

Apotex

Jewish Home for the Aged

Resident & Caregiver Newsletter April 2021

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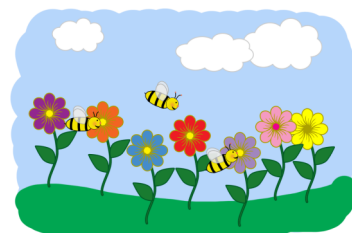
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The signs of spring are definitely here – with warmer temperatures, robins chirping, plants and flowers starting to sprout up from the earth! Spring is such a beautiful season of renewal and rebirth. We hope you all have a chance to get outside and enjoy some sunshine and fresh air. See this newsletter for more details about the

spaces residents and caregivers can access around the building. We hope to see your faces soon, whether in-person or virtually during one of our ZOOM recreation programs. Have a wonderful month!



Apotex COVID-19 Updates

On Tuesday, March 23rd, the COVID-19 Building-Wide Outbreak in the Apotex was declared over. This step marks a tremendous milestone in our fight against COVID-19 as more than 95% of our residents have now been vaccinated, as well as many of our staff and caregivers.

With this change, we have a phased approach to re-introducing some more movement within the residents' designated neighborhoods and to the outdoor spaces. These new measures are based on recommendations of our Infection Prevention and Control Department.

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Apotex COVID-19 Updates Continued...

- Residents may now go outside (independently and/or with their caregiver) to the Apotex Garden.
- Residents are permitted to walk independently and/or with their caregiver in their designated unit/neighborhood but not visit other units/neighborhoods or floors.
- Apotex outdoor balcony use is permitted with staff supervision.
- TV lounges are open for a maximum of four people.



There are still a number of precautions still in place including:

- Staff and caregivers must continue to wear a mask and face shield.
- Indoor congregation is not permitted (i.e. access to the W.A. Café, Winter Garden or other areas around the campus is not yet permitted).
- Registered caregivers are not permitted in the dining room.

Please note that as of Friday, March 26th, we still have specific units on an outbreak (Apotex 3 E/I and G/S and Apotex 4G/S). At present, there is no change to our visitor policy, and general visitors are not permitted, in alignment with Public Health and the Ministry of Long-Term Care guidance.



What's on This Month

More Virtual Recreation Programming

Our trial of virtual ZOOM programming in March was so successful that we decided to continue providing these programs into the month of April. This month, you will see more variety in the programming, including a discussion group with interesting topics from the Ontario Jewish Archives and Classical Music DJ lectures with longtime Baycrest volunteer Howard Mednick. For more details, please speak with your therapeutic recreation staff (a directory is on the last page of this newsletter).



Rabbi Haber leads a ZOOM Shabbat for 14 Residents in the Apotex on Friday afternoon.

Apotex Residents' Advisory Council

This month, we will continue to offer a virtual ZOOM Residents' Council meeting here in the Apotex. Each month, we have been averaging 25 residents in attendance at each meeting virtually. Our next meeting is scheduled for Wednesday, April 28, at 1:45 p.m. on ZOOM. All residents are invited to be a member of the Apotex Residents' Council. Attendance at the ZOOM meetings will be offered on a rotating basis. Please speak with your therapeutic recreation staff or social worker for more details.

Yom Hashoah Memorial Service—Thursday, April 8, 2021

There will be a virtual Yom Hashoah Memorial service with Cantor Edwards shown on the Baycrest Channel 988 and YouTube on the iPads and smart TVs. Your therapeutic recreation staff will be in touch with more details, including the times, and to loan out iPads or other technology, if needed.

April Holidays

April Fools' Day, sometimes called All Fools' Day, is celebrated in many parts of the world on April 1, and it involves practical jokes and hoaxes. Its roots go back at least to the Middle Ages. How is it celebrated in different countries?

In Great Britain, Scotland and Ireland, playing pranks is fair game until noon on April 1. After that, decorum must again be observed. Anyone who plays a prank after noon is considered a fool. Even news media gets into the celebration by publishing hoax articles. Some people even drive on the wrong side of the road!



In India, the Holi festival begins on March 31 and is marked by playing jokes, throwing colored dust and wearing face and body paint. It is known as the Festival of Colors or the Festival of Love, and it lasts a night and a day. It celebrates the arrival of spring and is a day to laugh, joke and to repair relationships through forgiveness.

Happy Easter

To all of our residents, caregivers and staff celebrating Easter, we wish you a happy and joyous Easter! This year, Easter falls on Sunday, April 4, 2021.

If you celebrate Easter, what do you typically do on the holiday?

What are your favorite parts of the holiday?

What are your favorite Easter memories?



Caregiver Corner

Activities you can do together, regardless of ability!

- *Watch a concert on YouTube. Move your body to the music and encourage your resident to do so as well. Any movement is good! Tap your foot, clap your hands or even just nod your head. Experiment with different types of music.*
- *Look at artwork in the hallways of your unit. Ask simple, open-ended questions about the art such as “do you like this” and “what do you see in the art?”. Remember the focus should not be on right or wrong. What’s important is that you are both expressing yourselves creatively.*
- *Go outside to the Apotex wandering garden. Reminisce about gardening. Talk about your favourite fruits, vegetables, flowers and plants. Talk about colours that you like to see in the garden. Talk about how it feels to be outside in the fresh air watching the plants and flowers grow.*

Try Dance!



According to research, dance has been effective in stimulating social interaction, enhancing mood, reducing anxiety and depressive symptoms and increasing self-awareness and self-expression.

Check out these free resources online:

Dancing with Parkinson’s: Free, half-hour, daily movement classes for older adults. On the Dancing with Parkinson’s website you will find archived videos and live streams.

Mark Morris Dance Group: This website offers live and archived dance classes, parties and activity classes, as well as resources to listen to over the phone. Their free streaming classes are listed on the Mark Morris YouTube Channel.

Baycrest and National Ballet School Sharing Dance: Help bring the joy of dance to seniors and people who work with seniors during isolation. These videos are 20 minutes long and are free to use at this time. Start dancing by accessing the National Ballet School website.

Yom Hashoah - Thursday, April 8th, 2021

The full name of the day commemorating the victims of the Holocaust is “Yom Hashoah Ve-Hagevurah” – literally the “Day of (Remembrance of) the Holocaust and the Heroism.” It is marked on the 27th day in the month of Nisan — a week after the seventh day of Passover and a week before Yom Hazikaron (Memorial Day for Israel’s fallen soldiers). Baycrest will be streaming a virtual memorial service on this day. Please connect with your therapeutic recreation staff for more details.



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"If we wish to live and to bequeath life to our offspring, if we believe that we are to pave the way to the future, then we must first of all not forget."

Prof. Ben Zion Dinur, Yad Vashem, 1956

Yom Hazikaron - Wednesday, April 14th 2021

The Israeli Knesset established the day that precedes Yom HaAtzmaut as Yom HaZikaron, a day to memorialize soldiers who lost their lives fighting in the War of Independence and subsequent battles, as well as a day to remember civilian victims of terrorism. The official State name given to the day is Yom HaZikaron

LeHalalei Ma'arakhot Yisrael ul'Nifge'ei Pe'ulot HaEivah,

(יום הזכרון לחללי מערכות ישראל ולנפגעי פעולות האיבה)

which means "Memorial Day for the Fallen Soldiers of Israel and Victims of Terrorism" and was enacted into law in 1963.



Yom Haatzmaut - Thursday, April 15th 2021

Yom HaAtzmaut marks the anniversary of the establishment of the modern state of Israel. It is observed on or near the fifth of the Hebrew month of Iyar on the Jewish calendar, which usually falls in April.

Resident Corner

Where we profile interesting stories about residents living in the Apotex



The Fit Pharmacist

Meet Wilfred Frysh, who just celebrated his 100th birthday in January! Wilfred, who was born in South Africa and was a pharmacist, enjoys keeping active. Wilfred's favourite sport to play growing up was rugby, and he loves doing exercise with the therapeutic recreation staff. He is

patiently waiting for the warmer weather so he can continue his daily stretches in the sun. When he's not exercising, Wilfred likes looking at the paintings all around the floor and visiting the museum downstairs.

The Singing Traveller

Isaac lives on the fifth floor of the Apotex. Isaac, who was an engineer for the Government of Canada for most of his career, took the opportunity in his youth to travel all over globe via ship. Isaac loved to explore different places and cultures, whether it was sailing through Africa or hiking in Vancouver, B.C. He did all this while singing his favourite tunes. He loves the outdoors so much that he is anticipating



the warmer weather so he can go out on the balcony or take a walk in the garden while singing with the birds! When he isn't outside, Isaac enjoys learning new songs and putting his own spin to the words of songs he already knows. Isaac enjoys singing in Yiddish and English, and one of Isaac's favourite songs is "Are You Sleeping" (Brother John), and he can be heard singing it all through the hallways.

Apotex Leadership Team

Simon Akinsulie	Executive Director	Ext. 6804
Lisa Marcovici	Director of Care	Ext. 3349
Cyrelle Muskat	Director, Quality, Systems & Wellness	Ext. 3659
Nelia Cabral	Apotex 2 Manager	Ext. 2566
Tejas Patel	Apotex 3 Manager	Ext. 6238
Marilene Antonio (interim)	Apotex 4 Manager	Ext. 3195
Homaira Haqdad	Apotex 5 Manager	Ext. 6348
Selvi Krishnadasan	Apotex 6 Manager	Ext. 2482
Marilene Antonio	Apotex 7 Manager	Ext. 3195
Zarna Patel	Food Services Manager	Ext. 6658

Apotex Social Work

Tanya Klochkov	Apotex 2 & 4 (Covering A7)	Ext. 2990
Jessica Rochman Fowler	Apotex 3 including Transitional Behavioral Support Unit (Covering A5 and A7)	Ext. 2402

Apotex Therapeutic Recreation

Apotex 2 - Jessica Baker (ext.5879) and Janice Ocampo (ext.2313)

Apotex 3 - Jenypher Ashby (ext.5490) and Janice Ocampo (ext.2313)

Transitional Behavioural Support Unit (TBSU) - Mara Swartz (ext. 3577)

Apotex 4 - Keeley Dougherty (ext.3885) and Jackie Reale (ext.2543)

Apotex 5 - Sabina Ntim (ext.5169) and Keeley Dougherty (ext.3885)

Apotex 6 - Paula Carcamo (ext.5430) and Shari Fremeth-Tepper (ext.2207)

Apotex 7 - Kelly Rose (ext.3162) and Shari Fremeth-Tepper (ext.2207)