

BAYCREST BULLETIN

A snapshot of Baycrest news and events / November 2024

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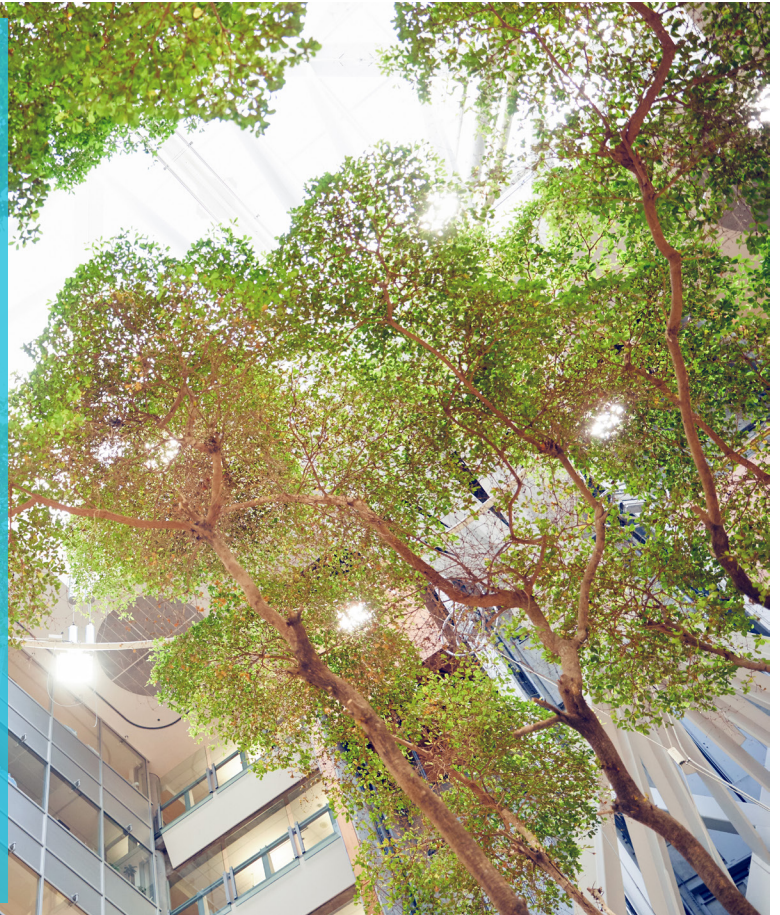
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Three Baycrest leaders named 2024 Canada's Most Powerful Women: WXN's Top 100 Award winners

Three of Baycrest's exceptional leaders have been recognized this year by the Women's Executive Network (WXN) Top 100 Awards.

Presented by the Women's Executive Network, the Top 100 Awards are Canada's most recognized honour for the highest achieving female leaders in various industries including healthcare and STEM.

Congratulations to Dr. Allison Sekuler, President and Chief Scientist, Baycrest Academy for Research and Education and the Centre for Aging + Brain Health Innovation, powered by Baycrest (CABHI); Dr. Nicole Anderson, Director, Baycrest's Ben & Hilda Katz Interprofessional Research Centre in Geriatric and Dementia Care and Associate Scientific

Director, Baycrest's Kimel Family Centre for Brain Health & Wellness; and Melissa Turzanski, Program Director, Care Transformation and Innovation, Baycrest Centre for Geriatric Care.

Drs. Allison Sekuler and Nicole Anderson were recognized in the BMO STEM category, and Melissa Turzanski was honoured in the Professionals category.

Baycrest celebrates diversity in staff, volunteers and community members and promotes a culture of inclusivity and respect. We are dedicated to developing an equitable, inclusive and accessible environment for everyone and to fostering mentorship opportunities for the next generation of leaders in their fields.

CABHI's new funding program ignites innovation to advance healthy aging

The Centre for Aging + Brain Health Innovation (CABHI), powered by Baycrest, recently launched Ignite, its new funding program to support Canadian innovators designing solutions for older persons.

Canadian early-stage innovators - including researchers, point-of-care staff and companies - are developing innovative solutions that can improve the independence and quality of life of older persons and those impacted by dementia. Yet, these innovators face several barriers that prevent them from translating their promising ideas into real-world impact.

Ignite offers funding between \$50,000 to \$150,000 CAD, along with acceleration services, to early-stage innovators, empowering them to develop, test and validate their solutions in real-world settings, with the ultimate goal of getting the best solutions to people who need them most. Funds can be applied to a variety of activities, such as technological research and development activities, concept and prototype development, testing and simulating activities and validation trials.

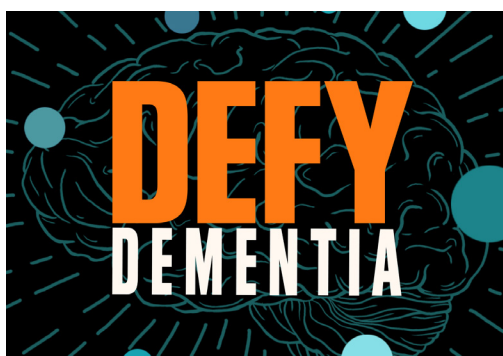
"At CABHI, we are continually enhancing our programs to help innovators – researchers, clinicians, healthcare and seniors' organizations, entrepreneurs, and companies – catalyze solutions that improve the lives of older persons and their care partners," says Dr. Allison Sekuler, President and Chief Scientist at CABHI and the Baycrest Academy for Research and Education. "Our new Ignite program fuels early-stage innovation, helping to overcome barriers and achieve rapid, real-world impact, especially for those at risk for or living with dementia."



Ignite is seeking applications from early-stage Canadian researchers, clinicians, healthcare organizations, and companies with a solution that meets the eligibility requirements and addresses at least one of CABHI's innovation themes: Aging at Home, Caregiver Support, Care Coordination and Navigation, Cognitive and Mental Health and Financial Health and Wellness.

Ignite will accept submissions until December 2, 2024. For more information, visit <https://www.cabhi.com/ignite/>

Defy Dementia Episode 17: Music, Memories and the Mind



In this episode of Defy Dementia, explore the beneficial effects of music on the brain - whether you're playing music yourself or listening to it. Hear David Chase's inspiring story of caring for his wife Rena following her Alzheimer's disease diagnosis, and how music remained an important source of connection and comfort as her condition progressed. Then, discover the science behind music's ability to enhance memory and cognitive health with expert guests Dr. Debra Sheets from the University of Victoria and Dr. Julene K. Johnson from the University of California, San Francisco.

Tune in at defydementia.org, or anywhere you get your podcasts, to learn how music can enrich the mind at every stage of life.

October 7 - A Time of Mourning, Remembering and Praying for Peace

On Monday, October 7, Baycrest residents, families, caregivers and staff came together to mourn, remember and pray for peace and the release of the hostages.

In a meaningful service led by Baycrest's Department of Spiritual Care, we joined together in prayers and the recitation of psalms, a cornerstone of Jewish tradition. Tehillim—the Psalms—have offered solace and strength to our people for centuries.

We began with Psalm 23, a profound reminder of God's presence even in the darkest valleys of life. Its words speak to our deepest fears and longings but also to our hope that, despite everything, we will not walk alone.



Attendees were given yellow pins and invited to participate in a collective candle (Yahrtzeit) lighting and blessing in honour of those lost. The service ended with the singing of Hatikvah, the national anthem of Israel. Afterwards, all were encouraged to share their well wishes and thoughts in a memorial tree.



During his remarks, Michael Ferman, Director of Heritage and Spiritual Care, reminded everyone in attendance in person and virtually on Zoom that, *"Together, we feel the weight of the tragedy of October 7 deeply and are reminded of our sacred duty to care for one another during times of unimaginable pain. We all want a better world for our children, grandchildren, great grandchildren and, for some of us here, maybe even great-great grandchildren. It is our shared hope for the future that unites us."*

"May we stand strong, hand in hand, as we navigate this uncertain and difficult time, and may we carry forward a heritage of resilience and hope, ensuring that we will never forget what happened on October 7, 2023."



From left to right: Reverend Karen Fox, Rabbi Rena Arshinoff, Director of Heritage and Spiritual Care Michael Ferman, Rabbi David Abeles, Chaplain Raquel Benlezzrah, Hazzanit Tara Abrams

Updates - Technology Support for Older Adults Program

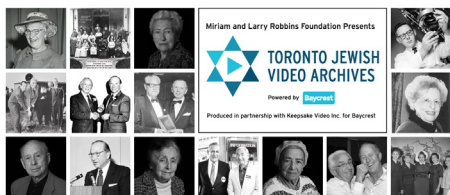
The Patient, Family and Consumer Education (PFCE) Program, in partnership with the Digital Health team at Baycrest, runs a weekly session called Technology Support for Older Adults to help older adults improve their digital literacy.

Registration is now required to ensure a team member can dedicate a personalized 30-minute time slot to each client.

Sessions run from 3 to 5 p.m. on Wednesdays in Baycrest's Centre for Health Information (first floor, Apotex Centre).

To register for a session, please contact digitalhealth@baycrest.org.

Celebrating Heritage: The Toronto Jewish Video Archives Launches to Preserve Jewish Narratives



Thanks to generous funding from the Miriam and Larry Robbins Family Foundation, the Toronto Jewish Video Archives, powered by Baycrest (TJVA), launches mid-November. On this virtual platform, you will be able to access and view 108 interviews with Jewish individuals in Toronto. The TJVA launches alongside the screening of a compilation film that pays tribute to these invaluable contributions. The film screening takes place in Baycrest's Jacob Family Theatre on November 11 at 6:30 p.m. and November 12 at 1:30 p.m.

Ensuring the preservation of Jewish narratives is essential for the continuity of our heritage, and we feel privileged to contribute to this endeavour. Baycrest is thrilled to share this milestone with the wider community.

To request tickets for the film screening on November 11 or November 12 at Baycrest, email Toronto Jewish Video Archives tjva@baycrest.org.



Are you looking for free, reliable health-related information? Visit the Centre for Health Information (CHI) on the first floor of the Apotex Centre, between the WA Café and the Nosh. Every month, the CHI puts together a reading list on a topic of interest to older adults. This month, we're focusing on aging in place.

Aging in place allows older adults to maintain their independence and quality of life while staying in the comfort of their own home. The following resources are tailored to help individuals and their families navigate the support, tools and services needed to age safely and comfortably at home.

- o **Thinking about Aging in Place, from the Government of Canada:** Practical tips on how to plan and be more prepared for health, mobility and social changes as you age.

<https://www.canada.ca/en/employment-social-development/corporate/seniors-forum-federal-provincial-territorial/aging.html>

- o **Aging in Place Toolkit, from United Way British Columbia and the Aga Khan Council for Canada:** designed to help you think about the various aspects of maintaining health and independence as you age, and what to consider when planning to age in place. <https://aginginplaceplan.ca/>

- o **Growing older, staying at home, from CBC:** Learn about how some Canadians are choosing to age in place rather than retirement homes. <https://www.cbc.ca/newsinteractives/features/aging-in-place-canada>

The CHI is open Sunday to Thursday. For current hours of operation, visit: <https://www.baycrest.org/Baycrest/Health-Wellness/Library-Services>. You can also contact us at 416-785-2500 ext. 3374 or HealthInfo@Baycrest.org

Calling all those celebrating a Bar/Bat Mitzvah in 2024/25/26!

Baycrest Mitzvah Project

The Baycrest Mitzvah Project offers a meaningful experience to live your Jewish values as you practice tzedakah, chessed and tikkun olam.

9,311 likes
Baycrest Mitzvah Project *#meaningful experience*
View all 428 comments
4 DAYS AGO

UPCOMING PROGRAM SESSION OPTIONS:

Nov 2024 to Feb 2025	Mar 2025 to June 2025	Oct 2025 to Jan 2026
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**Each participant must raise or donate a minimum of \$1,000*

View the program outline and register online at Baycrest.org/MitzvahProject
Contact MitzvahProject@baycrest.org for more information.

Order your Holiday e-cards & cards!

Share good wishes with family, friends and business associates while supporting our Baycrest community.

Visit baycrestfoundation.org/send-a-card

T: 416-785-2875 | F: 416-785-4296 | E: donations@baycrest.org

Baycrest

FEAR NO AGE™



Baycrest is fully affiliated with the University of Toronto

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