



# Apotex Jewish Home for the Aged

Resident & Caregiver Newsletter

December 2021

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It is so hard to believe that Chanukah is here, winter is around the corner and before we know it, it will be 2022! This month, we have lots of great programs happening around the centre. It may be too cold to go outside, but we have lots of fun social activities happening inside the Apotex. More

concerts and outings to the Nosh, volunteer piano players, Howard Mednick is returning to do his Classical Music DJ program live in person just to name a few. We hope to see everyone out and about at our in-person Apotex Therapeutic Recreation programs. Have a wonderful month!



*"Oh Chanukah, oh Chanukah, come light the Menorah!"*  
*Chanukah is already underway, but we hope you get to enjoy some of our wonderful Chanukah programming. Latke-making, cookie decorating and Chanukah parties are only a few of the opportunities we have*

*for residents this year. We can't wait to celebrate in person with everyone again!*

## **Apotex Updates**

### **Welcome to our new Apotex Executive Director!**

We are delighted to announce that Mide Seyi-Ajayi will be joining Baycrest, as our new Executive Director of Long-Term Care, beginning on December 6, 2021.

Mide is an experienced clinical professional and transformative leader with a track record for promoting quality client care and being recognized for supporting continuous improvement within his teams. Most recently, Mide was the Executive Director at Revera in Oakville. Prior to that, Mide gained extensive experience in cultural care delivery at Yee Hong in Scarborough and through the delivery of long-term care for Indigenous cultures in Saskatchewan. Mide holds a Bachelor of Nursing from the University of New Brunswick and a Masters of Business Administration from the Frankfurt School of Finance and Management.

As Executive Director of Long-Term Care, Mide will bring his broad experience to lead the day-to-day operations in the Apotex. We look forward to welcoming Mide to Baycrest very soon!

### **Changes to the Apotex eVisit System**

To help streamline the process of booking eVisits, we are shifting to a needs-based approach. If an eVisit is required, we ask that the resident's substitute decision-maker contact the on-floor social worker. The care team will evaluate all forms and confirm appropriateness and eligibility. For residents with approved eVisits, these can be booked by sending an email to [evisit@baycrest.org](mailto:evisit@baycrest.org) or by calling 416-785-2500 ext. 2020 and leaving a voicemail with their request. Responses will be returned within two business days.

We will do our best to accommodate as many requests as possible while taking into account the resident's care schedule, such as meal times and scheduled activities.

## What's on This Month!

### Some of our Virtual Programs this month

Wednesday,

December 8

Art Appreciation  
with Cindy

1:45 - 2:45 p.m.

Friday, December 17

Welcoming Shabbat with  
Cantor Tara Abrams  
1:45 - 2:15 p.m.

Monday, December 20

Christmas Concert with

### Chanukah celebrations!

Check your on-floor recreation calendars and speak with your therapeutic recreation staff for more details on the following activities and programs:

- ◊ Latke Making
- ◊ Chanukah parties
- ◊ Virtual Chanukah sing along and reminiscence
- ◊ Chanukah Cookie Decorating

\*\*Please note, due to current infection prevention and control guidelines, residents have to be physically distanced in programs, and therefore we cannot fit very large groups in the recreation rooms. We hope to alternate so every resident who wishes to participate will have at least one opportunity, if not more!

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

Tuesday, December 21, 1:45-2:45 p.m.

Guest Speakers:



Martin Green: Security Preparedness at Baycrest

Zarna Patel: Apotex Food Services Updates

Faith Boucher: Renovations to the Wellness Library

Sign up with your Recreationist. We will have 18 spaces for residents wishing to attend in-person in the A2 recreation room. We will rotate through the Residents' Council list so everyone who wants to come in-person will eventually get the opportunity!

\*\*We supply iPads for virtual programs and meetings\*\*

**Baycrest**

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Toronto, Ontario, M6A 2E1  
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Baycrest is fully affiliated  
with the University of Toronto.

# The Greatest Miracle in the Story of Hanukkah

**By Rabbi Dr. Geoff Haber**



The greatest miracle in the story of Hanukkah, which begins on November 28, is that more than 2,000 years after the initial event, Jews are still celebrating. That continuity is a sign that the holiday offers a deep lesson that touches all of our lives; a lesson about resilience.

Hanukkah commemorates a battle won, despite astonishing odds, by the Maccabees against the Seleucid monarch Antiochus and those Jews allied with him, who appeared ready to abandon their tradition. But later rabbis, uncomfortable with military-themed celebrations, focused the holiday on the miracle unmentioned in the book of Maccabees—that in the Temple, after it was cleaned out, a Cruz of oil that should have lasted one day lasted eight.

Rabbi David Wolpe points out that at the time of the Maccabees (166BCE) the Temple already stood, of course, although it had been defiled and the Maccabees rededicated it. Very few remember when the Temple was first dedicated (on the Jewish holiday of Sukkot; 1 Kings 8:2), but almost all Jews remember when it was rededicated. Hanukkah, the holiday of rededication, teaches us something essential about successful living: the power of resilience in the face of catastrophe, the ability to rebuild and overcome incredible obstacles.

As a Rabbi and Chaplain, here at Baycrest, I know many residents—Holocaust survivors, refugees who fled oppression, people plagued with illness and others to whom life has dealt cruel blows and some who lost everything and had to begin again. Despite many reasons to despair, in a crucial turn toward the future, resilient spirits choose renewed hope and rededicated themselves to purposeful living. That ‘Hanukkah’ moment is the inspiration we all need. Everyone fails in ways large and small and needs the strength to rise anew.

Hanukkah is a winter holiday. It shines light in the darkest time of year. Each night we add another light, increasing until the entire Hanukkah menorah is illuminated. In millions of homes over thousands of years, we lit the Hanukkah lights. It was not always easy: Already in the Talmud there are provisions for lighting secretly in times of persecution. But the Jewish commitment to publicizing the miracle of rededication endured. There are moments when all of us are afraid, when we feel hopeless and alone. The lesson of Hanukkah, the holiday of rededication, is resilience: whenever we face darkness, let us find the strength to light a candle.

## Caregiver Corner

### **Quotes to Read Together...**

"To appreciate the beauty of a snowflake it is necessary to stand out in the cold."

- Aristotle



"What good is the warmth of summer, without the cold of winter to give it sweetness."

- John Steinbeck

"Nothing burns like the cold."

- George R.R. Martin

"People don't notice whether it's winter or summer when they're happy."

- Anton Chekhov

### **3 Things to do together now!**

*Make your visits meaningful by trying these easy activities:*

1. Look at photos together. Ask open ended questions like "Wasn't that a happy time?" or "What were we thinking about?"
2. Borrow an iPad and listen to a song on YouTube. The sky's the limit in what types of music you can choose.
3. Go for a walk or stroll around Baycrest and look at the works of art lining the halls. Again, ask open ended questions like "Do you like this?" or "What do you see when you look at this?"

### **Coming in January 2022**

More concerts and live music for residents

More evening and weekend Therapeutic Recreation programming

More volunteers in the Apotex to provide friendly visiting, assistance with recreational programming and share their talents, such as live music and entertainment

More students coming to the Apotex to learn about best practices and careers in healthcare

## Creative Storytelling with Cindy!

Each month, therapeutic recreationist Cindy Kaizer joins our residents on Zoom to create funny stories as a group collaboration based on hilarious thought-provoking pictures. Here is one of the stories we made last month:



### A Proposal

A gift is refused.

A ring is given by someone to this girl, and she looks scared! She is protecting herself and putting up a warning sign by using her hand as a barrier.

The man trying to give her the ring is the groom.

The groom is feeling like he doesn't really care. He proposes to women all the time. She tells him to keep away and don't return. She is jealous and he is jealous and she thinks he is not wealthy enough!

### Resident Corner

Sheila Shapiro is a true artist. After graduating from university with an art degree, Sheila went on to teach for a few years. Sheila's room displays the artwork she has done since coming to Baycrest. She says she finds inspiration all around her for her sketches. She likes to sketch houses and landscapes from the view of her window. She also likes to sketch people she meets, such as staff and fellow



residents. Watching Sheila in action with her Picasso-like style is fascinating. Sketches literally take minutes for her to complete. Her work is very detailed and often comes with a story about each piece. The characters seem as though they are having conversations with one another, and Sheila can tell you exactly what they are saying to one another! There are

so many interesting features to her work, no two are the same. Sheila often gives away sketches to staff and families on the unit who all appreciate the gesture. We are so happy to have Sheila on Apotex 7 and we look forward to many more

## Innovation Spotlight in the Apotex

### **Virtual Reality**

#### ***What is virtual reality?***

Virtual reality (VR) is a technology that combines software and hardware to create an immersive virtual experience. For older adults, VR can help reduce social isolation and support psychosocial well-being.

#### ***Working with Rendever***

Baycrest has partnered with Rendever, a VR platform, to help deliver VR to our residents across the Apotex through a user-friendly resident engagement platform.

#### ***Infection control***

In consultation with IPAC, a cleaning and infection control protocol has been developed which outlines cleaning practices before, during and after use with each participant.

#### ***Program procedures***

Program procedures have been put in place to ensure the safety of residents when using VR, such as being seated or stationary during use, monitoring for post-use symptoms, and using for a specified amount of time.

Please speak with your Therapeutic Recreation Staff for more information.



***"We had a very successful VR session with one of our residents. We did "travel" and she really enjoyed the experience, she said it was wonderful. She was happy and very descriptive in telling us what she was seeing. She said she would love to do it again!" - Apotex Recreationists Kelly Rose and Shari Fremeth-Tepper***

## Apotex Leadership Team

Mide Seyi-Ajayi	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
Jessica Valleau	Apotex 4 Manager	Ext. 2569
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

Lisa Sutherland	Apotex 2 & 6	Ext. 5746
Tanya Klochkov (on leave)	Apotex 4 & 7	Ext. 2990
Jessica Rochman Fowler	Apotex 3 incl. 3RF and coverage for A4	Ext. 2402
Daniel Navy	Apotex 5 and coverage for A7	Ext. 5645

## Apotex Therapeutic Recreation

**Apotex 2** - Jessica Baker (ext.5879) & Paula Carcamo (ext. 5430)

**Apotex 3** - Vivian Han (ext. 2242) & Paula Carcamo (ext. 5430)

**Transitional Behavioural Support Unit (TBSU)** - Mara Swartz (ext. 3577) and Hayley Rosen (ext. 5602)

**Apotex 4** - Keeley Dougherty (ext.3885)

**Apotex 5** - Sabina Ntim (ext.5169)

**Apotex 6** - Shari Fremeth-Tepper (ext.2207)

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