We would like to wish our Baycrest Community a happy, healthy and sweet New Year. We hope everyone has a chance this month to connect with loved ones and friends, reminisce on fond memories of the holidays and have fun making new memories too! Take some time to relax, reflect and enjoy. Have a wonderful month.

Apotex 2 resident Karen B serenades residents from her floor. Residents were all smiles, singing along to Karen’s repertoire of music including Frank Sinatra and songs like My Yiddishe Mama.
Shana Tova! A message from The Department of Spiritual Care

On Rosh Hashanah, the Jewish New Year, we will hear the sound of the shofar blasts. It is a time for the High Holy Days; a time that we gather with our families, neighbours and friends and concentrate on prayer and introspection. It is a time to give thanks for the ways in which we have been blessed and strive to improve our relationships by making amends. These are the Days of Awe to acknowledge God as Creator and Ruler of the universe. It is a time to renew and strengthen our commitment to a spiritual way of life and pray for a sweet new year—a healthy and peaceful year.

Moshe Rabbeinu, Moses our teacher, on the very last day of his life, at the age of 120, leaves the earthly world with an everlasting important message: “Choose life!” His ancient message has become more than relevant during the past year. We all have a choice. Each one of us has the free will to decide how to direct our thoughts and actions. Each of us can choose to hold on firmly to the principles and values of faith and gratitude. Each of us can choose to do one more good deed, one more act of kindness, to help tip the balance of the world toward life.

On Rosh Hashanah, we look to our past, as well as to our future, for the growing of spiritual strength as well as staying committed to a positive energy way of life. We reach back into our collective history to draw inspiration and to learn from the wisdom of our heritage. At the same time, we look ahead toward future generations, knowing that what we choose for our own lives today will affect our children, our children’s children, and, indeed, the future of the world. When we choose to align our way of life with the divine presence, we are doing our part to help create a society that is humane and Godly. We are fighting the darkness of the world with the light of our good deeds.

This is a time of return, or repentance, when we focus on the process of improving ourselves and coming closer to God and the Sacred. By actively engaging ourselves through self-evaluation, reconciliation, prayer and giving an extra measure of charity—we are choosing life, just as the generation in the desert did after they heard Moses’s message. Hopefully, then we will see the good that emerges even in the midst of darkness, and we will recognize that every one of us has the power to make meaningful changes by the choices that we make. In that spirit, I wish you and your families a sweet year full of health, happiness and peace.

L’Shana Tova Umetuka (A happy and sweet New Year)

Rabbi Dr. Geoffrey Haber, Director, Spiritual Care Department, Baycrest
The High Holy Days 2022

The date of Rosh Hashanah is Tishrei 1 - 2 (September 26 and 27, 2022), and Yom Kippur, Tishrei 10 (October 5, 2022). Those days, and the days in between, are known as the “Days of Awe” during which Jews engage in a personal spiritual reckoning. The Bible calls Rosh Hashanah “The Day of the Sounding of the Ram’s Horn.” The whole spirit of Rosh Hashanah and the entire 10 Days of Repentance is one of seriousness and solemnity. The sounding of the Shofar signifies a spiritual awakening for the soul and a call to action to renew one’s commitment to the Divine commandments.

It is a Jewish belief that has been handed down from generation to generation that there is a Book of Life in heaven in which every act, word and thought of each human being is written down during the 12 months of the year. On Rosh Hashanah, this Book of Life is opened and the good and the evil deeds of each of us are carefully examined. Into this Book of Life is written everyone’s fate for the coming year. There are many lessons that Rosh Hashanah can teach us.

One of our Rabbis of old said, “A man should live in such a way that he can truthfully say: ‘I have not yet wasted a single day of my life.’” To every Jew, Rosh Hashanah renews that challenge at the beginning of each year.

Prayers are recited for life, good health and peace for all mankind. As we recall the past year, we ask God’s help in making us better human beings in the year ahead. Rosh Hashanah is celebrated for two days beginning at sundown on the evening proceeding the calendar date of the Holy Day (i.e. Sunday, September 25, 2022).

Synagogue and Holiday Programming Information

This year, we are planning to offer in-person Orthodox, Conservative and Reform High Holy Day synagogue services for all of the High Holy Days. Please speak with your on-floor Therapeutic Recreation or Social Work staff member for more details.

Each floor of the Apotex will also be decorating for the holidays, offering enjoyable holiday-themed programming and a special L’Chaim party. These programs will celebrate the High Holy Day period and provide residents the opportunity to experience the food, music and symbols associated with this time. For more information please speak to your Therapeutic Recreation staff member and see your monthly recreation calendar.
Rosh Hashanah & Yom Kippur Synagogue Services

**Orthodox Services**

Wolinsky Synagogue  
2nd floor, Posluns Building

<table>
<thead>
<tr>
<th>Rosh Hashanah:</th>
<th>Conservative Services</th>
<th>Reform Services</th>
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<tbody>
<tr>
<td>Monday, September 26 9:45 a.m.</td>
<td>Monday, September 26 9:45 a.m.</td>
<td>Monday, September 26 1:30 p.m.</td>
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<td>Tuesday, September 27 9:45 a.m.</td>
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<tr>
<th>Kol Nidre (Erev Yom Kippur):</th>
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<td>Tuesday, October 4 6:30 p.m.</td>
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<th>Yom Kippur:</th>
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<tr>
<td>Wednesday, October 5 9:45 a.m.</td>
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<td>Wednesday, October 5 6:30 p.m.</td>
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**Service Information**

*Guest information:* In accordance with our current infection prevention and control (IPAC) protocols, capacity limits have been set in each of our service spaces. A resident may invite one family member to join them for a service, and guest attendance is dependent on resident interest and demand.

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

A maximum of 55 individuals are permitted in Wortsman Hall.

*How to register:* Residents 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.
What’s on this month!

Virtual Israeli Defense Forces Band
Thursday, September 15 from 3-4 p.m. On Zoom

Virtual Café Europa
Tuesday September 13 on Zoom, Baycrest proudly presents the world premiere of “Silent Tears: The Last Yiddish Tango.” The program features poetry written by Holocaust survivors who resided at Baycrest. The program also includes songs based on local Holocaust survivor Molly Applebaum's diary, Buried Words. In addition, Canadian folk award winner Lenka Lichtenberg and Payadora, Canada’s premiere tango ensemble will perform this moving concert program of East European Tango music composed by Rebekah Wolkstein.

Virtual Russian Speaking Group
Monday, September 19
10:30-11:30 a.m. on Zoom

Please speak with your TR staff if you would like an iPad to attend these programs

Upcoming Residents’ Council Meeting

Tuesday, September 20, 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.
Around the Centre

New Mobile Optometry Services coming to the Apotex
We are pleased to announce that Eyecare Express will be coming to Baycrest to perform eye exams and other eye care services for residents of the Apotex Centre, Jewish Home for the Aged.

Eyecare Express is a mobile optical company that specializes in providing services to retirement and long-term care communities. Their licensed optometrists and opticians provide comprehensive vision assessments and eye exams, including tests for glaucoma, age-related macular degeneration (AMD) and cataracts. Eyecare Express also offers eyeglasses, sunglasses and other vision aids for those who require a new prescription or want to update their current glasses. For more information, please contact Eyecare Express at 1-888-498-EYES (3937)

The Centre for Health Information is Now Open!
(Formerly the Wellness Library)
- Find online and printed health information on a variety of topics.
- Get help with your questions from trained staff and volunteers.
- Access our Digital Centre computers.
- Borrow leisure reading books in person in the library or via a mobile library cart which will be travelling with a volunteer starting in September.

Location: Apotex Centre, 1st Floor
Hours of Operation:
- Sunday: 10 a.m. – 2:30 p.m.
- Monday: 9:30 a.m. –12:30 p.m.
- Tuesday: 12 – 5:30 p.m.
- Wednesday: 9:30 a.m. –12:30 p.m.
- Thursday: 12 – 3 p.m.
- Friday: 9:30 a.m. –12:30 p.m.
- Saturday: Closed
News from the Culture & Arts Department

Enhancing the Friday night Shabbat Dinner Experience
In speaking with residents and families, we understand that during Shabbat, having the prayers recited in all the dining rooms would improve the Shabbat experience for our residents.

In response, we have welcomed Rabbi Rena to meet with the Food Services team to reinforce the importance of prayers during Shabbat dinners. We have also created Shabbat Toolkits that will be distributed to each dining room in September. Each toolkit will have Shabbat candles and laminated blessings cards as well as instructions for staff to help facilitate the reciting of the blessings.

Spiritual care, recreation and social work will be spending Fridays over the next month meeting with the Friday evening nursing and food service staff run through the Shabbat kits to ensure all residents wishing to celebrate have a meaningful experience each week.

Resident Rights
After input from the Long-Term Care COVID-19 Commission and the Auditor General, as well as the public and residents in the sector, new legislation was introduced to help ensure that residents get the care they deserve. This act is called Fixing Long-Term Care and replaces the previous Long-Term Care Homes Act. There are 29 Resident Rights in the Fixing Long-Term Care Act. These are known as the Bill of Rights for people who live in Ontario long-term care homes. Each month we will highlight two different resident rights.

In September, we focus on the following resident rights:
7. Every resident has the right to form friendships and relationships and to participate in the life of the long-term care home.
8. Every resident has the right to share a room with another resident according to their mutual wishes if appropriate accommodation is available.
Caregiver Corner

Try using the Jewish Holidays as a theme in inspiring discussion and sharing memories with your loved one. Here are some tips:

1) Ask thought-provoking, open-ended questions such as “What is your wish for the New Year?” or “How can we help make the world a better place?”

2) Ask simple questions and give choices about the holidays such as “What was your favourite dish to eat on Rosh Hashanah? Did you like the round Challah, Gefilte Fish, honey cake?”

3) Share your own memories and experiences. Residents often love to hear about what is going on in the lives of their friends and families.

4) Don’t worry if you don’t get a perfect answer or if there are moments of silence. You can also just hold someone’s hand and look at pictures of the holiday or listen to some holiday-themed music.

Around the Community

2022 Toronto Jewish Comedy Festival!

September 11, 2022
8:00 p.m.
Prosserman JCC

For tickets, go to: www.jewishcomedyfestival.com or call 289-802-4546

Interesting Free Zoom Lecture! Veganism in Judaism

Wednesday, September 14  at  6:30 pm

Veganism is booming among Jews, especially in Israel. Why is this happening, and what does it mean? Is there something specifically Jewish about their veganism? Have they changed their Judaism (or Jewish identities) by binding it to veganism?

For more information and to register for the ZOOM, please visit https://www.jccbuffalo.org/event/jewish-veganism-and-vegetarianism/
This month we feature a piece written by 3rd floor resident Pearl Karal:

Fine Dining during the Depression  (August 2022)

During the Great Depression of 1929 to 1939, many young males sought work on farms, and "rode the rails" across Canada to search for employment. They came from all provinces. They left their families, climbed aboard empty freight cars, and hopped off wherever they heard there might be work.

In Winnipeg, where I grew up, these men were recognizable as they lurked in doorways of buildings downtown: a store, a barber shop, anywhere they could find shelter.

My first memory of this is when I was about five or six. Sometimes a man would come and knock at our door, and my mother would invite him in. She would seat him at the kitchen table and prepare a meal for him. Mother would ask them where they were from, but she didn't ask a lot of other questions.

Sometimes she served salami and eggs, sometimes leftover stew, sometimes fried eggs and vegetables. And always lots of bread. She would chat with them until they finished eating. She treated them in a friendly way and chatted with them about possibilities for work. Sometimes she'd say, "I hear they're harvesting in Alberta." Then she prepared sandwiches for them to take away in a lunch bag. She would hand them the package and then say goodbye.

These men always came to our house during the daytime, when my father was at the factory where he worked. Gradually, more and more men came and knocked on the door. My mother wondered how they all found her since we didn't live close to the railway station. Finally, one of the men told her that her name had been circulated among the hungry men riding the rails. He said that her house had been marked, and he had been given a note with her name and address.

These men didn't come well-dressed, but they didn't come dirty. There were water taps outside the houses, so they would wash up there. They were polite, never violent, and never broke into houses.
Mother was respectful toward them. She didn't probe, she didn't lecture, she didn't criticize. My dad didn't say anything about this stream of visitors who came to the house. It was just a fact of life.

One man asked if he could play our piano. My mother said yes right away; why not? He played beautifully, and even though I was a young child, I could tell that he had taken lessons. He played nicely, like the people who played at Eaton's. On one of the floors at Eaton's, they used to have someone playing the piano to attract shoppers. When I went shopping with my mother, if I heard a piano, I wouldn't stay with her, I'd go listen to the person playing the piano. So if she lost me, she knew where to find me.

That same man who played the piano at our house had a beautiful ring. I complimented him on his ring, and he said his parents had given it to him. When I asked him why he didn't sell it, he didn't answer.

These visits from men seeking work happened on and off for a number of years during the Depression. For a few years afterward, I sometimes wondered what happened to those men.

This generosity was typical of my mother. I admire her for this, especially since we were not rich. I believe that this spirit of helping others made an impression on her children and grandchildren, and we have all found ways of helping people.
10 Things You Should Know About Rosh Hashanah

Rosh Hashanah is the celebration of the Jewish New Year and marks the beginning of the most sacred annual Jewish holidays, known as the High Holy Days.

1. It is appropriate to wish someone a happy, healthy, and peaceful new year on Rosh Hashanah.
2. Unlike secular New Year’s Eve celebrations that often involve big parties, Rosh Hashanah is a quieter, contemplative holiday.
3. Rosh Hashanah is a time for Jewish people to look back on the year and reflect on which aspects of life they are content with and which they would like to change or improve.
4. If you want to do something very special for someone celebrating Rosh Hashanah, send them a telegram. In the 1920s, Western Union had a special telegram service to accommodate all the telegrams American Jews sent to each other for Rosh Hashanah.
5. On Rosh Hashanah, challah bread—which is usually braided—is rounded to symbolize the eternal cycle of life. Often the challah is also dipped in honey, which symbolizes hope for a sweet year ahead.
6. Jewish people refrain from eating nuts during Rosh Hashanah. Instead, it is customary to eat a “new” fruit—that is, a fruit that is coming into season that the celebrants have not yet eaten—to symbolize the newness of the year.
7. If invited to a Rosh Hashanah meal, one might bring kiwi, pomegranate, or another unusual fruit. Seasonal bouquets are welcome, too.
8. The shofar is a horn that is blown during Rosh Hashanah services. Shofars are traditionally made from rams’ horns. Modern shofars are made from more common materials, and there are many craft versions available.
9. Hearing the shofar is a reminder, or wake-up call, that a new year is beginning.
10. Rosh Hashanah services can be streamed online if you are unable to attend in person or are curious to experience a service.
### Apotex Leadership Team

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<thead>
<tr>
<th>Name</th>
<th>Position</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>
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<tr>
<td></td>
<td>Apotex 5 R/F Manager (Interim)</td>
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<tr>
<td>Jessica Valleau</td>
<td>Apotex 4 Manager</td>
<td>Ext. 2569</td>
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<tr>
<td></td>
<td>Apotex 5 E/I Manager (interim)</td>
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<tr>
<td>Selvi Krishnadasan</td>
<td>Apotex 6 Manager</td>
<td>Ext. 2482</td>
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<tr>
<td></td>
<td>Apotex 5 G/S Manager (interim)</td>
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<tr>
<td>Desiree Bungay</td>
<td>Apotex 7 Manager</td>
<td>3195</td>
</tr>
<tr>
<td>Zarna Patel</td>
<td>Food Services Manager</td>
<td>Ext. 6658</td>
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### Apotex Social Work

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

- **Apotex 2** - Alyssa Nicer (starts Sept. 19)
- **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) and 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)