

# THE APOTEX NEWSLETTER

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## Introducing Our New Safety System: Real-Time Locating System (RTLS)

We're happy to share some exciting news. We're bringing in a new safety system called the Real-Time Locating System (RTLS) here at the Apotex, Jewish Home for the Aged. This new technology is going to make our home even safer and better for both our residents and our staff. To make our home even safer, we're upgrading from our old WanderGuard system to the new RTLS.

### Keeping You Safer, Every Day

Resident safety is always our top priority. Residents who are using the WanderGuard bracelet will be given a new safety device called the Client Safety Bracelet. It's all about making sure Residents who require this bracelet are safe, especially for those who might wander. RTLS will be replacing our current nurse call system, the call bells in resident rooms, bathrooms, and some

common areas have been replaced. Our clinical staff will continue to be notified when you call for assistance with an audible alert in addition to the prompt screens at the end of our hallways. RTLS also provides additional safety for our staff, if anyone needs help or if there's an emergency, this new system will let us know exactly where to assist someone in need. As we switch to this new system, we're also going to put extra security in place. This is just to make sure everyone is extra safe during this change.

We appreciate your support and understanding as we bring this new system into our everyday life here. If you have any questions or if you want to know more, please feel free to talk to your recreationist.



# Celebrating Creativity at Baycrest: Pearl Karal's Poetic Inspiration

In the halls of Baycrest, the Apotex Centre is not just a place of care, but a vibrant community brimming with creativity and expression. Our residents are not only the heart of this community; they are also the artists who enliven our shared spaces with their unique talents. Among these gifted individuals is Pearl Karal, whose passion for poetry beautifully captures the essence of life at Baycrest.

We are thrilled to share one of Pearl's inspiring poems, "I Rise to Wonder." This piece eloquently reflects the daily experiences, hopes and reflections that many of us encounter. Pearl's words remind us of the beauty in each new day and the personal power we hold in shaping our experiences.

Pearl's poem is a testament to the rich inner lives and creative spirits of our residents. If you or your

loved one also has a poem, story or artwork you'd like to share with the Apotex community, we would love to feature it in our newsletter. Please reach out to your recreationist to contribute.

## I Rise to Wonder

I watch the light break in quiet splendour  
Through my window  
It wakes me to another day  
I feel a surge of anticipation  
What will this day bring?  
Will there be smiles and greetings?  
Will it bring laughter, will it bring pain?  
Dark clouds or dull sameness  
To make one complain?  
I have been granted this special gift  
Of the wonder that is time.  
Will it be my day to mold as I will,  
To discover, to change, to share what I can?

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## Baycrest Named One of GTA's Top Employers for 2024



Baycrest has been recognized by Canada's Top 100 Employers as one of the Greater Toronto Area's Top Employers of 2024. This special designation recognizes employers that offer the area's best human resource programs and forward-thinking workplaces.

"We are truly honoured to be recognized as a Top Employer in the Greater Toronto Area, which highlights the incredible workplace we have fostered over the years," says Joni Kent, Chief Human Resources Officer at Baycrest. "Our staff excel in every part of our organization and we have made great investments in programs and opportunities to attract and retain top talent."

Winners of the Greater Toronto Area Top Employer award are determined by the editors of Canada's

Top 100 Employers based on the programs they have to attract and retain strong talent. Baycrest earned this designation based on our workplace environment and culture, atmosphere and social dynamics, health, financial and family benefits, vacation and time-off policies, employee communications, performance management systems and a keen focus on training and skills development.

"Employees have numerous opportunities to learn, grow and advance their careers at Baycrest," says Kent. "Every day, we benefit from the enthusiasm, innovative ideas and fresh perspectives from our diverse workforce. At Baycrest, staff from a multitude of teams work together to transform the experience of aging through leading innovations in research and healthcare."

## Weekly Program to Assist Seniors in Developing Their Digital Skills

To assist older persons in taking control of their digital literacy, the Patient, Family and Consumer Education (PFCE) team at Baycrest has started a weekly drop-in session called Technology Support for Older Adults. Every Wednesday from 2 to 3 p.m., a technology expert is on hand to address inquiries regarding digital technology at Baycrest's Centre for Health Information, situated on the first

floor of the Apotex Centre.

It is not necessary to register. We urge all employees to let clients and their families know about this. For further details, please get in touch with Suzanne Pede, Project Coordinator, Patient, Family and Consumer Education, at [spede@baycrest.org](mailto:spede@baycrest.org).

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## Honoring Memories, Celebrating Freedom: Holocaust Remembrance Day

Every year, on January 27, we come together to observe International Holocaust Remembrance Day. This day holds significant importance as it marks the anniversary of the liberation of Auschwitz, one of the most notorious concentration camps during World War II.

To honor this day and remember those who suffered, lost their lives, and those who were liberated, we're hosting a special art exhibit. The exhibit, titled "The Anguish of Liberation as Reflected in Art," showcases a collection of powerful artworks created in response to the Holocaust. These pieces capture diverse perspectives on liberation and the enduring hope for peace.

In addition to viewing these poignant artworks,

we invite you, our residents, to be a part of this commemorative event. The Culture and Arts Department encourages you to express what freedom means to you through your own artwork.

Join us for a creative arts session in the Creative Arts Studio on Thursday, January 25, from 2:30 p.m. to 4:00 p.m., and on Friday, January 26, from 1:30 p.m. to 3:00 p.m. Here, you can create your representation of freedom or peace. Your artworks will be a valuable addition to the ongoing exhibit in Silverman Court, where they will be displayed alongside the other pieces until February 2.

This is a beautiful opportunity to reflect, express, and remember. We look forward to seeing your creative interpretations and to collectively honoring this significant day in history.

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## Resident Rights: Baycrest Stands Up for the Right to Be Safe from Harm and Neglect

At Baycrest, we really care about making sure everyone is safe and happy. We promise to protect every person from being hurt or neglected. This promise is a big part of the rules we follow, called the Residents' Bill of Rights. We don't just say this; we really mean it. We work hard to make Baycrest a safe and friendly place for everyone.

In this newsletter, we're talking about the Right to Be Safe from Harm and Neglect. This means we don't allow any kind of harm or neglect here at Baycrest. We take this very seriously. It's our job to make sure that everyone feels safe and respected.

We train all of our staff to be super careful and to spot any problems right away. We also want everyone - the people who live here, their families, and our staff - to talk openly. If anyone is worried about something, they should tell us, so we can fix it quickly.

We're asking everyone in our Baycrest family to help keep this promise. Together, we can make sure Baycrest is always a safe, caring, and respectful place. If you want to learn more about the rules we follow to keep everyone safe, check out the Ontario government's official website.

## Residents' Council Meeting (RAC)

Join us on Tuesday, January 16, from 1:30 to 2:45 p.m. in the Apotex 2 Recreation Room for our Residents' Council Meeting. Your input and participation matter. If you have any questions, agenda items, or suggestions for RAC, please don't hesitate to reach out to our council Staff Liaisons, Tanya Klochkov (ext. 2990) or Rachel Gavendo (ext. 5493).

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## Resident Food Committee Meeting

Keep an eye out for upcoming announcements regarding our Resident Food Committee Meeting. If you have any questions about the Food Committee or would like to attend a meeting, please feel free to reach out to Zarna Patel at ext. 6658. Your input is valuable, and we welcome your participation.

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## Apotex Recreation Programs

### **Jewish Music on Friday Afternoons**

Join Hugh and Ruth in the Sharp Atrium on Friday, January 19, at 3:00 p.m. for a delightful sing-along session.

### **Mementos - A Digital Story Sharing Program**

Participate in the individualized referral-only pilot project, Mementos, happening on Tuesdays at 10:30 a.m. or 1:00 p.m. in residents' rooms. Share your stories and craft short narratives (max 5 minutes) with Sara Naimpour. Contact Culture and Arts at ext. 2300 or email [cultureandarts@baycrest.org](mailto:cultureandarts@baycrest.org) to participate.

### **Russian-Speaking Residents Group**

Rediscover the past and engage in heartfelt conversations with our Russian-speaking residents group on Thursday, January 18, at 1:30 p.m. in Loftus Hall.

### **Tu B'shevat - A Celebration of Nature**

Celebrate the beauty of nature and the birthday of the trees on Thursday, January 25, at 2:00 p.m. in the Sharp Atrium with a joyful crafting session.

### **Sharing Dance Older Adults**

Experience meaningful dance activity beneficial for physical and cognitive health every Wednesday from January 17 to March 27, from 3:00 p.m. to 3:45 p.m. This seated dance program is led by teachers from Canada's National Ballet School. Classes are drop-in and open to all dancers. For questions, call ext. 2300.

### **Games with Holy Blossom**

Join us for games and fun with Holy Blossom on Saturday, January 13, at 1:30 p.m. in the Sharp Atrium.



## 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
Homaira Haqdad	Apotex 5 Manager	Ext. 5645
Archharpreet Chahal	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	Ext. 5746
Jessica Rochman-Fowler	Apotex 3 & 4	Ext. 2402
Daniel Navy	Apotex 5	Ext. 5645
Alicia Marrone	Apotex 7	Ext. 6781

## Apotex Therapeutic Recreation

Natalie Addison & Robert McIntosh	Apotex 2	Ext. 3704 & 2394
Jenypher Ashby & Hiro Nakajima	Apotex 3	Ext. 5490 & 3584
Mara Swartz	TBSU	Ext. 3577
Keeley Dougherty, Jessica Rescorl & Latrice Phillips	Apotex 4	Ext. 3885, 3406 & 6942
Liisa Lamminen & Mithunaa Vigneswaramoorthy & Latrice Phillips	Apotex 5	Ext. 6598, 3428 & 6942
Vivian Han & Paula Carcamo	Apotex 6	Ext. 2242 & 3843
Sofya Chepurnova, Shari Fremeth-Tepper & Natalie Anderson	Apotex 7	Ext. 5389, 2207 & 2276
Rachel Gavendo (TR Specialist Certified)	Apotex Wide	Ext. 5493
Zulal Biykli	Apotex Wide	Ext. 3886

## 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

## Questions or Comments

If you have questions, our Client Relations and Experience Office is available to you from 8 a.m. to 4 p.m., Monday to Friday, at extension 6843. If you have an urgent healthcare matter, please call the Locating desk at ext. 5000 and ask for the registered practical nurse (RPN) for that floor. There are RPNs on duty at all times, and they are happy to answer any of your questions.



Don't forget to check your monthly recreation calendars for more details about programming taking place across the Apotex.

