



# Apotex

## Jewish Home for the Aged

Resident & Caregiver Newsletter June 2023

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Happy summer! June is here and we hope everyone will get outside and enjoy the beautiful weather. This month, we will see resident BBQs returning, fun group bus outings and many more opportunities to get out and active in the gorgeous sunshine. Some

other fun summer activities you will see this month include ice cream socials, music in the garden and PRIDE month activities and celebrations around the home. Have a wonderful month!



On May 9, residents came down to the Winter Garden and got to enjoy a Van Gogh art gallery exhibition, which was set up using 12 of our large screen Smart TVs.

Residents chose whether to roam around or stay in one spot and many enjoyed this beautiful opportunity to reflect and enjoy some stunning pieces of artwork.

# What's on this month!

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



## Winter Garden Concerts in June

Thursdays from 10:30-11:30 a.m.		Sunday from 1:30-2:30 p.m.	
June 1	Noah Kostas	June 18	Doug Goodeve
June 8	James Regan		
June 15	Jordan Klapman's Ensemble		
June 22	Rhonda Silver		
June 29	Kathy Thompson		

**June Café Europa**  
**Wednesday, June 7**  
**10 a.m. - 12 p.m. in Wortsman Hall**  
 Musical entertainment by Isaac Musikansky  
 Join other Baycrest Holocaust Survivor Community Members for an enjoyable social event.

**June Apotex-Wide Programs**

**Jewish Stories and Bagels**  
**Friday, June 9 - 3 p.m. in the Apotex 2 Recreation Room - Join Rachel for Jewish stories and bagels.**  
*All are welcome to join us!*

**Classical Music DJ**  
**Wednesday, June 14 - 6:10 p.m. in the Apotex 2 Recreation Room - Howard Mednick, Classical Music DJ returns for another installment of his fascinating and fun Classical Music lectures**

**Fun with Drums**  
**Thursday, June 15 - 3 p.m. in the W.A Garden**

**Sing along with Karen**  
**Friday, June 23 3 p.m. in the Nosh**

**Apotex Tuck Shop**  
**June Hours**  
 Mondays: 3 - 4 p.m.  
 Rotating Floors. Check your floor calendars  
 Thursdays: 11-12 p.m.  
 Outside Apotex 2 Recreation Room  
 \*\*There are also beautiful, handmade items from the Creative Arts Studio for sale.



**June is PRIDE month!**



***DRAG SHOW  
PERFORMANCE WITH  
GILA MÜNSTER***

Gila Münster invites residents to a celebration of Pride, self-acceptance, and love. Gila is professional, talented, and friendly drag queen known for her Israeli personality. Gila will perform lip-syncing and live-singing music, and residents will be given the opportunity to dress up in fun accessories to participate in the fun.

Join for a Pride celebration on  
**Wednesday, June 7 at 1:45 p.m.**  
**in the Winter Garden**



## Spiritual Care - Tammuz

Tammuz or Tamuz, is the tenth month of the civil year and the fourth month of the liturgical year on the Hebrew calendar, and the modern Assyrian calendar. It is a month of 29 days, which occurs on the Gregorian calendar around June–July. This year, it begins on June 19 and 20. The name of the month was adopted from the Assyrian and Babylonian month Arah Dumuzu, named in honour of the Mesopotamian deity Dumuzid.



On the Jewish calendar, there are a number of historical occurrences of note, the most well known being 17 Tammuz – Seventeenth of Tammuz – a fast day from 1 hour before sunrise to sundown in remembrance of Jerusalem's walls being breached. 17 Tammuz is the beginning of The Three Weeks, in which Jews follow similar mourning customs as the ones followed during the Omer from the day following Passover until the culmination of the mourning for the death of the students of Rabbi Akiva (the 33rd day of the Omer – such as refraining from marriage and haircuts.) The Three Weeks culminate with Tisha B'Av (9th of Av), on which Jews mark calamities that befell us on this date. Ashkenazi communities refrain from wine and meat from the beginning of the month of Av, while Sefardi communities only do so from the second day of the month. The mourning continues until noon on the 10th of Av, the date on which the Second Temple's destruction was complete.

Some of the notable events occurring in Tammuz include:

3 Tammuz (c. 1272 BCE) – Joshua stops the sun (Book of Joshua, 10:1–15)

9 Tammuz (c. 586 BCE) – Jerusalem walls breached by Nebuchadnezzar II, a date observed as a fast day until the second breaching of Jerusalem's walls by the Roman Empire on the 17th of Tammuz (70 CE)

17 Tammuz (c. 1312 BCE) – golden calf offered by the Jewish people, 40 days after the giving of the Torah at Har Sinai. In response, Moses smashed the first Tablets. This is the first of the five national tragedies mourned on this day.

17 Tammuz (70) – Walls of Jerusalem breached by the Roman army.

17 Tammuz (135) The Roman general Apostomus burned the Torah and placed an idol in the Second Temple.

29 Tammuz (1105) – Death of Rashi

May this year's month of Tammuz herald in a time of peace and well-being in place of suffering and sadness.

## 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 June we focus on the following resident rights:



22. Every resident has the right to designate a person to receive information concerning any transfer or any hospitalization of the resident and to have that person receive that information immediately.
23. Every resident has the right to receive care and assistance towards independence based on a restorative care philosophy to maximize independence to the greatest extent possible.

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)

**Tuesday, June 20, 2023** from 1:30-2:45 p.m.

#### **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

**Wednesday, June 14, 2023** from 1:30– 2:30 p.m.

In-person in the Apotex 2 recreation room

Please connect with Zarna Patel (ext. 6658) if you have questions about the Food Committee or wish to attend a meeting.

### Wisdom for the ages...

Age is whatever you think it is. You are as old as you think you are. - *Muhammad Ali*

To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old. - *Oliver Wendell Holmes*

You are never too old to set another goal or to dream a new dream. - *C.S. Lewis*

## Caregiver Corner

### Conversation Matters

*By Kathleen Downie, Creative Arts Worker*

Engaging residents in conversation, especially those who live with dementia, can present many challenges when words and expression do not flow easily. Yet, conversations unfold in nuanced verbal and non-verbal ways which, given time and practice, yield the fruits of connection and trust. When trust is gained through moments of focused conversation nurtured over time, we truly honour personhood and the needs of those for whom we care. Linguist and educational theorist Merrill Swain explains that through the process of 'languaging' we make meaning, and shape a sense of shared knowledge and experience. Through collaborative dialogue we gain tacit, embodied ways of knowing that contribute to a deeper understanding of our residents and patients at Baycrest. As a visual artist, the material and visual languages of art and art making spark expression and curiosity. We might even think about creative visual processes as a form of languaging that evolves and reflects the specific needs of our participants. What adventures in languaging come to mind for you? I would love to hear your

### Let's Reminisce - Summertime Edition!

*Take turns answering these questions together*

What do you love about summer? How does it feel to have the warm sun on your face?



How did you spend your summer holidays? Did you go to the cottage? Did you stay in the city? Did you travel?

What are your favourite summertime activities?

What food do you love to cook and eat in the summertime?

## In the Community

### Rainbow Seniors Pride

June 17 at 1 p.m. – 4 p.m.

The Re kai Centre at Wellesley Central Place,  
160 Wellesley Street east. Toronto, Ontario

Join us for our second annual event Senior Pride, championing and uplifting older adults from the 2SLGBTQI+ community. This year's theme is "Here, There, Everywhere: Celebrating our Champions Then & Now," where we'll celebrate the first Rainbow Wing at the Re kai Centres LTC. We encourage intergenerational partnerships and share the lived experience of Rainbow Seniors. This free event will include performances from well-known local artists, including drag performers, delicious food, ice cream, henna artists, door prizes, and so much more! Attendees can discover various advocacy and social organizations supporting 2SLGBTQI+ communities.



JEWISH MUSIC WEEK PRESENTS

## Community Melaveh Malka

A JMW Tradition – Continuing music and fun after Shabbat!

Special Voices, TanenbaumCHAT Band, Shir Harmony  
hosted by Aliza Spiro

**SATURDAY, June 3 /** After dark  
(approx 10:10 PM)

# Jewish Music Week

May 28 – June 4, 2023

TICKETS

FREE

LOCATION

Beth Emeth Bais Yehuda Synagogue  
100 Elder Street



## Resident Reflections

### Life with Tubby Part 3

#### Tubby Rides the Rails By Pearl Karal, 2022

There was a red-headed woodpecker who set up residence at the cottage where my family spent summers at Winnipeg Beach. The woodpecker was looking for insects to eat on the young birch tree that grew by the cottage door. It would peck at the tree trunk until its sharp beak pierced the surface and dug out bugs. The woodpecking noise was loud and continuous. Our dog Tubby found this very irritating. And so did we.

One day amid the noise, Tubby looked at the woodpecker and then looked back at my mother as if to say, "What are you going to do about this?" Then he looked at me in the same way as if to ask, "Is anybody going to do anything about this irritating noise?"



When Tubby saw that no one in the family was stopping the woodpecking, he devised his own solution.

During the summer, dad worked weekdays in the city and came to the cottage on weekends to be with the family. Each Sunday evening, the whole family would walk with dad from the cottage to the train station to see him off for the week.

One Sunday night, mother received a phone call from dad, who was settling in at the city house for the coming week. Guess who was at the front door? The city house was sixty miles from the cottage. How had Tubby returned to the city? Dad took the train to and from the cottage every weekend but had never taken Tubby with him. My father had never seen him on the train.

This happened again the next weekend and continued for several weeks. We asked neighbours at the cottage whether they'd given Tubby a lift to Winnipeg. They said "No." We asked the train personnel if they'd seen a black dog on the train. No. We asked people in the railway station if they'd seen a small dog in the building. No one had seen Tubby.



## Resident Reflections

### **Life with Tubby by Pearl Karal, Continued...**

How could he disappear from the cottage and reappear in the city that same evening?

How had Tubby boarded the train without the train personnel noticing? How did he know where to get off the train in Winnipeg and how to get home from the station? He had never gone by train from the cottage to the city house; he always went in my grandfather's car. How had he found his way home from the Winnipeg railway station to our city house two miles away? To our knowledge, no one had ever taken Tubby walking in that area or shown him the route.

One time when my dad took the train back to Winnipeg, he took the streetcar from the rail station to the city house, and when he got there, Tubby had arrived before him. How did that happen?

One sunny weekday afternoon, I was taking the train from the cottage to Winnipeg for an appointment. The train started, and then for some reason

stopped abruptly. That was when I felt something at my ankles. Tubby rolled out from under the seat. His black coat was so whitened with dust that he was hardly recognizable. That evening I took him back to the cottage with me on the train.

Over the years, we puzzled over these questions. The mystery has endured.

Tubby had solved the problem of the noisy woodpecker by riding the train back to his city home Sunday nights for the week ahead. Humans hadn't handled the problem, but Tubby certainly had.



## 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
Daniel Navy	Apotex 5 Manager (Interim)	Ext. 5645
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
Alicia Marrone	Apotex 5G/S, 5R/F and Apotex 7	Ext. 6781

## Apotex Therapeutic Recreation

Natalie Addison & Robert McIntosh	A2	Ext. 3704 & 2394
Jenypher Ashby	A3	Ext. 5490
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
Jessica Weiner and Sabina Ntim	Apotex wide	Ext. 2684 & 5169

## 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