

# Happy Haven Herald

December 2020 Issue 6

## Haven Highlights

Due to the major holiday season- There are no trainings from December 19<sup>th</sup>, 2020 to January 1<sup>st</sup>, 2021

### \*January Training Schedule\*

Safety Care 1-4 & 1-5

9am to 5pm Both Days Required

Orientation 1-6

9am to 5pm

CRMA 1-11, 1-12, & 1-14

9am to 5pm All Days Required

FA-CPR 1-13

9am to Noon

DSP Live 1-18 & 1-19

9am to 5pm Both Days Required

Safety Care 1-22

9am to 5 pm

FA-CPR 1-27

9:30am to 1pm

Winter holiday season is here, and snow has begun to fall!! Please remember to help keep the programs shoveled and pathways clear.

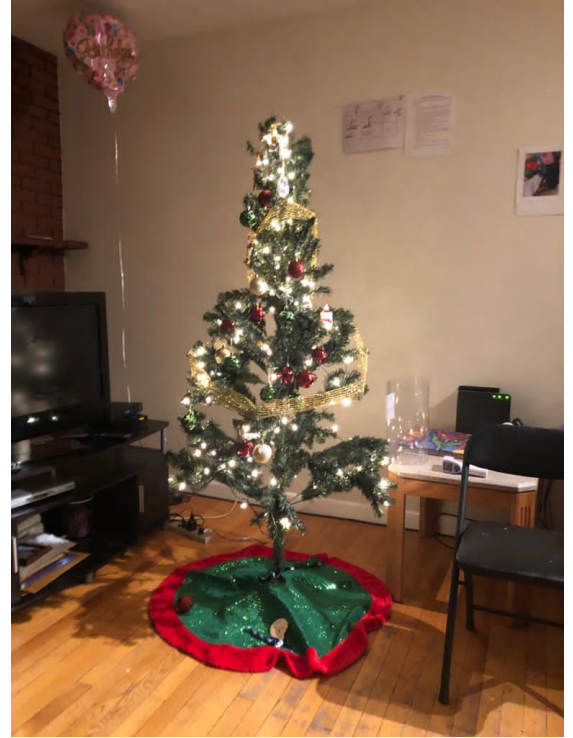
Thank you 😊

Did you know that Germany was credited with the start of the Christmas Tree tradition? Then in the 1830's, Germans who settled in Pennsylvania, put the first tree known to be on display in America! Keeping with centuries old tradition- Happy Haven staff and friends got ready for the holidays by bringing out the trees and decorating together.





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# Haven Help

## Winter Activity Ideas



What is the first thing a person typically thinks of when someone says Winter? I do not know about you, but I think about cold snowy days that I just want to curl up in bed and read a good book....

Lying in bed all day for 2.5 months just is not realistic or good for the soul! So here is a list of activities to get our Haven friends up, out, and moving-

- Build a snowman
- Have a friendly snowball fight
- Bake cookies
- Have a hot cocoa party with another Haven friend (social distancing of course)
- Create a giant gingerbread castle
- Play board games
- Have a staff and Haven friend dance off
- Find a safe hill and go sledding
- Take a drive to view the community's holiday décor
- Make a blizzard snow globe
- Make Snowman Pancakes

There are so many different things you can do other than sitting or lying around. For more ideas just use GOOGLE 😊



# Haven's Holiday Recipes

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### Ingredients

- Boxed Pancake Mix-Body
- Cooked Slices of Bacon-Scarf
- Pretzel Sticks-Arms
- Blueberries-Eyes
- Cookie Icing-Make it White
- Candy Corn-Nose



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### Ingredients

- Pillsbury Crescent Rolls
- Pizza Sauce
- Mozzarella
- Pepperoni Slices
- Basil and Oregano

Open crescent roll tube and unroll the dough without breaking into triangles. Place on cookie sheet long way. Rub spoons of pizza sauce on dough, place cheese and pepperoni down the middle. Then roll the dough into a candy cane shape. Bake for 12-15min on 350 degrees.



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### Ingredients

- Rigatoni
- Broccoli
- Baby Spinach
- Sundried Tomatoes
- Fresh Mozzarella Balls
- Olive Oil
- Basil and Oregano
- Salt and Pepper



# Haven Feature

**Holidays.** When I think of holidays, I think of quality time with family and friends, gathering around the table to enjoy a huge feast of traditional meals, giving to those who need it most, and showing the ones I care about how I feel with meaningful gifts. That is what we are supposed to think about, right?

Right. Unless you are one of the many multibillion-dollar corporations who over time have contributed to the societal commercialization of holidays- such as Christmas. I cannot remember the last time I enjoyed Christmas the way it was originally intended by Christians. For me, and most middle-class Americans, holidays have turned into a long 2 month stretch in which our bank accounts take a huge hit. We have become a country who decided every year we were going to get sucked into the spending hole. For what? Because the best technological item was released and our ten-year-old child 'just has to have it'? We must have the best decorated house and yard in town, the biggest and brightest tree? When did we start believing we must give our friends and family a better gift than we think they will get us? We are throwing money out the window like it is made from scrap paper. Why? I am not sure why, but it does not help that every time we turn on our 70-inch screen televisions, we are viewing advertisements intended to entice us to buy, buy, buy.

Hey, kudos to the marketing agents working for those billion-dollar corporations- the ADS are obviously working....

For this reason, I will be encouraging my friends and family to bring back the true meaning of the holiday season. Even if you are not religious, at least focus on those you care about the most, spending quality time with them, positively contributing to your community, and perhaps pondering how you can enter the new year as a better you. If you must give gifts because you just cannot help yourself- well, make something with your own two hands, or do something kind for someone. I promise in ten years, your loved ones will remember the moments with you more than they will remember the newest hottest items.

## Which brings me to **Kwanzaa**....

In 1966, Dr. Maulana Karenga created Kwanzaa with intentions of uniting African Americans as a community. Derived originally from the African celebration of the harvest, Kwanzaa was developed as a response to the commercialism of Christmas by celebrating with meaningful symbolism and inherent spiritualism from December 26<sup>th</sup> to January 1<sup>st</sup>. Dr. Karenga took the basic principals of the celebration of harvest a step further by implementing seven symbols with thought provoking individualism and communal reflection of ones' self and those we cherish.





Each of the seven days of Kwanzaa a candle is lit to signify a different celebration of people, places, and unity. Gifts are given on the seventh day, but the gifts are practical, thoughtful, and inspirational. The ideals created by Dr. Karenga are values I have integrated into my moral compass and strive to pass down to my children. If we all took more time to consider others on a deeper level, perhaps our communities and nation would be a stronger more unified place today.

- **The Mishumaa Saba-** candles- stand for the 7 principals
- **Umoja-** Unity (To maintain unity in family, community, nation, and race)
- **Kujichagulia-** Self-Determination (To define, name, create, and speak up for ourselves)
- **Ujima-** Collective Work & Responsibility (We are all brothers and sisters; therefore, our problems shall be solved together)
- **Ujamaa-** Cooperative Economics (To build and maintain businesses and to profit together)
- **Nia-** Purpose (Restore one's self and our people to their greatness)
- **Kuumba-** Creativity (To always do what we can to leave our communities better than we inherited them)
- **Imani-** Faith (To believe in all people and the righteousness and success of one another's struggles)

Although the origin behind Dr. Karenga's ideal was to empower the African American communities, the concept of Kwanzaa, in my opinion would benefit all cultures and nations. The core value of Kwanzaa is why I am encouraging you to take a step back from the materialistic aspect of holidays and put more thought into potentially adopting traditions that help strengthen ourselves, families, and communities.

I leave you with this as my final thought-

It does not cost a thing to love or be loved- and the world could use a whole lot more of that this holiday season, and every day for that matter.

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Created by  
Happy Haven Staff

