



Apotex Jewish Home for the Aged

Resident & Caregiver Newsletter January 2023

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“To appreciate the beauty of a snowflake, it is necessary

to stand out in the cold.” - Aristotle

December was such a wonderful month around the home. Residents really enjoyed getting to spend the holiday season with their loved ones

and friends at Baycrest. January is shaping up to be just as good, and there's even new opportunities such as the new Apotex Tuck shop cart and a community drum circle on January 31st. We hope to see you around the centre and enjoy the month everyone!



Apotex resident Bill Gleberzon enjoys a delicious treat - latkes made fresh to order! Each floor of the home held a latke-making day during Chanukah to celebrate the lovely Festival of Lights!





Apotex Updates

New Apotex Tuck shop!

Starting in January, we will be opening up the new Apotex tuck cart. Residents will be able to use their accounts to pay for items. Cash will not be accepted.

January 2023 Hours: Thursdays 11:00 - 12:00 p.m. & Mondays 2:30-3:30 p.m.

Location: Outside the Apotex 2 Recreation Room

Items include chocolate bars and chips, pop and water, Kleenex, puzzle books and cards, greeting cards. Come check it out and say hello! We also welcome any and all suggestions for the future!

Creative Arts Studio Reopening



The Culture and Arts Department is excited to announce the Creative Arts Studio team has now grown to include two full-time Creative Arts Workers, with Kathleen Downie joining Susie Whaley in offering art making programs for residents across campus. With Kathleen joining the team, the Creative Art Studio (located in the Winter Garden) will be expanding its offerings starting in January 2023 to include daily morning and afternoon art making programs each weekday.

Due to health and safety precautions, the Studio will be open to participants by invitation only, as coordinated with on-unit Recreation staff. To communicate interest, please speak to a Recreationist on your floor.



Nature Gallery in the Winter Garden

Every other Sunday, residents are invited to enjoy a multi-sensory experience watching and listening to different types of birds in natural environments.

Game tables are also set up for visitors to play along with residents.

Culture and Arts



New Exhibit: WOMEN+ Celebrating Jewish Women in the Community's History
In collaboration with the Ontario Jewish Archives, Baycrest is hosting an exhibition honouring Jewish women and the important roles they have held in the community's history. The WOMEN+ Celebrating Jewish Women in the Community's

History exhibit is now on display in the Ronald & Nancy Kalifer Culture Hub. It focuses on the topics of labour, the home, religious observance, sport, the arts and the war effort. Accompanying photographs reveal a range of experiences in the lives of Jewish women. Also featured are artifacts on loan from the Morris and Sally Justein Heritage Museum at Baycrest, representing items that may have helped women in their work. This exhibition will be on display until the spring of 2023.

A Fast Day in Judaism - January 3rd, 2023

By Rabbi Haber

The tenth day of the Hebrew month of Tevet is a fast day in Judaism. It is one of the minor fasts observed from before dawn to nightfall. The fasting is in mourning of the siege of Jerusalem by Nebuchadnezzar II of Babylonia—an event that began on that date and ultimately culminated in the destruction of Solomon's Temple (the First Temple), downfall of the Kingdom of Judah, and the Babylonian exile of the Jewish people.

As with all minor Jewish fast days, the Tenth of Tevet begins at dawn and concludes at nightfall. In accordance with the general rules of minor fasts as set forth in the Shulchan Aruch (Code of Jewish Law), and in contrast to Tisha B'Av, there are no additional physical constraints beyond fasting (such as the prohibitions against bathing or of wearing leather shoes). Because it is a minor fast day, halakhah (Jewish Law) exempts from fasting those who are ill, even if their illnesses are not life-threatening, and pregnant and nursing women who find fasting difficult.

May our remembrance and observance of this fast teach us about the ills of wanton destruction and encourage to work for peace in Israel and around the world.

What's on this month!

International Holocaust Remembrance Day – January 27, 2023

Please stay tuned for more details about a special art installation that will be set up in the Silverman Garden court near the Bathurst Street entrance. This project is brought to us in partnership with Yad Vashem.

Community Welcoming Shabbat in the Winter Garden

Friday, January 6, 2022 - 10:45-11:30 a.m. and
Friday, January 20, 2022 - 10:45-11:30 a.m.

Classical Music DJ with Howard Mednick returns in-person!

Wednesday, January 25, from 6:15 - 7 p.m. in the Apotex 2 Recreation room

Karaoke with Rachel

Sunday, January 22, at 2:00 p.m. in the W.A. Café

Community Drum Circle

Tuesday, January 31, from 1:30 - 2:30 p.m. in the Winter Garden

Positive thought of the month!

Keep your face to the sunshine and you cannot see a shadow.

Helen Keller



Residents enjoyed a beautiful Community Welcoming Shabbat down in the Winter Garden led by Rabbi Rena Arshinoff and Cantor Phyllis Angel in December.

Over 50 residents attended and residents said “The cantor has a beautiful voice, it was so nice getting downstairs for something different”. More Community Shabbats are being planned for 2023!



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. We will be focusing on 2 of these rights every month.

In December we focus on the following Resident Rights:

13. Every resident has the right to keep and display personal possessions, pictures and furnishings in their room subject to safety requirements and the rights of other residents.

14. Every resident has the right to manage their own financial affairs unless the resident lacks the legal capacity to do so



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, January 17th, 2022 from 1:45-2:45 p.m.

In-person in the Apotex 2 Recreation Room

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.



This month we will be joined by Emily Sitter and Cyrelle Muskat who will be seeking resident input into the

Apotex cultural needs assessment and the 2023 Quality Improvement Plan

Resident Food Committee Meeting

Wednesday, February 8th 2022 from 10:30– 11:30 a.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

Alzheimer
Society

Training, Education, and Assistance for Caregiving at Home - January 17, 2023 at 5:30 - 7:00 p.m. Cost: Free

The TEACH Program consists of 4 weekly group sessions that are each 90 minutes long. Learning objectives:

Focus on common caregiving themes including; self-care, healthcare system navigation, relationship changes and future planning

Coaches care partners in practical communication and coping skills

Provides opportunity to share and learn from other care partners

Dates: Tuesdays – January 17, 24, 31 and February 7

Time: from 5:30 to 7:00 p.m.

Caregiver Affirmation of the month!

"Everybody, including myself, deserves to be treated with care and compassion."

Location: the group will be held online using Zoom

For more info visit:

<https://alz.to/event/training-education-and-assistance-for-caregiving-at-home-teach-online/>

Let's Reminisce - New Years' Edition!

Use these questions and activity suggestions as a guide to make this time of year meaningful for your loved one!

Try playing the song "Auld Lang Syne" on a phone or ipad. Dance to the song and shout out "Happy New Year!" together. Share with each other how the song makes you feel.

On YouTube, look up previous recordings of New Years Celebrations from around the world. Watch them together and talk about:

- How the resident used to celebrate New Years
- What was it like in the country they grew up in
- Did they have any fun or interesting traditions
- Make some New Years resolutions together



Around the Home



Apotex 2 residents Helene and Lea enjoy a fun afternoon playing games with volunteers from Holy Blossom Synagogue. We reached out to local synagogues to look for volunteers who want to visit with residents on Saturdays and help fill Shabbat with lots of joy and good company!



Residents from all around the home came down on Sunday, December 11th for a new, fun Karaoke program in the W.A. Café! Everyone was singing, dancing and having a great time! We will continue offering fun and new opportunities on weekends so please see your on-floor calendars and recreation boards for more information.

Around the Home

Christmas Celebration!



Residents had a merry time at the Christmas Drop-in party on Monday, December 19th. Organized by Jenn and Keeley in the Apotex recreation department, it was a beautiful opportunity for residents who celebrate Christmas to socialize, make art together and taste some delicious treats.

Lots O' Laughs!

New Year's Morning Lecture

Early New Year's morning, Daniel was in no shape to drive, so he sensibly left his van in the parking lot and walked home. As he was wobbling along, he was stopped by a policeman.

"What are you doing out here at four o'clock in the morning?" asked the police officer.

"I'm on my way to a lecture," answered Daniel.

"And who on earth, in their right mind, is going to give a lecture at this time of the night?"

inquired the constable sarcastically.

"My wife," slurred Daniel grimly.



In the Community

*Adath Israel
Congregation*

PRESENTS

RABBI SEED

FOUNDATIONS



**Foundations for a
Thoughtful Judaism**



Rabbi Seed's course from the Foundations for a Thoughtful Judaism (FTJ) from the Shalom Hartman Institute, will continue in the new year.

This is an invitation for learners to join Judaism's interpretive conversation, accessible to all without a need for any particular Jewish skills or knowledge.

We will continue to explore the volume "Peoplehood." Asking questions related to the collective experience of Jewish life: What does it mean to be part of Jewish community and what is the purpose of community?

To what extent can communities and even the Jewish People hold diversity and shared values at the same time? What does Jewish peoplehood entail today when the centers of Jewish life, North America and Israel, are so different and independent from one another?

If you have any questions, feel free to contact Rabbi Seed (rabbiseed@adathisrael.com). We hope you will take advantage of this opportunity to study and learn together!

Tuesdays, 7:30-9:00 p.m. on Zoom

Second Session: January 10, 17, 24, 31

To register, visit <https://www.adathisrael.com/event/thoughtful-judaism-with-rabb-seed/2023-01-10/> or ask one of your on-floor TR staff for help or to borrow an iPad

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
Marilene Antonio	Apotex 5 Manager	Ext. 3656
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	Ext. 5746
Jessica Rochman-Fowler	Apotex 3	Ext. 2402
Kyle Forman	Apotex 4, 5 E/I and 6 E/I	Ext. 6570
Daniel Navy	Apotex 5 G/S, 5 R/F & Apotex 7	Ext. 5645

Apotex Therapeutic Recreation

Thaniyia Manohararajah & Robert McIntosh	A2	Ext. 3704 & xxxx
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