



# Inside Markhaven

## January 2018

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

### January Special Events

**January 10th**– Entertainment with Ron Beer! 2:30 in the Neely auditorium. Come and join us for a toe tapping good time!

**January 16th**(parkway residents) & **30th**(All residents) - Let's Order in KFC Lunch 12:00pm in the Neely Auditorium. Please call Lindsay Bailey at ext. 3309 if you would like to sign your loved one up, as space is limited. *Note: there is an additional charge for this program.*

**January 19th**–Hands on Exotics join us for an afternoon visiting with our animal friends! 2:30 in the Neely Auditorium.

**January 20th**– Golden Heir Gospel Concert 10:30am in the Neely Auditorium. Join us for a lovely afternoon of uplifting music and fellowship.

**January 22nd**– Winter Birds & Pine Cones with Sean. Join us we are making pine-cone bird feeders that can be hung outside for the birds to enjoy.

**January 31st**–Resident Birthday Party, come celebrate all the January Birthdays! 2:30 in the Neely Auditorium.

### February Special Events

**February 2nd**–Hands on Exotics join us for an afternoon visiting with our animal friends! 2:30 in the Neely Auditorium.

**February 7th**(All residents) & **February 20th**(parkway residents) - Let's order In Chinese Food Lunch 12:00pm in the Neely Auditorium. Please call Lindsay Bailey at ext. 3309 if you would like to sign your loved one up, as space is limited. *Note: there is an additional charge for this program.*

**February 14th**– **Valentine Day**–Love is in the Air, and Elvis is in the Building. Come see Aloha Elvis at 2:30pm in the Neely Auditorium.

**February 16th**– Joins us at 2:30pm for our Chinese New Year Celebration!

**February 26th**– Hot Chocolate Factory with Sean 9:45am in the Neely Auditorium. Learn about how chocolate is made from tree to treat!

**Note:**  
For further information on upcoming scheduled activities and special events, please visit Markhaven's website under "Markhaven Services".

Additionally, our monthly activity calendars are posted on the bulletin board in each unit and activity room. Additional communications are posted in the elevators and the main floor North-East corridor. Thank you.

### January Greeting

*At the sound of the tolling midnight bell a brand new year will begin. Let's raise our hopes in a confident toast, to the promise it ushers in.*

*May your battles be few, your pleasures many, your wishes and dreams fulfilled. May your confidence stand in the face of loss and give you the strength to rebuild.*

*May peace of heart fill all your days, may serenity grace your soul. May tranquil moments bless your life and keep your spirits whole.*



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## Calendar Format Change

You may have noticed a change on the monthly recreation calendar. Going forward Paramount's activities will be included on Toogood and Springdales Calendar. Therefore Parkway home area will have a separate calendar, which will be less confusing for all residents. Parkway's calendar will also include monthly special events that are in the Neely, as well as all chapel services and spiritual activities. If you have further questions please contact Lindsay Bailey at Extention 3309. Thanks



## Reminder

This is just a reminder to all Family and Friends. Please be mindful when leaving Parkway home area as well as when leaving the building, that there is no resident following you. If you need assistance don't hesitate to ask staff. Thank you.



**Just a reminder...**

# Country Apple Dumplings

## Ingredients

- ❁ 2 large Granny Smith apples, peeled and cored
- ❁ 2 (10 ounce) cans refrigerated crescent roll dough
- ❁ 1 cup butter
- ❁ 1 1/2 cups white sugar
- ❁ 1 teaspoon ground cinnamon
- ❁ 1 (12 fluid ounce) can or bottle Mountain Dew (TM)

<u>Prep</u>	<u>Cook</u>	<u>Ready In</u>
20 mins	45 mins	1h 5m



## Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
2. Cut each apple into 8 wedges and set aside. Separate the crescent roll dough into triangles. Roll each apple wedge in crescent roll dough starting at the smallest end. Pinch to seal and place in the baking dish.
3. Melt butter in a small saucepan and stir in the sugar and cinnamon. Pour over the apple dumplings. Pour Mountain Dew(TM) over the dumplings.
4. Bake for 35 to 45 minutes in the preheated oven, or until golden brown.



## *Family Council*

### *What is the Family Council?*

*The Family Council is established by law under the Long Term Care Act. All facilities are to have a Family Council.*

### *Who is a member of the Family Council?*

*All family members and friends of every Markhaven resident are considered to be members of the Family Council.*

### *What does the Family Council do?*

*The Family Council meets four or five times yearly to discuss issues of common interest and to meet other family members for mutual support. There is usually an informative speaker who has an important message relevant to the care and quality of life of our loved ones. The Family Council has held successful fundraisers. The funds raised have been used to provide additional musical entertainment for residents and their families on Saturday afternoons and for other items or events that benefit the residents.*

*The next meeting of the Family Council will be on **Thursday, January 25, 2018, at 7 pm in the Neely Room.** There will be elections for Vice President and for Treasurer. A speaker about income tax has been approached but is not yet confirmed. Please plan to attend. More information about the meeting will be sent in January. If you wish to be added to the Family Council contact list, please send your information to [mwcalver@gmail.com](mailto:mwcalver@gmail.com).*

***Saturday afternoon entertainment** sponsored by the Family Council will be Saturday, January 27th at 2:30 pm in the Neely Room. Bring your loved one and enjoy this interactive musical presentation.*

***Happy New Year to all Markhaven residents, families and staff.***



## Chaplain's Corner



Happy New Year

***"...planted in the house of the LORD, they will flourish in the courts of our God."  
Psalm 92:13***

I have noticed the word *flourish* being spoken and written in several places lately. Pay close attention, and see if you can find at least one occurrence of this word during your week. The word flourish means to grow or develop in a healthy or vigorous way, especially as the result of a particularly favourable environment. It is my prayer as Chaplain at Markhaven that each of us will flourish in 2018 and that Markhaven will be a place filled with favour, where our residents their families and staff will thrive.

Another word for flourish is *shalom*. We translate it in English to mean peace, however it means much more than the absence of conflict or a feeling of being at rest. Shalom means that the environment and the people in it experience wholeness, where nothing is broken, missing or lacking. Community, connection, integrity and well-being are marks of shalom.

As we enter this new year and resolve to do things better than perhaps we have in the past, let us also be keenly aware of the ways in which we are flourishing. This helps to remind us that our blessings are indeed many and new every morning. Peace be with you.

*Have A  
Blessed  
New Year!*



## For Your Information



### **Hello to Our family members!**

We are enclosing a consent form for Optometry services if you wish a resident to have their eyes checked we ask that you sign the form and return it to our office no later than Tues. Jan. 16/18. Please remember senior eye checkups are free once a year, we must have at least 7 residents requesting this service for the Optometrist to come to Markhaven.

As a friendly reminder please ensure all Resident belongings are clearly labelled with the Residents name this includes all items in a Resident's room including, clothing, comforters/blankets, pictures, dentures, hearing aids etc..

Always bring clean resident clothing/blankets to the office for labelling prior to leaving in the resident's room. For some items such as shoes, pictures etc. family could use a black water proof marker to write names on these items. You may also order clothing labels from the office free of charge and apply the labels with a very hot iron to the clothing. All clothing and blanket items belonging to each resident must be 100% washable and dryable as we use very high temperatures to prevent infection.

Always report missing items of any kind to our front office, we will then be able to tell all departments of the missing item and do a more thorough search.

Kindly remember never to leave valuable items such as expensive or sentimental jewellery, watches or money in a resident's room.

Please use caution with glass picture frames and vases etc. We would prefer plastic is used for the safety of our Residents.

If you have any questions if any kind, please call or visit us in the office so we may assist you!

# **RED SOCK PROGRAM**

Red Socks are now available for purchase  
in the main office.

\$8.00 per pair



Contact Lorna or Deirdre for addition information!