

# Apotex

## Jewish Home for the Aged

Resident & Caregiver Newsletter July 2021

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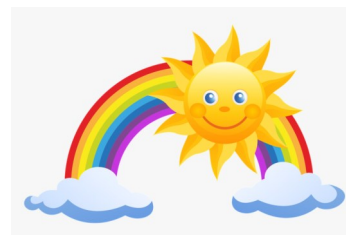
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Happy Canada day! Summer is officially here and the warm weather is upon us. We hope everyone is having lots of opportunities to get outside and enjoy the beautiful sunshine. It has been so lovely to see more family and friends coming to Baycrest to visit, plus we are able to offer more social gatherings and

programs to help everyone stay connected and engaged in meaningful activity.

We hope you all have a magnificent month, see you around the campus!



*Apotex resident Marjorie Francoz enjoys some warm and sunny weather with Baycrest Art Therapist Merav Gilboa during an outdoor program organized by the Therapeutic Recreation Department in the W.A. Café garden. Every floor of the Apotex has at least one outdoor program time slot per week and therapeutic*

*recreation staff have been planning fun and creative activities, such as summertime poetry sessions, adapted tai chi and outdoor active games!*

## Apotex COVID-19 Updates

### New Guidelines for Visits with General Visitors:

As you know, Baycrest recently resumed scheduled outdoor visits for Apotex residents in line with guidance from the Ministry of Long-Term Care. The Ministry is now permitting **indoor visits** for residents with mobility limitations or health conditions (i.e. factors unrelated to weather) that make an outdoor visit highly unlikely or impossible. Also in line with the Ministry's guidance, brief hugs will now be permitted between residents and their loved ones, regardless of vaccination status.



It is important to note that COVID-19 continues to pose a serious risk, both at Baycrest and in the community. We strongly encourage visitors to choose outdoor visits whenever possible, as the risk of transmission is lower outdoors.

Any residents or family members who have questions or would like to book a visit may call the scheduling office at 416-785-2500 ext. 2020. The scheduling office is open from 8 a.m. to 4 p.m., from Monday to Friday.

### Leaves of Absence

As we informed you earlier this spring, all residents are permitted short-term essential absences as part of our gradual reopening plan. These are absences for reasons such as groceries, pharmacies and outdoor physical activity. Medical and compassionate/palliative absences are also permitted.

In line with guidance from the Ministry, **fully immunized Apotex residents may now leave the building for short-term social absences and temporary absences**, effective Wednesday, June 9, 2021. Short-term social absences are social outings that are less than 24 hours and do not require the resident to be away overnight. Temporary absences involve two or more days and one or more nights away, for non-medical reasons. These absences require prior approval from the Apotex.

If you have questions about leaves of absence, please speak with your care team (directory is at back of this newsletter).

## What's on This Month!

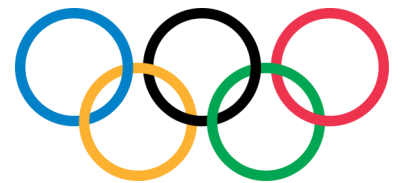
### Cool Virtual Programs

- ♦ Get your body moving and express yourself creatively through dance and movement with Rachel's virtual Movement to Music program. The program is adapted for all physical levels and abilities, anyone can try.
- ♦ Join us every month for a ZOOM visit with the adorable Shi-tzu Luna and her owner Eden. This virtual program is always full of engaging discussion, reminiscence and even some pet-themed music and singing.
- ♦ Virtual programs are offered on various days. Please speak with your therapeutic recreation staff for more information (see directory at end of this newsletter).

Did you know the on-floor recreation rooms are open for group programs again? See your floor calendars for more details.

### The Baycrest Summer Olympics

Get into the Olympic spirit! Starting in July, every time a floor comes down to the W.A. garden for an outdoor therapeutic recreation program, they will add their floor to our Baycrest Summer Olympics poster, which will be posted for all to see out in the garden. The floor who participates in the greatest variety of outdoor programs over the course of the summer wins! The winning floor will be announced in the September newsletter.

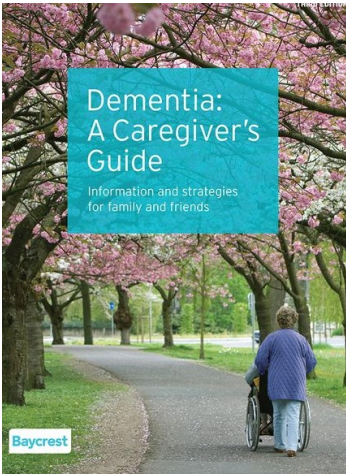


### Apotex Residents' Advisory Council

The next meeting is on Tuesday, July 20, 2021, from 1:45-2:45 p.m. on ZOOM with guest Nelia Cabral, Unit Manager on Apotex 2. We have asked Nelia to come and talk about the resident "aging in place" philosophy and what strategies Baycrest uses to ensure we're meeting the needs of residents on the different floors of the Apotex. If you are interested in attending, please speak with your therapeutic recreation staff (directory is at the end of this newsletter).



## Caregiver Corner



*Dementia: A Caregiver's Guide* teaches caregivers how to help a person with dementia remain active and participate in meaningful activities for as long as possible. It also highlights the need for caregivers to take time to care for themselves. For more information or to purchase a copy, please visit <https://shop.baycrest.org/>

**Caregiver Tip!** It is so important to take care of yourself and look after your own well-being. Here are some reflection questions you can ask yourself to get started:

- ♦ *What makes you 'you'?*
- ♦ *When is the last time you gave yourself permission to explore elements necessary for your well-being?*
- ♦ *What is your vision of your best life?*

Think about the following quote: *"Trust the journey, embrace the detours."* Does this quote resonate with you? What does it mean to you? Talk about your own health and well-being with those around you who you love. Your journey to well-being shouldn't be a solo mission!



THE ONTARIO

**caregiver**  
ORGANIZATION

If you support someone in need and feel anxious and overwhelmed with your caregiving responsibilities, you're not alone. The Ontario Caregiver Organization

(OCO) exists to support Ontario's 3.3 million caregivers; ordinary people who provide physical and emotional support to a family member, partner, friend or neighbour. The OCO supports caregivers by being their one point of access to information so they have what they need to be successful in their role. Visit their website at <https://ontariocaregiver.ca/>



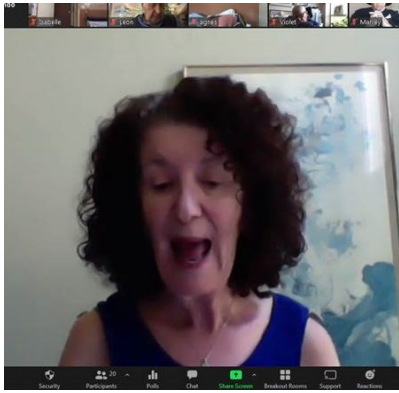
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## Around the Centre



Cantor Eleanor Rice performs monthly concerts via ZOOM for our residents. We get upwards of 50 residents from the Apotex attending these programs virtually.

A5 resident

Manley Walters enjoys a special visit with our Fathers' Day cart. The carts were beautifully decorated and included greeting cards from a local high school, chocolate cigars, dad socks and other neat keepsakes for all the special men here in the Apotex!



**Tisha B'Av**

### **Tisha B'Av - Sunday, July 18th**

Tisha B'Av, the ninth day of the month of Av, is the major day of communal mourning in the Jewish calendar. Although a large number of disasters are said to have befallen the Jews on this day, the major commemoration is of the

destruction of the First and Second Temples in Jerusalem in 586 B.C.E. and 70 C.E., respectively.

### **Apotex Spiritual Care Team**

Rabbi Geoffrey Haber - ext. 3743

Rabbi Rena Arshinoff - ext. 5754

Rabbi Adam Law - ext. 6242

**Baycrest**

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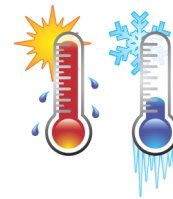
## Merci Canada!

Canada has given the world many significant innovations, and they deserve to be celebrated.

With over a million inventions, patents and discoveries made by great Canadians, it is impossible to name them all.

- ♦ **Ice Hockey:** In Montreal, the first official ice hockey game with specific rules was played on March 3, 1875. It was also the first indoor ice hockey game played, and the rules made on that day are still used today, including dimensions of the rink, what can be used as a puck and how the puck can be passed.
- ♦ **The Cardiac Pacemaker:** In 1950, Canadian electrical engineer John Hopps built on past research, observations and experimentation to make a radical innovation: the first external cardiac pacemaker.
- ♦ **Electric Wheels:** In 1953, the world opened up for wheelchair users, thanks to Canadian inventor George Klein and his devoted team. Klein was a Hamilton, Ontario-born inventor and is often considered the most “productive” Canadian inventor, despite initially struggling in school. After graduating with a degree in mechanical engineering from the University of Toronto, he became a prolific inventor.

## Cool Canadian Facts



Canada's lowest recorded temperature was as cold as Mars (it was -63 degrees in a small village of Snag in 1947).



Canada has 10% of the world's forests.



Canada covers a total area of 3.855 million square miles. The immense size makes the country the largest in the Western Hemisphere and second-largest country on earth.



## **Resident Corner**

Where we profile interesting stories about residents living in the Apotex

### **The Flashy Photographer**

Meet Douglas, a resident from Apotex 2, and a very talented photographer. Douglas has been a photographer for over 50 years. He has owned a variety of different cameras over the years, including digital, professional and polaroids. His favourites though, are his collection of Nikon professional cameras with a variety of different lenses. Douglas particularly loves taking pictures of people—both strangers and those close to him.



After photographing his subjects, Douglas would take the film and develop the photos in his dark room where he could enlarge photos, zoom in on them, and develop them in black. One of his favourite parts was gifting the photographs to his subjects.

Douglas travelled to many places to take photographs, including New York, France, Switzerland, Bali and many more. If he could go anywhere to take more photos it would be to the coral reefs. Imagine all the beautifully coloured photos you could get! “Every picture tells a story. You freeze a moment in time and then you can pull it out and reminisce on that memory later,” Douglas says.

Douglas has many shoe boxes and photo albums in his room filled with photographs. One of his favourites is a photo he took of a woman in Bahamas over 25 years ago – she has more than a dozen cats behind her in that photo!

Douglas offered some photography advice to everyone out there:

- ⇒ Never go anywhere without a camera.
- ⇒ If you see something that catches your eye, take a picture.
- ⇒ Some of the best places to take photos are from train station windows and at airports.

### **Apotex Leadership Team**

Simon Akinsulie	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	Apotex 4 & 7	Ext. 2990
Jessica Rochman Fowler	Apotex 3 including Transitional Behavioral Support Unit	Ext. 2402
Daniel Navy	Apotex 5	Ext. 5645

### **Apotex Therapeutic Recreation**

**Apotex 2** - Jessica Baker (ext.5879) and Janice Ocampo (ext.2313)

**Apotex 3** - Jenypher Ashby (ext.5490) and Janice Ocampo (ext.2313)

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

**Apotex 4** - Keeley Dougherty (ext.3885) and Jackie Reale (ext.2543)

**Apotex 5** - Sabina Ntim (ext.5169) and Keeley Dougherty (ext.3885)

**Apotex 6** - Paula Carcamo (ext.5430), Pardeep Basra (ext. 2340) and Shari Fremeth-Tepper (ext.2207)

**Apotex 7** - Kelly Rose (ext.3162) Pardeep Basra (ext. 2340) and Shari