



Apotex

Jewish Home for the Aged

Resident & Caregiver Newsletter June 2022

IN THIS ISSUE

What's on this
month..... 2

Resident
Rights and
Residents'
Council.....3

Shavuot.....4

Caregiver
Corner.....6

Resident
reflections.....7

Staff
Directory.....8

It's June - The month so many of us anxiously wait for so we around the city, outdoor can finally take off our heavy Resident BBQs and so much coats, get some much needed more. We hope you all have a vitamin D and soak up the fabulous month.

beautiful warmth and sunshine outdoors! On June 21st, summer will officially begin and we hope everyone gets a chance to join us for some of our amazing programs and events this month! To name a few, there's a mobile petting zoo coming to visit, bus outings

*"Far up in the deep blue sky,
Great white clouds are floating
by; All the world is dressed in
green; Many happy birds are
seen, Roses bright and
sunshine clear Show that
lovely June is here."*

— F. G. Sanders



In May, Residents in the Apotex helped create these beautiful Mothers' Day floral centerpieces which were used in every dining rooms across the building. They brought smiles to everyone's faces and Residents were so happy to see so much colour and something bright on the units.

What's on this month!

BBQs

Starting on June 14th, every unit of the Apotex will get to enjoy 2 outdoor BBQs over the course of the summer! Sign up with your TR staff.

Mobile Farm!

On Tuesday, June 7th, we will be welcoming some furry friends for an on-site petting zoo experience for our residents! We will have 4-6 small animals, a mini horse, mini donkey, sheep and alpaca. See calendars for each floor's schedule

Outings

Also starting in June, we will see the return of our famously fun Resident bus outings! Locations include beautiful parks in the GTA, galleries, shopping malls and more!



Fathers' Day

We want to wish all the fabulous fathers and men in our lives a happy Fathers' Day on Sunday, June 19th. We will be taking family photos on the main floor and creating cards for every gentleman to take home.

We love you!!

Did you know?

Apotex Resident Gardening Days!

Join Cindy to help plant some beautiful plants for Apotex Residents to enjoy all summer!

Friday June 3

10:00 – 12:00 & 1:30-4:00

South Garden facing Baycrest Ave.

Wednesday, June 8th 1

0:00 – 12:00 & 1:30-3:30

Apotex North Secure Wandering Garden



VIRTUAL CAFÉ EUROPA

Mingle with friends and connect over music!

Wednesday, June 1st from 1:45-3:15pm

With special guest Rita Maslov!

Please contact your Therapeutic Recreation Staff if you'd like an iPad to view this program. **Please note this is a special social program for the holocaust Survivor community**

Resident Rights



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 last month.

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 June we focus on the following resident rights:

- 1) Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's inherent dignity, worth and individuality, regardless of their race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability.
- 2) Every resident has the right to have their lifestyle and choices respected.

Resident Quality Improvement Plan (QIP) Updates

In reviewing the results from our resident quality of life surveys, we know that the home can do better in giving residents more choice in deciding when to go to bed. In keeping with the Resident Bill of Rights and importance of decision making, one of our top quality improvement projects over the coming year is to make sure more residents feel they are making the decision on when they go to bed.

Upcoming Residents' Council Meeting

Tuesday, June 21st, 2022 from 1:45-2:45pm

In-person in the Apotex 2 Recreation room OR virtual on iPads

This month we will be joined by Mide Sey-Ajayi, Apotex Executive Director to discuss the results of the latest ministry inspection report of the home and Jessica Winter, Museum Coordinator. 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



Happy Shavuot

Synagogue Service Schedule

Traditional Services

Location: Wolinsky Synagogue, 2nd floor Posluns Building

Sunday, June 5, 2022 @ 9:30 a.m.

Monday, June 6, 2022 @ 9:30 a.m.

Reform Services

Location: The Nosh, 1st floor Hospital Building

Sunday, June 5, 2022 @ 2:00 p.m.

Monday, June 6, 2022 @ 2:00 p.m.

Please note that due to COVID-19 precautions, in-person services are restricted to a maximum of up to 40 residents in Wolinsky Synagogue and The Nosh. If you would like to express interest to attend, please contact the Therapeutic Recreationist on your floor.

Please know that staff will do their best to promote equal access and ensure all residents who wish to participate have the opportunity to do so. For those unable to attend in-person services due to capacity restrictions, please note that virtual services can continue to be accessed on Channel 988 on resident's televisions and on Unit TV's YouTube playlist.

For any questions/concerns please contact Spiritual Care at ext. 3743 and/or Culture & Arts ext. 2300.



Chag Shavuot Sameach!

Shavuot , the “Feast of Weeks,” is celebrated seven weeks after Passover. Since the counting of this period begins on the second evening of Passover, Shavuot takes place exactly 50 days after the seder. Hence, following the Greek word for “fifty,” Shavuot is also referred to sometimes as Pentecost.



Although its origins are to be found in an ancient grain harvest festival, Shavuot has long been identified with the giving of the Torah on Mount Sinai.

Shavuot combines two major religious observances. First is the grain harvest of the early summer. Second is the giving of the Torah on Mount Sinai seven weeks after the exodus from Egypt. The first determines the ritual for the holiday, which was one of the three pilgrimage festivals of ancient Israel, when Israelite males were commanded to appear before God in Jerusalem, bringing offerings of the first fruits of their harvest. The second determines the significance of the holiday for Judaism, tying it in with the seminal event of Jewish religious memory, namely the entering into a covenant between God and Israel, exemplified by Israel’s assumption of Divine law.

By associating an ancient holiday of the grain harvest with the exodus from Egypt, Jewish tradition has imbued Shavuot with religious significance derived from the foundational event in Jewish historical consciousness. In the specific case of Shavuot, this takes the form of the entering into a covenant or formal agreement between God and Israel at Mount Sinai. This is a joyous time, since it is the moment at which God and Israel entered into a figurative marriage with each other, the hopeful springtime of their relationship.

Article from myjewishlearning.com

Caregiver Corner

Apotex Family Advisory Council

The advisory council meets monthly to discuss issues that support comprehensive and compassionate care for the residents of Baycrest. The council makes recommendations on many matters of importance to residents. The council also provides feedback on issues that are brought forward from Baycrest staff and administration.

If you are interested in finding out more about the council and how you can get involved, please call 416-785-2500, ext. 5707



Community Events



PRESENT



COPING WITH DEMENTIA: A PRIMER FOR FAMILY CAREGIVERS

Strategies for family & friends



FEATURE SPEAKER:

**DR. ADRIANA
SHNALL**

Program Director, Koschitzky Centre for
Innovations in Caregiving-Baycrest Health Sciences

**Wednesday, June 1st 7:00pm on
ZOOM**

To register for this education session
please visit:

[https://www.adathisrael.com/event/
coping-with-dementia/](https://www.adathisrael.com/event/coping-with-dementia/)

Dr. Adriana Shnall is the Program
Director, Koschitzky Centre for
Innovations in Caregiving-Baycrest
Health Sciences. Prior to this, she

was the Manager and Professional Practice Chief for Social Work and Manager for the Koschitzky Family Caregiver Centre, the Seniors Counselling and Referral and Senior Support Programs at Baycrest. Adriana has 30 years of clinical experience working with older adults and their families. Dr. Shnall integrates clinical practice, education and research in the area of family caregiving with an expertise in evidence based, innovative family caregiving initiatives.

Resident Reflections

The residents of Apotex 4 Redbird Floral are avid colourers. As a more eco-friendly option, Recreationist Keeley Dougherty, along with the nursing staff, came up with the idea to purchase a dry erase colouring board for the unit so residents would be able to use it over and over again. The Residents can come and go as they please and create wonderful masterpieces together. There are two different designed dry erase boards that are switched out every couple weeks.



This month we are showcasing poetry by Apotex 3 Resident Pearl Karal:

I am not alone

I am not alone when I am in nature
 I am part of it, an integral part of it.
 Nature and I are one,
 A breeze caresses my skin, tousles my hair,
 Plays hide and seek with me.
 The smell of greenery fills my nostrils and lungs
 And becomes part of the breath that keeps me alive.
 Darkness miniaturizes my world,
 Envelopes me like a cloak, and I hide in darkness
 A desert lures me to join in its mystical presence, to explore it,
 But I resist because it feels like the call of the Sirens.
 Threatening natural events hold me in their power,
 And I feel my smallness.
 Lightening and thunder fill me with awe.
 The Aurora Borealis rolls and spreads billows of colour, and I am lifted up in its sweep.
 I am like a grain of sand, infinitely small, unimportant in itself,
 But definitely a vital, a real component.
 I am never alone in the universe
 I am alive, not alone in my universe.

Pearl Karal June 26, 2017

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
	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)	
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
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 - Vivian Han (ext. 2242)

Apotex 7 - Shari Fremeth-Tepper (ext.2207)

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