



Apotex Jewish Home for the Aged

Resident & Caregiver Newsletter July 2023

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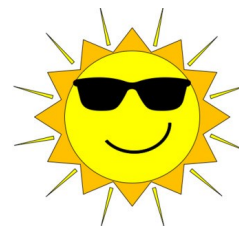
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“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the lawnmower is broken.”

- *James Dent*

July is such a gorgeous month! This month, we have many fun outdoor programs

planned, including music out on the balconies, photography in the gardens, outings to Edwards Gardens and of course there will be ice cream!



We hope you have a fabulous month!



It was a real zoo in here! Last month residents from across the Apotex got to come down and enjoy the sweetest farm animals who came to visit out in the garden. There was a pony, a donkey, the cuddliest little bunnies and even an alpaca! Residents had huge smiles on their faces. The event was thoroughly enjoyed by all and is quickly becoming a new Apotex tradition!

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.



Winter Garden Concerts in July

Thursdays from 10:30-11:30 a.m.

July 13 Kathy Thompson (acapella)

July 20 Mark Youhanan (acapella)

Sunday from 1:30-2:30 p.m.

July 9 Noah Kosta (acapella)

Thank you to our sponsors Tauba and Solomon Spiro and The Wilkes Family

FEAR NO AGE Baycrest

July Apotex-Wide Programs

Canada Day Celebration

Tuesday, July 4 from 3-4p.m. in the Secure Garden -
*Doug Goodeve will be here for music and fun,
celebrating our beautiful country!*



Russian-speaking group

Tuesday, July 11 from 1:30-2:30 p.m. in Loftus Hall

Summer Social - New Admission Welcome Tea

Thursday, July 27 from 1:30-2:30 p.m.
in the Secure Garden

Digital Gallery - Claude Monet

Monday, July 31 all day in the Winter Garden

July Café Europa

Wednesday, July 12

10 a.m. - 12 p.m. in
Wortsman Hall

With entertainment by
James Regan!

Apotex Tuck Shop

**New day for July!

Tuesday: 3 - 4 p.m.
Rotating Floors. Check
your floor calendars.

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

What's on this month! (continued)

Photoshoot of the Baycrest Gardens and Photo Gallery

The flowers are blooming, so let us capture them in a picture! There will be a photoshoot of the Baycrest Gardens in the north and south Secure Gardens on Monday July 17 from 10:30 to 11:30 a.m., where everyone will learn how to take beautiful flower photos! We will be using iPads to take our garden pictures. The program will also include a discussion on the flowers in the garden and how to compose photos.



No experience necessary, only enthusiasm for gardens and photography. All are welcome, and we look forward to seeing everyone at the program.

As well, we will have a garden photo display showcasing the photographs that everyone takes during the workshop in the Winter Garden Court on Tuesday July 25 all day. There will also be a special presentation on the history of cameras and photography at 3 p.m.

GrandPals – From Pen to Heart

Since February 2023, GrandPals (residents) at Baycrest have been connecting with two Grand 5 classes at St. Margaret Catholic Elementary School. The GrandPals program began with bi-weekly letter writing between GrandPals and students and has since developed into a hybrid program where students came to Baycrest in May and June.

The Creative Arts Studio staff at Baycrest facilitated creative map-making and button-making sessions with the use of imagery, community storytelling, and creative expression.



Through these art creations, residents had the chance to meet their GrandPals in-person and continue learning about their stories, words of wisdom and moments in time that have meant the most to them over the years. In June, residents were gifted with an artifact, each student creating a project that represented the stories shared and exchanged throughout the program.



Intergenerational programming through art-creation and participatory arts can entice memories and connections between one another and we are thankful to have had the chance to grow our community connection with St. Margaret's and this program!

Spiritual Care - Tisha B'Av Today

By Rabbi Dr. Geoff Haber

Tisha B'Av literally, "the ninth of Av," is an annual fast day in Judaism which commemorates the destruction of the First (586 BCE by the Babylonians) and Second (70 CE by the Romans) Temples in Jerusalem and the subsequent exile of the Jewish People from the Land of Israel for 1,878 years. This year, Tisha B'Av will fall out on Sunday, July 26, 2015.

The fast also commemorates other tragedies which occurred on the same day, including the Roman massacre of over 500,000 Jews at Betar in 135 CE, the expulsion of the Jews from England in 1290, from France in 1306 and from Spain in 1492. World War I began on Tisha B'Av and the WWII death camp of Treblinka was opened on Tisha B'Av. The Sages of 2nd-century Israel instituted the fast of Tisha B'Av and it subsequently became regarded as the saddest day in the Jewish calendar and a day destined for tragedy.

As a fast day, Tisha B'Av is second only to Yom Kippur (the Day of Atonement), and as such, the Sages forbade all pleasurable activity. In synagogue, worshippers read the Book of Lamentations, which mourns the destruction of Jerusalem, followed by kinnot, a series of liturgical dirges lamenting the loss of the Temple and Jerusalem as well as the remembrance of other major calamities that befell the Jewish people, such as the murder of the Ten Martyrs, the decimation of numerous medieval Jewish communities during the Crusades and the destruction of European Jewry in the Holocaust.

So what does Tisha B'Av mean today? Jewish suffering is not a uniquely Jewish problem – it is a human problem. We live in a cruel, heartless world and for us as Jews that's simply unacceptable. In the past we tried to make sense out of the world and we did so in the most radical way – by taking responsibility if not for the world,

then at least for ourselves. And that is what we must continue to do today. We can't make others stop hating, but maybe we can learn to solve the hatred and cruelty in ourselves and within our community. If everyone would do the same, hate would end! So let's begin with each of us and perhaps a domino effect will gather momentum and make this dream a reality.



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 July we focus on the following resident rights:

24. Every resident has the right not to be restrained or confined, except in the limited circumstances provided for under this Act and subject to the requirements provided for under this Act.

25. Every resident has the right to be provided with care and services based on a palliative care philosophy.

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, July 18, 2023 from 1:30-2:45 p.m. Apotex 2 Recreation Room

Invited guest: Scott Ovenden, President and CEO, Baycrest Hospital and Long Term Care Home

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

Wednesday, July 26, 2023 from 1:30– 2:30 p.m.

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.

Wisdom for the ages...

"Wrinkles will only go where the smiles have been." - *Jimmy Buffet*

"Count your age by friends, not years. Count your life by smiles, not tears."

- *John Lennon*

"Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!" - *Ingrid Bergman*

Caregiver Corner - Celebrate Canada Day! July 1, 2023

A brief history of Canada

The first people to come to Canada arrived between 15,000 and 30,000 years ago across a land bridge that joined Asia and North America. Around A.D. 1000, the Viking explorer Leif Eriksson reached Newfoundland, Canada. He tried to establish a settlement, but it didn't last long.



In the 16th century, French and British settlers arrived. Land disputes between farmers and fur traders led to four wars between 1689 and 1763. The final war, called the French and Indian War, left the British in control of Canada, but French influence continued and remains strong even today.

Let's Reminisce - Even More Summertime Questions!

Take turns answering these questions together.

What is the first thing you think about when you hear the word "summer?"

What does it mean to enjoy summertime in Canada?

How would you celebrate Canada day?

Do you like swimming? How does it feel when you take a dip in a nice refreshing pool or lake?



In the Community

2023 Inter-Shul Film Series



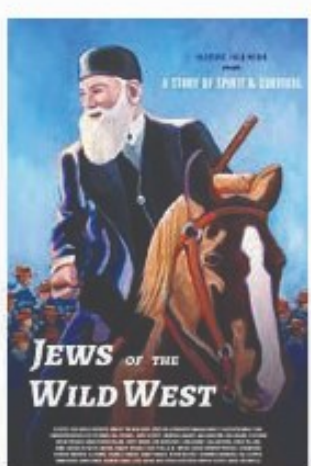
A RADIANT GIRL (New Film)
Beth David on May 17 at 7:45 p.m.



OUR ALMOST COMPLETELY TRUE STORY (2022)
Adath Israel on June 21 at 7:00 p.m.



JEWS OF THE WILD WEST (2022)
Beth Torah on July 19 at 7:00 p.m.



AS THEY MADE US (2022)
Beth Tikvah on August 23 at 7:45 p.m.



\$5/members of Beth David, Beth Tikvah, Adath Israel, and Beth Torah
\$10 non-members

Visit this web address to register:

<https://www.adathisrael.com/event/2023-inter-shul-film-series/2023-07>

Resident Reflections

Life with Tubby Part 4 - Coffee and Toast

By Pearl Karal, 2022

Our dog Tubby liked to eat whatever we were eating. If it was human food, he ate it. We couldn't afford to buy dog food, so one plate at mealtime was for Tubby. Mother gave him what we ate: soup, fish, potatoes with gravy, and a lot of cooked cereal such as oatmeal with cream. So Mother just cooked a bit more.

Tubby started his morning ritual by having breakfast with my dad at home, so he had what dad had: coffee and toast. Dad put lots of sugar in Tubby's coffee because my grandfather had discovered that the more sugar the coffee contained, the more Tubby liked it. If the coffee wasn't sweet, Tubby would taste it and turn away.

As soon as my dad left for work, Tubby headed for my grandparents' house a few blocks away. He barked at the front door, and my grandfather let him in. Then Tubby had his second breakfast with my grandfather: coffee and toast. Of course when he got to my grandparents' house, he couldn't have been hungry any more, but he repeated the coffee and toast ritual to include my grandfather as part of his pack. Dogs are pack animals, and Tubby considered both dad and my grandfather to be part of his pack, so he wanted to eat with both of them.

In mid-winter Winnipeg, the temperature could sometimes fall to an icy minus forty, but Tubby went off anyway to be with my grandfather for his second breakfast. After his first breakfast, he was fortified with enough energy to head out and face the Winnipeg winter. My grandfather served Tubby exactly what was on his own plate. He took a plate with toast and butter and put it down on the floor. Then he poured some coffee for Tubby into a little bowl, with sugar to his taste.



Resident Reflections

Life with Tubby by Pearl Karal, Continued...

After visiting my grandfather, Tubby would trot back to my family house to continue as the "dog-in-residence" and do whatever a dog does during the day. He would watch my mother doing all of her morning tasks for the family. That was his ritual in the morning.



Both my father and my grandfather treated Tubby like a "somebody," which validated for him that he was indeed an equal member of the family. This strong bond among my family members did exist before Tubby came to live with us, and Tubby fit right in. We smiled and laughed about his visits for toast and coffee, which must have confirmed for him that he was indeed a "real person" and a full member of the household.

If Tubby showed any reluctance about eating a particular food, Mother would simply say to him, "If you don't want it, I'll give it to Jippie." (Jippie was a small dog who belonged to the woman who lived on the third floor of our house.) Tubby didn't want Mother to give Jippie the food, even if it wasn't Tubby's favourite, so when he heard that, he ate it. All Mother had to do was say the name Jippie, and Tubby understood.

When my grandmother passed away, my grandfather got a dog for himself and named him Tubby, because he wanted his dog to be just like my Tubby.

Summertime and livin' is easy... Fish are jumpin' and the cotton is high...

"Summertime" is an aria composed in 1934 by George Gershwin for the 1935 opera *Porgy and Bess*. The lyrics are by DuBose Heyward, the author of the novel *Porgy* on which the opera was based, and Ira Gershwin.

The song soon became a popular and much-recorded jazz standard, described as "without doubt ... one of the finest songs the composer ever wrote ... Gershwin's highly evocative writing brilliantly mixes elements of jazz and the song styles of blacks in the southeast United States from the early twentieth century." Composer and lyricist Stephen Sondheim characterized Heyward's lyrics for "Summertime" and "My Man's Gone Now" as "the best lyrics in the musical theater."

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 (Interim)	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	Ext. 5746
Jessica Rochman-Fowler	Apotex 3 & 4	Ext. 2402
Alicia Marrone	Apotex 5 & 7	Ext. 6781

Apotex Therapeutic Recreation

Natalie Addison & Robert McIntosh	A2	Ext. 3704 & 2394
Jenypher Ashby & Hiro Nakajima	A3	Ext. 5490 & 3584
Mara Swartz	TBSU	Ext. 3577
Keeley Dougherty, Jessica Rescorl & Latrice Phillips	A4	Ext. 3885 & 3406 & 6942
Liisa Lamminen & Mithunaa Vigneswaramoorthy & Latrice Phillips	A5	Ext. 6598 & 3428 & 6942
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
Jessica Weiner and Sabina Ntim	Apotex wide	Ext. 2684 & 5169

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