

# Markhaven Newsletter

Markhaven Home for Seniors | 54 Parkway Avenue, Markham - Ontario, L3P2G4

Tel: 905-294-2233 | Fax: 905-294-6521

[www.markhaven.ca](http://www.markhaven.ca)

July 2025



## Message from our Executive Director

Dear Families,

We hope you are all enjoying the summer and staying cool in this heat and humidity!

We want to update you on a few important changes to enhance the safety and well-being of our residents. Following a recent Ministry inspection, we will be installing keypads on all doors leading to the outside, including our balcony doors. This measure is designed to improve security for everyone. While you'll still use your key cards to enter the building, the keypad will be used for exiting.

Please be mindful of anyone around the doors when entering or exiting and avoid letting anyone in or out with you. If you see someone trying to exit with you, please alert a staff member right away. Many of our residents, though they appear well, may have cognitive impairments, and your vigilance will help us ensure their safety.

Additionally, if you or a family member plan to take a resident outside—whether for an outing, to sit outside, or for an appointment—you will need to sign them out when leaving and sign them back in upon returning.

We also have some exciting events coming up!

**Staff Appreciation BBQ:** On August 13th, we will be hosting our annual Staff Appreciation BBQ to celebrate and thank our dedicated team for their hard work and commitment to caring for your loved ones.

**Family BBQ:** On August 27th, we will hold our annual Family BBQ. Last year's event was a huge success, and we can't wait to enjoy another wonderful afternoon of food, games, and fellowship with all of you. If you plan to attend, please sign up with Yameng so we can ensure enough food for everyone.

Thank you for your ongoing trust and support. It is a privilege to care for your loved ones, and we are always here to listen and assist. If you have any questions or suggestions, please don't hesitate to reach out to a member of our team.

God Bless, **Janice Pitts** - Executive Director

## JULY PROGRAMS

**July 1 | 2:30**

Canada Day Celebration

**July 2 | 2:30**

Roman Catholic Mass

**July 3 | 10:30**

Seated Mobility

**July 8 | 2:30**

Seated Boxing

**July 9 | 2:30**

Down to the Memory Lane

**July 10 | 2:30**

Music with Ruth Onley

**July 11 | 2:30**

50s' and 60s' Disco Party

**July 15 & 28 | 2:30**

Book Club

**July 16 | 10:30**

Entertainment with Emilio

**July 21 | 12:00**

Diner's Club: Fish & Chips

**July 22 | 18:30**

Wine and Cheese

**July 23 | 10:30**

Birthday Bash

# Markhaven

## ***"The Little Home With A Big Heart"***

Markhaven is dedicated to providing high standards of care in a safe and social environment. We believe in providing superior care, driven by compassion and empathy, as we continue to develop our practices through our mission, vision, and values for our residents, families, and friends.

We strive to provide excellent service for residents of every culture in a supportive, caring Christian environment, and to maintain a high level of dignity and individuality. With your continued support we plan to be here for you and your families for many years to come.



### ***-What They Say-***

***"I'm happy. I feel this is the place to go when needed. I like the atmosphere; people are happy, and the staff are friendly and accommodating. I highly recommend Markhaven."***

**Ernesto Arevalo  
Markhaven Resident**

We would like to inform you that our Dietary Manager -**Tanya Bahnesli-Roldan**, will be going on maternity leave.

We wish her all the best and send our heartfelt blessings as she embarks on this beautiful new chapter in her life.



Let's welcome our IPAC Nurse  
**Fatema Shaikh**





# Nursing Update

RNAO/BPSO

## BPSO Steering Committee

We are in the process of launching our **BPSO Steering Committee**, comprised of our current BPG Champions. This group will:


- \$ Lead planning and implementation of BPG initiatives
- \$ Monitor progress and provide peer support
- \$ Meet monthly to share insights, address challenges, and celebrate success



Best Practice Spotlight Organization Update

## Next BPG Focus: Transitions in Care and Services

Implementation of the *Transitions in Care and Services* Best Practice Guideline is scheduled to begin soon.

 **August 6** – Gap Analysis

**Fall 2025** – Action plan rollout based on findings

This initiative will help enhance coordination and safety during transitions within and between care settings.



As a proud BPSO-designated home, Markhaven continues to uphold and expand its commitment to implementing and sustaining evidence-based best practices in resident care. This is a key step in ensuring the highest standards of service and outcomes for those we support.

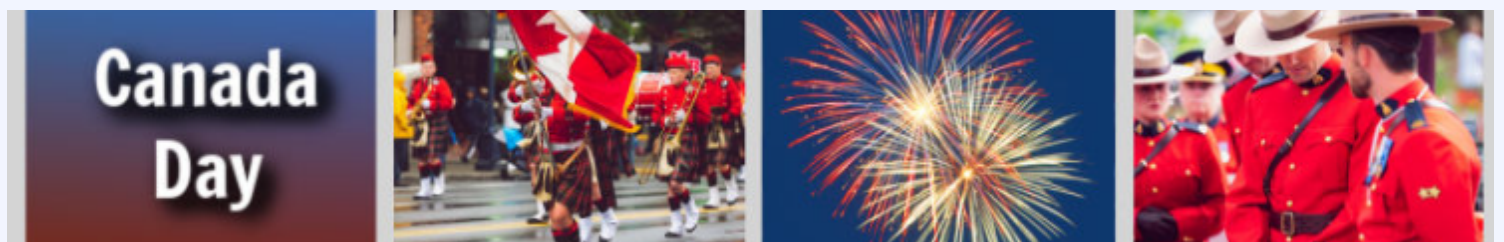
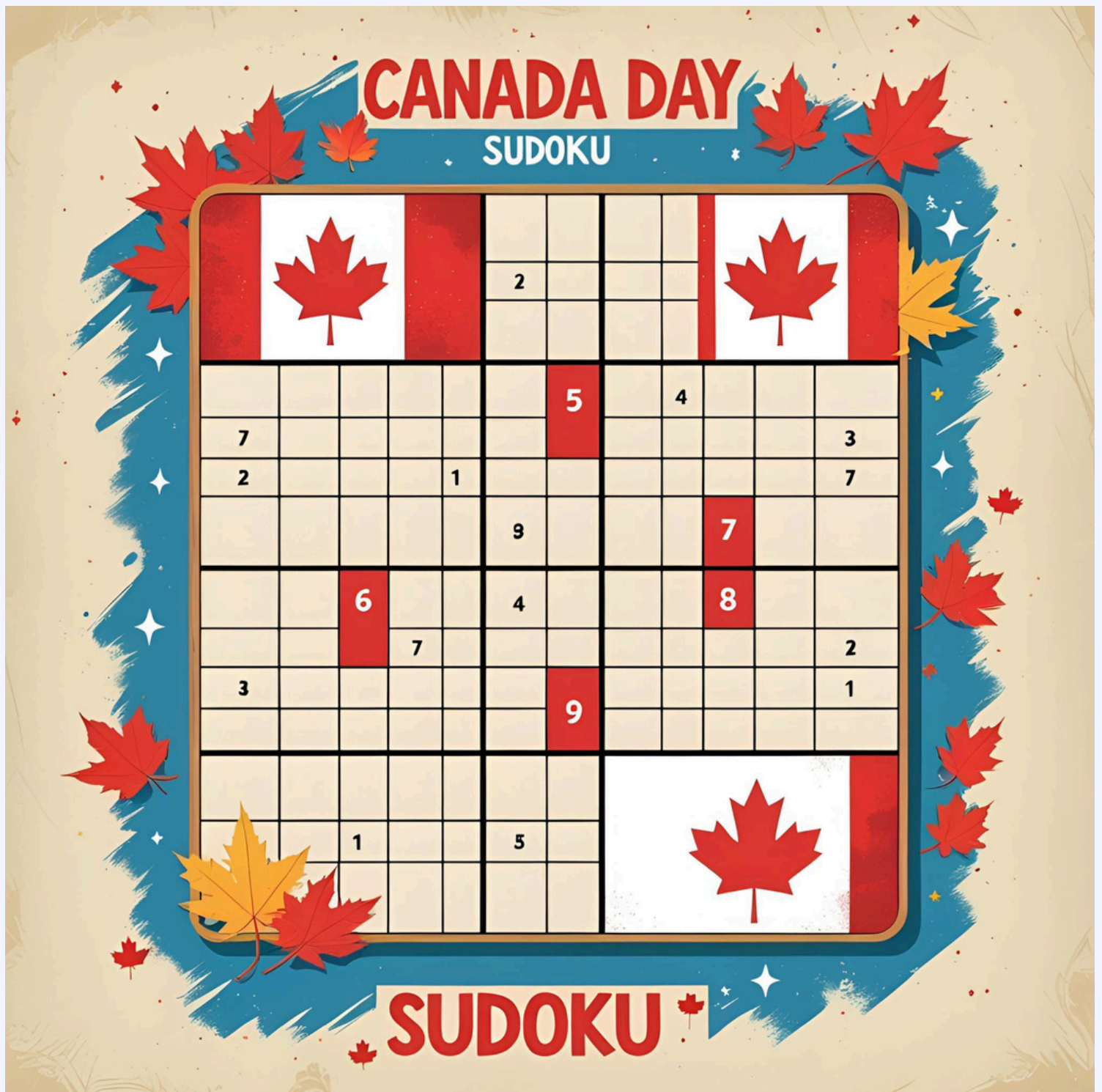
## Champion Development – Growing Our BPG Team

We're thrilled to announce that **five new Best Practice Guideline (BPG) Champions** completed training in April — bringing our total to **14 Champions!**

To meet RNAO's new requirement, we are:

- "# Actively recruiting across all departments
- "@ Onboarding new champions via RNAO's eLearning modules
- "# Aiming to add **at least two new champions each month**

# -HAPPY CANADA DAY-





# Captured Moments

## June 2025



**Evening Games**



**Markham Federation of  
Filipino Performance**



**Physical Games**



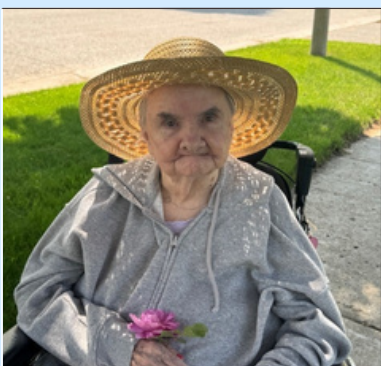
**Crosswords**



**Markham Federation of  
Filipino Performance**



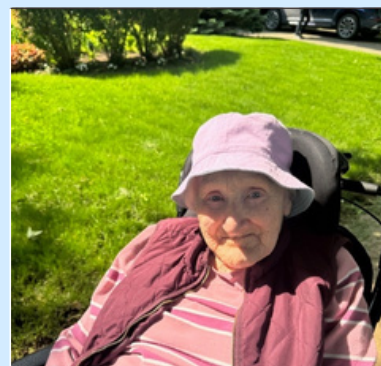
**Dominoes**



**Strolls**



**Physical Games**



**Strolls**

# Captured Moments

## June 2025



**Garden Visits**



**Woodworking Club**



**Horticulture Therapy  
Gardening Basket Day**



**Entertainment with  
Emilo**



**Woodworking Club**



**Horticulture Therapy  
Gardening Basket Day**



**Arts & Crafts**



**Woodworking Club**



**Garden Visits**



# Burds Fising Outing

June 2025

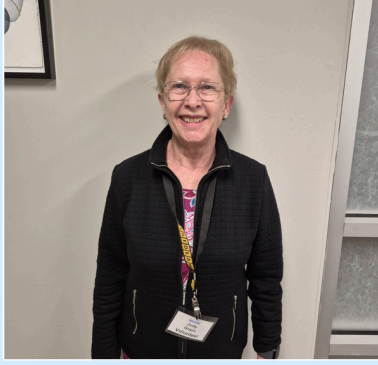




# MARKHAVEN - New Hires



**Doreen**  
**PSW**



**Judy**  
**Laundry Aide**



**Margret**  
**PSW**



**Gift**  
**PSW**



**Jerica**  
**PSW**



**Mathi Sivanathan**  
**June 2025**

# Younh at Heart

## June 2025



*Our monthly painting class—it's a fun way for residents to get creative and pick up some cool painting tips along the way.*

## July 2025 Birthdays



**Let's wish a Happy Birthday  
to our Dear Residents**

Patrick Duncan - July 04  
Sheila Baron - July 12  
Joyce James - July 14  
Cherry Lune - July 18  
Maureen Bushell - July 20  
Margareth Terentiuk - July 23  
Patricia Bowe - July 28



## Spiritual Corner

### Reflection:

On this Day, we pause with grateful hearts to honour the seniors who now reside in retirement homes—men & women who once stood tall through life's storms, who worked tirelessly for their families, and who served their country and communities with steadfast devotion.

These are the ones who taught us how to ride a bike, who stayed up late to help with homework, who held steady hands through uncertain times. They faced hardship with quiet strength and made sacrifices that were often unseen but deeply felt. In the chapters of their lives, they have written stories of courage, love, discipline, and faith—stories that have shaped who we are today.

Though their pace may now be slower, their wisdom runs deep. Though the world around them may have changed, their legacy remains unshakable. We remember not only what they did, but who they are—pillars of love, endurance, and grace.

### Prayer:

**Heavenly Father,**

Today we lift up in prayer the seniors who now dwell in retirement homes. May they feel deeply remembered and honoured for all they have given—their labour, their love, their loyalty. Thank You for the countless ways they've blessed our lives through their hard work, patience, and the values they instilled in us.

Lord, we ask You to continue to surround them with Your light and peace. Let them never feel forgotten, but instead cherished and respected. May their hearts be filled with comfort, their bodies with strength, and their minds with joyful memories.

Bless their days with warmth, companionship, and dignity. Let them feel Your presence as a constant source of hope and serenity. And may we, their children, friends, and loved ones, always find ways to show our gratitude—not just in words, but in visits, in gestures of love, and in honoring the path they paved for us.

**Amen.**

## Seasons & Supper

### Authentic Canadian Poutine Recipe

- **The fries:** Made with thick-cut, Russet potatoes that are soaked and double fried to create a tender, creamy interior and golden crispy exterior. Frying your French fries twice might sound like a lot of work, but is easy and essential. The first fry at a lower temperature cooks and softens the potatoes and the second fry at a higher temperature creates the coveted golden, crispy crunch.
- **The gravy:** A multi-dimension beef gravy lightened up with chicken broth and punched up with splashes of vinegar, ketchup, Worcestershire sauce and hand-picked seasonings. The gravy is flavorful and laced with just enough tangy sass as to not overwhelm the fries and cheese curds. It's also thick enough to pool and hang on the fries and not slide right off.
- **The cheese:** Chunks of room temperature cheese curds allow them to soften under the heat of the steamy gravy.



### What Is Poutine?

Poutine is a Canadian dish consisting of French fries and cheese curds, all slathered in gravy. It was created in the 1950's and it's most strongly associated with Quebec.

# Highlights of Upcoming Events

PLEASE JOIN US FOR  
**SWEET & JUICY  
WATERMELON  
SMOOTHIE**



Enjoy the delicious taste of summer with our fresh, juicy watermelons! Bursting with flavor and packed with hydration!!

**July 4<sup>th</sup>, Friday  
At 2:30 P.M.  
In the Neely**

PLEASE JOIN US FOR  
**DINER'S CLUB**  
*Fish and Chips*



SIGN UP WITH  
RECREATION  
STAFF

**JULY 21<sup>ST</sup>, MONDAY  
AT 12 P.M.  
IN THE NEELY**

**Markhaven**  
Home for Seniors

**RESIDENT COUNCIL AND  
FOOD COMMITTEE  
MEETING**



July 22<sup>nd</sup>, Tuesday  
10:30 A.M.



 **Neely Auditorium**

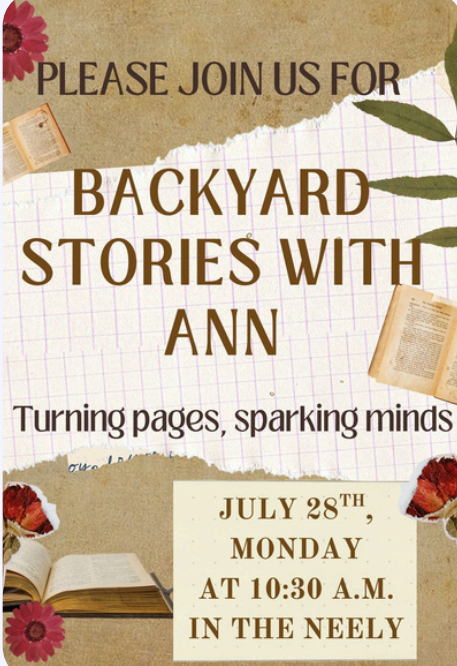
PLEASE JOIN US FOR  
**WOODWORKING**  
SESSION



Woodworking:  
the art of fixing  
your mistakes  
with smaller  
pieces of wood!

**July 24<sup>th</sup>,  
Thursday  
At 10.00 A.M.  
In the Neely**

PLEASE JOIN US FOR  
**BACKYARD  
STORIES WITH  
ANN**



Turning pages, sparking minds

**JULY 28<sup>TH</sup>,  
MONDAY  
AT 10:30 A.M.  
IN THE NEELY**

**THE DENTIST IS  
COMING!!**



ON-SITE DENTAL DIRECT WILL BE ON-SITE AT  
**Markhaven LTC**  
On Friday, August 22nd, 2025

Please call the office directly to book an appointment at: 437-887-1134/905-607-2007 or email us at: [admin@onsitedentaldirect.com](mailto:admin@onsitedentaldirect.com)

**\*Note: we now accept the Canadian Dental Care Plan (CDCP)**