

October Birthdays

Jackie K. 10/06
 Robert P. 10/10
 Mary D. 10/11
 June A. 10/18
 Tom F. 10/21
 Florence G. 10/25

October Word Search

| | | | | |
|-------------|----------------|--------------|-------------|----------|
| BATS | BLACK CAT | CANDY | COLUMBUS | COSTUMES |
| EXPLORER | GHOSTS | GOBLIN | HALLOWEEN | HAYRIDE |
| MAPLE SYRUP | MASK | PUMPKIN | SANTA MARIA | SCARE |
| SWEATER | TRICK OR TREAT | WORLD SERIES | | |

I R O G S K N A G O K T K A C
 R P A T R I Q S U X R Y S I O
 Y C U A K S Z X T I R U A R S
 S X L P R S B N C A V M M A T
 O Y M P E W J K N Y B C O M U
 E U Y O U M O E X T R V Z A M
 P D S E I R E S D L R O W T E
 I Y I E T W Y C G Q M J R N S
 H Q V R O R A S O H L T Z A G
 G Y E L Y N Y L E L O O A S O
 C A L G D A T X Z L U S G E B
 T A Q Y B G H L A O P M T C L
 H S W E A T E R A C S A B S I
 R E R O L P X E G X M Z M U N
 B L A C K C A T A R E C D B S

Services at Havenwood Available to All Residents

Bus Transportation:

- Doctors Trips
- Shopping
- Outings

Spiritual:

- Chapel/Worship
- Bible Study

Exercise:

- Live 2B Healthy
- Exercise Groups in Weight Room

Social:

- Bingo
- Trivia
- Card Games
- Socials
- Movie Nights

Groups:

- Concerto Chats
- Book Club
- Card Club
- Bible Study

In House:

- Dining Center
- Beauty Shop
- Weight Room
- Chapel/Community Room
- Store
- Library

Havenwood Herald

October 2018

Havenwood of Richfield
October 2018 Newsletter



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Dining Information

Breakfast Hours: 7:30-9:00am

Lunch Hours: 11:00am-1:00pm

Dinner Hours: 4:00-5:30pm

Important Numbers

Front Desk: 612-286-8762

Kitchen: 612-286-8723

Maintenance Emergency (After Hours): 612-246-6599

Chaplain's Corner

Truth Test

Every day we are called upon to judge the accuracy of the messages we hear and see. One TV news network tests political ads and mailers and then gives a grade (A-F) for their truthfulness. One recent mailer was graded "F" for its false claims. Living in a democratic nation, we enjoy freedom of speech, but that means people have the freedom to *stretch* the truth. That makes it extremely difficult for citizens to sift through the muddle and get at the truth.

In high school, our class learned about "Fallacies in Reasoning." We then perused newspaper articles to find examples of these fallacies. It made a huge impression upon me. One of the fallacies in reasoning was called, "Everybody's doing it" or the bandwagon fallacy, which suggests that we should accept a certain idea as truth because the majority think that way. But we know that theory is suspect because our mothers taught us, "Would you jump off a bridge just because everybody else is doing it?" You probably said that to your children! Another fallacy is attacking the person instead of answering the argument.

We have heard in recent years that senior adults are particularly vulnerable to phone and email scams because of their kindness, trust and generosity. **So, how do we find the truth?**



pncdn.azureedge.net

This is not a comprehensive list but hopefully offers some principles:

1. **Is the message clear or is it veiled?** One religious flyer I received was so mushy sweet, it sounded like Scripture but not quite. It sounded spiritual, somewhat, but the teaching was not clear. Jesus' words are clear. He is truth.
2. **Is the message lasting**, or has the story changed with each telling?
3. Detectives know when a defendant keeps changing their story, truth is missing.
4. **Is there a sigh of relief?** Does the message make sense? Jesus said, "You will know the truth and the truth will set you free" (John 8:32).
5. **Compare the message to what you already know is true.** My friend is a banker. We asked him how he recognizes counterfeit bills. He said that all day long he handles the authentic bills—100s, 50s, 20s, 10s, 5s, etc. He knows the feel of the authentic, so then he can discern the counterfeit. Likewise, when we keep looking at the One who is Truth, then we learn to discern the genuine from the deceptive.

Truth will ultimately overcome; but for now, we have to weigh what we hear, say a prayer for wisdom and ask God to bring the truth to light.

-Written by Chaplain Sherree Lane

Havenwood Happenings

Volunteer Opportunities

We have a few volunteer opportunities for Havenwood residents. If you have an interest in being a volunteer, please see Phil at the front desk or Ashley the Activities Coordinator.

Here are the volunteer opportunities:

1. **"I'm Ok" Checks:** We would like 1-2 volunteer(s) to do the I'm Ok checks daily, including weekends.
2. **Bible Study:** This would be a volunteer opportunity that would work along side Ashley (Activities Coordinator) to facilitate the bi-weekly bible study session.
3. **Weekend Movie Nights:** The movies and snacks will always be provided; this volunteer opportunity would entail helping select the movie and getting it started.



Home Care Services

Have you noticed that tasks around the house have become a little more difficult to accomplish lately?

Havenwood offers assistance with different home care tasks such as assistance with medications, escorts to meals, laundry, nail care, bathroom assistance, and showering. Havenwood also offers a pendent system that can notify staff of emergencies.

Allina Senior Care transitions is also available here for residents wanting to be seen by a doctor in the privacy of their own home. Dr. Davis and John Nyaenya, Nurse Practitioner, work as a team to deliver the same services you would receive in a doctor's office. If you are interested in any of these programs, please feel free to reach out to the nursing staff.

Activities Highlights & Information

Wednesday, Oct. 3rd- By popular demand, Men's & Women's groups will be starting this Wednesday! Join other men or women in the community for good company and conversation. Men's Group will meet in the Craft Room (2nd Floor); Women's Group will meet in the Chapel Room (2nd Floor).

Thursday, Oct. 4th- The Havenwood Flu clinic is happening this day! There are forms at the Front Desk in the lobby to fill out to get your flu shot, and yes; it's free!

Thursday, Oct. 4th- Keynote Music Therapy will be coming in to provide Music Therapy for the Havenwood community. Join Keynote as they delve into the many ways music can help in our everyday lives; very interactive and helpful!

Friday, Oct. 5th- Come celebrate Havenwood's spin on Oktoberfest! There will be a root beer tasting, German themed food, a raffle drawing, photo-op and much more!

Monday, Oct. 8th- The first meeting of Book Club will be held to decide on a book and date/time for future meetings!

Thursday, Oct. 10th- Pizza Party & Free Phone Presentation: Come get some free pizza and learn about an opportunity for a free phone with voice captions!

Thursday, Oct. 11th- Robert Libscomb: Special musical performance in the chapel room. Plays all the hits from various genres!

Thursday, Oct. 18th- Keynote Music Therapy will be back to provide Music Therapy for the Havenwood community. Join Keynote as they delve into the many ways music can help in our everyday lives; very interactive and helpful!

Friday, Oct. 19th- Sever's Farm Outing: Sever's Farm in Shakopee has all the fall fun! Corn mazes, a pumpkin patch, fall food favorites, live music, a petting zoo and much more! Sever's is wheelchair accessible, on flat ground/grass. Tickets are \$12.

Thursday, Oct. 25th- Monthly Birthday Party: Come celebrate October birthdays and enjoy some fun treats and great company!

Tuesday, Oct. 30th- Minnesota History Museum/Center Outing: The bus will be leaving at 10:30am and admission to the center is \$10.

Wednesday, Oct. 31st- Havenwood's Halloween Celebration: This invitation is extended to grandkids (costumes encouraged)! There will be pumpkin decorating, fall treats, and of course, Candy!



Tidbits & Reminders

- Channel 1-2 on your television is a channel that lets you know everything going on at Havenwood for the day to day information
- Be sure to check your internal mailbox for mail from other residents or Havenwood staff (the mail slots are located directly next to the mailboxes and indicated by room number)
- Bus trips (i.e. Target, Cub, Wal-Mart, etc.) need to have at least 3 people signed up in order to go out and not get canceled
- Doctors Bus Trips also include eye doctors, dentists, etc.
- The store is open from 8:30am-5:00pm; if you have a suggestion for something in the store, let Phil at the front desk know!



Did You Know?

- October is the 10th month in the Gregorian calendar but gets its name from Latin, "Octo" means eight, because in the original Roman calendar, it was the 8th month!
- Oktoberfest began on October 17th, 1810; the wedding day of King Ludwig I
- According to folklore, if deer have a gray coat in October, it means the winter will be hard and long

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|----------|
|  | 9:30am Coffee & Community Dining Room 1:00pm Live 2B Healthy WR 3:00pm Bingo Craft Room | 11:00am Walk Around the Block Lobby 2:00pm Chapel & Worship Chapel Room 4:00pm Concerto Chats Dining Room <small>Simchat Torah</small> | 9am-3pm Doctors Trips 1:00pm Live 2B Healthy WR 3:30pm Men's & Women's Groups | 9am-11am Flu Clinic Craft Room 11:30am Target Run Meet in Lobby 1:30pm Music Therapy Chapel 3:00pm Hand & Foot Card Game Craft Room | 1:00pm Live 2B Healthy WR 2:30pm Oktoberfest Celebration Chapel 6:00pm Movie Night Theatre | |
| 3:25pm Vikings vs. Eagles Game Theatre Rm | 11:00am Book Club Meeting Craft Room 1:00pm Live 2B Healthy WR 3:00pm Bingo Craft Room <small>Columbus Day (US) Thanksgiving Day (Canada)</small> | 11:00am Fall Craft Craft Room 2:00pm Chapel & Worship Chapel Room 4:00pm Concerto Chats Dining Room | 9am-3pm Doctors Trips 1:00pm Live 2B Healthy WR 3:30pm Bingo Craft Room 5:00pm Pizza Party & Free Phone Presentation DR | 11:30am Lunds & Byerlys Bus 1:00pm Robert Lipscomb Music Performance 3:00pm Cards Craft Room | 10:30am Bible Study Dining Rm 1:00pm Live 2B Healthy WR 6:00pm Movie Night Theatre | |
| 12:00pm Vikings vs. Cardinals Game Theatre Rm | 9:30am Coffee & Community Dining Room 1:00pm Live 2B Healthy WR 3:00pm Bingo Craft Room | 11:00am Trivia Theatre Room 2:00pm Chapel & Worship Chapel Room 4:00pm Concerto Chats Dining Room | 9am-3pm Doctors Trips 1:00pm Live 2B Healthy WR 3:30pm Men's & Women's Groups | 11:30am Wal-Mart Run Meet in Lobby 1:30pm Music Therapy Chapel 3:00pm Ice Cream Social Dining Room | 11:00am Sever's Farm & Pumpkin Patch Outing 1:00pm Live 2B Healthy WR 3:00pm Bingo Craft Room 6:00pm Movie Night Theatre | |
| 12:00pm Vikings vs. Jets Game Theatre Rm | 1:00pm Live 2B Healthy WR 3:00pm Bingo Craft Room | 11:00am Fall Craft Craft Room 2:00pm Chapel & Worship Chapel Room 4:00pm Concerto Chats Dining Room | 9am-3pm Doctors Trips 1:00pm Live 2B Healthy WR 3:30pm Bingo Craft Room | 11:30am Cub Foods Meet in Lobby 2:30pm Monthly Birthday Party Dining Room | 10:30am Bible Study Dining Rm 1:00pm Live 2B Healthy WR 6:00pm Movie Night Theatre | |
| 7:20pm Vikings vs. Saints Game Theatre Rm | 9:30am Coffee & Community Dining Room 1:00pm Live 2B Healthy WR 3:00pm Bingo Craft Room | 10:30am Minnesota History Museum Outing 2:00pm Chapel & Worship Chapel Room 3:00pm Resident Meeting Chapel 4:00pm Concerto Chats Dining Room | 9am-3pm Doctors Trips 1:00pm Live 2B Healthy WR 3:00pm Halloween Matinee Theatre 5:00pm Halloween Celebration 2nd Floor <small>Halloween</small> | <h1>October 2018</h1> <h2>Independent & Assisted Living</h2>  | | |