



# Happy Haven Herald

April-May 2021

## Haven Highlights

We are pleased to announce we have expanded our programs! Happy Haven would like to welcome **RB** and **MO** to our family 😊

There will be **no trainings** from May thru June to give our HR team time to hire more staff needed to support our Haven friends.

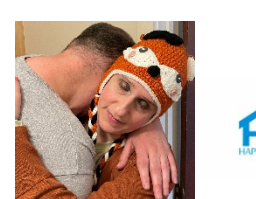
A very warm congratulations from all of us at Happy Haven to **Amanda and Gael Karomba** for welcoming **Israel** into the world April 28, 2021 ❤️

**CONGRATULATIONS...Peace Vyukusenge!**

For always going above and beyond to complete daily required tasks without being asked. Thank you for being a proactive DSP/CRMA. We appreciate all the hard work and dedication you bring to our Haven family!!



During Easter weekend, our Haven friends and staff were surprised with a visit from the Easter Bunny and Buddies. Every program was visited and given goodies and activities to celebrate. It was a huge success, and we are curiously awaiting future surprise guests!!

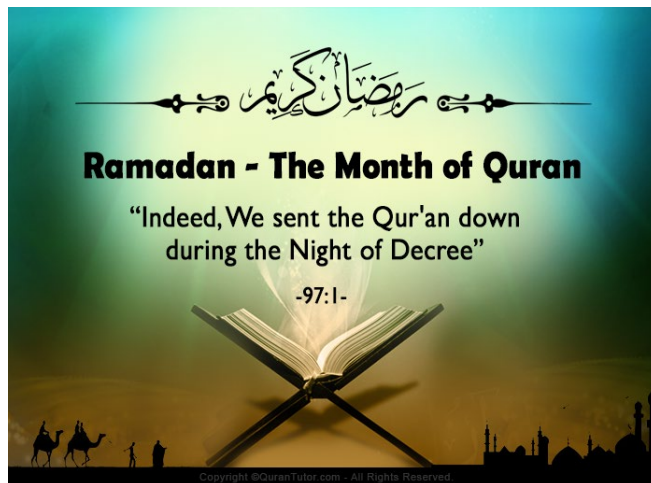


# Haven Feature



Speaking of Easter, a cultural holiday intended to commemorate the resurrection of Jesus- following, many of our staff observe what is known as Ramadan. Like Easter, Ramadan is a religious and cultural holiday recognized worldwide. Because Muslims follow a lunar calendar, the period of Ramadan falls during different seasons each year depending upon which part of the world the observer resides. This year Ramadan began April 12<sup>th</sup> and continued to at least May 12<sup>th</sup>.

Ramadan is meant to be a time of spiritual discipline and a deep inner perspective of one's relationship with god. It is a time for intense study of the Quran, extra prayers, and increased generosity. Persons of the Muslim faith begin their journey and appreciation of God by fasting for at least 30 days. Refraining from consuming food, beverages, and engaging in intimate activities from dawn (fajr) to sunset (maghrib) is considered an act of deep personal worship; in which persons observing Ramadan seek to obtain a raised level of closeness to God.



I had the pleasure of learning a little about Ramadan from our Haven friend Bushra Daud. I must admit, I commend her ability and will power to give her all to God, even during special celebrations during fasting hours- she celebrated with us but refrained from enjoying the food everyone around her was eating.

Through our conversation I learned that during fasting hours, her family prepares huge meals with a lot of foods, then after fasting time is over for the day everyone gets together to enjoy. Many families gather at one another's homes throughout Ramadan to celebrate faith, family, love, giving, and all God has provided.

I am not sure where so much faith comes from, but I admire anyone who can have the strength to follow faith the way Bushra and so many other staff do. No matter our individual beliefs, it is important that we all support one another.

-CLK

*Special thanks to Bushra for teaching me an important part of your faith*

# Break out the BBQ



## Grilled Turkey Burger Wrap

Mix one pound of ground turkey with poultry season, salt, pepper, and one egg. Form into patties. Grill on both sides for approx. 4 minutes each. Place a slice of pepper jack cheese on each burger and let melt. Wrap the burger and your favorite toppings inside a large leaf of your choice of lettuce for a light, healthy option versus a traditional bun!



## Grilled Fruit Kabobs

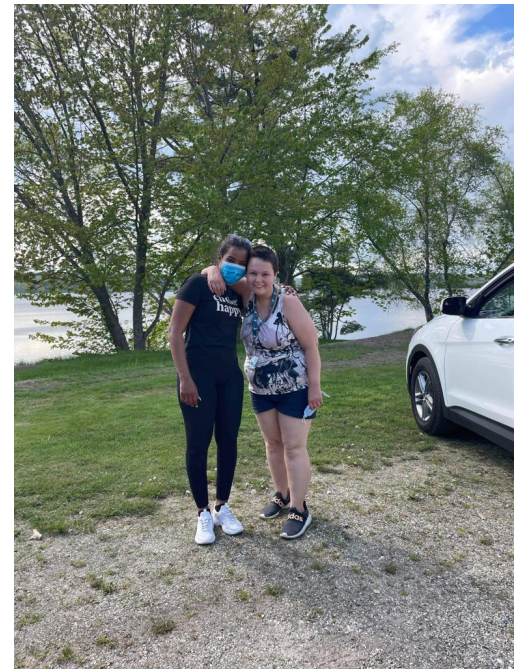
Cut one pineapple, watermelon, and cantaloupe into 1in chunks. Thread the fruit pieces onto bamboo skewers. Next in a small saucepan heat  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  cup of honey, minced mint, lime zest, and  $\frac{1}{2}$  cup of water over medium heat- until the sugar dissolves. Remove the sauce from the heat and let sit. Grill the fruit kabobs until desired char. Dip in sauce!



## Mexican Street Corn Salad

Baste corn cobs with olive oil. Grill corn cobs until desired char. Cut the kernels off the cobs and place in large serving bowl. Mix  $\frac{1}{4}$  cup of mayo, zest, and juice of 1 lime, garlic clove minced, chopped scallions, paprika, sea salt, in a separate bowl. Fold the sauce into the grilled corn kernels. Top with desired amount of cotija cheese and parsley. If you're feeling extra spicy- add chopped jalapenos!

For more bbq ideas go to <https://www.delish.com/bbq-recipes/>



# Happy Haven Life

# Summer Activity Fun

## TIE-DYE SHIRTS *During the 1980s*

While tie-dye shirts tend to come back in style every few years, they really hit a high point during the 1980s.

- 1 INCORPORATED INTO FASHION SHOWS
- 2 GARMENTS MORE RESISTANT TO FADING
- 3 GREATER VARIETY OF SHADES AND COLORS
- 4 STYLES SUITABLE FOR EVERYONE

### Tie-Dye History

- Tie-dye, long before the 70's, was known as Shibori, a Japanese term that encompasses a wide variety of resist-dyeing techniques, which have been utilized by different cultures for over 6000 years.

### Tie Dye Supplies

- ✚ Table
- ✚ Tarp or Garbage Bags
- ✚ Soapy Water
- ✚ Paper Towels
- ✚ Cotton T-Shirts
- ✚ One Bucket for Every Color
- ✚ Soda Ash (dye fixer)
- ✚ Squirt Bottle
- ✚ Rubber Gloves
- ✚ Fabric Tie Dye Colors
- ✚ Rubber Bands
- ✚ Zip Lock Bags



## You Can Tie Dye Rainbow Spirals



## Tie Dying 101



WHEN TIE-DYING, COTTON WILL WORK BEST.



MIX THE DYE YOURSELF, OR PURCHASE PRE-MADE KITS.



SOAK EACH SHIRT FOR 10 MINUTES.



BIND YOUR SHIRT WITH RUBBER BANDS AND APPLY DYE.



AFTER SETTING, RUN YOUR SHIRTS UNDER COLD WATER.



Make a pinch in the centre of your damp prewashed t-shirt & twist.



Twist until the whole t-shirt is in a spiral. You can even out the ridges as you twist if you like.



Put 3 rubber bands on to hold the shape together. Try to place them evenly like pieces of pie.



Dye 3 pieces of pie (or 1/2 the t-shirt) Yellow. When you turn it over later, dye yellow in the same place.



Next dye 1/2 Magenta. Overlap 1 of the yellow pieces of pie to make an orangy colour.



Dye the last 1/2 Turquoise. Overlap 1 piece of yellow to make green & 1 piece of magenta pie to make purple.

## Letter from the editor....

You all know me as the woman behind the front desk, the person who answers the telephone, sends you emails for training, and handles the consumer finances. This month I want to talk a little about my life because it pertains to the Month of May.

May is **William's Syndrome Awareness Month**, and for those of you who do not know me on a personal level, my son was born with WS. WS is a deletion in chromosome 7 that occurs spontaneously during conception- with no known reason. The deletion causes elf like appearance, small stature, complicated heart issues, severe scoliosis, and developmental, physical, and cognitive delays/impairments. My son will be 16 this year, so there is not much more time before I must make a choice.

One of the biggest reasons I decided to apply to Happy Haven when I did, was because I was thinking about my disabled son's future. I wanted to learn and know the ins and outs of community integrated living. I wanted to make sure that I made my decision based on true evidence- that there are people out there that actually care about helping my son be as independent as possible but with his best interest at heart.

Every day our staff wakes up and comes to work, you care for someone else's adult child, and the parents/guardians can only hope that all of you are doing your best to ensure the consumer is healthy, happy, safe, and all their basic needs are being met.

From a mama of a disabled child's perspective, it is a struggle to decide whether to keep your child at home when he or she turns 18, or to trust complete strangers with your precious family.

I have been with Happy Haven for almost a year now. I pay attention to everything and everyone- and with 100% confidence, I can say that I trust this company should I decide, my son would thrive as an adult in community settings rather than at home.

I want to personally thank each one of you for everything you do! It is not an easy job, trust me I know!

With love-

Crysta K.

