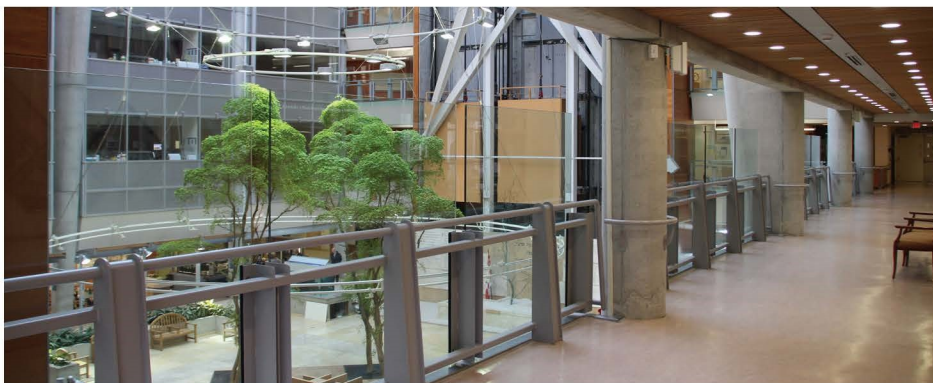




Apotex

Jewish Home for the Aged

Resident & Caregiver Newsletter

January 2021

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We wish you and your loved ones a healthy and Happy New Year! We know 2020 was a challenging year for many but we are hopeful 2021 will bring

lots of fun and interesting programs and experiences for our Baycrest community. We look forward to starting off a fresh new year with all of you!

Apotex COVID-19 Updates

We continue to take all necessary measures to keep you and everyone at Baycrest safe. As a result of increased COVID-19 activity in the community and on our campus, and after consultation with Toronto Public Health, Baycrest Infection Prevention and Control has declared a building-wide outbreak in the Apotex as of Monday, January 4, 2021. This will allow staff to apply preventative outbreak control measures on all floors, even when there are no active cases on a particular unit.

For now, we are asking 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 difficult this is for many of you, and we are here to help and support you. Don't hesitate to reach out to your nurse, PSW, unit manager, recreationist or social worker if you have questions or need support. Please see the following pages of this newsletter for the staff directory.

COVID-19 Vaccine News



As you may have heard in the media, the Moderna COVID-19 vaccine has arrived in Ontario. Beginning on Wednesday, January 6, it will become available to residents of the Apotex through a pilot program run by the Ministry of Long-Term Care. Given the proven, high-efficacy and safety of the Moderna COVID-19 vaccine, tak-

ing part in the Ministry's vaccination program is in line with our strategy of implementing the best evidence-based practices and doing everything we can to keep everyone at Baycrest safe.

As of Thursday, January 7, we have vaccinated 325 residents living in the Apotex. There are some more to go this week but this is very encouraging news! Everyone who received their vaccine on Wednesday, January 6 will receive their second dose 28 days later. Please speak with your nurse if you have questions about the vaccine or if you are experiencing pain or tenderness in your arm as a result.

Apotex Leadership Team Directory

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 resident Helene Fleischmann was thrilled to have a visit with Recreationist Jessica Baker, who travelled room to room with a beautifully decorated Chanukah Cart delivering

Other holiday celebrations at Baycrest!



Similar to the Chanukah cart, Christmas carts were set up for residents who celebrate

Christmas. Decorated with a small tree, lights, tinsel and include crosswords and painting pages., the carts also included an iPad that played music for residents as it travelled room to room. On the Transitional Behavioral Support Unit, Christmas decorations were put up and Christmas music was played during mealtimes in the common areas.



Tu Bishvat

Upcoming Holidays -

Tu Bishvat - January 28, 2021

The 15th of Shevat on the Jewish calendar is the day that marks the beginning of a “new year” for trees. Commonly known as Tu Bishvat, this day marks the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle. For many Jewish people around the world, this holiday is a time to feel re-connected to the land of Israel and also do our part in helping to take care of the environment for future generations. Many people will plant trees and eat fruit as a way of celebrating this holiday



Apotex 4 resident, Marilyn Harris has a blast with the Chanukah decorated “photo booth”!

Baycrest

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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:



Helpful tip! If the resident you are caring for doesn't respond verbally, try showing them a video clip and see if they show other responses such as smiling or nodding. Showing any type of emotion is a really good thing!

Enjoy gardening or travel?

Try this beautiful walking tour of the Ninfa Garden in Italy

<https://youtu.be/gr6NflJhcJo>



Helpful tip! Use photos, artwork or other pieces of memorabilia in the resident's room to help spark a connection. Remember, it's not about quizzing the resident on who is in the picture or who painted the artwork, what's important is the resident has an opportunity to connect and express him/herself

Go on a virtual tour of the Russian Museum:

<https://rusmuseumvrm.ru/>

Important Reminder:

At this time, Baycrest continues to allow a maximum of 2 caregivers to be registered and visit with each resident. To register as a caregiver, please contact your floor Social Worker (see directory below)

Apotex Social Work Directory:

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

Let's Reminisce!

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

What do you love about the winter? What do you hate about the winter?

Did your family use to go away somewhere warm in the winter? Where did you go? What did it feel like to be somewhere warm?

Apotex Residents Advisory Council

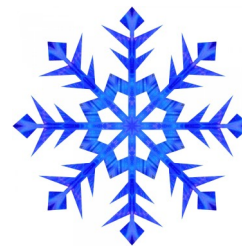
A reminder that anyone who is a resident in the Apotex can join the Apotex Residents' Council.

It's a chance to get together with others and discuss issues that are important to residents living here in the Apotex.

During facility-wide outbreaks, the Apotex Residents' Council cannot meet together as a group but please feel free to reach out to Rachel Gavendo (ext. 5493) or Heather Lisner-Kerbel (ext. 2332) who are the staff liaisons for RAC with any questions.



Wonderful Winter facts



Snow can be yellow, orange, green, and purple! Tiny particles of dust or algae can make snow appear to be a range of different rainbow-like colors.



In an effort to help the environment, some cities use beet juice, beer waste, and pickle brine on icy winter roads instead of salt.



There are plenty of flowers that bloom in the winter. Some examples include: winter pansies, lenten roses and snowdrops.

What's on this month!



During the facility wide-outbreak, recreationists and feeding assistants can still visit with residents one-to-one in your rooms. We are also working on putting together fun and engaging packages for residents that will be delivered to your rooms to help keep you occupied during this time.

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 your own smart device:

Shabbat programming - Channel 988 every Friday starting at 1:30pm

Exercise and physical activity - Channel 988 every day at 11:00am

Winter Wonderlands slideshow - Youtube <https://youtu.be/8KujGcZ5f7U>

Documentary - Agriculture in the Negev https://youtu.be/VUNmN_bZNsk

For the full schedule of channel 988 programs or if you require assistance accessing technology, please speak with your recreationist (see directory below)**

Apotex Recreationist Staff Directory:

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-Tepper (ext.2207)