

Markhaven Matters

Markhaven Home for Seniors

Spring 2009



MESSAGE FROM BASIL TAMBAKIS

Everyone Safe After Evacuation

ON TUESDAY, March 3, 2009, a frozen pipe burst here at Markhaven. There was a major water leak and because of the leak the building's heating and ventilation system also suffered some damage. What ensued was an evacuation of all of the residents that went smoothly and effectively.

The residents are all back home and the repairs to the damage are almost complete.

Families of our residents should know that our emergency evacuation plans worked extremely well, thanks to the staff and the other agencies that assisted. We at Markhaven are proud of the training all staff members go through with regards to emergency prepared-

ness. This was the first time we had to go through the procedure since our new building opened five years ago but we were ready and we were successful in the ultimate goal of evacuating all of our residents safely.

We want to thank York Regional Police, Markham Fire and Emergency Services, EMS and York Region Transit for their amazing help. Of course, we want to thank the other seniors' facilities in the area that took in our residents for the three days we needed to make certain that all would be safe for our residents. Lastly, we want to thank our staff for ensuring that each and every resident was cared for during this difficult time.



GETTING READY TO CELEBRATE 50 YEARS

THE WORLD was a very different place in 1960. People were concerned about the Cold War, the number of advisors that the US should send in to a small country called Vietnam, whether or not Francis Gary Powers was actually flying a spy plane and would it be Toronto or Montreal that won the Stanley Cup - it was Montreal.

The year also saw the opening of a new seniors' facility, at the home of Lois and Wes Neely that had a unique attitude of caring for the community's elderly. In that first home, 15 seniors were given the respect and understanding that has now become well known. There was a location change in 1973, to our present address and then that site was demolished to allow the building of our current residence that opened in 2004.

Markhaven will be celebrating fifty years of service in 2010 and we are getting ready for a celebration. To make this work, we need your help. We need your memories. Send us your photos or stories about your experience with Markhaven as we put together a retrospect of the little home that has grown six fold in a short 50 years.

There are other ways to help your senior resident facility and you'll read about them throughout this newsletter. Whether you participate in a planned giving role, volunteer to help out on a weekend or join us for our upcoming charity run, what you give to our current residents as well as those in the future is immeasurable.

Join us as we enter the second half of our first century. Markhaven was built and has grown because of people like you.



Sitting down with Floyd

MARKHAVEN HOME FOR SENIORS is fortunate in that our residents come from all walks of life and from many countries. We have had residents from different faiths call Markhaven home. However, we still consider ourselves a home that provides a Christian environment and our resident Chaplain, Dr. Floyd Grunau keeps that goal alive and well.

Floyd came to Markhaven, on a part time basis four years ago but, this past fall he has taken on the pastoral duties full time - and he is excited about what is available to residents. He loves the fact that he has connected with pastors from different churches and that they can work together to ensure that the spiritual needs of the residents are met.

“One of my roles is to help our residents connect with God,” says Floyd. “I am here to help them come up with answers to some of their concerns and we have several minis-

ters come by to meet with our residents.”

There are a number of different religious avenues Markhaven residents can take.

Every week there is a Bible discussion group and three different chapel services. One resident has come to the discussion sessions earlier and then, at 4 p.m., she leaves with her rosary to go to another room where the other Catholic residents meet on Wednesdays.

Although Floyd’s primary care is to his residents, he feels that he is also there for the families of Markhaven residents, if they so desire. There is a memorial service held annually, around the time of Remembrance Day, that pays tribute to those residents that passed away and it is open to residents, families and staff alike.



Floyd's visit to residents



Devotional Service

“Some of our families don’t have a church of their own and this is a way to help everyone in their own spiritual journey,” says Floyd. “Occasionally a family will have a memorial service here at Markhaven and they are surrounded by their loved ones, and friends as well as the staff who also experience a loss when a resident dies.”

And, while he is happy with the programs that are available, he does wish that there were more volunteers to help out in the evenings and weekends.

“It would be wonderful to be able to have more evening activities here and I would love to see more volunteers come by on a Sunday afternoon to assist residents to chapel services. I think everyone here would appreciate that,” concludes Reverend Grunau.

SIGN UP TODAY! and Walk or Run for Markhaven

Join supporters of Markhaven as we participate in the Scotiabank Toronto Waterfront Marathon, Half Marathon and 5K Run on September 27, 2009.

Please join the Markhaven team by registering at www.markhavenfoundation.ca and getting sponsorships from your friends, family and business associates.



Bring your family and friends for a great day and a great cause.



Planned Giving

LEAVES SO MUCH MORE



LEAVING A LEGACY can be as simple as planning a gift for Markhaven Home for Seniors.

Planned Giving is one of the most powerful philanthropic tools available to you today. It is also one of the most popular because it allows you to decide, in advance what you want to do. It gives you the control.

More and more people are coming to realize the impact that this sort of legacy has for future residents of Markhaven, the home that your family and others have called "home." The benefits are immediate and far-reaching.

Planned gifts are very personal

and individual decisions that take many things into consideration and can come in many different types. There are gifts of cash, gifts of property, gifts of insurance or gifts of securities, to mention only a few.

Our role is to assist you to achieve your giving objectives in the most effective way based on your personal priorities. We welcome your enquiries and would be pleased to answer your questions.

This may be a way that allows you to give a gift that is larger than you ever imagined.

Please contact **Gary Gladstone**, CFRE at 416-830-4313 to discuss any of these matters further.

Volunteers have always been a vital part of life at Markhaven Home for seniors. We are in need of volunteers to help enrich the quality of life to our Residents.

Our Residents and staff would welcome you whenever you are available, any amount of time would be appreciated.

Some of the areas our Residents and staff need assistance in are:

- Sunday Chapel - assist residents to our 2nd Floor Chapel
- Greet visitors at the front door morning or afternoon
- Spend time with our residents who need a friendly visit
- Serve tea & coffee at breakfast, lunch or dinner
- Assist with the feeding for those needing help at any meal
- Be on call to assist staff with wheel-chairs at our special events or volunteer to help with special outings
- Assist our residents to our activity area.

For all information please contact **Brenda Wilson** at 905-294-2233 ext. 3308 or email at resident.services@markhaven.ca



Let's keep in touch

MARKHAVEN as always strives to be more than just a home for seniors. We are, after all, a family comprised of residents, their loved ones and the staff and volunteers. So, as family we think that we should stay in touch more than just through a couple of letters or newsletters a year.

If you too believe that you would like to be kept abreast of the most recent happenings in the Markhaven family, please provide us with your preferred mailing address and/or email address.



There are always new ideas in the works at Markhaven and we would like your input.

Please return the enclosed reply card with your email address or email us directly at info@markhavenfoundation.ca so we can keep in touch with you on a more frequent basis.

There's **MORE** to Markhaven than aerobics classes

ONE OF THE MOST crucial aspects of any successful long term care facility is the type of programming that is available to residents. What few realize is that there are Ministry guidelines and standards that must be met.

Hazel Moore, Director, Program Services, has been with Markhaven for ten years and says that the residence has developed programs that follow the five domains that have been set. There must be stimulation in each of; mental, physical, social, emotional and spiritual areas. With two full time and one part time program assistants, Markhaven consistently meets its goals.

Along with regular exercise classes, residents also enjoy the use of two Nintendo Wii machines and according to Ms Moore, "bowling is the favourite of the programs available." They also enjoy a version of bocce that was developed so that residents could enjoy the



Magic Show by Baldini

sport indoors, year round.

There are programs that are consistent, week in and week out but there are a number of special programs that Ms Moore feels add a great deal to the quality of programming.

Once a month, students from E.T. Crowle and Greenborough Public Schools come in to read to the residents. "It has become one of the favourite past-times and meaningful to

both the students and our residents," says Hazel.

There are three events that she feels have become programs that the residents and their families have come to look forward to. Each month there is a birthday party that celebrates all of the birthdays of the month. Focus on Flowers, a local company, provides fresh corsages for every resident celebrating.

The annual Christmas party has become a much anticipated event at Markhaven as has the summer barbeque. The barbeque, originally held during the week, was moved to Saturday last year and because of the response, will be held on a Saturday this summer as well.

With a minimum of four quality programs per day, during the week, Markhaven has ensured that our residents enjoy a full and varied life.

Remembering the **10** signs of forgetfulness

TO HELP PEOPLE understand the difference between merely forgetting, and the more serious symptoms of Alzheimer's, the



Alzheimer's Society of Canada, made available a list of 10 warning signs to recognize the disease.

Everyone forgets things now and then. We have all caught ourselves doing it but, there comes a time, for many, when it is no longer the occasionally forgetfulness.

Alzheimer's disease is a progressive, degenerative disease. Symptoms include loss of memory, difficulty with day-to-day tasks, and changes in mood and behaviour. People may think these symptoms are part of normal aging but they aren't. It is important to see a doctor when you notice any of these symptoms as they may be due to other conditions such as depression, drug interactions or an infection.

Here are 10 things to look for;

- 1. Memory loss that affects day-to-day function**
- 2. Difficulty performing familiar tasks**
- 3. Problems with language**
- 4. Disorientation of time and place**
- 5. Poor or decreased judgment**
- 6. Problems with abstract thinking**
- 7. Misplacing things**
- 8. Changes in mood and behaviour**
- 9. Changes in personality**
- 10. Loss of initiative**