

August 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



*Palm trees, ocean breeze
Salty air, sun-kissed hair
That endless summer
Take me there...*



Inside this issue:

Fall Fling	Pg. 1
Family Council	Pg. 1
Chaplain's Corner	Pg. 2
Family/Resident B.B.Q.	Pg. 2
Programs & Events	Pg. 3
Management Team	Pg. 4
Recipe/Verse of the Month	Pg. 4

Welcome August

August is here already! Make sure to take a look on page three for upcoming events and outings for Residents/Family. On the last page you will find a delicious summer recipe that you can try at home with your family.

Markhaven hopes that all the families are enjoying their summer so far!

Fall Fling



Fall Fling Luncheon and Fashion Show To Benefit Markhaven

The Woman's Committee of Markham is hosting it's annual Fall Fling Luncheon and Fashion Show on Wednesday, October 21st, 2009 at the Crystal Fountain. Once again all proceeds are shared between the Unionville Home Society and Markhaven Home for Seniors.

For additional information and tickets call Janet at 905-294-1283.



Office Hours – Regular

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

Family Council

Date: Tuesday September 22nd, 2009

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

Place: Neely Auditorium (Second Floor)

Guest Speaker: To Be Announced

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





Chaplain's Corner



The Westminster Confession of 1646 begins with the question, *What is the chief end of man?* The answer—*Man's chief end is to glorify God, and to enjoy Him for ever.* It was clear in the minds of these 17th century theologians that to glorify God and to enjoy God were two sides of the same coin. The Bible says in 1 Corinthians 10:31, *Whatever you eat or drink, or whatever you do, you must do all for the glory of God.* If glorifying God is the same as enjoying Him, then our goal in everything we do is to enjoy God.

Sad to say, that has not always been the case. Perhaps our religious background focused more on the things God demanded of us. If we followed certain rules and regulations, God would be pleased. But joy was missing. God was not described as someone we could enjoy being with. He seemed more like a God who was always watching over our shoulder—checking to make sure we kept on the straight and narrow.

As we ponder the word *enjoy*, I invite you to think of all the experiences of life which you enjoy. For me, it's walking with my wife along the path at Too Good Pond; or enjoying a round of golf (not the score but the beautiful surroundings); or reading a good book—travelling in my imagination to places I've never been, interacting with ideas put in a fresh way; or listening to a brother sharing the challenges he is facing and together seeking God's Spirit for direction. I enjoy these experiences for the satisfaction I feel; for the peace and settledness in my spirit; for a sense of anticipation and wonder.

You may be in a different space today. You say, *Right now, I'm barely surviving. I'm just thankful I made it through another week.* Certainly we agree that life is a mix of good and bad experiences. The question is: What did God create us for? Just to survive? To hope that this day will happen to be one we will enjoy? Is it possible to experience bad things and yet still have joy? That's a good question and we'll consider that in the Chaplain's Corner for September.



Dr. Floyd Grunau—Chaplain
905.294.2233 ext 3404

Family/Resident B.B.Q.

Our Annual Summer Barbecue was held on Saturday July 18th and it was a great success. The nice sunny weather couldn't be better for a barbecue. Many residents came out to this special event and visiting families were attracted by the crowd and stayed to join the fun. Our tables were filled with families and their loved ones.

The food was excellent with a variety of selections to suit all dietary needs. The entertainment from actress/singer, Zoey Adams, and guitarist, Tony Quarrington was extremely well received. Zoey presented one good song after another and everybody had such a great time, either enjoying music or singing along. One of our residents, Peter Heindel, was very excited and couldn't stop dancing along with the music.

This year, we had the privilege of having special guests attend our event. They are the Board of Directors of Markhaven Home and Markhaven Foundation, Deputy Mayor Jack Heath, Town of Markham and Mr. Paul Calandra M.P., Oak Ridges-Markham. Mr. Paul Calandra then had a tour of our home, and was very impressed with what he saw. Our residents felt proud being visited by representatives of our community.

Special thanks to our staff who worked very hard to organize this special event, as well as to volunteers, Maureen Dahl and Aleksandra Czynowska. We would also like to thank Bruce Marshall, Gord Case, Claire Quesnel and Larry Todd from the Lions Club who provided great help in barbecuing the food.

This is one of the most enjoyable barbecues ever. We hope that you will join us again next year.



Program Department



Birthday Party!

Come join the program staff in the Neely Auditorium on **Wednesday August 5th, 2009**. The party will begin at 2:30 p.m. Everyone is welcome to join the celebration. Dessert and refreshments will be served.

Ice Cream Parlour

There's nothing better than a cold ice cream cone on a warm summer day! Keep your eyes open for the ice cream trolley on **Monday August 10th, 2009**. The program staff will be delivering ice cream door-to-door starting at 2:30 p.m.

Baking Club

Something smells delicious! The residents here at Markhaven enjoy participating in the baking program. The program is held in the 2 South activity room on **Tuesday August 11th & Tuesday August 25th, 2009** at 2:30 p.m.

There is also a baking program every Friday at 2:30 p.m. in the 1 North activity room. Everyone always welcome to join.



Entertainment

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

Friday August 7th, 2009 - Laurence Marks performing at 2:30 in the Neely Auditorium.

Friday August 21st, 2009 - Helen Stewart is coming back! Come join us in the Neely Auditorium to hear all your favourite songs performed.

Outing

The program department will be renting a bus to take the residents for a drive and ice cream on **Monday August 24th, 2009**. The bus will leave Markhaven at 1:30 p.m. and will arrive back at 4:00 p.m. If anyone would like to join this event please inform the program staff ASAP. Seating is limited.

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



*I will instruct you and
teach you in the
way you should go*

Psalms 32:8

Recipe of the Month

GREEN MANGO SALAD

INGREDIENTS

1/3 cup (75 mL) chopped cashews or peanuts

2 unripe mangoes (2 lb/1 kg total)

1/3 cup (75 mL) each chopped fresh coriander and mint

2 tbsp (25 mL) lime juice

4 tsp (20 mL) granulated sugar

4 tsp (20 mL) fish sauce

1 tbsp (15 mL) vegetable oil

1/4 tsp (1 mL) Asian chili sauce or hot pepper sauce

1 sweet red pepper, thinly sliced

1 cup (250 mL) thinly sliced red onion

DIRECTIONS

In skillet or toaster oven, toast cashews over medium heat until fragrant and golden, about 8 minutes; set aside.

Cut pointy ends off mangoes. Set each mango on cut end. Using serrated knife, cut off peel. Cut flesh on either side of flat pit into thin slices; stack and cut into thin strips.

In bowl, whisk together coriander, mint, lime juice, sugar, fish sauce, oil and chili sauce. Add mangoes, red pepper and onion; toss to coat. (*Make-ahead: Cover and refrigerate for up to 2 days.*) Sprinkle with cashews.

