



2321 Freedom Way, York, PA 17402

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U.S. Presidential Trivia Quiz

1. Who was the only President to serve more than two terms?
2. Who was the oldest elected President?
3. Who was the first President to live in the White House?
4. Who is the only President to resign from office?
5. How tall was Abraham Lincoln?

1. Franklin D. Roosevelt, 2. Donald Trump,
3. John Adams, 4. Richard Nixon, 5. 6 ft 4 in

Haven Birthdays

David L.	<i>February 1</i>
Jane D.	<i>February 5</i>
Carlton L.	<i>February 15</i>
Esther N.	<i>February 16</i>
Norma B.	<i>February 23</i>
Margaret H.	<i>February 24</i>
Edwin M.	<i>February 26</i>

*Happy
Birthday*



*Celebrating
February*

**American Heart Month
Black History Month**

Groundhog Day
February 2

Super Bowl Sunday
February 3

Chinese New Year
February 5

Valentine's Day
February 14

President's Day
February 18

National Margarita Day
February 22

Happy February! We are busy celebrating the joys of winter here at The Haven. We are excited to announce that new carpet will be coming to the front lobby area in the months ahead. A special shout-out to our Maintenance Director, Scott, who's working diligently on shopping, pricing, measuring, and negotiating for our new carpet. Our new Haven signs are unfortunately on hold because of the freezing temperatures, but we look forward to progress as the weather warms. In January our Marketing and Dining teams collaborated to host a lovely Warm Winter Brunch for local seniors—nearly 30 folks came to discover what makes The Haven “The Best Of The Best” in York County. Thanks to our dear residents and staff for being so friendly, warm, and welcoming—our guests were thrilled!

I recently was asked, “What’s your favorite hack?” to which I replied, “Ummm...what’s a hack?” Here’s what I learned: a hack is something to make life a little simpler, a “trick” to save time, money, effort, etc., especially when life seems overwhelmingly busy. It reminded me of a book my mom had on her shelf entitled, *Helpful Hints From Heloise*. So, in the spirit of learning from one another, here’s some of our favorite Hacks from The Haven:

1. Wash your hands with baking soda and dish soap to get rid of stubborn smells —this works especially well after fishing to get the fishy smell off your hands!
2. Use a layer of baking soda first before super gluing for an instant solid bond.
3. Put a wooden spoon over a pot of boiling water to keep it from boiling over.
4. If you chew gum while you cut onions, your eyes won’t tear.
5. Our most used “hack” —turn your heated seats on in your car to keep food warm when taking it home!
6. Put an apple slice in a container with your hardened cookies and within an hour or two, your cookies will be soft again.
7. To measure Crisco, fill a two-cup measuring cup first with one cup of water. Then scoop your Crisco into the water until the water meets the two-cup line. Drain the water, and voila! No sticky mess!

How about you? What’s your favorite hack? Please send your favorite hack via email to Kim or Cheyenne at lifestyleandleisure@havenatspringwood.com. We look forward to hearing from you!

Warmest regards, *Sheila O'Gara*



February Bus Trips

Bosco's • Lunch at Hoss's • Dollar Tree • Country Ride
Wine Tasting at Naylor Winery • National Watch & Clock Museum

February Special Events

Making Chocolate Covered Strawberries

Friday, February 8th at 10:30am

Order Out Lunch: Chinese

Wednesday, February 13th at 11:30am

Sweetheart Luncheon

Thursday, February 14th at 11:30am

Valentine's Party with Tom S.

Thursday, February 14th at 2:00pm

Horticultural Therapy with Sue M.

Wednesday, February 20th at 10:30am

National Margarita Day Happy Hour

Friday, February 22nd at 3:00pm

Visit with Joie and Wally the Alligator

Monday, February 25th at 2:00pm

February Birthday Party

Wednesday, February 27th at 2:00pm



Janet celebrated The Haven's 15th Birthday!

Valentine's Fundraiser



This month we will be selling carnations for \$1.00 to raise money for the American Heart Association! You can pre-order carnations at the front desk from now until February 10th. Beginning on the 11th and through Valentine's Day, additional carnations will be available to purchase in the Activity Room. Pre-ordered carnations will be delivered on the 14th. All proceeds will go directly to the American Heart Association!



Carlton, Dave, and Freda enjoyed hot cocoa with all the fixin's at our Hot Chocolate Bar in January!



A Message From Pastor Jane

Greetings in the name of our Lord and Saviour! What an amazing time it has been since I've joined you here at the Haven. I have felt such an outpouring of love and acceptance and it is so greatly appreciated. Change is never easy when you have had a Pastor who has served you so well for so long. It is my desire to meet the spiritual needs and deliver the messages God lays on my heart. I am open to suggestions on topics of interest so please feel free to make your wishes known. It is also my desire to make knowledgeable that I would want each of you to know I am available for one on one visits at your request. I will do my best to do individual room visits each Tuesday and eventually get to meet with each and every one of you.

May God bless you as we worship together in His name.

In His Service, Pastor Jane

Happy Valentine's Day To Our Haven Couples!



David & Margaret A.
Dave & Carlon L.
Paul & Mary Ann R.
Jim & Lois S.
Al & Barb S.



We also wish a Happy Valentine's Day to all our residents' devoted husbands, wives, and loved ones that spend so much time with us!



Our lovely ladies enjoying an afternoon tea party!

Welcome New Residents!

Elizabeth S.
Jim & Lois S.
Joan M.

Are You Interested In
Volunteering At The Haven?

We want YOU!



We would love to implement the following small group programs if you would be interested in helping:

Rosary Club
Veterans Group
Men's Club
Bible Reading
Choir/Chorus Group
Book Club

Have a special collection or hobby?
Our residents would love to learn more about it!

Or maybe you have a pet you would like to bring in to visit our residents? We would love to have you! Dogs and cats must have a current rabies vaccination record kept on file with our front desk.

We can always use extra hands to help with the following general activities as well: nail care, bingo, card club, table games, bus trips, etc. If you would like to visit some of our residents on a 1:1 basis, we have opportunities in that area as well!

If you are interested in volunteering with us, please contact Kim Sullivan, Lifestyle & Leisure Director at (717) 741-9919 or lifestyleandleisure@havenatspringwood.com or stop by the front desk and pick up a volunteer packet.