

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

## Special Events

**Wednesday March 8** Celebrating March Birthdays with Kelly Davies @ 2:30PM

**Tuesday March 14** Diner's Club: Fish & Chips at 12:00PM



**Friday March 17** St. Patrick's Day Party with Shannon at 10:30AM

**Wednesday March 22** Wine and Cheese at 2:30pm

**Friday March 24** Movie Matinee at 2:30PM

**Tuesday, March 28** Resident Council Meeting at 1:00pm

**Check the calendars for more events!**



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## The Origin Of St. Patrick



St. Patrick's Day is named after St. Patrick, who is the patron saint of Ireland. St. Patrick was a Christian missionary and bishop who lived in the 5th century. He is credited with bringing Christianity to Ireland and is also known for using the shamrock to explain the concept of the Holy Trinity to the Irish people.

The exact details of St. Patrick's life are not clear, and many stories and legends have developed over the years. It is believed that he was born in Roman Britain in the late 4th century and was kidnapped at the age of 16 by Irish raiders and taken to Ireland as a slave. He eventually escaped and returned to Britain, but later decided to return to Ireland as a missionary.

St. Patrick's Day has been celebrated as a religious holiday in Ireland for centuries. However, the modern celebration of St. Patrick's Day, with its parades and parties, has its roots in the United States. The first St. Patrick's Day parade was held in New York City in 1762, organized by Irish soldiers serving in the British army. Today, St. Patrick's Day is celebrated not only in Ireland but also in many other countries around the world, especially in places with large Irish populations.



On behalf of Markhaven and we just wanted to take this time to thank Marlene Lines & Barbara Cooper's Craft Group for the beautiful handmade hats. Our frontline workers were so touched by your thoughtfulness and generosity. We appreciate your continuous support and encouragement.



### SPRING EQUINOX BEGINS MARCH 20TH, 2023

The Spring Equinox is an astronomical event that occurs each year when the Earth's tilt is such that the equator is precisely perpendicular to the sun's rays. This happens twice a year, in March and September, and marks the beginning of spring in the Northern Hemisphere and autumn in the Southern Hemisphere.

During the Spring Equinox, day and night are approximately equal in length all over the world, and the sun rises directly in the east and sets directly in the west. This is because the Earth's axis is tilted neither towards nor away from the sun.

The Spring Equinox is a time of new beginnings and renewal, and it has been celebrated in many cultures throughout history as a time of fertility and growth. Many people mark the occasion by participating in traditional springtime activities such as planting seeds, cleaning and decluttering their homes, and enjoying the longer daylight hours.

## Markhaven Family Council

- March 2023 Newsletter -

**Markhaven Family Council Contact Info:**  
**markhavenfamilycouncil@gmail.com**



### WHO ARE WE?

Family Council welcomes all family members and friends of current and former Markhaven residents. The best advocates for residents are their family members and friends.

### WHAT DO WE DO?

The role of the Family Council is to:

- support residents and family members
- provide advocacy
- provide education
- provide ways to problem-solve

**The focus of the Family Council is on resident care and resident needs.**

Everyone on the Family Council email list receives important information about LTC in the media, current Ministry updates and all communication sent out by the Markhaven office. Attendance at meetings is strongly recommended, but not required to be on the Family Council email list. 😊

### FAMILY COUNCIL EXECUTIVE

**Marg Calver – Chair**

mwcalver@gmail.com

**Shane Taylor – Vice Chair**

shanetaylor18@gmail.com

**Narinder Kainth – Treasurer**

midwifelily84@gmail.com

**Linda McLean – Secretary**

logicallinda50@gmail.com

### PLANNING TO ATTEND OUR NEXT MEETING?

**Date:** Thursday, March 23<sup>rd</sup>, 2023

**Time:** 7:00pm

**Where:** Virtually VIA ZOOM

If you are interested in attending the March meeting please send us an email to obtain the ZOOM link.



### WHEN AND HOW DO WE MEET?

We currently meet on Zoom. Meeting dates are determined by the members. Everyone on the Markhaven Family Council email list receives meeting information, meeting minutes and the responses from Management to questions that result from the meetings.

We Invite You to Meet Esther Spencer,  
The Director of Care at Markhaven.

Esther Spencer will speak at the Family Council meeting on Thursday, March 23.

Esther will speak about her:

- background and previous experience
  - roles and responsibilities at Markhaven
  - vision and plans for Markhaven in the future
- Esther will endeavour to answer a few questions following her presentation.



## **Spiritual Reading**

Having ears that work does not guarantee that we really hear. Although God made us with two ears that we cannot close and one mouth that we can (which ought to teach us something!), we sometimes close off our minds so that we do not really hear what is being said, even though we did hear the sounds of the words. Anyone who is married has had that experience. Your wife is talking to you, but you are reading the mail or the paper and you didn't hear a thing she said. In the same way, it is possible to hear the Bible read or preached and not hear a thing. Your mind was elsewhere. That's why Jesus often said, "He who has ears to hear, let him hear" (Mark 4:9, 23). He said, "Take care how you listen, for whoever has, to him shall more be given; and whoever does not have, even what he thinks he has shall be taken away from him" (Luke 8:18). If the Bible contains the very words that God Himself is saying to us, then it certainly behooves us to listen reverently to what He is saying!

The people in our text were both attentive and reverent when God's Word was read to them. Verse 3 mentions their attentiveness, and verses 5 & 6 show their reverence. They stood up as if to greet a royal visitor, and then they bowed down in worship. They were not worshipping the actual scroll that Ezra held in his hand, but rather the God who had given the words of that scroll to Moses and through Moses to them..

Attentiveness stems from reverence. If we maintain our reverence for God and that fact that He is speaking to us through His Word, we will pay attention to what He says. If we forget that this is the Word of the living God to us, our minds will wander to other things. I realize that preachers can sometimes be boring. But if I lose your attention, direct your mind to the text of Scripture and ask the Lord to open it to your heart.

## **Phone Directory**

**Executive Director:** ext. 3304  
Janice Pitts  
janice.pitts@markhaven.ca

**Director of Care:** ext. 3303  
Esther Spencer  
esther.spencer@markhaven.ca

**Environmental Services Manager:** ext. 3305  
Jason Ramoutar  
jason.ramoutar@markhaven.ca

**Food Services Manager** ext. 3307  
Kristina Grant  
kristina.grant@markhaven.ca

**Resident Services Coordinator:** ext. 3308  
Christine Mills  
christine.mills@markhaven.ca

**Human Resources Manager:** ext. 3301  
Shantel Smith  
shantel.smith@markhaven.ca

**Director, Fundraising & Volunteers:** ext. 3401  
Laurie McClelland  
laurie.mcclelland@markhaven.ca

**Chaplain:** ext. 3404  
chaplain@markhaven.ca

**Recreation Manager:** ext 3309  
John Sarcilla  
john.sarcilla@markhaven.ca  
recreation@markhaven.ca

**Home Area Nursing Stations**  
Parkway (1 North) ext. 4317  
Paramount: (1 South) ext. 4310  
Toogood (2 North) ext. 4318  
Springdale (2 South) ext. 4312