

## December Quote

"The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other."

— Burton Hillis



## December Resident's Birthday Celebrants!

James, T  
Patricia, S  
Arthur C  
Ying Sze C  
Hongzhi David L  
Kit C  
Thomas, T  
Marion Kathe, S  
N. Middleton  
Liliana G

December 2,  
December 4,  
December 7,  
December 14,  
December 17,  
December 24,  
December 26,  
December 28,  
December 28,  
December 30,

## Employees of the Month for October & November



**Teodora Tumang**  
PSW



**Charles Tang**  
PSW



**"Barbara aka Betty" on 2 North just turned 100th Last Month!!**

**Let wish Betty a Happy Birthday on this incredible Milestone! Wishing you always full of laughter, love and good health!**

# Markhaven Newsletter

December 2023



Markhaven Home for Seniors | 54 Parkway Avenue,  
Markham, Ontario, L3P 2G4 |  
Tel:905-294-2233 | Fax:905-294-6521

## December SPECIAL EVENTS Wine and Cheese

Deidry

**December 5 at 6:30pm**

**Ugly Sweater Birthday Celebration with Rosita Stone**

**December 13 at 10:30am**

**Young at Heart Painting**

**December 14 at 2:30pm**

**Resident & Family Christmas Dinner**

**December 15 4:30pm-6:30pm**

**Entertainment with Kelly Davies**

**December 17 at 2:30pm**

**Diner's Club: Christmas Special Swiss Chalet**

**December 20 at 12:00pm**

**BUS OUTING Christmas Lights Tour**

**December 22<sup>nd</sup> at 6:00pm**

**Christmas Greetings**

**December 25 at 10:30am**

**New Years Eve Party with Vivianna**

**December 31 at 10:30am**

## Message From Our Executive Director

Christmas is quickly approaching, and we hope you all enjoy the Christmas decor around Markhaven. This is probably our busiest season, and we are all very excited to share this time with our residents, family members and staff. We are all looking forward to attending our Resident and Family Christmas Party being held on Friday December 15th. We have a lovely dinner menu planned along with music and a special guest.

We have been busy preparing for our annual Staff Christmas Party on Friday December 1st. Thank you to those who have donated a gift for this event, your kindness is truly appreciated. Just a reminder that due to our policy, staff are not allowed to accept gifts from family members. However, many have already asked if they are able to bring in something for the staff during the holiday season. The answer is yes, if the item is something that can be shared with others on the home area. Some options would be, chocolates, gift baskets, cookies and other items that are shareable.

We had an amazing Remembrance Day ceremony on November 11th which was attended by both residents and family members. Several of our residents took part in the service. This was such a beautiful time to remember and honour the courage and sacrifice of those who served our Country.

You may have also noticed the new chairs in our dining rooms. This is the beginning of our updating of this space for the residents dining pleasure.

As mentioned in the previous Newsletter, we are currently working with a marketing company to update our website. Right now, it appears that they are a little ahead of schedule, so hopefully everything will be completed by early spring.

One of the items purchased through our fundraising event "Colours of Autumn" was an Automated External Defibrillator (AED). You will see this mounted on the wall as you enter the home by the elevators. We thank all of you who attended this event.

As Christmas approaches, I pray you experience the richness of God's love and glory and the miracle of this Holy season. Have a blessed Christmas and a very Happy New Year. God Bless



# THE DENTIST IS



## COMING!!

ON-SITE DENTAL DIRECT WILL BE ON-SITE AT  
Markhaven

On Tues., Jan. 23<sup>rd</sup> 2024

Please call the office directly to book an  
appointment at: 437-887-1134 or email us at:  
[admin@onsitedentaldirect.com](mailto:admin@onsitedentaldirect.com)

### Phone Directory

#### Executive Director:

Ext: 3304

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#### Director of Care:

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#### Environmental Service Manager:

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#### Food Service Manager:

Ext: 3307

Tanya Bahnesli-Roldan

[tanyab@markhaven.ca](mailto:tanyab@markhaven.ca)

#### Recreation Manager & Resident Service Coordinator:

Ext: 4315

Jennifer Leung

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Jonathan Waddington

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#### Director, Fundraising & Volunteers:

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Laurie McClelland

Laurie [McClelland@markhaven.ca](mailto:McClelland@markhaven.ca)

#### Home Area Nursing Stations

Parkway (1North) Ext: 4317

Paramount (1South) Ext: 4310

Toogood (1 South) Ext: 4318

Springdale (2 South) Ext: 4312

## Markhaven Family Council

- December 2023 Newsletter -

### Markhaven Family Council Contact Info:

[markhavenfamilycouncil@gmail.com](mailto: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](mailto:mwcalver@gmail.com)

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

**Treasurer – CURRENTLY VACANT**  
Interested? Email Us! [markhavenfamilycouncil@gmail.com](mailto:markhavenfamilycouncil@gmail.com)

**Linda McLean – Secretary**  
[logicallylinda50@gmail.com](mailto:logicallylinda50@gmail.com)



The Family Council would like to wish all residents, staff and family members peace and joy this holiday season!  
**Merry Christmas & Season's Greetings!**

December, the darkest month of the year, is marked by festivals and events around the world, including religious and cultural events where light, usually candles, is featured and prominent. Many festivals and celebrations are known as "Festivals of Light".

#### Here are some of the celebrations:

**Diwali** is one of the major religious festivals celebrated by Hindus, Jains, Sikhs, and Buddhists. Also known as the Festival of Lights, Diwali, recently celebrated in November, is notable for the lighting of many candles in temples and homes.

**Hanukkah** is an 8-day Jewish festival. This year Hanukkah falls between Dec 7 and Dec 15. Candles are lit every night and special foods such as latkes are served.

**Santa Lucia**, December 13, is a religious celebration marked in Scandinavia and Italy. Concerts and processions are highlights of the day. Special foods and candles worn on head-wreaths are featured.

**Yule** is a festival that has pagan roots and is celebrated by Germanic people across the world. Yuletide technically falls within the Winter Solstice. The Yule log was originally a real tree trunk or limb, and it was burnt on the hearth.

**Kwanzaa** is a December holiday rooted in African history, often celebrated with traditional African songs, dances, storytelling and poetry reading. Special foods are served daily. The end of the celebration is December 31.

**Christmas**, December 25, is a religious festival celebrated by Christians to mark the birth of Jesus. This is the most popular December holiday and is often celebrated even by non-Christians. Lights, music, and many special foods are features of the religious celebrations and these vary from culture to culture.

On November 9<sup>th</sup>, 2023, the Family Council welcomed Jennifer Leung, Markhaven's Recreation Manager and Resident Services Coordinator as our special guest. If you would like to see the presentation, please send us an email to request the video link:

[markhavenfamilycouncil@gmail.com](mailto:markhavenfamilycouncil@gmail.com)



# Infection Prevention & Control Update: RSV Immunization



Respiratory Syncytial Virus (RSV) is a major cause of lower respiratory tract infections. Older adults, especially those with other comorbid conditions and underlying health issues such as heart or lung diseases and weakened immune systems, are more susceptible to severe disease and have an increased risk of RSV- related hospitalization and death.

August 4, 2023, Health Canada gave authorization for GSK RSV vaccine, Arexvy. Arexvy is given intramuscularly as a single dose of 0.5ml. The need for future doses is not known currently. This vaccine will not be given along with other vaccines at this time as a precaution. The overall efficacy of the vaccine is 82.6%. Side effects of the vaccine include pain, swelling and redness at the injection site, fever, tiredness, headache, nausea and muscle or joint pain.

For the 2023-2024 RSV season, Ontario has developed an RSV prevention program for adults 60 years and older living in long term care homes. Arexvy will be offered to residents of LTCHs who are eligible. Residents who have consents in place will receive their vaccine during onsite clinics (same process for influenza and COVID-19 vaccine clinics). Consent forms will be sent to families/residents as soon as they are available from MOH.

MARKHAVEN  
PRESENTS

# CHRISTMAS PROGRAMS

JOIN US FOR A JOLLY GOOD TIME!  
IN THE NEELY!

**DEC 5 CHRISTMAS KARAOKE AT 2:30PM**  
**DEC 8 HOT CHOCOLATE SOCIAL AT 2:30PM**  
**DEC 12 CHRISTMAS PHOTOSHOOT AT 10:00AM**  
**DEC 13 CHRISTMAS UGLY SWEATER BIRTHDAY PARTY AT 10:30AM**  
**CHRISTMAS CRAFTS AT 2:30PM**  
**DEC 14 CHRISTMAS CAROL WITH MASTERMIND**  
**MONTESSORI AT 10:30AM**  
**DEC 15 CORNERSTONE CHRISTMAS CAROL AT 2:30PM**  
**RESIDENTS AND FAMILY CHRISTMAS PARTY FROM 4:30PM - 6:30PM**  
**DEC 18 COLUMBIAN CHRISTMAS TRADITION AT 2:30PM**  
**DEC 19 CHRISTMAS DOLLARSTORE AUCTION AT 2:30PM**  
**DEC 25 CHRISTMAS MOVIE MATINEE AT 2:30PM**

**HO-HO-HOPE TO SEE  
YOU THERE!  
FAMILIES ARE  
WELCOME!**





## CHRISTMAS GIFTS FOR YOUR LOVED ONES

Dear Markhaven Family and Friends, if you would like to provide a wrapped Christmas gift for your loved one or a friend, please drop it off to the main office by **Monday, December 18th**. Gifts will be distributed to residents on Christmas morning. Please make sure the gift is labeled with resident's name and room number.

Should you have any questions, please do not hesitate to contact the Jennifer Leung at **905 294 2233 ext 4315**.

Thank you very much for your support.

## POETRY CORNER

### Christmas Time

© Ronald Doe More By Ronald Doe

Christmas time is finally here.  
It only comes but once a year,  
And it's a time to spread good cheer  
To those we love and hold so dear.

Christmas time is a time of glee,  
A time when peace and love run free,  
A time for those like you and me  
To sit beneath the Christmas tree.

Christmas time is a time of joy,  
A time to sit back and enjoy  
The smile on each girl and boy,  
As they play with a Christmas toy.

Christmas time is a time to share  
The passing of another year.  
Birth of Jesus, a joyful prayer,  
To show loved ones how much we care.

Christmas time is a time for song,  
A time for us to get along,  
To make us feel Lord Jesus strong,  
Forgive all those who did us wrong.

Christmas time is a time to pray,  
Put love and kindness on display,  
Show compassion along the way.  
Christmas time should be every day.



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### Isaiah 11:1-5

A shoot will come up from the stump of Jesse;  
from his roots a Branch will bear fruit.

<sup>2</sup> The Spirit of the LORD will rest on him—  
the Spirit of wisdom and of understanding,  
the Spirit of counsel and of might,

the Spirit of the knowledge and fear of the LORD—  
<sup>3</sup> and he will delight in the fear of the LORD.

He will not judge by what he sees with his eyes,  
or decide by what he hears with his ears;  
<sup>4</sup> but with righteousness he will judge the needy,  
with justice he will give decisions for the poor of the  
earth.

He will strike the earth with the rod of his mouth;  
with the breath of his lips he will slay the wicked.

<sup>5</sup> Righteousness will be his belt  
and faithfulness the sash around his waist.

## Hot Peppermint Mocha

### Ingredients:

- 1 cup Peppermint Mocha Flavor NESTLÉ COFFEE-MATE Liquid Coffee Creamer
- 3/4 cup NESTLÉ CHOCOLATIER™ 53% Cacao Dark Chocolate Chunks
- 1/2 cup water
- 1/2 teaspoon vanilla extract

### Directions

1. HEAT Coffee-mate, chunks and water in medium saucepan over medium-low heat, stirring frequently, until hot and chocolate is melted.

2. Stir in vanilla extract.



# LEST WE FORGET Remembrance Day



# PET THERAPY







# Owlflix Virtual Reality

