

JUNE
2026



Monthly Newsletter

Message from our Executive Director

Dear Families,

June has arrived, bringing warmer weather, blooming flowers, and a renewed sense of energy throughout our home. As we continue to embrace the beauty of spring, we are grateful for the many opportunities this season provides to come together, celebrate, and create meaningful memories within our Markhaven community.



This past month has been filled with wonderful events and special moments. One of the highlights was our Nurses Week celebration, which was an incredible success. Throughout the week, our staff enjoyed games, prizes, delicious food, and a fantastic BBQ that brought everyone together in appreciation and celebration of the exceptional work our nursing team and all staff members do each and every day.

I would like to extend my heartfelt gratitude to our generous sponsors whose kindness and support helped make Nurses Week such a memorable occasion. Thank you to Sodexo, On Call Care, Motion, Home Instead, Willowdale Physiotherapy, Sema Hedayati, and Specialty Furniture for your thoughtful donations and ongoing support of our team. Your generosity was truly appreciated by everyone.

We also enjoyed a very successful gardening day this month. It was wonderful to see so many staff, families, volunteers, and community members come together to help beautify our outdoor spaces. Thank you to everyone who participated and contributed their time and energy. Our residents are already enjoying the beautiful colours and cheerful atmosphere created by all of the flowers and plants throughout the gardens.

As we continue through the spring season, our recreation department has planned a variety of engaging activities, social events, and outdoor programs for residents to enjoy. We look forward to spending more time outside, enjoying the sunshine, and creating many more joyful moments together.

Long-term care continues to evolve, and while there are always challenges within our sector, I remain incredibly proud of the dedication, compassion, and professionalism demonstrated daily by our staff. Each member of the Markhaven team plays an important role in ensuring our residents feel safe, respected, valued, and at home.

To our families, thank you for your continued trust, support, and involvement in our community. Your partnership means so much and contributes greatly to the warm and caring environment we strive to provide every day.

Wishing everyone a beautiful and joyful spring season ahead.

God Bless,
Janice Pitts
Executive Director

MAY PROGRAMS (Neely)

June 4 | 14:30

Expressive Arts & Craft

June 5 | 14:30

Piano Hymn Sing with Priscilla

June 6 | 10:30

Drum Circle with Santta
and Gentle Exercises

June 8 | 10:30

Backyard Stories with Ann Ward

June 9 | 10:30

St. Andrews

Presbyterian Communion

June 9 | 14:30

Catholic Mass

June 10 | 10:30

Diner's Club: Filipino Food

June 11 | 18:30

Memory Toss

June 12 | 10:00

Travelogue: Philippines

June 12 | 14:30

Presentation by the Markham
Federation of Filipino Canadians

June 13 | 14:30

Birthday Bash with
Dan Champagne

June 17 | 14:30

Entertainment with Emilio

June 21 | 14:30

Father's Day Tropical Party
with Pamela Archer

June 23 | 18:30

Crabby Croissant Making

June 24 | 10:00 - 2:00

Outing: Burds Fishing

June 26 | 10:00

Young at Heart Painting

June 28 | 14:30

Wine & Cheese with Curtis

June 30 | 10:30

Resident Council Meeting

Markhaven Nurses Week 2026



-What They Say-

Both my grandmothers were residents of Markhaven years ago and our family had good memories of their time there.

When it came time to find a place for our own mother, Markhaven was naturally one we were open to consider, but we still visited and reviewed other options as well.

In the end, Markhaven emerged as our favorite, due to its nice new building, prime location near a lovely riverside path, non-profit status, and "homey" atmosphere.

**Keith Tapscott
Family Member**

June 2026 Birthdays



Congratulations!

Gloria Skinner

June 02, 2026

Doreen Plummer

June 06, 2026

Karen Spill

June 08, 2026

Sarah Beaton

June 16, 2026

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



Employee of the Month



Indu Khatri

May 2026

“The little home with a big heart.”



Our **Friends of Markhaven** program has brought so much joy and connection into our home. Through regular visits filled with conversation, laughter, walks, games, music, and quiet companionship, we have seen meaningful friendships begin to blossom between residents and their “Friends.”

The impact has been truly heartwarming — residents are smiling more, engaging more, and looking forward to these special visits each week. It has been incredible to see how something as simple as spending time together can brighten someone’s day and remind our residents how important they are.

Spiritual Corner

A Month of Gratitude and Love

As we welcome the month of June, we also welcome new opportunities to create meaningful moments together. June reminds us to slow down, appreciate the sunshine, cherish our loved ones, and celebrate the people who make a difference in our lives every day.

This month, we also honor Father's Day – a special time to recognize fathers, grandfathers, and father figures for their strength, wisdom, kindness, and unconditional love. Their guidance and support leave lasting memories that continue to inspire generations.

May this new month bring joy, peace, and many beautiful moments shared with family, friends, residents, and staff.

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

A Prayer of Love, Gratitude & Blessings

Heavenly Father,

We thank You for the gift of our residents, families, and staff who make our home so special. Bless each person with health, comfort, strength, and joy throughout this new month.

As we celebrate Father's Day, we ask You to watch over all fathers and father figures, and fill their hearts with love and peace.

May our home continue to be a place of kindness, compassion, friendship, and support for one another.

Amen.

Specialized Care

At Markhaven, we prioritize excellence in every aspect of our specialized services, providing a compassionate and nurturing environment for those in need of special care.

Resident Application

Applying to a Long-Term Care home can be very stressful. We want to give you as much insight to the application process as possible and are here for you if you have any questions.



Starting the journey

Navigating the application process for a Long-Term Care (LTC) home in Ontario can feel overwhelming, but rest assured, you're not alone. At Markhaven, we understand the stress that comes with this journey, which is why we're here to offer insight and support every step of the way.

From determining eligibility to selecting the right LTC home, our goal is to streamline the process and provide you with the resources you need. Let us guide you through this process with compassion and expertise, ensuring a smooth transition into the next chapter of care.



Happy Father's Day

Today we celebrate the strength, wisdom, kindness, and love of all fathers and father figures.


Thank you for the guidance, laughter, stories, and memories you have shared throughout the years. Your love continues to inspire generations.

Wishing all our residents, families, and staff a joyful and beautiful Father's Day filled with love and appreciation.



"A Boy's Father"

By Edgar Guest




My father is the finest man
That ever walked the earth.

To me he is a true hero,
Of more than royal worth.

He guides me with a gentle hand,
He teaches what is right,

And when I need encouragement,
He fills my heart with light.



On this special Father's Day, we would like to extend our warmest wishes to all our residents, family members, and staff who celebrate this meaningful day.

Today we honor the fathers, grandfathers, stepfathers, and father figures whose love, dedication, wisdom, and support have touched so many lives. Your strength and kindness continue to inspire everyone around you.

Thank you for the beautiful memories, the guidance, and the unconditional love you share every day.

Wishing you all a wonderful Father's Day filled with joy, appreciation, and precious moments with loved ones.

Answering Repetitive Questions

By Kimberly West ADC, CDP, MDE, VMC



As dementia progresses, it gradually affects how the brain processes and stores information. As areas responsible for memory and reasoning become damaged, it becomes difficult for the person to remember recent conversations or retain new information.

Because short-term memory is often affected first, a person may not remember that a question was already asked or answered.

Repeating the same question is therefore not intentional—it is a common symptom of the disease. Understanding this can help families and caregivers respond with patience and compassion.

When repetitive questions occur, it is best to remain calm and respond in a simple, reassuring way each time, as though it is the first time the question has been asked. Rather than correcting the person, caregivers can focus on offering reassurance and validating any feelings behind the question. Repetition is often linked to anxiety, confusion, or a need for comfort, and sometimes it may signal an unmet need such as hunger, discomfort, or boredom. By responding calmly and addressing both the question and the underlying need, caregivers can help the person feel more secure and supported.

- Create predictable routines. Consistent daily schedules help reduce confusion and anxiety.
- Pay attention to tone and body language. A calm voice and friendly facial expression can be more reassuring than words alone.
- Take breaks when needed. Repetitive questions can be tiring for caregivers, so it is important to step away and recharge when possible.
- Give short, consistent answers. Using the same simple wording each time can be less confusing and easier for the person to process.
- Reduce environmental stress. Too much noise, clutter, or activity can increase confusion and lead to more repetitive questioning.
- Watch for patterns. Repetitive questions may happen more often at certain times of day, when the person is tired, hungry, or overstimulated.

Provide reassurance through presence. Sitting nearby, holding a hand, or maintaining eye contact can sometimes meet the emotional need behind the question.

Repetitive questions are a common part of dementia and reflect changes in memory and understanding, not intentional behavior. Responding with patience, reassurance, and compassion can help reduce anxiety and maintain a sense of security for the person living with dementia. By focusing on their feelings and needs, caregivers can create more positive and supportive interactions.



Stories From the Heart: Our Resident's Life



The Life Story of Nick Kalapodakis

Nick Kalapodakis' story is one of resilience, intelligence, love, and determination. Born on November 5th, 1940, on the beautiful Greek island of Rhodes, Nick entered the world just one week after Italy attacked Greece during World War II. Life was far from easy. Alongside his parents and two older sisters, Nick spent the first five years of his childhood living through war and hardship. In 1945, after years of struggle, the Italians lost the war and the Greek people regained control of their islands.



Despite the challenges of his early years, Nick quickly showed extraordinary intelligence. At just 15 years old, he ranked 4th out of more than 200,000 students across Greece on a national academic exam. His remarkable achievement earned him a once-in-a-lifetime opportunity: he was invited to study alongside Prince Constantine, the future King of Greece, as part of an elite group of only 25 top students chosen in the entire country.

But Nick's story is not only about academic success, it is also a story of lifelong love. At 16 years old, Nick met Maria Kalapodakis, and the two quickly became high school sweethearts. More than 70 years later, their love story continues. Married for 65 years, Nick and Maria have built a life filled with devotion, family, and unforgettable memories.



At the age of 20, Nick made the brave decision to leave Greece and move to Canada alone, leaving Maria behind temporarily while he worked to build a future for them both. Life as a newcomer was difficult. Nick worked tirelessly, earning only 55 cents an hour – about \$27 a week. To make extra money, he would spend nights picking thousands of worms for fishermen, earning just three dollars for the exhausting work.

Through determination and hard work, Nick eventually found a job as a waiter at the Whisbury Hotel, where he began earning better money. Once he was financially stable, he brought Maria to Canada, and the couple married in 1962. Together, they built a successful and loving life. In 1965, they purchased their first home for \$13,000 and later welcomed their two daughters, Anna and Kellie Kalapodakis.

Nick's entrepreneurial spirit soon led him to open three successful restaurants located in office buildings. After many years of hard work and success, Nick and Maria retired to Florida, where they spent 12 wonderful years enjoying life together in the sunshine.

Today, Nick is back in Canada, where he enjoys spending his time with Maria, appreciating each day together. As he proudly says, he is here "as a resident, not a patient." His life journey – from war-torn Greece to building a successful life in Canada – is truly inspiring and a reminder of what can be achieved through perseverance, love, and courage.

Based on her interviews with Nick Kalapodakis, this work honours and shares his journey. This life story was thoughtfully written by:



Sofia Isitada
Co-op student
Bill Hogarth Secondary School



Captured Moments

May 2026



Table Games



Pottery Class



**Backyard Stories with
Ann Ward**



Birthday Bash



Mother's Day High Tea



Bingo



Outdoor Moments



Banana Split Making



Memory Games

Captured Moments

May 2026



Table Games



Dominoes Afternoon



Karaoke



Entertainment with Emilio



Unit Programs



Drum Circle with Santa



Mother's Day Cart



Mother's Day Cart



Mother's Day Cart

Seasons & Supper

Strawberry Shortcake - Canadian Style

A very traditional and beloved dessert in Canada, perfect for the month of June when fresh strawberries start to come into season, is Strawberry Shortcake. It is a light, fresh dessert that is very popular at summer gatherings and outdoor celebrations.

INGREDIENTS: (Serves - 4)

- 2 cups fresh strawberries (sliced)
- 2-3 tbsp sugar
- 2 cups all-purpose flour
- 1 tbsp baking powder
- 1/4 cup sugar
- 1/2 cup butter (cold, cubed)
- 3/4 cup milk
- Whipped cream (for serving)



INSTRUCTIONS:

1. Mix sliced strawberries with sugar and let them sit for 20-30 minutes until they become juicy.
2. Preheat oven to 425°F (220°C).
3. In a bowl, mix flour, baking powder, and sugar.
4. Cut in the butter until the mixture looks crumbly.
5. Add milk and mix until a soft dough forms.
6. Shape and bake for about 12-15 minutes until golden.
7. Cut the biscuits, layer with strawberries and whipped cream.
8. Serve fresh and enjoy!

Tips to make it even better:

- Use fresh, ripe strawberries for the best natural sweetness and flavor.
- Let the strawberries sit with a little sugar for at least 20-30 minutes to create a natural syrup.
- For a lighter dessert, you can use angel food cake or sponge cake instead of biscuits.
- Chill the whipped cream before serving for a fresher taste.
- Assemble the dessert just before serving so the cake doesn't get soggy.
- Add a touch of vanilla extract to the cream for extra flavor.

Wings Over the Rain Forest

Visit



On May 13, our residents enjoyed a wonderful visit from Wings Over the Rain Forest, an interactive animal show that gave everyone the opportunity to learn more about different animals and their habitats.

Residents had a great time seeing the animals up close and engaging with the presentation, making it both a fun and educational experience for all.

Famous June Birthdays

The following people were born in June. Can you find their last names?
Search horizontally, vertically, diagonally, forward, and backward.



- A. Dan **BROWN**
- B. Donald F. **DUNCAN**
- C. Roberto **DURÁN**
- D. Roger **EBERT**
- E. Lou **GEHRIG**
- F. Steffi **GRAF**
- G. Andy **GRIFFITH**
- H. Helen **HUNT**
- I. Tom **JONES**
- J. Blaise **PASCAL**
- K. Cole **PORTER**
- L. Martha **WASHINGTON**



Bonus: Match the person to the correct clue.

- | | |
|-------------------------------|-------------------------|
| 1. Yo-yo maker ____ | 7. Actress ____ |
| 2. U.S. first lady ____ | 8. Singer ____ |
| 3. Tennis champion ____ | 9. Boxing champion ____ |
| 4. Philosopher/physicist ____ | 10. Film critic ____ |
| 5. Baseball great ____ | 11. Actor ____ |
| 6. Composer/lyricist ____ | 12. Novelist ____ |

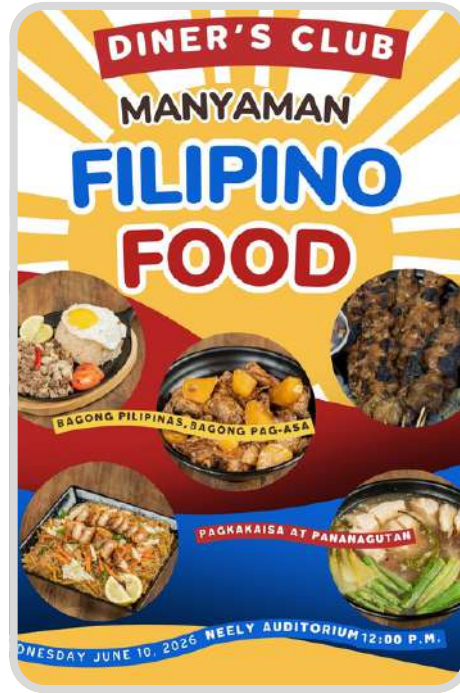
Highlights of Upcoming Events



Join us for the
Communion

TUESDAY **JUNE 09** 10:50 a.m.

Neely Auditorium

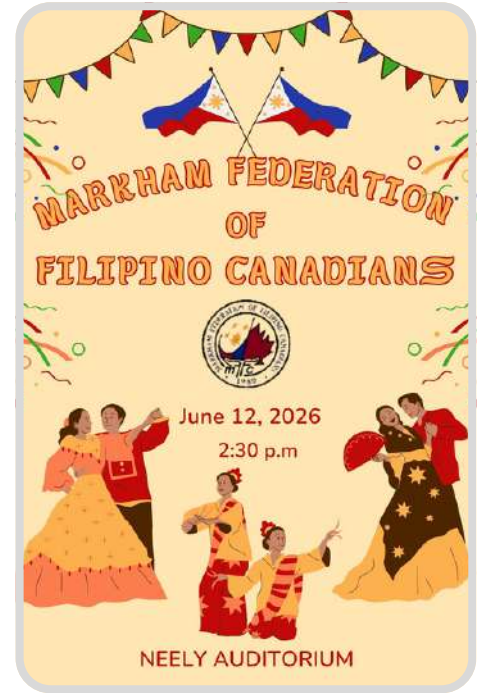


DINER'S CLUB
MANYAMAN
FILIPINO FOOD

BAGONG PILIPINAS, BAGONG PAG-ASA

PAGKAKAISA AT PANANAGUTAN

WEDNESDAY JUNE 10, 2026 NEELY AUDITORIUM 12:00 P.M.



MARKHAM FEDERATION OF FILIPINO CANADIANS

June 12, 2026
2:30 p.m.

NEELY AUDITORIUM



YOU ARE INVITED TO
Birthday Bash

JUNE
SATURDAY **13** AT 2:30 P.M.

NEELY AUDITORIUM
WITH MUSICAL ENTERTAINMENT WITH:
Don Champagne AND The Country Show



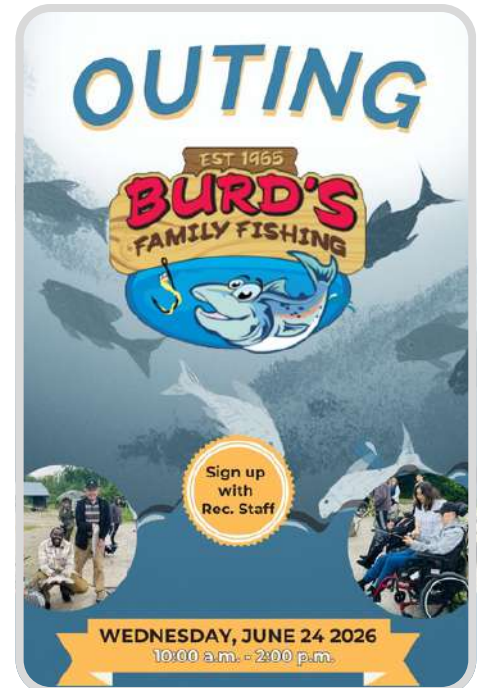
JOIN US FOR A FUN-FILLED
FATHER'S DAY
TROPICAL PARTY

HAPPY Father's DAY

Enjoy live music, tropical drinks,
delicious snacks, and endless
island fun!

JUNE 21
2:30 PM
SUNDAY

NEELY AUDITORIUM



OUTING

EST. 1985
BURD'S FAMILY FISHING

Sign up with Rec. Staff

WEDNESDAY, JUNE 24 2026
10:00 a.m. - 2:00 p.m.

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
FUNDRASER**

- ✓ \$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!