



Apotex Jewish Home for the Aged

Resident & Caregiver Newsletter April 2022

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*"April is the kindest month.
April gets you out of your head
and out working in the garden."*

- Marty Rubin

Happy April everyone! There is no "fooling" anyone - April is going to be a great month! This month many of you will be celebrating the beautiful

holiday of Passover and some celebrate Easter. Regardless, we hope you get to have some wonderful moments with your loved ones and friends here in the Baycrest community. Have a wonderful month!



Chag Purim!! The Apotex had a fun surprise on Purim when Apotex staff paraded through all the dining rooms of the building spreading cheer and holiday spirit! Residents, staff and caregivers alike were laughing, socializing and enjoying the special visit. A great time was had by all!

Apotex Updates

Apotex Visitor Updates

- Residents may have a maximum of 4 visitors at a time, including general visitors and registered caregivers
- Children under five years of age are now permitted.
- Visitors who are five years of age and older must be able to provide proof that they have received at least two doses of a COVID-19 vaccine
- All visitors must provide proof of a negative rapid antigen test.

Leaves of Absence for Apotex Residents

- All residents are permitted to leave for social day and overnight absences
- All residents may continue to leave the home for essential, medical or compassionate absences
- All residents are required to sign out of their unit when they leave and to sign back in upon their return

Did you know? Resident Rights



In April we focus on the following resident rights:

- ◇ Every resident has the right to live in a safe and clean environment. In other words, you have the right to have a clean and safe place to live in. The long-term care must be safe and everything should work properly. Smoke alarms must work, fire exits must be clearly marked, and stairways must be clear. The building must be clean and garbage taken out regularly. There should be no bad smells and the building must have a good air supply.
- ◇ Every resident has the right to exercise the rights of a citizen. In other words, you keep all your rights as a citizen. These include your democratic rights, including the right to vote, your equality rights, including the right to be protected against discrimination, the right to practise your religion, the right to express yourself, the right to meet with anyone you wish or to join any organization or group, and the right not to have your possessions looked through or taken without your permission, except as allowed by law.

What's on this month!

Check your on-floor calendars for information about resident birthday parties, concerts and other fun favourites like bingo and trivia!



Virtual and in-person Passover services and celebrations. See flyers and additional information later in this newsletter



NEW! Virtual Russian-Speaking Social Group
 Monday, April 4 at 10:30 a.m.
 On ZOOM, please contact your Therapeutic Recreation staff for details or to borrow an iPad



Upcoming Residents' Council Meeting (Virtual and limited in-person)

Tuesday, April 26, 2022 from 1:45-2:45 p.m.

Please contact Rachel Gavendo (ext. 5493) or Lisa Sutherland (ext. 5746), Residents' Council Staff Assistants, if you have any questions about Residents' Council



VIRTUAL CAFÉ EUROPA

Mingle with friends and connect over music!

Wednesday, April 13 from 2-3 p.m.

With special guest Mickey Lewin!

Please contact your Therapeutic Recreation Staff if you'd like to use an iPad to attend this program.

The light of Passover

By Rabbi Adam Law

The holiday of Pesach (Passover) is the foundational story of Judaism. Before we were in Egypt the Jewish people was a small family who spoke to G-d, and was known for good deeds and righteousness in the holy land. After the crucible of our slavery in Egypt we became a people with a unique message to the world. That message was clarified in the miracles of Passover and the giving of the Torah: G-d is not just an abstract philosophical concept, but the One who cares and guides the world, and gives us mitzvot in which to enlighten life.

Every Jewish person celebrates the miracles of Passover through the unique seder, the telling of the Passover story in the hagadah, and the special prayers of the holiday. We all look forward to eating the matza, the maror and charoset, and drinking four cups of wine. Each of these symbolic foods speak of our journey from slavery to freedom which we reenact on the seder night.

Although all of Judaism has a strong educational focus, Passover is particularly built around educating children in the stories and traditions in the Torah. We try to engage them in the seder story and encourage them to stay up late and ask questions. Rabbi Levi Yitzchak of Berdichev asks about this: What is unique about Passover over the other holidays that it is so focused on educating children? All of the holidays, after all, have important lessons to impart to the next generation.

The rabbi answers that just as G-d came down from his heavenly abode, so to speak, to save his children Israel from their slavery, so too parents should come down from the higher intellect to relate to their children on Passover. We learn from G-d's involvement in our lives how we should be focused on others in celebrating the Jewish traditions.

Chag Sameach!



Passover 2022

As Passover approaches, we want to share our plans for celebrating with our residents, in light of the precautionary measures we are taking during COVID-19. Keeping everyone on our campus safe is our top priority.

In line with guidance from the Ministry of Long-Term Care, Baycrest will continue to act out of an abundance of caution. With key public health and healthcare indicators continuing to show signs of improvement, the Ontario government is cautiously and gradually lifting temporary public health measures at long-term care homes.

The following measures that are in place for long-term care that can impact Passover planning include:

- General visitors five years and older must provide proof of at least two doses of a COVID-19 vaccine and perform a rapid antigen test on-site before starting their visit.
- General visitors between two and five years old are required to perform an on-site rapid antigen test before the start of their visit.
- Four visitors may be on-site with the resident at a time, inclusive of caregivers.
- Residents are able to enjoy day and overnight social absences, regardless of vaccination status.
- Small group activities have a maximum capacity of 18 people in recreation rooms, as per infection prevention and control (IPAC) safety measures.

In light of these measures, families are asked to plan their visits during Passover to ensure family members comply with the maximum limit per visit. As the Ministry of Long-Term Care still requests that large group activities continue to be avoided, Baycrest is unable to reintroduce our communal Seders.

At Baycrest, we are doing everything we can to ensure that our residents experience a warm, home-like setting filled with the observance of familiar traditions. On Passover, all Apotex residents will have the opportunity to participate in Seders in their respective dining rooms. As part of the Passover meals served on April 15 and 16, Baycrest will be inviting community members and Tanenbaum CHAT high school students to facilitate abridged Seders.

Continued on next page...

As a faith-based organization guided by the principles of Judaism, we know the importance of celebrating and coming together in moments of hardship. Celebrating Passover is of the utmost importance for our community. Throughout Passover, staff will also provide programs for all residents to celebrate the holiday. Programs include concerts, Seder-style programs, discussion groups and more.

Please note that Baycrest is diligently planning for Passover, in line with directives from the Ministry of Long-Term Care and Toronto Public Health. As permissions and/or restrictions continue, we will update our plan and provide continued communication to our residents and their families. Please refer to resident and caregiver newsletters and notices placed on recreation boards, elevators and nursing stations for continued communication.

We want to thank you for your cooperation as we continue to implement important measures to support the health and safety of our residents. If you have any immediate questions, please speak to a member of your care team.

Sincerely,

Deb Galet
Vice-President, Long-Term Care,
Ambulatory, and Chief Heritage Officer
Baycrest Hospital

Rabbi Dr. Geoffrey (Rav Gedaliah) Haber
Director, Department of Spiritual Care
Baycrest Hospital





Chag Pesach Sameach!!

PASSOVER 2022

At Baycrest, we are doing everything we can to ensure that our residents experience a warm, home-like setting filled with the observance of familiar traditions. On Passover, Apotex residents are invited to participate in Seders, in their respective dining rooms for a Passover Seder, followed by a festive meal.

Friday, April 15, 2022 3:45 p.m. | Saturday, April 16, 2022 3:45 p.m.

Throughout Passover, join us for:
Passover programs | Music | Discussion Groups | and more!

Traditional Services

Saturday, April 16, 2022	9:30 a.m.
Sunday, April 17, 2022	9:30 a.m.
Friday, April 22, 2022	9:30 a.m.
Saturday, April 23, 2022	9:30 a.m.

Reform Services

Saturday, April 16, 2022	1:30 p.m.
Saturday, April 23, 2022	1:30 p.m.

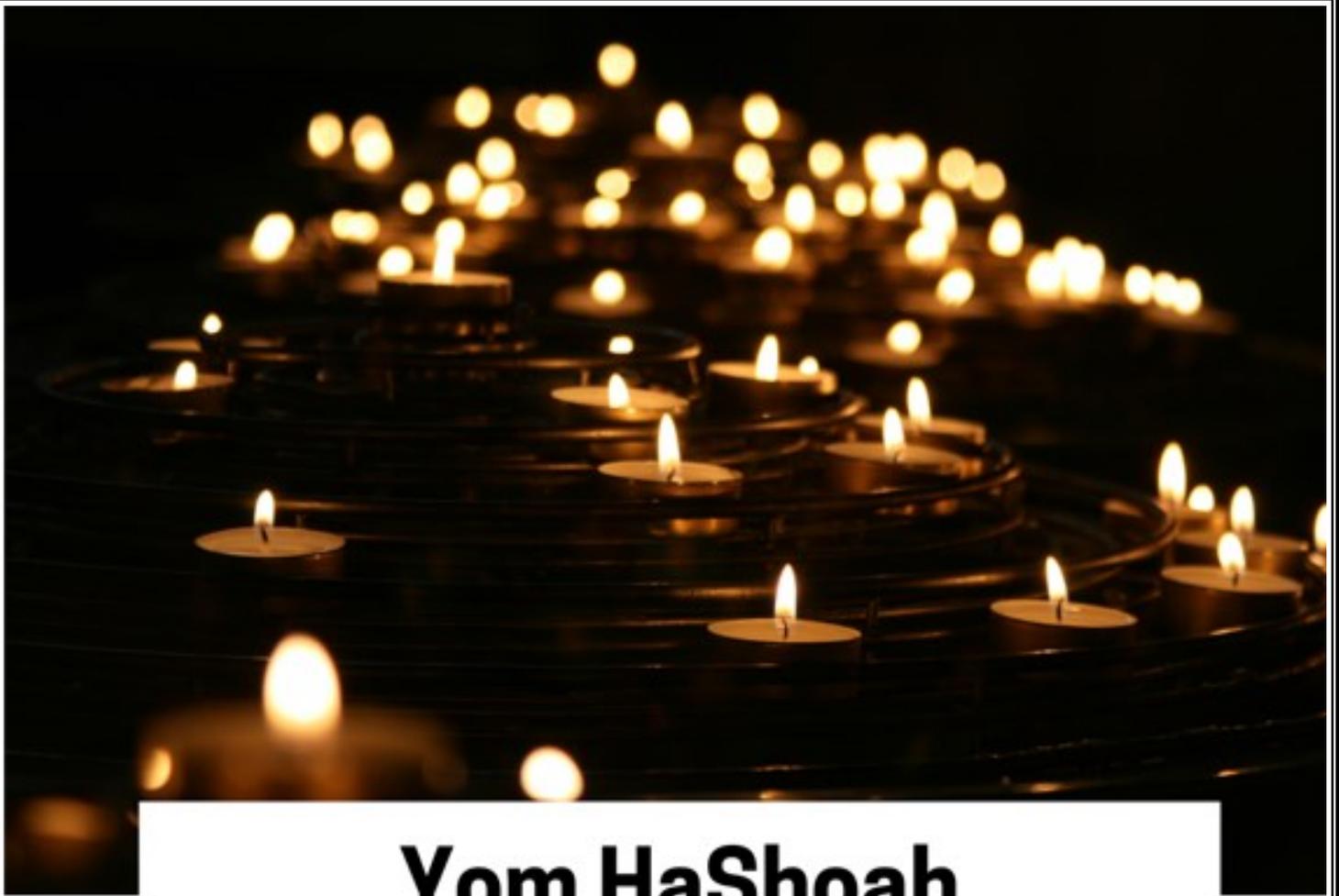
As the Ministry of Long-Term Care still requests that large group activities continue to be avoided, Passover services will be offered virtually, through Baycrest's internal channel 988 and Youtube Playlists. Please know that staff are working diligently to offer programs both in-person and virtually. If you have any questions, please speak to your on-floor therapeutic recreationist, chaplain, and/or call the Department of Culture & Arts at ext. 2300.

Enhancing the Shabbat Experience in the Apotex

The Departments of Spiritual Care, Culture & Arts and Therapeutic Recreation would like to better understand the cultural and religious Shabbat needs of our Apotex residents. We recognize and appreciate the importance of creating a home-like, welcoming environment complete with the observance of familiar traditions and rituals.

We are seeking your participation in the completion of a survey. As residents and family members, you provide a truly unique viewpoint to enhance meaningful Jewish life that is culturally sensitive and inclusive. Sharing your valuable insights will allow us to effectively comprehend and enrich culturally tailored practice on Shabbat.

Please stay tuned and we will reach out with more details on how to complete a survey. In the meantime, if you have any questions, please email or call the Culture & Arts Department at cultureandarts@baycrest.org or ext. 2300.



Yom HaShoah

Holocaust Remembrance Day

On Thursday, April 28, 2022, a virtual viewing of Baycrest's Yom HaShoah memorial service will be available in recreation rooms.

More information to come!

Generously supported by the Alter & Chaya Fradel Markus Endowment Fund

FEAR NO AGE™

Baycrest

Please note that due to COVID-19 precautions, group programs are restricted to a maximum of up to 18 people in the recreation room. The staff will do their best to promote equal access and ensure all residents who wish to participate have the opportunity to do so.

Caregiver Corner

Happy National Caregiver Day!
Dr. Adriana Shnall PhD, MSW, RSW,
Program Director Koschitzky Centre for Innovations in Caregiving

This April 5 is National Caregiver Day! In April 2020, the Canadian Parliament passed a resolution stating that the first Tuesday in April, moving forward, would be National Caregivers' Day. Caregivers are relatives, friends, neighbours and companions who provide assistance, companionship and support. April 5th is devoted to the significance and value of the work caregivers do when they care for others.

Today let us celebrate those who care for us and tell them how grateful we are. There are numerous ways to thank caregivers in our lives, for instance by calling or sending a message to them to simply say thank you for all that you do for me. A simple thank you card with a handwritten note inside can also go a long way and serve as a memory. Some of us can say thank you by sharing a cherished recipe. Maybe the writers among us can write a poem or a story to portray how you feel about your family. The ways to thank and appreciate caregivers in our lives cannot be counted but what counts is a kind word from us to them.

How will you thank the caregiver(s) in your life today?

And for those of you who are caregivers, see the next page with 10 tips to help you manage.





10 TIPS FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1



Be open to new technologies that can help you care for your loved one.

2



Watch out for signs of depression and don't delay getting professional help when you need it.

3



Caregiving is hard work so take respite breaks often.

4

7



Organize medical information so it's up to date and easy to find.

6



Make sure legal documents are in order.

5



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10



Around the Community



BETH DAVID
participate • learn • grow



**INSIDE THE WEST BANK AND GAZA:
POLITICS AND POWER
IN THE PALESTINIAN AUTHORITY AND HAMAS**
in conversation with Palestinian human rights activist
BASSEM EID



Bassem Eid is a Jerusalem-based political analyst, human rights pioneer, and expert commentator on Arab and Palestinian affairs. He has spent 26 years researching UNRWA policies and has written extensively on the subject of UNRWA reform and is an outspoken critic of the Boycott, Divestment, and Sanctions (BDS) movement.

Tuesday, April 5 at 7 p.m.
Please ask your TR if you need help registering or if you need to borrow an iPad to view the event.

For more information, visit:
www.adathisrael.com/event/bassem-eid/

The return of live music!



All month long, we've been enjoying hearing some of our favourite musical entertainers, live, in-person in the Apotex. Issac Musikansky played for residents of Apotex 3 for a fun Purim concert in this picture!

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
Position vacant	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

Lisa Sutherland	Apotex 2 & 6	Ext. 5746
Jessica Rochman Fowler	Apotex 3	Ext. 2402
Kyle Forman	Apotex 4	Ext. TBD
Daniel Navy	Apotex 5 & 7	Ext. 5645

Apotex Therapeutic Recreation

Apotex 2 - Georgia Campbell (ext.6423) & Paula Carcamo (ext. 5430)

Apotex 3 - Jenypher Ashby (ext. 5490) & Paula Carcamo (ext. 5430)

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

Apotex 4 - Keeley Dougherty (ext.3885)

Apotex 5 - Sabina Ntim (ext.5169)

Apotex 6 - Vivian Han (ext. 2242), Shari Fremeth-Tepper (ext.2207),

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

TR Specialist Certified - Apotex - Rachel Gavendo (ext. 5493)