It’s hard to believe it’s November already! Before we know it, fall will be over and winter and the crisp cool air will be here! This month we are thrilled to be able to welcome back some of our beloved musical entertainers for in-person concerts and performances! We are still required to keep groups small but it’s a great step in our reopening plan and something that everyone has missed so dearly! We hope you have a wonderful month and enjoy this newsletter.

Apotex outings and entertainment returns! Starting this month Apotex Residents are getting to enjoy fun excursions to the Nosh cafeteria for delicious snacks, fabulous entertainment and great company! Our goal is for every floor to have one outing per month, please speak with your on-floor Therapeutic Recreation Staff for more information and your floor’s dates.
Apotex COVID-19 Updates

Baycrest’s two-month implementation period of our mandatory vaccination policy, enacted on August 31, continues. This is to allow staff, physicians, volunteers, learners and regular contractors who have not already done so to complete their vaccination, with the exception of those who have an approved medical exemption or human rights accommodation. Similarly, all new hires must provide proof of vaccination before starting work at Baycrest. Any staff members who are not fully vaccinated will be required to complete daily rapid antigen testing as part of the daily screening before entering the campus. Employees have until November 15, 2021, to receive their second dose and come into compliance with Baycrest’s vaccination policy.

Staying Safe with Flu Shots!

We have now launched the annual Resident and staff influenza vaccination campaign. Influenza, like COVID-19, creates an increased risk of complications for those with underlying, chronic conditions. As well, given the ongoing COVID-19 pandemic, it is tremendously important this year to get the flu shot to reduce the risk of infectious disease at Baycrest and avoid further straining our healthcare system.

Food and Nutrition Updates

Did you know the new Fall and winter menu begins November 15th and includes some items requested by the food committee members like Spaghetti and Meatballs and Chicken wings?

If you’d like to attend a future Resident Food Committee to share your thoughts about the food experience in the Apotex, please contact Zarna Patel at ext. 6658. The next meeting will be held virtually on ZOOM on Monday, November 8th at 10:30am. IPads will be provided for all Residents joining the meeting.
What’s on This Month!

Remembrance Day 2021

The 2021 National Remembrance Day Ceremony will be planned in accordance with national and local regulations. The Ceremony will be live at the National War Memorial, and will be modified to meet local health guidelines. Livestream is not yet available, but will be on Channel 988 and this website: https://www.legion.ca/remembrance/remembrance-day/the-national-ceremony

Remembrance Day Art Installation – Poppies 100

In honour of Remembrance Day, you are invited to view the Poppies 100 temporary art installation in the Ronald and Nancy Kalifer Culture Hub (located on the main floor of the Apotex Centre). The installation commemorates Remembrance Day and the centennial anniversary of the end of the First World War – also known as “The Great War.” The installation is comprised of 100 hand-sewn, cascading poppies. It provides a public space in which our Baycrest community can connect with the past and reflect on the sacrifice of veterans, survivors and those who lost their lives in times of war.

Upcoming Residents’ Council Meeting (Virtual):

Tuesday, November 16th 1:45-2:45 p.m.
Sign up with your Recreationist.

**We supply iPads for virtual programs

Virtual Café Europa

Mingle with friends and connect over music!
Wednesday, November 4th from 1:45-3:15 p.m.
Please contact amax@baycrest.org or ext. 2259 for the ZOOM info. This program is designed for Holocaust Survivors to help them connect socially with others in the community.
As we approach the special day of November 11, we in Canada observe Remembrance Day on which we honour those who fought for the freedom we so treasure. The Jewish community of Canada has a proud history of participation in the call for fighting for freedom. Canada’s role in the war effort for both World War I and World War II was significant when it became apparent that a strong international effort was needed to defeat Hitler. Many members of the Canadian Jewish community responded to the call not only in response to loyalty to the British Commonwealth and the king, but also to participate in combatting the racism experienced by European Jews in the Holocaust during World War II. The call to serve was also reinforced by the reality that many had relatives living in Europe.

All parents who have a child in the military pray that their child will come home. Not all the soldiers were able to come home to their parents and family. Our hearts extend condolences to them. Our Jewish Canadian troops have continued to serve in the military having participated in the Korean War, the Cold War, international peace initiatives, Afghanistan, and some have moved to Israel and serve in the Israel Defense Forces (IDF). We remember all those heroes along with our Jewish heroes who perished in order to fight for the freedom we enjoy in the wonderful country we call Canada. As we proudly and sadly wear poppies in memory of those who fought and died in the name of freedom and justice, let us say Tihi nishmatam tzrurah bitzrur hachayim -“may their souls be bound up in the bonds of eternal life” and zichronom livracha - “may their memories be for a blessing”.

Remembrance Day: Remembering our Jewish Canadian Heroes – Rabbi’s Message - Rabbi Rena Arshinoff
Here is to a bright and meaningful Hanukkah!

May peace, love, and joy come to you during the Festival of Lights.

In 2021, Hanukkah (or Chanukah) begins at sundown on Sunday, November 28 and lasts until sundown on Monday, December 6. Hanukkah, which is the Hebrew word for ‘dedication’, is the Festival of Lights which commemorates the victory of the Maccabees over the Syrian Greek army, and the subsequent miracle of rededicating the Holy Temple in Jerusalem and restoring its menorah.

We celebrate by lighting the menorah, playing dreidels, and eating special foods like latkes, jelly doughnuts, and chocolate gelt.

Below is a list of programs and events happening for 2021:

**Spiritual Care:**
- Virtual candle lighting services consisting of singing, candle lighting, prayers, and storytelling

**Culture & Arts:**
- Creative arts themed cards, posters & decorations
- Virtual entertainment on Tuesday November 30 from 1:45-2:30pm with a performance and mock candle lighting by Eli Green!

**Apotex Therapeutic Recreation:**
- Printed holiday-themed activity packages
- Virtual music and reminiscence programs
- Greeting cards from children in the community

**Community Programs** (stay tuned for more details on when and how to access these programs or speak with your Therapeutic Recreation staff):
- Temple Sinai’s virtual Chanukah performance from the Ensemble Choir and L’dor Vador Youth Choir
# Hanukkah Sameach!

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Sunday, November 28</td>
<td>4:30 p.m.</td>
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<td>Monday, November 29</td>
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<td>Tuesday, November 30</td>
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<td>Wednesday, December 1</td>
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<td>4 + Shamash</td>
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<tr>
<td>Thursday, December 2</td>
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<tr>
<td>Friday, December 3</td>
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<td>6 + Shamash</td>
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<tr>
<td>Saturday December 4</td>
<td>6:30 p.m.</td>
<td>7 + Shamash</td>
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<tr>
<td>Sunday, December 5</td>
<td>4:30 p.m.</td>
<td>8 + Shamash</td>
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*Candle lighting is earlier than required to facilitate participation (for the purpose of education) and to accommodate client meal times.

*Candle lighting services are available on Channel 988 and Unit Youtube Playlists.
Caregiver Corner

Virtual Stress Management Support Group
November 10 – December 15, 2021
WEDNESDAYS | 2 pm - 3:30 pm

Stress Management Support group
When: Every Wednesday from November 10 – December 15, 2021
Time: 2:00 – 3:30pm
Location: ZOOM
This group will address stress management for seniors 55+.

Topics include:
Coping strategies, Conflict resolution, Health and relaxation, Effective techniques to combat the sources and symptoms of stress

There is no cost to attend.

Registration: Please visit: https://www.circleofcare.com/stress-management-support-group-sign-up-form/ - Participants will be sent a ZOOM link after registration. For questions or concerns contact Olga Friedman (416-635-2900 ext. 356) or Shayna Pilc (416-635-2900 ext.477)

Quotes you can read together!
“Fallen leaves lying on the grass in the November sun bring more happiness than the daffodils.” - Cyril Connolly

“November’s sky is chill and drear, November’s leaf is red and sear.” - Sir Walter Scott

“Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.” - Lauren DeStefano
Around the Centre

A return to singing! Residents on the TBSU enjoyed listening to a live therapeutic music program with TR Rachel Gavendo in October. “It has been so nice to be able to sing again with Residents live in-person. We all know the incredible benefits of singing and music and it’s clear to see how much the Residents have missed it as evidenced by their singing, dancing and smiling during the program!” Rachel says. “Even the nursing staff get into it as well. Music has the power to bring everyone together in harmony!”

Resident Corner

Meet Rose Romberg from Apotex 5!
Like many other children, Rose Romberg was brought up an Orthodox Jewish environment. Rose was born Rivi Wiseman in Lagov, Poland January 1, 1917. Rose and her family immigrated to Canada in Toronto 1925. Rose was enrolled in grade 1 although she was 9 years old. Rose was intelligent and completed her elementary school education in Toronto. Rose later volunteered for the Jewish community: fundraising for Israel bonds, President of Hadassah, women’s division of the State of Israel, National Council of Jewish Women, Beth Jacob Sisterhood etc. and received many recognition and appreciation awards for her involvement with the community. Even though Rose was involved with many organizations, her true passion was writing short stories and poems. Many of Rose’s poems were published in Canadian Woman Studies, A York University Publication, and The Poetry Institute of Canada. See next page for one of Rose’s stories:
A Penny for Your Thoughts

As I entered the bakeshop, the teasing aroma wafting about recalled my beloved mother's baking every Friday. I knew I was powerless and that I would walk out with much more than a *challah* for the Sabbath.

By the time I reached the checkout counter, my basket was loaded with cinnamon-raisin and blueberry buns, as well as one plain and one raisin *challah*. I opened my wallet to have my money ready while waiting for the lady in front of me as she counted her change.

Suddenly, a penny from my change purse escaped and rolled along the counter into the lady's money. I reached over to retrieve it, but like the speed of a rattlesnake, the lady's hand smartly slapped my hand. “That's my penny!” she exclaimed. I ignored the brutal assault and sheepishly tried to explain what had happened. “But if it means that much to you, please be my guest.” Reluctantly, she slid the penny back my way. However, just as she was leaving, she reached over grabbed my penny and, in a flash, was out of the shop.

A burst of unrestrained laughter escaped from my mouth. I looked at the cashier who had witnessed this farce, expecting a humourous reaction. Not an eyelash stirred her poker face. She turned and cashed out my purchases, while I waited with profound mixed emotions about the woman who ran off with my penny and the cashier with no sense of humour. It didn't register the first time as I was about to hand her my money, until she repeated with impatience, “Madam! You have a red star—you don't have to pay.”

What a pity I thought, that the woman who ran off with my penny did not witness this poetic moment!
## Apotex Leadership Team

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>Lisa Marcovici</td>
<td>Executive Director (Interim)</td>
<td>3349</td>
</tr>
<tr>
<td>Tejas Patel</td>
<td>Director of Care (Interim)</td>
<td>6238</td>
</tr>
<tr>
<td>Cyrelle Muskat</td>
<td>Director, Quality, Systems &amp; Wellness</td>
<td>3659</td>
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<tr>
<td>Nelia Cabral</td>
<td>Apotex 2 Manager</td>
<td>2566</td>
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<tr>
<td>Tejas Patel</td>
<td>Apotex 3 Manager</td>
<td>6238</td>
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<tr>
<td>Jessica Valleau</td>
<td>Apotex 4 Manager</td>
<td>2569</td>
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<tr>
<td>Homaira Haqdad</td>
<td>Apotex 5 Manager</td>
<td>6348</td>
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<tr>
<td>Selvi Krishnadasan</td>
<td>Apotex 6 Manager</td>
<td>2482</td>
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<tr>
<td>Marilene Antonio</td>
<td>Apotex 7 Manager</td>
<td>3195</td>
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<tr>
<td>Zarna Patel</td>
<td>Food Services Manager</td>
<td>6658</td>
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## Apotex Social Work

<table>
<thead>
<tr>
<th>Name</th>
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<th>Ext.</th>
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<tbody>
<tr>
<td>Lisa Sutherland</td>
<td>Apotex 2 &amp; 6</td>
<td>5746</td>
</tr>
<tr>
<td>Tanya Klochkov</td>
<td>Apotex 4 &amp; 7</td>
<td>2990</td>
</tr>
<tr>
<td>Jessica Rochman Fowler</td>
<td>Apotex 3 including Transitional</td>
<td>2402</td>
</tr>
<tr>
<td></td>
<td>Behavioral Support Unit</td>
<td></td>
</tr>
<tr>
<td>Daniel Navy</td>
<td>Apotex 5</td>
<td>5645</td>
</tr>
</tbody>
</table>

## Apotex Therapeutic Recreation

**Apotex 2** - Jessica Baker (ext.5879)

**Apotex 3** - Janice Ocampo (ext.2313), Vivian Han (ext. 2242)

**Transitional Behavioural Support Unit (TBSU)** - Mara Swartz (ext. 3577) and Hayley Rosen (ext. 5602)

**Apotex 4** - Keeley Dougherty (ext.3885)

**Apotex 5** - Sabina Ntim (ext.5169)

**Apotex 6** - Paula Carcamo (ext.5430), Pardeep Basra (ext. 2340) and Shari Fremeth-Tepper (ext.2207)

**Apotex 7** - Kelly Rose (ext.3162) Pardeep Basra (ext. 2340) and Shari Fremeth-Tepper (ext.2207)

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