

# BAYCREST BULLETIN

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

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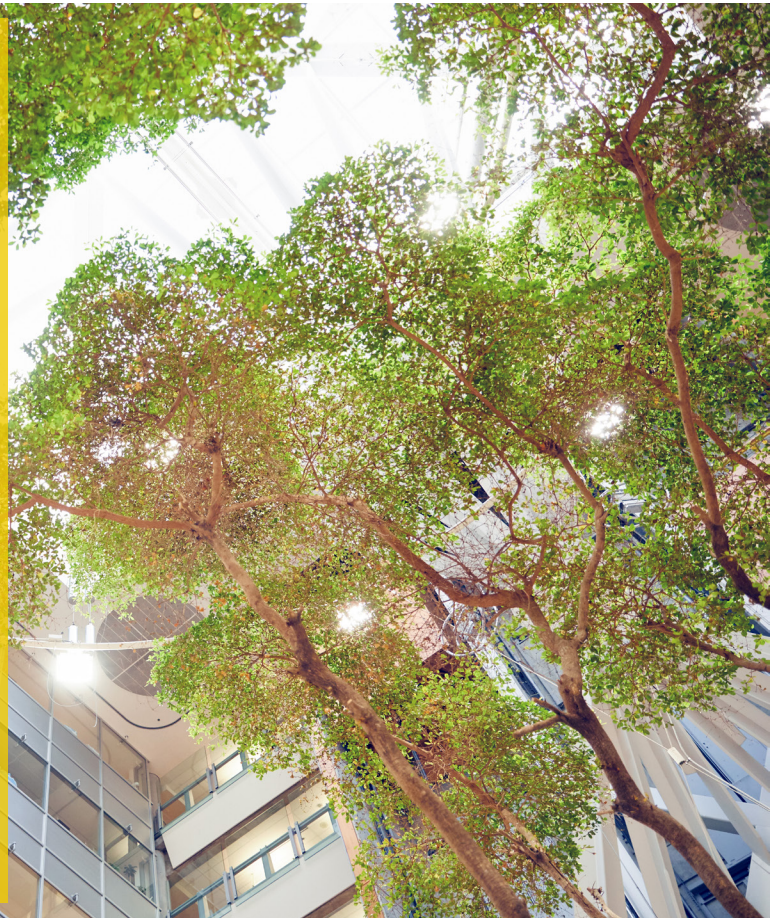
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## Welcoming the Jewish New Year

As we enter the Jewish High Holiday season, we wish you a sweet and meaningful Rosh Hashanah. May this season bring you reflection, renewal and joy. May the year ahead be filled with peace, good health and blessings for you and your loved ones.

**Shanah Tovah!**



# Baycrest Selected as Host of Summer Program in Aging 2025

Baycrest is pleased to have been selected by the Canadian Institutes of Health Research to host the next Summer Program in Aging (SPA), which takes place from June 8 to 13, 2025. As a global leader in the field of aging and brain health, Baycrest is expertly positioned to host this program. Our unique campus encompasses a continuum of care for older persons as well as a world-leading research institute, allowing researchers and healthcare workers to work closely together and driving effective care and improved quality of life for older persons.

Baycrest is the largest provider of training and education programs in the care of the elderly in North America, extending internationally with a global telehealth program. Fully affiliated with the University of Toronto, Baycrest has an extensive clinical training program in geriatric care. Every year, nearly 1,500 students, trainees and other practitioners from more than 50 universities and colleges come to learn at Baycrest and experience the delivery of high-quality care alongside leading experts on one of the world's most comprehensive campuses of care focused on aging and care of older adults.

Hosted by a different organization every year, SPA is an intensive, five-day capacity-building program that provides graduate trainees with advanced training that crosses disciplines, offers networking opportunities and disseminates

best practices in research. This year's theme is "Training a Healthcare Workforce to Meet the Needs of Older Adults." This is well aligned with the Baycrest Academy for Research and Education (BARE)'s mission, which is to Revolutionize aging and brain health by discovering, assessing and mobilizing impactful knowledge through cutting-edge research, interdisciplinary collaboration and innovative education to enhance the lives of communities worldwide.

To learn more, visit

<https://www.baycrest.org/summer-program-aging/>



**Summer Program in Aging 2025**

**Baycrest Academy for Research and Education**  
is proud to host SPA 2025

**Training a Healthcare Workforce to Meet the Needs of Older Adults**

June 8 - 13, 2025 | Toronto, ON



Baycrest Academy for Research and Education

CIHR Institute of Aging IRSC Institut du vieillissement



Did you know there's a place on the Baycrest campus where residents, patients, caregivers, staff and the community can access free, reliable health-related information? You can find 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 caregivers.

Caring for someone with dementia comes with many responsibilities and can be overwhelming. The resources below have been curated to help caregivers support the person in their care and manage their own health and wellness.

**Driving and Dementia Roadmap, from Baycrest, Sunnybrook Health Sciences and the Canadian Consortium on Neurodegeneration in Aging (CCNA):** Support for people living with dementia and their caregivers to address difficult decisions about driving and dementia.  
<https://www.drivinganddementia.ca/>

**eFit for Individuals & Caregivers: Caregiver Support, from The Centre for Studies in Aging & Health,** A self-guided lesson on recognizing and managing caregiver stress.  
<https://sagelink.ca/health-care/efit-caregiver-support/>

**Finding Help, by the Alzheimer Society of Canada:** Important information on emotional and practical support available to caregivers.  
<https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/looking-after-yourself/finding-help>

Located on the first floor of the Apotex Centre (between the WA Café and The Nosh), the CHI is open Sunday to Thursday. You can also contact us at 416-785-2500 ext. 3374 or [HealthInfo@Baycrest.org](mailto:HealthInfo@Baycrest.org).

# Enhancing Wellbeing Through Art at Baycrest

Art is a critical component of programming for Baycrest patients and residents. The Culture and Arts and Therapeutic Recreation Departments offer a variety of arts-based programming to residents and patients of the Apotex Centre, Hospital and Day Centres. Programs include art history education, hands-on expressive arts, theatre, dance, music and storytelling, and feature various mediums.

Programs are tailored to residents' and patients' interests, physical and cognitive abilities and vary in skill and engagement level. With expressive arts, hand-over-hand support, adaptive brushes, adjustable tables and other supports ensure all clients can participate, regardless of ability. Programs also vary in terms of group sizes, cultural traditions and more.

Art has numerous benefits for older persons. It's a form of expression for those experiencing language barriers or speaking challenges. It builds a sense of community and connection, fosters a sense of purpose and meaning, and improves self-esteem. It also reduces feelings of loneliness, anxiety and depression, and supports cognitive function and memory.

"Arts-based programming helps residents and patients be who they are through self-expression," says Emily Sitter, Arts in Health Coordinator. "Participation in arts doesn't have to stop because someone is getting older. Recreation and Culture and Arts staff are here to support the modification of the art to allow the residents and patients to continue to meet their desired artistic goals."

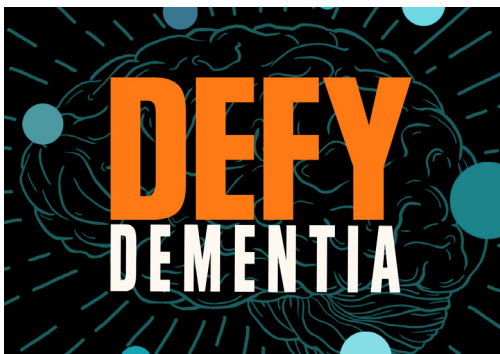
There is sometimes a perception that older persons engage only in simple art activities - but they are capable of so much more. For example, the mosaic behind the information booth at the Apotex entrance (see photo) was made by a group of Baycrest residents and patients who came together to create something beautiful.



"It may take a little bit longer or require adaptations, but we can give everyone the opportunity to flourish in their own way," says Emily.

Beyond our arts-based programming, art is everywhere on the Baycrest campus and is used as a method of way-finding, to help with orientation to place and to foster a sense of identity and attachment. Since Baycrest's art collection started in the 1980s, it has attracted over 8,600 donations, making it one of the largest public collections in Ontario. All the pieces are donated to Baycrest, and we are very grateful to our many generous donors.

## Defy Dementia Episode 16: Lying for Love



As dementia progresses, individuals may forget pivotal moments, like the death of a loved one. Repeatedly learning this painful truth can cause significant emotional distress, but caregivers may also feel guilt at the thought of lying. The latest episode of Baycrest's Defy Dementia podcast explores the ethics and benefits of compassionately reshaping the truth when communicating with a person living with dementia. Tune in at [defydementia.org](http://defydementia.org), or anywhere you get your podcasts, for an insightful discussion on this challenging topic, and gain practical tips to provide comfort while managing the complexities of dementia care.

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

# Celebrating Baycrest Employees with the 2024 Staff Awards



Baycrest's 2024 Awards events took place on September 17, 18 and 19 recognizing employees for Long Service, Peer Recognition and Learning and Development.

The Long Service Awards acknowledge employees celebrating 5-40 years of service at Baycrest, as well as our retirees. Held over two days, this special event included gifts, recognition by leadership, games, refreshments and the opportunity to mingle with peers. Baycrest's Peer Recognition Awards encourage employees to nominate colleagues doing great things in the categories of innovation, teamwork, collaboration and leadership. There were almost 100 nominations submitted this year and 26 were named as Peer Recognition Recipients.

Rounding out the week was our Learning and Development Awards ceremony, which support employees who are committed to expanding their skills and expertise with scholarships and other financial support for continuing education. The awards span

eight categories and are sponsored by generous donors. Some of our donors attended and spoke to attendees about how much Baycrest means to their families and how strongly they believe in what we do.

We congratulate all winners and nominees, as well as well as everyone who helped make the 2024 Awards a great success. We also thank all our employees for their service and commitment to Baycrest's vision: A world where every older person lives with purpose, fulfilment and dignity.

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## Seeking Drivers Aged 65+ for Study on Driving in Older Adults

Baycrest and Sunnybrook researchers are seeking drivers aged 65 and older for a study on driving in older adults. Participants can be cognitively healthy or have a diagnosis of mild cognitive impairment (MCI) or dementia. The study involves two visits to either Baycrest or Sunnybrook Health Sciences, each lasting 1-2 hours. A driving monitoring device will be installed in participants' vehicles for eight weeks as part of the study. Results will help improve decision-making about driving in dementia. Participants will be compensated for their time. For more information, please visit:

[https://tdn.alz.to/research\\_study/in-vehicle-technology-decision-aid-for-driving-with-dementia/](https://tdn.alz.to/research_study/in-vehicle-technology-decision-aid-for-driving-with-dementia/)



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## Improving Digital Literacy for Apotex Residents

Over the past eight weeks, the Baycrest Innovation Office piloted a digital literacy program for a group of Apotex residents. Called Technology Enablement for Older Adults (TEA), the program introduced residents to online safety and internet basics and provided them with new skills. The participants successfully completed the program last week and look forward to future digital literacy learning opportunities. We congratulate our first Apotex cohort on completing this important program. This program was funded by the Government of Canada's New Horizons for Seniors Program.



gettyimages  
Credit: Daniel de la Hoz

**Baycrest**

**FEAR NO AGE™**



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Baycrest is fully affiliated  
with the University of Toronto

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news and events at**  
[marketing@baycrest.org](mailto:marketing@baycrest.org)