

BAYCREST BULLETIN

A snapshot of Baycrest news and events / July 2024

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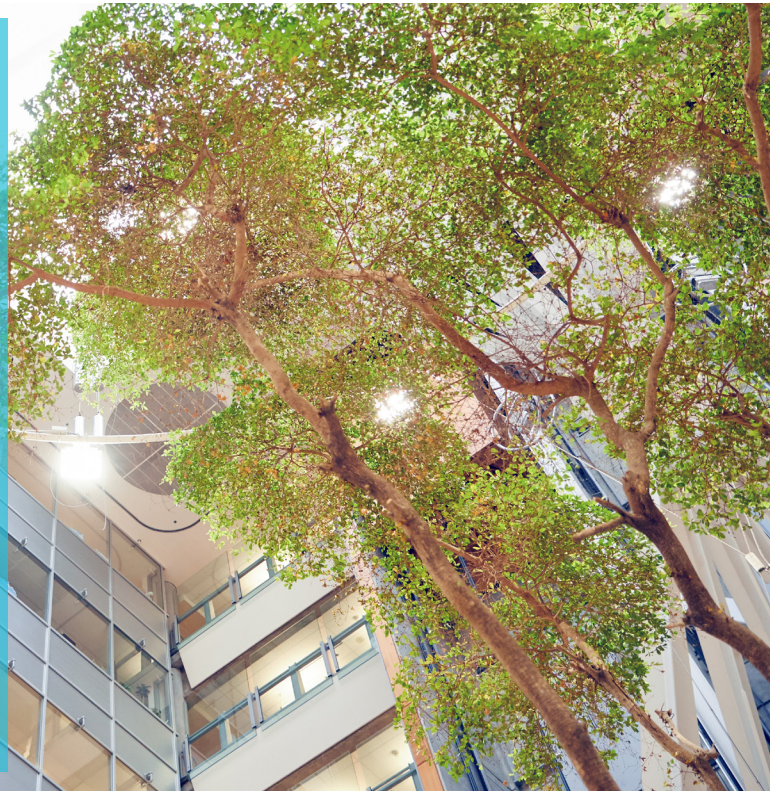
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Baycrest receives a \$9.5M donation from The Slaughter Family Foundation

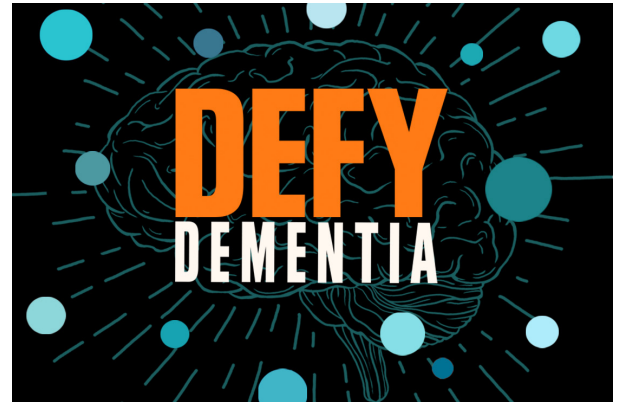
We are thrilled to share that Baycrest has received a tremendous gift from The Slaughter Family Foundation to further our work to defeat dementia. With this substantial gift, a number of programs and initiatives across our campus; in-person and virtual brain health seminars and discussion clubs; podcasts and interactive events in Ontario and across Canada will advance significantly over the next three years.

"Baycrest is extremely grateful to The Slaughter Family Foundation for recognizing the urgent need for innovation and transformation in the care and treatment of people living with dementia and their families. The Slaughter Family Foundation's vision is truly inspirational and our teams at Baycrest look forward to making a profound impact," said Josh Cooper, President and Chief Executive Officer, Baycrest Foundation.



Defy Dementia Episode 13: Mind the Gap – Women’s Higher Dementia Risk

Episode 13 of the Defy Dementia podcast explores why women may face a higher risk of Alzheimer’s disease than men. First, caregiver Angeleta Cox shares the story of her mother, Sonia, who was diagnosed with Alzheimer’s disease in 2017. Then, Dr. Natasha Rajah (Baycrest’s Rotman Research Institute and Toronto Metropolitan University) discusses the latest research on the increased risk of dementia in women, and what women can do to protect their brain health. Tune in at defydementia.org, or anywhere you get your podcasts.



Life at Baycrest’s Apotex Centre, Jewish Home for the Aged



- **Gardening Club:** Residents are gardening and learning about nature-based Jewish education this summer with Shoresh. Grounded in Canadian soil, Shoresh (the Hebrew word for “root”) helps community members get back to their Jewish roots. Shoresh will lead, inspire and empower residents to be Shomrei Adamah, protectors of the earth, and to grow our Baycrest gardens.



- **Intergenerational Jamboree:** In this music therapy program, young children under the age of 4 and their accompanying adults take part in weekly music therapy sessions along with our residents in the Apotex. The Jamboree provides opportunities to connect through music and promotes intergenerational relationships between participants of all ages.



- **GrandPals Intergenerational Programming:** GrandPals is an intergenerational learning, storytelling and creative program designed to form meaningful connections between generations. This spring the grade 5 class from St. Margaret’s Catholic School, just across from Baycrest’s parking lot, participated in this program with our residents.

Baycrest Event Highlights Innovations in Brain Health and Dementia

This spring, the Baycrest Academy for Research and Education partnered with Toronto Public Library to host a free, public event all about brain health at the Toronto Reference Library. More than 100 in-person and online attendees participated in an expert-led public talk about innovations in dementia research, caring for loved ones living with dementia and practical strategies to reduce dementia risk. The panel featured Baycrest experts Dr. Nicole Anderson and Dr. Adriana Shnall, and was moderated by Baycrest's Dr. Rosanna Olsen.

Following the panel, attendees were invited to engage with a variety of booths and take part in live research demonstrations all about brain health and dementia from Baycrest, the Centre for Aging + Brain Health Innovation

(CABHI), Cogniciti, the Toronto Dementia Research Alliance and Ontario Shores Centre for Mental Health Sciences.

We congratulate the organizing committee, led by Drs. Rosanne Aleong and Rosanna Olsen, and thank the Canadian Institutes of Health Research for funding this successful event. The panel presentation was livestreamed and is available for replay at the following link:

<https://www.crowdcast.io/c/boost-your-brain-health>



New Library Program Provides Literature Search Support for Baycrest Staff

Baycrest's new "Ask the Librarian" program provides expert guidance to help staff enhance their literature search skills, better inform their projects, support evidence-based practice, and improve patient outcomes. Tonya Mahar, Manager of Library Services at Baycrest, assists individuals and teams with developing a literature search strategy, recommends the best resources and databases, and provides hands-on training for staff to ensure they achieve optimal results. All staff are encouraged to take advantage of this new program, which takes place every **Monday** from **10 a.m. to noon**, in the Centre for Health Information on the first floor of the Apotex Centre.



Wellness Programs for Staff

The Occupational Health and Safety Department (OHS) is hosting weekly wellness programs for staff. Fitness classes will 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.

Living with Mild Cognitive Impairment - Second Edition Now Available

Written by Baycrest's Dr. Nicole Anderson, Dr. Kelly Murphy and Dr. Angela Troyer, the second edition of *Living with Mild Cognitive Impairment: A Guide to Maximizing Brain Health and Reducing Risk of Dementia* is now available from Oxford University Press. We congratulate Drs. Anderson, Murphy and Troyer on this accomplishment.

Living with Mild Cognitive Impairment is available to purchase online, borrow from the Toronto public library or visit the Centre for Health Information on the first floor of the Apotex Centre to read and check out a copy.

Innovation Updates

Using Virtual Reality in Dementia Care



Recognizing the significant potential of virtual reality (VR) to reduce or avoid responsive behaviours, the Transitional Behavioural Support Unit Therapeutic Recreation team recently completed a ground-breaking project on the use of VR for individuals living with dementia. This project addresses a critical gap in current literature on the use of VR for this group. It also marks a significant milestone in the team's ongoing efforts to enhance the quality of care for individuals living with dementia through innovative and non-pharmacological approaches. For more information, please contact Mara Swartz at mswartz@baycrest.org.

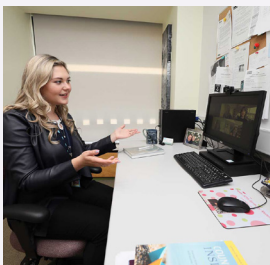
Funded by a Centre for Aging + Brain Health Innovation (CABHI) SPARK grant received in 2023, this study was conducted with the support of the Baycrest Innovation Office (BIO) and the Kunin-Lunenfeld Centre for Applied Research Evaluation (KL-CARE).

Intuitive Sensory Devices Launched in the Apotex Centre



Thanks to funding from CABHI's Discover + Adopt program and support from the Baycrest Innovation Office (BIO), the Apotex Centre is excited to announce the launch of handheld sensory devices called "Music Pillows" or "INMUs". The Music Pillow is a cushion with different textures and designs that play different sounds and vibrations triggered by movement. Each neighborhood on each floor will have two week-long opportunities to test the devices at different times. Stay tuned for updates or go to <https://inmutouch.com/> for more information about the Music Pillows.

Caregiving 101: Courses for Family Carers - Learn about Dementia Skills Training



Join Social Worker and Dementia Coach Yuliya Goloida to learn the fundamentals of caring for someone living with dementia. This course is designed for spouses and partners, as well as adult children of older adults experiencing cognitive changes.

This course provides opportunities to share and connect with others in similar situations, and get tailored recommendations, resources and clinical guidance to support participants' own unique experiences. To register or inquire, visit baycrestathome.ca/member-plans/#caregiving-101.

Baycrest

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with the University of Toronto

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