

January 2010

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

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

Happy New Year! 2010

*"January brings the snow...Makes our feet and fingers glow!"
- Sara Coleridge*

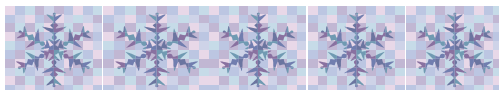


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Welcome January

Markhaven would like to wish all the families and friends a Happy New Year! We hope that all the families and friends had a safe and wonderful holiday. All the best for the upcoming year 2010!



Thank You

Markhaven's staff Lourdes Baybayon , Lolita Campos, Alma Arroco, Adela Carino and Jun Concha wish to express their sincere thanks for the all the donations that were given for relief assistance to their families and neighbours in the Philippines.

With this assistance many more boxes were filled and sent . Fortunately, their families are slowly rebuilding and replacing their losses. However there are many who cannot, and must still live in shelters with food rations . Markhaven will continue with our relief efforts to help those in need and will continue to collect any donation made anytime in the year 2010.

Office Hours – Regular

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

Poem of the Month

A NEW BEGINNING

Every end's a new beginning
With another chance for winning-
A renewal of our energy and hope.
What is over only strengthens
The connecting link that lengthens
All of living with it's duties and it's scope.

So it is with marching seasons:
Each in sequence has its reasons
In the purpose and intention of the Lord.
Let us seize this as a sample-
A divinely sent example-
And perceive in new beginning- new re-ward.





Chaplain's Corner



ENJOYING GOD—PART 5

In his further reflection in Psalm 16, David is thinking about inheritance--about how God had divided the land of Israel so that each tribe received their allotted territory. In that process, God did not give His priests any block of land to call their own. God said to them, *I am your portion and your inheritance* (Num. 18:20). In the same way, David says to God, *You are my portion. In You I have a delightful inheritance! You guard all that I have. You fill my cup. You keep me secure.*

Paul expresses this same truth in his New Testament letter to the Philippians. He has just described some of the reasons he could have put confidence in himself--his birth, his education, his zeal. That's a tempting thing to do. But then he says, *I once thought all these things were so very important, but now I consider them worthless because of what Christ has done. Yes, everything else is worthless when compared with the priceless gain of knowing Christ Jesus my Lord. I have discarded everything else, counting it all as garbage, so that I may have Christ and become one with him.* (Phil. 3:8, NLT)

David and Paul had it right. Our tendency is to place too much confidence in our ability to take care of ourselves. We work hard. We train diligently. We try to invest wisely. These are good things to do! But what happens if we lose our job? Or get sick? Or lose big time on our investments? What happens if our spouse leaves us? Or our child dies? Or we are failing at school? Do we have the ability then to take care of ourselves? Suddenly, we realize how absolutely weak and empty we really are. We wake up to the reality of how much we need to know God. We see that our confidence must be in God alone!

Whatever you are going through at this moment, God waits for you to put your confidence in him—to pray and trust him to lead you through each challenging situation of life. Remember that nothing is impossible with God.

Dr. Floyd Grunau—Chaplain
905.294.2233 ext 3404

Hair Charge Increase

Mary advises that her charges will increase by \$1.00 for each service except perms that will increase by \$3.00 effective February 1st, 2010.

New Rate Schedule is as follows: (RATES: include g.s.t. and are subject to change at any time)

Men's Cut	\$12.00
Ladies Cut	\$15.00
Shampoo & Set	\$17.00
Shampoo Cut & Set	\$26.00
Colour & Set	\$38.00
Perm-cut & set included	\$68.00
Special Set (curling iron only)	\$15.00

Thank you for your co-operation.

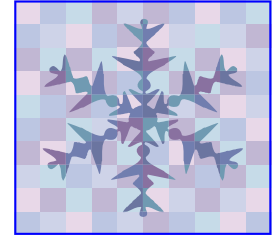


Family Council

Date: January 19th, 2010
Time: 6:30 p.m. - 7:30p.m.
Place: Neely Auditorium (Second Floor)
Guest Speaker: Basil Tambakis

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 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 and Secretary.

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



Entertainment

Country Kenny will be performing in the Neely Auditorium at 2:30 in the afternoon on **Monday January 11th, 2010**. Kenny has performed on several occasions at Markhaven and the residents always look forward to this event. Family and friends are encouraged to join their loved ones for this performance!

Birthday Party!

The monthly birthday party will be held at 2:30 p.m. in the Neely Auditorium on **Wednesday January 6th, 2010**. Family and friends are always welcome to join their loved ones for this special day!

Movie Matinee

Come to the Neely Auditorium on **Tuesday January 19th, 2010** at 2:30 p.m. for a movie and popcorn! It's always nice to gather around the big screen and enjoy a new or favourite movie

Reading Program

The Greensborough Reading Program will take place on **Thursday January 21st, 2010** in the Neely Auditorium at 10:30 a.m. These students come once a month to read and visit with the Markhaven residents. This has always been a very successful program.

Baking Program

The residents and program staff will be baking something yummy in the 2 South activity room on **Tuesday January 12th and 26th, 2010** at 2:30 p.m. Make sure to drop by for a treat!



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

**Taste and see that
the LORD is good;
blessed is the man
who takes refuge in him.
Psalm 34:8**

Recipe of the Month

Carrot Ginger Soup

INGREDIENTS

- 1 ½ lbs/700g carrots, peeled and chopped
- 2 medium onions, peeled and roughly chopped
- 1 clove garlic, peeled and crushed
- 3 tbsp extra virgin olive oil
- 1 tsp powdered ginger
- 1 tsp medium curry powder
- 3 pints /1.6 litres chicken or vegetable stock
- Sea salt and black pepper
- Rind of 1 lemon, finely shredded
- LEMON CREAM
- 7 oz/200g creme fraiche
- Grated rind of 1 lemon
- 2 tsp fresh parsley, chopped
- 2 tsp chives, chopped

DIRECTIONS

Heat the olive oil in a saucepan and add the onions and carrots, cook for several minutes, stirring from time to time. Do not brown the vegetables.

Then add the garlic, ginger and curry powder and cook for a further minute.

Add the stock and lemon strips to the pan, half cover the pan with its lid, and simmer gently for 20 minutes until the carrots are tender.

Cool slightly, then liquidize the soup until smooth. Taste and season with sea salt and black pepper. Reheat to serve.

To make the cream, stir all the ingredients together gently, and then spoon a dollop into the middle of each bowl of soup, garnish with chives or parsley if you wish. Serve with crusty bread. ENJOY!

