



Apotex Jewish Home for the Aged

Resident & Caregiver Newsletter May 2022

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"I've got sunshine on a cloudy day. When it's cold outside, I've got the month of May."

– Smokey Robinson

Happy May to all our residents and caregivers! I think it's safe to say we are all excited for the warmth and sunshine this month brings with it. This is also the month we celebrate all the wonderful moms, grandmothers and other

fabulous women in our lives. Happy Mothers' Day to all these amazing women - where would we be without you!

This month we are busily planning away for some fantastic summer programs and events including resident BBQs and bus outings!

Stay tuned for more details and have a wonderful month!



In April, each floor of the Apotex had special Passover program in the Recreation rooms. Songs were sung, memories were shared and food was enjoyed by all. It's always so nice to be able to hear everyone's beautiful memories of Pesach.

Apotex Updates

Did you know?

The main floor garden spaces are now all officially open with tables and chairs. Enjoy some fresh air and sunshine!



Morris and Sally Justein Heritage Museum

Jessica Winter, the new Museum Coordinator, is happy to join the Culture and Arts Department at Baycrest and to help create exciting experiences for our community. The museum is located in the Silverman Garden Court at the Bathurst Street entrance and is open for visitors to explore. The museum strives to be a centre for cultural learning, and to inspire new connections to our history through creative exhibitions. The museum is also happy to provide outreach engagements, including the popular Museum on Wheels program, and bring the collection directly to clients.

We hope that you are as excited as we are to begin a new chapter at the Morris and Sally Justein Heritage Museum. More information about any new programs and events will be forthcoming. We are dedicated to providing entertaining and accessible opportunities to everyone at Baycrest, and we look forward to sharing them with you.

Did you know? Resident Rights

In May we focus on the following resident right:

Every resident has the right to be told who is responsible for and who is providing the resident's direct care. In other words, you have the right to know who is looking after you no matter who they work for or how they are employed. For example, they could be staff from an agency or volunteers, they might work full-time or part-time, doctor, nurse, personal support work, or recreation team member. You have a right to be told who they are if they take care of you directly.

Every resident has the right to be afforded privacy in treatment and in caring for his or her personal needs. In other words, you have the right to privacy. You should feel that you are being treated with respect when you are given medical care. For example, the door is closed or the curtain is drawn when you are being changed, examined, using the bathroom, or dressed.

What's on this month!

Yom Haatzmaut - Israel's Independence Day - Thursday, May 5

We will be having our favourite entertainers Mark Youhanan and Mickey Lewin travelling around to all the floors of the Apotex on May 5 to sing songs and share in pride of Israel!



Mothers' Day - Sunday, May 8

Happy Mothers' Day to all the moms, grandmothers, aunts and other cherished women in our community. We are offering several outdoor (weather permitting) "Celebrating Women" garden parties with music, trivia and nostalgia. Other floor-specific events and programs planned, such as concerts, crafts, trivia and discussion groups. Please speak with your on-floor TR staff for more details.

The return of in-person Bingo in the W.A. Café

We will be trialing out a BINGO program Tuesdays in May in the W.A. Café from 3:30 to 4:30 p.m. Capacity will be limited so we will be offering this program on a rotational basis so everyone who wishes to have an opportunity to come down will get one.

Upcoming

Residents' Council Meeting (Virtual and limited in-person)

Tuesday, May 17, 2022 from 1:45-2:45 p.m.

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



Please contact Rachel Gavendo (ext. 5493) or Lisa Sutherland (ext. 5746), Residents' Council Staff Assistants, if you have any questions about Residents' Council or to add any items to the agenda.

VIRTUAL CAFÉ EUROPA

Mingle with friends and connect over music!

Thursday, May 5 from 1:45-3:15 p.m.

With special guest Eli Green!

Please contact your Therapeutic Recreation Staff if you'd like to use an iPad to attend this program.

The Jewish Time For Remembering

Rabbi Rena Arshinoff

Yom Hazikaron

Yom Hazikaron is the day of memorial in Israel and is known as the “Memorial Day for Fallen Soldiers of the Wars of Israel and Victims of Actions of Terrorism”. Prime Minister David ben Gurion announced in 1951 that this Memorial Day will occur on the fourth day of the month



of Iyar in the Jewish calendar. Yom Hazikaron is a sad day that takes place immediately before Israel Independence Day, Yom Haatzmaut as Israelis pay respect to those who lost their lives in the fight for independence.

This year, Yom Hazikaron will take place beginning at sunset on Tuesday, May 3 and a siren will be heard at 8 p.m. throughout the country. Israelis will stop everything for one minute, including cars and buses on highways. They will pause and commemorate the fallen to show respect and acknowledge their sacrifice. At 11 a.m. on Wednesday, May 4, a siren will again be heard throughout Israel and Israelis will stop everything and pay respect for two minutes. Services take place in synagogues and schools. Some people visit the cemetery where their loved ones are buried. Memorial candles are lit in homes, schools, army camps, and public places and flags are lowered to half-staff. The day begins with a ceremony at the Western Wall and closes at sunset with a service at Mount Herzl which the national military cemetery and the flag is raised again to full-staff. It is at the conclusion of this service that marks the celebration of Yom Haatzmaut, the joy of Israel Independence Day.



Yom Haatzmaut

May 14, 1948 was a momentous day in history. It was the day that Israel achieved independence and became a recognized state. The name Palestine was now changed officially to Israel. It was a long and hard struggle that had endured for many years and was now a reality; the Jewish homeland was now real. The Hebrew date was the fifth day of the month of Iyar and it was announced that Israel Independence Day would be celebrated every year on that date. Yom Haatzmaut follows immediately after Yom Hazikaron when the Memorial Day comes to an end at sunset. Suddenly there is a drastic change of emotions to joy and celebration. Many festivities and parties take place in homes as well as in public places with fireworks and entertainment. In other countries, we celebrate with special songs and additional prayers and in teaching children about the importance of this day for Israel and the Jewish people. This year, Yom Haatzmaut takes place from sundown on May 4th to sundown on May 5th, 2022.

FEAR NO AGE™

Baycrest



Yom Ha'Atzmaut 5782

Israel's 74th Independence Day

On May 5, 2022, join us for:

- Painting of Israeli Flags, Cards, and Posters
- Travelling Musicians across the Apotex with

<p>Mickey Lewin on:</p> <p>Apotex 2 10:30-11:00</p> <p>Apotex 4 11:00-11:30</p> <p>Apotex 7 11:30-12:00</p>	<p>Mark Youhanan on:</p> <p>Apotex 5 10:30-11:00</p> <p>Apotex 6 11:00-11:30</p> <p>Apotex 3 11:30-12:00</p>
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Please note that due to COVID-19 precautions, group programs in the recreation room and unit lounges are subject to a maximum number of people. Please refer to the program calendar and ask your on-floor therapeutic recreationist for any questions. For any further questions/concerns please contact the Department of Culture & Arts at ext. 2300.



Caregiver Corner

Three fun and easy things residents and caregivers can do together. Try one of these this month:

1. Enjoy music together

Music has a universal ability to boost mood, reduce agitation, and increase happiness and engagement. When you're together, play your favorite songs or set up a simple music player so you can listen anytime. You could sit and listen together, have an impromptu sing along, or listen as they reminisce over memories from younger days. If you're not sure your loved one is enjoying the music, watch their body language for clues. If they seem agitated, switch to something more soothing, lower the sound, or switch to a different activity.

2. Reminisce over old photos

Looking over old photos or videos is a great way to spend time together and strengthen your bond. You never know what stories or memories your older adult will be inspired to share. Photos are also great conversation starters. If you and your older adult would be interested in a project, you could even work on creating a family tree or family history – something that's both fun and meaningful!

3. Read aloud

Another fantastic activity is reading aloud. It's a great way to connect and let your loved one know how much you care without having to make a lot of conversation. Reading aloud is especially good for older adults who are

bedbound, not very responsive due to an advanced health condition, or those with vision impairments. Bring one of their favorite books and read a chapter or two each time you visit. Or, you could bring an audiobook that both of you could listen to together.



Around the Community



FAMILY RUN SINCE 1992

Hand crafted, quality ingredients without compromise. Tov-Li specializes in dairy and Mediterranean food. What started out as a small counter, and have grown into two full service restaurants proudly serving quality food to our community.

Try something new this month!
Right across the street, this delicious little gem is open for in-person dining or for take-out. Falafels, pizza, salad, soup—take your pick!

Tov Li
3523 Bathurst Street
416.650.9800
Sunday-Thursday: 11 a.m. - 8 p.m.
Friday-Saturday: CLOSED



**UJA FEDERATION
of Greater Toronto**

Ukraine Emergency Relief Fund

UJA has launched a Ukraine Emergency Relief Fund to help the hundreds of thousands of Jews impacted by the war in Ukraine and the crisis in the region. All

donations to the Relief Fund will bolster the vital work of UJA's partner agencies through:

The efforts of the American Jewish Joint Distribution Committee (JDC) to help Jews inside Ukraine and the bordering countries, providing food, supplies, medicine, social supports, and evacuation;

The efforts of the Jewish Agency in the region and in Israel, including security grants to Ukraine's Jewish community, evacuation, care at transit centres in the bordering countries, and assistance with Aliyah immigration to Israel; and

The efforts of Jewish Immigrant Aid Services (JIAS) Toronto, and other UJA partner social service agencies in the GTA, to resettle Jews from the region impacted by the conflict and seeking to build a new life in Canada.

For more information, please visit
<https://jewishtoronto.com/ukraine-emergency-relief-fund>

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
Jessica Valleau	Apotex 4 Manager	Ext. 2569
Marilene Antonio	Apotex 5 Manager	Ext. 3195
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
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), Liisa Lamminen (ext. 6598)

Apotex 5 - Sabina Ntim (ext.5169), Liisa Lamminen (ext. 6598)

Apotex 6 - Vivian Han (ext. 2242), Shari Fremeth-Tepper (ext.2207),

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

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