

# Apotex

## Jewish Home for the Aged

Resident & Caregiver Newsletter

February 2021

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Happy February everyone! It may be chilly outside, but there is a lot of warmth and caring happening around our building. Creative activities, virtual programs, caregiver visits - these are all the things

that contribute to our residents' health and well-being. You can find more info inside this newsletter with tips for staying connected with loved ones and our Baycrest community.



Dr. Feldman is doing his part in helping to ensure as many staff and residents receive the COVID vaccination as possible. "I took the vaccine because it is safe and it is the most effective way to keep

myself, my family and my coworkers safe from COVID-19 and to keep our residents from needing to go to ICU."

### Apotex COVID-19 Updates

We are continuing to ask residents to stay in their rooms as much as possible in order to limit movement and spread of the virus at Baycrest. Registered caregivers can still visit, as long as the resident they are visiting has not tested positive for COVID-19. We understand how challenging this time is for everyone. Please see the following pages of this newsletter for tips and suggestions for staying connected and maintaining your wellbeing during the pandemic.

## Apotex COVID-19 Updates

99.9% of residents who consented to receive the first dose of the COVID vaccine have received it! The second dose will be coming in February for those who received their first dose in January. As of January 12, a total of 556 staff, physicians, and contract staff have already been approved to receive or have already received their first dose of the vaccine, and 878 have submitted applications expressing their interest in receiving it.

Please note there continues to be a building-wide outbreak declared in the Apotex. This allows our staff to apply preventative outbreak control measures across the all floors and units, even when there are no active cases on a particular unit.



### As of January 28 there are:

10 resident COVID-positive cases on the following units:

2EI(1), 3GS(2), 4EI(3), 5EI(3), 7EI(1)

8 Apotex staff COVID-positive cases

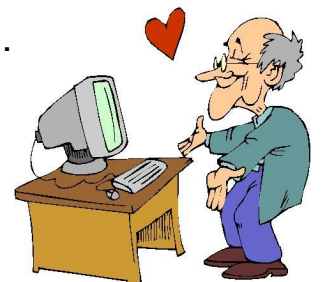
**\*\*Staff who test COVID-positive are isolating in their own homes.\*\***

## Baycrest Experts Weigh in on Health and Well-Being During COVID-19

According to Dr. Robert Madan, Psychiatrist in Chief at Baycrest, there are some simple strategies older adults can use to stay psychologically healthy during this pandemic:



- Exercise and look after your physical health.
- Reach out to others.
- Don't watch the news all day.
- Take a moment to relax.
- Implement structure and routine.



For help in incorporating these strategies into your care plan,  
please speak with any members of your care team.  
(The staff directory is on the last page of this newsletter.)

## What's on this month!

During the Apotex-wide outbreak, therapeutic recreation (TR) staff and feeding assistants can still enjoy friendly visits with residents one-to-one in individual rooms. TR staff provide exercise and physical activity programs, creative arts-based programs, virtual technology programs, music and spiritual cultural programs, however; all programs are delivered on an individual basis during the outbreak. We are exploring adding virtual group programs, which would be delivered to residents in their rooms but in a group format on ZOOM or a similar platform on an iPad. For more information, please reach out to your TR staff member. (A directory is on last page of this newsletter.)

This month you can also look forward to the following fun activities:

A beautifully decorated “Heart Cart” will be coming around room-to-room with music, treats and activities. Whether you celebrate Valentine’s day or just want to share in the caring vibe of Baycrest, the Heart Cart is sure to be a fun and engaging experience.



Have you seen our newly created weekly activity packages yet? We have been busy printing and delivering these fun and engaging, printed activity packages, which contain exercises, mindfulness activities, reminiscence questions, trivia, weekly Torah portions and more that you can enjoy on your own or with your caregivers.

Channel 988 is available to all residents subscribing to cable TV in their rooms. YouTube can be accessed on Baycrest Smart TVs or iPads or if you have one, on your own smart device.



## Let's Reminisce!

Use these conversations starters with your caregivers, family or with staff.

- Do you celebrate Valentine's day? What would be a perfect romantic date for you?
- What does it mean to fall in love? What does it feel like? How do you know when you're in love?
- What advice would you give to a young couple who are just starting out?

## Love Quotes of Alfred Lord Tennyson



*If I had a flower for every time I thought of you, I could walk in my garden forever.*

*'Tis better to have loved and lost than to have never loved at all.*

*Brief is life but love is long.*

## Fun February Facts



Every year, more than 36 million heart shaped boxes of chocolates are sold across the country.

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Don't forget about your pets! Every year, around 9 million people buy their pets a Valentine's Day gift.

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It's estimated that the U.S. alone is going to spend \$3.3 billion on flowers for loved ones this year.



## Caregiver Corner

Are you looking for more meaningful and enjoyable activities to do together with the resident you are caring for? Why not try some of the following ideas. Please speak with your recreationist if you require assistance with accessing technology:



Check out Arts and Culture on Google. You can explore beautiful artwork, tour other countries and more, all at your fingertips.

<https://artsandculture.google.com/>

*Helpful tip! When visiting with a resident who isn't very talkative, talk about yourself. Talk about the weather, what you did that day, what the kids are up to, etc. Residents love hearing about you!*



View this beautiful winter slideshow : <https://youtu.be/jOf3cip4vZU>

*Helpful tip! When communicating with a person with dementia, try to avoid asking questions like "What did you have for lunch?" or "What did you do today?" Instead, try asking open-ended, thought-provoking questions such as "What does it feel like to be outside in the cold" or "Describe what you see when you look outside in the winter."*

**Did you know?** Since May 2020, Baycrest has facilitated over 5000 e-visits!

### E-Visits

Just a reminder that anyone can still book e-visits (video phone calls with residents of the Apotex) by phoning ext. #2020 or emailing [evisit@baycrest.org](mailto:evisit@baycrest.org). E-visits are facilitated between 1-3 p.m. Monday-Friday. Limit one e-visit per resident per week.

### New Pharmacy Provider

On January 25, we will be transitioning to our new pharmacy provider Medisystem. This will not have any effect on the medications residents receive. There will be more information to come regarding ordering personal supplies through the new pharmacy.

If you have any questions please speak with your manager

**Baycrest**

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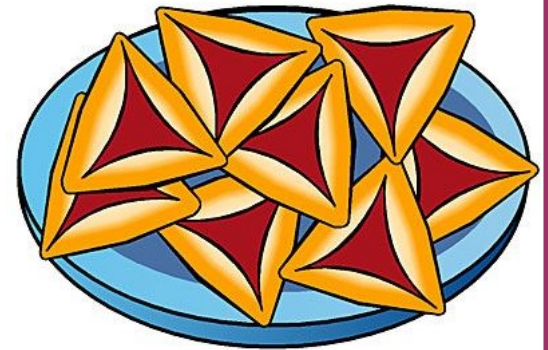
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**TORONTO**

Baycrest is fully affiliated  
with the University of Toronto.

## **Purim - Friday, February 26th, 2021**



Purim is a joyous holiday that recounts the saving of the Jews from a threatened massacre during the Persian period. The story of Purim is recounted in the Book of Esther, whose heroine plays the leading role in saving her people. The holiday is traditionally celebrated with wild abandon and with the giving of gifts to friends and the poor.



One of the favorite activities in preparation for the holiday is the baking of hamantaschen, the triangular filled pastries that are the traditional food at Purim time. In addition, following the commandment to give gifts to friends and the poor, the preparation of mishloah manot baskets is a fun activity to engage in, as is their distribution on the holiday.

### **Purim True or False!**

1. Esther converted to Judaism when she married King Ahasuerus.

Answer: False. Esther was born Jewish but initially hid her origins from King Ahasuerus.

2. Usually only adults attend Purim services.

Answer: False. Kids love Purim! Dressing up, making noise, and eating cookies are all “kid-approved” Purim traditions.

3. Most people dress up in scary costumes for Purim.

Answer: False. Cheery costumes are not mandatory on Purim, but they are encouraged.

## Food Services Updates



### Winter/Spring menu

The Food and Nutrition team are pleased to roll out the winter-spring menu, which started January 18, 2021.

Some highlights are:

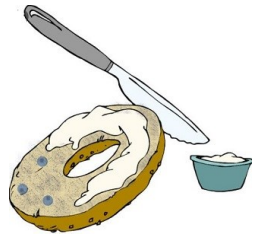
- Creamy mushroom with white bean soup
- Hearty green lentil soup
- Vegetable and beet salad with horseradish dressing
- Baked rainbow trout

- Chicken cacciatore
- Chili cod with island salsa
- Lemon shortcake
- Warm bread pudding

### Your management team:

Zarna Patel, Manager Food Services JHA, welcomes new supervisor Jesna Robin, who joins Jeffery Wilson and Sarah Sampogna.

We appreciate your feedback on the new menu!



### Jewish Cuisine Word Search

Find the names of the tasty treats unique to Jewish cuisine.

Z	T	E	S	O	R	A	H	C	D	U	M	L	A	T	<div style="border: 1px solid black; padding: 5px;">             BAGELS              BAYTZA              BLINTZ              CHALLAH              CHAROSET              GEFILTEFISH              KARPAS              KASHRUT              KOSHER              KREPLACH              KUGEL              LATKES              LEVIVOT              LOX              MAROR              MATZOBALLS              MELIAH              PAREVE              SABBATH              SCHNITZEL              SFRATTI              TALMUD              TREIF              TZIMME              ZEROA           </div>
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B	A	O	R	E	Z	Y	L	L	G	K	Z	E	H	W	
B	S	A	B	B	A	T	H	A	K	A	F	S	H	M	
G	L	E	L	Z	X	Z	T	A	T	I	C	A	E	A	
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M	A	T	Z	O	B	A	L	L	S	K	D	T	K	D	

### **Apotex Leadership Team**

Simon Akinsulie	Executive Director	Ext. 6804
Lisa Marcovici	Director of Care	Ext. 3349
Cyrelle Muskat	Director, Quality, Systems & Wellness	Ext. 3659
Nelia Cabral	Apotex 2 Manager	Ext. 2566
Tejas Patel	Apotex 3 Manager	Ext. 6238
Homaira Haqdad (interim)	Apotex 4 Manager	Ext. 6348
Homaira Haqdad	Apotex 5 Manager	Ext. 6348
Selvi Krishnadasan	Apotex 6 Manager	Ext. 2482
Marilene Antonio	Apotex 7 Manager	Ext. 3195
Zarna Patel	Food Services Manager	Ext. 6658

### **Apotex Social Work**

Tanya Klochkov	Apotex 2 & 4	Ext. 2990
Isabel Coelho	Apotex 3 E/I, 3 G/S & Apotex 5	Ext. 2185
Maya Budovitch (interim)	Transitional Behavioral Support Unit	Ext. 2379
Jessica Rochman Fowler	(TBSU)	Ext. 2402
Kristina Brock	Apotex 6 and Apotex 7 - on site	
Heather Lisner-Kerbel	Apotex 6 & 7 - working remotely	Ext. 2332

### **Apotex Therapeutic Recreation (TR)**

Apotex 2 - Janice Ocampo (ext.2313) and Jessica Baker (ext.5879)

Apotex 3 - Jenypher Ashby (ext.5490) and Janice Ocampo (ext.2313)

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

Apotex 4 - Jackie Reale (ext.2543) and Keeley Dougherty (ext.3885)

Apotex 5 - Sabina Ntim (ext.5169) and Keeley Dougherty (ext.3885)

Apotex 6 - Paula Carcamo (ext.5430) and Hayley Rosen (ext.5602)

Apotex 7 - Kelly Rose (ext.3162) and Shari Fremeth-Teppe (ext.2207)