

April 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



*April Showers...
Bring May Flowers!*



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Welcome April

Spring is here finally with Easter just around the corner! Markhaven has some exciting events and upcoming dates to remember. We are planning a very special Mother's Day celebration on Sunday May 10th, 2009 so please keep this date available. We will be featuring Dennis Hassell and his Treasure Chest - A collection of classic and original stories that unfold the spiritual dimension of life. We'll also have a guest pianist, to be announced. Family, friends and residents are all welcome to join the celebration.

Spring Cleaning

Spring is here. You know what that means! It's time for some Spring cleaning. Family members and caregivers if you can please go through your loved ones closets and drawers and remove items that are no longer needed. This will make it easier to find your loved one's items that are most needed for their care.

Thanks for your co-operation!

Office Hours – Regular

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

Poem of the Month

Oh, give us pleasure in the flowers today;
And give us not to think so far away
As the uncertain harvest; keep us here
All simply in the springing of the year

Oh, give us pleasure in the orchard white,
Like nothing else by day, like ghosts by night;
And make us happy in the happy bees,
The swarm dilating round the perfect trees.

And make us happy in the darting bird
That suddenly above the bees is heard,
The meteor that thrusts in with needle bill,
And of a blossom in mid air stands still.

For this is love and nothing else is love,
To which it is reserved for God above
To sanctify to what far ends he will,
But which it only needs that we fulfill.

By Robert Frost





Chaplain's Corner

In this time of economic downturn, what does Jesus have to say that would guide his followers through all the financial challenges?

When we face financial difficulties, our first response can be to worry. We worry about sufficient funds to retire, to pay for our children's education, to keep paying our mortgage, to take a vacation, to upgrade our vehicle, to buy healthy food.

In the Gospel of Matthew chapter 6, Jesus encourages us not to worry about material things like food or clothing. Why? Because, he says, life consists of more than material things. Jesus' reasoning goes like this: God takes care of the birds by feeding them. They don't even have to plant or harvest. We are more valuable than birds. So why worry? Instead, show even just a little faith that God can also take care of you.

Jesus said to his followers: *Your heavenly Father already knows all your needs, and he will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern.* (Matthew 6:24, 32-33). In other words, put God first in everything and he will take care of our daily needs.

Over the years, my wife and I have had the opportunity to experience God's care for us. One of those special times was when I was pursuing a seminary education. We had 3 sons with our youngest 5 months old. Each of the 3 years, we asked God for sufficient funds for the upcoming academic year. God provided summer jobs and moved people's hearts to give without us even asking anyone for help. My wife felt that she couldn't take a job outside the home because of the age of our boys. At graduation, all our bills were paid with \$200 in the bank! It was an amazing spiritual journey for us as we learned that God loves to care for our financial needs if we will trust in him.

Please contact me if you want to talk about matters of trust. I'm here to listen to your story.

Dr. Floyd Grunau—Chaplain
905.294.2233 ext 3404

Family Council

"Assisting Dementia Family Caregivers through the Grieving Process of Nursing Home Placement"

Date: May 12th, 2009

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

Place: Neely Auditorium (Second Floor)

Guest Speaker: Eleanor Silverberg M.S.W., R.S.W. from the Alzheimer's Society of York Region

This presentation will raise awareness of the grieving process that dementia family caregivers may experience around nursing home placement from deciding to apply for long term care, the transition of admission and moving on after placement. Topics will include the apprehension to apply, the losses, guilt, adjusting to placement, family caregiver role and wellbeing.

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 in the Neely Auditorium on **Wednesday April 1st, 2009**. The party will begin at 2:30 p.m. Everyone is welcome to join the celebration. Dessert and refreshments will be served.

Reading Programs

The residents will be excited to welcome back the children from the schools this month to read to them. Here are the dates to keep in mind:

E.T. Crowle - **Thursday April 16th, 2009** at 2:30 p.m. in the Neely Auditorium.

Greenborough Public School - **Wednesday April 22nd, 2009** at 2:30 p.m. in the Neely Auditorium.

Silvert's

Silvert's clothing sale is back this again! They will be bringing adaptive clothing and footwear to purchase. The sale will be held in the Neely Auditorium on **Wednesday April 15th, 2009** from 10:30 a.m. until 3:00 p.m.



Entertainment

We are excited to welcome two entertainers this month to perform for our residents. Be sure to keep these dates available:

Friday April 3rd, 2009 - Ronnie Lyke performing at 2:30 in the Neely Auditorium.

Friday April 17th, 2009 - Elvis is coming to Mark haven! Come join us in the Neely Auditorium to hear all your favourite Elvis songs performed.

Volunteers

Family, friends, residents and especially volunteers please join us in the Neely Auditorium on **Thursday April 23rd, 2009** from 2:30 p.m. - 4:00 p.m. We will be holding the Volunteer Appreciation Party on this day. Dessert and refreshments will be served. Plan to attend!

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:

Jun Concha ext. 3305

Food Services:

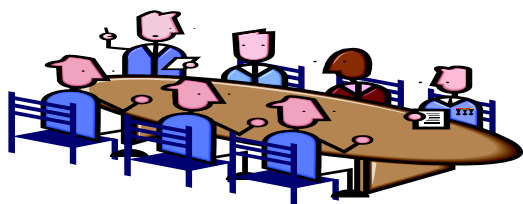
Daisy Lin ext. 3307

Resident & Volunteer Services:

Brenda Wilson ext. 3308

Admin Assistant:

Robin Drake ext. 3333



Verse of the Month

**The angel came to her and said,
Greetings!
The Lord has blessed you and is
with you.**

Luke 1:28

Recipe of the Month

WILD RICE SALAD

INGREDIENTS

- 1 cup wild rice (about 6 ounces)
- 1/2 teaspoon salt
- 4 cups broth
- 2 tablespoons butter
- 1 large onion, chopped
- 6 stalks celery, chopped
- 16 ounces fresh mushrooms, sliced or quartered
- 1 cup frozen peas, cooked (optional)
- 1 red pepper, chopped (optional)
- 3 cloves garlic, minced
- Salt and pepper to taste

DIRECTIONS

Rinse rice in cold water, then place in a Dutch oven. Stir in broth and 1/2 teaspoon salt (promotes fluffiness). Bring to a boil, uncovered. Reduce heat to medium, cover and boil softly 45 to 60 minutes or until rice is light and fluffy. Drain if necessary and return rice to Dutch oven.

Meanwhile, heat a large, deep skillet on medium high and add butter. Sauté onion, celery and mushrooms until soft. Transfer vegetable mixture to the Dutch oven with a slotted spoon, leaving vegetable liquid in pan. Add peas and red pepper to the rice mixture and combine. Add garlic to cooking liquid and cook until soft, about 1 minute. Pour garlic and remaining liquid over rice and stir together. Season liberally with salt and pepper. Refrigerate until ready to serve.

