

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

Special Events

Wed Sept 7th September Birthday with Emilio at 2:30pm

Tues Sept 20th Oktoberfest Party with accordion player 2:30pm

Wed Sept 21st Music with Deidrey at 10:30am

Friday Sept 23rd Markhaven Wine and Cheese Social

Tues Sept 27 Resident Council Meeting at 1pm

Thurs Sept 29th National Potato Month Taste Test at 2:30pm

Fri Sept 30th Dollar store Auction at 2:30pm



Please see the calendar for more activities and special events!



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

TO PURCHASE TICKETS OR MAKE A DONATION:

Go to www.markhaven.ca

or

Contact Laurie McClelland

at

(905)201-3375

or

laurie.mcclelland@markhaven.ca

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Month

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THE CALENDAR OF MANY COLOURS

As you may have noticed, our recreation calendars are looking a little colourful for the month of September and will be moving forward!

What does it mean?

Each colour represents a different domain of activities

Physical– Green

Emotional– Light Blue

Intellectual– Red

Social– Purple

Spiritual– Dark Blue

These domains are things we do every day and play a part of our quality of life, sometimes without even realizing it! That doesn't change as we get older which is why it is reflected in our calendar.

If you have any questions, please feel free to reach out to Amy at ext 3309



INTRODUCING!

Two new ways for people living at Markhaven to have their say in addition to Resident Council

Home area monthly activity meetings - each home area will have the opportunity to say what they like, what they want to do, and changes in their home area to the activities that are provided. Adaptions will be provided to those who need it so we can get as much participation as possible!

National Food Month Taste Test—we will be doing a themed taste test of a few sweet and savory dishes. Each person will have an opportunity to say what they liked the best and the kitchen will add it to their menu!

September is National Potato Month and the theme for the taste test

Facebook Page

Want to see what we're up to? All the wonderful things people are doing? Check out our Facebook Page! Markhaven Home for Seniors. We will be updating on a regular basis so don't miss out on seeing some familiar faces and awesome activities!

September is #World Alzheimer's Month

KNOW DEMENTIA,
KNOW ALZHEIMER'S

September is World Alzheimer's Month with September 21st being World Alzheimer's Day. Stigma continues to play a significant role in the misconceptions surrounding dementia and those who have it. The first way to combat stigma is through bringing awareness and education.

Continuing reading for some true or false facts on Alzheimer's and dementia

Information taken from Alzheimer Society of Canada

True or False

People with dementia cannot understand what is going on

False! Each person's journey with dementia is different and therefore should be treated as an individual without assumptions being made. Spending time, learning, and adapting with each person will put the person before the diagnosis.

Dementia can be prevented

False! At this time there is no one thing that can prevent it. However, there is evidence that making certain choices can help reduce the risk.

These choices include:

Being physically active	Being social active
Eating healthy	Reducing stress
Challenging your brain	

There are different types of dementia

True! Alzheimer's is actually a type of dementia and is the most common. However, dementia is an umbrella term that is a set of symptoms caused by physical disorders affecting the brain.

As a Caregiver, you don't have to do it alone

True! It is not an easy journey being a caregiver and there are caregiver support groups as well as other resources that can be accessed to help. Alzheimer Societies are a great resource and available around the world.

To learn more about support groups or other programs and services offered by the Alzheimer Society of York Region contact 905-726-3477 or email: info@alzheimer-york.com

Markhaven Family Council - September 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

Janice Carmichael-Pitts, the new Executive Director, and Christine Mills, the new Resident Services Coordinator, spoke at the Family Council meetings on May 26 and June 29. To receive videos of their presentations, please email markhavenfamilycouncil@gmail.com

The next Family Council Meeting will be held on **Wednesday, September 14th, 2022 at 7:00pm** via ZOOM.

Chair: Marg Calver
mwcalver@gmail.com

Vice Chair: Shane Taylor
shanetaylor18@gmail.com

Treasurer: Narinder Kainth
midwifelily84@gmail.com

Secretary: Linda McLean
logicalperception@bellnet.ca



September is World Alzheimer's Month

→World Alzheimer's Day is September 21←

- Alzheimer's Disease is the most common form of dementia and contributes to 60-70% of dementia cases.
 - Over 747,000 Canadians are living with Alzheimer's Disease or other dementias.
 - 1 in 5 Canadians have experience caring for someone with dementia.
 - 65% of those diagnosed with dementia over age 65 are women.
 - 76,000 Canadians are diagnosed with dementia every year.
- With its small blue petals, yellow centre and representative name, the forget-me-not flower has become a symbol for Alzheimer's Disease and other forms of dementia.

Public awareness and knowledge are critical to ending the stigma associated with Alzheimer's Disease and other forms of dementia. 46% of Canadians said they would be embarrassed or ashamed if they had Alzheimer's Disease or another dementia.

Dementia Facts: World Health Organization

- Dementia is a syndrome in which there is deterioration in cognitive function beyond what might be expected from the usual consequences of biological aging.
- Although dementia mainly affects older people, it is not an inevitable consequence of ageing.
- Currently more than 55 million people live with dementia worldwide, and there are nearly 10 million new cases every year.
- Dementia results from a variety of diseases and injuries that primarily or secondarily affect the brain. Alzheimer's disease is the most common form of dementia.
- Dementia is currently the seventh leading cause of death among all diseases and one of the major causes of disability and dependency among older people globally.
- Dementia has physical, psychological, social, and economic impacts, not only for people living with dementia, but also for their caregivers, families, and society at large.

Resources and Support:

<https://www.alz.org/ca/dementia-alzheimers-canada.asp>

<https://www.mcgill.ca/geriatrics/dementia-education-program/mcgill-cares-webcasts>

<https://alzheimer.ca/durham/en>

<https://alzheimer.ca/york/en>

Chaplain`s Corner

It takes faith to take the first step

Matthew 14:22-29

“22 And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitudes away. 23 And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone. 24 But the ship was now in the midst of the sea, tossed with waves: for the wind was contrary. 25 And in the fourth watch of the night Jesus went unto them, walking on the sea. 26 And when the disciples saw him walking on the sea, they were troubled, saying, It is a spirit; and they cried out for fear. 27 But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid. 28 And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water. 29 And he said, Come. And when Peter was come down out of the ship, he walked on the water, to go to Jesus.”

Peter walked with Jesus and saw the miracles He did. In the previous verses of chapter 14 of Matthew, we read of the miracle where Jesus fed over five thousand people with five loaves and two fish. Peter knew that in the presence of Jesus what seems impossible can be made possible. The thing may not have been done before, but that doesn't mean it cannot be done through Jesus Christ. The Creator had power over that which He created. After coming to the realization that it was Jesus who was walking on the water towards them, Peter asked if he can come to Him and Jesus said, "Come." Then Peter stepped out of the ship onto the water, a move that took faith. Our relationship with God is by faith and it takes faith to believe and trust His word. Our walk with Him is by faith. The scripture states in 2 Corinthians 5:7, "For we walk by faith and not by sight." This is important to note, because the way a situation looks may cause doubt and fear. Have you been thinking about something that you will like to accomplish? Do you have a plan? Have you set a goal? Your walk of faith towards accomplishing your goal starts with the first. It is important to remember that you can do all things through Jesus Christ who gives you strength (Philippians 4:13). If you find yourself in doubt as to how to move forward, ask the Lord for direction, do what He tells you by taking a step of faith. As you take a step of faith towards accomplishing your goals, may the Lord direct

Phone Directory

Executive Director: Janice Pitts janice.pitts@markhaven.ca	ext. 3304
Clinical Nurse Manager: Waheed Khan waheed.khan@markhaven.ca	ext. 3302
Food Services Manager Kristina Grant kristina.grant@markhaven.ca	ext. 3307
Resident Services Coordinator: Christine Mills christine.mills@markhaven.ca	ext. 3308
Human Resources Manager: Shantel Smith shantel.smith@markhaven.ca	ext. 3301
Director, Fundraising & Volunteers: Laurie McClelland laurie.mcclelland@markhaven.ca	ext. 3401
Chaplain: Rev. Dwnette Dickson chaplain@markhaven.ca	ext. 3404
Recreation Manager: Amy Ensing amy.ensing@markhaven.ca	ext 3309
Home Area Nursing Stations Parkway (1 North) Paramount: (1 South) Toogood (2 North) Springdale (2 South)	ext. 4317 ext. 4310 ext. 4318 ext. 4312