



# Apotex

## Jewish Home for the Aged

Resident & Caregiver Newsletter May 2023

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*“All things seem possible in  
May.” - Edwin Way Teale*

May is such a beautiful month  
and we look forward to seeing  
everyone outside and around  
the centre engaging in some of  
your favourite springtime  
activities like gardening, walking  
and enjoying fresh air!

Have a wonderful month!



*Chag Sameach! Residents enjoyed beautiful Passover  
celebrations all around the home in April. Pictured here is one of  
the Community Seders that were held in the Winter Garden*

## What's on this month!

This is just a snapshot of some of the fabulous programs happening around the Apotex this month. See your floor monthly calendars for all the details!

### **Outdoor garden planting!**

**Tuesday May 30 from 10-12pm and 1:30-3:30pm** in the North Garden (located past Loftus hall) and **Wednesday May 31, 10-12pm and 1:30-4:00pm** for the South garden (where the sculpture of the tug of war with children is located) to assist in planting our beautiful summer Resident gardens.

### **Apotex Tuck Shop!**

#### **May Hours**

Mondays - 3-4 p.m.  
Rotating Floors. Check calendars

Thursdays - 11-12 p.m.  
Outside Apotex 2  
Recreation Room

\*\*There are also beautiful, hand-made items from the creative arts studio for sale

### **Mother's Day Concert**

**Noah Kosta**

**1:30PM (WG) May 14 (Sunday), 2023**

#### **Drop-In Concert**

Sign up with your on-floor TR staff if you require assistance getting to the concert



### **Café Europa**

This month, the Café Europa program for the community of Holocaust Survivors at Baycrest will be offered in-person on Wednesday May 3 from 10 -12pm.

Location Wortsman Hall

For any questions about this program, please contact Anne Max at extension: 2259

## Shavuot

**May 26th - May 27th, 2023**

Shavuot is known as the Feast of Weeks in English and as Pentecost in Latin and ancient Greek. Shavuot has a double significance: it marks the wheat harvest (Exodus 34:22), as well as the harvest of the first summer fruits (Deuteronomy 8:8; 26:1-10) in Israel, and it commemorates the anniversary of the day when God gave the Torah to the nation of Israel assembled at Mount Sinai.

The holiday is one of the Shalosh Regalim, the three Biblical pilgrimage festivals. The word Shavuot means weeks, and it marks the conclusion of the Counting of the Omer.

Its date is directly linked to that of Passover; the Torah mandates the seven-week Counting of the Omer, beginning on the second day of Passover, to be immediately followed by Shavuot. Jewish people around the world understand this counting of days and weeks to express anticipation and desire for the giving of the Torah. On

Passover, the people of Israel were freed from their enslavement to Pharaoh; on Shavuot, they were given the Torah and became a nation committed to serving God. Shavuot is celebrated in Israel for one day and in the Diaspora for two days. Reform Judaism celebrates only one day, even in the Diaspora.

Some Shavuot practices include staying up all night on the first evening to study Torah, called Layl Tikkun Shavuot in celebration of God's giving the Torah and our willingness to receive its teachings. Another practice is to eat dairy products on this holy day. There are many reasons given for it but the one most probable is that Israel is known as "a land flowing with milk and honey," reflecting the agricultural connection to the holy day.



### ***Join us!***

Orthodox and reform synagogue services

Let's learn about Torah sessions with the Rabbis

Enjoy delicious dairy treats like traditional blintzes

Visits with local synagogue congregants

Check your floor Recreation calendars for more details

## **Resident Rights in the Apotex**

There are 29 Resident Rights written under the *Fixing Long Term Care Act*. These are known as the Bill of Rights for people who live in Ontario long term care homes.

In April we focus on the following resident rights:

20. Every resident has a right to ongoing and safe support from their caregivers to support their physical, mental, social and emotional wellbeing and their quality of life and to assistance in contacting a caregiver or other person to support their needs.

Source: Ontario Provincial Government, Fixing Long-Term Care Act, 2021 Accessed 2022-04-25 | <https://www.ontario.ca/laws/statute/21f39#BK5> | Page 3 of 4

21. Every resident has the right to have any friend, family member, caregiver or other person of importance to the resident attend any meeting with the licensee or the staff of the home.

For questions about Resident Rights, please connect with your floor Social Worker. See directory on back page of this newsletter.

### **Get Involved!**

#### **Residents' Council Meeting (RAC)**

**Tuesday, May 16, 2022** from 1:30-2:45 p.m.

#### **Apotex 2 Recreation Room**

This month, Residents have invited Cyrelle Muskat, Director Quality, Systems & Wellness in the Apotex to deliver an update on Quality Improvement initiatives. Residents were also asked by Jenny Moloney, Program Director at Baycrest, if she could get Resident input on a new initiative related to Staff diversity and violence in the workplace. 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.



#### **Resident Food Committee Meeting**

**\*\*Please note time change to 1:30 p.m. instead of 10:30 a.m.**

**Wednesday May 3rd, 2022** from 1:30– 2:30 p.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.

## Caregiver Corner

### The Benefits of Arts Engagement for Caregivers Kathleen Downie, Creative Arts Worker, Baycrest

In her report Re-imagining Long-term Residential Care in the COVID-19 Crisis, Pat Armstrong reminds us that the conditions of work are the conditions of care. At Baycrest, we are fortunate to have a broad base of richly funded resources including The Creative Arts Studio! As a member of the Culture & Arts team, I feel privileged and proud to work with so many talented colleagues, and to share my abilities with residents, patients, families and care-workers. In writing this brief article I aim to accomplish two things. First, to offer accessible and easy arts-based approaches that care-workers can use with their clients. And secondly, to emphasize the potential of the arts to elevate the conditions of care. When care-workers engage the arts with their clients, even for a few minutes, they may experience feelings of mutually-shared respite.

Having a few art books, curious objects and tactile materials on hand (close to the nursing station) can provide moments of engagement for residents that can be shared, and used as an opportunity for care workers to sit (even for two minutes) and explore something new. A clipboard with newsprint sheets attached and coloured pencils at the ready, can provide 10-20 minutes of focused engagement for a client prompted by a question. "Would you draw a picture of this cup"? Even better, a care-worker might sit down to make a quick sketch of the cup first. Strategies developed by Camp's Montessori for Dementia model also provide excellent resources for care-workers. Best of all, ask me if you would like some guidance in setting up a few activities that you can use to uplift your clients experience and contribute to your own sense of joy!

#### **Coming up in June!**

##### **Resident BBQs**

Starting the week of June 12, every unit of the Apotex will have the opportunity for 2 delicious outdoor BBQs over the course of the summer. See your calendars for dates.

##### **Recreation Outings**

Apotex Recreation staff are getting all set for the return of recreation bus outings! Talk to your staff for more details



## Around the Home



*Grade 8 Students from Leo Baeck Jewish Day School came and led Apotex Residents in a fun planting and pot decorating activity to welcome in Spring together in the Winter Garden.*

*We look forward to many more intergenerational partnerships in the coming months!*

*Apotex 2 Resident Allegría enjoyed a visit with a snake during the Pawsitively Pets program in the Winter Garden.*

*A fun time was had by all with lots of interesting, little creatures to visit with including turtles and hedgehogs!*

*Later in May we will have a visit with Triple P farms again! Join us on May 31st outside in the secure garden for a visit with some beloved farm animals!*



# In the Community



## Jewish Music Week 2022

## THE WEEK AT A GLANCE

SUN MAY 22	MON MAY 23	TUE MAY 24	WED MAY 25	THUR MAY 26	FRI MAY 27	SAT MAY 28	SUN MAY 29
<p><b>Jewish Music Week WELCOMES YOU!</b></p> <p><b>10:00 – 11:00 AM</b> Shostakovich, Stalin and Jews THE KLEVER SYNAGOGUE</p> <p><b>1:00 – 3:00 PM</b> Music, Mensches and More: Jewish Music Walking Tour KENSINGTON MARKET AREA</p> <p><b>12:00 – 1:00 PM</b> Ivring Berlin &amp; Harold Arlen: The Cantors' Sons BERNARD BETEL CENTRE</p> <p><b>2:00 – 3:00 PM</b> Reb Elimelech Film BERNARD BETEL CENTRE</p> <p><b>10:00 – 11:00 AM</b> Current Trends in Israeli Pop Music BERNARD BETEL CENTRE</p> <p><b>10:00 – 11:00 AM</b> Jewish Rock Stars BARBARA FRUM LIBRARY</p> <p><b>12:00 – 1:00 PM</b> Moyshe and the Swingsters BISTRO GRANDE</p> <p><b>10:00 – 11:00 AM</b> When Cantors Ruled the Earth COLUMBUS CENTRE</p> <p><b>10:00 – 11:00 AM</b> The Lighter Side of Sephardic Songs COLUMBUS CENTRE</p> <p><b>10:30 – 11:30 AM</b> The Cool Kids Concert BIALIK HEBREW DAY SCHOOL</p>	<p><b>10:00 – 11:00 AM</b> Shostakovich, Stalin and Jews THE KLEVER SYNAGOGUE</p> <p><b>1:00 – 3:00 PM</b> Music, Mensches and More: Jewish Music Walking Tour KENSINGTON MARKET AREA</p> <p><b>2:00 – 3:00 PM</b> Reb Elimelech Film BERNARD BETEL CENTRE</p> <p><b>2:00 – 3:00 PM</b> Lenka Lichtenberg's Yiddish Kite THE REX HOTEL</p> <p><b>2:00 – 3:00 PM</b> Music of Terezin COLUMBUS CENTRE</p> <p><b>2:00 – 3:00 PM</b> Queen Kong THE REX HOTEL</p> <p><b>10:10 PM APPROX</b> Community Melave Malka BETH RADDOM CONGREGATION</p>	<p><b>10:00 – 11:00 AM</b> Current Trends in Israeli Pop Music BERNARD BETEL CENTRE</p> <p><b>10:00 – 11:00 AM</b> Jewish Rock Stars BARBARA FRUM LIBRARY</p> <p><b>12:00 – 1:00 PM</b> Moyshe and the Swingsters BISTRO GRANDE</p> <p><b>12:00 – 1:00 PM</b> Brian Katz's Jewish Musical Journey COLUMBUS CENTRE</p> <p><b>12:00 – 1:00 PM</b> The Art of the Contemporary Jewish Piano HELLICONIAN HALL</p> <p><b>2:00 – 3:00 PM</b> Queen Kong THE REX HOTEL</p>	<p><b>10:00 – 11:00 AM</b> Jewish Rock Stars BARBARA FRUM LIBRARY</p> <p><b>12:00 – 1:00 PM</b> Moyshe and the Swingsters BISTRO GRANDE</p> <p><b>2:00 – 3:00 PM</b> Lenka Lichtenberg's Yiddish Kite THE REX HOTEL</p> <p><b>2:00 – 3:00 PM</b> Music of Terezin COLUMBUS CENTRE</p> <p><b>2:00 – 3:00 PM</b> Queen Kong THE REX HOTEL</p>	<p><b>10:00 – 11:00 AM</b> When Cantors Ruled the Earth COLUMBUS CENTRE</p> <p><b>12:00 – 1:00 PM</b> Brian Katz's Jewish Musical Journey COLUMBUS CENTRE</p> <p><b>12:00 – 1:00 PM</b> The Art of the Contemporary Jewish Piano HELLICONIAN HALL</p>	<p><b>10:00 – 11:00 AM</b> The Lighter Side of Sephardic Songs COLUMBUS CENTRE</p> <p><b>12:00 – 1:00 PM</b> The Art of the Contemporary Jewish Piano HELLICONIAN HALL</p>	<p><b>10:10 PM APPROX</b> Community Melave Malka BETH RADDOM CONGREGATION</p>	<p><b>10:30 – 11:30 AM</b> The Cool Kids Concert BIALIK HEBREW DAY SCHOOL</p> <p><b>12:30 – 2:30 PM</b> Music, Mensches and More: Jewish Music Walking Tour KENSINGTON MARKET AREA</p>
<p><b>CONCERT 8:30 PM</b> Yiddish Big Band THE REX HOTEL</p>	<p><b>CONCERT 8:00 PM</b> Payadora Tango Ensemble AL GREEN THEATRE</p>	<p><b>CONCERT 7:00 PM</b> Tamar Ilana and Ventanas LULA LOUNGE</p>	<p><b>CONCERT 8:00 PM</b> Micah Sings Leonard AL GREEN THEATRE</p>	<p><b>CONCERT 8:00 PM</b> Queen Kong DROM TABERNA</p>	<p><b>SHABBAT SHALOM!</b></p>	<p><b>10:10 PM APPROX</b> Community Melave Malka BETH RADDOM CONGREGATION</p>	<p><b>CONCERT 7:00 PM</b> Yemen Blues HOLY BLOSSOM TEMPLE</p>

Schedule subject to change. Please check website for updates.

[www.jewishmusicweek.com](http://www.jewishmusicweek.com) 416-638-4492

## Resident Reflections

### Life with Tubby Part 2 - by Pearl Karal, October 2022

#### Chocolate or vanilla?

Our dog Tubby had a taste for ice cream. One of us would hold the cone for him, and he would lick it to his satisfaction.

One hot summer day, I decided to have an ice cream cone and I knew who would be my willing partner. One cone each.



"Tubby, do you want some ice cream?" He arrived beside me in record time.

I put a magazine in the bottom of the bicycle carrier at the front of the bike, to make a soft protective place for him to sit. I lifted him up into the carrier, and he settled down comfortably. I mounted the bike, and we took off together toward the nearest ice cream store. He had never been to that store before, because usually he got his ice creams when he was in the car with us.

He looked all around him from his elevated position, turning his head from right to left as we drove toward this ice cream shop, to make sure we were taking the right route. When we arrived and I parked the bicycle, he looked around him curiously, probably wondering if the promise of an ice cream cone still held.

I opened the door to the shop, and we went in. I led Tubby over to the ice cream bar. He could now see the ice cream and was staring at it with anticipation. I noticed that the store owner was watching us, probably wondering why I had led a dog over to the ice cream counter.

I smiled at the owner and turned to Tubby.

"Which flavour do you want? Chocolate or vanilla?" The store owner watched with interest. Tubby gave one emphatic bark. I answered, "OK, vanilla it is!" The owner's mouth fell open. Could this little dog really make a choice between flavours?



## Resident Reflections

### Life with Tubby by Pearl Karal, Continued...

I ordered two small vanilla cones. The store owner looked stunned, and I paid him silently. He said nothing but watched me hold one cone for Tubby to enjoy. I rotated it for Tubby so he could eat it evenly. He licked it carefully because it was very cold. He was a little dog so he couldn't finish the whole thing, but he ate until he had enough. I gave him one lick of his cone and then I took one lick of mine. We alternated licks. One of mine, then one of his, until we had both had enough. His cone was now too soggy for me to hold, so I discarded it.

The store owner looked flabbergasted. Had Tubby really chosen which flavour he preferred? The owner looked up at me. I just smiled.

Tubby walked spryly over to the bicycle for the ride home. I lifted him again into the carrier, and we headed for home. He sat obviously contented in the carrier, and looked all around, head held high.

When we got home, my smile broadened into a laugh as I told the family what had happened. They joined in the laughter.

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### Indoor Gardening on Apotex 5!



Last month, A5 residents started a small indoor garden. So far, they planted parsley, cherry tomatoes, red beets, carrots, snap peas, pumpkin and wildflowers. Once the seedlings are ready, Residents will transplant them to bigger pots and move the garden to the balcony.



## Apotex Leadership Team

Mide Seyi-Ajayi	Executive Director	Ext. 6804
Lisa Marcovici	Director of Resident Care & Experience	Ext. 3349
Cyrelle Muskat	Director, Quality, Systems & Wellness	Ext. 3659
Shampreeti Rabbani	Apotex 2 Manager	Ext. 2566
Tejas Patel	Apotex 3 Manager	Ext. 6238
Jessica Valleau	Apotex 4 Manager	Ext. 2569
Daniel Navy	Apotex 5 Manager	Ext. 5645
Selvi Krishnadasan	Apotex 6 Manager	Ext. 2482
Desiree Bungay	Apotex 7 Manager	Ext. 3195
Zarna Patel	Food Services Manager	Ext. 6658

## Apotex Social Work

Lisa Sutherland	Apotex 2, 6 G/S and 6 R/F & Apotex 7	Ext. 5746
Jessica Rochman-Fowler	Apotex 3	Ext. 2402
Kyle Forman	Apotex 4, 5 E/I and 6 E/I	Ext. 6570

## Apotex Therapeutic Recreation

Thaniyia Manohararajah & Robert McIntosh	A2	Ext. 3704 & 2394
Jenypher Ashby & Susan Edmunds	A3	Ext. 5490 & 3240
Mara Swartz	TBSU	Ext. 3577
Keeley Dougherty & Jessica Rescorl	A4	Ext. 3885 & 3406
Liisa Lamminen & Mithunaa Vigneswaramoorthy	A5	Ext. 6598 & 3428
Vivian Han & Hamid Karimi	A6	Ext. 2242 & 3843
Sofya Chepurnova, Shari Fremeth-Tepper & Karm Dhaion	A7	Ext. 5389, 2207, 6176
Rachel Gavendo (TR Specialist Certified)	Apotex wide	Ext. 5493
Hiro Nakajima, Natalie Addison & Jessica Weiner	Apotex wide	

## Apotex Spiritual Care

Rabbi Dr. Geoffrey Haber, Chaplain	Ext. 3743
Rabbi Dr. Rena Arshinoff, Chaplain	Ext. 5754
Rabbi David Abeles, Chaplain	Ext. 6242
Reverend Karen Fox, Chaplain	Ext. 6936