



Apotex

Jewish Home for the Aged

Resident & Caregiver Newsletter July 2022

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*"If I had my way, I'd remove
January from the calendar
altogether and have an extra
July instead."* – Roald Dahl

Happy Canada Day and happy
summer! It's been so wonderful
seeing so many of our
Residents, caregivers and staff

out and about enjoying more
programs and activities
outdoors and around the
Baycrest campus. We hope
you enjoy this edition of the



Resident
newsletter! Have a
great month.



*On Thursday, June
9th, Residents in the
Apotex got to take a
trip down to the garden
to have a visit with
some friendly farm
animals. There were
goats, alpacas and
bunnies. Residents
were smiling from ear
to ear and loved the
experience! Here,
Apotex 2 Resident
Marjorie Francoz,
enjoys a sweet visit
with a soft and cuddly
bunny rabbit.*

What's on this month!

Welcoming Volunteers Back to Baycrest

After a long pause due to COVID, we are pleased to share that volunteers are starting to return to the Baycrest campus.

Volunteers will be spending time socializing with residents, others will be assisting with art, music, and fun recreational activities. This summer you will see volunteers helping out with the Apotex outings and unit BBQs. Join us in welcoming back volunteers to Baycrest!

Spiritual Care Prayer and Synagogue Services return!

Orthodox Sabbath services in the Wolinsky Synagogue on the second floor of the Posluns building
Saturdays - 9:00 - 11:15am

Join Rabbi Adam Law for a Torah class and Orthodox Mincha service in the Apotex 2 Recreation room.

Torah class: Monday at 3:40pm

Prayers: Monday and Thursday at 4:15pm
Men and women welcome



Please let your floor recreationist know if you are interested in attending these services

COVID-19 News & Updates

As COVID-19 activity continues to decrease on our campus and in our community, we are pleased to share that



Baycrest has entered the next phase of its gradual reopening as of Monday, June 20, 2022.

Below are some key changes that will start to take place in the coming weeks as part of this next step:

You may notice an increase in foot traffic on our campus as we increase capacity limits in certain spaces, such as our ambulatory clinics and research settings.

We will begin resuming more of our programming for clients, including a phased reopening of the Creative Arts Studio, with capacity limits in place to ensure everyone's safety.

Please note that there are no changes to our infection prevention and control (IPAC) protocols at this time, including screening, universal masking, hand hygiene, physical distancing and vaccination.

Resident Food Committee

Monday, July 11th

10:30-11:30am in the Apotex 2 Recreation room

Questions? Contact Zarna Patel, Food Service Manager at extension #6658

Resident 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 July we focus on the following resident rights:

3. Every resident has the right to have their participation in decision making respected.
4. Every resident has the right to freedom from abuse.

Resident Quality Improvement Plan (QIP) Updates

Our residents and families told us, through surveys and at resident and family council meetings, that they want more variety in the type of religious programs offered. Together with the department of spiritual care and culture & arts, the Apotex recreation team wants to ensure that residents participate in religious activities that have meaning to them. This is another improvement goal for the Apotex over the next year. We also heard from residents that we need to improve the Shabbat experience. Based on your feedback, we will be making changes to the Shabbat programs, including Welcoming Shabbat and the Friday night experience. One small change that's already been introduced includes playing Shabbat songs before the Friday night meal. If you have feedback or ideas, please share them with a member of the recreation team.

Upcoming Residents' Council Meeting

Tuesday, July 19th, 2022 from 1:45-2:45pm

In-person in the Apotex 2 Recreation room



This month we will be joined by Emily Sitter, Arts in Health Coordinator, Culture & Arts at Baycrest to discuss the new Culture and Arts needs assessment and some preliminary results of the Shabbat survey.

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.

Spiritual Care at Baycrest:

The Seventeenth of Tammuz - Sunday, July 17th 2022

The Seventeenth of Tammuz marks a Jewish fast day commemorating the breach of the walls of Jerusalem before the destruction of the Second Temple by the Romans in 586 BCE. It falls on the 17th day of the 4th Hebrew month of Tammuz and signals the beginning of the three-week mourning period leading up to Tisha B'Av (9th day of Av when the Temple was destroyed). The day also traditionally commemorates the destruction of the two tablets of the Ten Commandments and other



historical calamities that befell the Jewish people on the same date.

The fast of Tammuz, according to Rabbi Akiva's interpretation, is the fast mentioned in the Book of Zechariah (Zechariah 8:19) as "the fast of the fourth [month]" which refers to Tammuz, which is the fourth month of the Hebrew calendar. Thus the Biblical Prophet foresaw the destruction of the Second Temple, even before it was built. According to the Mishnah, five calamities befell the Jewish people on this day:

Moses broke the two tablets of stone on Mount Sinai;

The daily Tamid offering ceased to be brought;

During the Roman siege of Jerusalem, the city walls were breached, leading to the destruction of the Second Temple on Tisha B'Av;

Prior to Bar Kokhba's revolt, Roman military leader Apostomus burned a Torah scroll;

An idol was erected in the Temple.

The Babylonian Talmud places the second and fifth tragedies in the First Temple period.[6]

The Seventeenth of Tammuz continued...

The 17th of Tammuz occurs forty days after the Jewish holiday of Shavuot. Moses ascended Mount Sinai on Shavuot and remained there for forty days. The Children of Israel made the Golden Calf on the afternoon of the sixteenth of Tammuz when it seemed that Moses was not coming down when promised. Moses descended the next day (forty days by his count), saw that the Israelites were violating many of the laws he had received from God, and smashed the tablets.

As a minor fast day, fasting lasts from dawn to shortly after dusk. It is customary among Ashkenazi Jews to refrain from listening to music, public entertainment, and haircuts on fast days, and on this occasion because it is also part of The Three Weeks (Bein haMetzarim). The three weeks beginning with the 17th of Tammuz and ending with the Ninth of Av are known as Bein haMetzarim ("between the straits", i.e. between the days of distress), or The Three Weeks. Some customs of mourning, which commemorate the destruction of Jerusalem, are observed from the start of the Three Weeks.

If the 17th of Tammuz falls on a Shabbat, the fast is instead observed the next day, the 18th of Tammuz (on Sunday). This will be the case this year 17 July 2022 which is 18 Tammuz 5782. A Torah reading, a special prayer in the Amidah (Aneinu), and in many, but not all, Ashkenazi communities Avinu Malkenu are added at the morning Shacharit (morning) and Mincha (afternoon) services. Ashkenazi congregations also read a haftarah (from the Book of Isaiah) at Mincha. Congregations also recite during Shacharit a series of Selichot (special penitential prayers) reflecting the themes of the day.

May our remembrance of the breach of Jerusalem's walls on 17 Tammuz and the forthcoming observance of Tisha B'Av serve as a reminder of not only the suffering of our people, but also of our resilience to never give up, thus leading us to the restoration of the People of Israel in the Land of Israel after 2000 years of exile.

Rabbi Geoffrey Haber, Director
Spiritual Care Department, Baycrest

Caregiver Corner

Lightening the mood improves quality of life

The world doesn't have to constantly be dark and depressing if you're caring for an older adult with dementia or if their health is declining. It might sound counter-intuitive, but these are the times when a dose of humor is most needed. Trying to see the funny or positive side of things whenever possible lightens the mood and improves overall well-being.

Laughter helps people cope with difficult emotions

It turns out that humor is a very effective way of coping with the difficult emotions that come with caregiving and aging.

In a research study, over 75% of recurrent cancer patients and those facing terminal illness said that maintaining a sense of humor was very important. It was right up there with being pain-free.



On Friday, July 15th at 10:30 in the Apotex 2 Recreation room, we'll be joined by the Brothers for Life organization which helps provide support for wounded soldiers to talk about their experiences and share our own.

Around the Community

Fun Philippines Toronto Street Festival

A two-day street festival showcasing the best of Filipino culture highlighting its colourful cuisine, music and heritage, all celebrated with Filipino warmth and hospitality.

Jul 23-24, 2022. Bathurst Street and Wilson Avenue



Wednesday July 20 at 7:00PM

BEBY'S Continuing Ed presents

Reel & Spiel

ARCHIVE COLLECTION

Amy Irving

Crossing Delancey

A funny movie about getting serious.

Bruria Cooperman, author and BEBY member will give a review after the film

In person with us at Beth Emeth
register here: beby.org/event/july20

Resident Reflections

June has been such a fun and busy month! Here are some more shots of our Residents enjoying all the activities happening around campus



Apotex 2 Resident Fred Abrams (above) enjoys the beautiful sunshine and delicious BBQ in June. This summer every unit in the Apotex will have 2 opportunities for outdoor BBQs.

Residents from across the Apotex enjoyed visiting with farm animals on Thursday, June 9th. Pictured here are Marvin Woznika and Dr. Joseph Starr and his wife (top left and bottom left).

Resident Reflections

We have another installment of beautiful poetry by Apotex 3 Resident Pearl Karal this month:

93 Words for 93 Years

93 is a number, but is it an age?
Can any number measure the gifts that I treasure?
What has this number given me?

Primarily, a sense of gratitude
For the gifts of living, experiencing and loving.

For the privilege of producing life, and nurturing it in my children's lives.

For awareness, for the richness of my senses, for understanding.

For humour with its special bonus of laughter.

For enthusiasm, playfulness, and the sense of wonder.

And for the marvel of having lived all these years.

Life is a long progression through stages culminating ideally in the wisdom of maturity.

93 words, 93 years and counting ...

Pearl Karal
August 27, 2018



Canada Day Interesting facts

Canada day wasn't always known as "Canada Day!"

So much is in a name, right? It may shock many people to know that Canada Day was not always known as such. It actually was not until well after 1982, i.e., 100 years after the very first celebration, that Dominion Day was officially re-branded as Canada Day. Declaring July 1st, 1867, as Dominion Day originally made sense to lawmakers because the four colonies that made up the Canadian Confederacy: Upper Canada, Lower Canada, Nova Scotia, and New Brunswick, had united under one or a single dominion within the British Empire.



An International Holiday

As previously mentioned, after 1982, Canada Day was official in more ways than one. With a new name and national recognition, Canada Day was ready for the big stage and thus set its sights on international fame. Unsurprisingly, travelers can now get in on the festivities throughout North America and across the pond since 2006 (in London's Trafalgar Square, in the United Kingdom). But that's not all; thanks to Canadian ex-pats and students, celebratory events now take place all over the world, including in Mexico, China, and Hong Kong.

Moving Day

Canada Day has turned into a true independence party with fireworks, parades, picnics, and barbecues despite its humble and semi-peaceful beginnings. Canada Day is many things to many people and it is also the perfect time to brush up on your O Canada lyrics and sing your heart out. That said, if you happen to be in the providence of Quebec on Canada Day, do not be surprised by all the moving trucks. Quebec has a long-standing tradition of mandating the end of rental leases on July 1st.

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
	Apotex 7 E/I and 7 R/F (Interim)	
Tejas Patel	Apotex 3 Manager	Ext. 6238
	Apotex 5 R/F Manager (Interim)	
Jessica Valteau	Apotex 4 Manager	Ext. 2569
	Apotex 5 E/I Manager (interim)	
Selvi Krishnadasan	Apotex 6 Manager	Ext. 2482
	Apotex 5 G/S Manager (interim)	
	Apotex 7 G/S Manager (interim)	
Zarna Patel	Food Services Manager	Ext. 6658

Apotex Social Work

Lisa Sutherland	Apotex 2 & 6	Ext. 5746
Jessica Rochman Fowler	Apotex 3	Ext. 2402
Kyle Forman	Apotex 4	Ext. 6570
Daniel Navy	Apotex 5 & 7	Ext. 5645

Apotex Therapeutic Recreation

Apotex 2 - Georgia Campbell (ext.6423) & 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)

Apotex 5 - Liisa Lamminen (ext. 6598)

Apotex 6 - Shari Fremeth-Tepper (ext.2207) and Karm Dhaion (ext. 6176)

Apotex 7 - Shari Fremeth-Tepper (ext.2207) and Karm Dhaion (ext. 6176)

TR Specialist Certified - Apotex - Rachel Gavendo (ext. 5493)