For the first time in three years, residents from the Apotex along with caregivers were able to attend in-person High Holiday synagogue services. This was also the first year we offered a Conservative service in addition to Orthodox and Reform. Residents found the services to be beautiful and very meaningful and enjoyed getting to celebrate and enjoy the holiday with their community and loved ones again.

“We hope you all enjoyed the in-person synagogue services for Rosh Hashanah. See inside this newsletter for more information about October holidays and events happening around the centre. Have a wonderful month!”

“It’s October and the beautiful leaves are changing outside, and soon enough we’ll be trading in our short sleeve shirts for sweaters and cozy blankets.

“The trees are in their autumn beauty, The woodland paths are dry, Under the October twilight the water mirrors a still sky.”

William Butler Yeats

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What’s on this month!

Concerts return to the Winter Garden Court!
The Culture & Arts department is pleased to introduce the return of Winter Garden concerts. Due to limited capacity, each floor of the Apotex will receive a set number of “tickets” each week and your Therapeutic Recreation staff will help distribute tickets in an equitable way. Plus residents are welcome to view the concerts on the floor balconies. Next concert is on Thursday, October 13, 10:30-11:30 a.m.

Mobile Library Cart visiting floors of the Apotex
Every weekend, we have volunteers who will be visiting floors of the Apotex with the mobile book cart. Speak with your Therapeutic Recreation staff if you are interested in having a visit from the book cart.

New Mobile Tuck Shop coming to the Apotex
As a result of resident requests at Residents’ Council, we have ordered a mobile tuck cart and will be stocking it soon and arranging a schedule where residents can purchase items such as Kleenex, hygiene items and candy. Stay tuned for more details

Apotex Outings Continue into the Fall season
TR is busily planning more exciting outings for the fall and winter. For example, recently Apotex 4 had a trip to the zoo and Apotex 7 is headed to the AGO this month. Speak with your TR staff for more information or to sign up for a trip.

Around the Centre

Obie Technology Goes Live on Apotex 5
Earlier this year, with the assistance of the Baycrest Innovation Office (BIO), the Apotex’s fifth floor team piloted and evaluated a new technology called Obie for Seniors (Obie). Obie is a device that projects virtual games onto a surface, allowing residents to interact and play in an Infection Prevention-friendly manner. Based on the positive feedback and results from both residents and staff, each unit on the fifth floor now has its own Obie device.

Reopening of the Baycrest Vendor Marketplace!
Located by the Bathurst Street Entrance
Open Monday - Friday 8 a.m. - 4 p.m.
Come and do some shopping!
### Sukkot, Shemini Atzeret & Simchat Torah Synagogue Services

<table>
<thead>
<tr>
<th>Orthodox Services</th>
<th>Conservative Services</th>
<th>Reform Services</th>
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<tbody>
<tr>
<td>Wolinsky Synagogue&lt;br&gt;2nd floor, Posluns Building</td>
<td>Wortsman Hall&lt;br&gt;1st floor, Hospital Building</td>
<td>Winter Garden Court&lt;br&gt;1st floor, Apotex Building</td>
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<tr>
<td><strong>Sukkot:</strong>&lt;br&gt;Monday, October 10</td>
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<td>9:15am</td>
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<td>Tuesday, October 11</td>
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<td><strong>Shemini Atzeret:</strong>&lt;br&gt;Monday, October 17</td>
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<td>9:15am</td>
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<td><strong>Simchat Torah:</strong>&lt;br&gt;Tuesday, October 18</td>
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#### Service Information

**Guest information:**

With capacity limits in place, residents' attendance takes priority. Residents may invite up to one (1) guest, free of charge. Guest attendance is dependant on resident interest and demand. Please note that spaces per service are limited as per Infection Prevention and Control (IPAC)'s directive on room capacities:

*A maximum of 40 individuals are permitted in the Wolinsky Synagogue and Winter Garden Court. A maximum of 55 individuals are permitted in Wortsman Hall.*

**How to register:**

Residents/clients can express interest to attend in-person services by speaking with their Therapeutic Recreation staff on the floor. In order to support as many residents as possible, residents may not be able to attend services on both days. Please note that staff will do their best to be equitable for all service offerings. For those individuals unable to attend in person, virtual services will be available on TVs and Channel 988. To access the virtual services, please speak to a Therapeutic Recreation staff on the floor.
October Holidays!

Fundamental to Jewish teaching and living is that all are equal, all are invaluable and all are entitled to justice and equity, without privilege, discrimination, or bias. In other words, the “central principle in the Torah” is, as Rabbi Akiva (c. 40 – c. 137 CE), pointed out (Leviticus 19:18): “Love your neighbor as yourself.” Hence, we are commanded to treat everyone with the dignity with which we wish to be treated, and that includes accepting and celebrating everyone’s uniqueness and diversity.

Here are some of the many holidays and observances in the month of October:

Tuesday, October 4, 2022: St. Francis Day (Catholic) - The feast commemorates the life of St. Francis, who was born in the 12th century and is the Catholic Church’s patron saint of animals and the environment. Many children bring their pets to the church to be blessed on St. Francis’ feast day because of his love for animals as expressed in his Canticle of Creatures. People may also plan a nature walk and teachers, caregivers or parents may spend time helping children write about plants, insects and animals that they see. For many educators, caregivers and animal rights organizations, this day is an opportunity to teach children about endangered or abused animals and what can be done to help save these animals. This feast coincides with World Animal Day.

Tuesday, October 4 Sundown through Wednesday, October 5, 2022: Yom Kippur (Jewish) - Jews around the world celebrate Yom Kippur, the Day of Atonement. Popular Judaism considers it the holiest day of the year. (Technically, Shabbat is the holiest day of the year, but since it is celebrated every week, people tend to forget the nature of its sanctity.) Its central themes are atonement and repentance. Jews traditionally observe this holy day with an approximate 25-hour period of fasting and intensive prayer, often spending most of the day in synagogue services. Yom Kippur completes the annual period known in Judaism as the High Holy Days or Yamim Nora'im (“Days of Awe”) that commences with Rosh Hashanah. According to Jewish tradition, God inscribes each person’s fate for the coming year into a book, the Book of Life, on Rosh Hashanah, and waits until Yom Kippur to "seal" the verdict. During the Days of Awe, a Jew tries to amend their behavior and seek forgiveness for wrongs done against God (bein adam leMakom) and against other human beings (bein adam lechavero). The evening and day of Yom Kippur are set aside for public and private petitions and confessions of guilt (Vidui). At the end of Yom Kippur, one hopes that they have been forgiven by God.
Sunday, October 9 Sundown through Saturday, October 16, 2022: Sukkot (Jewish)—Sukkot, commonly translated as Festival of Tabernacles but also known as the Festival of Ingathering, is a biblical Jewish holiday celebrating the fall harvest in Israel as well as the 40 year desert journey of the Israelites after they left Egypt. The Israelites lived in temporary shelters called sukkot as did farmers harvesting their fields. The holiday lasts seven days in Israel and eight in the diaspora. The first day (and second day in the diaspora) is a Shabbat-like holiday when work is forbidden. This is followed by intermediate days called Chol Hamoed, when certain work is permitted. The holiday is one of the Shalosh Regalim, the three Biblical pilgrimage festivals on which the Israelites were commanded to perform a pilgrimage to the Jerusalem Temple. On each day of the holiday it is mandatory to perform a waving ceremony with the Four Species. In Talmudic tradition, the four plants are identified as: etrog – the fruit of a citron tree; lulav – a ripe, green, closed frond from a date palm tree; hadass – boughs with leaves from the myrtle tree; aravah – branches with leaves from the willow tree. During the time of the Temple in Jerusalem, the waving ceremony (called na'anu'im) was performed in the Holy Temple on all seven days of Sukkot, and elsewhere only on the first day. Following the destruction of the Temple, Rabbi Yohanan ben Zakkai ordered that the four species be waved everywhere on every day of Sukkot (except on Shabbat), as a memorial to the Temple.

Sunday, October 16 Sundown through Tuesday, October 18, 2022: Shemini Atzeret & Simchat Torah (Jewish)—Shemini Atzeret & Simchat Torah directly follow the Jewish festival of Sukkot which is celebrated for seven days, and thus Shemini Atzeret is literally the eighth day. It is a separate—yet connected—holy day devoted to the spiritual aspects of the festival of Sukkot. Shemini Atzeret is characterized as a day when the Jewish people spend an additional day with God at the end of Sukkot. Outside the Land of Israel, this is further complicated by the additional day added to all Biblical holidays except Yom Kippur. The celebration of Simchat Torah is the most distinctive feature of the holiday, but it is a later rabbinical innovation. In the Land of Israel (and in Reform Judaism), the celebrations of Shemini Atzeret and Simchat Torah are combined on a single day, and the names are used interchangeably. In the Diaspora, the celebration of Simchat Torah is deferred to the second day of the holiday. Commonly, only the first day is referred to as Shemini Atzeret, while the second is called Simchat Torah. Simchat Torah (or Simhat Torah) is a Jewish holiday that celebrates and marks the conclusion of the annual cycle of public Torah readings, and the beginning of a new cycle.
More October Holidays!

**Monday, October 24, 2022: Diwali** (Hindu, Jain, Sikh)—Also known as Divali, Deepavali or Dipavali, this Festival of Light is celebrated every autumn in the northern hemisphere (spring in southern hemisphere). One of the most popular festivals of Hinduism, Diwali symbolizes the spiritual "victory of light over darkness, good over evil and knowledge over ignorance." Light is a metaphor for knowledge and consciousness. During the celebration, celebrants brightly illuminate temples, homes, shops and office buildings. Preparations and rituals for the festival typically last five days, with the climax occurring on the third day, coinciding with the darkest night of the Hindu lunar-solar month of Kartika. During the climax, revelers adorn themselves in their finest clothes, light fireworks, and partake in family feasts, where they share sweets and gifts.

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**Residents’ Council Meeting**

**Wednesday, October 19th, 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 RAC.

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**Resident Food Committee Meeting**

**Wednesday, October 12th, 2022** from 10:30 - 11:30 a.m.

_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.

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**Apotex Fall Fun Fair a huge Success!**

Residents enjoyed sunshine, games, prizes and great company at the Fall Fun Fair in September.

_Pictured to the left is Mide Seyi-Ajayi, Apotex Executive Director, playing a game of disc toss with a resident and his caregiver from the Apotex_
October is Health Literacy Awareness Month.

What is health literacy and why does it matter?

Health literacy is a person’s ability to obtain, read, understand and use information about their health. Sixty per cent of Canadians and up to 88 per cent of older adults have low health literacy. Research shows us that giving people reliable health information in the right way at the right time leads to better health outcomes.

What resources does Baycrest offer to improve older adults’ health literacy?

⇒ The Health Information Portal is a centralized, online hub for reliable health information.

⇒ The new Centre for Health Information is a space where residents, patients, staff, caregivers and community members have access to reliable health information so they can participate in their care and better manage their condition or illness for better health.

⇒ The Health Literacy Roadmap is a self-directed activation booklet developed to help clients and families actively engage in their care. It is also a resource for staff health education practice.

⇒ Two eLearning modules are available for caregivers: Caregiver Support and Medication Management for Caregivers of People with Dementia.

Where can I learn more about health literacy as a care provider?

⇒ This blog post http://blog/general/tips-and-resources-to-support-older-adults-health-literacy/ shares information and resources to help staff support clients’ health literacy.
**Apotex Leadership Team**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Extension</th>
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<tbody>
<tr>
<td>Mide Seyi-Ajayi</td>
<td>Executive Director</td>
<td>Ext. 6804</td>
</tr>
<tr>
<td>Lisa Marcovici</td>
<td>Director of Resident Care &amp; Experience</td>
<td>Ext. 3349</td>
</tr>
<tr>
<td>Cyrelle Muskat</td>
<td>Director, Quality, Systems &amp; Wellness</td>
<td>Ext. 3659</td>
</tr>
<tr>
<td>Shampreeti Rabbani</td>
<td>Apotex 2 Manager</td>
<td>Ext. 2566</td>
</tr>
<tr>
<td>Tejas Patel</td>
<td>Apotex 3 Manager</td>
<td>Ext. 6238</td>
</tr>
<tr>
<td>Jessica Valleau</td>
<td>Apotex 4 Manager</td>
<td>Ext. 2569</td>
</tr>
<tr>
<td>Marilene Antonio</td>
<td>Apotex 5 Manager</td>
<td>Ext. 3656</td>
</tr>
<tr>
<td>Selvi Krishnadasan</td>
<td>Apotex 6 Manager</td>
<td>Ext. 2482</td>
</tr>
<tr>
<td>Desiree Bungay</td>
<td>Apotex 7 Manager</td>
<td>Ext. 3195</td>
</tr>
<tr>
<td>Zarna Patel</td>
<td>Food Services Manager</td>
<td>Ext. 6658</td>
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</tbody>
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**Apotex Social Work**

<table>
<thead>
<tr>
<th>Name</th>
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<th>Extension</th>
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<tbody>
<tr>
<td>Lisa Sutherland</td>
<td>2, 6 G/S and 6 R/F</td>
<td>Ext. 5746</td>
</tr>
<tr>
<td>Jessica Rochman-Fowler</td>
<td>3</td>
<td>Ext. 2402</td>
</tr>
<tr>
<td>Kyle Forman</td>
<td>4, 5 E/I and 6 E/I</td>
<td>Ext. 6570</td>
</tr>
<tr>
<td>Daniel Navy</td>
<td>5 G/S, 5 R/F &amp; 7</td>
<td>Ext. 5645</td>
</tr>
</tbody>
</table>

**Apotex Therapeutic Recreation**

**Apotex 2** - Alyssa Nicer (ext. 3706) and Thaniyia Manohararajah (ext. 3704)

**Apotex 3** - Jenypher Ashby (ext. 5490)

**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)