

### 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
- Weekly 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

## September Birthdays

Wesley L. 09/03

Len K. 09/10

Doris N. 09/12

## September Word Search

### Labor Day Word Search

See if you can find the hidden words associated with Labor Day.

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

BARBECUE  
 BREAK  
 COMMUNITY  
 COOKOUT  
 HOLIDAY  
 JOB  
 LABOR  
 MCGUIRE  
 MONDAY  
 MOVEMENT  
 ORGANIZE  
 PARADE  
 PARTY  
 PICNIC  
 RIGHTS  
 RALLY  
 SECURITY  
 SEPTEMBER  
 STRIKE  
 SUMMER  
 TRADE  
 TRIP  
 UNION  
 VACATION  
 WEEKEND  
 WORKERS

# Havenwood Herald

September 2018



Havenwood of Richfield  
September 2018 Newsletter

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### Safeguarding Our Seniors

Have the Conversation  
Be Empowered

Sponsored by Allianz 

Start With Trust

## Dining Information

**Breakfast Hours:** 7:30-9:00am

**Lunch Hours:** 11:00am-2:00pm

**Dinner Hours:** 4:00-5:30pm

**Please Signup for Dinner by 3:00pm**

**Kitchen Phone:** 612-286-8723

Breakfast, lunch & dinner menus are posted on the door outside of the dining room!

## Welcome Linay!

Linay is our new Marketing Coordinator! Working along side Monica and the rest of the Havenwood staff! A fun thing about her is that she was on the swimming team in college and still holds records there!

## Chaplain's Corner

### A Community of Thanksgiving

Through faith, we believe that God is good and is interested in every part of our lives to bring comfort, peace, beauty, strength and so much more. As chaplain, perhaps my main interest in your spiritual care is to develop a community of thanksgiving. A thankful heart reaps many benefits not just to your own wellbeing but also to the wellbeing of others in your lives.

I was reminded of the power of thanksgiving recently. The week prior to a beautiful vacation in the peaceful north woods, my attentions were on all the things in life that were overwhelming to me. The result was not of peacefulness, but of great stress. But, all that melted away at the cabin when I focused on all that was lovely around me and I was reminded of all the things of which I am thankful for.

All around me was the wonder of nature, the warmth of the sun, and my family enjoying being all together. We all need those reminders that God is good and that He always surrounds us with goodness. It's been my experience that grateful people are often the most encouraging, kind people. It makes sense. When we are reminded of the goodness and love around us and through faith believe that is from the heart of God, it is easy to see the good in others and to try to lift each other up in life's stressful times.



<https://www.theodysseyonline.com/top-5-things-am-thankful-for>

So make that first step of faith and believe in the goodness of God. You can simply start with the beauty of nature around us and ultimately join with the hymn writer, Folliot S. Pierpoint, in singing his song of thanksgiving: For the Beauty of the Earth

For the beauty of the earth For the glory of the skies,  
For the love which from our birth Over and around us lies.  
For the beauty of each hour, Of the day and of the night,  
Hill and vale, and tree and flower, Sun and moon, and stars of light.  
For the joy of ear and eye, For the heart and mind's delight,  
For the mystic harmony Linking sense to sound and sight.  
For the joy of human love, Brother, sister, parent, child,  
Friends on earth and friends above, For all gentle thoughts and mild.

For each perfect gift of Thine, To our race so freely given,  
Graces human and divine, Flowers of earth and buds of Heaven.

Lord of all, to Thee we raise, This our hymn of grateful praise.

*By Chaplain Lane Skoglund-Anderson*

## 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 (lunch & dinner menus, activities, special events, etc.)
- 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
- There's still plenty of time to sign up for things like Bible Study, Card Club & Book club! Ashley, our Activities Coordinator, can help you with it and answer any questions!

### Have Newspapers You Want to Get Rid Of?

If you have newspapers that you're done with and just sitting in a pile waiting to be recycled, please consider the following:

Instead of recycling them, donate them at the front desk! Your newspapers would help in Memory Care, for arts & crafts and for glass cleaning, just to name a few!

If you'd like to participate in donating your newspapers, please leave them at the front desk whenever you're done with them and Ashley (our Activities Coordinator) will take it from there!

Thank you!

### Want to be a Pen Pal?

Do you like writing letters? Do you enjoy learning about others? Sign-up to be a Pen Pal! We will be switching back and forth between local elementary & middle schools and other Senior Living Facilities throughout the United States!

If you have any interest, there will be signups in the Main Lobby!





# Activities Highlights & Information

**Friday, Sept. 7<sup>th</sup>-** Grandparents Day Celebration: Celebrate being a grandparent or your friends that are grandparents! Invite your grandchildren or just come for a treat!

**Thursday, Sept. 13<sup>th</sup>-** Moments to Remember Presentation: A walk through and interactive presentation of music from the 50's & 60's! Free and refreshments provided!

**Friday, Sept. 14<sup>th</sup>-** Let's Go Fishing & Boating Trip: Sign-ups will be in the lobby and spots are limited! You can come to fish or just ride on the boat! \*If you would like to fish, you must have a MN fishing license\*

**Wednesday, Sept. 19<sup>th</sup>-** Safeguarding Against Scams Presentation: The Better Business Bureau is offering a free presentation on how to handle phone, mail & internet scams and what to do if you get caught up in one!

**Thursday, Sept. 20<sup>th</sup>-** The Entertainers Music Performance: Barb and Glenn of The Entertainers will be here for a music performance with music from a variety of genres!

**Friday, Sept. 21<sup>st</sup>-** Olive Garden Lunch Outing: Signups will be in the lobby for a spot on the bus! This is an activity that you pay for on your own.

**Wednesday, Sept. 26<sup>th</sup>-** Have a question or comment or just want to meet some of your neighbors? Come to the first Resident Meeting to talk with staff and meet new people!

**Thursday, Sept. 27<sup>th</sup>-** Monthly Birthday Party: Come celebrate September birthdays and enjoy some fun treats and great company!

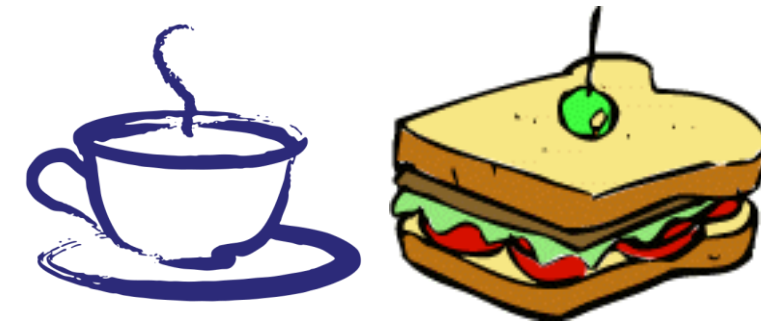
**Sundays:** Come watch the Vikings games in the Theatre Room!  
**Bus Trips for Shopping:** Target, Lunds & Byerlys & Cub Foods!



# Havenwood Happenings

## The Bistro is Now Open

Muffins, coffee, quick meals & more! Paying for store items is with cash or card only and cannot be added to your monthly bill.




## The Store is Now Open

Have something you'd like to see in the store? Suggestions are always welcome at the front desk! Paying for store items is with cash or card only and cannot be added to your monthly bill.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">September 2018</h1> <h2 style="margin: 0;">Havenwood of Richfield Independent &amp; Assisted Living</h2>						<b>1</b> 10:30am   Coffee & Chat Time   Lobby/Dining Room  7:00pm   Movie Night   Theatre
<b>2</b>	<b>3</b>  <b>Offices Closed for Labor Day</b>  No Live 2B Healthy  <small>Labor Day</small>	<b>4</b> 11:00am   Let's Take a Walk!   Lobby <b>No Chapel or Concerto Chat</b> 3:00pm   Hand & Foot Card Game   Craft Room	<b>5</b> 9am-3pm   <b>Doctors Trips</b> 1:00pm   Live 2B Healthy   WR 3:30pm   <b>Book Club Sign-ups</b>   Craft Rm	<b>6</b> 11:30am   <b>Target Run</b>   Meet in Lobby  2:30pm   <b>Ice Cream Social</b>   Dining Rm	<b>7</b> 9:30am   <b>Coffee &amp; Community</b>   DR 1:00pm   Live 2B Healthy   WR 3:30pm   <b>Grandparents Day Celebration</b>   Chapel	<b>8</b>  7:00pm   <b>Movie Night</b>   Theatre
<b>9</b>  12:00pm   <b>First Vikings Game</b>   Theatre Rm  <small>Grandparents Day</small>	<b>10</b> 11:00am   <b>Writing Journaling</b>   Craft Room 1:00pm   Live 2B Healthy   WR 3:00pm   <b>Trivia</b>   Theatre  <small>Rosh Hashanah</small>	<b>11</b> 11:00am   <b>Fall Craft</b>   Craft Room 2:00pm   Chapel & Worship   Chapel Room 4:00pm   <b>Concerto Chats</b>   Dining Room	<b>12</b> 9am-3pm   <b>Doctors Trips</b>  1:00pm   Live 2B Healthy   WR  3:30pm   <b>Bridge</b>   Craft Room	<b>13</b> 11:30am   <b>Cub Foods</b>   Meet in Lobby  2:30pm   <b>Moments to Remember- Music Presentation (50's &amp; 60's Music)</b>	<b>14</b> 9:15am   <b>Boat Outing</b>   Meet in Lobby 10:30am   <b>Bible Study</b>   Dining Rm 1:00pm   Live 2B Healthy   WR 7:00pm   <b>Movie Night</b>   Theatre	<b>15</b>  1:30pm   <b>Dominoes &amp; Cards</b>   Craft Room
<b>16</b>  12:00pm   <b>Vikings vs. Packers Game</b>   Theatre Rm	<b>17</b> 9:30am   <b>Coffee &amp; Community</b>   DR 1:00pm   Live 2B Healthy   WR 3:00pm   <b>Bingo</b>   Craft Room	<b>18</b> 11:00am   Let's Take a Walk!   Lobby 2:00pm   Chapel & Worship   Chapel Room 4:00pm   <b>Concerto Chats</b>   Dining Room	<b>19</b> 9am-3pm   <b>Doctors Trips</b> 1:00pm   Live 2B Healthy   WR 2:30pm   <b>Guest Speaker on Scams</b>   Chapel Room  <small>Yom Kippur</small>	<b>20</b> 11:30am   <b>Lunds &amp; Byerlys Run</b>   Meet in Lobby  2:30pm   <b>The Entertainers Music Group</b>   Chapel	<b>21</b> 11:15am   <b>Olive Garden</b>   Meet in Lobby 1:00pm   Live 2B Healthy   WR 6:00pm   <b>Card Games</b>   Craft Rm	<b>22</b>  7:00pm   <b>Movie Night</b>   Theatre  <small>Autumn Begins Oktoberfest Begins</small>
<b>23</b>  12:00pm   <b>Vikings vs. Bills Game</b>   Theatre Rm	<b>24</b> 1:00pm   Live 2B Healthy   WR  3:00pm   <b>Card Games</b>   Craft Room  <small>Sukkot</small>	<b>25</b> 10:00am   <b>Bakken Museum Outing</b> 2:00pm   Chapel & Worship   Chapel Room 4:00pm   <b>Concerto Chats</b>   Dining Room	<b>26</b> 9am-3pm   <b>Doctors Trips</b> 1:00pm   Live 2B Healthy   WR 3:30pm   <b>Resident Meeting</b>   Chapel	<b>27</b> 11:30am   <b>Target Run</b>   Meet in Lobby 2:30pm   <b>Monthly Birthday Party</b>   Dining Room 7:20pm   <b>Vikings vs. Rams Game</b>   Theatre Rm	<b>28</b> 10:30am   <b>Bible Study</b>   Dining Rm 1:00pm   Live 2B Healthy   WR 7:00pm   <b>Movie Night</b>   Theatre	<b>29</b>  1:30pm   <b>Dominoes &amp; Cards</b>   Craft Room
<b>30</b>	<b>What to Sign-up For (Sign-ups in Lobby):</b> -Doctors Trips (Wednesdays) -Book Club -Target Run -Bakken Museum -Cub Run -Olive Garden -Lunds & Byerlys -Let's Go Fishing & Boating Trip					<b>Room Locations:</b> -Dining Room: 1 <sup>st</sup> Floor -Theatre: 2 <sup>nd</sup> Floor -Chapel: 2 <sup>nd</sup> Floor -Weight Room: 2 <sup>nd</sup> Floor -Library: 3 <sup>rd</sup> Floor