



Apotex

Jewish Home for the Aged

Resident & Caregiver Newsletter March 2023

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“Every flower blooms in its own time.” –Ken Petti

February was an exciting month around the home. We started off the month with Tu B'Shevat programs and

celebrations, including our first Tu B'Shevat Seder. On February 14th we celebrated love and the things we are grateful for. Nearing the end of the month we celebrated Family Day and saw lots of families visiting. We are looking forward to another great month in March!

Movie outings have returned to the Apotex!

On Sunday February 12th, Apotex 3 & Apotex 4 were the first floors to welcome residents back to the Jacob Family Theatre since 2020!



Recreationist's, Jenypher Ashby and Keeley Dougherty held a joint floor Movie Matinee of the movie “We Bought a Zoo” Starring Matt Damon and Scarlett Johansson.

Please check your floor monthly calendars for more details!

Apotex Updates

New Evening Games in the Winter Garden!



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Join us in the Winter Garden every Tuesday evening from 5:45-6:45pm in March for an evening filled with variety of Games. The games will consist of different Game Show Games, board games and active games. There will be signs around the Apotex prior to the program specifying what games will be facilitated that evening.

Shabbat Sing Along

On the following Fridays, we will be hosting a Shabbat Sing Along in the Winter Garden from 3:00-4:00pm.

Friday March 10th

Friday March 24th

Friday March 31st



Come together with us to use the power of music to connect with each other and welcome in Shabbat each week.



First Spring Social

Join us for our first ever Spring Social
Wednesday March 29th from 1:30pm-2:30pm
in The Nosh.

Spiritual Care - Purim

By: Rabbi Geoffrey Haber

On Monday night, March 6, 2023 and Tuesday, March 7, 2023, members of the Jewish community observe the celebration of Purim, commemorating the saving of the Jewish people from Haman, an Achaemenid Persian Empire official who was planning to kill all the Jews, as recounted in the Book of Esther. His plans were foiled by Mordecai and Esther, his niece and adopted daughter, who had become Queen of Persia. The day of deliverance became a day of feasting and rejoicing.

According to the Scroll of Esther (9:22), "they should make them days of feasting and gladness, and of sending portions one to another, and gifts to the poor." Purim is celebrated among Jews by: Exchanging gifts of food and drink known as mishloach manot; donating charity to the poor known as mattanot la-eyyonim; eating a celebratory meal known as a se'udat Purim; public recitation of the Scroll of Esther, known as kriet ha-megillah, usually in synagogue; and reciting additions to the daily prayers and the grace after meals, known as Al HaNissim (For the miracles)

Other customs include wearing masks and costumes, public celebration and parades (Adloyada), and eating hamantaschen ("Haman's pocket" pastries). We, in the Spiritual Care department, encourage those who are willing, to come dressed in costume on Tuesday, March 7, 2023, providing it will not interfere with your work responsibilities.

Residents in the Apotex will have the opportunity to hear the Megillah reading on Purim. We will have readings at 7:00 PM and 10:30 AM on the floors. Here is the schedule:

Megillah Reader	March 6th @ 7:00pm	March 7th @ 10:30am
Aaron K	Apotex 2	Apotex 4
Shalom W	Apotex 3	Apotex 5
Yosef S	Apotex 6	Apotex 7



What's on this month!

Russian Speaking Group

Please speak to on floor recreation staff for details

Wednesday March 1st @ 1:30pm

Wednesday March 15th @ 1:30pm

International Woman's Day Program

Wednesday March 8th , 1:00-4:00pm in the Winter Garden

Fun With Drums-Drum Circle

Wednesday March 15th 3:30-4:15pm in the Winter Garden

Pawsitively Pets

Wednesday March 22nd 1:30-2:30pm in the Winter Garden

Karaoke in W.A Café

Sunday March 19th 2:00-3:00pm

Baseball Viewing- First Game of the season

Thursday March 30th 1:30pm in the Jacob Theatre



Purim Mask Making!!

Join us on Monday March 6th @ 1:30pm in the Winter Garden for Purim Mask Making

Purim Parade!!

Keep an eye out on your floor for the roving Purim Parade on Tuesday March 7th from 2:30-3:30pm!

Apotex staff will be parading around the floors of the Apotex dressed up and making noise in true Purim fashion!



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. We will be focusing on 2 of these rights every month.

In March we focus on the following resident rights:

17. Every resident has the right to be told both who is responsible for and who is providing the resident's direct care.
18. Every resident has the right to be afforded privacy in treatment and in caring for their personal needs.

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, March 21st, 2022 from 1:45-2:45 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

Wednesday March 22nd, 2022 from 1:30– 2:30pm

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.

Caregiver Corner

General Caregiver Support Group

- Ongoing monthly support group provides an opportunity for care partners of individuals living with dementia to come together to support each other through the caregiving experience.



- Support Group meet every 3rd Thursday of the month from 1:00 pm to 2:30 pm online using Zoom

- *Registration required Sunday prior to session; group will be held via Zoom and instructions will be provided prior to the group.*

Let's Reminisce- "Thanks for the Memory"

"Thanks for the Memory" became Bob Hope's theme song for the rest of his career after his performance with Shirley Ross in the film *The Big Broadcast of 1938* in New York City on February 18, 1938. Read and discuss the following information about the song and look at pictures of Bob Hope and Shirley Ross. Ask the questions below to prompt discussion. Finally, listen to the recording and sing along using the printed lyrics of the song.

Fill in the blanks:

Thanks for the memory
Of rainy afternoons,
Swingy Harlem _____ (tunes),
How lovely it _____ (was).

Thanks for the memory
Of candlelight and _____ (wine),
Castles on the _____ (Rhine)
The Parthenon, and moments on the Hudson River _____ (line),
How lovely it was.

Around the Home

Havergal String Orchestra

On Wednesday February 15th, Apotex 3 had the opportunity to host a group of young ladies from the Havergal College String Orchestra.

Havergal College is an all girls private school where the students are supported to

make empowering choices and become the architect of their own education.



The 4 young ladies who performed played music on the following instruments: The piano, guitar and violin.

We are looking forward to having them come perform again over the next few months, which Apotex 4 will be hosting this month.



Around the Home

In February, Canada's National Ballet School travelled through the Apotex, delivering in-person creative movement dance classes to every floor. As part of Baycrest's partnership with Canada's National Ballet School, we have developed a fun and expressive dance program, based on resident feedback which dates all the way back to 2013. As part of this program, Baycrest hosts



the ballet school annually and co-facilitates a Dance Teacher Training program which is designed to teach community dance teachers how to accessibly and safely offer dance classes to residents living in long-term care. We welcomed 18 student and community trainees and in just one week had over 100 resident dancers join in. We heard from a few residents and families that:

"I wouldn't say I'm a dancer, but I'm trying my best and having so much fun."

"I left it all in there today. Everything I had from my toes to my head."

"I guess I had forgotten that my arms could even move like that anymore. To be as free as a bird."

"We should be dancing everyday. A little bit each day. Thank you for doing that for us today."



Did you know that the art and physical movements of dance supports overall physical, emotional and social wellbeing among older adults?

Stay tuned for more dancing in the Apotex!

For any questions/comments related to dance programming, please contact culture and arts at ext. 2300.

In the Community
A Pre-Passover Program



Join us for a **FREE** special Passover event including beautiful holiday music, meaningful readings, and reflections.

Passover is called Z'man Cheruteinu, the season of our freedom. At Passover we come together as a community to celebrate spring, rebirth, and renewal for ourselves and our people.

We also recognize that each year a Holocaust survivor celebrates Passover, is a year linking their personal experience of exile to their own ultimate freedom and redemption, and another opportunity to affirm the nationhood of the Jewish People.

DATE: Tuesday March 28th, 2023

TIME: 1:00-2:00pm

This program will be offered on ZOOM. Registration required.

To register, contact **Charlotte:** ckoven@circleofcare.com

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