

### November Special Events

**Entertainment  
with Carla  
Gonzales 2:30pm  
(Neely)**  
*November 9*

**Veterans Day  
November 11  
10:30am  
( Neely)**

**Diwali  
Celebration  
2:30pm  
(Neely)**  
*November 12*

**Owlflix Virtual  
Reality  
2:00pm-4:00pm  
(Neely)**  
*November 14*

**Entertainment  
with Emilo  
2:30pm (Neely)**  
*November 17*

**Young At Heart  
Painting  
2:30pm (Neely)**  
*November 21*

**Birthday Party  
With Antonella  
Vizzini 2:30pm  
(Neely)**  
*November 22*

**Wine & Cheese  
with ELVIS!  
6:30pm (Neely)**  
*November 23*

## November Residents Birthdays

Hua Ying.C	Nov 20,
Pui Lan. C	Nov 01,
Maryann D	Nov 23,
Elizabeth H	Nov 06,
Elaine H	Nov 12,
Gulshan K	Nov 25,
Patricia M	Nov 28,
Ellen R	Nov 25,
Barbara W	Nov 25,



## Poem of the Month

**November**  
Comes and  
November goes,  
With the last red berries  
And the first white snows.

With night coming early  
and dawn coming late,  
And ice in the bucket  
and frost by the gate.

The fires burn  
and the kettle sings,  
And earth sinks to rest  
Until next spring.

By Elizabeth Coatsworth

# Markhaven Newsletter

November 2023 Issue

Markhaven Home for Seniors | 54 Parkway Avenue |  
Markham, Ontario, L3P 2G4 | 905-294-2233 |



## Message from our Executive Director

Happy Fall to everyone. I hope you all had a wonderful Thanksgiving. We have so much to be thankful for. Don't you just love the beautiful colours of this season?

We are approaching a very busy time with many exciting things happening around Markhaven. Our Colours of Autumn Fundraising event was very successful and was a sold-out event of 500 people in attendance. It was so lovely seeing several of you at the event as well as having some of our residents attend.

We are currently working on updating our website. This process is not something that will be completed quickly. It will take approximately 6 months of work before our go live date. Our current website is very dated, and we felt this was the time to get this done.

We will be having our annual Staff Christmas Party on Friday December 1st. This event will be held here at Markhaven, which will allow those who are working an opportunity to come and enjoy dinner. If anyone would like to donate a gift to this party either monetary or otherwise, please do so by November 15 in the Main office. Gifts will be used as prizes for our games and any money raised will go to help pay for this event.

Markhaven has a policy in place stating that staff are not allowed to accept gifts from family members. However, many have already asked if they are able to bring in something for the staff during the holiday season. The answer is yes, if the item is something that can be shared- with others on the home area. Some options would be, chocolates, gift baskets, cookies and other items that are shareable.

We are having our Resident Christmas Party on Friday December 15th, 2023. Space is limited, so if you would like to attend this special event, tickets will be available for purchase soon.

We have 25 tickets to a show at Markham Theatre on Friday, November 24th which we would like to make available to the staff & their families and Markhaven – along with any members of residents' families who might like to attend. If interested, please check with the office. Complimentary refreshments will be served during the intermission







## Introducing OWLFLIX Virtual Reality Program!

Virtual reality video presentations are a fun way for residents of long term facilities to enjoy the technology in a comfortable setting. Virtual Reality can also reduce instances of depression as residents see themselves immersed in a realistic outdoor setting.

Come Join us on Tuesday Nov 14<sup>th</sup>  
from 2:00pm-4:00pm in the Neely!  
EVERYONE Welcome!



Hello All Families of Markhaven!  
Please take a moment to complete Markhaven's Annual Family Experience Surveys by November 10th. Your feedback is valuable to us and will help us to improve our community. We sincerely appreciate your time and effort in providing us with this information. Thank you for your cooperation.

## Resident and Family Christmas Party

You're invited for some holiday cheer to  
celebrate this special time of year!

Mark your calendars for an exciting event happening on  
Friday, December 15th, 2023!

Families are warmly invited to join us.

Each person can purchase tickets for a nominal price of  
\$25.00 at Reception.

The event will take place in the Neely from 4:30 PM to  
6:30 PM and each resident can bring up to two guests.

Please note that tickets are limited, so make sure to  
purchase them before November 17th, 2023.

Details about the menu will be provided when you  
purchase your tickets.





## Psalm 34:1 -8

<sup>1</sup> I will extol the LORD at all times;  
his praise will always be on my lips.

<sup>2</sup> I will glory in the LORD;  
let the afflicted hear and rejoice.

<sup>3</sup> Glorify the LORD with me;  
let us exalt his name together.

<sup>4</sup> I sought the LORD, and he answered  
me;

he delivered me from all my fears.

<sup>5</sup> Those who look to him are radiant;  
their faces are never covered with  
shame.

<sup>6</sup> This poor man called, and  
the LORD heard him;

he saved him out of all his troubles.

<sup>7</sup> The angel of the LORD encamps around  
those who fear him,  
and he delivers them.

<sup>8</sup> Taste and see that the LORD is good;  
blessed is the one who takes refuge in  
him.

Extracted from

<https://www.biblegateway.com/passage/?search=Psalm+34&version=NIV>







The Markhaven Foundation's 2023 Colours Of Autumn Event  
was a resounding success!

We'd like to thank our sponsors,  
donors, contributors, our supportive community,  
and our sold-out event attendees for their support  
of this important annual fundraiser.  
All proceeds go directly to benefit our residents.





## Nursing Update

### The Collaborative Project to Sustain a Palliative Approach to Care

## Free Palliative Care Series for Families and Carers

**You are invited to register for FREE virtual education sessions on palliative care in LTC!**

These sessions will be supportive and will involve opportunities to participate and ask questions! Mark these dates on your calendars and register for one or more of the following sessions:

**Session 1: Palliative Approach to Care**

Oct. 26, from 1:00 - 2:30 pm

**Session 2: Navigating and Advocating in LTC**

Nov. 30, from 1:00 - 2:30 pm

**Session 3: Talking About Medications**

Jan. 25, from 1:00 - 2:30 pm

**Session 4: Advance Care Planning & Goals of Care Conversations**

Feb. 29, from 1:00 - 2:30 pm

**Session 5: Grief and Bereavement**

Mar. 28, from 1:00 - 2:30 pm

**Session 6: Caring for Yourself**

Apr. 25, from 1:00-2:30pm

*Sessions are delivered in English, will not be recorded and a handout will be shared after each presentation.*

[Click here to register](#)



Or use the QR Code

#### FACILITATORS



### Markhaven Family Council

- November 2023 Newsletter -

**Markhaven Family Council Contact Info:**  
markhavenfamilycouncil@gmail.com



#### WHO ARE WE?

Family Council welcomes all family members and friends of current and former Markhaven residents. The best advocates for residents are their family members and friends.

#### WHAT DO WE DO?

The role of the Family Council is to:

- support residents and family members
- provide advocacy
- provide education
- provide ways to problem-solve

**The focus of the Family Council is on resident care and resident needs.**

Everyone on the [Family Council email list](#) receives important information about LTC in the media, current Ministry updates and all communication sent out by the Markhaven office. Attendance at meetings is strongly recommended, but not required to be on the Family Council email list. ☺

#### FAMILY COUNCIL EXECUTIVE

**Marg Calver – Chair**  
mwcalver@gmail.com

**Shane Taylor – Vice Chair**  
shanetaylor18@gmail.com

**Treasurer – CURRENTLY VACANT**  
Interested? Email Us! markhavenfamilycouncil@gmail.com

**Linda McLean – Secretary**  
logicallylinda50@gmail.com

#### In Flanders Fields

Poem by John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

#### The Poppy

**November 11, Remembrance Day**, (sometimes known as Poppy Day), is a Memorial Day. Remembrance Day is observed in many countries. Since the end of the First World War, we remember armed forces members who have died in the line of duty. In most countries, Remembrance Day is observed on 11 November to recall the end of First World War when hostilities formally ended "at the 11th hour of the 11th day of the 11th month" of 1918.

Remembrance Day evolved out of armistice day. The Commonwealth of Nations adopted Remembrance Day, while the US chose Veterans Day.

**Lieutenant-Colonel John McCrae** of Guelph, Ontario, a Canadian Medical Officer during the First World War, penned the Poem "In Flanders Fields" on a scrap of paper in May 1915, on the day following the death of a fellow soldier. Those 13 lines would become treasured in the hearts and minds of all who would hear them and wear the poppy. McCrae introduced the poppy to Canada.

Madame Anna Guérin of France was inspired by John McCrae's poem "In Flanders Fields." Anna founded a charity and created poppies made of fabric to raise funds.

Thanks to the millions of Canadians who wear the Legion's lapel Poppy each November, the little red flower has never died, and the memories of those who fell in battle remain strong.

Today, the Poppy Campaign is one of the Royal Canadian Legion's most important programs. The money raised from donations provides direct assistance for Veterans in financial distress, as well as funding for medical equipment, medical research, and many other purposes.

On November 9<sup>th</sup>, 2023, the Family Council will be welcoming Jennifer Leung, Markhaven's Recreation Manager and Resident Services Coordinator as our special guest. ALL are welcome to attend. If you require the link, please send us an email: markhavenfamilycouncil@gmail.com