

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

## Special Events

**Thursday February 9** Black history month celebration with Deidry at 10:30am

**Tuesday February 14** Valentine's Day celebration with Jay Vasques at 10:30am



**Thursday February 16** Order in lunch from Popeyes at 12:00pm

**Tuesday February 21** Celebrating February

Birthdays with Carla G at 2:30pm

**Wednesday February 22** Afternoon at the Movies at 2:30pm

**Thursday February 23** Wine and Cheese at 2:30pm

**Tuesday, February 28** Resident council Meeting at 1:00pm

**Check the calendars for more events!**



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## The Origin Of St. Valentine

Although the legend of Valentine's Day is still a question mark until now, the most well-known story comes from ancient Rome. There are three legends about the patron saint Valentine or Valentinus recognized by the Catholic Church.

In the beginning, there was a priest named Valentinus who lived in Rome in the third century. During this era, the emperor Claudius II (a pagan Catholic) introduced laws that forbade marriage. He argued that Christians must focus on paying tribute to Rome.

Despite this absurd prohibition, the priest still secretly held a wedding ceremony for a young couple. Unfortunately, he was discovered and executed.

Another story claims that this person was a bishop of Terni, he was martyred because of trying to free Christians from prison. The other version reveals that he left a letter to his lover (probably the jailer's daughter) signed "From your Valentine" before his death.

Valentinus became a popular saint in the Middle Ages regardless of the true story.

Some people believe that February 14th is celebrated to commemorate his death. Meanwhile, scientific evidence shows the similarities between the modern holiday and the festival of Lupercalia. The Catholic church attempted to eliminate paganism and unite it into a single occasion - Saint Valentine's Day. It honored fertility rites and lottery pairing. It was not until the 1500s that the occasion became associated with romantic ideas. It is the word that describes the lover in poetry and song that originates from Chaucer.

In the late 1700s, the first commercial cards were issued. This anniversary of love is also gradually spreading its influence worldwide from here.

After centuries, Valentine's Day in today's times has gone far beyond the meaning of a religious ceremony. The occasion might take different forms from country to country based on cultural diversity.

The most common form is the couple's romance. Lovers enjoy spending time together at luxury restaurants or hotels. They appeared with red roses, chocolates, cards, or whatever had their partner's highest spiritual value.

Besides, other countries extend gratitude to all close relationships. You can show love to friends, colleagues, or family members. Even a gift for yourself - why not? (do not be surprised, love yourself first). Overall, it is the celebration of love, regardless of what form it takes.



## Markhaven Family Council

- February 2023 Newsletter -



### WHO ARE WE?



The Markhaven Family Council is a volunteer support group designed for residents and families.

All family members and friends of residents are invited to be on the **Family Council contact list**.

The Family Council often sends out very important information about long-term care, updates from the Ministry of Long-Term Care, health studies and information sent by Markhaven management.

Long-term care facilities are mandated to have a Family Council in the Province of Ontario.

We welcome you with open arms! 😊

### Family Council Meetings:

Please plan to join us at our next Family Council Meeting:

**Thursday, February 9<sup>th</sup>, 2023 @ 7:00pm**

The Family Council currently meets via Zoom.

For more information please contact:  
[markhavenfamilycouncil@gmail.com](mailto:markhavenfamilycouncil@gmail.com)

**Chair:** Marg Calver  
[mwcalver@gmail.com](mailto:mwcalver@gmail.com)

**Vice Chair:** Shane Taylor  
[shanetaylor18@gmail.com](mailto:shanetaylor18@gmail.com)

**Treasurer:** Narinder Kainth  
[midwifelily84@gmail.com](mailto:midwifelily84@gmail.com)

**Secretary:** Linda McLean  
[logicalperception@bellnet.ca](mailto:logicalperception@bellnet.ca)

## BLACK HISTORY MONTH

February is Black History Month. Every February, people across Canada participate in events and festivities that honour Black Canadians and their contributions to Canada.

Many Blacks were enslaved in Canada from the 1600's to 1883, when the British finally abolished slavery in most British colonies, including Canada.

Canada officially recognized February as Black History Month owing to the hard work of Jean Augustine, the first Black woman elected to parliament. She introduced the motion to the House of Commons.

To learn more about Black History in Canada, visit  
<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month/historic-black-communities.html>

Source: Government of Canada



## Spiritual Reading

The Love Scripture 1 Corinthians 13 “Though I speak with tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal. Though I have the gift of prophecy, and understand all mystery, and all knowledge; and though I have all faith, so that I could remove mountains and have not charity, I am nothing. And though I bestow all my goods to feed the poor and though I give my body to be burn and have not charity, it profits me nothing. Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up. Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil. Rejoiceth not in iniquity, but rejoiceth in the truth. Beareth all things, believeth all things, hopeth all things, endureth all things. Charity never faileth; but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away. For we know in part, and we prophesy in part. But when that which is perfect is come, then that which is in part shall be done away. When I was a child, I spake as a child, I understood as a child, I thought I as a child; but when I became a man, I put away childish things. For now we see through a glass darkly; but then face to face, now I know in part; but then shall I know even as also I am known. And now abideth faith, hope, charity, these three; but the greatest of these is charity.” When it comes to being servant of Christ, everything that we do should be done from a place of love. As the scripture clearly states, showing love has nothing to do with how smart we are; our position in society; our gifting in the body of Christ. Showing love is a condition of the heart and that is what is important to God. When God sent Samuel to choose and anoint a King from amongst the sons of Jesse, He said to Samuel in 1 Samuel 16:7, “....for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart.” Love will dictate how we treat others and how we respond to people around us. I pray that God’s desire for us to walk in love towards each other will be fulfilled in our lives, and that the kindness we show others would be a manifestation of the love that is in our hearts.

## Phone Directory

<b>Executive Director:</b> Janice Pitts janice.pitts@markhaven.ca	ext. 3304
<b>Director of Care:</b> Esther Spencer esther.spencer@markhaven.ca	ext. 3303
<b>Environmental Services Manager:</b> Jason Ramoutar jason.ramoutar@markhaven.ca	ext. 3305
<b>Food Services Manager</b> Kristina Grant kristina.grant@markhaven.ca	ext. 3307
<b>Resident Services Coordinator:</b> Christine Mills christine.mills@markhaven.ca	ext. 3308
<b>Human Resources Manager:</b> Shantel Smith shantel.smith@markhaven.ca	ext. 3301
<b>Director, Fundraising &amp; Volunteers:</b> Laurie McClelland laurie.mcclelland@markhaven.ca	ext. 3401
<b>Chaplain:</b> chaplain@markhaven.ca	ext. 3404
<b>Recreation Manager:</b> recreation@markhaven.ca	ext 3309
<b>Home Area Nursing Stations</b> Parkway (1 North) Paramount: (1 South) Toogood (2 North) Springdale (2 South)	ext. 4317 ext. 4310 ext. 4318 ext. 4312