NOVEMBER
2026

Markhaven
Home for Seniors

Monthly Newsletter

Message from our Executive Director



Dear Families,

It is hard to believe that November is already here, and that we are beginning to turn our thoughts toward the Christmas season! As the beautiful fall colours begin to fade and the days grow shorter, our home continues to be filled with activities, laughter, and wonderful moments shared together. Our fall flowers and seasonal decorations have brought a lovely warmth to Markhaven, reminding us to appreciate the beauty of each season and the special moments we share.

Over the past few weeks, it has been wonderful to see our residents, families, staff, and volunteers enjoying everything that Markhaven has to offer. Our home continues to be a place where friendships grow, memories are made, and residents are surrounded by care, compassion, and a true sense of community.

We recently enjoyed our Annual Colours of Autumn Fundraising Event, and I would like to extend my sincere thanks to everyone who attended, volunteered, donated, sponsored, and helped make the day such a success. The generosity and support we receive from our community mean so much to us and help us continue to enhance the lives of our residents. Markhaven truly is “The Little Home with a Big Heart,” and it is because of the wonderful people who stand behind us that this remains so true.

I am especially pleased to share that our Markhaven Family Christmas Dinner will take place on Friday, December 4th, 2026. We look forward to welcoming our families for this special occasion as we come together to celebrate the season, enjoy one another’s company, and share in the joy of Christmas. Tickets will be available for purchase in the office at $35.00 per person starting November 2nd. Please note that tickets are cash only. There is no charge for residents who wish to attend. The cut-off date for purchase of tickets will be on Friday November 20th at 12:00 noon. For those who would like to make an additional contribution to support this special event, we would be most grateful for your generosity. A charitable tax receipt will be provided for eligible donations. We look forward to sharing this wonderful Christmas tradition with you!

As always, I would like to extend my heartfelt thanks to our residents, families, volunteers, and staff for your continued support, dedication, and partnership. Each of you plays an important role in making Markhaven the warm, compassionate, and vibrant community that it is. I am grateful for the kindness and generosity that I witness every day throughout our home.

As we enter this season of gratitude and preparation, may we be reminded of the importance of caring for one another, cherishing our time together, and recognizing the many blessings in our lives. I look forward to sharing the excitement of the Christmas season with all of you and creating many more wonderful memories together at Markhaven

May God bless you and your families.

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. 4 | 2:30
Catholic Mass
Nov. 5 | 2:30
Java Club
Nov. 6 | 2:30
Expressive Arts & Crafts
Nov. 9 | 10:30
Backyard Stories
Nov. 11 | 2:30
Remembrance Day Service
Nov. 16 | 10:30
Backyard Stories
Nov. 18 | 10:30
Entertainment with "Emilio"
Nov. 18 | 12:00
Diner's Club: Real Kebab
Nov. 18 | 2:30
Hymn Sing with Capt. Farr
Nov. 19 | 2:00
Travelogue Pakistan
Nov. 20 | 2:00
Movie Matinee: "Swiss Family Robinson"
Nov. 21 | 2:30
Wine & Cheese with "Dan Champagne"
Nov. 26 | 2:30
The Art of Mehndi
Nov. 27 | 10:00
Young at Heart Painting
Nov. 27 | 2:30
Piano Hymn Sing with "Priscilla"
Nov. 29 | 2:30
Birthday Bash

Markhaven

Meet Our New Team Members



Philips Kumpalamthanam

Dietary Manager



Kanice Hui

Recreation Aide



Kyla Milroy

Recreation Aide

We are so happy to welcome our new team members!
We look forward to having them as part of our Markhaven family and wish them all the best in their new roles.

Remembrance Day 2026



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* ***Wednesday, November 11 at 2:30 p.m. in the Neely Auditorium.***

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

Spiritual Corner

Reflection:
A Season of Gratitude

November brings a quieter beauty, reminding us that every season has its own gifts. Like the trees that gracefully let go of their leaves, we can learn to welcome change with patience and hope.

May we find comfort in cherished memories, strength in our experiences, and beauty in each new day.

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

Prayer:
Remembrance and Gratitude

Dear Lord,

Thank You for the gift of life, the love of family and friends, and the kindness we share each day. As we observe Remembrance Day, we honour those who sacrificed their lives for our freedom and pray for peace throughout the world.

Bless the residents, families, and staff of Markhaven with comfort, hope, and good health. May our home always be filled with compassion, unity, and love.

Amen.

Markhaven Foundation

Founded in 1999, the Markhaven Foundation was established to ensure the long-term strength and sustainability of Markhaven Home for Seniors.

For more than six decades, Markhaven Home has served seniors in Markham and surrounding communities with compassionate, high-quality long-term care. As the official fundraising partner of the Home, the Foundation exists to enhance and elevate the resident experience beyond what government funding alone can provide.

We believe that long-term care should offer more than clinical excellence — it should offer warmth, dignity, connection, and a true sense of belonging.

Why the Foundation Exists

While provincial funding supports core care services, it does not fully cover the enhancements that transform a residence into a vibrant home.

Through philanthropic support, the Foundation funds:

- Capital improvements and infrastructure upgrades
- Specialized equipment and therapeutic resources
- Resident programming and life-enrichment initiatives
- Environmental enhancements that increase comfort and accessibility

Every dollar raised directly supports the quality of life of residents.

Follow Us: @markhavenfoundation

Colours of Autumn Luncheon & Fashion Show















November 2026 Birthdays



LET'S WISH A HAPPY
BIRTHDAY
TO OUR DEAR RESIDENTS

Pui Lan Chu	Nov. 01
Nick Kalapodakis	Nov. 05
Antony Chan	Nov. 08
Elizabeth Hall	Nov. 11
Caroline Buckland	Nov. 11
Esthela Cuenca	Nov. 15
Maryann Durham	Nov. 23
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



Zinat Yousuf
October 2026





Stories From the Heart: Our Resident's Life

Meet Agnes Brackett



Agnes Brackett was born in 1932 in Muskoka Ontario, the daughter of Helen Brady, who had emigrated from Scotland, and Robert Dysart. She was one of 9 siblings, seven sisters and two brothers. The family moved to Toronto subsequent to Helen Brady's passing at only 34 years of age, and several of the children grew up in Catholic convents where her initial education was conducted by Nuns. She later went to Notre Dame High School until meeting Donald Henry Brackett and getting married in 1950 at 18 years of age. Agnes and Donald had three children, Donald Senior, Robert and Debra.

Agnes studied nursing and was employed by the City of Toronto at Scarborough General Hospital, where she cared for newborn babies. While busy with nursing newborns Agnes continued her university studies, with a particular interest in psychology and interpersonal relations. When Bendale Acres Home for Seniors was built, Agnes decided to shift her emphasis to seniors care and studied geraitric sciences, on the basis of her firm belief that while newborns are carefully looked after, seniors definitely deserved to receive as much attention, if not more. Agnes continued at Bendale Acres for 25 years, where she established and managed the seniors day care centre as Supervisor of Longterm Care Facilities, until her retirement to Collingwood Ontario prior to moving to Richmond Hill.

Subsequently she entered the Markhaven Home for Seniors. She feels most comfortable in the care of its kind facility managers and believes that the slogan "The Little Home with a Big Heart" is a very fitting description of what makes them so special.

Captured Moments

October 2026



Colour Match Challenge



Autumn Leaf Crafts



Fine Motor Skills & Colourful Beads Fun



One-on-One Creative Moments



Virtual Reality



Colourful Connections with Octaband



Pumkingfest



Autumn Colours Tour



Bingo

Captured Moments
October 2026



Wine & Cheese



Painting on Wood



Target Toss Fun



Table Games



Thanksgiving Tea Social



Little Hands,
Creative Moments



Spa & Snoezelen:
A Moment of Calm



Trivia Time



Let's Go Fishing

BPSO Summit 2026

On September 24–25, 2026, the Registered Nurses' Association of Ontario (RNAO) hosted its annual BPSO Symposium and BPSO Ontario Health Team Summit in Toronto and virtually. The events brought together healthcare professionals, leaders, and partners to share knowledge, explore innovative practices, and strengthen evidence-based care.

This year's discussions focused on turning knowledge into meaningful improvements, measuring outcomes, and working collaboratively to enhance the quality of care for residents, families, and communities.

These initiatives highlight the importance of continuous learning, teamwork, and putting best practices into action to support safe, person-centred care.







Supporting Nighttime Wakefulness

By Kimberly West, ADC, CDP, MDE, VMC



For some people, being awake at night is not a new behavior. People who spent many years working the second or third shift often developed routines that kept them active during late-night and early-morning hours. These lifelong patterns may continue long after retirement and can remain familiar even after a dementia diagnosis.

Nighttime wakefulness can be difficult for both the person living with dementia and the caregiver supporting them.

Simple changes to the environment, routine, and caregiver response can help make these hours safer and easier to manage.

Safety Tips:

- ·Keep hallways, bedrooms, and bathrooms free of clutter, cords, and loose rugs.
- ·Use soft night-lights to mark the path to the bathroom and other familiar areas.
- ·Use clear, easy-to-read signs or pictures at eye level to label familiar spaces and provide simple reminders, such as an arrow pointing toward the bathroom or a sign identifying the bedroom or kitchen.
- ·Keep doors to unsafe areas, such as basements, garages, or storage rooms, secured.
- ·Store medications, cleaning products, sharp objects, and other household hazards out
- of reach.

Meaningful Nighttime Activities:

Offer safe, familiar activities based on residents' past occupations and interests, such as folding towels, sorting objects, organizing supplies, looking through photographs, listening to music, or enjoying a quiet snack.

Key Message:

Understanding residents' personal histories and nighttime routines can help caregivers provide meaningful activities, promote safety, and make nighttime wakefulness more comfortable and manageable.

Markhaven Seniors Awards 2026



Markhaven Resident of the Year 2026

Agnes Brackett



Shining Star Award

Ernesto Arevalo



Heart of Markhaven Award

Sakina Ebrahim



Inspiration Award

Al Rui Jesus

On October 17, we proudly celebrated our Second Annual Markhaven Seniors Awards, recognizing the wonderful individuals who make our community so special. Residents and staff voted across several categories to celebrate their peers and colleagues.

Congratulations to all our nominees and winners, especially Agnes, our Resident of the Year! Thank you to everyone who participated and helped make this celebration a memorable occasion filled with joy, appreciation, and community spirit.

Markhaven Seniors Awards 2026



Music & Joy Award

Patricia Bower



Cultural Ambassador Award

Hugh Kellman



Creative Spirit Award

Gail Godbout



Golden Voice Award

Hinid Malcolm



Friendship & Fellowship Award

Zivka Sikalevski



Legacy & Storytelling Award

Raymond Rowan

The Sunshine Award

Sandra Forde

Best Dressed Award

Sharon McKay

Remembrance Day

WORD SEARCH



S	P	P	S	A	C	R	I	F	I	C	E	E	E	T	M
I	O	I	E	L	O	S	A	R	M	I	S	T	I	C	E
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C	E	R	R	P	L	W	M	E	M	O	R	I	A	L	W
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SOLDIERS
HEROES
MEMORIAL
ARMISTICE
WORLD WAR
BRAVERY
PILOTS
SAILORS
ARMY
MILITARY
REMEMBER
WREATH
CROSSES
SACRIFICE
POPPIES

Seasons & Supper

Maple Glazed Salmon with Roasted Vegetables

Celebrate the flavours of autumn with this delicious maple-glazed salmon! Tender, flaky salmon is coated in a sweet and savoury maple glaze and served with colourful roasted seasonal vegetables. This wholesome, flavourful dish is perfect for a cozy November dinner and brings a little taste of Canada to your table.

INGREDIENTS:

For the Salmon

- 4 salmon fillets (about 5–6 oz each)
- 3 tablespoons pure maple syrup
- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Salt and black pepper, to taste
- 1 teaspoon lemon juice

For the Roasted Vegetables

- 2 cups sweet potatoes, diced
- 2 cups carrots, sliced
- 2 cups Brussels sprouts, halved
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- Salt and black pepper, to taste



INSTRUCTIONS

- **Preheat the oven:** Set the oven to 400°F (200°C). Line a large baking sheet with parchment paper.
- **Prepare the vegetables:** Toss the sweet potatoes, carrots, and Brussels sprouts with olive oil, thyme, salt, and pepper. Spread them on the baking sheet and roast for 15 minutes.
- **Make the maple glaze:** In a small bowl, whisk together the maple syrup, Dijon mustard, olive oil, minced garlic, and lemon juice.
- **Glaze the salmon:** Place the salmon fillets on the baking sheet with the vegetables. Brush generously with the maple glaze.
- **Bake:** Return to the oven for another 10–15 minutes, until the vegetables are tender and the salmon reaches an internal temperature of 145°F (63°C).
- **Serve:** Spoon any remaining glaze over the salmon and serve warm with the roasted vegetables.

Prep Time: 15 minutes
Cook Time: 25 minutes
Servings: 4

Chef's Tip:
For extra flavour, drizzle a little fresh lemon juice over the salmon just before serving. Garnish with fresh parsley for a beautiful finishing touch.

Highlights of Upcoming Events







