Happy New Year!
2022 is here and we are wishing all our residents, caregivers and staff a happy and healthy new year.

Residents across the Apotex enjoyed live entertainment, latke-making and cookie decorating and other fun Chanukah-themed therapeutic recreation.

Residents said it was so nice to get together and celebrate as a community again!
Apotex Updates

During these challenging times, it is imperative that we continue to do everything in our power to protect our vulnerable residents. In accordance with an updated directive from the Ministry of Long-Term Care, we are implementing the following important changes on our campus.

If you have questions or comments, please email covidquestions@baycrest.org. In addition, our Client Relations and Experience Office is available to you from 8a.m. to 4 p.m. from Monday to Friday at any of the following extensions: x6843, x2919, or x2685.

Registered Caregiver Policy Changes
Effective December 14, 2021, Baycrest is no longer registering more than two caregivers for new residents.

Mandatory COVID-19 Vaccination Policy
Effective December 15, 2021 all general visitors must be fully vaccinated to visit. Existing caregivers who are partially/unvaccinated must receive their first dose by December 20, 2021 and both doses by February 21, 2022 to visit. These caregivers are restricted to visit in the resident’s room.

Effective December 17, 2021:

COVID-19 Testing Policy Changes
All visitors must complete COVID-19 testing on site before the start of every visit, regardless of vaccination status. All registered caregivers must complete COVID-19 testing on site once every 72 hours (about two times per week).

Visitor Limits
Each resident will have access to a maximum of two visitors indoors at a time, inclusive of caregivers. This means two caregivers, one visitor and one caregiver, or two visitors may be present with a resident at a time.
Long-Term Care Home COVID-19 Policies: What Residents Can Expect in a Long-Term Care Home

What if the home is in outbreak?

- Outbreak.
- What temporary measures are in place to safeguard:
  - Leave the home during the day time for social reasons or full vaccinated.
  - Leave the home for essential services such as medical appointments or exercise.
  - Leave their hair cut and/or beard trimmed.
  - Participate in holiday activities.
  - Have meals in the dining room, including buffets and family-style meals.
  - Participate in group social activities including games, clubs, and exercises.
  - Caregivers and general visitors have 4 visitors at a time for indoor visits and 4 visitors at a time for outdoor visits. These maximums include.

What if the home is not in outbreak?

- Caregivers can still visit, but general day absences will be suspended or modified.
- Activities and personal care services.
- Communal dining, non-essential groups for all essential activities.
- Residences will be cohorted in small units.

Ontario
What Happens When I Return Home?

If it is known that a resident has been in contact with someone who is COVID-19 positive the resident will

Test

- Tested when returning home and again on day 7, and be
- Tested prior to or when returning home and be quarantined until
  - 10 days from the community
  - A negative test result can be obtained before

If returning from a hospital:

- Be actively screened and then monitored for symptoms twice daily for purposes only at this time (they will:

When residents return from an overnight absence (for medical or palliative care) on day 7. No quarantine is required unless a positive test result is received.

- Receive a rapid test and a PCR test on day 3; followed by a PCR test
- Be actively screened

Will:

When residents return from going out during the day for social reasons they

- Physically distance and only be in close contact with fully vaccinated people, especially when eating or singing
- Limit their contact with others. Avoid crowds. Large social gatherings and gatherings with unvaccinated people
- Wash hands regularly
- Wear a mask (as tolerated)

Whenever outside of the home, residents should do their best to:

(Effective December 17th, 2021, unless otherwise specified)
What’s on This Month

**Apotex Birthday parties** will start up again in January. Each floor will celebrate resident birthdays with musical entertainment and a wonderful party in the recreation room. **More Outings to the Nosh** with lunch and live entertainment. **Virtual welcoming Shabbat programs** with some of our favourite community cantors. **Arts and Culture programming**, such as art appreciation programs, and re-opening of the Creative Arts Studio. **Virtual Café Europa** Mingle with friends and connect over music! Zoom link to join: bit.ly/CafeEuropaJan2022, Meeting ID: 830 5658 4426 Password: 160771

**Evening and Weekend Recreation Programming**
Starting in January, Apotex Therapeutic Recreation Staff will be back to providing programs evenings and weekends. Check out your monthly calendars and connect with your on-floor TR staff for more details!

---

**Upcoming Residents’ Council Meeting (Virtual and Limited In-Person):**

**Tuesday, January 18, 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, Residents’ Council Staff Assistant at ext. 5493

You can sign up to attend RAC meetings 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.**
Tu BiShvat

On Monday, January 17, 2021, members of the Jewish community observe the celebration of Tu BiShvat, the 15th day of the Hebrew month of Shevat, which marks the beginning of spring in the Land of Israel with the first almond blooms appearing on the Almond trees. It is also called "Rosh HaShanah La'Ilanot", literally "New Year of the Trees." In contemporary Israel, the day is celebrated as the Israeli Arbor Day, an ecological awareness day, and trees are planted in celebration.

The name Tu BiShvat is derived from the Hebrew date of the holiday, which occurs on the fifteenth day of Shevat. "Tu" stands for the Hebrew letters Tet and Vav, which together have the numerical value of 9 and 6, adding up to 15. In the Middle Ages, Tu BiShvat was celebrated with a feast of fruits in keeping with the Mishnaic description of the holiday as a "New Year." In the 16th century, the kabbalist Rabbi Yitzchak Luria of Safed and his disciples instituted a Tu BiShvat seder (modelled after the Passover Seder) in which the fruits and trees of the Land of Israel were given symbolic meaning. The main idea was that eating ten specific fruits and drinking four cups of wine in a specific order while reciting the appropriate blessings would bring human beings, and the world, closer to spiritual perfection.

Wishing everyone a joyous Tu BiShvat

Rabbi Geoff

Rabbi Dr. Geoffrey Haber, Chaplain
Baycrest Rabbi & Director, Department of Spiritual Care
**Caregiver Corner**

### Quotes to Read Together...

"The beginning is the most important part of the work."

- Plato

"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves."

- Bill Vaughn

"I love beginnings. If I were in charge of calendars, every day would be January 1."

- Jerry Spinelli

“If I had my way, I’d remove January from the calendar altogether and have an extra July instead."

- Roald Dahl

---

**Baycrest @ HOME**

The Baycrest@Home Webinar series will kick off 2022 with a presentation by Kim Thornhill of Home and Community Care Support Services on

**Thursday, January 20, 2022, from noon to 1 p.m.**

She will answer frequently asked questions about long-term care. Her talk will cover topics such as eligibility requirements, waitlist prioritization, bed offers and new government directives that have changed the long-term care landscape in Ontario.

To Register, go to: [https://zoom.us/webinar/register/](https://zoom.us/webinar/register/)

---

**Coming in February 2022!**

We will be continuing our successful Nosh outings but trialing holding them after lunch. We will serve a snack and drink and enjoy live entertainment with friends in the beautiful space!
Resident Corner
The following pieces were written by Apotex 2 resident Harvey Graff.

I WISH FOR YOU....

Comfort on difficult days
Smiles when sadness intrudes.
Rainbows to follow the clouds.
Laughter to kiss your lips.

Sunsets to warm your heart.
Gentle hugs when spirits sag
Friendships to brighten your being.
Beauty for your eyes to see.
Confidence for when you doubt.
Faith so that you can believe.
Courage to know yourself.
Patience so you can accept the truth.
And love to complete your life.

Written by

Resident Roslyn Haupt and Recreationist Emily Sitter enjoy a fun moment during a Chanukah concert. Everyone loved the sufganyot, latkes and getting to take some gelt, Chanukah cards and dreidels to share with their grandkids and families!
Winter Proverbs and Sayings

“The Fire is Winter’s Fruit”

Origin: Arabian proverb

Meaning: The warmth of a fire is invaluable during the bleak days of winter.

“One Kind Word Can Warm Three Winter Months”

Origin: Japanese proverb

Meaning: A kind word of encouragement can be worth quite a lot. The value of kindness cannot be overstated.

“The Bee Works All Summer and Eats Honey All Winter”

Origin: Unknown

Meaning: Being industrious during a time of plenty and building a store or reserve can make the challenging times ahead much easier and more enjoyable.

January Puzzles

Searching for January

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

AQUARIUS
AUSTRALIA DAY
CALENDAR
CAPRICORN
CARNATION
COLD
FIRST
GARNET
GOAT (Capricorn)
JANUARY
MARTIN L. KING
NEW YEAR’S DAY
WATER BEARER (Aquarius)
WINTER
Apotex Leadership Team

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Extension</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mide Seyi-Ajayi</td>
<td>Executive Director</td>
<td>Ext. 6804</td>
</tr>
<tr>
<td>Lisa Marcovici</td>
<td>Director of Care</td>
<td>Ext. 3349</td>
</tr>
<tr>
<td>Cyrelle Muskat</td>
<td>Director, Quality, Systems &amp; Wellness</td>
<td>Ext. 3659</td>
</tr>
<tr>
<td>Nelia Cabral</td>
<td>Apotex 2 Manager</td>
<td>Ext. 2566</td>
</tr>
<tr>
<td>Tejas Patel</td>
<td>Apotex 3 Manager</td>
<td>Ext. 6238</td>
</tr>
<tr>
<td>Jessica Valleau</td>
<td>Apotex 4 Manager</td>
<td>Ext. 2569</td>
</tr>
<tr>
<td>Homaira Haqdad</td>
<td>Apotex 5 Manager</td>
<td>Ext. 6348</td>
</tr>
<tr>
<td>Selvi Krishnadasan</td>
<td>Apotex 6 Manager</td>
<td>Ext. 2482</td>
</tr>
<tr>
<td>Marlene Antonio</td>
<td>Apotex 7 Manager</td>
<td>Ext. 3195</td>
</tr>
<tr>
<td>Zarna Patel</td>
<td>Food Services Manager</td>
<td>Ext. 6658</td>
</tr>
</tbody>
</table>

Apotex Social Work

<table>
<thead>
<tr>
<th>Name</th>
<th>Apotex</th>
<th>Extension</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisa Sutherland</td>
<td>2 &amp; 6</td>
<td>Ext. 5746</td>
</tr>
<tr>
<td>Jessica Rochman Fowler</td>
<td>incl. 3RF &amp; coverage for A4</td>
<td>Ext. 2402</td>
</tr>
<tr>
<td>Daniel Navy</td>
<td>5 and Apotex 7</td>
<td>Ext. 5645</td>
</tr>
</tbody>
</table>

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) and Hayley Rosen (ext. 5602)

**Apotex 4** - Keeley Dougherty (ext.3885) & Jessica Sue (starting Jan 10)

**Apotex 5** - Sabina Ntim (ext.5169) & Jessica Sue (starting Jan 10)

**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)