

Happy
Hanukkah!



Apotex

Jewish Home for the Aged

Resident & Caregiver Newsletter

December 2022

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"I heard a bird sing in the dark of December. A magical thing. And sweet to remember. We are nearer to Spring than we were in September. I heard a bird sing in the dark of December."

— Oliver Herford,
American writer



It may be cold outside, but we are keeping things warm and fun inside with lots of enjoyable activities planned this month! This month we have much to celebrate, including Chanukah, the stunning festival of lights. We wish you all a calm and peaceful month ahead!



"The whole glorious history of animals with people is about joy and connection. It's about loving this creature and letting this creature love you." — Jon Katz, Journalist

Apotex 5 resident Sam Metalin enjoys a visit with an adorable rabbit during the Pawsitively Pets program in November.



**ACCREDITATION
CANADA**

Apotex Updates

Accreditation 2022

From November 21-23, the Apotex was visited by two surveyors from Accreditation Canada. Accreditation is a voluntary process whereby organizations undergo an assessment of practices and processes against established standards to assess the quality and safety of care provided. The surveyors reviewed documents, spoke with staff, residents, and families as they toured the Apotex, and met with representatives of our Resident Advisory Council and Family Advisory Council. Over the course of the visit they assessed the Apotex against 398 standards and found that we met all of them. We will be receiving a more comprehensive report from the Accreditation Canada Decision Committee and are committed to addressing all recommendations for improvement but want to take this moment to celebrate this incredible accomplishment.



Winter Garden Concerts are Back!

Residents have been enjoying the return of weekly Winter Garden concerts. Residents can speak with their on-floor Therapeutic Recreation staff for more details about upcoming concerts.

Pictured here is longtime resident favourite entertainer Rita Maslowe singing Hebrew, Yiddish and Russian favourites!

Residents also came to view the concert from the floor balconies so everyone was safely spaced out but still able to enjoy a larger event with their friends and Baycrest community.

Chanukah - Sunday, December 18, 2023

By Rabbi Dr. Geoff Haber

Hanukkah is a Jewish festival commemorating the recovery of Jerusalem and subsequent rededication of the Second Temple at the beginning of the Maccabean revolt against the Seleucid Empire in the 2nd century BCE. Hanukkah is observed for eight nights and days, starting on the 25th day of Kislev according to the Hebrew calendar, which may occur at any time from late November to late December in the Gregorian calendar. The festival is observed by lighting the candles of a candelabrum with nine branches, commonly called a menorah or hanukkiah. One branch is typically placed above or below the others and its candle is used to light the other eight candles. This unique candle is called the shamash ("attendant").

Each night, one additional candle is lit by the shamash until all eight candles are lit together on the final night of the festival. Other Hanukkah festivities include singing Hanukkah songs, playing the game of dreidel and eating oil-based foods, such as latkes and sufganiyot, and dairy foods.



Make time this holiday a time to do little acts of kindness for others, to spread the light around and make others feel a little joy and happiness through the light of our spirit, compassion and kindness. Shining love and Jewish values on the world reminds us what Hanukkah, the Holiday of Lights, is really about – being a “Light unto the Nations” and making the world a brighter place. May we all be God’s partner this Hanukkah in brightening our world. We need it more than ever!

We hope you’ll join us for these Chanukah celebrations happening in the Apotex (Check your recreation calendars for more details):

- * Candle lighting in the Winter Garden and in the dining rooms
- * Chanukah parties and themed group programming
- * Latke making



Special Chanukah desserts and Latkes will be served during the holiday.

What's on this month!

Holocaust Education Event: Gershon Willinger, Child Survivor

We will be joined by Gershon on Wednesday, December 7 at 2:00pm in the Apotex 2 recreation room for an educational presentation and discussion with Apotex staff and residents. The event will also be live streamed, so please speak with your Therapeutic Recreation staff to borrow an iPad if you are unable to attend in-person

Community Welcoming Shabbat in the Winter Garden Friday, December 16, 2022 - 10:45-11:30 a.m.

This month we are re-launching our "Community Welcoming Shabbat" Program, which will be held on the 1st and 3rd Shabbat of the month. During this program we invite Apotex residents to join together in the Winter Garden to celebrate Shabbat with prayer, song, poetry and a brief d'var Torah. Please note, due to capacity limits in the winter garden, we will rotate resident attendance at this program to ensure all residents who wish to have opportunity are provided with one.



Christmas Celebration

On Monday, December 19 from 1:30-3:30 p.m. (drop-in) in Wortsman Hall for Christmas crafts and music. Sign up with your Therapeutic Recreation staff if you wish to attend

Did you know?

There are fewer daylight hours in December in the northern hemisphere than in any other month

According to a 2011 survey, more dentists have birthdays in December than in any other month

National Cookie Day is December 4. Other snacks celebrated this month include pie, cotton candy, chocolate brownies, cocoa, and cupcakes.



Positive thought of the month!

"Think of all the beauty still left around you and be happy."

- Anne Frank

Resident Rights in the Apotex

After input from the Long-Term Care COVID-19 Commission and the Auditor General, as well as the public and residents in the sector, legislation was enacted to help ensure that residents get the care they deserve. This act repeals the *Long-Term Care Homes Act* and in addition the Resident's Bill of Rights has been adjusted and now includes 29 rights. We will revisit the rights from 1-29, instead of continuing from where we left off in May. The previous Resident Bill of Rights from the Long Term Care Homes Act had 27 rights.



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 December, we focus on the following Resident Rights:

11. Every resident has the right to live in a safe and clean environment.
12. Every resident has the right to be given access to protected outdoor areas in order to enjoy outdoor activity unless the physical setting makes this impossible.

For questions about Resident Rights, please connect with your floor Social Worker. See directory on back page of this newsletter.

Residents' Council Meeting (RAC)

Tuesday, December 20, 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.



This month we will be joined by Mide Seyi-Ajayi, Apotex Executive Director for an overview of the most recent ministry inspection report. We will also be joined by Jenny Moloney, Baycrest Accreditation, to present on the amazing findings of the accreditation survey conducted in November.

Resident Food Committee Meeting

Wednesday, December 28, 2022 from 10:30– 11:30 a.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.

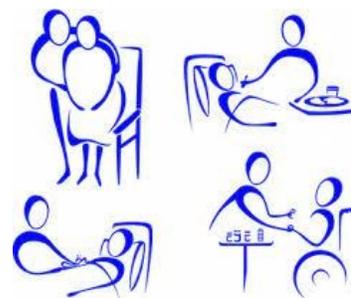
Caregiver Corner

Alzheimer Society

Let's talk about family and dementia

Wed, Dec 14, 12:00 pm - 1:00 pm

Online



Join us for a free Dementia Talks! Canada conversation that explores a range of realities around family and dementia. We will touch on genetics, family dynamics, holiday gatherings and more.

Caregiver Affirmation of the month!

It is possible to notice the good and the joy at the same time as acknowledging the struggle and challenge.

To register for this free event and others with the Alzheimer Society please visit

<https://alzheimer.ca/en/whats-happening/event-calendar>

Let's Reminisce - Chanukah Edition!

What types of foods would you enjoy eating on Chanukah? Who cooked them? How did you make your latkes? Did you have a special ingredient or trick to make them taste amazing?

Chanukah is about celebrating the miracle of light. What miracles have you seen in your life? What bring your light and joy in your life?

Borrow an iPad and listen and dance to the following:

- Chanukah oh Chanukah, come light the menorah (there are Yiddish and English versions)



- Sevivon sof sof sof
- I have a little dreidel

Resident Reflections



This month on Apotex 4, resident Sarah Arfin, who has a long-standing love for baking, shared her secret recipe for Bubbie Sarah's famous Strudel. Using a video recipe from Bubbie Sarah and her Granddaughters, a small but mighty group of residents added their own touch of love and care to the recipe and baked a delicious strawberry and chocolate strudel. Residents, staff and caregivers all agreed the strudel was an absolute hit!

The Recreationists on Apotex 4 are now in search of their next famous recipe from one of the residents to bake in the coming months... Stay tuned for more delicious resident recipes!

More Resident Outings

Last month resident George Hakoun attended the outing to the Toronto Zoo. Here he is pictured to in front of the giraffes.

George said he enjoyed connecting to his past being in Africa when going through the African section of the zoo.

RPNs and PSWs said "This is such a fun day for the residents and us".

Residents have been enjoying all the great opportunities to go out for recreational outings. Outings will continue into 2023.



In the Community



CHANUKAH PARTY

Sunday, December 18 • 12:15 - 2:00 pm



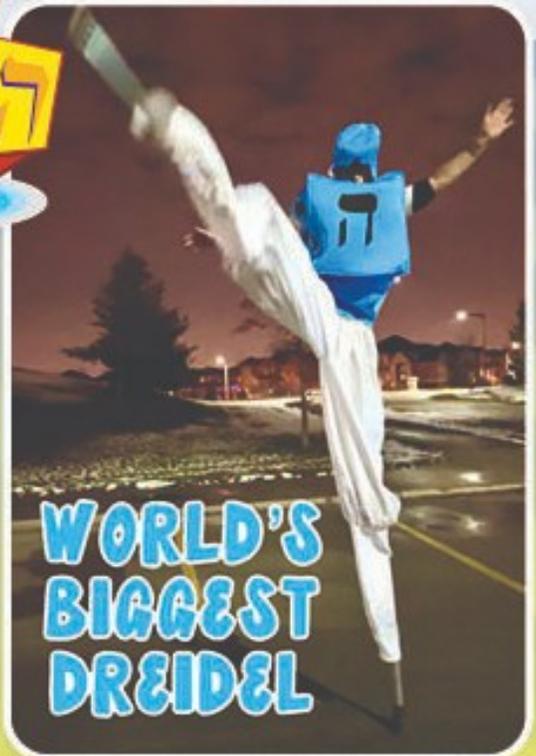
12:30 pm

Magic and juggling show with *Bella Magics*

1:15 pm

Stilt and drumming show with *The Circus Drummer*

Pizza, Sufganiot (jelly donuts), chocolate gelt, Chanukah crafts.



WORLD'S BIGGEST DREIDEL

CHAI LIFELINE TOY DRIVE

Bring a new toy to donate at the party and send a gift to a Jewish child affected by illness



Free for members and Hebrew School families
Non-members \$5/person or \$20/family

Around the Home



Apotex 5 resident Rachel Sliwowicz enjoys a cute and furry visit with a bunny as part of the Pawsitively Pets program that has been offered on all floors of the Apotex this fall.

If you watch a game, it's fun. If you play it, it's recreation. If you work at it, it's golf.

- Bob Hope



Apotex 7 resident Esther Shuster and her son in law Neal attended the outing in November to Maple Downs Golf and Country Club. There was a beautiful lunch, music and dancing. Such a fun time was had by all!



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

Thaniya Manohararajah & Natalie Addison	Apotex 2	Ext. 3704 & 3583
Jenypher Ashby & Susan Edmunds	Apotex 3	Ext. 5490 & 3240
Mara Swartz	TBSU	Ext. 3577
Keeley Dougherty & Jessica Rescorl	Apotex 4,	Ext. 3885 & 3406
Liisa Lamminen & Mithuuna Vigneswaramoorthy	Apotex 5	Ext. 6598 & 3428
Vivian Han & Hamid Karimi	Apotex 6	Ext. 2242 & 3843
Sofya Chepurnova, Shari Fremeth-Tepper & Karm Dhaion	Apotex 7	Ext. 5389, 2207, 6176
Rachel Gavendo (TR Specialist Certified)	Apotex wide	Ext. 5493
Hiro Nakajima	Apotex wide	Ext. 3584

Apotex Spiritual Care

Rabbi Dr. Geoffrey Haber, Chaplain	Ext. 3743
Rabbi Dr. Rena Arshinoff, Chaplain	Ext. 5754
Rabbi David Abeles, Chaplain	Ext. 6242