

Apotex

Jewish Home for the Aged

Resident & Caregiver Newsletter May 2021

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It's May! The spring flowers are blooming, the sun is out, and residents have been enjoying the opportunity to get outside and enjoy the fresh air. Please see page 2 for a more detailed description of the current COVID-19 safety precautions in place, and don't

hesitate to reach out to your manager or another member of your care team if you have questions. We hope you enjoy the month. Happy Mothers' Day to all the moms and bobbies out there!



In April, we were thrilled to have Mickey Lewin, one of our longtime, favourite Baycrest entertainers come play a special Yom Ha'Atzmaut concert for us on Zoom. Over 65 residents and patients from across the centre attended the

event. Check out the What's on this Month section for more upcoming programs and events.

Apotex COVID-19 Updates

We are pleased to announce that in line with the Ministry's and Ontario's COVID-19 Response Framework, Apotex residents who are not under isolation requirements may now leave the building to take a walk on Baycrest property.



Apotex COVID-19 Updates Continued...

Please note that as of Tuesday, April 27, we have one specific unit on an outbreak (Apotex 6 R/F — 1 resident, 2 staff and 1 caregiver).

Guidelines for safely enjoying the outdoor space:

- Residents may leave through the front doors at Entrance #3 or #7, either on their own or with a caregiver.
- When they exit, residents and caregivers will be given a sticker with the date, which they will be asked to present upon re-entry to avoid full screening.
- Residents and caregivers must remain on the Baycrest property.
- Residents must be masked if they can tolerate it, and caregivers must wear PPE as required, including a mask and eye protection/face shield.
- As was also the case before the pandemic, residents are required to sign out and in with their unit.

In addition to now being able to leave the building and take a walk on Baycrest property, the following are also in place for the residents' neighbourhoods and the outdoor space:

- Caregivers are permitted to take residents on Apotex outdoor balconies, with staff supervision.
- Caregivers may also bring residents to the Apotex Garden, which is open from 9 a.m. to 7 p.m. daily.
- Residents are permitted to walk independently or with their caregiver in their designated care area/neighbourhood (but not the dining rooms or lounges and are not to visit other neighbourhoods or floors). Indoor congregating is currently not permitted, and social distancing must be maintained at all times.
- TV lounges are open for a maximum of four residents at a time.
- No general visitors on the Baycrest campus or in the garden areas.

Please note that at this time, resident leaves of absences (LOA) are not permitted, except for medical or compassionate leaves. As the pandemic continues to progress, precautions in the home may continue to change.

Thank you for your continued dedication to keeping everyone safe. If you have any questions, please speak to your manager.

What's on This Month


Upcoming Events

- * Wednesday Mothers' Day Live Virtual Concert Series with Michelle White
May 5, May 12 and May 19 from 1:45-2:45 p.m. on Zoom
- * Spring & Mothers' Day recreation carts will be travelling around the units in May with warm greetings, flowers, music and activity packages. You can expect to see the beautiful carts during the week of May 10-14 along with your floor therapeutic recreation staff member.


Apotex Residents' Advisory Council

- * Join us to talk with other residents about important updates related to the Apotex. Next meeting: Wednesday, May 26, 2021 from 1:45-2:45 p.m. on Zoom. If interested in attending, please speak with your therapeutic recreation staff or social worker.

Virtual Synagogue Services for Shavuot:



Happy Shavuot



Service Schedule 2021

Traditional Services

Monday May 17 @ 10 a.m.
Tuesday May 18 @ 10 a.m.

Reform Service

Monday May 17 @ 1:30 p.m..

Services are available on Channel 988 and
Smart TV/iPad YouTube Playlists

Caregiver Corner

Baycrest Dementia Helpline for Families: A support resource for families caring for a loved one with dementia

Support is available for family caregivers, who are caring for a person with dementia at home or have a loved one with dementia in long-term care. For caregivers who feel isolated, overwhelmed or depressed, and need support. This non-crisis service provides emotional support, over the telephone, by trained social workers and volunteers. Counselling is provided Monday to Friday, 9 a.m. to 5 p.m., with additional peer volunteer support available Monday, Wednesday and Thursday, 4 p.m. to 8 p.m.

For more information: 416-785-2500 ext. 2223

Looking for something new to try together?

Check out <https://unifycosmos.com/relaxing-sounds/> on an iPad or mobile phone. You can travel to many different places and select from a variety of the world's most relaxing sounds. Travel to Norway, the Aegean Islands in Greece or listen to the winter forest trains in Russia. Each sound clip also has a beautiful image of the region and a short description. Use this resource as a catalyst to start stimulating discussions. Try asking questions about the sounds you are hearing - for example: "Do you like travelling by train?", "Where have you travelled before?", "What is your favourite sound in nature?" and "What sounds do you find very relaxing?"



Sign up for Sharing Dance! Developed by Baycrest and Canada's National Ballet School (NBS), industry leaders in geriatric care and dance training, *Sharing Dance*

Older Adults offers accessible, high-quality dance programming that supports physical, emotional and social wellbeing. No dance experience required.

Visit oa.sharingdance.ca to subscribe today and start dancing!



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416-785-2500 | baycrest.org



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with the University of Toronto.

Shavuot By Rabbi Rena Arshinoff

As with all of our festivals, Shavuot was, in Biblical times, an agricultural holiday that marked the importance of the wheat harvest. Most importantly in modern times, Shavuot also is the holiday that celebrates the time that the people stood at the base of Mount Sinai and received Torah. This is known as Revelation. It was at this time that they became the people and nation Israel with a set of commandments and the need to create a society that would be just and long lasting.



There are many traditions observed for Shavuot. Since we love Torah and celebrate receiving Torah as a gift from Adonai, many people spend all night studying on erev Shavuot. We eat dairy products and relish in the most delicious cheesecake, ice cream and blintzes we can cook or find. There is a special Torah reading which is the Ten Commandments, and we read the Book of Ruth, a Biblical beloved story filled with many messages.

t	s	s	d	e	d	e	n	i	t	z	s
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s	s	e	v	e	n	w	e	e	k	s	r
b	z	y	r	i	a	d	m	h	e	e	m
e	s	d	r	i	d	i	v	c	z	d	
i	y	u	g	e	n	v	r	e	v	t	s
v	i	t	i	a	n	a	c	v	m	n	s
s	z	s	m	o	h	e	v	t	e	i	k
u	k	m	c	c	n	s	e	i	n	i	s
s	o	e	f	l	o	w	e	r	s	b	o
c	r	r	s	s	k	e	s	r	g	i	o

sinai
cheese
sevenweeks
dairy
commandments
sivan
flowers
study
greenery
yizkor
blintzes
harvest

Shavuot By Rabbi Rena Arshinoff

The Story of Ruth:

Naomi and her two daughters-in-law Orpah and Ruth found themselves all widowed in the land of Moab. Naomi tells them to return to their parents' home where they could find another husband and remarry. Orpah leaves but Ruth does not. She tells her mother-in-law some of the most famous words we know in our Bible:

"Do not urge me to leave you, to turn back, and not follow you. For wherever you go, I will go; wherever you lodge, I will lodge; your people shall be my people and your God, my God. Where you die, I will die and there I will be buried. Thus and more may the Lord do to me if anything but death parts me from you."

We love the story of Ruth and her loyalty, friendship, and devotion to Naomi. Especially during our isolation during this pandemic, the story of Ruth is all the more relevant. May we all learn this important message from the beautiful relationship between Naomi and Ruth.

Enjoy the cheesecake and blintzes, relish in our love of Torah, Chag Sameach!



Resident Corner

Where we profile interesting stories about residents living in the Apotex



The Amazing Artist

Meet Rifka Fuchs, a resident on Apotex 3, who enjoys art very much. Rifka likes to do oil pastels, ceramics, and painting. Rifka says her inspiration is creative thinking as well as using her hands and her mind!

Rifka encourages others to do art because it's an outlet – a creative S.O.S. in her words. She hopes her artwork inspires others to let their creative juices flow as seen in her action-shot photo.



Maestro Please!

Karen Bogoch is a resident on Apotex 2 who has lived here for more than 11 years. At the end of February, Karen's musical concert debuted on Baycrest's channel 988, and Karen was thrilled and ecstatic to be able to share her love of music with Baycrest residents and patients. Karen has been a fixture in the Baycrest concert scene for years, performing regularly on Apotex 2 and throughout the home before COVID-19. Karen worked extremely hard preparing her performance. In Karen's words, "It gives me great pleasure knowing that my music might bring some joy and happiness to residents."



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
Marilene Antonio (interim)	Apotex 4 Manager	Ext. 3195
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) and Shari Fremeth-Tepper (ext.2207)

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