

# Inside Markhaven

## May 2018

54 Parkway Avenue, Markham, Ontario L3P 2G4 905-294-2233

### May Special Events

**May 2nd**– Cinco De Mayo Celebration– 2:30pm in the Neely  
We'll be dancing the afternoon away with a live mariachi band! Grab your sombrero and join us for this fabulous fiesta!!

**May 7th**– **RESCHEDULED** Ripley's Aquarium Bus trip  
Time: 10:00 AM to 3:00 PM  
Bus Cost: \$20.00 (per resident) Admission Cost: \$17.85-plus HST (per resident). Please call Lindsay Bailey at ext. 3309 if you would like to sign your loved one up, as space is limited.

**May 11th**– Mother's Day Celebration ~ *See Details on Page 2*

**May 14th (All Residents) & May 22nd (Parkway residents)**- Let's Order In Fish & Chips Lunch 12:00pm. Please call Lindsay Bailey at ext. 3309 if you would like to sign your loved one up, as space is limited.  
*Note: there is an additional charge for this program.*

**May 18th**- Hands on Exotics join us for an afternoon visiting with our animal friends! 2:30 in the Neely Auditorium.

**May 21st**– Victoria Day Entertainment with Ean & Eleanor 2:30pm in the Neely. Don't forget your dancing shoes!

**May 30th**-Resident Birthday Party, Come celebrate all the May Birthdays! 2:30 in the Neely Auditorium.



### June Special Events

#### JUNE IS SENIORS MONTH!!!!

**June 1st** - Hands on Exotics join us for an afternoon visiting with our animal friends! 2:30 in the Neely Auditorium.

**June 6th - Seniors Month**-Take a trip to the Philippines, 2:30 in the Neely. Come join us for a fun afternoon celebrating the Philippines Independence Day, with our staff members! There will be great food and refreshments!

**June 12th - Seniors Month** - Dollar store Auction!! Calling all residents to the Neely Auditorium at 2:15pm. Lets hope you're the highest bidder! (no real money required) If you have any small items you would like to donate, please see Lindsay.

**June 15th** - Happy Father's Day Celebration in the Neely 2:30pm. Come join us for live music and light refreshments!

**June 18th** - Making strawberry shortcake with Sean, 2:30pm in the Neely. Let's make fresh strawberry shortcake with juicy strawberries and freshly whipped cream! Yum!

**June 21 - Seniors Month**- Summer Lovin' Social, 2:30 pm in the Neely. Come join us for an afternoon listening to summer's greatest hits. Light refreshments to be served.

**June 23rd** - Resident, Family & Friends BBQ ~ Details to the right ~

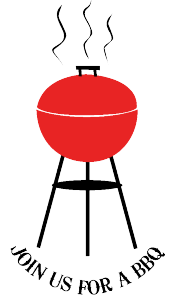
**June 27th** -Resident Birthday Party, Come celebrate all the June Birthdays! 2:30 in the Neely Auditorium.

### Residents, Family & Friends BBQ

Markhaven Home for Seniors  
Resident, Family & Friends BBQ



**Saturday, June 23rd**  
**12:00pm to 2:00pm**  
(in the front parking lot)



There will be live music for all to enjoy!  
3 guests maximum per family,  
cost per guest ticket is \$5.00 each.  
Hope to see you there!

Please RSVP by Monday, June 11th with  
Lindsay Bailey 905 201 3309 or  
Lindsay.bailey@markhaven.ca

### Thank You!

A BIG THANK YOU TO EVERYONE WHO  
ASSISTED, DONATED AND BOUGHT FROM THE  
EASTER BAKE SALE.

TOGETHER WE RAISED JUST UNDER \$200.00  
THE PROCEEDS WILL GO TOWARDS  
THE RESIDENT CHRISTMAS GIFTS.



**Note:**  
For further information on upcoming scheduled activities and special events, please visit Markhaven's website under "Markhaven Services".  
Additionally, our monthly activity calendars are posted on the bulletin board in each unit and activity room. Additional communications are posted in the elevators and the main floor North-East corridor. Thank you.

**Inside this Issue:**  
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# Mother's Day Celebration



Markhaven's Mother's Day celebration is Friday, May 11th at 2:30 pm in the Neely Auditorium. It will be an enjoyable afternoon with live entertainment and lovely refreshments!

Due to limited space inside the Neely Auditorium, there will be a limit of 2 guests per resident. Please RSVP no later than Friday, May 4th with the Recreation Department. People who have RSVP'd will have priority on the day of the party.

Should you need additional information or have any questions, please contact Lindsay Bailey at 905 201 3309.

*Happy Mother's Day*



## Thank You to our Volunteers!



In honour of National Volunteer Week, please join us in recognizing and thanking our volunteers for their tremendous contribution to our Home.

Markhaven Home for Seniors began as a small, private residence on Main St., Markham, where Lois and Wes Neely started caring for seniors in their home. Today, almost 60 years later, Markhaven is home to 96 residents in a state-of-the-art facility still in the same community and in fact, within walking distance of the original home.

Our volunteers have played a large part in this growth and contribution to the community. We simply could not do all we do without their hard work and dedication. Their friendly presence and smiling faces, and their kindness and compassion brighten up each and every day and is something our residents look forward to. Every single volunteer helps us to maintain a happy, enjoyable environment at Markhaven and we appreciate each and every visit they make.

So we thank our volunteers from the bottom of our hearts! It is an honour and a pleasure to have such selfless, caring individuals as part of our team.

Laurie McClelland  
Director, Fundraising & Volunteers

# *Family Council*

*The Ontario Nurses' Association is proud to celebrate and acknowledge Nursing Week, 2018. This week is a time to recognize the year-round dedication of Registered Nurses (RNs), Registered Practical Nurses (RPNs), and Nurse Practitioners (NPs).*

*The theme of this year's recognition week is "Better Care Starts Here".*

*Thank you to all Markhaven RNs and RPNs who contribute so much to the well-being of our loved ones.*

*Nursing Week is May 7-13.*

*Personal Support Workers (PSWs) are the "heavy lifters" of the health-care system. PSWs are the front-line workers who provide most of the daily care. PSWs are integral in providing countless services necessary to sustain and care for our loved ones who live in long-term care.*

*Thank you, Markhaven PSWs, for your dedication and hard work.*

*PSW Day is May 19.*

## *Saturday Afternoon* *Entertainment*

*-Saturday, May 12, at 2:30 in Parkway (1 N)*

*All residents are welcome to attend, space available. It's advisable for residents from other units to be accompanied by a family member. The entertainer will be Emilio.*



### The Recreation Department is searching for:

Baby Items: Baby Clothes, soft blankets and knitted baby items.

Things to sort like: Buttons

Items for folding: Like small towels, dish cloths and matching socks.

Good condition books, specifically Christian romance and Coffee table books.



If you are able to donate things that you don't need anymore, we would gladly take them off your hands. Please contact Lindsay Bailey if you're able to help with any of these items. Thanks!

## Phone Directory

To reach any manager, please call 905-294-2233 and then the appropriate extension.

<b>Executive Director:</b> Mike Bakewell mike.bakewell@markhaven.ca	ext. 3304
<b>Director of Care</b> Kevin McKay kevin.mckay@markhaven.ca	ext. 3303
<b>Recreation Manager:</b> Lindsay Bailey lindsay.bailey@markhaven.ca Lindsay Bailey (ca)	ext.3309
<b>Chaplain:</b> Sara Williamson-Bynoe chaplain@markhaven.ca	ext. 3404
<b>Food Services Manager</b> Jenny Santamaria jenny.santamaria@markhaven.ca	ext. 3307
<b>Resident Services Coordinator:</b> Brenda Wilson resident.services@markhaven.ca	ext. 3308
<b>Enviromental Services Manager:</b> Stephen Lowe maintenance@markhaven.ca	ext. 3305
<b>Director, Fundraising &amp; Volunteers:</b> Laurie McClelland laurie.mcclelland@markhaven.ca	ext. 3401
<b>Office Manager &amp; HR Coordinator:</b> Andrea Firth andrea.firth@markhaven.ca	ext. 3301
<b>Administrative Nursing Coordinator:</b> Deirdre Willems deirdre.willems@markhaven.ca	ext. 3300

## Chaplain's Corner

### Seasons

*For everything there is a season, and a time for every matter under heaven:  
A time to be born, and a time to die;  
a time to plant, and a time to pluck up what is planted;  
a time to let go, and a time to heal;  
a time to break down, and a time to build up;  
a time to weep, and a time to laugh;  
a time to mourn, and a time to dance;  
a time to cast away stones, and a time to gather stones together;  
a time to embrace, and a time to refrain from embracing;  
a time to seek, and a time to lose;  
a time to keep, and a time to cast away;  
a time to tear, and a time to sew;  
a time to keep silence, and a time to speak;  
a time to love, and a time to hate;  
a time for war, and a time for peace. **Ecclesiastes 3.1-8***

Spring gives us so much to look forward to. Warmer days are coming, flowers and trees are in bloom. Our lives also have seasons. The spring season is a time of new growth and possibilities. During spring we often seek to clean up and prepare for what is to come. What possibilities await us? God who is infinitely creative is always seeking to do new things in us and through. Spiritual practises help us connect to these new things and help us to experience the fullness and the joy of every season. So much of the ordinary, mundane things of life can become a spiritual practice. These allow us to hope for the future and the possibilities of good that awaits each of us. The writer suggests a few practices here; plant a garden, let go of regret, weep, laugh, dance, be silent, and above all, pursue love and peace. Amen



# Music Therapy

## Music Therapy at Markhaven Home For Seniors

Music therapy at Markhaven is a specialized program focusing on resident specific needs to promote healthcare goals such as:

Promoting fine/gross motor skills  
Stimulating cognitive functioning  
Improve or maintain social behaviours  
To provide emotional support for clients and their families  
Decreasing pain perception  
Promote relaxation/ reduce stress  
Improve reality orientation

Music therapy programming is offered to residents in either a group or individual sessions. Our board certified and accredited music therapist is an integral part of the life enrichment team at Markhaven.

## What is Music Therapy?

Music therapy is the clinical and evidence-based use of music interventions to achieve individualized goals. Music therapy is an established health profession and sessions are led by a credentialed therapist, who has completed an approved music therapy program and internship by the Canadian Association of Music Therapy (CAMT).

## The CAMT defines music therapy as:

Music therapy is the skillful use of music and musical elements by an accredited music therapist to promote, maintain and restore mental, physical, social, emotional, and spiritual health. Music has non-verbal, creative, structural, and emotional qualities. These are used in the therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development.

Canadian Association for Music Therapy, May 6, 1994

## Who can benefit from music therapy?

Anyone can benefit from music therapy sessions, sessions are formed to support personalized healthcare goals. Music therapy at Markhaven is available for individuals showing signs of:

Hearing impairments  
Visual impairments  
Communication disorders  
Physical challenges  
Neurocognitive disorders (Dementia, Parkinson's, and Traumatic Brain Injury)  
Stroke recovery  
Depression  
Anxiety  
Physical disability  
Palliative care



If you are interested, or have questions about music therapy services please contact our Recreation Manager at 905-294-2233 Ext. 3309.

## Resident Bill of Rights

Markhaven has rolled out its 2018 resident rights board showcasing 1 resident right every 2 months (out of the 27). We will be requesting a resident, family, and staff response to “what the showcased resident right means to them”. We will keep the posting up for 2 months before moving on to the other resident rights. We hope to increase awareness for all, and hope everyone can participate in the process.

Please follow up with Deirdre or Kevin for details.

Thanks,

Kevin McKay  
Director of Care  
Markhaven Inc.  
905-201-3302

