

# BAYCREST BULLETIN

*A snapshot of Baycrest news and events / August 2024*

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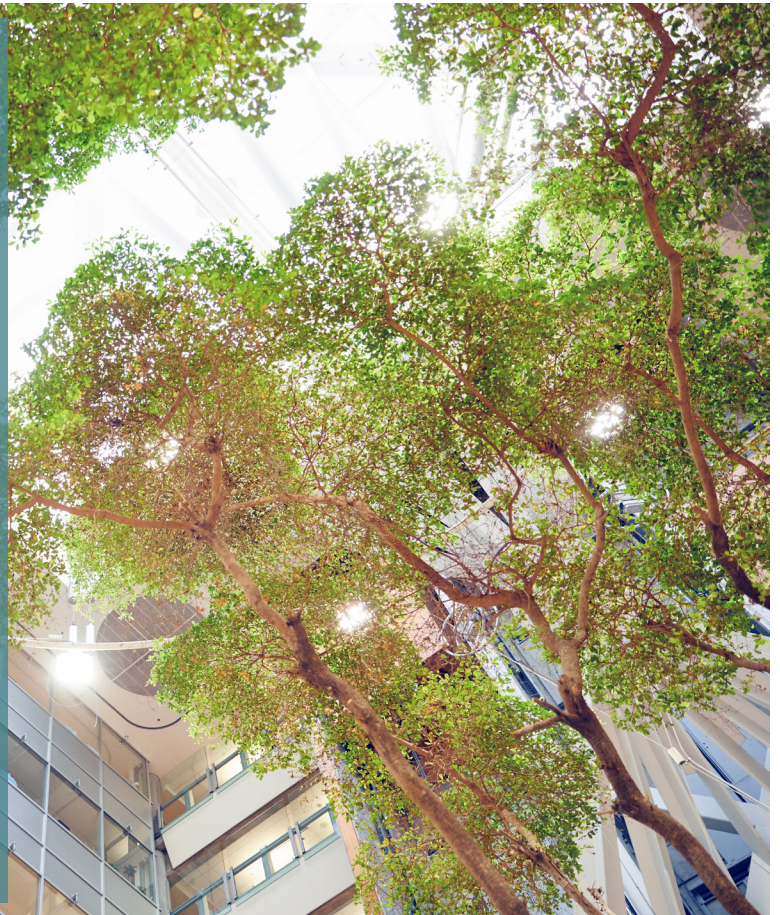
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## Baycrest's Virtual Behavioural Medicine (VBM) program celebrates key milestone

To celebrate surpassing 1000 patients, the VBM team hosted a barbecue lunch in the Silverman Garden. Led by Baycrest Head of Neurology and Senior Scientist Dr. Morris Freedman, VBM is a novel model of care for managing challenging behaviours associated with dementia, from agitation to physical aggression.

As a virtual service, VBM offers quick access to a team of experts in behavioural neurology and geriatric psychiatry. As of June 24, 2024, VBM has helped more than 1,100 patients and reduced patient hospital admissions by 60 per cent since its inception in 2020.



*Dr. Morris Freedman, Head of Neurology; Fidelma Serediuk, Clinical Manager, Ambulatory Services; Jagger Smith, Director, Ambulatory Clinical Services; Jordanne Holland, Regional Director, Behavioural Supports for Seniors Program; Deb Galet, Interim President and Chief Executive Officer, Baycrest Hospital*

# Partial reopening of the WA Café



Back by popular demand, the WA Café - Baycrest's dairy restaurant - has partially reopened while renovation work continues. Temporary menu includes freshly baked goods; self-serve Starbucks coffee and tea - with milk or cream - plus sweet, salty and better-for-you snacks; and cold beverages. The WA Café is open Monday through Friday from 8 a.m. to 3 p.m.

## Defy Dementia Episode 14: Stick It to Stigma

The newest episode of Baycrest's Defy Dementia podcast explores stigma and dementia - what stigma looks like, the emotional toll it takes and its potential impacts on the health of individuals living with this diagnosis.

Guests Myrna Norman and Jim Mann share their personal dementia journeys, recount experiences of hurtful prejudice they have faced and discuss their tireless efforts to combat stigma for everyone living with cognitive decline.

Tune in at [defydementia.org](https://defydementia.org), or anywhere you get your podcasts.



## CABHI's 2023/2024 Impact Report is now available



The Centre for Aging + Brain Health Innovation (CABHI), powered by Baycrest, has just released its 2023/2024 Impact Report: Defy Dementia. This year's report showcases the breadth and depth of CABHI's work, from engaging its Community of Innovation to share knowledge and best practices in aging, brain health and innovation, to catalyzing research and innovation that supports dementia prevention, detection and care, to spreading impact nationally and globally through its strategic partners and thought leadership activities.

Visit <https://www.cabhi.com/impact-report-2023-24> to read the report.

## New exhibit on now at the Morris and Sally Justein Heritage Museum

Origins: Memory, Migration, and the Making of Toronto opens August 5 at Baycrest's Morris and Sally Justein Heritage Museum. This exhibit brings together the concepts of home and movement, historically and today, to present migration as a transformative force in Toronto's Jewish community. The exhibit celebrates these experiences with the keepsakes, treasures and stories that families carried with them on their travels. Located in the Silverman Garden Court and open daily to visitors, the museum is generously supported by Pamela and Paul Austin.



Did you know Baycrest's Centre for Health Information (CHI) is a place where residents, patients, caregivers, staff and the community can access free, reliable information about a variety of issues of interest to older adults? This month, the CHI has selected resources about cyber security.

Whether we use computers, smart phones or tablets, most of us regularly access the internet, so it's important to make cyber security a priority. Learning how to use the internet securely can seem overwhelming, but following some basic practices can help. Check out the links below to help you stay safe online.

**The Cybersecurity Blog**, by Cyber Seniors: A variety of topics on cyber security, such as how to avoid scams or safely shop online. <https://cyberseniors.org/cybersecurity-blog/>

**Cybersecurity**, from the Government of Canada: Find definitions for cyber security terminology. <https://www.getcybersafe.gc.ca/en/glossary>

**Online safety**, from the Alzheimer Society of Canada: Resources for caregivers to help loved ones with dementia be cyber-safe. <https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/ensuring-safety-security/online-safety>

Located on the first floor of the Apotex Centre (between the WA Café and The Nosh), the CHI is open Sunday to Thursday. Please visit our website for current hours of operation: [www.baycrest.org/HealthInfoLibrary](http://www.baycrest.org/HealthInfoLibrary). You can also contact **416-785-2500 ext. 3374** or [HealthInfo@Baycrest.org](mailto:HealthInfo@Baycrest.org).



## Seeking male research participants aged 80+

Baycrest's Kimel Family Centre for Brain Health and Wellness is looking for male participants aged 80+ who are in good cognitive health to complete two online surveys, one week apart. Each survey will take 15-20 minutes to complete. Participants will be asked about their physical activity, brain-healthy eating habits, cognitive and social engagement, and mental

well-being. Study results will help enhance the Kimel Family Centre's dementia prevention program.

For more information and to receive the survey link, interested individuals are asked to email [ddamico@research.baycrest.org](mailto:ddamico@research.baycrest.org).



## Life at Baycrest: Diversity in art workshop



As part of its Artist-in-Residence programming, Baycrest's Culture and Arts team recently welcomed local community artist, Holly Chang, who led a Shibori (a Japanese manual tie-dyeing technique) workshop for residents in the Creative Arts Studio. During this hands-on session, residents learned about the history of this cultural artistry technique and created three different prints using handkerchief fabrics. The team looks forward to continuing to offer diversity in programs through art, music and dance.

For suggestions on programming in this area, please connect with Culture and Arts at ext. 2300.



## Wellness Programs for Staff

The Occupational Health and Safety Department (OHS) hosts weekly wellness programs for staff. Fitness classes take place outdoors in the Spiro Family Garden, weather permitting. Sign-up is not required and walk-ins are welcome but spots are limited. For the detailed schedule, staff are encouraged to visit the intranet.

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## Share Your Insights: Help Shape Caregiver Support at Baycrest

Are you a family member of a person living with dementia who moved to Baycrest Terraces or the Apotex Centre within the last six months? Baycrest's Koschitzky Centre for Innovations in Caregiving would love to hear your feedback about a new tool to determine the needs of new residents' family caregivers.

We hope that the tool will be used in the future by care teams at residential care homes so that they can understand how to best support family caregivers like you after their family member moves in. This one-time research tool will take

10-20 minutes, and you can complete it online.

For more information, please contact Sylvain Dubroqua at [sdubroqua@research.baycrest.org](mailto:sdubroqua@research.baycrest.org) or **416-785-2500 ext. 3242**. You can also use your smartphone's camera to scan this QR code or visit <https://redcap.link/CCAN>.



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## Take Charge of Your Digital Skills with Our Free, Weekly Program

To help older adults take control of their digital literacy, Baycrest's Patient, Family and Consumer Education (PFCE) team has started a weekly drop-in session called Technology Support for Older Adults.

**Every Wednesday from 2 to 3 p.m.**, a technology expert is on hand to address inquiries regarding digital technology at Baycrest's Centre for Health Information, situated on the first floor of the Apotex Centre.

All are welcome, and registration is not necessary. For further details, please contact Suzanne Pede, Project Coordinator, Patient, Family and Consumer Education, at [spede@baycrest.org](mailto:spede@baycrest.org).



### Technology Support for Older Adults

Free drop-in program  
Every Wednesday, 2-3 p.m.  
Centre for Health Information  
Baycrest's Apotex Centre, first floor

**Baycrest**

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