

November 2009

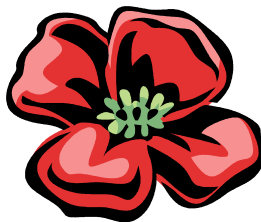
54 Parkway Avenue, Markham, Ontario L3P 2G4 905-294-2233

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



*"Dull November
brings the blast...
Then the leaves are
whirling fast!"*

-Sara Coleridge



Inside this issue:

Introduction	Pg.	1
Family Reminder	Pg.	1
Chaplain's Corner	Pg.	2
Family Council	Pg.	2
Programs & Events	Pg.	3
Management Team	Pg.	4
Recipe/Verse Of the Month	Pg.	4

Welcome November

November has arrived! There is a lot going on this month so make sure check out page three for upcoming events and dates to remember.

There is a Family/Resident Christmas Party in the process of being planned and organized. The date for this event will be Saturday December 5th, 2009. Details of the event will be announced ASAP.

The Annual Memorial Service will be held on Friday November 6th, 2009. Details are on page three.

Reminder

Just a final reminder for all families to please check that your loved one has no missing items of clothing. To view all of our unlabelled personal items of clothing or bedding please come to our main front office before Oct. 31/09. After this date all unlabelled items that are presently on site will be donated to a charity.

Also, we ask that family members help their loved ones go through their cupboards and wardrobes to make sure that all items are in order for preparation of the winter season.

Thank you

Office Hours – Regular

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

In Flanders Fields

By John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.





Chaplain's Corner

ENJOYING GOD: PART 4

As David, in Psalm 16, reflects on the good things God provides for him, he mentions the *saints/godly people in the land*. These are his true heroes. Knowing these people and talking with them gives him great pleasure and delight.

Why are godly friends so important for us? Because they encourage us, support us, understand us—they are reflections of the light of Christ to us; models of His character—of His love and kindness and gentleness and wisdom. Their very lives are an encouragement to us to keep persevering; to keep looking to God for everything we need; to focus on enjoying the Lord; to know by what we see in their lives that God is good and keeps giving us all that is good. They are certainly far from perfect but when they do wrong they know how to be honest and confess their sin to Christ and be forgiven.

The difference for David was that he had made God his Lord and Master. In verse 2 he said to God, *You are my Master! All the good things I have are from you* (NLT). Seeking after God increased his joy and delight. But those chasing after other gods would be filled with sorrow (verse 4). The picture is clear. Seeking after any other thing in life apart from the one and true God is a dead end street.

So today, I invite you to put your trust in God alone. He has so much good for you to enjoy. He wants to fill every need of yours. He wants to show you the endless riches of His resources. He wants to give you all that is good.

Dr. Floyd Grunau—Chaplain
905.294.2233 ext 3404

Helping Each Other

The recent flooding in the Philippines has caused massive destruction in several of its provinces. Loss of lives, homes and food supplies has been extensive.

Some of Markhaven's staff have families in the Philippines who have lost everything and now must depend on outside assistance to survive and rebuild. Markhaven would like to offer our support by sending relief supplies to these stricken areas.

Markhaven is asking for donations of food (dry, canned, bottled), clothes for all ages, small household items, toiletries (soaps, lotions, dental) or money donations that would be used to pay for shipping. St Patrick School will be collecting children's clothes for Markhaven to include with our donations. Shipping is done in special boxes 24x21 inches at a cost of \$60.00 per box and sent by surface transportation.

Donations can be dropped of at the office or to Louise. For any inquires please contact Brenda or Louise Ex. 3302. Thank you for your generosity.

Family Council

Next Scheduled Date: Tuesday November 17th, 2009
Time: 6:30 p.m. - 7:30p.m.
Place: Neely Auditorium (Second Floor)

The Family Council is currently looking for individuals (family & friends) that are interested in being involved in the committee.

The following positions are available:

- President
- Vice President
- Secretary

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

Program Department

Entertainment Birthday Party!

The following entertainers will be performing in the Neely Auditorium at 2:30 in the afternoon on the following dates:

Galina Finn (Accordion/Piano) - **Friday November 6th, 2009**

Jamie Levac Performing - **Friday November 13th, 2009**

Rainbow Seniors Musicians - **Monday November 23rd, 2009**

The monthly birthday party will be held **Wednesday November 4th, 2009** at 2:30 p.m. in the Neely Auditorium. Family and friends are always welcome to join their loved ones for this special day!



Swiss Chalet Lunch

The program department will be renting a bus on **Thursday November 12th, 2009** to take a group of residents to Swiss Chalet for lunch. The bus will depart at 11:00 a.m. and will arrive back at Markhaven around 3:00 p.m. Limited seating available. Please let the program department know if you are interested in your family member attending this event.



Memorial Service

Markhaven's annual memorial service will be held on **Friday November 6th, 2009** at 10:00 a.m. in the Neely Auditorium. Everyone is welcome to join this service to celebrate and remember loved ones that have passed.

Reading Program

The students are back for a visit! Residents really look forward to listening to the children read their stories and spend time together. The students will be here at 10:30 a.m. in the Neely Auditorium on **Wednesday November 25th, 2009**.

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



Recipe of the Month

Hot Apple Cider

INGREDIENTS

- 6 cups apple cider
- 1/4 cup real maple syrup
- 2 cinnamon sticks
- 6 whole cloves
- 6 whole allspice berries
- 1 orange peel, cut into strips
- 1 lemon peel, cut into strips

**DIRECTIONS**

Pour the apple cider and maple syrup into a large stainless steel saucepan.

Place the cinnamon sticks, cloves, allspice berries, orange peel and lemon peel in the center of a washed square of cheesecloth; fold up the sides of the cheesecloth to enclose the bundle, then tie it up with a length of kitchen string. Drop the spice bundle into the cider mixture.

Place the saucepan over moderate heat for 5 to 10 minutes, or until the cider is very hot but not boiling.

Remove the cider from the heat. Discard the spice bundle. Ladle the cider into big cups or mugs, adding a fresh cinnamon stick to each serving if desired.

Verse of the Month

***I can do all things
through Christ who
strengthens me.
Philippians 4:13***