

THE Simkin Star

FALL 2023

Special Edition & Annual Report



SAUL & CLARIBEL
SimkinCentre

*Respect • Honour • Caring • Trust
Derech Eretz • Kavod • Chesed • Emunah*



Life at Simkin

Staff & Residents |
Moments in Time

Spiritual Health: Vital
for One's Wellbeing

2022 Donor &
Sponsor Spotlight

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ON THE COVER

Ace Burpee, Shirley Burnett, Resident, Roberto and Donna Furletti at the Simkin Stroll



The Saul & Claribel
Simkin Centre is
proud to support
Israel.

In community we
find courage and
hope.



Israel solidarity rally outside the Asper Jewish
Community Campus, Tuesday, October 10, 2023

Special Guests Dropped by the Simkin Centre

Donald Wuerch,
Resident



From Prime Minister Justin Trudeau and Terry Duguid, Member of Parliament, to former Provincial Ministers Obby Khan, Audrey Gordon, Mayor Scott Gillingham and Councillor Janice Lukes, not to mention Ace Burpee, radio personality, Dr. Leigh Chapman, Chief Nursing Officer of Canada and a special appearance from His Majesty King Charles III, it has been a year to remember!



Sherlita Garay, Rey Calanza, Susana Pacete, Mayor Scott Gillingham, Eduardo Navarro, Aurora Sosa

Terry Duguid, MP, The Right Honourable Justin Trudeau with Simkin Centre staff



Councillor Janice Lukes, Simkin CEO Laurie Cerquetti, 103.1 Virgin radio host Ace Burpee, former Minister Obby Khan



L-R: Sergio Sarceno, Sonia Datul, Gloria Attoni-Oteari, former Minister of Health, Audrey Gordon, Sherryl Sy, Jun Jun Dalisay, Eunice Mohammed, Eve Cherenfant



L-R Aynsley Nixon, Direct Care Nursing Resource & Infection Control, Laurie Cerquetti, Dr. Leigh Chapman, Alanna Kull, Director of Care, Sara Reid, Assistant Director of Care

And the **WOW!** Goes to...



Jeff Lieberman | *CEO Jewish Federation of Winnipeg*

Jeff is long active in Jewish community affairs and has a stellar background of volunteer service in several organizations, including Chair of the Board of Governors of the University of Manitoba. Jeff's lifelong commitment to volunteerism in Winnipeg's community, combined with his extensive leadership and not-for-profit experience, makes him an excellent fit for this role. As a previous board member of the Federation and long-time board member of the Jewish Foundation of Manitoba, Jeff has acquired a keen understanding of how the Jewish community institutions work, and what it takes to make them thrive.

Paulina Katz | *2023 Shem Tov Award Recipient - Saul & Claribel Simkin Centre*

On May 16, 2023, the Jewish Federation of Winnipeg honoured a very special individual from among the Simkin Centre's most valued volunteers. Paulina has numerous years of outstanding service and leadership in support of the Simkin Centre (and during the pandemic too) including active volunteerism in the Winnipeg community. Paulina, thank you from the bottom of our hearts!



Paulina Katz, Avrum Senensky, Chair, Saul & Claribel Simkin Centre



Gwen Sector Creative Living Centre's 35th Anniversary Celebration

Gwen Sector is an important community centre for many Simkin Centre Residents, past and present. We applaud the centre that promotes the physical, mental, social and spiritual well-being of older adults, promotes independent living and participation in community life and serves as a social meeting place with quality programs for members and the community at large. The 35th anniversary was also an opportunity to honour the memory of volunteer extraordinaire Sophie Shinewald, who passed away at the age of 106 in 2019, but who, as recently as 2018, was still a regular attendee at the Gwen Sector Centre and who had volunteered for years.

Congratulations and thank you Elaine!



Terry Duguid, Laurie Cerquetti, Gustavo Zentner, President, Jewish Federation of Winnipeg, Prime Minister Justin Trudeau, Elaine Goldstine

Elaine Goldstine retired at the end of August after an almost eight-year distinguished career with the Jewish Federation of Winnipeg and 30 years serving the community. Elaine, you will always be remembered for your ability to listen to people and bring people together. Thank for your leadership and support of the Simkin Centre and the Jewish community. And meeting the Prime Minister was special too...

Staff & Residents

Moments in Time...



Marilyn Raber,
Resident

Ira Sandler, Financial
Services Assistant



Commemorating the
National Day for Truth
and Reconciliation: Front
Row L-R: Alanna Kull,
Firewini Baliho, Almaze
Mebratu, Sherlita Garay,
Paul Castor, Jun Jun
Dalisay, Eunice
Mohamed, Sara Reid,
Back Row: Yegile
Nigussie, Nimfa Café,
Dina Cruz, Jerry Bernal,
Valentina Bernal, Luz
Ortilla, Mila De Guzman,
Flordeliza Servando, Lori
Dela Cruz, Lindsay
MacDonald



L-R: Nurses Agata Pasternak, Alice Ochieng,
Shelly Hamilton, Oyeronke Obatusin

L-R: Firewini Baliho, Annie
Short, Resident, Rachel
Guttman, Isabel Kear,
Resident, Rayna Wexler,
Resident, Lina Cuda,
Resident, Keith Watson,
Resident, Thomas Bergen,
Carole Watson



Spiritual Health: Vital for One's Wellbeing



Spiritual health acknowledges our search for deeper meaning in life. **Spiritual Health Practitioners** are clinically trained to support the spiritual health of Residents and families across diverse beliefs, cultural perspectives, and practices. They are trained through clinical pastoral education (CPE) and are certified through the Canadian Association for Spiritual Care.

Rabbi Matthew Leibl (*Spiritual Care Lead*) is back after being involved with the Simkin Centre for over 15 years, first working here at age 21 doing concerts. He also had two great grandfathers who resided at the Centre. From chatting with Residents/families and hosting concerts that delight the ears with music in the atrium, to celebrations of life and everything else in between, Rabbi Matthew's days are filled with one-on-one and group activities that make a difference and enhance the Jewish presence in the Centre.

On October 27, 2023, a Friday program gets underway in advance of Shabbat, led by Rabbi Matthew. Thanks to a wonderful donation from The Asper Foundation, the Simkin Centre now offers a late afternoon music program on Fridays, followed by a special dinner menu.

The second project is **Ask the Rabbi**, where every two weeks on a Wednesday afternoon, Rabbi Matthew is on hand at the Centre to chat about current events, Jewish-based topics and anything else that Residents want to hear or know about.

What is the essence of spiritual care?" Rabbi Matthew says: "Listening, patience, empathy, understanding, flexibility, slowing the pace—reaching out to people—seeing the world the way Residents see it."

Dorit Kosmin (*Spiritual Health Practitioner*) is an interfaith spiritual health practitioner, a rebbetzin and the mother to five children. She has a Master's degree

in Social Work and Jewish Communal Service from Yeshiva University and has spent the last few years studying towards her certification in Clinical Psycho-spiritual education. She has a passion for helping Residents explore the things that bring meaning and purpose to their lives through active listening, spiritual counseling, mindfulness (for pain control, anxiety) and music.

As a student doing her practicum at Simkin, Dorit works three days per week, primarily on the Weinberg units; on Sunday, she comes with her popular dog Elula, on Monday, it's usually a one-on-one day with Residents and families and on Tuesday, there are group activities.

What makes a good spiritual health practitioner? Dorit maintains that "Being a good listener – helping people find meaning and purpose in their lives."

Alan Wizinsky (*Spiritual Health Practitioner*) is also an interfaith spiritual health practitioner and a student at Simkin who is working towards his Clinical Pastoral Education (CPE) designation. He works Wednesday, Thursday and Friday, visiting the Simkin units and addressing special needs or concerns. He builds trust with Residents through listening, giving them a voice, and finding out what triggers various emotions. Alan also works with the families and is available for staff too. He is trained to be a healing presence. Alan finds it gratifying to help give peace and joy to Residents.

What makes a good spiritual health practitioner? For Alan, it's about the ability to listen – and learn to take care of yourself first – if you don't have spiritual health yourself, you can't give it to someone else."

The common thread in spiritual care is the longing for compassionate listeners. Caring for your spirit is vital for one's wellbeing!



Dorit Kosmin

Gratitude to Residents & Volunteers...



In January 2022, historian Megan Davies launched COVID-19 in

the House of Old, a travelling and online exhibit in which six chairs tell stories of individuals who died of COVID-19 or lived or worked in residential care facilities during the pandemic. A seventh chair held by Wikwemikong Nursing Home was added in the summer of 2022, illustrating the pandemic experiences of Indigenous elders and Indigenous ways of being.

COVID-19 in the House of Old partnered with the Simkin Centre for exhibit events from May 2-4, 2023. One event invited Winnipeggers to help imagine and plan a better future for personal care home Residents and caregivers.

Simkin CEO Laurie Cerqueti wanted staff and Residents to be part of the project. "It's important that

everyone hears these stories and that these stories are remembered for years to come."

Gertie Lipson, a Resident, was one of at least 18 people connected to the Simkin Centre who shared her pandemic experience with Davies. "It was very sad and very lonely," said Lipson. "I felt very isolated. We all did...where were our relatives? Where were our friends?" She still hasn't forgotten the moments she spent holding the hand of a fellow resident before he passed away. They both had COVID-19, she explained. "The staff was very caring and they had to take turns holding his hand and sort of talking to him and they asked me if I'd like to do that," she said. "I was so glad I was able to do that little bit for him. He felt like somebody's out there who cares about me." Thank you Gertie!

READ MORE: COVIDINTHEHOUSEOFOLD.CA



Since 1980, Shalom Residences has provided person-centred

service and support to people in the Winnipeg community who are living with an intellectual disability. It is the only Jewish agency that supports people with intellectual disabilities in the Winnipeg community to pursue Jewish traditions. The organization enables individuals to participate in mainstream society and lead a dignified life in community-based homes.

The Simkin Centre has partnered with Shalom for a few years, as part of a volunteer day-service initiative. Shalom volunteers help with sorting laundry, folding gowns, some office work, and other sundry tasks with direction from

Simkin staff. They usually volunteer once or twice a week, for about four hours during each visit. During the pandemic, the volunteer placement was put on hold. However, in the fall of 2022, four to five Shalom volunteers resumed their time at Simkin. Various Shalom staff members such as Karen, Aissa, Amanda, and Ally, accompany the volunteers and transportation is coordinated by Shalom Residences.

Thank you to our volunteers from Shalom Residences – we appreciate your skills and contribution to the Simkin team!



Jeff and Addi



ABOVE: Jodi
BELOW: Sharon

Appreciating Staff

Simkin Centre Family Education Fund and Award

AWARD

*\$3,500 per year
to one recipient*

DEADLINE DATE FOR APPLICATIONS

*February 28
of any given year*

In 2008, Sheila and David Brodovsky, their brother Harvey Brodovsky, and friends Catherine (Kady) and Maurice (z"l) Tauber launched the Saul & Claribel Simkin Centre Family Education Fund at The Jewish Foundation of Manitoba.

Through hundreds of visits over many years, the Fund's founders were moved by the hard work and tender care offered by many staff. "We wanted to do something special for the people who work at the Centre," says David Brodovsky, "so we set up this scholarship program as a way to express our gratitude for the kindnesses extended to our parents and to us." The Fund awards the children of long service employees the opportunity to pursue post-secondary education. The award is based on financial need, academic achievement, and community involvement.

If you are interested in contributing to The Simkin Centre Education Fund at the Jewish Foundation of Manitoba please go to this website: JEWISHFOUNDATION.ORG/SIMKIN-CENTRE-FAMILY-EDUCATION-FUND.

As a result of the pandemic, we are catching up on singling out the recipients of this award since 2020. Mazel Tov!

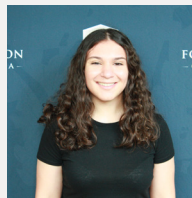


2020 | Alexis Jaculak was a grade 12 student at J. H. Bruns Collegiate graduating in June 2020, with future pursuits in Graphic Design. At the time she was a part time employee of Real Canadian Superstore and player in the Winnipeg Women's Soccer League. Alexa graduated from RRC Polytech in the spring of 2023 with a Diploma in Graphic Design and is currently enrolled at RRC Polytech in the Advanced Communication Design Program (with another graduation coming up in the spring of 2024).



2021 | Kaiya Ivankovic will be using this scholarship money towards a Pre-Professional Pre-Medicine Degree at the University of Winnipeg. She is the daughter of a first generation

Canadian, whose family immigrated to Canada from Eastern Europe for the opportunity of a better life. She has participated in the Croatian Pavilion at Folklorama for 11 years and enjoys learning about other cultures. One of the many reasons she decided she wanted to be a doctor was watching her mother care for the Residents at the Saul and Claribel Simkin Centre.



2022 | Chaya Tabac is pursuing a Bachelor of Commerce degree from McGill University majoring in Strategic Management. She works part time as a supervisor at a health and wellness

store, is involved in a non-profit financial literacy organization as a director of programming and loves to collaborate and work alongside her colleagues in student run research projects out of McGill.



2023 | William Protasevych is pursuing a Bachelor of Computer Science degree from the University of Manitoba. His mother is an employee of the Simkin Centre. "The extra

support allows me to focus more on my studies and giving back to the community. Currently my parents are housing three family members who are refugees from Ukraine. We are all working to make their experience in Canada as pleasant as we can with what we have. I do not want to have my parents worry about me while they support the rest of the family. The extra financial aid helps us all."



SAUL & CLARIBEL
SimkinCentre



Annual Report



2022-23 SAUL AND
CLARIBEL SIMKIN CENTRE
BOARD OF DIRECTORS

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Avrum Senensky

VICE CHAIR

Al Benarroch

PAST CHAIR

Gerry Kaplan, MSW

Howard Collerman

Yael Gelfman,

RN, BN, IBCLC, MN

Jane Kraut

Jonathan Kroft

Karen Leggat

Dr. Ted Lyons, O.C.

Elissa Neville

Heather Pullan

Dr. Jennifer Schacter,

MSc MBBS CCFP

Milton Sussman

Penny Yellen,

MSW RSW

2022-23 SAUL AND
CLARIBEL SIMKIN CENTRE
FOUNDATION BOARD OF
DIRECTORS

CHAIR

Don Aronovitch

PAST CHAIR

David Cohen

DIRECTORS

Bob Freedman

Gerry Kaplan

Steven Kohn

Jonathan Kroft

Dr. Ted Lyons, O.C.

Avrum Senensky (Ex-officio)

Len Steingarten

Chair Report

Avrum Senensky



Over the past year we have seen a return to what feels much more normal at the Saul and Claribel Simkin Centre. The worst of COVID-19 is now over. We have seen a resumption of services at the cafe and of live concerts in the atrium. Residents from different areas in Simkin are once again able to interact. Just recently and for the first time since COVID-19 the multi-purpose room and atrium were filled with Residents

and their family members celebrating the Jewish New Year. Given the possibility of a resurgence this fall, including other respiratory illnesses, the Centre will be vigilant in efforts to curb any outbreaks and adhere to Manitoba Health guidelines.

The board of directors at the Simkin Centre is made up of hard-working volunteers, with diverse skills, that care passionately about the wellbeing of the Residents at Simkin. I am honoured to serve on this board for the past five years. While the board provides input into all aspects of life at Simkin, I would like to discuss one specific area, that being spiritual care.

The Centre is faith-based, and as is the case for all faith-based personal care homes, Jewish members in the community are given priority for becoming Residents. Having said that, many Residents are of different faiths. An important aspect of Jewish values and traditions is promoting harmonious relationships with our neighbours of other faiths. The board, and more specifically the spiritual care committee, aims to create the balance where non-Jewish Residents can practice their faith while we ensure the undeniable Jewish nature of the Centre. The Centre maintains the highest standards of Jewish practices, including kosher food, high holiday services, regular Shabbat services, and has a wonderful spiritual care team led by Rabbi Matthew Liebl. It is a standard where virtually all members of the Jewish community would feel comfortable sending their loved ones.

The board will continue to work towards making the Simkin Centre the best place possible for all its Residents. I wish you all a happy, healthy and sweet year.

PICTURED: Michael March, Resident and daughter Angie



CEO Report

Laurie Cerqueti

L-R Carol Solomon,
Resident, Laurie
Cerqueti, Simkin
CEO, Gerry Boyce,
Resident



Life at Simkin revolves around our mission to provide exceptional health care services to our Residents and their families. We strive to be a centre of excellence and a pillar in the Jewish community and the community at large. At Simkin, we live our core values every day for every Resident: respect – derech erez, honour – kavod, caring – chesed, trust – emunah.

We fulfill our mission with an amazing, diverse health care team – the lifeblood of the organization. In addition, the management group, not to mention our board of directors and other volunteers, add tremendous value to our raison d'être. The combined leadership, dedication, skills, and empathy keep our Residents - the heart of our organization - safe, content, and comfortable.

NEW NORMAL

As we emerge from the pandemic into the new normal, it is gratifying to see our Residents interacting with one another again and enjoying various activities. It is also a joy to welcome back families and friends to the Centre. The Simkin Centre is a home in which to live, rather than to die!

There were lessons learned in the aftermath of the height of COVID-19. It raised awareness of the need for better infection prevention and control and reinforced the

fact that personal care home Residents remain the country's "most vulnerable" group.

THE WAY FORWARD

COVID-19 also presented an opportunity to reimagine what we do at the Simkin Centre – in all personal care homes. We accommodated the need for Resident isolation, physical distancing, reduction in the cycling of staff and visitors from the community to the facility, and further staff protection, especially when the pandemic was rampant. Unpacking strategies to enhance the quality of care by better matching services with the needs of our Residents is a good outcome. As a result, we intensified our ongoing commitment to improve the Resident experience, encouraging our staff to grow and learn.

I am privileged to lead the Simkin Centre during these extraordinary times, especially as we also broaden our community impact. We are constantly "wowed" by the generosity of the community, as you will witness in the annual report. We appreciate your giving and support...

Life at Simkin is not just our motto, it is what moves us to be an integral part of our Residents' healthcare journey and an extension of their caregiving circle. The strength and courage of our Residents and their families inspires all of us to reach new heights in our way forward mission. Thank you all!

By the Numbers

600 meals per day

219,000 meals in a year

400 snacks per day

146,000 snacks per year

10 staff – 30+ years

14 staff – 25-29 years

17 staff – 20-24 years

18 staff – 15-19 years

26 staff – 10-14 years

49 staff – 5-9 years

61 to 106 - age range of Residents

5 centenarians, **3** men and **2** women.

200+ care conferences per year

54 admissions to-date 2023

65 new staff work orientations in 2022

Deborah Stoffman,
Resident



Medical Director Report

Dr. Sheldon Koven M.D., Ph.D.

THE MEDICAL TEAM

Dr. Sheldon Koven, M.D., Ph.D.

Dr. Wayne Manishen

Dr. Louis Chung

Dr. Alewyn Vorster

Dr. Richa Tandon

Dr. Shan Weeratunga

Dr. Jared Davies

The last time that I would have considered using the word ‘normal’ to describe the overall medical experience for Residents of the Simkin Centre seems like an eternity ago (in 2019, pre-pandemic). However, this past year has qualified for that characterization.

Yes, there have been some ‘mini’ outbreaks (various culprits) this past year, but they have been relatively easily controlled and were not significantly different from such episodic events in the more distant past. In all likelihood, we will continue to experience such outbreaks in the future, but I am confident that the lessons learned and skills developed over the past several years will enable us to manage such events in a far more effective, less disruptive manner.

As we witnessed the ‘mini’ outbreaks with reduced frequency, it was very gratifying to see the resumption of group recreational activities, community outings, congregate dining, and overall interaction among Residents, families and staff.



The Simkin Centre was thrilled to host two research physicians, who were part of a large delegation from Norway, Dr. Isabel Sebjornsen, Dr. Sheldon Koven, Dr. Silje Todnem.

longer be provided by this Medical Director. After considerable discussion, a decision was made to replace the services of the Nurse Practitioner and to recruit additional doctors to fill that position, as well as to replace the clinical services previously provided by the Medical Director. I am pleased to advise that Simkin Centre now has two additional physicians, both of whom have provided services to other long term care facilities in Winnipeg and have consid-

erable experience in the care of the elderly. The transitioning phase progressed quite smoothly and is now complete. Simkin Centre now has six physicians attending to the medical needs of the Residents.

My medical team’s steadfast commitment to the Centre and their unfettered resolve to maintain uninterrupted quality care during this transitional phase is truly appreciated. I want to thank, once again, the members of my medical team for their un-

derstanding, flexibility, and cooperation with the often-difficult initiatives that were imposed on them during these challenging times.

On behalf of my colleagues, I want to take this opportunity to thank all Simkin Centre staff, Senior Management and Simkin Centre Board of Directors, for their amazing dedication and tireless efforts throughout these challenging times. As well, I would be remiss in not acknowledging the continuous support from our community.

A noteworthy development that took place this year was the change in the composition of the Medical Team. Although the Medical Director will continue in an administrative role, on an interim basis, after more than forty years of service, direct clinical services will no



Shelia & David Spaulding, Resident

Director of Care Report

Alanna Kull, RN BN

I am thrilled to report that this past year has been our most stable in many years. COVID-19 outbreaks continued to occur but have become more manageable as time has moved on. This has allowed a “Return to Normal” which has been welcomed and much needed!

Perhaps the biggest difference was the change of how masks are worn, the ability to combine Residents from different units, and the removal of the physical distancing rules. This had an immediate impact on our Residents and their families who were thrilled to gather again in the atrium and at the various programs at the Centre.

The Stevenson Report, which was the findings of the review into Maples Personal Care Home, recommended that more dollars be added to long-term care over a 5-year period. So far in the Resident Care department, this has meant the hiring of additional nurses on the evening and night shift, additional health care aides on days and evenings, a full-time infection control support associate, a full-time physiotherapist, and additional rehab aide hours. We are optimistic that this

money will continue to flow to long-term care in future years.

We were excited to host students from nursing and health care aide programs including Roberston College, Herzing College, Louis Riel School Division and the University of Manitoba. Students are an invaluable resource that help provide care and form relationships with our Residents and staff. Student placements serve as on the job training and experience, and we have been fortunate to hire several students after their placements.

There has been a gradual return to in person meetings which allow for collaboration and team building. We are excited to reinvigorate quality initiatives and to see the impact they have on our Residents.

As always, we could not continue to provide care to our Residents without our amazing staff. We are so grateful for all that they do to enrich the lives of our Residents.

PICTURED: L- R Aujah Fowler-Thomas, Social Worker, Lindsay MacDonald, Administrative Assistant, Sara Reid, Assistant Director of Care, Alanna Kull, Director of Care



Social Worker Report

Aujah Fowler-Thomas, BA (Hons), BSW, RSW

This past year Residents, family and staff were able to stroll through the facility and interact with one another. Residents could be seen enjoying time in the gardens, or out-front watching children playing on our new playground. Resident Council was able to resume all floor meetings. Residents requested that their funds be spent on a pool table. The pool table arrived and is located in the atrium. Residents, family and staff are thoroughly enjoying using it.

Care conferences continue to remain via teleconference at this time, and the facility continues to limit the number of tours being provided; social work can receive upwards of 20 requests for private tours per week. In order to limit outside foot traffic, the Simkin Centre website has added an “Admissions” section that not only provides extensive information, but also displays an array of photos. For Residents that are going to be imminently moving in, tours are arranged and provided at this time.

Manager Resident Experience Report

Caitlin Liewicki, Manager



The Therapeutic Recreation department has been working hard on returning to the new normal since the pandemic. Our first event to get us back in the swing of things was the Coronation of King Charles, with Tea and Crumpets freshly made on the units and one big party in the atrium.

We have also resumed Sunday afternoon concerts, Tuesday night Bingo and Movie Night. In the spring we were able to enjoy outings with help of a transportation grant from The Jewish Foundation of Manitoba. Residents and families enjoyed going to the Leaf, Assiniboine Park, Folklorama and more! Other highlights this year have been the Prancing Pony Petting Zoo, Our 2nd Annual Simkin Centre Dog Show, Corn Day, Purim Carnival and growing vegetables in our courtyards! We spent the warmer months using our wheelchair duets bikes and cruising around the neighbourhood. If you ever see us please say Hello!

We added two permanent evening positions to provide extra programming for the Residents living on Simkin 2 North and additional evening programming for all Residents at the Centre.

Our **volunteer team** is growing with the addition of a St. Johns Ambulance Pet Therapy Team, Jeanette and Ocean. We trained volunteers to take Residents out for duet bike rides around the neighbourhood. We welcomed back laundry volunteers from Work and Social Opportunities (WASO) and Shalom Residences. We have dedicated Sunday volunteers who assist Residents with wrapping tefillin, and are looking forward to continuing our

partnership with Red River College and its language program. We hope to make new volunteer connections within the community.

Music Therapy received a wonderful gift of a large gathering drum courtesy of The Asper Foundation in recognition of Leonard Asper's years of service to the board. This drum is an important addition to our collection of special instruments that make it easy and fun to participate in music-making and is also a soothing therapeutic tool with its deep, yet gentle rumbling tone. We are

also excited to announce our first Music Therapy Intern from Canadian Mennonite University, Erin Lamb, who joined us this September. We are also in the early planning stages of a Resident choir led by Simkin Residents and staff, so keep your ears out for these beautiful voices!

Russell Peters, Music Therapist



Recreation staff: Shannon Burchuk, Olga Myschysyn, Thomas Bergen, Marin Salfi, Alissa Minaker and Cathy Shewchuk

Adult Day Program has successfully operated Monday to

Friday onsite for the past year, after several onsite closures related to COVID-19. Participant spaces have remained full, with an ongoing community waitlist which currently sits at 22 people. Choice-based activity programming continues to be key. Program highlights from ideas initiated by participants included: Coffee & Talk with Mayor Scott Gillingham; Klezmer Music -part 1 History & Tradition and part 2 Live Klezmer music with Shayla Fink; Varied Art & Acrylic Painting projects; Meditation and Participant led programs highlighting personal knowledge and skill. We are in the process of organizing expansion of the Adult Day Program this fall which will take us from 6 to 10 program spaces per day, including a virtual program option for those in the community who are unable to attend onsite.

Heather Blackman, Adult Day Program Coordinator

Food Services Report

Debra Logan-Pemkowski, Manager



The Food Services Department is responsible for 600 Kosher meals plus snacks every day. Although COVID-19 limited café hours, we are now open Monday to Friday 11:00am – 1:30pm. Our production team has been experimenting with exciting new recipes such as curry chicken and staple favourites including corned beef on rye.

Menu Development: We incorporated more variety in our menu with fruit and different breakfast items such as French toast and waffles. We are in the early stages of working in a new nutritional software program that will allow us to develop menus focusing on increased protein and fiber content while considering Jewish culture/traditions. Residents will be able to participate in a taste panel allowing them to select a preferred new product to be incorporated into the menu and then Residents will vote on monthly resident choice meals.

We are continuing the International Dysphagia Diet Initiative: Residents with dysphagia (difficulty swallowing) may require food and fluid modification as part of their disease

management. We are adjusting recipes to meet International Dysphagia Diet Standardization Initiative (IDDSI) requirements.

Promoting Hydration: As hydration continues to be one of primary goals for the Residents, modified fluids including water, milk and juice are available for Residents with dysphagia.

Staffing: Please welcome Marianna Kantounia to the role of Clinical Dietitian at the Simkin Centre. Marianna graduated from the University of Manitoba with a Bachelor's Degree in Human Nutritional Sciences and has previous experience working in hospital and long-term care settings in Winnipeg and Northern Manitoba. Registered Dietitians, in consultation with Residents, family, and the interdisciplinary care team, plan the most effective nutrition interventions that will meet the Residents' nutrition and health goals. Marianna enjoys working with Residents to improve their nutritional status and quality of life, while building valuable relationships with them and their families.

Facility & Support Services Report

Glynn Warnica, Manager



Facilities: A new swipe card system was installed becoming operational in the spring/summer of 2023. Concrete planters, benches, a play structure and wheelchair swing were also installed in the front of the Centre.

Laundry Services: There have been changes to staff schedules and products used, including new clothing protectors and linens.

Housekeeping: We have added more full time staff who are assigned to perform additional cleaning and infection prevention and control in Resident care areas.

Security: Funding has been approved for a new, closed-circuit television project that will enhance the ability to monitor different areas inside and outside of the Centre.

A temporary Support Services Coordinator has been added to assist with revamping laundry and housekeeping practices. A spring clean-up helped us return our Centre to a warm, welcoming space for Residents, families and visitors.

2023 Simkin Stroll

The 2023 Simkin Stroll raised \$40,853.00 for Therapeutic Recreation & Music Therapy, with approximately 200 people attending our annual event. It was great fun and great weather! Special thanks to all our major sponsors – we

could not do the Stroll without your support. Thank you to all of our amazing volunteers and supporters of the Simkin Stroll. We appreciate you! Mark your calendars and see you next year on **Wednesday, June 12, 2024!**



The late Shirley Almdal, Resident with volunteer Aiden, Evelyn Winston, Resident with volunteer Chey



L-R Maria Montemayor, Susana Pacete, Tessie Soriano, Marites Villanueva, Terry Cristobal



L-R: Vera Schor, Resident with son and daughter-in-law Eduardo and Monica, Danny Rich, Resident with Janae Stewart, Kerry Alderson, Resident with Catie Bucklaschuk.



Kerry Alderson, Resident with Tereza Negazi and son Kidu



Saul and Brenda Greenberg



We thank you for your generosity!

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PICTURED: Sitting L-R: **Simkin Centre Resident Council:** Danny Rich, Sharon Shell, Bonnie Paul, Esther Korchynski, James Shields, David Pollock, Mike Aisenstat, Kerry Alderson, Sydney Weidman, Allan Rutherford, Barbara Weller, Eli Boroditsky, Gerald Butterfield, Sheila Bloomfield. Standing L-R: Laurie Cerqueti, Aujah Fowler-Thomas, Caitlin Liewicki, Rabbi Matthew Liebl



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Seniors' Transportation Grant
\$3,000.00

Wheelchair Swing, Snoezelen, Abby
Activity Board
\$29,058.00

THE WINNIPEG FOUNDATION

Indigenous Rights Blanket Exercise
\$1,500.00

SIMKIN CENTRE FOUNDATION

Thank you for nine foot menorahs, as well as the new play structure!

SIMKIN CENTRE RESIDENT COUNCIL

Thanks to the Resident Council for the pool table!

BUBBE'S CORNER

Bubbe's Corner was funded by a grant through the Jewish Foundation of Manitoba in 2019.

Due to COVID-19, the Simkin Centre was unable to bring Bubbes and children together to enjoy visiting time. Now the Centre has finally set up this corner for Residents and their loved ones. Enjoy the space!

DRIVE OUR WHEELCHAIR BIKES WITH A RESIDENT

A special thank you to the Jewish Foundation of Manitoba!

MEZUZAH PROJECT

With gratitude to our donors, 250 mezuzahs were purchased under the direction and supervision of Rabbi Benarroch. Donors, staff and volunteers assisted in placing a mezuzah on every Resident's door post, main entrances and office doors.

SERVOCANADA

Thank you to ServcoCanada for its generous contribution of water stations.



Bernie Bellan with George Green, Resident



Rabbi Benarroch



Cheryll Justiniano, Doreen Kapitz, Resident

THE SAUL AND CLARIBEL SIMKIN CENTRE PERSONAL CARE HOME INC.

Statement of Financial Position

As at March 31, 2023, with comparative information for 2022

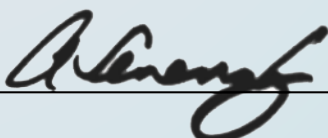
	2023	2022
Assets		
Current assets:		
Cash held in trust for residents	\$ 56,660	\$ 64,563
Accounts receivable (note 3)	412,505	47,096
Due from The Saul and Claribel Simkin Centre Foundation Inc. (note 16)	523,298	271,351
Due from Winnipeg Regional Health Authority (note 4)	1,515,800	1,299,453
Prepaid expenses	116,070	45,968
	2,624,333	1,728,431
Restricted cash and bank (note 5)	289,085	289,085
Loan receivable (note 6)	—	70,989
Capital assets (note 7)	25,174,028	26,174,788
Vacation entitlements receivable (note 8)	603,753	603,753
Pre-retirement benefits receivable (note 9)	1,270,686	1,454,484
	\$ 29,961,885	\$ 30,321,530

Liabilities, Deferred Contributions and Net Assets (Deficit)

Current liabilities:		
Bank indebtedness (note 10)	\$ 884,275	\$ 134,188
Residents' trust	56,660	64,563
Accounts payable and accrued liabilities (note 11)	1,082,556	1,411,316
Accrued vacation payable (note 8)	887,233	853,104
Current portion of mortgage payable (note 12)	1,102,500	1,102,500
Current portion of notes payable (note 13)	202,920	202,920
	4,216,144	3,768,591
Mortgage payable (note 12)	5,328,750	6,431,250
Note payable (note 13)	1,149,880	1,352,800
Pre-retirement benefits (note 9)	1,159,088	1,342,886
Deferred contributions (note 14)	17,994,378	17,669,612
	29,848,240	30,565,139
Net assets (deficit), unrestricted	113,645	(243,609)
	\$ 29,961,885	\$ 30,321,530

On behalf of the Board:

 Director

 Director

THE SAUL AND CLARIBEL SIMKIN CENTRE PERSONAL CARE HOME INC.

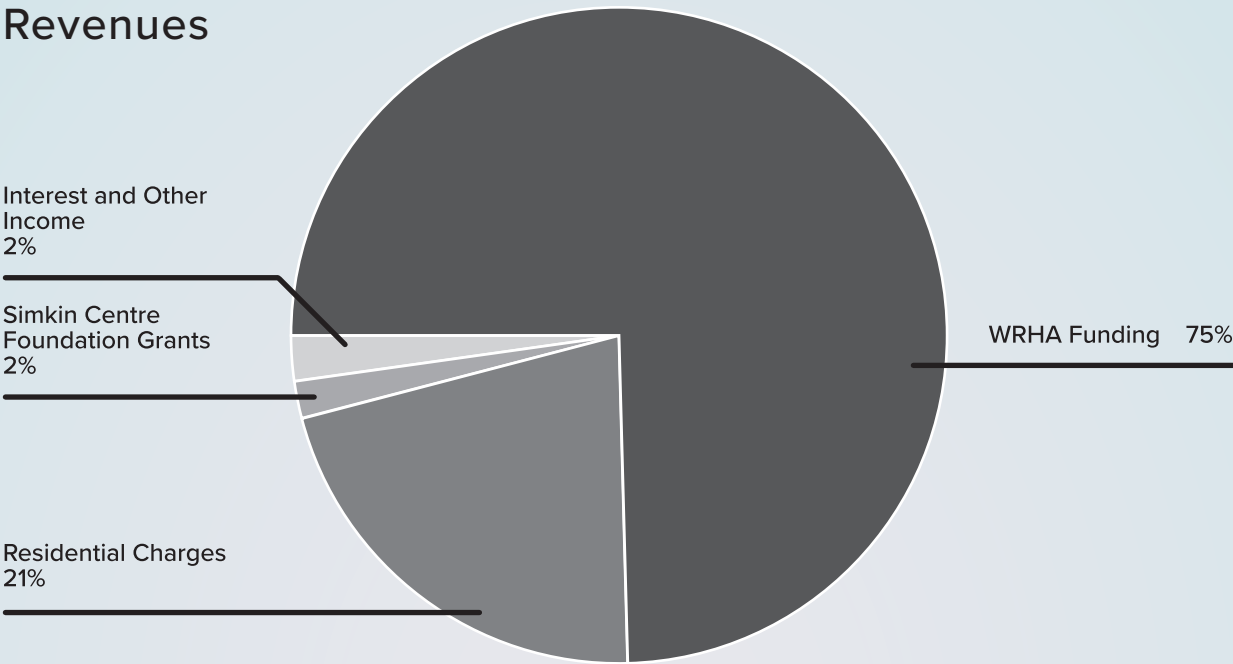
Statement of Operations and Net Assets (Deficit)

Year ended March 31, 2023, with comparative information for 2022

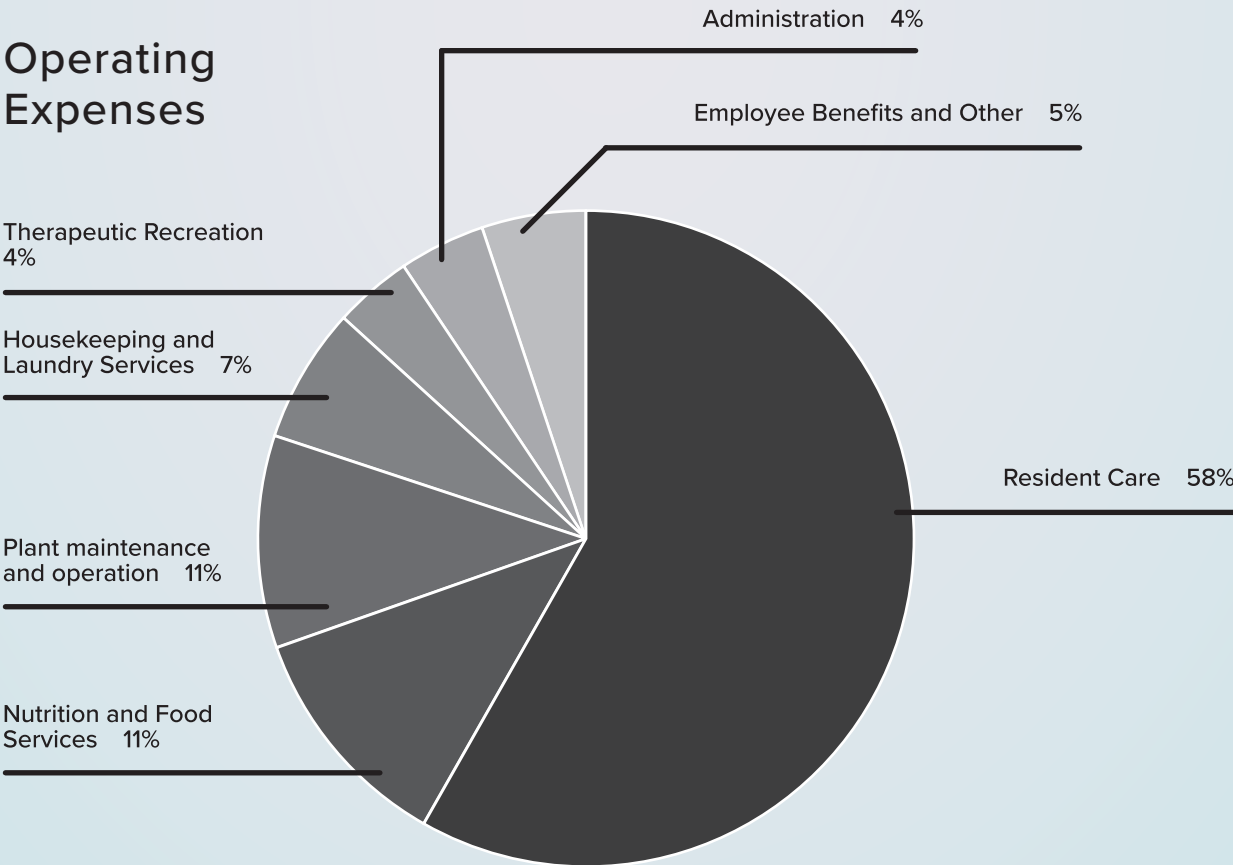
	2023	2022
Revenue:		
Winnipeg Regional Health Authority	\$ 15,977,148	\$ 12,847,523
Residential charges	4,647,392	4,936,235
Capital funding from Manitoba Health	439,431	507,008
Contributions from The Saul and Claribel Simkin Centre Foundation Inc. (note 16)	398,947	497,492
Other income	135,275	59,796
Adult Day Program (schedule)	—	1,504
Manitoba Health and Seniors Care	—	61,077
Change in pre-retirement entitlement	(183,798)	176,387
	21,414,395	19,087,022
Expenses:		
Resident care	12,365,366	10,401,698
Nutrition and food services	2,434,059	1,932,816
Plant maintenance	1,259,558	897,895
Plant operation	965,446	897,867
Housekeeping	946,453	892,551
Administration	910,862	1,181,629
Therapeutic recreation	648,689	595,724
COVID expenses	536,792	474,805
Laundry and linen	481,655	407,758
Interest on long-term debt	439,431	507,008
Other employee benefits	170,702	199,953
Information technology	128,590	96,260
Spiritual care	109,987	90,054
Social work	103,296	81,201
Volunteer services	65,264	41,890
Staff development	7,790	14,202
Internal visitation shelter	—	14,738
Change in pre-retirement accrual	(183,798)	176,387
	21,390,142	18,904,436
Excess of revenue over expenses before other items	24,253	182,586
Amortization of deferred contributions related to capital assets (Note 14)	1,205,287	1,182,824
Amortization of capital assets	(1,225,393)	(1,212,992)
Property tax recovery (Note 3)	353,107	—
	333,001	(30,168)
Excess of revenue over expenses for the year	357,254	152,418
Deficit, beginning of the year	(243,609)	(396,027)
Net assets (deficit), end of the year	\$ 113,645	\$ (243,609)

2022-23 SAUL & CLARIBEL SIMKIN CENTRE

Operating Revenues



Operating Expenses



Spiritually,
double rainbows
are symbols of
hope, faith and
prosperity.



SAUL & CLARIBEL
SimkinCentre

1 FALCON RIDGE DRIVE
WINNIPEG, MB R3Y 1V9
PHONE: (204) 586-9781
FAX: (204) 589-7560
EMAIL: INFO@SIMKINCENTRE.CA



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VISION STATEMENT

To be a leader in providing a home where people live enriched and fulfilling lives in accordance with Jewish values and traditions.

MISSION STATEMENT

We provide exemplary and innovation services to those in our care by meeting each person's unique intellectual, social, physical, emotional and spiritual needs. We strive to enhance their lives through compassion, wellness promotion, and collaborating with community partners.