

OCTOBER
2025

Markhaven

Home for Seniors

Monthly Newsletter

Message from our Executive Director

Dear Families,

The leaves are beginning to turn and there's a crispness in the air—fall is upon us! This season brings with it breathtaking colors and a sense of cozy reflection. We hope you're enjoying all the beauty this time of year has to offer.



Virtual Dementia Tour

To those who have already participated in the Virtual Dementia Tour—thank you. We've received an overwhelmingly positive response from families who have taken part.

This immersive experience offers a unique and powerful insight into what it's like to live with dementia, fostering deeper empathy and understanding for our loved ones.

If you are still interested, please reach out to Yameng in the main office:

☎ Extension: 3301

✉ Email: hr@markhaven.ca

We highly encourage all family members to consider this meaningful opportunity.

Fall Reminders & Safety Tips 🍁 As the weather gets cooler, please remember:

Bring warm layers or coats when visiting or going outdoors with your loved ones.

Ensure your loved one has proper seasonal clothing in their room.

If you bring in seasonal décor or treats, please check with staff first to ensure safety and appropriateness.

Stay Connected

Your trust means everything to us, and it's a true honor to care for your loved ones. If you have any questions, concerns, or suggestions, please don't hesitate to reach out to any member of our team. We're always here to help and support you.

Let's continue working together to make this season full of love, connection, and meaningful moments.

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

OCTOBER PROGRAMS

Oct. 1 | 2:30

Catholic Mass

Oct. 3 | 10:30

Pumpkinfest

Oct. 5 | 2:30

Wacky Wheelchair
Racing

Oct. 6 & 20 | 10:30

Book Club

Oct. 7 | 10:00

Young at Heart

Oct. 8 | 10:30

Virtual Reality

Oct. 13 | 10:30

Thanksgiving Tea
Social

Oct. 15 | 10:30

Entertainment with
Emilio

Oct. 18 | 2:30

Octoberfest with Dan
Champagne

Oct. 28 | 2:30

Birthday Bash

Oct. 29 | 10:30

Bollywood Zumba

Oct. 31 | 10:30

Halloween Party

Oct. 31 | 2:30

Trick or Treat

Markhaven

Upcoming Events:

Resident & Family Christmas Dinner 🎄

We are excited to announce that our Resident and Family Christmas Dinner is all planned, and we can't wait to celebrate the season with you!

 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!

This special evening is always a highlight of our year—filled with warmth, laughter, and an incredible holiday meal. It's a wonderful way to make new memories with your loved ones. Tickets will go on sale soon, so be sure to stay tuned for more details in the coming weeks.

Employee of the Month



Emily Miliana
September 2025

Spiritual Corner

Reflection:

Finding Beauty in Every Season

As the seasons change, we are reminded of the beauty in every stage of life. Just as each leaf tells its own story, each of us carries experiences, wisdom, and memories that make our community richer. Here at our home, we walk this journey together, celebrating joys, supporting one another through challenges, and finding meaning in the little moments we share each day.

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

Prayer:

Blessings for Each Day

Dear Lord,

We thank You for the gift of life, for health, and for the love that surrounds us in this community. Bless our residents, families, and staff with peace, patience, and strength. May our days be filled with kindness, laughter, and hope. Help us to see beauty in each moment and to care for one another with compassion.

Amen.

"Who We Are"

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-

Since moving to Markhaven in December 2023, I've found it to be a beautiful and peaceful home. Surrounded by trees, flowers, and a lively gazebo, every day here is filled with meaningful programs, movies, and activities. The PSWs care with compassion and humor, and residents feel like one big family. A special thanks to our beloved nurse Elena, whose kindness makes Markhaven truly a home of peace and tranquility.

Gulshan Khimji
Markhaven Resident



Stories From the Heart: Our Resident's Life

Meet Elsie Teresa Brennan, “The Dancing Queen”.

Elsie was born in Luton, England, the youngest of three children. Growing up during WWII, she found joy even in difficult times and discovered her love of dance while spending time with her mother at a local dance hall.

It was at a dance that she met William Patrick Brennan, her lifelong partner from Galway, Ireland. Known as “The Dancing Queen” (with William as “Twinkle Toes”), Elsie has carried that joyful title ever since. Together they raised three daughters, later emigrating to Canada, and building a beautiful family that now includes four grandchildren and eleven great-grandchildren.

Elsie has always embraced life with spirit and independence. From hot air balloon rides and camel treks in Egypt to exploring European art and supporting Indigenous artists, she never missed a chance for adventure. She even volunteered at McDonald’s McHappy Day, raising more funds than anyone else at her local store!

With her humor, warmth, and zest for life, Elsie continues to inspire her family and everyone around her.



October 2025 Birthdays



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

Joan Agelopoulos	Oct. 01	Ella Chong	Oct. 17
Hemwatti Singh	Oct. 08	Dorothy Attwooll	Oct. 25
Ernesto Ting	Oct. 12	Ronald Sequeira	Oct. 27
Hugh Kellman	Oct. 14	Gita Nichol	Oct. 30
Gail Godbout	Oct. 15	Rui Jesus	Oct. 30

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

Join the Movement: Become a BPSO Champion!

Improving Patient Care, Together!

What is BPSO?

The **BestPractice Spotlight Organization (BPSO)** initiative, led by the **Registered Nurses' Association of Ontario (RNAO)**, supports health organizations in implementing **evidence-based best practice guidelines** to improve patient outcomes, staff engagement, and quality of care.

Why it matters:

- Ensures **high-quality, consistent care**
- Empowers **staff with up-to-date, research-based knowledge**
- Enhances **patient safety and satisfaction**
- Promotes a **culture of continuous improvement**

Who are BPSO Champions?

Champions are team members from all departments who:

- Are **passionate** about quality care
- **Promote and support** best practice guideline (BPG) implementation
- **Educate and encourage** peers
- **Help collect** data and **evaluate** progress

Why Become a Champion?

By joining as a BPSO Champion, you'll:

- Develop **leadership and teaching skills**
- Receive **mentorship and training**
- Help **shape better care outcomes**
- Be part of a **supportive, innovative team**
- Receive a BPSO T-Shirt

Get Involved!

Whether you're clinical or non-clinical, **YOU** can make a difference.

Sign up to be a BPSO Champion today!
Contact: Yan (cnm@markhaven.ca)

BPSO



R N A O
BEST PRACTICE
SPOTLIGHT
ORGANIZATION
CANADA

All About BPSO!

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What are our BPSO Initiatives/programs?

- Delirium, Dementia and Depression
- Person and Family-Centered Care
- Preventing falls and reducing injury from falls
- Promoting continence
- Palliative approach to care through clinical pathway

Upcoming initiative:

- Transition in care and service (early next year)



Sign up to be a BPSO Champion today!
Contact: Yan (cnm@markhaven.ca)



BPSO

Captured Moments

September 2025



Captured Moments

September 2025



Seasons & Supper

A Taste of Fall: Pumpkin Spice Muffins in Canada

Pumpkin spice muffins have become a beloved autumn treat in Canada. Their roots trace back to early North American settlers, who combined pumpkin with warming spices like cinnamon, nutmeg, and cloves.

The popularity of pumpkin spice grew with the introduction of pre-mixed spices and was further boosted by the success of the Pumpkin Spice Latte in the early 2000s.

Today, pumpkin spice muffins are a seasonal favorite, bringing cozy flavors to Canadian homes every fall.

INGREDIENTS:

- 1 $\frac{3}{4}$ cups all-purpose flour
- 1 cup sugar
- 1 tsp baking soda
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp salt
- 2 tsp pumpkin pie spice
- 2 eggs
- 1 cup canned pumpkin purée
- $\frac{1}{2}$ cup vegetable oil
- 1 tsp vanilla extract



INSTRUCTIONS:

- Preheat oven to 350°F (175°C). Line a muffin tin with paper liners.
- In a bowl, whisk together flour, sugar, baking soda, baking powder, salt, and pumpkin pie spice.
- In another bowl, beat eggs, pumpkin purée, oil, and vanilla until smooth.
- Add the wet mixture to the dry ingredients and stir just until combined (do not overmix).
- Divide batter evenly into the muffin cups (about $\frac{3}{4}$ full).
- Bake for 18–20 minutes, or until a toothpick inserted in the center comes out clean.
- Let cool slightly and enjoy warm!

Tip: For an extra treat, sprinkle cinnamon sugar on top before baking.

A Fresh Start: Our Upgraded Staff Breakroom Grand Opening



On September 11, we celebrated the grand opening of our newly upgraded staff breakroom! The space was created to bring more comfort and joy to your day, a well-deserved place to relax, recharge, and connect with one another.

Markhaven *Remembers*

65 Years of Caring

This year, as we celebrate **65 years of Markhaven's legacy**, we are reminded that 65 is more than just a number. It is a milestone of wisdom, dignity, and a life well-lived. For 65 years, Markhaven has walked alongside seniors and their families, providing care rooted in love, compassion, and commitment.

We invite you to join us for an evening of remembrance and vision at our 65th Anniversary celebration. Together, we will pay tribute to those who came before us, honour our families and residents with a touching Rose Ceremony, and share the vision of our Memorial Garden—a place of beauty, memory, community, and hope for years to come.

Let us gather to celebrate 65 years of Markhaven and the timeless spirit of those who have shaped its heart, while also envisioning exciting opportunities for our future.



Last month's outing: Varley Art Gallery



Our residents recently enjoyed a wonderful outing to the Varley Art Gallery of Markham.

They explored the exhibition **Kejie Lin: A Garden of My Own** and also had the delightful opportunity to take part in a hands-on painting class, making the day both inspiring and creative.

Seeing Orange

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

X	I	C	F	G	S	D	L	A	T	A	P	C	N	D
T	R	A	E	Y	K	Q	F	H	A	E	L	O	I	E
E	W	N	W	Y	G	N	I	N	R	A	W	M	K	R
N	N	A	M	G	N	U	R	T	O	R	P	F	P	I
J	Q	I	R	U	N	L	E	O	W	L	K	O	M	Z
M	B	E	R	M	T	I	K	R	K	N	L	R	U	Q
S	U	N	S	E	T	U	T	R	K	Y	W	T	P	U
N	A	Y	V	U	G	H	A	A	Q	O	Z	I	J	N
V	I	F	G	X	F	N	P	C	L	U	C	K	Y	R
X	W	L	F	X	Y	E	A	L	P	U	V	Q	E	T
N	U	I	R	R	N	V	E	T	V	D	M	B	U	N
O	M	O	R	E	O	Y	Z	K	N	Q	M	I	J	U
P	M	Z	R	J	K	N	O	L	S	A	I	N	T	G
M	Y	G	P	R	O	S	P	E	R	I	T	Y	X	S
O	Y	O	Y	T	I	V	I	T	A	E	R	C	C	S



AMBER
AUTUMN
CARROT
COMFORT
CREATIVITY
ENERGY

FIRE
LUCKY
PROSPERITY
PUMPKIN
RED
SAFFRON

STIMULATING
SUNSET
TANGERINE
WARMTH
WARNING
YELLOW

Mixed-Up Oktoberfest



Unscramble the letters to reveal words that are associated with Oktoberfest

1. USTAWRRTB

2. APLKO

3. UATRKUAESR

4. TBOETRFESOK

5. RCCODANOI

6. ARAVABI

7. EERESMPBT

8. TSIEN

9. HINMCU

10. SRLDETU

11. DLOEY

12. LKFO SEILFAVT

13. NGAYEMR

14. EHRDEENSOL

15. TEAGHREI

16. ZEPRETL

17. AEUSASG

18. NINCDGA

Highlights of Upcoming Events

