



Apotex

Jewish Home for the Aged

Resident & Caregiver Newsletter November 2022

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“Fallen leaves lying on the grass in the November sun bring more happiness than the daffodils.”

- Cyril Connolly

It's November, the busy Jewish holiday season is over and now we once again take out our sweaters and warm blankets and cozy up in the brisk fall

weather. Although we have seen a rise in COVID-19 infection again, we are still able to enjoy many activities together. Please reach out to your Therapeutic Recreation staff who can share all the great programs they have planned for this month. Take care and be well everyone!



Apotex 2 resident Stephen enjoys a beautiful day in the Sukkah. In October, each floor of the Apotex had the chance to go down to the Sukkah and enjoy programming with the Rabbis and their co-residents.

Positive thought of the month

“Try to be a rainbow in someone's cloud.”

- Maya Angelou

Apotex COVID-19 Outbreak Updates



As you may know, the rate of COVID-19 transmission is currently rising in the community. With this, we have seen a steady increase in positive cases within the Apotex. As such, a building-wide outbreak has been declared.

Please note that for residents who are not on isolation, social and cultural activities are still taking place following stringent infection prevention and control (IPAC) measures.

- General visitors are not permitted in the building until further notice.
- Registered caregivers and essential visitors are still permitted.
- For residents on isolation or units with cases, a maximum of one caregiver or essential visitor may visit at a time.
- For residents who are not on isolation or are not on units with cases, up to four caregivers or essential visitors may visit at a time.
- Residents who have any symptom of COVID-19 will be placed on special precautions.
- Residents placed on special precautions will have to remain in their rooms and will be placed on isolation. These residents will have all of their meals brought to their rooms.
- Short-term absences of less than 24 hours are only permitted for units with no COVID-19 activity.
- Temporary absences are not permitted at this time.
- Targeted testing of some residents is being performed.

We understand that these are challenging times. Please be assured that we continue to do everything in our power to protect everyone in the Apotex, and we will discontinue these measures as soon as it is safe to do so.

Thank you for your support. If you have any questions, our Client Relations and Experience Office is also available to you from 8 a.m. to 4 p.m. from Monday to Friday at extension 6843. You can also contact covidquestions@baycrest.org. You can expect a response within 48 hours.

What's on this month!

Remembrance Day - Friday, November 11, 2022

Check your Apotex Therapeutic Recreation Calendars for programming being offered on each of the floors. Staff will also have poppies available for residents who wish to wear one

11 NOVEMBER
REMEMBRANCE DAY

Lest we forget



Upcoming Virtual Baycrest Classroom Programs

Mondays 3-4 p.m.

November 7, 14 and 21

Amazing Sculpture Gardens with Professor Jeffrey Canton
Please speak with your TR staff to borrow an iPad for the virtual program.



Around the Centre - Apotex Outings!

In October, we took advantage of the still pleasant and not too cold weather. Some of the trips Apotex residents went on included the Toronto Zoo, Edwards Gardens and the Art Gallery of Ontario.

“At the zoo, one resident from the 4th floor enjoyed connecting to his past of being in Africa when going through the African section of the Zoo.” - Apotex Recreationist

“This is such a fun day for the residents and us” – RPN, PSW’s

To sign up for outings, please speak with your floor Therapeutic Recreation Staff

Did you know? Interesting facts about the November:

The official flower for the month of November is the chrysanthemum. Meaning ‘golden flower’ the chrysanthemum represents honesty, joy and optimism.

The official birthstone of November is the topaz. This orange-yellow gemstone is said to represent friendship. The Greeks also believed that Topaz had the power to turn you invisible.



High Holy Days at Baycrest

From September 26 – October 18, Baycrest hosted in-person synagogue services for Rosh HaShanah, Yom Kippur, Sukkot, Shemini Atzeret, and Simchat Torah.

We are thrilled to announce that with 24 services offered, over 700 individuals were able to attend, comprised of both residents and guests. In addition to the usual Orthodox and Reform services, and in response to a recent needs assessment, a Conservative service was added to the roster of offerings for the High Holy Day season.

Looking forward, service offerings will continue throughout the year with weekly Orthodox and monthly Reform Shabbat services—and hopefully—Conservative services as well to meet the varied needs of our Baycrest community. We look forward to seeing you at our worship services and various programs and classes throughout the year.

Remembrance Day - November 11, 2022

By Rabbi Dr. Geoff Haber

On this day, we call to mind those who gave their lives that our nation might live.

Heavenly Protector, in a spirit of community we pause to remember lives lost and lives forever changed in war. May we also remember Your great love for us, and that there is no greater demonstration of love than to lay down one's life for another. Grant that our reflections today honor those who made that made the supreme sacrifice, as well as the many more willing to do so if called upon to honor their legacy.

Protect our active and reserve duty troops, who keep peace in foreign lands and sail distant waters. Here beneath the northern sky, from shore to glorious shore, we pray for their safe return as they face constant dangers. Bless them and their families for the selfless acts they perform in our time of need; grant them wisdom to do the perilous job they do to keep Canada strong and true, and bring them safely home to stay.

May the sons and daughters of Canada, citizens of all races and creeds, forge a common bond in true harmony, to banish hatred and bigotry, and to safeguard the ideals that are the pride and glory of our country. May this land of Canada be an influence for good throughout the world, uniting all people in peace and freedom. Amen.



REMEMBRANCE DAY

Lest We Forget

Resident Rights in the Apotex

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 in May. The previous Resident Bill of Rights from the Long Term Care Homes Act had 27 rights.



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 November, we focus on the following resident rights:

- 9. Every resident has the right to meet privately with their spouse or another person in a room that assures privacy.**
- 10. Every resident has the right to pursue social, cultural, religious, spiritual and other interests, to develop their potential and to be given reasonable assistance by the licensee to pursue these interests and to develop their potential.**

For questions about Resident Rights, please connect with your floor Social Worker. See directory on back page of this newsletter.

Residents' Council Meeting (RAC)

Tuesday, November 15, 2022 from 1:45-2:45 p.m.

In-person in the Apotex 2 Recreation Room



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 the RAC.

Resident Food Committee Meeting

Wednesday, November 16, 2022 from 10:30– 11:30am

In-person in the Apotex 2 Recreation Room

Please connect with Zarna Patel (ext. 6658) if you have questions about the Food Committee or wish to attend a meeting.

Caregiver Corner



Baycrest
@HOME

Caregiving: 101

Dementia Skills Training for Family Carers

An interactive, virtual education series for spouses and adult children caring for a person with dementia in the early to mid-stages.

\$120

Package Includes

- ✓ 8 lessons covering the fundamentals
- ✓ Lessons every Tuesday & Thursday via Zoom
- ✓ Complete the course in 4 weeks
- ✓ Continued learning on Truanta

Engage, Learn, Support

Connect with other carers in similar situations. Share experiences & receive support

Curriculum

- ✓ What is Dementia?
- ✓ Home Safety
- ✓ Activities of Daily Living
- ✓ Caregiver Stress & Self-care
- ✓ Challenging Behaviours
- ✓ Navigating the Healthcare System
- ✓ Caregiver Issues: Grief & Loss
- ✓ Support & Resources

Register Now: info@baycrestathome.ca or (647)-576-4663

5 Things to try together at Baycrest this month:

- Attend a recreation program in the recreation room.
- Look at the artwork around your floor and try asking open-ended questions such as “Do you like this?”, “What does it make you think about?” - There’s no right or wrong!
- Read a beautiful poem. Print it off in large print and encourage residents to read aloud.
- Flip through photos or a magazine together.
- Borrow an iPad from TR and explore Google earth together.

Virtual Caregiver Support Groups:

Spouses and the Changing Relationship

Learn to effectively manage stress and burnout, while strengthening coping skills and increasing knowledge about caring for a partner with dementia.

Adult Children and the Changing Relationship

Learn to effectively cope with the experience of caring for a parent with dementia. Acquire skills, caregiving knowledge and connect with others.

Young-Onset and Frontotemporal Dementia

For family caregivers of a partner or parent diagnosed with FTD or Young-Onset Alzheimer's disease under the age of 65. Become more skilled in responding to caregiving challenges and enhance self-care.

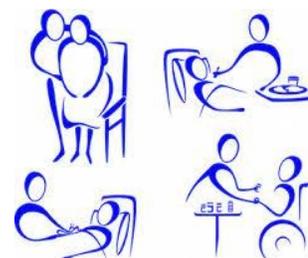
EDUCATION, CONNECTION, SUPPORT

Support Groups: \$165+HST for 8 weeks

For more information visit: www.baycrestathome.ca/member-plans/#counselling

Caregiver Affirmation of the month!

I don't have to be perfect to be amazing...



Resident Reflections

When dad danced in the basement

Apotex 3 resident Pearl Karal, September 2022

It was a cold wintry day in Winnipeg. The basement of our house was chilly because the heat produced by the wood-burning furnace was sent upstairs through the pipes to warm the rest of the house.



One day, when I was about ten, my mother asked my father to go down to the basement and bring up some dill pickles for dinner. Every fall, mom bought freshly picked cucumbers to make pickles. In a big wooden barrel, she put water, kosher salt, freshly peeled garlic, pickling spice, and a large stalk of dill. Then she added the cucumbers and let them sour, slowly and naturally.

That day, after mom sent dad downstairs to fetch pickles, she noticed that he'd been gone a long time and had not come back upstairs. So she sent me down to the basement to find out what was holding him back. I was halfway down the steps when I saw him. He was dancing around the room! What on earth would cause my father to dance in the basement? He was clutching at his clothes, his pants and his shirt, and was hopping from foot to foot. Then he stamped his feet, one foot, then the other. He kept repeating, "Go away! Go away!" It was quite a sight.

I was speechless. Had my father gone crazy? I had no idea what was going on, and my dad must have read that on my face. He kept hopping around, bending over, bending sideways, trying to do something... but I had no idea what.

Finally my dad blurted out, "A mouse ran up my leg under my pants!" Now I understood. His dance routine was his effort to shake the mouse off his body and down his pants so it could come out through the bottom of his pant leg, without getting harmed. And he didn't want a squished mouse against his body.

As I stood there and stared, dad at last stopped dancing, and the mouse came out the bottom of his pant leg. It ran out of view, probably into the wood pile, and disappeared forever.



Resident Reflections continued...

Now I understood why dad had been clutching at his body and his clothes and dancing, so the mouse could escape. But the mouse must have had other ideas. Maybe it didn't want to leave my father's warm body because the basement was so cold. It had found the only place in the basement where it could stay warm.

Finally my dad's strange behaviour made sense to me. We laughed all the way back up the stairs. I don't even remember if we brought pickles upstairs that day because we were so busy laughing.

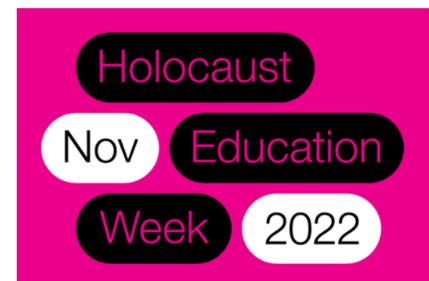
Once we were upstairs, dad told the whole family what he had gone through. Everyone had a good laugh at my dad's adventure in the basement. Dad never saw that mouse again.

I don't know whether we had dill pickles for supper that evening, but we certainly had a good chuckle. And now we knew why dad had danced in the basement.

In the Community

Holocaust Education Week 2022: The Future Is Here

For more than 40 years, Neuberger Holocaust Education Week has provided high impact Holocaust education programming across the GTA to students, intercultural groups and the general public. Neuberger HEW is recognized by the International Holocaust Remembrance Alliance (IHRA) as a best practice in the field.



This year's event will be better than ever, featuring a range of programs that include live performances, lectures, panels, and book and film premieres.

Now, more than ever, learning about the Holocaust and its contemporary relevance is a crucial tool in countering rising antisemitism and other forms of hate.

Visit: <https://virtualjcc.com/channel/holocaust-education-week-2022> to sign up for a free account and view all of this year's video education sessions. See your TR if you need to borrow an iPad or require assistance signing up.

Sign up with your TR! Once the outbreak is over, classes will begin. Residents from all different floors will be able to attend!

Baycrest Jewish Learning

Department of Spiritual Care

Fall Semester Courses (October-January)

Weekly Torah Reading (*Parshat HaShavua*) Mondays @ 3:30 PM

Instructor: Rabbi David Abeles Apotex 2 Rec. Room

The weekly Torah reading sustains the faith of Jews around the word. Come learn about its contents and meaning, its stories, ethics and rituals. Engage with the 3000-year-old legacy and heritage of Judaism.

Women in Judaism (*Nashim b'Yahadut*) Tuesdays @ 3:30 PM

Instructor: Rabbi Dr. Rena Arshinoff Apotex 2 Rec. Room

From Sarah our Matriarch to Golda Meir, the women of Judaism have made a powerful and lasting impact on Jews and Judaism. Come learn about the women who shaped Judaism and still influence it today.

Wisdom of the Sages (*Pirkei Avot*) Thursdays @ 10:30 AM

Instructor: Rabbi Dr. Geoffrey Haber Apotex 2 Rec. Room

The wisdom of the great Rabbis and Sages of the Talmud continue to teach and influence Jewish life 2000 years after its compendium. Come learn about the spiritual insights, dicta and sagacity that speaks with modern relevancy for us today.

FEAR NO AGE™

Baycrest



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 Valteau	Apotex 4 Manager	Ext. 2569
Marilene Antonio	Apotex 5 Manager	Ext. 3656
Selvi Krishnadasan	Apotex 6 Manager	Ext. 2482
Desiree Bungay	Apotex 7 Manager	Ext. 3195
Zarna Patel	Food Services Manager	Ext. 6658

Apotex Social Work

Lisa Sutherland	Apotex 2, 6 G/S and 6 R/F	Ext. 5746
Jessica Rochman-Fowler	Apotex 3	Ext. 2402
Kyle Forman	Apotex 4, 5 E/I and 6 E/I	Ext. 6570
Daniel Navy	Apotex 5 G/S, 5 R/F & Apotex 7	Ext. 5645

Apotex Therapeutic Recreation

Apotex 2 - Thaniya Manohararajah (ext. 3704)

Apotex 3 - Jenypher Ashby (ext. 5490) and Susan Edmonds (ext. 3240)

Transitional Behavioural Support Unit - Mara Swartz (ext. 3577)

Apotex 4 - Keeley Dougherty (ext.3885) and Jessica Rescorl (ext. 3406)

Apotex 5 - Liisa Lamminen (ext. 6598) & Mithuuna Vigneswaramoorthy (ext 3428)

Apotex 6 - Vivian Han (ext.2242) and Hamid Karimi (ext. 3843)

Apotex 7 - Sofya Chepurnova (ext.5389), Shari Fremeth-Tepper (ext.2207) and Karm Dhaion (ext. 6176)

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

Apotex Spiritual Care

Rabbi Dr. Geoffrey Haber, Chaplain	Ext. 3743
Rabbi Dr. Rena Arshinoff, Chaplain	Ext. 5754
Rabbi David Abeles, Chaplain	Ext. 6242