

January 2009

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

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



*“Ring out the old, ring
in the new,
Ring, happy bells,
across the snow;
The year is going, let
him go;
Ring out the false, ring
in the true.*

-Lord Tennyson Alfred

2009!

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Welcome January

Markhaven would like to wish everyone a Happy New Year! We hope that all the families had a happy and safe holiday. We hope that everyone will join Markhaven and make 2009 a good year. All the best in the new year!

Signing Out

Just a reminder to anyone that is bringing a resident out of the facility that you must sign the resident out before leaving. There is a labeled sign-out book located at each of the nurses stations.

We also ask all visitors please use the sign-in/sign-out book located in the front lobby. This assists us with security in the building and also enables staff to contact all visitors for any reason deemed necessary.



Office Hours – Regular

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

Thank You

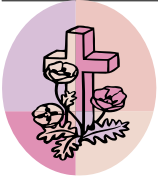
To All Families, Residents and Staff:

Thank you all so much for the wonderful Christmas Gifts of food, clothing items & toys that you donated to help our family in need. The family truly appreciates everyone's thoughtfulness.

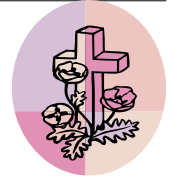
Markhaven would also like to thank everyone who participated in filling the stockings for our residents this Christmas. This has become a very successful tradition in our home due to the generosity of everyone. It makes our residents feel very special to be remembered by everyone at this special time of year.

Just so You Know...

There is a microwave located in the 2 South activity room for family and resident use. There will no longer be access to a microwave in the recently changed "ADC" room.



Chaplain's Corner



As we begin a new year, we wonder what will happen in the world and in our lives. Astrologists like Jeanne Dixon have, in the past, tried to predict the future and have often missed the mark. For example, she predicted that a world war would take place in 1958 and that by 1964 one man would rule the combined countries of the Soviet Union and China.

It is God alone who knows the future. He knows exactly what will happen to us in 2009. Is that unsettling for you or is it comforting? It probably hinges on our view of God. If we see him as a God with our best interests in mind who wants to care personally for us, then it is good news.

If God is loving and caring, then what is the one thing that we need to clear out of the way to experience his wonderful plan for us this year? In Mark 10, we read the story of a wealthy man who wanted to know what to do to get eternal life. We read in 10:21: *Jesus felt a genuine love for this man as he looked at him. "You lack only one thing," he told him. "Go and sell all you have and give the money to the poor, and you will have treasure in heaven."*

This man had great wealth so he probably thought that he could get eternal like he got everything else—by paying for it. He was living a good life, kept the commands and likely gave generous gifts. But Jesus looked into his heart and saw one thing he had failed to do—to get rid of the obstacle keeping him back; his wealth. By getting rid of it, he would be free to experience eternal life.

At the beginning of 2009, it would be a helpful exercise for us to ask God what it is that is keeping us back from knowing him better. It may not be finances but it may be another area of life that has become too important for us. Let's look to God for the strength to refocus our priorities so that in the words of Jesus we will have *treasure in heaven*.

I want to wish you a most blessed and fulfilling 2009!

Dr. Floyd Grunau—Chaplain
905-294-2233 ext. 3404



Resident Notice

Markhaven has invited the new Aging in the Community Team, to use the space on the 2nd floor known as the "ADC", as their administrative space. This team of professionals will be out in the community doing assessments and providing health services to allow seniors to remain in their own homes for as long as their health and circumstances will permit. Markhaven will be their home office for administrative and meeting purposes.

We are pleased to provide our support to this important new Central Local Health Integration Network (LHIN) initiative. We are partnering with a number health care providers including Markham Stouffville Hospital, North York General Hospital, Southlake Regional Health Centre, and South East Geriatric Group, York Central Hospital, and Humber River Regional Hospital.

This space will no longer be available for resident, family and Markhaven staff use. Families can book the use of the resident unit activity rooms and lounges for family events through Programs Department for after hours and weekend use when these rooms may be available.



Program Department



Birthday Party

Ice Cream Parlour

Have a treat! The ice cream parlour will be visiting the residents from door-to-door on Monday, January 12th around 2:30 in the afternoon.

Come join the program department as we throw our monthly birthday party for the residents. The party will be held on Wednesday January 7th, 2009 at 2:30p.m. in the Neely Auditorium. Family and friends are encouraged to join the residents on this special day.

Entertainment

Come join the fun in the Neely Auditorium on Friday, January 16th at 2:30p.m. The Paper Moon Show will be taking place featuring Zoey and Tony for a musical performance. Family and friends are more than welcome to join the Markhaven residents.

Reading Programs

Here is this month's schedule for the reading programs which will both take place in the Neely Auditorium:

January 22nd at 2:30p.m.

E.T. Crowle

January 28th at 10:30a.m.

Greenborough Public School



Baking Program

Something smells good! Come join the residents in the 2 South activity room on January 13th & 27th for the baking program. The baking starts at 2:30. Residents are encouraged to participate and offer recipe ideas.

Management Team

Executive Director:

Basil Tambakis ext.3301

Director of Care:

Karrie Brandt ext. 3303

Director of Business Services:

Laura Burns ext. 3304

Director of Program Services:

Hazel Moore ext. 3309

Chaplain:

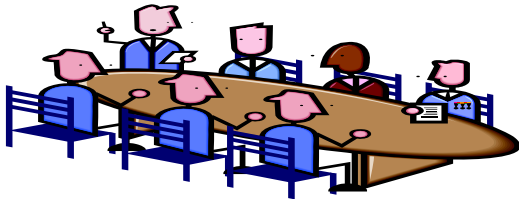
Floyd Grunau ext. 3404

Environmental/Laundry:

Randy Haugh 905-294-6521

Food Services: Jennifer Foster ext. 3300

Resident & Volunteer Services:
Brenda Wilson ext. 3308



Verse of the Month

Philippians 3:13-14

No, dear brothers and sisters, I am still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven.

Recipe of the Month

IRISH POTATO SOUP

Ingredients

- 2 tbsp butter
- 1 small onion, chopped
- 1 celery stalk, chopped
- 6 potatoes, peeled and diced
- 2 cans of condensed chicken broth
- 2 cups plus 3 tbsp water, divided
- 2 tsp Worcestershire sauce
- 1/4 tsp dried thyme
- 1/4 tsp black pepper
- 2 tbsp cornstarch

Preparation

In a soup pot, melt the butter over medium heat and sauté the onion and celery for 3-4 minutes or until tender. Add potatoes, 2 cups of water, Worcestershire sauce, thyme and pepper; mix well.

Bring to a boil over medium-high heat, then reduce heat to low and simmer for 35 minutes.

In a small bowl combine remaining 3 tbsp of water and cornstarch; stir into soup and cook until thickened.

* You may garnish your bowl of soup with fresh parsley.

