

**AUGUST
2026**



Monthly Newsletter

Message from our Executive Director

Dear Families,

As we welcome the month of August, I hope everyone is enjoying the beautiful summer weather and taking advantage of the many opportunities it brings to spend time outdoors with family and friends. Our home continues to be filled with activity, and it has been wonderful to see residents, families, staff, and volunteers enjoying all that the season has to offer.



Many of you know that our Clinical Nurse Manager, Yan Zhang, recently began her maternity leave. I am thrilled to share the wonderful news that on July 25th, Yan and her family welcomed a beautiful baby boy, Marcus, weighing 7 lbs. 5 oz. On behalf of everyone at Markhaven, congratulations to Yan and her family! We wish them much happiness as they enjoy this very special time together.

With Yan away, we are pleased to officially welcome Guri Sekhon, who will be serving as our Clinical Nurse Manager during Yan's maternity leave. Guri brings with her a wealth of knowledge and experience in long-term care, along with a strong commitment to providing exceptional resident care. We are very fortunate to have her join the Markhaven team, and I know she will be a wonderful addition to our leadership group. Please take a moment to introduce yourself and welcome Guri when you see her.

Our gardens continue to look absolutely beautiful and have become a favourite gathering place for residents and visitors alike. The colourful flowers, peaceful outdoor spaces, and well-maintained grounds provide a wonderful setting for spending time outdoors during these warm summer days.

We are excited to once again host our Annual Markhaven Family BBQ on Tuesday, September 1st. This event has become a cherished tradition and is always a wonderful opportunity for us to come together for some time of delicious food, fun, and fellowship.

Continued on next page.

Executive Director's Message (continued)

There is no cost for family members to attend; however, to help us ensure we have enough food for everyone, we kindly ask that you register with Maria in the Main Office no later than 12:00 noon on Tuesday, August 25th.

We look forward to spending this special time together with all of you.

As always, I would like to extend my sincere thanks to our residents, families, volunteers, for your continued support and partnership.

Together, you help make Markhaven the warm, compassionate, and vibrant community that it is.

Wishing everyone a safe, healthy, and enjoyable remainder of the summer.

God Bless,
Janice Pitts
Executive Director

*Let's welcome our Clinical Nurse Manager
Gurwinder Kaur Sekhon*



Spiritual Corner

A New Month, A New Beginning

As we welcome the month of August, we are reminded that each new month is a fresh opportunity to embrace hope, gratitude, and kindness. Every sunrise brings a chance to appreciate the simple joys around us—a warm smile, a shared conversation, a cherished memory, or a quiet moment of peace.

May this month encourage us to look forward with optimism, celebrate the blessings we have, and continue creating meaningful moments with one another.

Let August be filled with compassion, laughter, and the comfort of knowing that every day offers a new beginning.

By: **Andrea Barco**
Markhaven Home for Seniors

Prayer for the Month of August

Heavenly Father,

Thank You for the gift of a new month and for the opportunities it brings.

Fill our hearts with hope, our minds with peace, and our days with joy.

Bless our residents, families, volunteers, and staff with good health, strength, and kindness toward one another.

May August be a month of comfort, friendship, and many reasons to smile.

Guide us each day with Your love and grace.

Amen.

AUGUST PROGRAMS (Neely)

Aug 4 | 2:30

Expressive Arts & Crafts

Aug 5 | 2:30

Catholic Mass

Aug 6 | 2:30

Woodworking Time

Aug 8 | 2:30

Wine & Cheese Social with
Rosita Stone

Aug 10 & 24 | 10:30

Backyard Stories with Ann Ward

Aug 11 | 2:30

Caribana Rhythms

Aug 12 | 2:30

Hymn Sing with Cap. Ron Farr

Aug 13 | 12:00

Diner's Club: Osmow's

Aug 14 | 2:00

Movie: George of the Jungle

Aug 19 | 10:30

Entertainment with Emilio

Aug 19 | 2:30

Bible Study with Cap. Ron Farr

Aug 20 | 2:30

Travelogue: African Adventure

Aug 21 | 10:30

A Time for Drumming

Aug 25 | 10:30

Resident Council Meeting

Aug 25 | 2:30

Birthday Bash

Aug 27 | 2:30

Wise Walkers: Follow the Tracks

Aug 28 | 10:00

Young at Heart Painting

Aug 28 | 2:30

Piano Hymn Sing with Priscilla

Aug 31 | 2:30

Safari Treats Cart

Markhaven

Employee of the Month



Marc Anthony Simondo
July 2026

-What They Say-

I have been living at Markhaven for four years with my wife, Marlene.

I find the staff friendly, helpful and easy to get along with. I am never bored at

Markhaven because they provide many interesting activities and entertainment."

Hugh Kellman
Markhaven Resident

The big Heart Move-A-Thon 2026



Our Big Heart Move-a-Thon was a wonderful success, bringing together the entire Markhaven community for a day filled with laughter, connection, and celebration. Residents, families, friends, staff, volunteers, and community supporters came together to enjoy a memorable day while raising funds to support our Recreation Department.

The day began with our community walk, where participants shared smiles, encouragement, and the joy of being together. After the walk, everyone gathered for a delicious BBQ, followed by an awards ceremony recognizing the incredible enthusiasm, teamwork, and generosity of those who helped make the event so special.

This event was about so much more than fundraising—it was about strengthening our community and celebrating the caring spirit that makes Markhaven feel like home. Seeing so many people come together in support of our residents was truly inspiring.

A heartfelt thank you goes out to everyone who participated in the Move-a-Thon, to the families and friends who joined us, and to all those who generously donated in support of our Recreation Department. Your kindness, encouragement, and generosity help us continue creating meaningful programs, engaging activities, and special experiences for our residents.

Together, we made the Big Heart Move-a-Thon an unforgettable success. Thank you for being part of this amazing day and for helping make Markhaven an even stronger and more caring community.



Stories From the Heart: Our Resident's Life

The Life Story of Al Ruis De Jesus

On October 30, 1961, Al Ruis De Jesus was born in Toronto, Ontario, to proud Portuguese parents who had emigrated from the beautiful island of Madeira. He was welcomed into a loving and supportive family that encouraged him throughout his life.

Born with cerebral palsy, Al has never allowed his disability to define him. Instead, his life has been shaped by determination, resilience, a positive spirit, and a genuine love for people.

Al attended Caber Park Vocational School, where his natural leadership quickly became evident. Recognized for his kindness, confidence, and ability to bring people together, he was elected President of the Student Council—an early reflection of the leadership and positivity that continue to define him today.

Outside of school, Al developed a passion for travel, exploring new places, and experiencing different cultures. His friendly personality and curiosity have helped him create many wonderful memories, and he always enjoys sharing his stories with others.

One of Al's greatest accomplishments is his remarkable 44-year career at Stanmore Equipment. Through hard work, reliability, and perseverance, he has built a career that many admire. Today, he is the only Markhaven resident who continues to work, proving that determination and purpose know no limits.

Family and friendships have always been at the heart of Al's life. He values the relationships he has built over the years and is known for his warm smile, caring heart, and genuine kindness.

Al's life is a powerful reminder that challenges do not define a person—character does. His courage, leadership, dedication, compassion, and strong work ethic continue to inspire everyone around him. His story is one worth celebrating, and his legacy is one of strength, perseverance, and a life lived with purpose.

This resident spotlight, based on interviews with Al Ruis De Jesus, honours and celebrates her remarkable life journey and was thoughtfully written by:

Sofia Isitada
Markhaven Volunteer



July 2026 Highlights



Coordination & Memory Activities



Coconut Juice Day



Music and Garden Visits



Table Talk & Trivia



Wacky Wheelchair Racing



Coloring Time



Target Toss



**1 North
JAVA Circle**



**Aim, Reach & Play: Hand-
Eye Coordination Activity**

July 2026 Highlights



Friendly Visits 1:1



**Wings Over the Rainforest
Bird Show**



**1 North
Unit Bingo**



**Popsicle
Refreshment Day**



**Cowboy Day
Wine & Cheese Social**



Morning Exercises



**1 North
Drum Circle**



Expressive Arts & Crafts



The Lemon Smile Cart

Seasons & Supper

Canadian Wild Blueberry Pie

"A Classic Canadian Summer Recipe"

Servings: 8

Prep Time: 20 minutes

Bake Time: 45–50 minutes

INGREDIENTS:

For the filling:

- 5 cups fresh wild blueberries (or regular blueberries)
- $\frac{3}{4}$ cup granulated sugar
- 3 tablespoons cornstarch
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon ground cinnamon (optional)
- Pinch of salt

For the crust:

- 1 package (2 crusts) pie pastry, homemade or store-bought
- 1 egg, beaten (for egg wash)
- 1 tablespoon coarse sugar (optional)

Fun Fact:

Wild blueberries are harvested across Canada, especially in Nova Scotia, New Brunswick, Quebec, Prince Edward Island, and Newfoundland and Labrador. August is one of the peak months for enjoying this iconic Canadian dessert. 🍷



DIRECTIONS:

- Preheat the oven to 400°F (200°C).
- In a large bowl, combine the blueberries, sugar, cornstarch, lemon juice, vanilla, cinnamon, and salt. Mix gently until the berries are evenly coated.
- Place one pie crust into a 9-inch pie dish and gently press it into the bottom and sides.
- Pour the blueberry filling into the crust and spread it evenly.
- Cover with the second pie crust (or create a lattice top). Trim and crimp the edges to seal.
- Brush the top with the beaten egg and sprinkle with coarse sugar if desired.
- Cut a few small slits in the top crust if using a full crust.
- Bake for 20 minutes at 400°F (200°C). Then reduce the oven temperature to 375°F (190°C) and bake for another 25–30 minutes, or until the crust is golden brown and the filling is bubbling.
- Let the pie cool for at least 2 hours before slicing to allow the filling to set.

Serving Suggestion: Serve warm with a scoop of vanilla ice cream or a dollop of fresh whipped cream for a traditional Canadian

August 2026 Birthdays



Congratulations!

Harvey Meek

Aug. 02

Rufaro Maria

Aug. 03

Giuseppina Amato

Aug. 08

Lawrence Myers

Aug. 13

Margaret McCormick

Aug. 17

Jin Tan Chen

Aug. 24

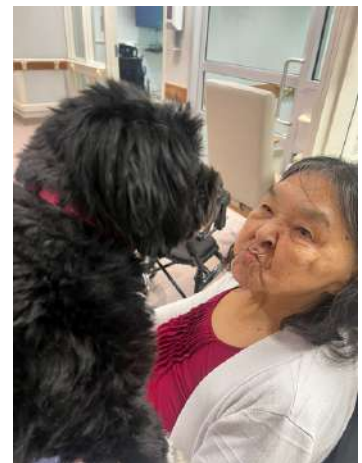
Elsie Brennan

Aug. 26

Happy Birthday to all our residents celebrating in the month of August!



pet therapy with Lola

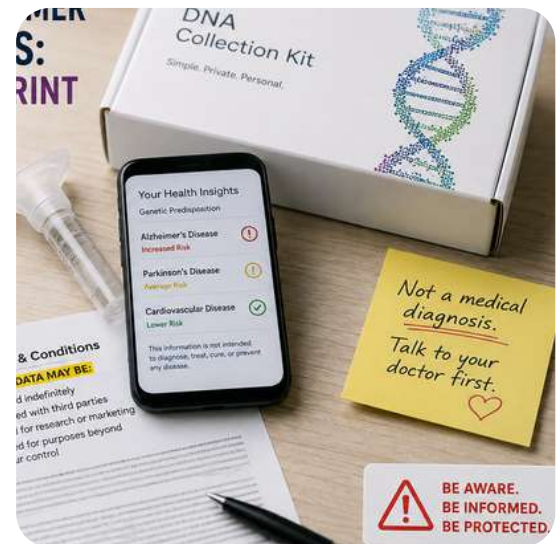


Direct-to-Consumer Medical Tests:

Read the Fine Print

By Kimberly West ADC, CDP, MDE, VMC

Ancestry tests have become increasingly popular. People enjoy learning about their likely heritage, and some have discovered unknown family members. Some testing companies, called direct-to-consumer, let you collect a DNA swab and send it to a lab, which then provides you with information about your genetic predisposition to different diseases, including Alzheimer's disease and other forms of dementia.



In 2023, the popular ancestry-testing company 23andMe suffered a data breach that exposed information on seven million customers. The company filed for bankruptcy, and it's still unsure what will be done with its massive genetic database.

Besides privacy concerns, DNA tests aren't always precise, and the U.S. government has issued several scam alerts about them, especially tests marketed to older adults. (Vulnerable seniors are often targets for scams like this.) Even if some DNA tests are legitimate, they aren't meant to be diagnostic, and the results can be misunderstood, causing extreme panic for people.

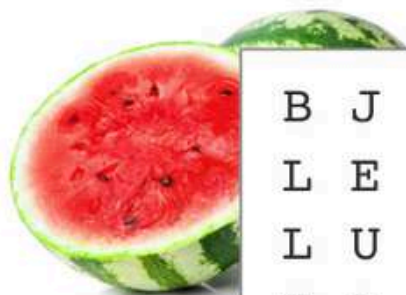
Direct-to-consumer tests are usually hundreds of dollars and aren't covered by insurance. The mail-order tests may not seem expensive at first, but the price can quickly rise. Sometimes the listed price is for the test itself, but many of the test results come with hidden extra costs. On the other hand, if a test is offered for free, that is also a red flag that the information collected will be sold for profit.

Besides the scam potential, receiving a warning that you are predisposed to cognitive decline from a home test, without the support of a medical professional, can be devastating for people, especially if the results aren't clear or accurate. (Most of these tests aren't FDA-approved.)

Anyone thinking of taking an at-home test should be extremely careful, read all the fine print, and consider talking to a doctor first.

Searching for August

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



B	J	O	I	F	E	M	E	L	A	S	D	R	A	Y
L	E	C	U	I	V	K	E	L	N	B	M	A	H	S
L	U	B	G	N	O	I	J	L	P	I	I	O	M	I
T	P	H	K	O	Q	N	B	E	O	L	G	O	T	G
J	T	G	Q	O	T	O	R	S	N	N	R	R	P	E
H	A	Z	M	M	L	I	U	U	J	E	S	Z	I	P
G	N	N	H	N	D	T	H	N	S	T	P	S	G	V
L	N	E	O	O	G	A	V	F	R	E	M	M	U	S
A	I	T	T	E	O	C	X	L	H	I	N	V	M	S
D	N	P	S	G	L	A	W	O	U	C	M	O	R	N
I	G	I	O	R	F	V	Q	W	U	U	B	R	I	S
O	H	V	X	U	I	J	S	E	I	R	R	E	B	L
L	P	V	B	T	N	B	V	R	W	D	G	H	P	L
U	R	L	G	S	G	Q	Z	S	V	I	R	G	O	O
S	R	E	L	A	X	A	T	I	O	N	D	F	L	V

BERRIES
EIGHTH
GLADIOLUS
GOLFING
LEO
LION (Leo)

MELONS
PERIDOT
RELAXATION
S'MORES
STURGEON MOON
SUMMER

SUNFLOWERS
TANNING
VACATION
VIRGIN (Virgo)
VIRGO
YARD SALE



Highlights of Upcoming Events

WINE & CHEESE

WITH:

► *Rosita Stone*

SATURDAY
AUGUST 8, 2026

2:30 P.M.

Neely Auditorium

CARIBANA Rhythms

LIVE MUSIC

NEELY AUDITORIUM

TUESDAY 11 AUGUST

DELICIOUS



Osmow's
SHAWARMA



Food Menu

On The ROCKS
Shawarma served on a bed of rice (Chicken or Beef)

On The STIX
Shawarma served on a bed of french fries (Chicken or Beef)

Half & Half

Shawarma served on a bed of soft rice and hot french fries (Chicken or Beef)

On The SALAD
Spiced Shawarma Salad. Crispy tender served on a bed of fresh lettuce, tomatoes, onions, cucumbers, and green peppers.

THURSDAY
AUGUST 13, 2026

12:00 p.m.

NEELY AUDITORIUM

TRAVELOGUE AFRICAN ADVENTURE

AUGUST 20, 2026
THURSDAY
2:30 P.M.

NEELY AUDITORIUM

AUGUST OUTING!!!



WEDNESDAY 26
2026

9:30 A.M. - 3:00 P.M.



SAFARI Treats Cart

Monday August 31
2:30 P.M.
2026



📍 All Units