



Quotes of the Month

“The time is always RIGHT to do what is RIGHT.” –

Martin Luther King Jr

“No matter how old you are, never forget that every day is a new beginning and that it’s never to late to love life to the fullest.”

January Resident Birthday Celebrants

Vancho S
Nithi V
Giovanna M
Pramodaben S
Saw-Gaik A
Mary M
Andrea D

3-Jan
12-Jan
13-Jan
14-Jan
19-Jan
27-Jan
27-Jan



Spiritual Corner

Dear God,
Please help me to remember you in every moment this upcoming year. Help me to remember you in every good time, with all the good works I do as well as witness, and all emotions that I feel. May I remember that each time is sacred time and each space is sacred space. This is my special prayer I pray for January, Amen.



Markhaven Newsletter

January 2024

Markhaven Home for Seniors | 54 Parkway Avenue,
Markham, L3P 2G4 |
905-294-2233 | Fax: 9205-294-6521



Celebrating January

New Year's
Tea Social
January 1 at 10:30am

Expressive Arts and
Crafts
January 10 at 2:30pm

Wine and Cheese
with Pamela Archer
January 11 at 6:30pm

Birthday Bash
Celebration with
Emilio
January 16 at
10:30am

Diner's Club -
Harvey's
January 17 at
12:00pm

Morning Fun with
Mark Kersey
Parkway
January 23 at
10:30am

Entertainment with
Deidrey
January 24 at
10:30am

Young and Heart
Painting
January 30 at
2:30 pm

Message From Our Executive Director

By the time you read this, Christmas will have already passed, and we will be in the New year of 2024. I hope you have all had a wonderful Christmas season celebrating the birth of our Lord Jesus Christ. We have had a very busy December with the Ministry of Health in to do their Annual Inspection, our Staff Christmas Party and our Resident and Family Christmas Party.

We held several fundraising events to help offset the cost of our staff Christmas Party and thank all those who participated. I would also like to thank everyone who so generously donated gifts for our staff as well. With all these events going on, we haven't had much time for anything else. This Christmas we have filled stockings for all our residents and had them delivered by Santa. We thought this would be a little bit of fun and add a smile to the faces of the residents.

I would like to personally thank the Family Council for coming into the home and giving gifts to all our staff members. This kind gesture was truly appreciated by everyone, and it was so nice for them to see you all here as well. Your presence in the home and thoughtfulness was very much appreciated.

I would also like to thank the McComb/Durant family who so generously thought of all our residents and brought in small gifts for everyone. This was such an act of kindness, and we are forever grateful. These gifts made our residents so very happy. Thank you!

Since our last Newsletter, we have hired Evangeline Rabena, our new Director of Care. Evangeline comes to us with a great deal of experience in Community, LTC and Retirement. If you haven't met Evangeline yet, please stop by her office and say hello.

I would also like to congratulate Sirena Riley our Behavioural Support Lead who successful completed the ASSIST course (Applied Suicide Intervention Skills Training). Sirena's role is significant in the home to help assist staff in dealing with residents who may exhibit responsive behaviours.

I have an exciting announcement coming soon and can't wait to share it with everyone. Please stay tuned. Again, I hope you all had a wonderful Christmas and a safe and Happy New Year. I look forward to all that God has in store for Markhaven in 2024!

God Bless!

NEW!!! EYE CLINIC COMING TO MARKHAVEN!!!

An eye clinic will be visiting our community on **Thursday, February 8th, 2024**. This means you won't have to travel long distances to get your eyes checked or for consultations. You can now receive eye care services right in your neighborhood. Don't forget to mark your calendars and sign up for this fantastic opportunity! If you're interested, please email Jennifer Leung, the Recreation Manager/Resident Service Coordinator at Jennifer.leung@markhaven.ca

When booking, please provide your **Name, Room number, and POA name and Number**. Please note that all appointments are at least 15 minutes long.



Eyecare Express Clinic at Markhaven
February 8, 2024
9:00 am to 3:00 pm
Sign Up Today

Eyecare Express is a team of licenced Optometrist and Opticians that travel directly to you!

A full and Comprehensive Eye Exam is done on site.

Any glasses chosen will be made and delivered directly to you.

Eye exams are covered once a year through OHIP for anyone over the age of 65.

Please remember to bring your health card.

The Eye exam is \$95 for anyone not covered by OHIP.

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We offer a selection of over 400 frames in both generic and designer brands, as well as a comprehensive selection of lenses, all at amazing prices!

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**Congratulations on your
Wedding 65TH Sapphire
Anniversary!
Elizabeth and Dave Hall!**
Warm Wishes to you on your
marriage milestone!
From your Markhaven Family!



Young at
Heart
Painting Program



SANTA WAS HERE!!



DOLLARAMA AUCTION



HAPPY NEW YEAR to Everyone!
from The Family Council Committee



Dear Family Members,

It is with deep sadness that we announce the resignation of Marg Calver, Chair of the Markhaven Family Council effective immediately.

Marg has been a long time Markhaven family member serving her husband Wayne who lived at Markhaven for many years before passing away in November of 2021.

Not only has Marg been a family member of Markhaven, a caregiver to her sweet husband Wayne and Chair of the Markhaven Family Council but Marg has also been an incredible champion for Long Term Care.

Marg's never-ending commitment to the Long Term Care Act, Residents' Bill of Rights, Markhaven residents and their families is unwavering and contagious.

Marg not only cared for Wayne but she cared for all residents and families that live or have lived within the walls of Markhaven.

While we are sad to see Marg go, we know that Markhaven and Long Term Care will always hold a special place in Marg's heart.

Marg, on behalf of the Family Council we wish to express our heartfelt thanks, love and appreciation for the sacrifice, support and hard work that you have done to advocate for Long Term Care. Our residents, families, nurses, PSW's, guests, staff and management are all better for it because of you and your commitment to making a BIG difference in such a broken system.

Wherever the road of life takes you from here, we wish you the very best and send you all of our love!

Sincerely,
Shane & Linda
On Behalf of the Markhaven Family Council

A Few Short but Important Notes

Our January 11, 2024, zoom meeting date has been changed to Thursday, February 15, 2024, at 7:00pm.

We now REALLY need 2 volunteers to join the Markhaven Family Council Committee. In the next few months, please think seriously about this.

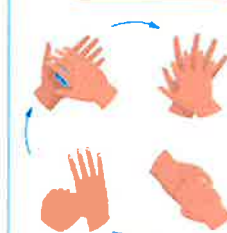
Send any questions to Shane Taylor, acting Chair and Vice Chair or Linda McLean, Secretary and acting Treasurer.

shanetaylor18@gmail.com
logicallinda50@gmail.com

Infection Prevention and Control

HOW TO USE HAND SANITIZER

- 1 Apply enough to cover both hands
- 2 Rub hands and around all fingers
- 3 Rub hands until dry (minimum 15 seconds)

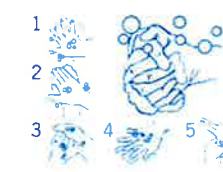


Important Tips:

- To ensure proper hand hygiene, remove hand and wrist jewellery
- Use hand sanitizer if hands are not visibly dirty
- Use an alcohol-based hand sanitizer that has 70-90% alcohol with a Natural Product Number (NPN)
- Do not apply hand sanitizer near an open flame

HOW TO HANDWASH

- 1 Wet hands
- 2 Apply liquid soap
- 3 Lather (minimum 15 seconds)



- 4 Rinse



- 5 Paper towel dry or use an air dryer



- 6 Turn taps off with paper towel



HOW TO PUT ON AND TAKE OFF YOUR FACE MASK



PUTTING IT ON

- 1 Wash your hands with soap and water for 15 seconds or use hand sanitizer
- 2 Put the mask on your face using the ear loops
- 3 Make sure it covers your nose, mouth and chin
- 4 Even though it's hard, DON'T touch the mask while it's on your face



TAKING IT OFF

- 1 Before taking your mask off, wash your hands with soap and water for 15 seconds or use hand sanitizer
- 2 Only use the ear loops to take your mask off. If you're wearing a throwaway mask, place it in a garbage bin
- 3 If you're wearing a cloth mask, make sure it is washed after each use and place safely in a bag in between uses
- 4 After taking your mask off, wash your hands with soap and water for 15 seconds or use hand sanitizer



STORING IT

- 1 Fold the mask in half so that the outer surface of the mask is inwards and against itself
- 2 Make sure the outer surface does not touch or fold against the inner surface
- 3 Place in a clean, individually labelled paper bag
- 4 Clean your hands again. Wash your hands with soap and water for 15 seconds or use hand sanitizer



York Region



"Professional Service & Care"

Mobile Hearing Services will be coming in Feb 21st 2024!

Audiological services provided by Mobile Hearing Services. Sign up with Jennifer Leung – Recreation Manager / RSC at Jennifer.leung@markhaven.ca to schedule a **free hearing test**

We also offer:

- Free Hearing Aid Cleaning
- Batteries (\$10/pack of 8 cells)
- Wax Management \$20/ear
- Veterans Affairs Provider

