

Apotex

Jewish Home for the Aged

Resident & Caregiver Newsletter June 2021

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*"In summer,
the song sings itself."*

-William Carlos Williams

The days are getting longer, the sun is shining and the warmth is all around us. This month in the Apotex, we are going to be introducing outdoor group recreation programs, plus residents and

caregivers are welcome to use the Apotex garden spaces for some beautiful fresh air. We also want to wish a Happy Fathers' Day to all the Dads, Zaidies, Grandfathers and Sabas out there.

We hope you all have a wonderful month.



Apotex resident Karen Potok enjoys some warmth and beautiful sunshine out in the Apotex Garden. This month many residents and caregivers have been able to get out and enjoy long awaited lovely weather!

Apotex COVID-19 Updates

As you may have seen in the news, the Ministry of Long-Term Care announced the reintroduction of outdoor visits for residents of long-term care homes, effective May 22, 2021. We are actively working on plans to ensure we can facilitate safe outdoor visits, and we will share more information with you in the coming weeks as it becomes available. This is an exciting development and we look forward to seeing our residents reunite with their loved ones.



Apotex COVID-19 Updates Continued...



Guidelines for Outdoor Visits with General Visitors:

For the time being, please note the following:

- Visitors must complete screening and wait outside for the caregiver and resident to come out.
- No more than two visitors may visit a resident at a time, in addition to both caregivers, if desired.
- Visitors must adhere to our IPAC protocols, including physical distancing (2 metres), masking and hand hygiene, regardless of immunization status.
- Visitors do not need to undergo a rapid antigen test or PCR test as their visit will be outdoors.
- Only outdoor visits will be permitted. No visitors are allowed inside at this time, other than caregivers and essential visitors already permitted to visit.

We will share more information with you as it becomes available. If you have any questions, please speak to your manager.

Caregivers in the Dining Rooms

Effective Tuesday, May 25, fully immunized, registered caregivers may accompany fully immunized residents to the dining room to support them during mealtimes. This policy change is in line with the Ministry of Health and Long-Term Care's Directive and the Apotex's gradual reopening plan. Caregivers accompanying residents to the dining room must follow the rules below:

- Caregivers are not permitted to bring food and/or to eat in the dining room.
- Caregivers must continue to wear a mask and eye protection and must practice physical distancing from other residents, caregivers and staff.
- Caregivers are required to stay with their resident at all times. This means that caregivers must wait for staff to bring the meal to the table and should not approach the serving area.
- o Caregivers may only provide assistance to the resident for whom they are designated to provide care. This rule is in place to ensure physical distancing and avoid potential cross-contamination of food, utensils and other objects.
- o Caregivers must follow the directions of the care team.
- o The dining room must not be used outside of mealtime.

What's on This Month!

Happy Summer!

This month, we're going to be trialing small group outdoor therapeutic recreation programming. Please see your floor calendars and speak with your therapeutic recreation staff for more information. We also continue to provide a variety of small group programming in the lounge areas of the resident neighborhoods plus many fun and interesting virtual programs on ZOOM.

Join us on Wednesday, June 16, from 1:45 to 2:45 p.m. for a special Fathers' Day concert with beloved Baycrest entertainer, Mark Youhanan. Mark will be performing live for us on ZOOM. It has been over a year since we've had a live performance from Mark, and we are thrilled to be able to welcome him back! Please speak with your therapeutic recreation staff for more information about how to view the concert.



Apotex Residents' Advisory Council

The next meeting is on Tuesday, June 22, 2021, from 1:45 to 2:45 p.m. on ZOOM. If you are interested in attending, please speak with your therapeutic recreation staff (directory is at the end of this newsletter).

****Did you know that we have a Residents' Council *Executive* Committee (RAEC)? Previously, we used to nominate and hold elections for these positions, but going forward, we would like to open up the opportunity to any residents in the Apotex who are interested in being more involved with the Residents' Council and advocating on behalf of other residents. The RAEC meets on ZOOM once monthly. No technology required—we will provide you with everything you need for the meeting and come set it up in your room. Be a voice for residents on your floor and bring any comments, concerns or suggestions to the meeting each month. Please contact the RAC Staff Liaisons Rachel Gavendo (ext. 5493) or Lisa Sutherland (ext. 5746) if you're interested.**

Caregiver Corner



Baycrest Free Webinar Recordings:

Get timely, expert information about brain health and aging and engaging COVID-relevant content from this collection of upcoming and past webinars from the team at Baycrest.

<https://www.baycrestfoundation.org/Get-Involved/Webinar>

Topics include:

Resiliency Training for Family Caregivers: Standing up to COVID-19

Touchscreen Games for People Living With Dementia and Their Caregivers

Intimacy & Dementia: How Can We Stay Close or Should We?

Out of Touch: Caregiving in the Time of COVID-19

Helping Older Adults With Depression Cope During COVID-19

Caregiver Tip!

Caregivers are considered to be a valued part of the care team at Baycrest. Reach out to your care team with any questions, concerns or comments. It never hurts to ask, and often caregivers will have great suggestions they can share with the team!



Circle of Care
Sinai Health

This summer, Circle of Care is offering a virtual Stress Management Support Group.

To register:

<https://www.circleofcare.com/calendar/virtual-stress-management-support-group/>

Date: Wednesdays, from June 9-July 7, 2021 (5-week group)

Where: Online via ZOOM

Time: 2-3pm Who: Seniors 55+

Cost: Free Zoom link will be sent upon completion of registration.

Baycrest

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Seniors and Spirituality: Health Benefits of Faith

By Rabbi Dr. Geoffrey Haber

A spiritual connection can boost seniors' wellness, especially when their senior living community supports faith practices such as Baycrest does. Spirituality is a significant part of many people's lives, and it can become even more important as we grow older. Luckily for these spiritual seniors, faith practices come with a host of health benefits. For example, spirituality can improve quality of life for seniors with dementia. Practicing a religion can help slow cognitive decline and reduce or stabilize cognitive disorders, according to International Psychogeriatrics. The use of spirituality in daily life enables those with dementia to preserve relationships, maintain hope and find meaning.

Another benefit of spirituality is the strong sense of community that is at the heart of most faith groups. People form and strengthen relationships through their faith, whether it's by attending group services or just praying with a friend, observing holy days and festivals or engaging in religious study of sacred texts, such as parshat hashavua, studying the weekly Torah portion. Opportunities for social interactions are especially important to seniors, who are at risk of becoming isolated as they age. Staying social reduces loneliness and depression and can be particularly comforting during difficult times. Many seniors must cope with the loss of a spouse or loved one. Others might be grappling with their own illness or mortality. Faith, spirituality and religion can provide a support system for handling these tough issues.



The benefits of spirituality for seniors are evident here at Baycrest. A full-time spiritual care team works to ensure that all residents' spiritual needs are met, regardless of their beliefs. Just let us know what we can do to support your spiritual and religious life.

Rabbi Geoffrey Haber - ext. 3743

Rabbi Rena Arshinoff - ext. 5754

Rabbi Adam Law - ext. 6242

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Let's Reminisce!

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

What do you love about the summer?

How did your family spend the summers? Where did you go?

What are some of your favourite summertime activities?

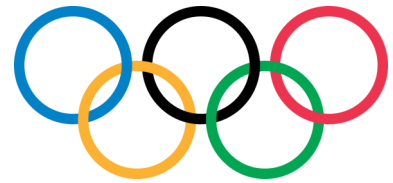
Inspirational Summer Quotes



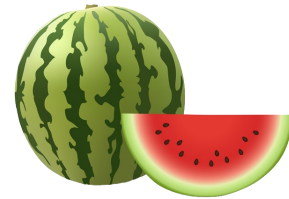
“When the sun is shining I can do anything; no mountain is too high, no trouble too difficult to overcome.” – *Wilma Rudolph*

“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.” — *F. Scott Fitzgerald*

Super Summer facts



The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.



Watermelon is one of summer's best summer treats. Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables.



The Eiffel Tower actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer

Resident Corner

Where we profile interesting stories about residents living in the Apotex.



Discovery of a new talent!

Meet Barbara Jean, a new resident to the Apotex who discovered a love for painting. When Barbara first moved into the Apotex she just wanted to spend time with her favourite sisters – (TR's Kelly and Shari!). During their visits, Barbara began wanting to watch them paint and has since grown to requesting her own painting pages to complete independently. Barbara sends her works of art to her family as a way to stay connected with her grandchildren during this tough time.



The Talented Teacher

Meet Corinne, an Apotex resident since 2017 and an art teacher for many years. Prior to the pandemic, Corinne spent a lot of her time in the art studio colouring cards and bookmarks for the Baycrest gift

shop. Lately, she has been colouring independently on her unit using her beautiful artwork to spruce up her room and the unit for other residents who admire her work. Her continuous love of art, color coordination and steady hand never fails to impress the staff and her co-residents.



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
Jessica Valleau	Apotex 4 Manager	Ext. 2569
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

Lisa Sutherland	Apotex 2 & 6	Ext. 5746
Tanya Klochkov	Apotex 4 & 7	Ext. 2990
Jessica Rochman Fowler	Apotex 3 including Transitional Behavioral Support Unit	Ext. 2402
Daniel Navy	Apotex 5	Ext. 5645

Apotex Therapeutic Recreation

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

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

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

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

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

Apotex 6 - Paula Carcamo (ext.5430) and Shari Fremeth-Tepper (ext.2207)

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