

JULY
2026



Monthly Newsletter

Message from our Executive Director

Dear Families,

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



Before sharing some of the exciting events ahead, I would like to announce that Yan Zhang has begun her maternity leave. On behalf of everyone at Markhaven, I would like to wish Yan all the very best as she embarks on this exciting new chapter with her growing family.

To support our clinical team during Yan's absence, we are pleased to welcome Gurwinder Kaur Sekhon, who joined Markhaven on June 24, 2026, as our Clinical Nurse Manager for the next 18 months. Gurwinder comes to us with extensive experience in long-term care and brings a wealth of knowledge, leadership, and compassion to the role. We are very happy to have her join our team and encourage everyone to welcome Gurwinder when you see her.

Our gardens are looking absolutely beautiful this summer and have quickly become a favorite gathering place for residents and visitors alike. The colourful flowers, well-maintained gardens, and inviting outdoor spaces have created a peaceful and cheerful environment for everyone to enjoy.

A very special thank you goes to Anne Woolgar for her tremendous efforts in planning and organizing our gardening initiative once again this year. Anne's dedication, enthusiasm, and countless hours of work have helped make our gardens such a success. I would also like to thank the many volunteers, members of our Leadership Team, family members, and community supporters who generously gave their time and energy to help beautify our grounds. Your contributions are truly appreciated and make a meaningful difference in the lives of our residents.

As we continue through the summer, I would like to remind everyone that our annual Move-a-Thon is coming up quickly. This important fundraising event helps support our Recreation Department and provides funding for special programs, events, entertainment, and activities that enhance the quality of life for our residents.

Continued on next page.

Executive Director's Message **(continued)**

If you would like to make a donation or participate in the Move-a-Thon, please contact:

- April Garcia at Extension 3401
- Andrea Barco at Extension 3309

Every contribution, big or small, helps create meaningful experiences and memorable moments for our residents.

Looking ahead, we are excited to once again host our Annual Family BBQ in August. This is always one of the highlights of the year, bringing together residents, families, staff, and friends for a day filled with great food, fun, and community spirit. There is no cost to attend; however, registration will be required. Please sign up with April Garcia and provide your name along with the number of guests who will be attending. Stay tuned for the official date and additional details in the coming weeks.

We are also looking forward to our Annual Staff Appreciation BBQ in September. This event is a wonderful opportunity to recognize and celebrate the incredible dedication, hard work, and compassion demonstrated by our staff each and every day. It is an event we look forward to every year and one that reflects our appreciation for the remarkable team we have here at Markhaven.

As always, I want to thank our residents, families, volunteers, and staff for helping make Markhaven such a special community. Your support, kindness, and partnership continue to contribute to the warm and welcoming environment we strive to provide every day.

Wishing everyone a safe, happy, and enjoyable summer.

God Bless,
Janice Pitts
Executive Director

Spiritual Corner

The Gift of Summer Moments

July reminds us that some of life's greatest treasures are found in the simplest moments—a conversation with a friend, a sunny afternoon, a familiar song, or the laughter shared over a cup of lemonade. These moments connect us, uplift us, and remind us that we are never alone.

As we enjoy the beauty of this summer season, let us take time to appreciate one another and celebrate the sense of family that makes our community so special. Every smile, every act of kindness, and every shared memory adds warmth to the hearts of those around us.

Together, we create a place where everyone feels valued, welcomed, and loved.

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

A Season of Gratitude and Togetherness

Heavenly Father,

We thank You for the gift of summer and for the warmth of community, family, and friendship.

As we enter July, help us to appreciate each day, to share kindness, and to find joy in the simple moments we experience together.

Bless our residents, families, volunteers, and staff with good health, peace, and comfort.

May our home continue to be filled with laughter, care, and love.

Amen.

JULY PROGRAMS (Neely)

July 1 | 10:30

Canada Day Celebration

July 1 | 14:30

Catholic Mass

July 6 | 10:30

Bingo-Disco Best Outfit Contest

July 6 | 14:30

Wings Over the Rainforest Bird
Show

July 7 | 14:30

Wacky Wheelchair Racing

July 8 | 12:00

Diner's Club: KFC

July 8 | 14:30

Splash & Laugh Water Day

July 9 | 14:30

Down the Memory Lane

July 10 | 14:30

Fun Fair

July 13 & 27 | 10:30

Backyard Stories with Ann Ward

July 15 | 10:30

Entertainment with Emilio

July 15 | 14:30

Java Music

July 16 | 14:30

Birthday Bash

July 17 | 14:30

Expressive Arts & Crafts

July 20 | 14:30

The Lemon Smile Cart

July 22 | 14:30

Hymn Sing with Captain Farr

July 23 | 14:30

Woodworking Time

July 26 | 14:30

Cowboy Day Wine & Cheese Social

July 27 | 10:30

Resident Council Meeting

July 30 | 10:30

Sing Along with Viola

July 31 | 10:00

Young at Heart Painting

Markhaven

Employee of the Month



Charles Tang
June 2026



-What They Say-

have worked at Markhaven for nearly 17 years, and this is the first time I truly feel at home.

I am excited to come to work and feel energized. I have great co-workers and we work well as a team.

The management is approachable, and I always feel comfortable going to them because they listen and help me find solutions.

I want family members to know that I am committed to caring for their loved ones and treating them like my own family.

Alma Arroco
Markhaven PSW

Markhaven Resident Council



As President of Markhaven's Resident Council, **Agnes Brackett** is a strong advocate for resident involvement and engagement.

She believes that the Resident Council plays an important role in ensuring that residents have a voice in the Home and opportunities to contribute to decisions that affect their daily lives.

Drawing on her many years of experience working with and supporting others, Agnes encourages residents to participate, share their ideas, and work together to help make Markhaven a welcoming and supportive community for everyone.

So, what is Markhaven's Resident Council and why is it important?

Markhaven's Resident Council is a group led by the residents, for the residents. It provides residents with an opportunity to be consulted and actively involved in the Home's activities and decision-making processes, helping to influence the quality of services they receive and the overall living experience at Markhaven.

The Council serves as a welcoming forum where residents can share ideas, express opinions, raise concerns, and work together to create a positive and supportive community. It fosters unity, partnership, mutual respect, and collaboration among residents and staff. Representatives from various departments are often invited to attend meetings, allowing residents to communicate directly with management and contribute to ongoing improvements within the Home.

Resident Council meetings are held monthly in the Neely Room, and meeting dates and times are posted on the bulletin boards in each Home Area. All residents are welcome and encouraged to attend.

Agnes speaks passionately about the Council and its purpose. In her own words, "Resident Council is for the residents, by the residents." Her dedication and leadership continue to make a meaningful difference in the Markhaven community.



Stories From the Heart: Our Resident's Life

The Life Story of Karen Spill

This month, we are pleased to feature Karen Spill, a resident whose life story reflects resilience, dedication, and compassion.

Karen was born on June 8, 1936, in Berlin, Germany. She grew up with her older brother and younger sister during the difficult years of the Second World War. Despite the challenges she faced as a child, Karen remained determined to pursue her education and eventually studied medicine and physiotherapy.

Throughout her career, Karen dedicated her life to helping others. She worked with many individuals, including athletes, supporting their recovery and improving their physical health. Her passion for healthcare positively impacted countless lives.

At the age of 23, Karen courageously immigrated to Canada on her own. She later met her husband, Frederick Spill, and together they raised their two sons, Dirk and Neal. Family has always been a very important part of her life.

Karen enjoys spending time outdoors, staying active, and following her favorite sport, tennis. She also has a special fondness for cats, especially Garfield, whose humor always brings a smile to her face.

Today, Karen enjoys being part of the Markhaven community, where she appreciates the friendships and connections she has made. Her strength, kindness, and positive outlook continue to inspire those around her.

We are grateful to have Karen as part of our community and thank her for sharing a glimpse of her remarkable journey.

This resident spotlight, based on interviews with Karen Spill, honours and celebrates her remarkable life journey and was thoughtfully written by:

Sofia Isitada
Co-op Student
Bill Hogarth Secondary School



Captured Moments

June 2026



**Montessori
Activities**



Unit Spa Day



Crabby Croissant Making



Arts & Crafts



**Pet therapy
with Lola**



Garden Visits



**Burds Farm
Fishing Outing**



**Burds Farm
Fishing Outing**



**Burds Farm
Fishing Outing**

Captured Moments

June 2026



Creative Games



Outdoor Strolls



Outdoor Moments



**Entertainment with
Emilio**



**Father's Day
Creative Workshop**



**Stories from the Heart:
Interviews**



**Burds Farm
Fishing Outing**



**Burds Farm
Fishing Outing**



**Burds Farm
Fishing Outing**

July 2026 Birthdays



Congratulations!

Sheila Baron

July 12, 2026

Joyce James

July 14, 2026

Cherry Lue

July 18, 2026

Maureen Bushell

July 20, 2026

Salvatore Amato

July 22, 2026

Margaret Terentiuk

July 23, 2026

Patricia Bower

July 28, 2026

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



Seasons & Supper

Berry Yogurt Parfait

INGREDIENTS: (Serves - 4)

- 1 cup vanilla yogurt
- 1 cup mixed fresh berries (strawberries, blueberries, raspberries)
- 1/2 cup granola
- Honey (optional)

DIRECTIONS:

- Spoon a layer of yogurt into a glass or bowl.
- Add a layer of berries and a sprinkle of granola.
- Repeat the layers until the glass is full.
- Drizzle with honey if desired.
- Serve immediately and enjoy!



Helping Without Taking Over

By Kimberly West ADC, CDP, MDE, VMC



Helping without taking over is one of the most important skills in dementia care. Many people living with dementia can still take part in daily routines when they are given the right kind of support.

By offering gentle guidance, allowing extra time, and focusing on what the person can still do, caregivers can help preserve confidence, dignity, and independence. This approach helps make daily care feel more cooperative and less like doing tasks for the person.

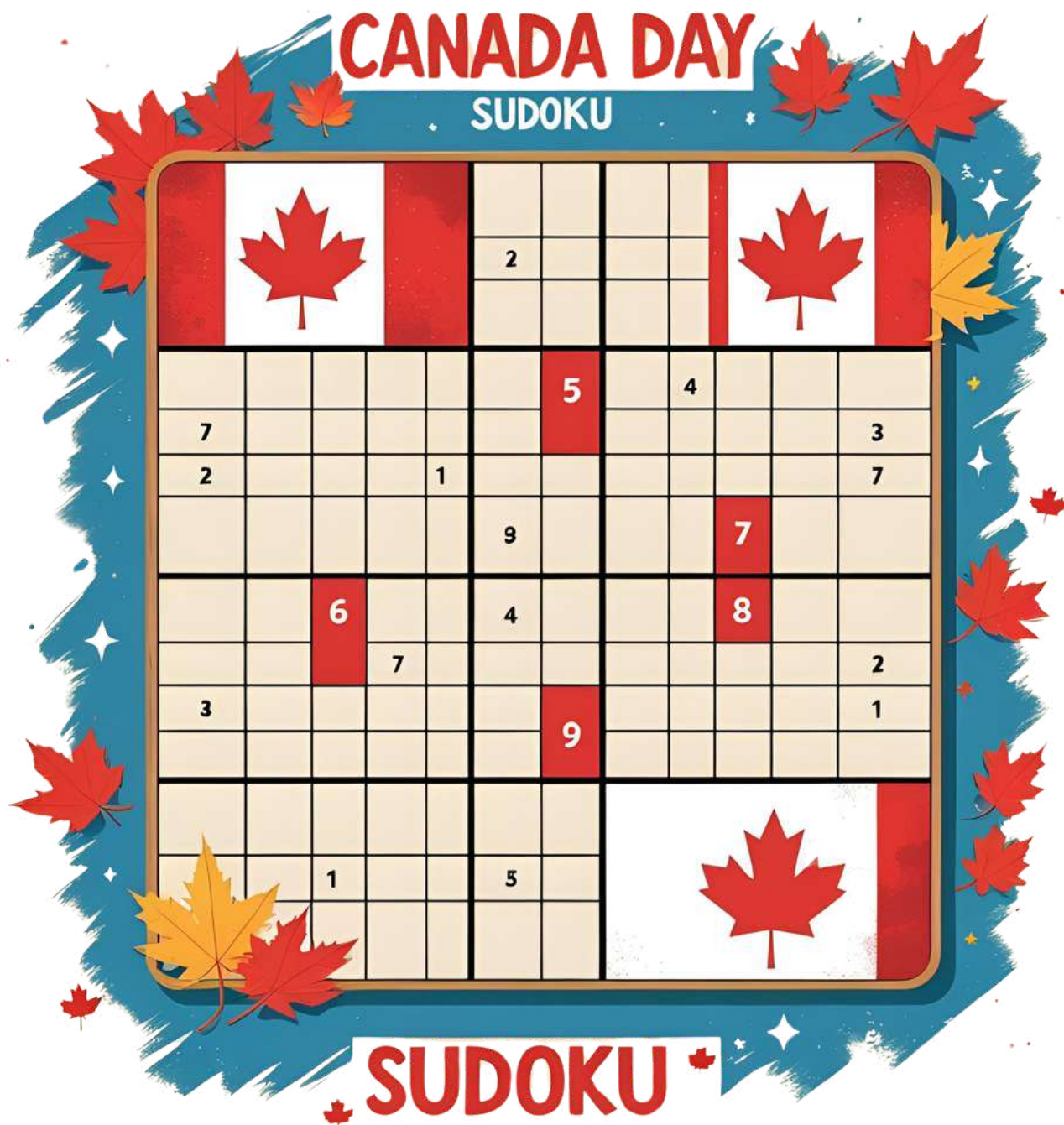
Here are some key tips for helping without taking over:

- Give the person a little extra time to process, respond, or try the task on their own.
- Look for small parts of the task they can complete, even if they cannot do the whole thing.
- Give instructions one step at a time, using simple prompts like “Pick up the towel,” or “Put your arm in the sleeve.”
- Start with gentle cues first by pointing, demonstrating the task, or placing an item within reach before giving a verbal reminder.
- Start the task, then allow the person to continue. For example, begin folding one towel, button the first button, or place the spoon in their hand.
- Offer simple choices instead of open-ended questions. For example, ask, “Would you like the blue shirt or the red shirt?” instead of “What do you want to wear?”
- Do not correct every mistake; if the result is safe and acceptable, let it be.
- Use encouraging words like, “You’re doing great” or “Thank you for helping.”
- Set the task up for success from the start by laying out the needed supplies in order, keeping the environment calm and simple.
- Match the task to the person’s current ability. Complete the harder parts if needed, and leave easier parts, such as wiping a table or stirring batter, for the person living with dementia.
- Watch for signs of stress, confusion, or fatigue. If any of these signs are present, simplify the task further or take a break.

Helping without taking over is a way to respect the person’s abilities while still providing the support they need. By slowing down, offering simple cues, and giving the person chances to participate, caregivers can help everyday routines feel less like care tasks and more like shared activities. Even when the outcome is not perfect, the opportunity to try, choose, and contribute can help the person living with dementia feel respected, capable, and included.

Happy Canada Day

Fill in the empty squares so that each row, each column, and each 3×3 box contains the numbers 1 through 9 only once. Use logic and deduction—no guessing required! Start with the numbers already provided and work your way through the puzzle. Good luck and have fun!



Canada
Day



Highlights of Upcoming Events



THE BIG HEART MOVE-A-THON 2026

4K WALK, ROLL, STROLL. MOVE FOR MARKHAVEN.

Push. Walk. Roll. Move with *Heart.* 



**SATURDAY,
JULY 11, 2026**



10:00 AM START TIME



**START & FINISH
MARKHAVEN
HOME FOR SENIORS**



**12:00 PM
BBQ LUNCH & AWARDS**

FUNDRAISE FOR

Supporting resident recreation through:



Sensory
interactive
table



Recreation
outings



Enhanced
quality of life
programs



FUNDRAISING GOAL: \$20,000

REGISTRATION

\$30

REGISTRATION

Includes event
participation +
BBQ lunch!



RAISE \$100 BY JUNE 19
and earn your
event shirt FREE!



PRIZES & MEDALS



TOP FUNDRAISING STAFF TEAM

- ✓ Catered team lunch
- ✓ Team medals
- ✓ Team captain receives 1 paid day off



TOP INDIVIDUAL FUNDRAISER

- ✓ \$100–\$150 gift card
- ✓ Medal + recognition at event



TOP FUNDRAISING TEAM (NON-STAFF)

- ✓ \$150–\$200 restaurant gift card
- ✓ Team medals

ROUTE MAP (4K)



**REGISTER. FUNDRAISE.
MOVE WITH PURPOSE.** 



SCAN TO REGISTER or visit
<https://www.zeffy.com/en-CA/peer-to-peer/the-big-heart-run>



Join as an individual
or create a team!

QUESTIONS?

Contact The Markhaven Foundation Office:

905-294-2233 x 3401

info@markhavenfoundation.ca