



Apotex Jewish Home for the Aged

Resident & Caregiver Newsletter April 2023

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Hello spring! We have so many great programs and events coming up in April, including in-person Passover Seders, synagogue services and programming on the floors. We are also adding some new and innovative ideas like a “making matza ball soup” program and showing live streams of the

Blue Jays games in the Jacob Family Theatre. See your floor monthly calendars with all the details. We hope everyone has a wonderful month!



It was a trip to Florida for Apotex residents! In March, the Apotex recreation team planned a fun afternoon with different types of activities to remind residents about how it feels to go to Florida in the wintertime. Pictured here is Apotex 2 resident Marvin enjoying a fun game of golf!

We have even more Apotex-wide programs planned for the month of April. See this newsletter and your floor calendar for more details. We look forward to seeing everyone out and about as the weather starts to warm up!

Chag Sameach! Happy Passover

Passover commemorates our freedom from slavery and oppression, and it also leads us to Shavuot and the giving of Torah on Mt. Sinai. This teaches us that freedom from slavery must lead to a life of civil and religious commitment. Often, in our past, we have been denied both and now that we enjoy civil liberties we should also commit ourselves to maintaining our fidelity to Jewish spiritual life. Too often, in fleeing from the shackles of past restrictions, we abandon our religious identity in favor of assimilating into the mainstream at the cost of losing our Jewish heritage, values and identity.

Although we have much to celebrate with the freedom we enjoy here in Canada, we must never forget our unique heritage and the mores it teaches. Other countries throughout our Jewish history looked at us with derision and disgust, denying us basic human dignities as well as rights and freedoms. Not so Canada. Although faced with times of hardship and anti-Semitism, we never experienced Inquisition, pogrom or Holocaust within these borders. The Charter of Rights and Freedoms guarantees our ability to celebrate Judaism free from shame, persecution or pressure to assimilate and disappear as a distinct culture or peoplehood.

The best way we can thank Canada for the freedoms we enjoy, is to honor our heritage, celebrate the unique contributions we have made to Canadian life as Jews and inspire the next generation by bringing our unique values, perspectives and insights to the marketplace of ideas with pride and without shame. Let us not wander aimlessly in a desert of lost pride commitment or identity, but instead march proudly to the promised land of continued commitment to Jewish life and contribution to bettering the world in which we live.

May you and your dear ones enjoy a kosher and joyous Passover! With all good wishes, from home to home,

Rabbi Dr. Geoffrey Haber, Director, Spiritual Care, Baycrest



We look forward to seeing you at our Passover Seders and Synagogue Services. Please see the next two pages for details and speak with your therapeutic recreation staff members if you have any questions.

PASSOVER SEDER SCHEDULE 2023



Community Seders			
Wednesday April 5, 2023	3:30pm	Apotex 2, 3, 6 & 7	Winter Garden Court
Wednesday April 5, 2023	3:30pm	Apotex 4 & 5	Wortzman Hall
Thursday April 6, 2023	3:30pm	Apotex 2, 3, 6 & 7	Winter Garden Court
Thursday April 6, 2023	3:30pm	Apotex 4 & 5	Wortzman Hall
Individual Orthodox Seders			
Wednesday April 5, 2023	8:42pm	Boxed Seder	Resident Rooms
Thursday April 6, 2023	9:43pm	Boxed Seder	Resident Rooms



PASSOVER SERVICE SCHEDULE 2023



Orthodox Services			
Thursday April 6, 2023	9:15am	Orthodox Service Shacharit & Musaf	Wolinsky Synagogue
Friday April 7, 2023	9:15am	Orthodox Service Shacharit & Musaf	Wolinsky Synagogue
Wednesday April 12, 2023	9:15am	Orthodox Service Shacharit & Musaf	Wolinsky Synagogue
Thursday April 13, 2023	9:15am	Orthodox Service Shacharit, Yizkor & Musaf	Wolinsky Synagogue
Reform Services			
Thursday April 6, 2023	2:00pm	Passover Service	The Nosh
Thursday April 13, 2023	2:00pm	Passover Service & Yizkor	Winter Garden



What's on this month!

This is just a snapshot of all the fabulous programs happening around the Apotex this month. See your floor monthly calendars for all the details!

Easter Celebrations and Services in the Apotex

Easter Tea - Monday, April 10 2023

1-3 p.m. in the Nosh



The following **Easter Worship Services** will be available on Channel 988:

- Sunday March 19 (11 a.m. & 2 p.m.) - Fourth Sunday of Lent
- Sunday March 26 (11 a.m. & 2 p.m.) - Fifth Sunday of Lent
- Sunday April 2 (11 a.m. & 2 p.m.) – Palm Sunday
- Thursday April 6 (2:30 & 7:30 p.m.) – Maundy Thursday
- Friday April 7 (11 a.m.) – Good Friday
- Sunday April 9 (11 a.m. & 2 p.m.) – Easter Sunday
- Sunday April 16 (11 a.m. & 2 p.m.) – Orthodox Easter Sunday

Passover Music and Fun

Monday, April 3 10:30-11:30 a.m. in the Winter Garden

Join us for music, and share some memories during this kick-off to Passover program!

Apotex Tuck Shop!

April Hours

Mondays - 3-4 p.m.
Rotating Floors

Thursdays - 11-12 p.m.
Outside Apotex 2
Recreation Room

We will have Passover items for sale during the holiday!

Come and make Matza Ball Soup!

Join us on Friday, April 14 at 10:30 a.m. on the Apotex 2 recreation room where we'll be making delicious Matza ball soup!

Blue Jays versus the Yankees

Sunday, April 23rd 1:30-3:30 p.m. in the Jacob Family Theatre

There will be volunteers to help bring residents who require assistance



Yom Hashoah - Tuesday, April 18th

Yom HaShoah, also known as Holocaust Remembrance Day, is acknowledged every year on the 27th day of the Jewish month of Nissan. This meaningful day commemorates the lives and heroism of Jewish people who died in the Holocaust, and honours the survivors and their families.

This year, Yom HaShoah will be observed on Tuesday April 18, 2023. On this day, the Baycrest community joins in with numerous communities around the world, and will be holding a **Memorial Service in the Winter Garden Court from 1:30 to 2:30 p.m.**



To attend the ceremony, please register with the Apotex therapeutic recreationists.

This memorial service is generously supported by the Alter & Chaya Fradel Markus Endowment Fund.

Yom Hazikaron - Tuesday, April 25

The fourth of Iyar, the day preceding Israel's Independence Day, was declared by the Israeli Knesset (parliament) to be a Memorial Day for those who lost their lives in the struggle that led to the establishment of the State of Israel and for all military personnel who were killed while in active duty in Israel's armed forces. Joining these

two days together conveys a simple message: Israelis owe the independence and the very existence of the Jewish state to the soldiers who sacrificed their lives for it.



Yom HaAtzma'ut

Yom Haatzmaut - Wednesday, April 26

Join us at **10:30a.m. in the Winter Garden for a concert** and to celebrate Israel's Independence day! Yom Haatzmaut is celebrated on the fifth day of the month of Iyar, which is the Hebrew date of the formal establishment of the State of Israel, when members of the "provisional government" read and signed a Declaration of Independence in Tel Aviv. The original date corresponded to May 14, 1948.

Resident Rights in the Apotex

There are 29 Resident Rights written under the *Fixing Long Term Care Act*. These are known as the Bill of Rights for people who live in Ontario long term care homes.

In April we focus on the following resident right:

19. Every resident has the right to,

i. participate fully in the development, implementation, review and revision of their plan of care,

ii. give or refuse consent to any treatment, care or services for which their consent is required by law and to be informed of the consequences of giving or refusing consent,

iii. participate fully in making any decision concerning any aspect of their care, including any decision concerning their admission, discharge or transfer to or from a long-term care home and to obtain an independent opinion with regard to any of those matters, and

iv. have their personal health information within the meaning of the Personal Health Information Protection Act, 2004 kept confidential in accordance with that Act, and to have access to their records of personal health information, including their plan of care, in accordance with that Act.

For questions about Resident Rights, please connect with your floor Social Worker. See directory on back page of this newsletter.

GET INVOLVED



Residents' Council Meeting (RAC)

****Special Meeting with a representative from Ontario Association of Residents' Councils***

Tuesday, April 25, 2022 from 1:30-2:30 p.m.

In-person in the Apotex 2 Recreation Room

Please connect with the council Staff Liaisons Lisa Sutherland (ext. 5746) or Rachel Gavendo (ext. 5493) if you have questions, agenda items or other suggestions for RAC.

Resident Food Committee Meeting

****Please note time change to 1:30 p.m. instead of 10:30 a.m.**

Wednesday April 3, 2022 from 1:30– 2:30 p.m.

In-person in the Apotex 2 recreation room

Caregiver Corner

April 5, 2022 is National Caregiver Day!

On National Caregiver Day, the Ontario Caregiver Organization is partnering with the City of Toronto and the Toronto Caregiver Collaborative to thank family caregivers and let them know we see you, we hear you and we're here to help. Learn more about the resources available in the Toronto area:

<https://ontariocaregiver.ca/>



Did you know?!

- Anyone can now access their floor recreation calendars on the Baycrest website. Visit <https://www.baycrest.org/Baycrest/Living-at-Baycrest/Long-Term-Care-Home/Apotex-Recreation-Calendar> to find them!
- We are so fortunate to have such a large therapeutic recreation (TR) team in the Apotex. In addition to more on-floor programming, you will now see more opportunities happening Apotex wide - down in the Winter Garden, W.A Café, the Nosh and the Jacob Family Theatre. We welcome your ideas and feedback anytime. Please reach out to a member of the TR team with your questions and ideas.

Food services Updates

This month we launched new food service software to mitigate nutritional risks and improve work flow efficiency. The new digital menu boards will display the “week at a glance” menu, snack menu and therapeutic menu.

Please submit any exiting recipes for our upcoming spring and summer menu. Bring them with you to the April Food Committee meeting on April 3 at 1:30 p.m.



Around the Home



Therapeutic Sensory Sorting on TBSU

Resident Nerine enjoyed a meaningful therapeutic sensory activity with recreationist Natalie Addison. Natalie said it was such a great activity, because residents are able to participate in what ever way they want. Some like to touch and hold the items, some like to organize them in a very particular way and some just enjoy reminiscing and talking about the items.



Chag Purim!



Apotex 4

Residents George and Morris enjoy Hamantashen, entertainment and a fun Purim Party earlier in March!

Shir Harmony CHOIR

Wednesday April 26 @ 7PM
LIVE IN PERSON at BETH EMETH

Celebrating the sheer joy
of Yom Ha'Atzmaut



In lieu of admission fee, please bring donation of a
nonperishable kosher food item

Register here: [beby.org/event/april 26](https://beby.org/event/april%2026)

Resident Reflections

Life with Tubby by Pearl Karal, October 2022

Dad went to the barber one day and came home with much more than a haircut.



He was holding in his arms a little black bundle of fur, -- a puppy. Dad had not intended to buy a dog, but the barber's dog had just had puppies, and my father couldn't resist. Dad knew that Mother loved animals and that she would not have the heart to say no to a puppy. The barber's dog had given birth to a litter of puppies, and he was happy to find homes for them.

This little puppy was round, with big black eyes and a waggly tail. His breed was undeterminable, just like his mother.

My father had known that my mother could not resist. And she did not. She welcomed the puppy, held him, and immediately designated one of our plates for his food and another for his water. Tubby had arrived. We were all delighted to welcome the new family member.

When we were discussing what name to give him, I thought he looked a little tubby. Underneath he had a big tummy for a small dog. So I suggested the name Tubby. And Tubby it was.

He settled in easily. He received a great deal of affection, and Mother carried on long conversations with him in soft tones. He soon became very devoted to her.

We could not afford to buy a bed for him. So he decided to sleep on the pile of dirty laundry that was generally on the bathroom floor waiting to be washed. He made his own bed by pawing at the pile of laundry to loosen it, then wiggling himself into it for warmth.



Resident Reflections

Life with Tubby by Pearl Karal, October 2022 Continued...

I don't remember how Mother trained him, but I do recall that she talked to him a lot in Yiddish. And I remember how he looked at her and listened with such attention. He was fixed on what was coming out of her mouth. She'd say things like, "You mustn't scratch the door." Or, "You go over there now." And he would obey. He was housetrained easily. Mother spoke to him with a pleasant, encouraging and praising tone of voice, and she was very patient. When she had to reprimand him, his head would hang down, his tail would lie flat, and he avoided her eyes. He could not say it in words, but it was clear that he understood he had misbehaved. He was quick to learn what was expected of him.

Tubby fitted into our family easily. Little did we know what a character we had adopted, and what surprises were in store for us in life with Tubby.

Stay tuned for more episodes in the series "Life with Tubby."



Shabbat Sing Along on Friday Afternoons

Residents and caregivers have been enjoying new opportunities to gather with their friends and community on Friday afternoons. Pictured here is a group of 30 residents, caregivers and staff enjoying singing, dance and music to some of

their favourite Shabbat and Jewish songs with volunteer musicians Hugh and Ruth. Check out your monthly calendars for even more opportunities to connect with others on Fridays for Shabbat!

Passover Word Search

Find the Passover words.



Pharoah

Matzah

Plagues

Moses

Lamb

Egypt

Passover

Charoset

Haggadah

Seder

Apotex Leadership Team

Mide Seyi-Ajayi	Executive Director	Ext. 6804
Lisa Marcovici	Director of Resident Care & Experience	Ext. 3349
Cyrelle Muskat	Director, Quality, Systems & Wellness	Ext. 3659
Shampreeti Rabbani	Apotex 2 Manager	Ext. 2566
Tejas Patel	Apotex 3 Manager	Ext. 6238
Jessica Valleau	Apotex 4 Manager	Ext. 2569
Marilene Antonio	Apotex 5 Manager	Ext. 3656
Selvi Krishnadasan	Apotex 6 Manager	Ext. 2482
Desiree Bungay	Apotex 7 Manager	Ext. 3195
Zarna Patel	Food Services Manager	Ext. 6658

Apotex Social Work

Lisa Sutherland	Apotex 2, 6 G/S and 6 R/F	Ext. 5746
Jessica Rochman-Fowler	Apotex 3	Ext. 2402
Kyle Forman	Apotex 4, 5 E/I and 6 E/I	Ext. 6570
Daniel Navy	Apotex 5 G/S, 5 R/F & Apotex 7	Ext. 5645

Apotex Therapeutic Recreation

Thaniyia Manohararajah & Robert McIntosh	A2	Ext. 3704 & 2394
Jenypher Ashby & Susan Edmunds	A3	Ext. 5490 & 3240
Mara Swartz	TBSU	Ext. 3577
Keeley Dougherty & Jessica Rescorl	A4	Ext. 3885 & 3406
Liisa Lamminen & Mithunaa Vigneswaramoorthy	A5	Ext. 6598 & 3428
Vivian Han & Hamid Karimi	A6	Ext. 2242 & 3843
Sofya Chepurnova, Shari Fremeth-Tepper & Karm Dhaion	A7	Ext. 5389, 2207, 6176
Rachel Gavendo (TR Specialist Certified)	Apotex wide	Ext. 5493
Hiro Nakajima, Natalie Addison & Jessica Weiner	Apotex wide	

Apotex Spiritual Care

Rabbi Dr. Geoffrey Haber, Chaplain	Ext. 3743
Rabbi Dr. Rena Arshinoff, Chaplain	Ext. 5754
Rabbi David Abeles, Chaplain	Ext. 6242
Reverend Karen Fox, Chaplain	Ext. 6936