

October 2008

54 Parkway Avenue, Markham, Ontario L3P 2G4 905-294-2233

Enabling residents to find meaning and joy in life, in a caring Christian environment



"Oh Lord that lends me life, lend me a heart replete with thankfulness."
- William Shakespeare



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Welcome October

The leaves are starting to change colour and the weather is getting cooler. Fall is definitely upon us. Families will be gathering together on Monday, October 13th to celebrate Thanksgiving Day. Children and grandchildren will be hunting for the perfect costume to wear on October 31st for Halloween trick-or-treating. Markhaven wishes this October to be a happy and safe one filled with good memories from today and yesterday. Have a look on page three for festive events and programs this month!

Welcome Aboard

The program department would like to announce the arrival of our new part-time program assistant Ken Chiu. Ken will be working Monday and Wednesday evenings with the residents as well as Saturday mornings. He will be replacing Mitchell Soares who's bubbly personality we will definitely miss! We wish Mitchell all the best in his new career. The program department would also like to announce two of our new casual staff members, Pauline Looi and Shahnoor Merali. Welcome aboard!

Office Hours – Regular

The office will be open:
8am - 5pm -- Monday to Friday

Poem of the Month

Thanksgiving

Count you blessings instead of your crosses;
Count your gains instead of your losses.
Count your joys instead of your woes;
Count your friends instead of your foes.
Count your smiles instead of your tears;
Count your courage instead of your fears.
Count your full years instead of your lean;
Count your kind deeds instead of your mean.
Count your health instead of your wealth;
Count on God instead of yourself.

Author Unknown



Chaplain's Corner

It has been 3 years since I started serving as Chaplain at Markhaven. Beginning September 1, my weekly hours have been increased from 3 to 30. I am excited about all the new opportunities the extra time will give me. My responsibilities include providing support and counseling to residents, their families and staff; coordinating group activities such as chapel services and Bible discussions; working with church leaders to recruit more volunteers; and connecting with local churches to develop partnering relationships.

Visiting residents is an important part of what I do. Listening to their stories gives me insight into their spiritual journey. I read the Bible and pray for their personal needs if they so desire. I am planning to begin a Bible study group for residents who wish to attend. I hope to also connect more with families of residents. If you as a family member would like to contact me about any concern you have, I would welcome your call. Please don't hesitate to call me. My phone number is 905-294-2233 ext 3404. I am also available for any hospital visits and to conduct funerals. I welcome your input and ideas to encourage residents in their journey with God.

Dr. Floyd Grunau—Chaplain

Home Management Team

Executive Director: Basil Tambakis

Director of Care: Karrie Brandt

Director of Business Services:
Laura Burns

Director of Program Services: Hazel
Moore

Chaplain:
Floyd Grunau

Environmental/Laundry:
Randy Haugh

Food Services: Jennifer Foster

Resident & Volunteer Services:
Brenda Wilson

Admin Assistant: Robin Drake

Family Council

Date: November 18th, 2008

Time: 6:30 p.m. - 7:30 p.m.

Place: Neely Auditorium (Second Floor)

The Markhaven Family Council is made up of families and friends of residents. It serves as a support group, as well as a liaison between families, staff and management. The council is dedicated to the promotion and improvement of health, welfare and happiness of all residents in Markhaven Home for Seniors.

We meet throughout the year creating friendships and partnerships while providing a safe and knowledgeable forum for families. We have guest speakers throughout the year to address family council needs.

For more information regarding the Family Council contact Karen Panfili by:

E-mail - kpanfili@hotmail.ca

Phone - 905-882-6042



Dining With Residents

Just a reminder that family members are welcome to purchase meal tickets, but they must be purchased in advance and can only be purchased when our front office is open. The times meal tickets can be purchased are as follows:

Monday to Friday: 9-5 p.m. (Lunch: \$6.00 & Dinner: \$8.00)

If there is more than one family member wanting to dine with our residents our dietary department needs advanced notice.

Thank you!

Resident Clothing

Staff would like to remind all family members that all clothing belonging to our residents must be labeled with their name and room number and must be labeled prior to being worn. We would also like to remind everyone that all clothing must be 100% washable and dryable to meet to infection control requirements. Markhaven does provide the clothing labels free of charge. Please call Brenda Wilson to order at ext. 3308.

Important: There are unlabeled items of clothing that have been unclaimed by residents or family for quite some time. We will be holding these items in the lost and found located in the basement until **November 1st**. Please come take a look if you think that a family member is missing any clothing. Thank you!



Program Department



Tambourine/Piano Concert

Come join this musical event on Thursday October 9th in the Neely Auditorium at 3:30 p.m. Family and friends welcome to attend the performance!

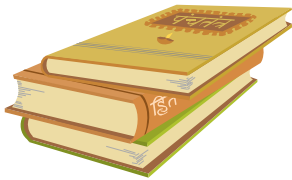
Birthday Party

The birthday party will be held on Wednesday October 15th in the Neely Auditorium at 2:30 p.m. Family and friends welcome!

Resident Advisory Meeting

All residents are encouraged to join this meeting on Wednesday October 8th at 2:30 p.m. in the Neely Auditorium. This meeting will be held in place of the usual Bean Bag Toss.

Reading Program



The kids are settled back in school again and are looking forward to their monthly visit to read with the residents. The students from E.T. Crowle School will be joining us on Wednesday October 15th at 10:30 a.m. in the Neely Auditorium.



Doug Peters performing

Doug Peters is coming to do a clarinet and vocal performance for the residents on Friday October 17th in the Neely Auditorium at 2:30 p.m. Don't miss it!

Colour Tour

The program staff have rented a bus for our annual Fall Colour Tour! The bus will be leaving at 1:30 p.m. on Thursday October 16th and will arrive back to Markhaven at 4:30 p.m. Family/Volunteers are always welcome to attend these outings. Note: Limited seating available. Please inform program staff no later than October 13th if you are interested in attending this event.

Halloween Movie

Come join the program staff in the Neely Auditorium on Friday October 31st at 2:30 p.m. for a festive movie and Halloween treats. Everyone is welcome to join!



Volunteers



Markhaven is in need of volunteers in the following areas:

Chapel Service - To assist our residents wishing to attend the half hour Sunday service provided in the Neely Auditorium on the 2nd floor from 3-4:15 p.m.

Friendly Visits - Any time during the day or early evening, visits are appreciated from volunteers.

Gardening Help - Once the spring weather kicks in we will need volunteers who can help maintain the gardens.

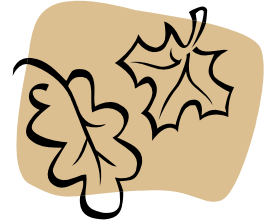
Activity Assistance - To assist the program staff with activities with the residents.

If there are any other volunteer opportunities that you feel the residents at Markhaven would benefit from then please feel free to contact Brenda Wilson at 905-294-2233 ext. 3308.

Verse of the Month

“Give thanks to the Lord, for he is good; His love endures forever.”

Psalm 107:1 (NIV)



Thanksgiving Recipe

Traditional Pumpkin Pie

Ingredients:

- 2 cans of pumpkin (can or pureed)
- 2 eggs
- 1 1/4 cups of half and half cream
- 2/3 cups brown sugar
- Pinch of salt
- 2 tbsp butter, melted
- 1 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/4 tsp ground ginger
- 9 inch pie crust (from scratch or frozen)

Directions:

- Preheat oven to 425 °F
- Place pumpkin in a bowl, add melted butter, stir well
- In separate bowl beat eggs. Beat in milk, brown sugar, salt and spices until thoroughly blended. Add pumpkin mixture. Mix well.
- Pour mixture into pie shell and place in center rack of oven at 425 °F for 10 minutes. Reduce heat to 350 °F and bake an additional 30-40 minutes until filling is firm.
- Cool and serve with whipping cream.

