

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

## Special Events

**Sunday October 9** Thanksgiving Music Performance with Tony at 2:30pm

**Thursday October 13** Markhaven Food Taste test at 2:30pm

**Friday October 14** Markhaven Wine and Cheese at 2:30pm

**Tuesday October 18** Celebrating October Birthdays at 2:30pm

**Wednesday October 19** Afternoon at the Movies at 2:30pm

**Friday October 21** KFC Order In Lunch (Sign up Required) at 12:00pm

**Tuesday October 25** Resident Council Meeting at 1:00pm

**Thursday October 27** Markhaven Pumpkin Carving at 2:30pm

**Monday October 31** Monster Mash Music Morning with Filipa at 10:30

**Check the calendar for more events!**

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Crystal Fountain, 60 McDowell Gate, Markham  
Doors open 10:30am, Lunch 12:30pm

**Our Colours Of Autumn tickets are selling fast!**

**All proceeds go directly to our residents.**

### TWO WAYS TO PARTICIPATE

IN-PERSON	ON-LINE
<ul style="list-style-type: none"> <li>Attend our in-person event on Oct. 19</li> <li>Tickets: \$85</li> <li>Lunch, Fashion Show, Silent Auction, Raffle &amp; Door Prizes and fantastic Vendors</li> </ul>	<ul style="list-style-type: none"> <li>Make A Donation</li> <li>Tax Receipts for all donations</li> <li>Raffle Draw for donations of \$75 or above</li> <li>Full donation goes directly to residents</li> </ul>

**TO PURCHASE TICKETS  
OR MAKE A DONATION:**

Go to [www.markhaven.ca](http://www.markhaven.ca)

or

Contact Laurie McClelland

at

(905)201-3375

or

[laurie.mcclelland@markhaven.ca](mailto:laurie.mcclelland@markhaven.ca)

### Activity Rooms are Back!

Starting on October 7th we will be switching the activity rooms back to space to be used for residents for activities. Families and friends are welcome to use the space for visits!

Please keep in mind that at this time, while you are welcome to bring in food, families and friends must keep masks on at all times throughout their visit as per Public Health

### Voting at Markhaven!

On September 20th, Markhaven will have voting for the Markham Municipal Elections. From 1pm to 5pm resident will be able to cast their vote in the Neely.



### Bivalent Booster Clinic—Wednesday October 5th

COVID-19 continues to circulate widely in our community. The Omicron variant has proven to be highly transmissible, and many pandemic control measures have been lifted over the past few months. Our best defense against COVID-19 for the residents of our Home and their families is vaccination.

We now have an updated vaccine product, also known as the bivalent booster, that is more effective against current circulating Omicron strains than the previous vaccine doses, which is very welcome and long anticipated.

Consent forms were emailed out to families, if you are interested in a booster, please fill in and return to Waheed or Esther.

The clinic will take place starting at 12:30pm in the Neely

**Please contact Waheed or Esther with any of your Questions!**

### Hairdressing/Barbering Services Update

As of November 1, 2022 the rates for services are increasing. Please refer to the list below for the new charges.

Ladies cut	\$25	Ladies colour, cut & set	\$80
Ladies set	\$25	Ladies perm	\$65
Ladies wash & cut	\$28	Ladies perm, cut, set	\$85
Ladies wash & set	\$28	Men's cut	\$21
Ladies wash, cut & set	\$40	Men's beard trim	\$10
Ladies colour	\$55	Men's facial trim/hair removal	\$10



### Getting the Garden Ready for Winter!

Autumn has come and it is time to put our garden to bed until spring. This will be taking place on Thursday October 6th at 3:00pm. If you would like to volunteer your time, please contact Amy at 905-294-2233 ext 3309 or [amy.ensing@markhaven.ca](mailto:amy.ensing@markhaven.ca)

# Markhaven Family Council

- October Newsletter -



## WHO ARE WE?



The Markhaven Family Council is a volunteer support group for residents and families and is made up of current and former family members and friends of Markhaven residents.

All family members and friends of residents are invited to be on the **Family Council contact list**.

The Family Council sends out very important information about long-term care, including but not limited to, updates from the Ministry of Long-Term Care, media reports and information sent by Markhaven management.

Long-term care facilities are mandated to have a Family Council in the Province of Ontario.

## Family Council Meetings

The next Family Council meeting is being held on October 27th, 2022, via Zoom. Everyone is invited.

To receive a copy of previous Family Council meeting minutes including September 14<sup>th</sup>, 2022, or general information please email:

[markhavenfamilycouncil@gmail.com](mailto:markhavenfamilycouncil@gmail.com)

Chair: Marg Calver  
[mwcalver@gmail.com](mailto:mwcalver@gmail.com)

Vice Chair: Shane Taylor  
[shane.taylor18@gmail.com](mailto:shane.taylor18@gmail.com)

Treasurer: Narinder Kainth  
[midwifely84@gmail.com](mailto:midwifely84@gmail.com)

Secretary: Linda McLean  
[logicalperception@bellnet.ca](mailto:logicalperception@bellnet.ca)

October 1 is the **International day of Older Persons**. The theme for 2022 is, The Resilience and Contributions of Older Women.

- By 2020, the number of people aged 60 years and older outnumbered children younger than 5 years.
- Over the next three decades, the number of older persons worldwide is projected to more than double, reaching more than 1.5 billion persons in 2050 and 80% of them will be living in low- and middle-income countries.
- Prevalence figures based on a survey of 83,034 people in 57 countries found one in every two people held moderately or highly ageist attitudes (i.e. stereotypes and prejudice).

Recognizing the vital contributions of older women and promoting the inclusion of their voices, perspectives and needs are critical to creating meaningful policies to enhance a holistic response to local, national, and global challenges and catastrophes. This is a call to action and opportunity aimed to embrace the voices of older women and to showcase their resilience and contributions in society, while promoting policy dialogues to enhance the protection of older persons human rights and recognize their contributions to sustainable development.

## Special Guest Speaker Alert!!!

Amy Ensing – the new Recreation Manager at Markhaven will be joining our FC Meeting on October 27<sup>th</sup>, 2022, to talk about her experience in LTC, her recreation portfolio for Markhaven and will also answer questions from Family Council Members.



# Chaplain`s Corner

## **A Prayer Of Thanks**

We give thanks to you, oh God,  
for the gift of the Lord Jesus Christ.  
We give thanks for the price He paid  
so that we could have eternal life.

We thank you for the sun by day  
and the stars that lights the night.  
For the seasons that never fail to change  
and that darkness gives way to light.

We thank you, Lord, for daily bread  
and for your mercy and your grace.  
We thank you for the air we breathe  
and the blessings You send by faith.

We thank you, Lord, for joy and sorrow,  
for our tears and for our smiles.  
We thank you for family and friends  
and all those who are part of our lives.

We thank you for what you protect us from  
and for the things you bring us through,  
even the dangers we cannot see  
or when we don't know what to do.

We give you praise, oh Lord, our God,  
and we give thanks for everything.  
For life and health and well being  
and all the good the year will bring. AMEN

**By Lenora McWhorter**

“O give thanks unto the Lord, for He is good: for His  
mercy endureth for ever.” **Psalms 107:1**

Rev. Dwnette Dickson

## Phone Directory

**Executive Director:** ext. 3304  
Janice Pitts  
janice.pitts@markhaven.ca

**Director of Care:** ext. 3303  
Esther Spencer  
esther.spencer@markhaven.ca

**Clinical Nurse Manager:** ext. 3302  
Waheed Khan  
waheed.khan@markhaven.ca

**Food Services Manager** ext. 3307  
Kristina Grant  
kristina.grant@markhaven.ca

**Resident Services Coordinator:** ext. 3308  
Christine Mills  
christine.mills@markhaven.ca

**Human Resources Manager:** ext. 3301  
Shantel Smith  
shantel.smith@markhaven.ca

**Director, Fundraising & Volunteers:** ext. 3401  
Laurie McClelland  
laurie.mcclelland@markhaven.ca

**Chaplain:** ext. 3404  
Rev. Dwnette Dickson  
chaplain@markhaven.ca

**Recreation Manager:** ext 3309  
Amy Ensing  
amy.ensing@markhaven.ca

**Home Area Nursing Stations**  
Parkway (1 North) ext. 4317  
Paramount: (1 South) ext. 4310  
Toogood (2 North) ext. 4318  
Springdale (2 South) ext. 4312