



Apotex

Jewish Home for the Aged

Resident & Caregiver Newsletter March 2021

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Can you hear the birds chirping yet? Has the snow started to melt? March is that glorious month where we begin saying goodbye to winter and the beautiful re-birth and renewal of spring is around the corner.

This year, spring begins on

March 20, shortly followed by Pesach beginning on Saturday, March 27. Wishing you all a Chag Sameach.

Check out the rest of this newsletter with updates about holiday programming.



Apotex resident Simmy Hyman receives a visit from the Heart Cart in February with recreationists Shari and Paula. These beautifully decorated carts travelled around floor-to-floor and visited residents in their rooms. The carts had fun activities and lovely greeting cards from students at Bialik Hebrew Day School.

Stay tuned for our March carts - Passover, spring and Easter themes.

Apotex COVID-19 Updates

Please note, there continues to be a building-wide outbreak declared in the Apotex. This allows our staff to apply preventative outbreak control measures across the all floors and units, even when there are no active cases on a particular unit.

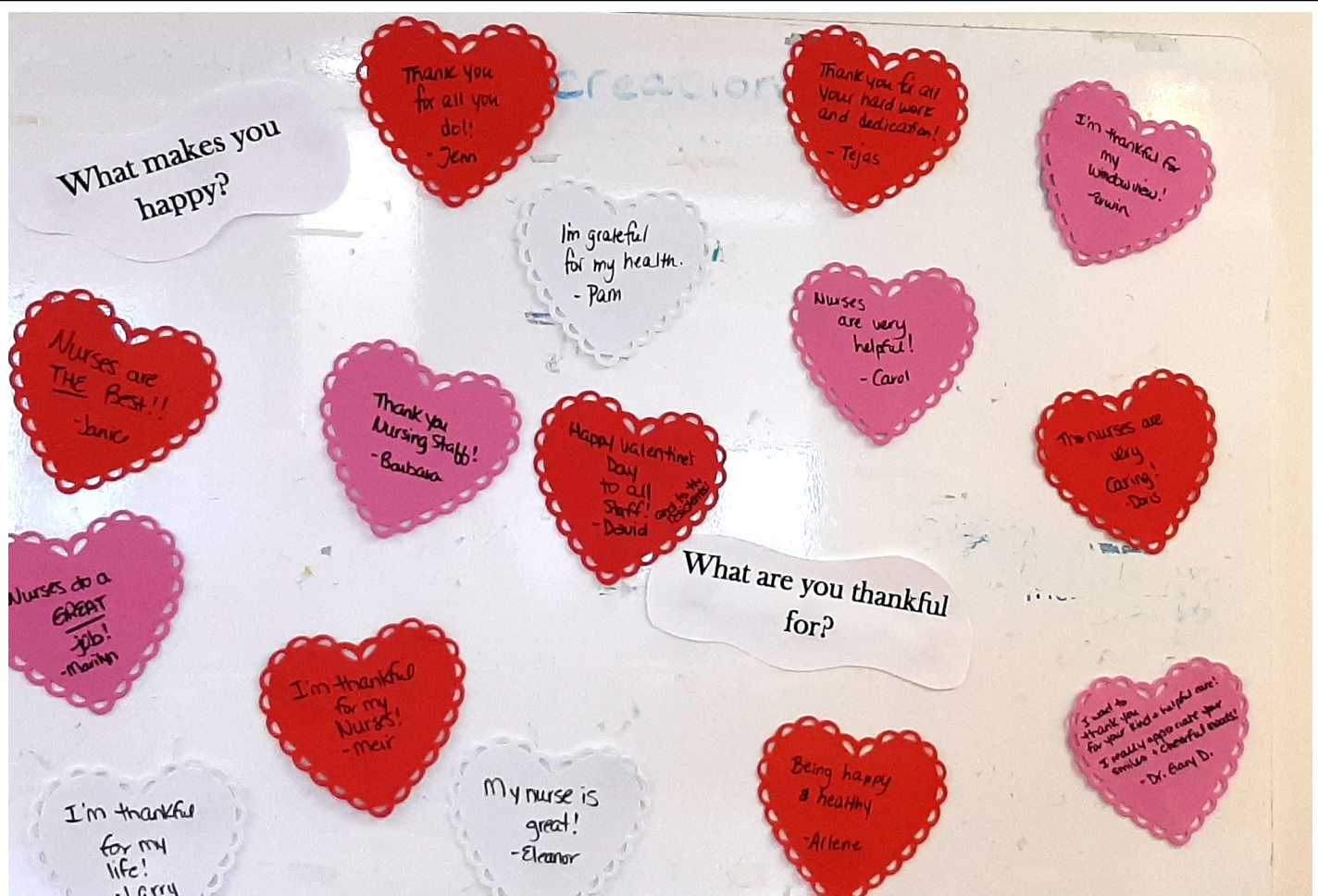


As of February 24, there is:

1 Resident COVID-positive cases on Apotex 4 E/I

2 Apotex staff COVID-positive cases

****Staff who test COVID-positive are isolating in their own homes.****



During the month of February, residents from the Apotex helped fill out these heart-shaped cards that were used as decoration on the floor. They filled the cards with thoughtful messages of caring and gratitude.

What's on This Month

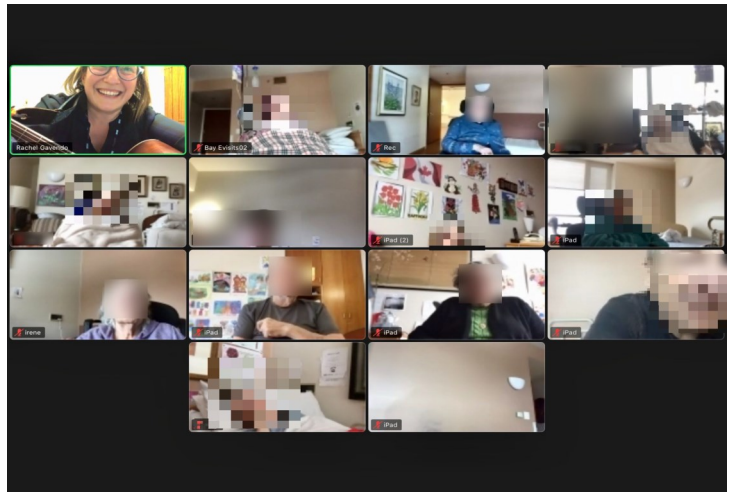
This month, you can look forward to the following fun activities (also check out the Passover section of this newsletter for more activities and events):

Weekly Printed Activity Packages and Russian Newspapers

We are still creating weekly fun and engaging, printed activity packages, which contain exercises, mindfulness activities, reminiscence questions, trivia, weekly Torah portions and more, that you can enjoy on your own or with your caregivers. We have also been receiving weekly donations of two community Russian newspapers. These are free for residents and caregivers—please speak with your therapeutic recreation staff if you'd like to receive them.

New Virtual Recreation Programs for Residents in the Apotex

We are excited to announce that this month we will be trialing more virtual recreation programs across the entire building. Residents in every neighborhood will have chances to participate. The programs include gentle fitness, sing-along, Shabbat, Art on the Brain, discussion and reminiscence, to name a few.



Apotex Residents' Advisory Council

In February, 17 members of the Apotex Residents' Advisory Council (RAC) were able to get together virtually on ZOOM for a meeting. We discussed COVID-19 updates and recreation programs, and residents had a chance to ask questions of Simon Akinsulie, Executive Director and Nelia Cabral, Manager for Apotex 2. The plan is to try this again and give different residents a chance to attend the meeting in March. The meeting is scheduled for Monday, March 22 at 1:45 p.m. If you would like to attend, please speak with your therapeutic recreation staff or social worker.

Let's Reminisce

Use these conversations starters with your caregivers, family or staff.

- Do you enjoy the spring? What types of activities can we do once spring arrives?
- Do you have a green thumb? Did you plant flowers, vegetables or both? How did being in the garden make you feel?
- Many say that spring is a time for re-birth and renewal. Do you agree or disagree? Why?

Quotes of Elizabeth Barrett Browning

Elizabeth Barrett Browning was an English poet of the Victorian era, popular in Britain and North America during her lifetime. She was born on March 6, 1806



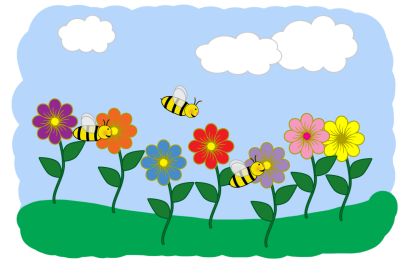
*"I love thee to the depth
and breadth and height my
soul can reach. "*

*"What I do and what I
dream include thee, as the
wine must taste of its own
grapes. "*

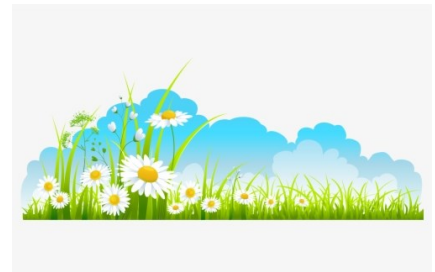
"Light tomorrow with today."

*"Measure not the work until the day's out and
the labor done."*

Super Spring Facts



On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of uninterrupted daylight. A person at the South Pole would see the sun skimming across the horizon, signaling the start of six months of darkness



The first spring flowers are typically lilacs, irises, lilies, tulips, daffodils and dandelions. For the Japanese, the opening of the cherry blossom, Japan's national flower, in March or April signals the start of spring.

Caregiver Corner

WEBINAR! Out of Touch: Caregiving in the time of COVID-19

Social distancing, while necessary during the COVID-19 pandemic, creates challenges for caregivers to connect with loved ones amid an unprecedented time of global health and economic crises. Join Dr. Nasreen Khatri to learn how to optimize social connection with loved ones and get the emotional support you need and deserve as a caregiver.

March 4th, 2021 12:00 PM

Register: https://zoom.us/webinar/register/WN_5JfuDup_QNKXd4ntLTwiNA

Have you heard about Baycrest's ArtontheBrain app?



ArtontheBrain is an online recreation activity designed for all older adults, including those with cognitive decline. The app presents visual art in an interactive, online environment

through a series of enjoyable learning tools. ArtontheBrain offers older adults a way to stay informed and connected while maintaining their social and cognitive health. Powered by Baycrest and supported by CABHI, this scientifically validated intervention also helps to build the relationship between older adults and their circle of care through a virtual platform. The app is easy to use and can be accessed and enjoyed at any time.

Registrations for ArtontheBrain are now free for Canadian residents until June 30. Visit artonthebrain.org to sign up.

Helpful tip: Reading poetry and viewing art can be an amazing way for caregivers to connect with residents. Just remember, there is no right or wrong. You can ask questions like "Do you like this piece of art? Do you hate it? What do you see in it?"

You can also ask the resident to try reading parts of a poem and then have a conversation about what they liked about the poem. You can also ask general, open-ended questions about themes in the poetry, such as love, life, happiness, etc.

Baycrest

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Passover - Saturday, March 27, 2021

Passover, or Pesach in Hebrew, is one of the three major pilgrimage festivals of ancient Israel and commemorates the Exodus from Egypt. Its name comes from the miracle in which God “passed over” the houses of the Israelites during the tenth plague. Centered on the family or communal celebration of the Seder (ritual meal), Passover is one of the most beloved of all Jewish holidays.



Stay tuned for the following Passover activities and celebrations:

Even if the Apotex remains on building-wide outbreak, there are still many ways we can celebrate Pesach.

- * Watch a Seder video, which can be viewed before supper on the night of the two Seders.
- * Enjoy a delicious festive meal for the first two nights of Pesach. Menu designed in consultation with the residents.
- * Listen to recorded Kiddush and other haggadah prayers, which will be played in the dining rooms during meal times.
- * Watch recorded Passover synagogue services, which are available to view on iPads/TVs borrowed from Baycrest.
- * Enjoy a Passover holiday cart, which will visit room-to-room/unit-to-unit with Passover activities, reminiscence and greeting cards from local students.

Resident Corner

Where we profile interesting stories about residents living in the Apotex



Meet Roselyn Haupt, a resident of the Apotex who enjoys painting every day at Baycrest. Even during the outbreak, Roselyn has continued to paint and decorate her room with her beautiful artwork. "After my stroke, I realized I've got to do something. I'm going to do everything I possibly can to feel better. I painted years ago but never thought I'd get back into it."

Roselyn says when she wakes up and sees her paintings around her room, it puts a smile on her face.

Roselyn has even considered putting her paintings up on her ceiling as the space on her walls is quickly filling up!

Tune into Channel 988 on March 8th and March 22nd for a concert with Apotex resident Karen Bogach at 3:30pm

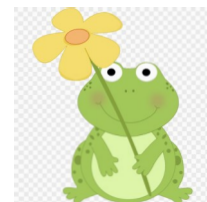


Many may remember Karen from Sunday concerts and her monthly Monday evening concerts. We know everyone will enjoy this opportunity to have a little taste of live music.

Next Month...

April 2021

- *Highlights from Passover*
- *Easter celebrations*
- *Earth Day*
- *Lag B'Omer*



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
Homaira Haqdad (interim)	Apotex 4 Manager	Ext. 6348
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

Tanya Klochkov	Apotex 2 & 4	Ext. 2990
Vacant	Apotex 3 E/I, 3 G/S & Apotex 5	Ext. 2185
Jessica Rochman Fowler	Transitional Behavioral Support Unit	Ext. 2402
Heather Lisner-Kerbel	Apotex 6 & 7 - working remotely	Ext. 2332

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) and Shari Fremeth-Tepper (ext.2207)

Apotex 7 - Kelly Rose (ext.3162) and Shari Fremeth-Tepper (ext.2207)