

Happy Haven Herald

January 2021 Issue 7

Created by Happy Haven Staff

Haven Highlights

***February* Training Schedule**

Safety Care: 2-1 & 2-2
9am to 5pm Both Days Required

CRMA: 2-8, 2-10, 2-12
9am to 5pm All Days Required

FA-CPR: 2-9
9:30am to 12:30pm

DSP Live: 2-15 & 2-16
9am to 5pm Both Days Required

CRMA Recert: 2-18
9am to 5pm

Safety Care Recert: 2-19
9am to 5pm

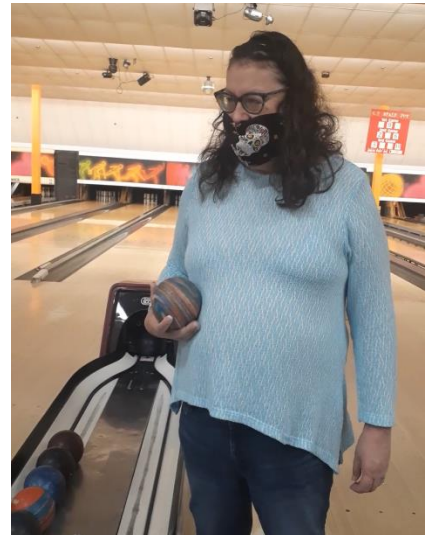
FA-CPR: 2-24
9:30am to 12:30pm

Welcome 2021

*Here's to a new year and greater things to
come for all of us....*

Did you know that the month of January was named after the Roman God Janus? In ancient Roman culture, Janus was known as the protector of gates and doorways; symbolizing beginnings and endings. Thus, the societal tradition of New Year's Resolutions- which derives from the beginning of a new time, end of a previous journey, and positive change to come....

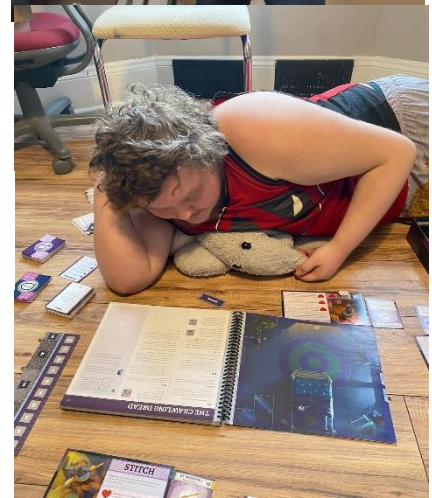




GET PHYSICAL



STAY HYDRATED



Haven Help

Easy Winter Science Experiments

Snow Volcano



What you need-

- Tall Narrow Container
- Snow
- Baking Soda
- Vinegar
- Food Coloring



What to do-

1. Form a Volcano Around the Container
2. Add Baking Soda to Container
3. Add Drops of Food Coloring
4. Pour Vinegar on Top of Baking Soda
5. Now Watch the Rainbow Explosion



You can also use multiple small containers, various colors of food coloring- same instructions, just place the containers on a deep tray to prevent a leaky mess!

Fill a small bin with ice cubes, cover the top of the ice with baking soda, food coloring, and dish soap. Then use essential oil pipettes (dobbers) to drizzle vinegar over the ice....then watch the **fizzy storm**!





Haven's Healthy Heart Recipes

These heart healthy recipes are sure to warm your heart and soul during the cold bitter days of February- and are recommended by the American Heart Association....



- Skinless, Boneless, Chicken Breast (cut into cubes or shredded)
 - Onion
 - Pepper
 - Garlic
 - 2 Cups of Chicken Broth
 - 30 oz of Low Sodium Beans (Pinto, Kidney, or Black)
 - Chili Powder, Cilantro, and Salt/Pepper
- Throw it all in a crock pot for 4 hours on low, stirring occasionally.

- Chopped Cucumber
- Chopped Zucchini
- 1 Orange Pepper
- 2 Tomatoes Diced
- ¼ Red Onion Chopped
- 15 oz Can of Low Sodium Black Eyed Peas (rinse and drain)
- 15 oz Can of Low Sodium Corn (rinse and drain)

Mix ingredients in a bowl with ¼ cup of Red Wine Vinegar, Salt/Pepper, and ¼ cup of Corn or Olive Oil.



For more information on teaching our Haven friends how to cook and eat heart healthy meals- visit:

<https://recipes.heart.org/en>

Did you know drinking decaffeinated coffee without cream and sugar helps boost a healthy heart?!

Haven Feature



Covid-19. Undoubtedly, all our lives have been greatly affected by the pandemic that struck the world almost a year ago. People in our communities have fallen ill, and worse- left us unexpectedly. Babies were born into this world without fathers there to hold the new mothers' hands because hospitals became rampant with unsuspecting victims of the virus. Everything has essentially shut down, making it harder for us to enjoy the activities outside of our homes that we all used to take for granted. Cloth masks have entered 2021 as a money-making fashion business because people are capitalizing on the unwanted need to place one over our beautiful smiles.

We, as a community inclusion based essential company have had to use our imaginations to keep our Haven friends healthy, happy, and active. More now than ever we are encouraging them to stay germ free and sanitary by enforcing proper hand washing and disinfecting their homes. As we know, this is not always enough.

BUT....there is something we can all do. For ourselves, our family and friends, our Haven co-workers, and especially our vulnerable Haven friends we choose to wake up every day and serve.

GET VACCINATED- FOR THE GREATER GOOD.

Take advantage of our ability as a company, to be one of the first to receive the Covid-19 vaccine. I of course, am not in a position to tell you what you should do. I am however, educated enough to encourage you to think of the greater good- put fear aside, research, and step up to the plate and take one for the team. You will feel good knowing that you did everything you could to help prevent the spread of this horrendous virus that has swept our communities like an old straw broom.

Our Haven friends are vulnerable. We have a responsibility as their everyday caregivers to do what we can to keep them safe. It's what we signed up for. It's what you signed up for. All I am asking is, you think about the positive impact we can have on our community if we all do our part.

I cannot speak for anyone else- but I miss seeing smiles. I miss the ability to hug those I feel closest to. I miss getting together around my dinner table with friends. I miss having choices on how I spend my time.

Don't you?

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For information on the Covid-19 Vaccine visit-
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

Or follow Happy Haven, LLC on Facebook and watch the Vaccine Video starring Gael Karomba, CFO & Donald Johnson, RN



Thank you for all that you do 😊