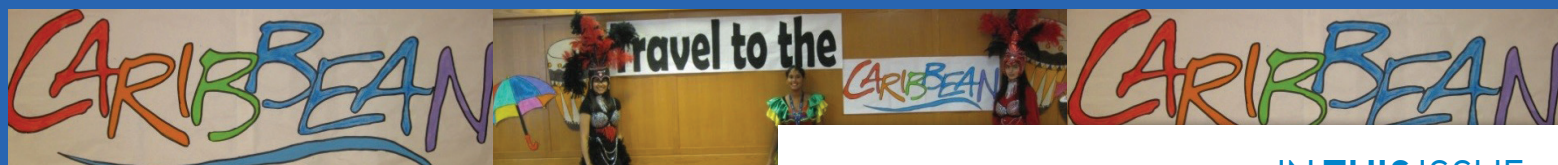


# SIMKIN CARE CONNECTION

SAUL & CLARIBEL SIMKIN CENTRE  
PERSONAL CARE HOME

Newsletter, ISSUE 3, Fall 2018



## Bringing Folklorama Home

This story can best be told through the wonderful, vibrant pictures that brought the diverse spirit and dynamic culture of the Caribbean to life at the Simkin Centre. Special thanks to Simkin's amazing summer student brigade, who organized and hosted our Travel to the Caribbean festival on August 14th.



Students Salfie Bhathal, Navi Perrera, Amrit Brar

Students Salfie Bhathal, Navi Perrera and Amrit Brar turned the Tallman Multi-Purpose Room (MPR) into



Selma Smordin, Harold Smordin, residents

a celebration of infectious rhythms, dance and colourful Caribbean soca music. Salfie described the event as "rewarding, empowering and exciting," Navi enjoyed the energy among residents, staff and volunteers and Armit summed it up in one word – "unique." Meanwhile residents loved the event and

Selma Smordin thought the trip to the Caribbean was "remarkable." Whether residents could dance or not, they could still *shake* with the music, relax with the popular Sorrel drink and for an hour or so, travel to a different world with a front row seat right at home! Until next year...



Jamaican Association Dancers



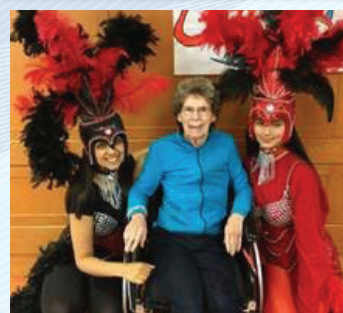
Tallman MPR filled to resident capacity!



Steel Drummers from Caribbean Pavilion

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Mary D Turner, resident



Beatrice Kraven, resident



## And the “Wow” Goes To...



Barbara Hyman

The Saul and Claribel Simkin Centre Board of Directors was proud to honour Barb Hyman as our 2018 Shem Tov recipient, on May 17th, at the Jewish Federation of Winnipeg Kavod Awards Event held at the Shaary Zedek Synagogue. Barb has been an outstanding volunteer at the Centre

over many years, and we are so thankful that she has chosen to join us in enriching the lives of our residents and our Adult Day Program participants.



Billy Brodovsky on behalf of the Brodovsky family, Mike Myschshyn, Irwin Corobow, Chief Executive Officer, Simkin Centre

Congratulations to Mike Myschshyn, for earning the 2018 Saul & Claribel Simkin Centre Family Education Award. The \$2,500 award was presented to Mike at the Jewish Foundation of Manitoba

Scholarship Award Ceremony, held on June 12, 2018. Mike is the son of proud mother Olga Myschshyn, who works in The Simkin Centre Therapeutic Recreation Department. Mike will be entering his second year of a three year Juris Doctor (Law) Program at the University of Manitoba. His goal is to become a patent lawyer. Mike previously completed a Masters Degree in Science at Simon Fraser University.



Tara Fainstein

Congratulations to the new CEO of The Jewish Foundation of Manitoba - Tara Fainstein, an inspirational leader with creativity, vision and integrity, who is already leading the Foundation into a new chapter of growth and impact. Originally from Winnipeg, Fainstein has served both

non-profit and corporate sectors in senior and advisory roles for close to 30 years.

## MESSAGE FROM THE CHAIR

Dear Friends,

The Simkin Centre prides itself on providing each resident with the very best of care – effective, efficient and compassionate care delivered by physicians, nurses, health care aides, companions, volunteers, caregivers and consummate professionals. We know there are high expectations, so we continue to build a culture where residents and families have a voice in their care, while every staff member takes active steps to enhance the residents’ “home away from home” experience.

I cannot say enough about the wonderful and dedicated work of staff, management and the board. One of the testaments to our positive work environment and team is the number of long-term employees we have. Another testament to our impressive team



Saul Greenberg, Chair



Awotash Aberha, Susana Pacete, Tigist Negussie, Yegile Nigussie, Sherlita Garay, Valentina Mercado

is reflected in the results of the Standards Review undertaken by Manitoba Health in May. Achieving 12 out of 12 standards is no easy feat and yet we accomplished this score for the second consecutive time.

In the spirit of continuous improvement, I encourage you to share your resident experiences, concerns and ideas to make our personal care home even better, by contacting our CEO, Irwin Corobow at [irwin.corobow@simkincentre.ca](mailto:irwin.corobow@simkincentre.ca) or (204) 589-9015.

In addition, I want to put out a call for volunteers in the Centre, on our committees and on our board. If anyone is interested in a volunteer role, please connect with Jackie Gonzales at Volunteer Services: [jackie.gonzales@simkincentre.ca](mailto:jackie.gonzales@simkincentre.ca) or (204) 589-9008.

Next month, I am delighted to pass the leadership reigns to Selma Guilfix, who will become our chair. Selma is caring, passionate and knowledgeable. She knows the intricate workings of the Centre and the personal care home system (she had family members here), was a nurse by profession and has served on the Board for seven years. The Simkin Centre will be in very capable hands with Selma at the helm.

A special thank you and appreciation to all of our donors, supporters and board members – we would not be able to do what we do without you!

Ultimately, the Simkin Centre is focused on people: the people we care for and the people who work for us every day, 24 hours a day. I am privileged for the opportunity to lead this remarkable organization and to witness first hand its tremendous value and service to the community.

*Saul Greenberg*

Saul Greenberg, Chair  
Saul & Claribel Simkin Centre Foundation



## KUDOS to Staff!

Congratulations to all of you! Whether it is 5, 10, 15, 20, 25 or 30 years of service, thank you for your dedicated service! Keep up the great work!

NAME	DEPARTMENT	YEARS OF SERVICE
Leonie Cabredo	Environmental Services	30 Years
Victoria Ramos	Health Care Aide	30 Years
Ferdinand Arceo	Food Services	25 Years
Alanna Kull	Director of Care	25 Years
Yegile Nigussie	Health Care Aide	20 Years
Marifel Balmana	Health Care Aide	20 Years
Analyn Apuya	Health Care Aide	20 Years
Filemon Castillo	Health Care Aide	20 Years
Reynaldo Sto Domingo	Food Services	20 Years
Cindy Greenlay	Mgr TR & Support Services	15 Years
Awotash Aberha	Health Care Aide	15 Years
Natalia Lauw	Health Care Aide	15 Years
Estelita Konzelman	Health Care Aide	15 Years
Olivia Moises	Health Care Aide	15 Years
Shannon Burchuk	Therapeutic Recreation	15 Years
Democrita Argamino	Nursing	15 Years
Lucia Ularte	Nursing	15 Years
Jennifer Kolarz	Environmental Services	15 Years



Victoria Ramos, Health Care Aide,  
Sara Reid, Assistant Director of Care



Irwin Corobow, CEO, Alanna Kull,  
Director of Care



Alanna Kull, Natalia Lauw, Health Care  
Aide, Sara Reid



Reynaldo Sto Domingo, Food Services,  
Valerie Burachynsky, Dietitian Mgr. of Food  
Services



Leonie Cabredo, Housekeeping/Laundry  
Supervisor, Cindy Greenlay, TR & Support  
Services

## Record-breaking Simkin Stroll

On a bright and sunny Wednesday, June 13th, staff, family, residents and volunteers participated in our annual Simkin Stroll – our largest crowd and fundraising effort ever – 250 people and a total of \$30,050.00.



Richard Parsons, husband, Robert Parsons, son,  
Marjorie Parsons, resident, Amrit Brar

Each year the Simkin Stroll raises money for the Therapeutic Recreation department for programs such as Music Therapy. New to the Stroll was a Silent Auction and 50/50 draw that helped to generate increased funds.



Sheila Streifler, resident, Judy Charach, Maria,  
Companion



Jean March, resident, Simkin  
volunteer, Rob Benson, resident,  
Febin Paily

A huge “thank you” to all of our major sponsors and several businesses across Winnipeg that donated silent auction prizes.

Special thanks to everyone who came out to celebrate “healthy aging.” It was great fun, so save

the date - **Wednesday June 12, 2019** – and see you next year!



## Are Our Expectations Realistic?

This spring and summer visitors to the Simkin Centre are greeted by a foyer that is inviting, comfortable, well furnished and flooded with natural light through large windows overlooking flourishing flowers. Surrounding the entrance to the building is outdoor furniture that facilitates the sharing of beautiful weather with loved ones and other residents and their families and friends.



Frank J Hechter, with mother and resident Lenore

As lovely, as the Simkin Centre is, its true essence is the dedicated, motivated and thoughtful people who care for our loved ones. I suspect very few of the residents imagined they would spend their golden years in a personal care facility.

Every resident has led a challenging, memorable life, shared with those they have loved. They reminisce about the best times in their lives, having for the most part left the negative times far in the rear-view mirror.

Time and illness has adversely affected their mental and physical wellbeing. They find comfort and occasionally frustration in the company of their table mates. They look out for each other with a touch, words of support and shared experiences. I am sure, every one of the female residents was undoubtedly an accomplished cook and baker whose dinners were well thought out and beautifully prepared. That said, the meals prepared for them are nutritional, balanced and varied, but don't come close to the meals they prepared and lovingly served.

We, the spouses, children, grandchildren, great grandchildren and friends all wish circumstances were different. We expect that the needs of our loved ones always be met immediately and effectively. Even with a full complement of staff, care at the level we expect is likely not possible. The circumstances become more dire when staffing levels are compromised by illness, family emergencies and other circumstances.

Please, next time you visit, share a smile or a thank you with those who care for our loved ones. I for one know, I could not do what they do and see on a daily basis.

*Guest Columnist*  
*Frank J Hechter*

*Frank J Hechter is a family man, devoted son, sports enthusiast, Executive Director of the Manitoba Dental Foundation, a Fellow with The University of Winnipeg, and a volunteer extraordinaire who has made remarkable contributions in the health care field.*

# Wound Care ADVISOR

Long-term care facilities must adhere to the basic standards in wound care management while embracing an interdisciplinary approach that advances best practices and partnerships. Pressure ulcers, neuropathic ulcers, and chronic wound conditions pose a continuing challenge in long-term care and the Simkin Centre is no exception. Research indicates that facilities which abide by these standards and focus on communication, education and prevention have proven their ability to decrease facility-acquired pressure ulcers.



Back: Roma Prayag, LPN, Eveline Anosike, LPN; Lisa Back, RD; Jane Jaculak, RN GNC Wound Care Lead; Connie Dimen, RD; Cristina Vallejo, Health Care Aide (HCA); Front: Sergio Sarceno, LPN; Virginia Martin, Rehab Assistant; Anthony Santos, HCA

Increasing exercise at any level benefits wound prevention and healing as well as stress management, pain reduction, blood pressure and weight control, blood sugar maintenance and general well-being. Strict adherence to risk assessment and the provision of individualized interventions that emphasize nutrition, moisture management, pressure redistribution, turning, repositioning and mobility are the mainstay of care. Wound Care ADVISOR will be an ongoing series, as we share Simkin's progress and what the Centre is doing and achieving, through its Wound Care team led by Jane Jaculak.

## Wounds at a Glance

**Skin Tears, Lacerations, Cuts, and Abrasions** are wounds that usually result from impact/trauma (or related incidents, including surgery) to extremely fragile skin.

**Arterial Ulcer** occurs as the result of arterial disease when non-pressure-related disruption or blockage of the arterial blood flow to an area causes tissue death. It usually occurs in the lower extremity and may be over the ankle or bony areas of the foot.

**Diabetic Neuropathic Ulcer** requires that the resident be diagnosed with diabetes mellitus and have peripheral neuropathy - it characteristically occurs on the foot.

**Venous Insufficiency Ulcer** is an open lesion of the skin and subcutaneous tissue of the lower leg or above the ankle.

**Pressure Ulcer** is any lesion caused by unrelieved pressure that results in damage to the underlying tissue (the most common ulcer in personal care homes).

*Skilled Nursing Policy and Procedure - Pendulum Risk Management, 2009*





Elder abuse is defined as negligent or intentional acts performed by a caregiver or other trusted individual that results in harm to a vulnerable elderly person. There are many signs of elder abuse that are identifiable and knowing these signs is critical to the health and well-being of loved ones. Part 1 of our Elder Abuse series provides some basic information and statistics, introduces 5 signs to watch

out for every day and offers an initial glimpse of the Simkin Centre education approach.

### Forms of Elder Abuse:

- Physical Abuse • Sexual Abuse • Emotional/Psychological Abuse
- Financial Abuse • Neglect

#### HOW MANY ARE AFFECTED BY ELDER ABUSE IN MANITOBA?

- 4-10% of older adults (50+) experience one or more forms of abuse at some point in later years
- 6,000-16,000 older Manitobans
- Only one in five cases comes to the attention of those who can help

#### RISK FACTORS:

- Anyone the older adult trusts can act abusively towards them
- Research has shown abuse towards older adults is most often done by family members

*Age and Opportunity (A&O)*

#### 1. Monitor the Situation from up Close

Keep an eye on your loved one in-person and then get second or third opinions if you need more perspective. Check the person physically for bruises and marks. Monitor finances, property and accounts if you suspect money, real estate, and valuables are being taken. Look for emotional changes. If you're managing care from far away, you need to have someone who's a trusted regular visitor.

#### 2. Focus on Covert as Well as Overt Abuse

Sometimes, abuse can be subtle. For example, withholding is abuse, as when a caregiver intentionally withholds or delays providing needed medication, or delays changing soiled clothes.

#### 3. Don't Allow Your Loved One to Be Isolated

Abusers are predatory in that they typically like to separate victims from others in order to gain control and prevent transparency. Watch for signs of a stranger, friend, or even family member showing unusual or extreme interest in your loved one.

#### 4. If Your Loved One Can't Vocalize Abuse, Get Evidence

You need to be an advocate, communicating regularly with staff and staying vigilant so you can ensure they're being cared for properly.

#### 5. Act as Soon As You Suspect Abuse

Experts recommend calling 911 or reporting it to the institution immediately if you believe an elderly friend, relative, or neighbour is in immediate danger.

*By Dave Singleton: caring.com*

The Simkin Centre conducts mandatory education workshops every year. Staff learns about "Freedom from Abuse" in conjunction with the Centre's "Bill of Rights" that guides daily activities: treating residents with dignity, courtesy, value and respect, providing shelter, grooming and care for their needs and supporting an individual's right to choice and decision-making. The education workshop then moves to: what is abuse, vital statistics and shock-worthy videos plus addresses the key issues: why does elder abuse happen, characteristics of the abuser, types of abuse, preventing abuse and why some residents do not report abuse.

# Dementia

## "Forget me not"

In partnership with the Alzheimer Society of Manitoba, the Simkin Centre conducts popular "Staying Connected" family education sessions. Check out 7 suggestions for meaningful visits with your loved ones:

**1. Music visits:** Take music associated with special events, holidays or seasons of the year. Enjoy the music by listening or singing along.

**2. "Celebrating the person" visits:** Take any objects that represent the life experiences of the person. This might include items related to past work, hobbies or community service. The object can stimulate conversation and reminiscence.

**3. Faith or spirituality visits:** Take inspirational books, music or items of spiritual significance. Invite the person to hold the items while you read, pray or sing. Some people find the sharing of quiet times meaningful as well.

✓ Currently, more than 22,500 Manitobans have Alzheimer's disease or another dementia. This number is growing at alarming rate and by 2038 it is expected to reach over 40,700.

✓ The total economic burden of dementia in Manitoba is close to one billion dollars and is expected to grow to more than \$28 billion by the year 2038.

✓ 56% of Manitobans are directly impacted by dementia because they have a family member or close personal friend with the disease.

**4. Table talk visits:** Take coffee and healthy snacks and the newspaper. Chat about family news, read the comics or discuss current events. Relate the long held thoughts and feelings of the person to the present conversation.

**5. Touch visits:** Take soothing oils or lotions that you can use while gently massaging a person's hands, feet, shoulders or back. Consider taking relaxing music to play while you give the massage.

**6. Active living visits:** Plan to go for a walk, do some gardening, play a game or work on a craft project. These visits are excellent opportunities to include children and youth in caring for an elder.

**7. Pet visits:** Take an animal that the person enjoys for a visit, or visit with the pets that live at the care centre. People with dementia enjoy the unconditional love that animals share.



## Answers to Most Frequently Asked Questions in Laundry Services...

**What is the turnaround time for laundry once it is placed in the hamper on the unit?** Laundry will be delivered back to each resident's room in 2-3 days.

**Can a cashmere sweater be washed at the Simkin Centre?** No. All of our laundry is separated by colour but not by fabric. A cashmere sweater being washed in our institutional grade washers and dryers would ruin it. Institutional grade washers and dryers have to be at a certain temperature. We use industrial grade laundry soap/chemicals to ensure we meet infection control standards.



Ria Criste by the laundry machine



Sophie Pieniuta, Eva Ziencikiewicz

### Can resident families wash resident's clothes?

If you decide to wash your own clothes, you are responsible for doing all articles of clothing. Regardless, all resident clothing must be labelled on the same day or as soon as possible after admission.

**Why do clothes need to be labelled?** We do laundry for 200 residents. There are 40 residents residing on each unit. Every floor has its own coloured label and we launder each floor separately. The resident name and room number is placed on the labels. When laundry staff delivers the laundry back to the floor, they are able to return the clothes to the correct resident. Every effort is made to ensure residents are reunited with their clothing. If an article of clothing goes missing, please let the nursing staff on the unit know and they will relay the message to laundry staff. We will do our best to locate the article.

### How often is laundry done?

Laundry is done 7 days a week, 365 days a year. This process involves collecting soiled laundry, sorting it before washing, drying, folding/hanging and finally, delivering it back to each resident.



Eliza Plett on the clothing labeller

## What's Happening on Resident Council?



At one of the Resident Council meetings, residents expressed a desire to do something special for staff as a 'thank you' for all they do to make their lives better. So on July 19th, Selma Smordin and David Pollock, representing the Council, handed out ice cream (kindness of the Resident Council) to staff throughout the day.



Back: Ira Sandler, Mirhet Habtay, Valerie Burachynsky, Abigail Kawadza, Yegile Nigussie, Sara Reid  
Front: Selma Smordin, David Pollock, residents

Nurse Brenda McGavin summed it up with these words: "It was greatly appreciated"! The gracious gesture (especially the delicious extra calories), was so much fun on a hot summer day.



Selma Smordin, Brenda McGavin, Nurse, David Pollock



## Celebrating the Simkin Centre

*Marilyn Regiec and Harvey Cohen*

Our Dad, Joe Cohen passed away on May 10th this year, leaving a huge void in our lives. For those of you who got to know him, you will appreciate what a vibrant presence he presented in his Simkin home of over 7 years.

Before Mum and Dad moved to Simkin in January 2011 from assisted living, their health was deteriorating and daily life was difficult even with home care and assisted living supports. Mum succumbed to complications of Parkinson's in 2015 and Dad bravely carried on.

But the remarkable point we want to share is how Joe's health improved drastically when he took up residence in Simkin.



Harvey Cohen, son Meir Cohen, Joe Cohen, Marilyn Regiec holding granddaughter Luzy Enns, Cara Enns (Marilyn's daughter) holding great grandson Zak.

The multidisciplinary team took charge, refined his medications and nutritional needs, provided increased social interaction through an excellent therapeutic recreation program and most of all met dad's spiritual care aspirations through a Jewish environment as part of daily life.

As a result of the outstanding care plan and loving and devoted staff, Joe lived into his 93rd year, exceeding even his own expectations. He looked younger and fitter at the end than when he entered the Home 7 years previous. Thankfully we were able to have meaningful and coherent conversations with him only two days before he passed.

We want to reiterate that moving into a personal care home (PCH) does not mean a death sentence. PCH life at Simkin Centre can be a bonus to many who need that additional support and care to live an enhanced quality of life and enjoy the many opportunities our dedicated staff provide.

We cannot thank Simkin enough for the care, devotion and patience extended to our parents during their residency. It all helped to enhance their quality of life and allow us kids more time to celebrate with them.

Celebrating Joe is celebrating Simkin, the personal care home of choice for our Jewish community where we can go to live LIFE.

## Introducing Aujah Fowler-Thomas

Aujah Fowler-Thomas joined the Simkin Centre team last fall as our social worker. Her grandmother, Lillian Thomas, was a resident of Weinberg 2 for four years so Aujah was already familiar with the Centre. She has an honours degree in Political Science and Religion from Brandon University, a Bachelor of Social Work degree from the University of Manitoba and is currently working at completing her Masters' program through the University of Manitoba.



Aujah Fowler-Thomas

The role of the social worker at the Simkin Centre involves providing support to residents and families during the often difficult transition process to a personal care home. Aujah liaises with the community and case coordinators, as well as the Long-Term Care Access Centre throughout this progression.

Aujah also assists residents and families in becoming acquainted with their new home and offers pre-admission visits (if applicable), counselling to residents and/or families (upon request) and an orientation to the facility. Aujah also facilitates initial and annual care conferences, mediates concerns that may arise and participates as a multidisciplinary team member to support the resident's inherent dignity and worth. Contact Aujah at [aujah.fowler-thomas@simkincentre.ca](mailto:aujah.fowler-thomas@simkincentre.ca) or at (204) 589-9006.

## New to the Centre – Digital Screen!



Starting this month, you will find up-to-date information about what's going on at the Centre each week on our new digital screen located in the Atrium! We are thankful to **Dr. Ted and Harriet Lyons** for donating the screen to the Centre, and for giving us the opportunity to communicate important information on a daily/weekly basis as needed.

If you are interested in advertising your business or would like to send special greetings via the digital screen, please contact Aviva Tabac at [aviva.tabac@simkincentre.ca](mailto:aviva.tabac@simkincentre.ca) or (204) 589-9027 for more information.



## Pray, Eat, and Celebrate Shabbat at the Simkin Centre

Join us for a beautiful Shabbat Dinner and music,  
plus help us raise dollars for spiritual care!

**Date: Friday, November 2, 2018 Time: 6:00pm**

\$36.00 per person - early bird price until:

Friday, October 26, 2018

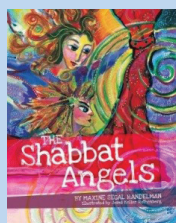
\$42.00 after early bird date

\$18.00 for kids 6 to 16 - early bird price until:

Friday, October 26, 2018

\$20.00 after early bird date

### SPONSORSHIP OPPORTUNITIES



#### **The Shabbat Angel: \$500.00**

We will recognize you as a Shabbat Dinner Sponsor at the dinner, on our website and in our program. You will receive two complimentary Shabbat dinner tickets.



#### **Gift of Light: \$250.00**

We will recognize you as a Co-Shabbat Dinner Sponsor at the dinner, on our website and in our program.



#### **L'Chaim: \$180.00**

We will recognize you as a Wine & Dessert sponsor in our program.

If you would like to become a sponsor, please contact:  
Aviva Tabac, [aviva.tabac@simkincentre.ca](mailto:aviva.tabac@simkincentre.ca) or (204) 589-9027  
Tax receipts will be issued.

### THE SAUL AND CLARIBEL SIMKIN CENTRE MISSION STATEMENT

The Simkin Centre is a non-profit personal care home that provides high quality care and services to its residents in accordance with Jewish values and traditions, including a commitment to kedushah/sanctity, derech erez/respect for all people, and kavod/honour due each person.

1 Falcon Ridge Drive  
Winnipeg, Manitoba R3Y 1V9

Phone: (204) 586-9781 Fax: (204) 589-9033

 [www.facebook.com/simkincentre](http://www.facebook.com/simkincentre)



SAUL & CLARIBEL  
**SimkinCentre**

## HIGH HOLY DAY SERVICE SCHEDULE AND UPCOMING EVENTS/ACTIVITIES

### **Yom Kippur Morning (Yizkor)**

Wednesday, September 19th - 10:00am

Choir will perform

### **Yom Kippur Conclusion (Neilah)**

Wednesday, September 19th - 6:30pm

### **Sukkot**

Monday, Sept. 24th & Tuesday, Sept. 25th - 10:00am

### **Shemini Atzeret (includes Yizkor)**

Monday, October 1st - 10:00am

### **Simchat Torah**

Tuesday, October 2nd - 10:00am

### **Family Hakhaphot**

Tuesday, October 2nd - 2:00pm

**October 9th** - Advance Poll for City Elections

**October 29th** - Adaptive Clothing Sale

**October 30th** - Pumpkin Party

**November 8th** - Remembrance Day Service

**December** - Channukah Teas, Family Christmas party

**December 27th** - New Year's Party



JEWISH BEDTIME STORIES and SONGS

### **PJ Library Intergenerational Program "Tea with Bubbie & Zaide"**

Sunday, October 28th 10:00am – 11:30am

Simkin Centre – Tallman Multi-Purpose Room

Join young families from our PJ library community and the residents from the Simkin Centre for a morning of music, crafts, interaction and refreshments between the generations!

The program is open to all! Please contact Aviva Tabac at [aviva.tabac@simkincentre.ca](mailto:aviva.tabac@simkincentre.ca) or (204) 589-9027 to register by **Thursday, October 25th**.



Stay tuned for more  
information to be posted in  
the Centre!