

FERNWOOD NEWS

February

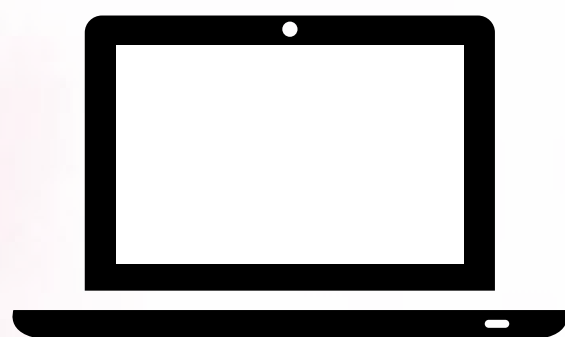
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February, the month of love and happiness. May each step we take be filled with blessings and goodness.



LINA SPROULE
204-380-4462

MICHAEL OBVIAR
204-326-2002



steinbachhousing.com



Schools Literacy Program

with Southwood Elementary School Students



We are excited to once again welcome Southwood School students to Fernwood. Come for a time of crafting and connection! Even if you are not creative or crafty, this is a great time to speak wisdom into the lives of these children. Come hang out and have some coffee and chat.

Thursday, February 29 @ 10:00



Safety Checks

Our safety checkers are doing a fantastic job to keep us all in check. If you are part of this program, please put your tag out between 7:30 - 9:30 am. They will come around to check during that time. Any concerns after that should be redirected to Lina or Michael.

FEBRUARY BIRTHDAYS

**THIS MONTHS BIRTHDAY PARTY WILL BE
ON FEBRUARY 21**

2 Peter Harms

4 Alvina Wiebe

5 Doreen Tetrault

6 Jane Stewart

8 Grace Gryba

13 Helen Bergman

13 Roger Wiebe

18 Jake Harms

18 Sara Koop

19 Teresa Nolette

20 Rose White

\$ 2.00 CUPCAKE AND COFFEE.

**FREE FOR THE BIRTHDAY PERSON
OF THE MONTH**





Cheryl's Shopping Bag

Come and see what Cheryl has to offer in the warm comfort at Fernwood.
Posters are up to see what is available.

February 7, from 10:30am - 12:30pm in the MPR



PEARL'S BAKE SALE FRIDAY, FEB 9 @ 10 -10:30 AM

Some items will include:
Lemon squares, raisin butter tarts,
Breads: cinnamon raisin, whole wheat, pizza butter horns,
everything twists, cheesy onion rolls
Cookies: sugar-free, monster cookies, ginger snaps, jam
jams, and more!



VALENTINE'S PIZZA PARTY

**WE WILL HAVE A PIZZA PARTY ON VALENTINE'S DAY.
FEBRUARY 14 @ 12 NOON**

**There will be a sign-up
sheet
Cost is \$ 8.00
Includes Pizza, dessert and
a drink.**



Welcome TO FERNWOOD

NEW TENANTS

624 - Marion Wiebe
404 - Jean Price
604 - Elsie Harms



fAmILy

**FEBRUARY 19,
KITCHEN & OFFICE
WILL BE CLOSED**

*Clearspring Middle School
February 15, @ 10am*

**Come and spend time with the Grade 6 Students. They are a bunch of fun to be around and they love to hang out with Fernwood residents. Come and share with them and pass on some wisdom and laughter.
Coffee will be served.**

FERNWOOD LIBRARY

As you may know we have our own library downstairs and it is available for all tenants at Fernwood.

In the past year 2023, the committee reported that there were 517 books signed out and only 2 weren't returned.

We, as committee want to thank you to all who use the sign-out book, conscientiously to help us keep track of circulation.

-Library Staff and Volunteers

HavenGroup Foundation

Dessert Evening Fundraiser

The funds raised at the event are targeted for

Rest Haven Care Home & HavenGroup Housing



Featuring Canadian singer/song writer and guitarist, Steve Bell

When: March 1, 2024

Where: Steinbach EMC – 422 Main Street

Time: 7:00 PM

For tickets or donations contact the HavenGroup Welcome Centre at
204-326-2206 or hginfo@havengroup.ca

HavenGroup Foundation (2006) Inc.
A HAVEN GROUP PARTNER



In order to maintain effective communication (read, write or speak), the common language of English is encouraged as this is the language most commonly understood by tenants and staff.

February is Heart & Stroke Awareness Month

Your heart beats strong and steady at an average rate of 60 to 100 beats a minute, pumping life-giving blood through your veins. You literally can't live without it.

Heart disease is the #1 cause of death in North America. Every seven minutes, a person dies from stroke or heart disease in Canada. Did your heart just skip a beat right there? Those are frightening statistics.

It's no coincidence that both Valentine's Day and Family Day are in the same month as Heart & Stroke Month. Just as we show love to our Valentines and our families, let's show a little love to our beating hearts.

What is heart disease?

Heart disease refers to a group of conditions that affect the structure and functions of your heart; it includes coronary heart disease, cardiac arrest and stroke.

Coronary heart disease or cardiovascular disease occurs when plaque builds up in the arteries, restricting the flow of blood to the heart. When blood flow to the heart becomes blocked, it can lead to a heart attack. There are 70,000 estimated heart attacks in Canada each year.

Cardiac arrest is a sudden electrical malfunction in the heart that stops the heart from beating. It can cause death in minutes. A Canadian suffers a cardiac arrest every 12 minutes.

Strokes are caused by a blockage or the rupture of a blood vessel that supplies blood to the brain. Every year, 14,000 Canadians die from strokes.

What causes heart disease?

Heart disease can be caused by different factors such as diabetes, age, smoking, hypertension, cholesterol levels, obesity, lack of activity, stress, family history and menopause.

While some of these factors can't be avoided, there are still heart-healthy ways you can reduce your risk of getting a heart condition: Take a brisk walk, go for a bike ride, jog or go skating. All it takes is 10 minutes of exercise a day to:

Lower your blood pressure

Boost your HDL ("healthy" cholesterol) Increase your energy

Help you manage your weight

Help you sleep better (Poor sleep quality is linked to high blood pressure, cholesterol, decreased tolerance for stress, and poor blood sugar control in diabetics.)

Reduce the risk of a second heart attack or stroke event by up to 50%

If you're a smoker, make every effort to quit now.

Check your blood pressure regularly, and know how to control it.

Eat a healthy low-fat diet.

Achieve and maintain a healthy weight.

Limit alcohol consumption (10 drinks/week for women, 15 drinks/week for men).

Reduce stress through yoga, meditation, listening to music, laughing more, reducing caffeine and alcohol, and time with loved ones.

Visit your doctor regularly to check in on your heart health.

Know the signs so you can act quickly.

It is possible to recover from a cardiac incident or stroke, provided you or someone nearby can spot the signs and act fast.

How do you know it's a stroke? The Heart and Stroke Foundation has established the FAST rule:

Face – is it drooping?

Arms – can you raise both?

Speech – is it slurred?

Time – to call 911.

When it comes to heart attacks, men and women have different indicators. Here's what to watch for:

Men

- You have an elephant on your chest
- Tight squeezing sensation
- Rapid or irregular heartbeat.
- Can't get enough air
- Feel like you're going to pass out.
- Break out in a cold sweat
- Upset stomach

Women

- Tired for days or suddenly exhausted
- Feel anxious and can't sleep
- Feel like you're going to pass out
- Upset stomach
- Upper back, shoulder, throat or jaw pain
- Chest pressure that may spread to your arm



**Please do not put garbage
on the floor by the bin if
there is no bin.
We ask that you could
bring it outside or bring it
to the bin
later.
Thank you.**



Winter Carnival

Feb.16-Feb.17 9am - 8pm
Louis Riel Weekend

At the MHV

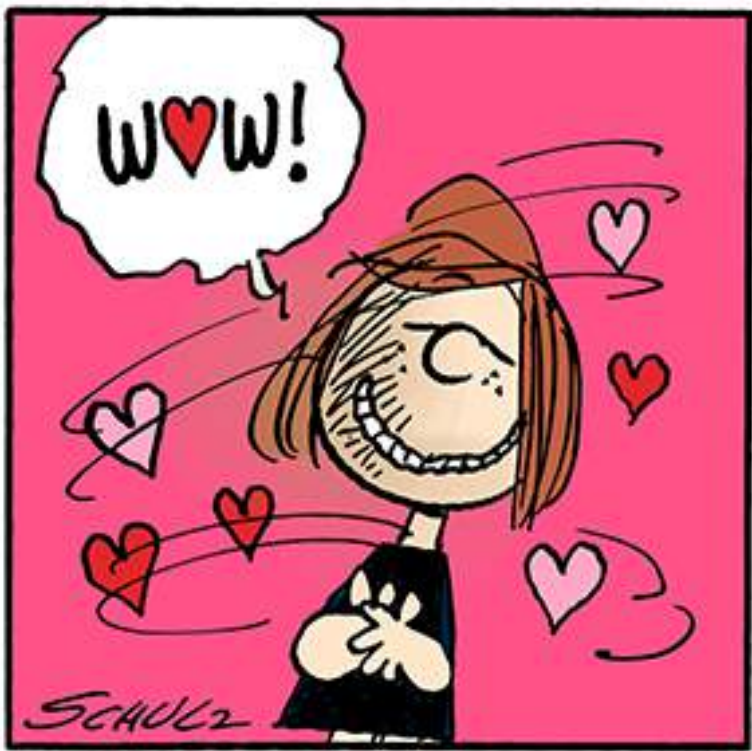
Menu



**Menu forms must be filled out and
returned to the kitchen by the 1st of the
month if you are ordering meals. If the
kitchen does not receive this form, you
will NOT be able to participate in the
lunches.**

Thank you for your cooperation!

**Make sure that the washing
machine is on the recommended
setting for your
load of laundry. We ask that you do
not overload our washing
machines.**



LIBRARY VOLUNTEERS NEEDED



**1 HR/DAY OR
1HR/MONTH
YOU CHOOSE
YOUR
AVAILABILITY**

**IF YOU ARE INTERESTED IN PUTTING YOUR
ORGANIZATIONAL SKILLS TO WORK IN OUR LIBRARY
PLEASE LET THE OFFICE KNOW!**

WEEKEND *Support*

Are you home in the evenings or on the weekends? We need you! Support our after office hours programs by greeting our volunteers to the building and welcoming them to Fernwood.

Scheduled Rotation/ Flexible Hours.

Please contact Katherine or Lina

HIGH SCHOOL STUDENT *Volunteers*

The High School students are coming once a month to do one on one visits. They can take a walk with you, play a game, read or just sit and visit. So, if you would like to take part of this, please contact TRC Lina to make the necessary arrangement.

1 ON 1 - VISIT FEBRUARY 24TH @ 1:00 PM

From the Chaplain's Desk:

He who guards his mouth and tongue keeps his soul from tribulations."
Proverbs 21:22

With the dawn of the New Year comes resolutions for us all. Whether we actively make them or not, we all have things we'd like to do, change, accomplish, become, and the break between calendar years provides us with a natural starting point to do those things. As Christians, our whole life is a process of growth. After our spiritual birth, we must grow up in the faith. That means the continual process (aided and empowered by the Holy Spirit) of killing off our sinful passions and replacing them with the virtues of Christ, the fruit of the Spirit. There are perhaps few better starting points in that journey than learning how to control what we say.

Trying to get rash, foolish, or judgemental words back into our mouths after we say them is like trying to get toothpaste back into the tube. Once they're out, they're out! And they can do serious damage. At the root of all intemperate speaking is the passion known as pride. We want the world to hear what we think. The trouble is that what we think, tempered as it is by our sin, is often not uplifting, loving, and gracious, but judgemental, gossipy, or angry. These are all born of pride. But because the two are connected, and the Bible diagnoses this connection for us, we're gifted with this wonderful spiritual tool for killing pride: Don't talk so much! What we find when we stop talking too much is that pride becomes no fun. It's no fun judging others if you can't talk about it, so that passion begins to die within us. Let's make 2024 the year we ask Christ, daily, to "set a guard over my lips!" (Ps. 141:3).



Scot Moir, Chaplain



FEBRUARY 2024

FERNWOOD EVENTS



S	M	T	W	T	F	S
				1 9:30am Coffee Time 10:30am Sing-a-long 7:00pm Sommerfeld Youth	2 9:30am Exercises 10:30am Bible Study 2:00pm Book Mobile	3 1:00 pm Bingo 2:00pm New TV Series: Call The Midwife
4 10:00 am Sunday Service CMC	5 9:30am Exercises	6 10:00am Chapel 2:00pm Bingo 7:00pm- John Penner Music	7 9:30am Exercises 10:30am - 12:30 Cheryl's Shopping Bag	8 9:30am Coffee Time 10:30am Sing-a-long 7:00pm Mitchell Choir Sing Along	9 9:30am Exercises 10am Pearls Bake Sale 10:30am Bible Study	10 2:00pm Call the Midwife Series 7:00pm Peaceful Harbour
11 10:00 am Sunday Service Bill Kehler 10:45 am Coffee Time	12 9:30am Exercises 2:00pm Monday Movie Matinee	13 10:00am Chapel 2:00pm Bingo	14 9:30am Exercises 12 Noon Valentines Pizza Party	15 9:30am Coffee Time 10:00am Clearspring Middle School	16 9:30am Exercises 10:30am Bible Study 7:00 pm Grandpas in Harmony	17 1:00 pm Bingo 2:00pm Call the Midwife Series
18 10:00 am Sunday Service Jake & Helen Harder	19 9:30am Exercises HAPPY family DAY Office Closed	20 10:00am Chapel 2:00pm Bingo 7:00pm- John Penner Music	21 9:30am Exercises 2:00pm Birthday Party	22 9:30am Coffee Time 10:30am Sing-a-long 2:00-4:00pm Barkman Bake Sale	23 9:30am Exercises 10:30am Bible Study 2:00pm Coffee Potluck	24 1:00 pm Bingo 1:00 pm 1 on 1 visits 2:00pm Call the Midwife Series
25 10:00 am Sunday Service Jerry Falk 10:45 am Coffee Time	26 9:30am Exercises	27 10:00am Chapel 2:00pm Bingo	28 9:30am Exercises 2:00pm 60's Music with Joe Draude	29		