

**NOVEMBER
2025**

Markhaven

Home for Seniors

Monthly Newsletter

Message from our Executive Director

Dear Families,

Fall is upon us, and by the time you read this, hopefully the Toronto Blue Jays will have won the World Series! I hope you're enjoying the beautiful colours and cozy moments that this season brings.



The past few weeks at Markhaven have been filled with vibrant activities and a wonderful sense of community spirit. Our residents have been enjoying the new fall menu and continue to participate enthusiastically in all of our programs and events.

We remain steadfast in our commitment to providing a supportive, engaging, and compassionate environment for your loved ones. We encourage you to visit our website and social media pages to see photos and stay up to date with everything happening in our home.

Virtual Dementia Tour

We're also offering the Virtual Dementia Tour, an immersive experience that provides powerful insight into what it's like to live with dementia. This unique program helps deepen empathy and understanding, and we encourage all interested family members to take part in this meaningful opportunity.

Please contact the office if interested in participating in this incredible experience.

Each day, we are reminded of the incredible trust you place in our team to care for your loved ones. We take this responsibility to heart and remain committed to creating a home that is nurturing, respectful, and filled with compassion.

At Markhaven, we believe that dignity, respect, and kindness are more than just ideals—they are the foundation of everything we do and shape the well-being of our residents each day. Our caregivers, nurses, and entire team continually go above and beyond, and their dedication is truly inspiring. We are deeply grateful for their ongoing commitment and hard work.

Thank you for your continued trust, partnership, and support. It is a true honour to care for your loved ones. If you ever have any questions, concerns, or suggestions, please don't hesitate to reach out to any member of our team—we are always here for you.

God Bless,
Janice Pitts
Executive Director

Markhaven Home for Seniors | 54 Parkway Avenue, Markham - Ontario, L3P2G4
Tel: 905-294-2233 | Fax: 905-294-6521
www.markhaven.ca

NOVEMBER PROGRAMS

Nov. 1 | 10:30

Taste of Broadway

Nov. 3 | 10:30

Virtual Reality

Nov. 4 | 2:30

The Lion Tamer Show

Nov. 5 | 2:30

Catholic Mass

Nov. 10 & 24 | 10:30

Book Club

Nov. 11 | 10:30

*Remembers Day
Service*

Nov. 12 | 12:00

*Diner's Club:
McDonalds*

Nov. 17 | 10:30

Woodworking Club

Nov. 18 | 10:30

*Resident Council
Meeting*

Nov. 19 | 10:30

*Entertainment with
Emilio*

Nov. 20 | 2:30

The Circus Cart

Nov. 21 | 2:30

Travelogue "Jamaica"

Nov. 25 | 2:30

Birthday Bash

Nov. 28 | 10:00

Young at Heart

Markhaven

Upcoming Events:

Staff Christmas Party and Awards Ceremony

Our annual Staff Christmas Party and Awards Ceremony will take place on Friday, December 5th, 2025. We invite you to cast your vote for the Resident and Family Choice Award—a chance to recognize a staff member who consistently goes above and beyond.

Each family may vote for one staff member. Please see Maria in the office to submit your vote. Deadline for voting is Monday December 3rd, 2025.

Resident & Family Christmas Dinner

We're excited to host our Annual Resident and Family Christmas Dinner on Friday, December 12th, 2025! This cherished event is filled with festive fun, delicious food, and plenty of Christmas spirit.

Space is limited, so please **RSVP** with Maria as soon as possible to reserve your spot. We look forward to celebrating the holiday season together!



Date: Friday, December 12th, 2025



Doors Open: 4:30 PM



Dinner Served: 5:00 PM



Tickets: \$25.00 per family member (available in the office)



Residents attend for free!

Spiritual Corner

Reflection: Faith in Remembering

November is a sacred time to pause, reflect, and remember. As we honor those who gave their lives for others, we are reminded of Christ's own sacrifice—a love that conquers fear and brings hope to the world. Through remembering, we strengthen our faith and renew our commitment to live with gratitude and peace. May we always cherish the gift of freedom and the promise of God's everlasting peace.

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

Prayer: In Grateful Remembrance

Dear Lord,

In this month of November, we turn our hearts to those who gave their lives for peace and freedom. We thank You for their courage, their sacrifice, and the love that moved them to serve others. May their memory inspire us to live with faith, compassion, and hope. Help us to be peacemakers in our own communities, carrying forward the light of their legacy.

We pray for peace in our world, comfort for those who mourn, and strength for all who continue to serve.

Amen.

“Our Programs”

We are the little home with a big heart who strive to provide excellent care for our residents, while continuing to make them feel at home and a part of our Markhaven family. We do this by showing dignity and respect to everyone while upholding our Christian values.

During the many years of service to the community, Markhaven has provided a full range of care for literally hundreds of seniors. Find out how our story started



-What They Say-

When I first arrived at Markhaven, I felt unhappy and thought it would be like “jail.” But I quickly discovered how warm and caring this place truly is. The staff are loving, the residents are friendly, and the activities – especially the outdoor ones – bring joy and connection.

I have the utmost love and respect for Markhaven. The staff and the residents are very friendly and happy.

Gail Godbout
Markhaven Resident



Stories From the Heart: Our Resident's Life

Meet Ernesto Ting

Affectionately known as Ernie, became a resident of Markhaven in mid-January of this year. With over 28 years of experience, Ernie served as the Manager of Infrastructure at the Waterworks Department for the City of Markham. Although he holds a degree in Architecture from the University of Santo Tomas in the Philippines, his career spanned most of his professional life in engineering. Ernie is married to his wife, Tessie, for nearly 50 years, and they have two children, Trina (Adam) and Eric, as well as two grandsons, Nolan and Marco. In his later years, Ernie enjoyed playing golf and tennis, while in his retirement, he has become an avid traveler.

Ernie has been part of a group of four couples who have embarked on numerous trips around the world. He served as the group navigator, leading them to various destinations. Some of the places they've visited include safaris in South Africa and Botswana, a river cruise in Russia, the awe-inspiring Machu Picchu, the Galapagos Islands, Iguazu Falls, and Victoria Falls. They've also seen the Egyptian Sphinx, Petra in Jordan, the Great Wall of China, the iconic Sydney Opera House, the majestic Mayon Volcano, Mount Fuji, a bullfight in Spain, and religious pilgrimages to Israel, Italy, Fatima, Lourdes, Medjugorje, and Our Lady of Guadalupe.

Tragically, on January 29, 2024, after a trip to Thailand, Ernie suffered a severe accident that resulted in multiple skull fractures. He spent almost a year in hospitals before relocating to Markhaven. While his initial prognosis was not good somehow he managed to survive. Ernie is definitely a fighter and his family is ever so thankful.

Ernie now enjoys going out with his devoted wife Tessie to eat dim sum, buy toys for his grandkids, and has a great group of friends who come to keep him company. While he can't walk like he used to, it doesn't stop him from living his life and enjoying the small pleasures with his family and friends.



Remembrance Day 2025



Lest We Forget

Every year on November 11, Canadians come together to honor and remember the brave men and women who have served—and continue to serve—our country in times of war, conflict, and peacekeeping.

At 11:00 a.m., we pause for a moment of silence to reflect on their courage, sacrifice, and dedication. It is a time to remember not only those who gave their lives for our freedom, but also the countless families whose lives were forever changed by their service.

Here at **Markhaven Home for Seniors**, we join the nation in expressing our deepest gratitude. We remember the veterans among us, their families, and all who have contributed to peace and freedom in Canada and around the world. Let us take this opportunity to share stories, wear our poppies with pride, and honor the legacy of those who came before us.

This year at Markhaven, we will be holding our **Remembrance Day Service** with the **Salvation Army** on **Tuesday, November 11 at 10:30 a.m. in the Neely Auditorium.**

We remember. We are grateful. We will never forget.

November 2025 Birthdays



LET'S WISH A HAPPY
BIRTHDAY
TO OUR DEAR RESIDENTS

Pui Lan Chu	Nov. 01
Antony Chan	Nov. 08
Elizabeth Hall	Nov. 11
Caroline Buckland	Nov. 11
Maryann Durham	Nov. 23
Barbara Wallenwein	Nov. 25
Gulshan Khimji	Nov. 25
Patricia Moscrop	Nov. 28

May your special day be filled with joy, laughter, and love.
You are truly cherished today and always.

Employee of the Month



Kalissia KM Mitchell
October 2025



65 Years of
Caring

please Join Us

NOV

MONDAY

10

AT 6 PM

Flato Theatre, Markham

171 Town Centre Boulevard, Markham Ontario L3R 8G5

An evening with past and present Markhaven families

The Rose Ceremony: Honouring cherished residents

Unveiling the Memorial Garden Plans:

Opportunities to create a lasting tribute for loved ones

Refreshments and light eats

Silent Auction supporting the Memorial Garden

For **65 years**, Markhaven has walked alongside seniors and their families with compassion, dignity, and care. As we reach this milestone, we invite you to join us for a heartfelt evening of remembrance, celebration, and vision for the future. Together, we will honour past residents in a moving **Rose Ceremony** and share the plans for a **Memorial Garden**—a place of beauty, memory, and peace, where families can gather, reflect, and celebrate loved ones. This evening will be both a celebration and an opportunity to make a difference. Through your support, we will create a space that honours those who came before us, while offering current and future families a lasting gift of love.

RSVP by October 27 to April Garcia, Director of Fundraising: agarcia@markhaven.ca, or by scanning the QR code. ***In your reply, please also share the name of a Markhaven loved one to be remembered during the Rose Ceremony.***



Captured Moments

October 2025



**Wacky Wheelchair
Racing**



Outside Strolls



Family Visits



1:1 Games



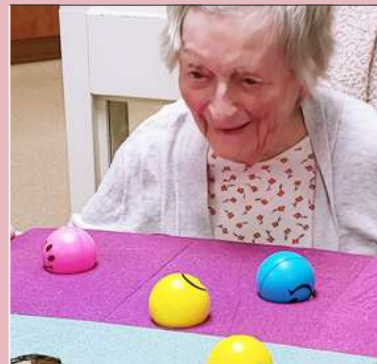
Artistic Guesses



Table Games



Pumkingfest



Creative Games



Arts & Crafts

Captured Moments

October 2025



Virtual Reality



Virtual Reality



Thanksgiving Tea Social



Thanksgiving Tea Social



Water Wonders



Water Wonders



Decorate your Fall Cookies



Octoberfest



Autumn Colors Tour

BPSO Summit 2025: Turning Ideas into Action!

From September 23 to 25, 2025, we had the incredible opportunity to attend the BPSO Summit in person.

It was an inspiring experience to connect, learn, and share with colleagues and leaders committed to advancing evidence-based practice in health care.

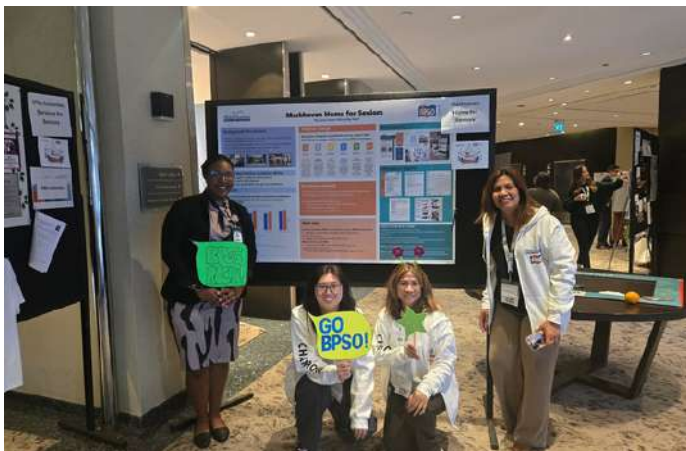
One of the highlights of the Summit was meeting Dr. Doris Grinspun, CEO of the Registered Nurses' Association of Ontario (RNAO), Deborah Richardson, Deputy minister of health ontario, and Natalia Kusendova-Bashta, Minister of Long-Term Care. Their leadership and commitment to improve care outcomes continue to inspire the ongoing transformation of long-term care across Ontario.

Our team returned energized and motivated to drive meaningful change within our home, applying the latest Best Practice Guidelines (BPGs) to enhance the quality of life and care for our residents.

As we celebrate BPSO Day on October 30th, we reflect on the progress we've made and look ahead to the continued integration of best practices in our daily care.

Together, we're turning ideas into action—strengthening our commitment to excellence in long-term care!





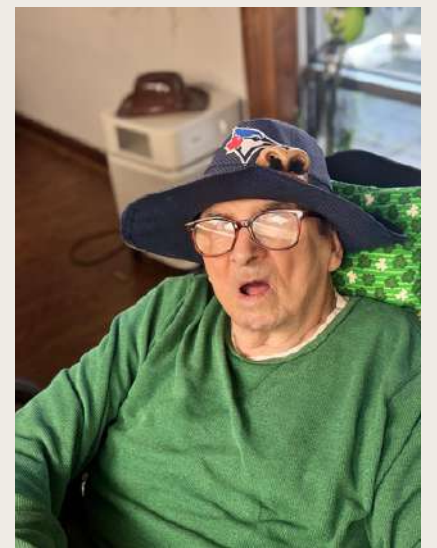
Spooky Fun at Markhaven



Spooktacular Halloween Celebration! "Our Halloween celebration at Markhaven was full of fun, treats, and smiles! 🎃 🍬"

Residents and Staff enjoyed dressing up and making wonderful memories together, sharing the joy of the season."

Trick or Treat Adventures with the Rec Team!



Remembrance Day

WORD SEARCH



SOLDIERS
HEROES
MEMORIAL
ARMISTICE
WORLD WAR

BRAVERY
PILOTS
SAILORS
ARMY
MILITARY

REMEMBER
WREATH
CROSSES
SACRIFICE
POPPIES

Seasons & Supper

November Harvest Butternut Squash & Apple Soup

Celebrate the bounty of late autumn with this warm, comforting soup ideal for November when squash and apples are plentiful.

INGREDIENTS: (serves-6)

- 1 medium butternut squash (about 1.5 kg), peeled, seeded and cubed
- 2 large apples (e.g., McIntosh or Cortland), peeled, cored and chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 L vegetable broth (or chicken broth, if preferred)
- 250 mL apple cider (or unsweetened apple juice)
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- Salt & freshly ground black pepper, to taste
- 2 Tbsp olive oil or butter



INSTRUCTIONS:

- Preheat your oven to 400 °F (≈200 °C). Toss the butternut squash cubes with 1 Tbsp olive oil, salt and pepper. Spread them on a baking sheet and roast for about 25-30 minutes, until tender and lightly caramelized.
- Meanwhile, in a large soup pot, heat the remaining 1 Tbsp olive oil (or butter) over medium heat. Add the onion and sauté for ~5 minutes until translucent. Add the garlic and cook 1 more minute until fragrant.
- Add the chopped apples to the onion/garlic mixture and sauté for a few minutes until the apples begin to soften.
- Pour in the vegetable broth and apple cider, then add the roasted squash cubes. Stir in the cinnamon and nutmeg. Bring to a gentle boil, then reduce heat and simmer ~10-15 minutes to let flavours meld.
- Using an immersion blender (or transferring carefully in batches to a countertop blender), purée the soup until smooth and creamy.
- Taste and adjust seasoning: add more salt, pepper, or a pinch more cinnamon if desired.
- Serve hot, with the optional swirl of cream or yogurt and garnishes of roasted pumpkin seeds or fresh herbs.

Tips:

- A swirl of cream or plain yogurt for serving
- Optional garnish: roasted pumpkin seeds, chopped fresh parsley or sage leaves

Highlights of Upcoming Events



THE
Lion Tamer
SHOW

Tuesday
November 04, 2025 2:30 P.M.

NEELY AUDITORIUM



MARKHAVEN HOME FOR SENIORS'
CHRISTMAS
BAZAAR

is calling for vendors

If you're interested in holding a spot, please
contact Recreation Manager: Andrea Barco at:
905-294-2233 ext. 3309 or
recreationmanager@markhaven.ca

REGISTER BY FRIDAY, NOV. 7, 2025

Event Date: November 22, 2025 at 9:00a.m - 3:00 p.m



MARKHAVEN'S *2025* STARRY NIGHT

Help us shine a light on those who go above
and beyond every day to make Markhaven a
brighter place for everyone.

It's that time of the year again — time to recognize and celebrate the
incredible dedication, compassion, and hard work of our amazing
team.

Voting is Now Open!

- Leadership
- Family/Resident Choice 1N
- Family/Resident Choice 1S
- Family/Resident Choice 2N
- Family/Resident Choice 2S
- Employee of the Year
- Best BPSO Team of the Year
- Best BPSO lead of the Year
- Customer Service
- Best Attendance
- Miss Congeniality
- Continuous Quality Improvement
- Team Player
- Most Organized
- Unsung Hero

Your vote matters

Voting Period: October 27 – November 3, 2025
Submit at the Front Desk with Maria



Markhaven
Home for Seniors

PLEASE JOIN US FOR OUR ANNUAL
RESIDENT & FAMILY

Christmas
DINNER

FRIDAY
12 DECEMBER
2025

MARKHAVEN HOME
The Neely at 5pm

JOIN US FOR AN EVENING OF HOLIDAY CHEER!

Tickets are \$25 per family member.
Residents dine with us as our special guests at no cost.
Please visit Maria at Reception to RSVP and purchase your
tickets by Thursday, November 21st, and let us know your
meal choice – chicken, fish, or vegetarian.