

February 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



Anyone can catch your eye, but it takes a special someone to catch your heart!

- Author Unknown



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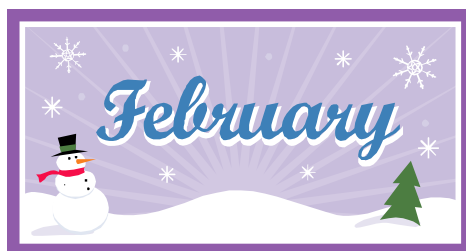
Welcome February

It's hard to believe that January has come and gone. February is here, bringing us closer to warmer weather...hopefully! Come visit Markhaven's website (www.markhaven.ca) for any updates or additional information about the home.

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

Love..

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always preserves."

1 Corinthians 13:4-7

Volunteers

Markhaven always welcomes volunteers and is an excellent facility for volunteers to participate and learn. Volunteers can assist residents to and from activities, religious events, can help in the front lobby, can participate in friendly visits, etc. 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.



Chaplain's Corner

Valentine's Day on February 14 gives us an opportunity to think about romance and love and perhaps send a card to people we really care for. For me, this will mean giving a card to my wife and my mother.

Jesus said two basic things about love: (1) *You must love the Lord your God with all your heart, all your soul, and all your mind;* (2) *Love your neighbor as yourself* (Matt. 22:37,39, NLT). The Apostle Paul said: *There are three things that will endure—faith, hope, and love—and the greatest of these is love* (1 Cor. 13:13, NLT).

Notice several important things from Scripture which help us to love people:

1. Loving God with our whole being is the top priority in life. We can do this because God first loved us when he sent his Son Jesus to die and forgive us for all our wrongs. Loving God then is a response to his love for us.
2. Loving another person is based on receiving/experiencing God's love and on the respect and care we have for ourselves.
3. The most important thing we can do for people is to show them love.

So what does love look like? Some of you reading this article have a parent or family member at Markhaven. How do you know when you're showing genuine love to your parent or aunt or friend? Love means relating to a person in a kind and patient way. One way to do this is to listen attentively to people's stories, even though you've heard them before. They feel loved! Love is accepting a person exactly as he/she is and not comparing him/her with anyone else. Love means practicing self-control even when the person has spoken unkindly to you. You forgive by overlooking a person's weaknesses and blunders. Love is bringing a flower or a small token of appreciation. Love is praying for the physical, emotional and spiritual needs of a person.

Why is loving another person so absolutely critical in life? Because it is the only activity that lasts forever. When Christ-followers are in heaven, they won't need more knowledge or health or material things. But love will be there stronger than ever. Loving God and loving each other will go on eternally. Let's receive God's love and pass that quality of love to the people whom God has brought into our lives.

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

Family Council

Date: Tuesday March 24th, 2009
Time: 6:30 p.m. - 7:30 p.m.
Place: Neely Auditorium (Second Floor)
Guest Speakers: Mr. Basil Tambakis & Gary Gladstone
Topic: "Markhaven Foundation"

Future Date: May 12th, 2009
Time: 6:30 p.m. - 7:30 p.m.
Place: Neely Auditorium (Second Floor)
Guest Speaker from the Alzheimer Society
Topic: Grief Intervention

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. The meetings alternate months from September to May.

For more information regarding the Family Council contact Karen Panfili by:
E-mail - kpanfili@hotmail.ca
Phone - 905-882-6042





Program Department

Birthday Party!

Come join the program staff as we throw our monthly birthday party in the Neely Auditorium at 2:30 p.m. on **Wednesday February 4th, 2009**. There will be a special performance by a Magician so make sure to be there!



Reading Programs

There are two schools participating in a reading program with the Markhaven residents. During the program the students read and visit with the residents in the Neely Auditorium. Here is the schedule for this month:

E.T. Crowle - **Thursday February 19th, 2009 - 2:30 p.m.**

Greenborough P.S. - **Wednesday February 25th, 2009 - 2:30**

Entertainment

On **Friday February 6th, 2009** we will be welcoming back the Westenders to perform for the residents. The show will take place at 2:30 p.m. in the Neely Auditorium.

On **Monday February 16th, 2009** Laurence Marks will be singing for the residents at 2:30 p.m. in the Neely Auditorium. Family and friends are always welcome to attend these events.

Announcement

The program staff will be away **Tuesday February 3rd, 2009**. We will be participating in an educational course. Regular programming will take place the following day.



Management Team

Executive Director:

Basil Tambakis ext.3301

Director of Care:

Karrie Brandt ext. 3303

Clinical Nurse Mgr

Louise Alvarez ext 3302

Director of Business Services:

Laura Burns ext. 3304

Director of Program Services:

Hazel Moore ext. 3309

Chaplain:

Floyd Grunau ext. 3404

Environmental/Laundry:

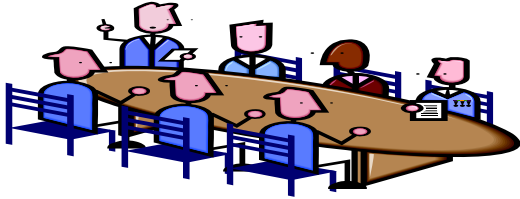
Randy Haugh ext. 3305

Food Services: Jennifer Foster

ext. 3307

Resident & Volunteer Services:

Brenda Wilson ext. 3308



Verse of the Month

Philippians 4:6-7

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Recipe of the Month

Hungarian Mushroom Soup

Ingredients

4 tbsp unsalted butter
2 cups chopped onions
1 pound fresh mushrooms, sliced
2 tsp dried dill weeds
1 tbsp paprika
1 tbsp soy sauce
2 cups of chicken broth
1 cup of milk
3 tbsp of all purpose flour
1 tsp salt
Ground black pepper, to taste
2 tsp lemon juice
1/4 cup chopped fresh parsley
1/2 cup sour cream

Directions

Melt the butter in a large pot over medium heat. Sauté the onions in the butter for 5 minutes. Add the mushrooms and sauté for 5 more minutes. Stir in the dill, paprika, soy sauce and broth. Reduce heat to low, cover, and simmer for 15 minutes.

In a separate bowl, whisk the milk and flour together. Pour this into the soup and stir well to blend. Cover and simmer for 15 more minutes, stirring occasionally.

Finally, stir in the salt, ground black pepper, lemon juice, parsley and sour cream. Mix together and allow to heat through over low heat, about 3 to 5 minutes. Do not boil. Serve immediately.

