

BAYCREST BULLETIN

A snapshot of Baycrest news and events / January 2025

IN THIS ISSUE

ONTARIO CLRI AT BAYCREST RECEIVES \$5 MILLION INVESTMENT TO SUPPORT LONG-TERM CARE SECTOR

ALZHEIMER'S AWARENESS MONTH 2025

BAYCREST'S CHANUKAH CELEBRATIONS

BAYCREST HEALTH TALKS: ADVANCE CARE PLANNING

KINDNESS KIT PROJECT - HELP FILL KITS OR DONATE ITEMS

DEFY DEMENTIA EPISODE 19: BRAIN INJURY AND DEMENTIA RISK

WELL READ

BAYCREST MITZVAH PROJECT

Ontario CLRI at Baycrest receives \$5 million investment to support long-term care sector

With \$5 million in funding from the Ministry of Long-Term Care, the Ontario Centres for Learning, Research and Innovation in Long-Term Care (CLRI) are launching the Dementia Care Preparedness Initiative. Led by the Ontario CLRI team at Baycrest, in collaboration with the Ontario CLRI teams at Bruyère Health and Schlegel-UW Research Institute for Aging, the program will support and better equip the long-term care sector to care for individuals living with dementia.

"With the Dementia Care Preparedness Initiative, Baycrest will continue to leverage its expertise in dementia care and world-class innovation in education to meaningfully impact the Ontario long-term care sector," said Dr. Faith Boutcher,

Interim Vice President of Education, Baycrest Academy for Research and Education. "This program will further enable Baycrest to empower more healthcare providers with the skills and knowledge they need to enhance older adults' well-being and quality of life."

The Dementia Care Preparedness Initiative will help long-term care homes assess their current approaches and models, and plan for enhanced dementia care and resident outcomes. It will also develop long-term care home capacity for future dementia care best practices.

In addition to the Ontario CLRI, this program is also supported by Baycrest's Kunin-Lunenfeld Centre for Applied

continued on next page

Research & Evaluation and the Centre for Aging + Brain Health Innovation (CABHI), powered by Baycrest.

As one of the world's leading distributors of knowledge on seniors' care, Baycrest supports the Ontario long-term care

sector by developing innovative, interprofessional education and programming to address the unique needs of our aging population.



Alzheimer's Awareness Month 2025

January marks Alzheimer's Awareness Month, a campaign led by the Alzheimer Society of Canada to deepen our understanding of Alzheimer's disease and its impact on Canadians.

work to advance the prevention, detection, treatment and care of Alzheimer's and related dementias.

In recognition of this important month, Baycrest is highlighting its expert-developed resources and ongoing

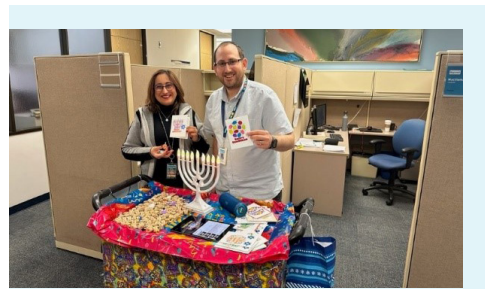
Visit Baycrest.org/AlzheimersAwareness2025 and follow us on social media to learn more throughout the month of January.

Baycrest's Chanukah Celebrations

Baycrest celebrated Chanukah with a wonderful variety of activities for clients and families. Below are some highlights.



Baycrest's Communal Candle Lighting took place each of the eight days of Chanukah. Members of the Spiritual Care team and employees from across Baycrest assisted with lighting the candles and saying the blessings across campus, bringing light and joy to all in our community.



Michael Ferman, Director, Heritage and Spiritual Care and Shairose Kara, Financial Services.

Baycrest's Heritage and Spiritual Care teams also lit up Baycrest with **travelling Chanukah carts**. These seven decorated carts travelled through the Apotex dining rooms and floors, hospital nursing stations and even residents' rooms for special one-on-one visits.

It was a genuine team effort, with staff from various departments, volunteers and community partners coming together to bring the spirit of Chanukah to life. Each visit was filled with music, the recitation of Chanukah blessings and the lighting of the menorah. These moments created heartfelt connections, spreading light and joy to residents, patients and staff alike.



Baycrest Health Talks: Advance Care Planning

Don't miss the next Baycrest Health Talks session to learn all about advance care planning with Dr. Andria Bianchi, Clinical Ethicist, Baycrest and Unity Health Toronto. Find out how advance care planning can benefit you at any age, and gain practical tips to create your advance care plan.

This session, which includes a Q&A session, takes place Thursday, January 16, from 11 a.m. to noon. Attend in person

at Baycrest's Centre for Health Information (first floor of the Apotex Centre) or join us virtually by visiting Baycrest.org/HealthTalks.



The Baycrest Health Talks series is sponsored by the Ada Starkman Community Lecture Series Endowment Fund.

Kindness Kit Project - Help Fill Kits or Donate Items

All Baycrest residents, patients, families, staff and volunteers are invited to participate in the Kindness Kit Initiative, a community-driven mitzvah project to provide essential toiletry and hygiene products to those in need.

In partnership with Ve-ahavta, a Toronto Jewish humanitarian organization and the University of Toronto, we will gather on Monday, January 20 at 2:00 p.m. in the Sharp Atrium to assemble the kits with everyday necessities. These kits offer a small but meaningful way to restore dignity, comfort and hope to individuals facing challenging circumstances.

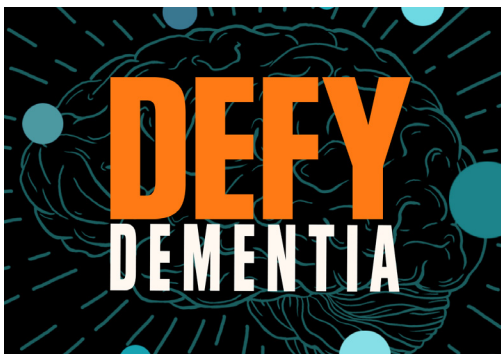


If you can, please join us to fill the kits and help spread kindness and care throughout our community. We are also collecting items for the kits, so if you can't join us to prepare the kits, please consider donating items to fill them. These may be left in donation bins located at the Bathurst Street and Apotex entrances until January 20.

Items needed include:

- Shampoo/conditioner
- Hand sanitizer/wipes
- Toothpaste
- Deodorant
- Toothbrush
- Comb/brush
- Body wash/soap
- Lip balm
- Hair elastics
- Hand cream/lotion

Defy Dementia Episode 19: Brain Injury and Dementia Risk



In the latest episode of Baycrest's Defy Dementia podcast, learn how traumatic brain injuries like concussions may increase your dementia risk.

First, Jane Enright shares her inspiring journey recovering from a traumatic brain injury that almost left her unable to speak. Then, Dr. Carmela Tartaglia, from University Health Network and the University of Toronto, dives into the latest research on brain injury and how it can affect brain health in the long term and one's dementia risk.

Tune in at defydementia.org, or anywhere you get your podcasts.



Baycrest's Centre for Health Information (CHI) is a place where residents, patients, caregivers, staff and the community can access free, reliable health-related information. Every month, the CHI curates a reading list on a topic of interest to older adults. This month, the focus is on falls prevention.

Falls are a leading cause of injury among older adults, but many falls can be prevented through awareness, planning and small adjustments to your environment and daily routine. The following resources are designed to help older adults, caregivers and families identify fall risks and learn practical ways to improve safety, mobility and confidence.

To access the resources, visit <https://www.baycrest.org/Baycrest/Health-Wellness/Library-Services#wellread>

- **Preventing falls as you age, from Health Link BC:**
Practical ideas and small changes you can make to prevent falls and help you remain active and independent as you age.
- **Prevent falls in older adults, from the City of Toronto:**
Information to help reduce the risk of falls in older adults.
- **Avoiding falls, from the Canadian Frailty Network:**
An overview of the impact of falls on older adults and steps you can take to reduce your risk.
- **You CAN Prevent Falls, from the Government of Canada:**
An overview of the impact of falls on older adults and steps you can take to reduce your risk.

The CHI is located on the first floor of the Apotex Centre, between the WA Café and the Nosh, and is open Sunday to Thursday.

Visit <https://www.baycrest.org/Baycrest/Health-Wellness/Library-Services> for current hours of operation. 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 tzedukah, chessed and tikkun olam.

UPCOMING PROGRAM SESSION OPTIONS:

Nov 2024 to Feb 2025 | Mar 2025 to June 2025 | Oct 2025 to Jan 2026

**Each participant must raise or donate a minimum of \$1,000*

View the program outline and register online at [Baycrest.org/MitzvahProject](https://www.baycrest.org/MitzvahProject)
Contact MitzvahProject@baycrest.org for more information.




Baycrest
FEAR NO AGE™


UNIVERSITY OF TORONTO
Baycrest is fully affiliated with the University of Toronto

3560 Bathurst Street
Toronto | ON | M6A 2E1
416 785 2500 | www.baycrest.org

Contribute your Baycrest stories, news and events at marketing@baycrest.org