin on Men's Group! Wednesday, February 12<sup>th</sup> at 2pm in the craft room!

**Welcoming Wellness 2020** – Thursday, February 13<sup>th</sup> we will be hosting a Welcoming Wellness Event on 2<sup>nd</sup> floor! Please see the insert for more details.

**Valentine's Day Party & Music** - Friday, February 14<sup>th</sup> we will be having a Valentine's Day party with Bill Mann as a musical guest!

**Bloomingtones Choir** – The Bloomingtones are back with another choir performance! They will be here on Thursday, February 20<sup>th</sup> at 2pm.

**Girl Scout Cookies** – A local girl scout troop will be here to sell their delicious cookies this month! The same troop that sang us some Christmas carols will be here on Monday, February 24<sup>th</sup> from 4pm-6pm in the lobby.

**Bachman's Outing** – Thursday, February 27<sup>th</sup> we will be taking an outing to Bachman's! Signups will be in the bus book.

## Tidbits & Reminders

- ♥ **February 19<sup>th</sup> Doctors Trips:** A friendly reminder that there will be NO doctors trips offered on Wednesday, February 19<sup>th</sup>!
- ♥ **LWCC:** Please sign up in the lobby if you would like to participate in the Living Well with Chronic Conditions 6-week class!
- ♥ **New Dinner Times:** Dinner times have changed! They are now 4:30pm-6:00pm daily.
- ♥ **Newspaper Donation:** Thank you all very much for your continued donation of newspapers. At this time, we are no longer in need of newspaper donations. Thank you!
- ♥ **Memory Care Volunteering:** If you would like to volunteer your time or ideas to either or both of our memory care communities, please talk to Ashley! Crafts to playing games to having coffee, any and all are welcome!
- ♥ **Puzzles & Games:** If you have any puzzles or games sitting around at home, Havenwood is always looking for more!

### February Recipe Spotlight: Buffalo Chicken Chili

#### INGREDIENTS

- ♥ 2 lbs Chicken Breast uncooked
- ♥ 2- 15 oz cans White Beans Drained and rinsed
- ♥ 3 14.5 oz cans Fire Roasted Tomatoes Drained
- ♥ 6 cups chicken broth, you can get away with 4 cups
- ♥ 1-1 1/2 cups buffalo wing sauce start with 1 cup and add more at end if needed
- ♥ 2 packs Ranch dressing mix
- ♥ 2-3 cups frozen corn (can use canned)
- ♥ 1-2 tsp onion powder or to taste
- ♥ 1-2 tsp garlic powder or to taste
- ♥ 1-2 tsp celery salt or to taste
- ♥ 1-2 tsp dried cilantro (optional)
- ♥ 1/2 tsp salt
- ♥ 8 oz Cream Cheese (healthier option: take it out -still healthy with it)

#### DIRECTIONS

**Step 1.** Start with putting the whole, uncooked chicken breasts, at the bottom of the crockpot. Add everything but the cream cheese and cilantro in the crockpot.

**Step 2.** Cook on high for 4 hours or low for 8 hours -After 3 hours take out chicken and shred it. Put chicken back in.

**Step 3.** Add in cream cheese. Cook all the ingredients for 1 more hour (making it 4 hours total on high or 8 hours on low).

**Step 4.** Serve and top with cilantro (optional).





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2020

## Independent & Assisted Living

							10:30am   Coffee & Community   Lobby 1
							2:00pm   Bridge   Craft Room
							6:30pm   Movie Night   Chapel
5:30pm   Super Bowl Potluck   Theatre Room	2 10:30am   Target & Cub 1:00pm   Live 2B Healthy   Chapel 3:00pm   Bingo   Craft Room	3 1:00pm   Havenwood Choir Practice   Chapel 2:00pm   Chapel & Worship   Chapel 3:15pm   Concerto Chats   Dining Room	4 9am-3pm   Doctors Trips 9am-10am   Blood Pressure Checks   Private Dining Room 1:00pm   Live 2B Healthy   Chapel	5 1:00pm   Richfield Historical Society Presentation   Chapel 3:00pm   Havenwood Bible Study   Chapel	6 10am   Living Well with Chronic Conditions (Pre-Registration Required) TBD   AMC Theatres Outing   Chapel 1:00pm   Live 2B Healthy   Chapel 6:30pm   Game Night   Craft Room	7 10:30am   Coffee & Community   Lobby 2:00pm   Euchre Card Game   Craft Room 6:30pm   Movie Night   Chapel	8
Groundhog Day 	9 8:30am-3pm   Errands Day 1:00pm   Live 2B Healthy   Chapel 3:00pm   Bingo   Craft Room	10 10:30am   Lunds & Beyerlys & Aldi's 1:00pm   Havenwood Choir Practice   Chapel 2:00pm   Chapel & Worship   Chapel 3:15pm   Concerto Chats   Dining Room	11 9am-3pm   Doctors Trips 1:00pm   Live 2B Healthy   Chapel 2:00pm   Pies with Guys   Craft Room	12 1pm-4pm   Welcoming Wellness 2020   Chapel/Theatre Room 3:00pm   Havenwood Bible Study   Craft Room	13 10am   Living Well with Chronic Conditions (Pre-Registration Required)   Chapel 1:00pm   Live 2B Healthy   Chapel 2:15pm   Valentine's Day Party & Music by Bill Mann   Chapel 6:30pm   Game Night   Craft Room	14 10:30am   Coffee & Community   Lobby 2:00pm   Nickels   Craft Room 6:30pm   Movie Night   Chapel	15
Valentine's Day 	16 1:00pm   Live 2B Healthy   Chapel 3:30pm   Book Club   Craft Room	17 1:00pm   Havenwood Choir Practice   Chapel 2:00pm   Chapel & Worship   Chapel 3:15pm   Concerto Chats   Dining Room	18 9am-10am   Blood Pressure Checks   Private Dining Room 1:00pm   Live 2B Healthy   Chapel	19 2:00pm   Bloomington Choir   Chapel 3:00pm   Havenwood Bible Study   Chapel	20 10am   Living Well with Chronic Conditions (Pre-Registration Required)   Chapel 1:00pm   Live 2B Healthy   Chapel 6:30pm   Game Night   Craft Room	21 10:30am   Coffee & Community   Lobby 2:00pm   Hand & Foot Card Game   Craft Room 6:30pm   Movie Night   Chapel	22
Presidents' Day (US) 	23 10:30am   Target & Cub 1:00pm   Live 2B Healthy   Chapel 3:00pm   Bingo   Craft Room 4pm-6pm   Girl Scout Cookie Sales   Main Lobby	24 11:00am   February Craft   Craft Room 1:00pm   Havenwood Choir Practice   Chapel 2:00pm   Chapel & Worship   Chapel 3:15pm   Concerto Chats   Dining Room	25 9am-3pm   Doctors Trip 1:00pm   Live 2B Healthy   Chapel 3:30pm   Resident Meeting   Chapel	26 10:30am   Bachman's Bus Outing 2:00pm   Monthly Birthday Party   Dining Room 3:00pm   Havenwood Bible Study   Chapel	27 10am   Living Well with Chronic Conditions (Pre-Registration Required)   Chapel 1:00pm   Live 2B Healthy   Chapel 6:30pm   Game Night   Craft Room	28 10:30am   Coffee & Community   Lobby 2:00pm   Rummy/Gin Card Game   Craft Room 6:30pm   Movie Night   Chapel	29
			Ash Wednesday			Leap Day	

Calendar items are subject to change.