

Apotex

Jewish Home for the Aged

Resident & Caregiver Newsletter

February 2022

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It's February! Whether you are celebrating love on Valentines, cheering on your favourite athletes in the 2022 Winter Olympics or watching the Super Bowl, we all look forward to spending some warm quality time together soon. This edition of the

newsletter has information about virtual programs and events coming up this month, as well as some other interesting articles and



activities for you to enjoy. We hope you have a wonderful



This past month we received thoughtful cards from kids all over Toronto. The cards were designed to let Apotex residents know the children in our community are thinking about you. We've been using the cards to hand out to individual residents and to decorate the units so they can be enjoyed by all.



Apotex Updates

COVID-19 Campus News and Vaccine Updates

The very transmissible Omicron variant has resulted in high rates of infection in the community. As such, following the latest Ministry guidance and out of an abundance of caution, as of last week all regulated health professionals and healthcare workers are required to wear an N95 respirator as part of their personal protective equipment when providing care in any unit that has at least one active resident case.

As of January 25th, the Apotex continues to be under a Building-Wide COVID-19 Outbreak. There are 22 currently active resident cases - [2EI (1), 2GS (4), 3GS (2), 4GS (3), 4RF (6), 5GS (2), 6EI (1), 6RF (1), 7EI (1), 7GS (1)] and 17 active Apotex staff cases

Additional safety precautions the Apotex is taking:

- No group programs (only 1:1, independent activity support and virtual programs).
- Physical distancing for all staff, residents and caregivers.
- No leaves of absence except for urgent exceptions.
- Residents are asked to stay on their units.
- Essential visitors are permitted but are restricted to the residents' rooms.
- Caregivers must have received their second dose of a Health Canada approved COVID-19 vaccine by February 21, 2022, and third (booster) dose by May 23, 2022, or they will not be allowed to enter the Apotex (unless a valid medical exemption is provided).

International Holocaust Remembrance Day

Thursday, January 27 was International Holocaust Remembrance Day, marking the 77th anniversary of the liberation of the Auschwitz-Birkenau concentration camp. We remember the more than six million Jews murdered during the Holocaust and honour the survivors still with us today. Baycrest provides care and programming to one of the largest communities of Holocaust survivors in Canada and for many others in the extended community beyond our campus.



What's on This Month



Winter Olympics 2022!

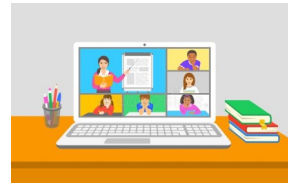
This year the Winter Olympics are being held in Beijing, China beginning on Friday, February 4 and ending on Sunday, February 20.

Sports experts expect Canada's most successful sport to be freestyle skiing, including a strong performance from Quebec-born moguls skier Mikaël Kingsbury. Speed skater Ivanie Blondin from Ottawa, Ontario, is also on track to win big.

Upcoming Virtual Programs

- Paula's fun chair exercise program*
- Live virtual concerts*
- Valentines Discussion and music appreciation with Rachel
- Welcoming Shabbat*

*Programs offered multiple times per week. Check with your TR for the schedule and to borrow an iPad. The TR directory is on last page of this newsletter.



Theme Carts and Activity packages

Our fun Apotex theme carts and activity packages are back! TR staff will be circulating around the floor with activities that you can do on your own or with a friend or caregiver.



On Friday, January 21, we had 46 residents attend our Virtual Welcoming Shabbat program led by Rabbi David Abeles and Cantor Tara Abrams. Residents were singing and dancing along to the music and smiles were seen on lots of faces.

Upcoming Residents' Council Meeting (VIRTUAL on iPads)

Tuesday, February 15, 2022 from 1:45-2:45 p.m.

Guest Speakers to be determined. For questions and ideas related to Residents' Council and future guest speakers, please contact Rachel Gavendo (ext 5493) or Lisa Sutherland (ext. 5746), Residents' Council Staff Assistants



Did you know? Resident Rights

There are 27 resident rights written under the Long Term Care Homes Act. These are the Bill of Rights for people who live in Ontario long-term care homes.

The first two rights are:

Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's individuality and respects the resident's dignity. In other words, **you have the right to be treated with respect.** The staff at your long-term care home must recognize your dignity and rights as a person.

Every resident has the **right to be protected from abuse.** In other words, no one is allowed to abuse you physically, financially, sexually, verbally, or emotionally.

Every month we will cover two of the resident rights both in the newsletter and at residents advisory council.

VIRTUAL CAFÉ EUROPA

Mingle with friends and connect over music!

WITH SPECIAL
GUEST

James
Regan



WEDNESDAY, FEB 2, 2022

1:45PM - 3:15PM

Zoom link to join: bit.ly/CafeEuropaFeb2022

Meeting ID (if needed): 857 7783 8809

Passcode (if needed): 887664

****Speak with your Therapeutic Recreation Staff if you would like an iPad to attend any of the virtual programs****

Caregiver Corner

Quotes to Read Together...

"Today is the first of February, snowy, brilliant, but dripping with the sound of spring wherever the sun lies warm, and calling with the heart of spring yonder where the crows are assembling. There is spring in the talk of the chickadees outside my window, and in the cheerful bluster of a red squirrel in the hickory." – Dallas Lore Sharp

"The February sunshine steeps your boughs and tints the buds and swells the leaves within." – William C. Bryant

"In February there is everything to hope for and nothing to regret." – Patience Strong

"February always seems to give more joy than other months. Maybe because it's the month of love." – Unknown

Baycrest@Home Caregiver Online Support Groups

The Changing Relationship for Spouses

- Manage stress and burnout, while strengthening coping skills and increasing knowledge about caring for a partner with dementia.

The Changing Relationship for Adult Children

- Cope with the experience of caring for a parent with dementia.
- Acquire skills, caregiving knowledge and connect with others.

Fee: \$79.00+HST for 8 weeks
For more information: Go to programs.baycrestathome.ca/member-plans, call (647)-576-4663 or

Coming in March 2022!



Happy Purim

Purim - Thursday, March 17th 2022 - Stay tuned for virtual synagogue services, fun virtual events and 1:1/ small group unit activities!

Daylight savings time - Sunday, March 13th

Winter Season By Rabbi Rena Arshinoff

It seems that we have a love/hate relationship with snow. Snow means “winter is here” and what does that imply? For many of us, it means snow and ice, slow traffic, realizing we should have arranged for winter tires, cold weather, the need for boots, the fear of slipping and falling, and six long months of unpredictable weather. On the other hand, what is more beautiful than the scene of freshly fallen snow on the trees? We enjoy seeing children delight in the fun of jumping in the snow, making snow angels, tobogganing down hills, skating on frozen ice rinks, and trying to catch snowflakes on their tongues. Some adults and children alike look forward to a new ski season as they wax their skis and don their newest ski outfits. Every four years we look forward to the Winter Olympics and marvel at young sports experts who spend their lives training for special experiences. Dogs love snow and frolic in the coolness of it. While some people do look forward to the cold weather and the time of hibernation for some animals and plant life, many dread the low temperatures, the short days, and the grayness when the beauty of the snow turns to slush.



Rabbi Rachel Barenblat of North Adams, Massachusetts, wrote about a rabbinic colleague of hers who has a fascinating view of how a winter storm is comparable to Shabbat. How could this possibly be? She writes that his view and she shares it as well, is that before a winter storm, we all bustle about knowing that we will need some supplies like flashlights, enough water and food, and ensuring that our heating system in our home is good. Since we are snowed in during a blizzard, we stay home and relax, sort of like on Shabbat. Maybe we read, or snooze, some will learn Torah, and some will play in the snow with their children, make a snowman and enjoy the snow. But as soon as it is over, we are out there, shoveling and running around once again. She writes how this is very much like Shabbat. Before Shabbat starts, we scurry around, making sure we have challah, grape juice or wine, and a nice meal. Once Shabbat begins, we relax perhaps reading, snoozing, study Torah, playing with our children, and putting aside everyday activities. They both agree that a snowstorm and Shabbat bring a change and a break from ordinary weekdays. Who would ever think that a snowstorm can bring the same reality as Shabbat?

Winter Season Continued

By Rabbi Rena Arshinoff

However we feel about winter and snow, for those of us who live in areas of the world that have four seasons, we can do nothing but accept the reality of winter. Some people travel to warmer places to escape the cold, but winter is important as it brings a time of growth for many animals and plants. The soil works through its necessary changes to prepare for spring planting and the growth crops that it will nourish. Hibernation gives animals their needed rest and strength for having babies. Children delight in playing in the snow, getting fresh air, and engaging in winter sports, some of them with their parents who enjoy the sports as well. Especially at this time, being outside is important to try to minimize the spread of COVID-19. Winter is also the time for the beloved festival of Tu B'Shevat – the festival of trees and their gifts, which are the luscious fruits that we get to taste in the middle of winter. And as we think about what we grateful for, winter is the time that prepares the world for the coming of spring and for that we can be most grateful!



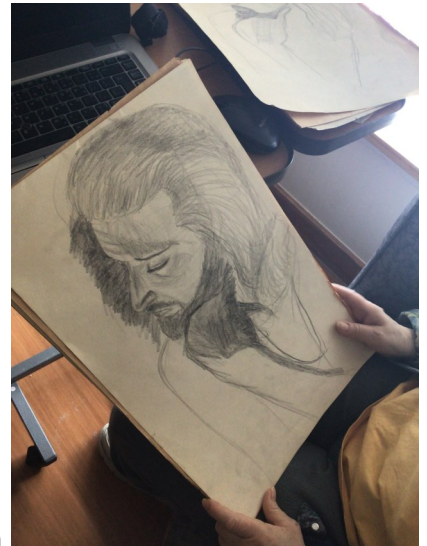
Resident Corner



Meet Anne from Apotex 3. Anne was born in Kassel, Germany where she lived for one year until her family came by ship to Toronto. As a young child, Anne lived in Kensington market and spoke no English until Kindergarten and Grade 1 when she first started to learn the language. Yiddish was the main language spoken in her home but her parents would speak in Polish when they didn't want Anne to know what they were saying. As a child, Anne enjoyed drawing and later on, painting. Portraits were her main talent and

they always had a realistic style. Anne also took art courses and studied art at George Brown College. Anne had a variety of careers throughout her life including working for the Workers' Compensation Board, an advertising company, doing research at York University and also a graphic art company. In those days, they didn't have the compact computers and design equipment that we have nowadays, the

computers they had to use could easily fill a whole room from floor to ceiling.



Food Services Updates!

The food services department would like to thank everyone for bring so accommodating during the past month's pandemic menu and food shortages.

On February 14, we will be returning to the regular menu. On Valentines Day - February 14 there will be a lunch special, dessert and snack.



Beijing 2022 Olympics

Fast Facts



Beijing is the capital of

China, and its population is over 20 million. It is one of the largest cities in the world.

Beijing is the first city ever to host both the summer and winter Olympic Games. The 2008 Summer Olympics were also held in Beijing.

A total of 109 events will be held in 15 disciplines across seven sports: biathlon, bobsleigh, curling, ice hockey, luge, skating and skiing.

The entire Games will feature artificial snow for the outdoor events since it doesn't snow much there. The Olympic torch, called "Flying," has a curled ribbon design, and is similar to the design of the 2008 torch. The Games will include new mixed men's and women's team events in freestyle skiing, short-track speed skating, snowboarding and ski jumping.

Celebrating Black History Month

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada the culturally diverse, compassionate and prosperous nation it is today.

Black people and their communities have been a part of shaping Canada's heritage and identity since the arrival of Mathieu Da Costa, a navigator and interpreter, whose presence in Canada dates back to the early 1600s.

Black history in Canada has not always been celebrated or highlighted. There is little mention that some of the Loyalists who came here after the American Revolution and settled in the Maritimes were people of African descent, or of the many sacrifices made in wartime by soldiers of African descent as far back as the War of 1812.

Canadians are not always aware of the fact that Black people were once enslaved in the territory that is now Canada or how those who fought enslavement helped to lay the foundation of the diverse and inclusive society in Canada.

Black History Month is about honouring the enormous contributions that Black people have made, and continue to make, in all sectors of society. It is about celebrating resilience, innovation, and determination to work towards a more inclusive and diverse Canada—a Canada in which everyone has every opportunity to flourish.



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
Jessica Rochman Fowler	Apotex 3	Ext. 2402
Maya Budovitch	Apotex 4 coverage	Ext. 2379
Daniel Navy	Apotex 5 & 7	Ext. 5645

Apotex Therapeutic Recreation

Apotex 2 - Jessica Baker (ext.5879) & 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) & Jessica Sue (ext. 2984)

Apotex 5 - Sabina Ntim (ext.5169) & Jessica Sue (ext. 2984)

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)