

OCTOBER
2026

Markhaven

Home for Seniors

Monthly Newsletter

Message from our Executive Director

Dear Families,

It is hard to believe that summer has come to an end and that we are now enjoying the beautiful fall season. The leaves are beginning to change, the days are getting shorter, and our home continues to be filled with activities, laughter, and wonderful moments shared together. We have our beautiful fall flowers out as well as decorations for this season.



Over the past few weeks, it has been wonderful to see our residents, families, staff, and volunteers enjoying everything that Markhaven has to offer.

We also enjoyed our Annual Markhaven Family BBQ, which was a wonderful evening filled with good food, laughter, and fellowship. It was lovely to see so many families come together and spend time with one another. Events like this remind us of what makes Markhaven such a special community.

As we look ahead to the fall, we have many activities and events planned for our residents. I encourage everyone to take part, spend time together, and continue to enjoy all that our Markhaven community has to offer.

I would also like to extend a special invitation for everyone to join us in supporting Markhaven at our Annual Fundraiser – Colours of Autumn. This wonderful event will take place on Wednesday, October 21st, from 10:00 a.m. to 3:00 p.m. at the Crystal Fountain, 60 McDowell Gate, Markham.

We have an amazing day planned, with local vendors, gifts and prizes, a silent auction, an exciting fashion show featuring some of our own employees, and a delicious lunch for everyone to enjoy. It will be a wonderful opportunity to come together as a community while supporting Markhaven and the important work we do for our residents.

Tickets can be purchased through April Garcia at agarcia@markhaven.ca or by calling her at extension 3401. We hope you will join us for this special event and look forward to seeing many of you there!

As always, I would like to extend my sincere 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.

As we embrace the beauty of the fall season, I look forward to sharing many more wonderful moments together and celebrating all that makes our Markhaven community so special. Dare I say that the next newsletter, we could be discussing Christmas.

God Bless,
Janice Pitts
Executive Director

Markhaven's Annual Family BBQ



We were so happy to welcome our residents, families, and loved ones to Markhaven's Annual Family BBQ! It was a beautiful day filled with laughter, delicious food, music, and wonderful moments shared together.

A heartfelt thank you to all the families who joined us and helped make the day so special. Your presence, love, and continued support mean so much to our residents and to all of us at Markhaven. Thank you for being part of our Markhaven family and for helping us create memories that we will cherish.

Spiritual Corner

A Gentle Welcome to October:

A Reflection for the New Season:

As October arrives, autumn reminds us that every season brings beauty, warmth, and hope.

May this new month bring our residents peaceful moments, our families comfort, and our staff joy and strength.

May Markhaven always be a place filled with love, kindness, friendship, and cherished memories. Let us remember that the greatest blessings are found in a warm smile, a gentle hand, and the precious gift of being together.

A Prayer for October:

Heavenly Father,

As we welcome October, may Your loving presence surround our Markhaven family.

Bless our residents with comfort and joy, our families with peace and reassurance, and our staff with strength, patience, and loving hearts.

May our home be filled with kindness, laughter, friendship, and hope. Let this new season bring beautiful memories, precious moments, and countless blessings to everyone in our Markhaven family.

We place this new month in Your loving hands.

Amen.

October 2026 Birthdays

Joan Agelopoulos	Oct. 01
Hemwatti Singh	Oct. 08
Michael Vasconcellos	Oct. 09
Esleen Andrew	Oct. 10
Ernesto Ting	Oct. 12
Lella Lowe	Oct. 12
Hugh Kellman	Oct. 14
Gail Godbout	Oct. 15
Ella Chong	Oct. 17
Ronald Sequeira	Oct. 27
Gita Nichol	Oct. 30
Rui Jesus	Oct. 30
Joyce Mitchell	Oct. 31

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



Seasons & Supper

Creamy Butternut Squash & Carrot Soup

PAutumn is a time to enjoy the warmth and comfort of seasonal foods. Butternut squash and carrots are popular fall vegetables, bringing a beautiful golden colour and naturally sweet flavour to this creamy soup. This comforting recipe is inspired by the traditional harvest season and is perfect for enjoying on a cool October day.

INGREDIENTS:

- Medium butternut squash, peeled and cut into cubes
- 3 carrots, peeled and sliced
- 1 small onion, chopped
- 2 garlic cloves, minced
- 4 cups vegetable or chicken broth
- ½ cup milk or cream
- 1 tablespoon butter
- ½ teaspoon cinnamon
- Salt and pepper to taste

INSTRUCTIONS:

- In a large pot, melt the butter over medium heat.
- Add the onion and garlic and cook for 2–3 minutes until softened.
- Add the butternut squash and carrots.
- Pour in the broth and bring to a boil.
- Reduce heat and simmer for 20–25 minutes, or until the vegetables are tender.
- Blend the soup until smooth and creamy using an immersion blender or regular blender.
- Stir in the milk or cream and add the cinnamon.
- Season with salt and pepper to taste.
- Heat for another 2–3 minutes and serve warm.

Tips:

- For a creamier soup, blend it until smooth and add a splash of cream or coconut milk just before serving.
- Roast the pumpkin before adding it to the soup for a richer, deeper flavour.



OCTOBER PROGRAMS

Oct. 5 | 10:30

Backyard Stories

Oct. 6 | 10:30

Andrew's Communion

Oct. 7 | 10:30

Fun and Fitness

Oct. 7 | 2:30

Catholic Mass

Oct. 10 | 2:30

Birthday Bash

Oct. 12 | 10:30

Thanksgiving Tea Social

Oct. 14 | 12:00

Diner's Club

Oct. 14 | 2:30

Hymn Sing - Capt. Farr

Oct. 15 | 2:30

Arts & Crafts

Oct. 17 | 2:30

Wine & Cheese

Oct. 17 | 2:30

Interactive Sing Along

Oct. 27 | 10:30

Resident Council Meeting

Oct. 28 | 10:30

Entertainment with Emilio

Oct. 28 | 2:30

Bible Study - Capt. Farr

Oct. 30 | 10:00

Young at Heart Painting

Oct. 31 | 10:00

Halloween Party

Markhaven

Employee of the Month

September 2026



Matilda Lewis
2 South PSW

-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

Captured Moments

September 2026



**Threading & Fine
Motor Skills**



**Building Coordination
Through Play**



Table Games



Twister Fun



A Milestone Birthday



Wine and Cheese Social



Young at Heart Painting



**Little Walks, Beautiful
Moments**



**Apple Cider
Experience**

Last month's outing: Toronto Zoo





R N A O
BEST PRACTICE
SPOTLIGHT
ORGANIZATION
CANADA



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
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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

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

Highlights of Upcoming Events



SWAN LAKE VILLAGE RESIDENTS

Present:

**Stay Active,
Stay Healthy,
Stay Happy!**

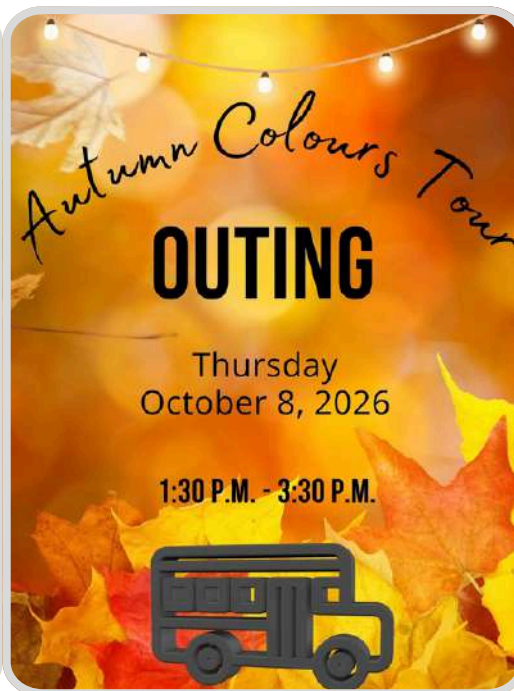
FUN WITH FITNESS

Wednesday
October 7, 2026

10:30 a.m.
Neely Auditorium



Markhaven Home for Seniors



Autumn Colours Tour

OUTING

Thursday
October 8, 2026

1:30 P.M. - 3:30 P.M.



*Thanksgiving
Tea Social*

**MONDAY
12 OCTOBER, 2026**

**2:30 P.M.
NEELY AUDITORIUM**

Let's Celebrate

**SENIORS' AWARDS
GALA 2026**



- Saturday October 17, 2026
- 2:30 p.m.
- Neely Auditorium

In honour of Grandparents' Day, celebrated on October 1 in recognition of National Seniors Day, we are delighted to host a special Markhaven Senior Awards celebration on October 17.

Join us for a lovely Wine & Cheese gathering as we celebrate and recognize our wonderful residents, honouring their lives, achievements, and the joy they bring to our Markhaven family.



EDWARD SCISSORHANDS



**MOVIE
MATINEE**

OCTOBER
30
FRIDAY



**2:00
P.M.
NEELY
AUDITORIUM**



NEELY AUDITORIUM

**HALLOWEEN
PARTY**

31 OCTOBER

SATURDAY

LIVE MUSIC
DANCE &
CAKE

10:30 A.M.

The
Markhaven
F o u n d a t i o n

 **COLOURS OF
AUTUMN**

LUNCHEON & FASHION SHOW

PLEASE JOIN US FOR AN AFTERNOON OF FASHION AND
PHILANTHROPY IN SUPPORT OF MARKHAVEN HOME FOR SENIORS.



WEDNESDAY
OCTOBER 21, 2026
10:00AM



CRYSTAL FOUNTAIN
60 MCDOWELL GATE,
MARKHAM



\$125
PER PERSON

Contact **April Garcia** from **The Markhaven Foundation**,
or scan the QR code to purchase your tickets!

WWW.MARKHAVENFOUNDATION.CA

INFO@MARKHAVENFOUNDATION.CA / 905-294-2233 X 3401

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& CREMATION CENTRE

