

BAYCREST BULLETIN

A snapshot of Baycrest news and events / September 2024

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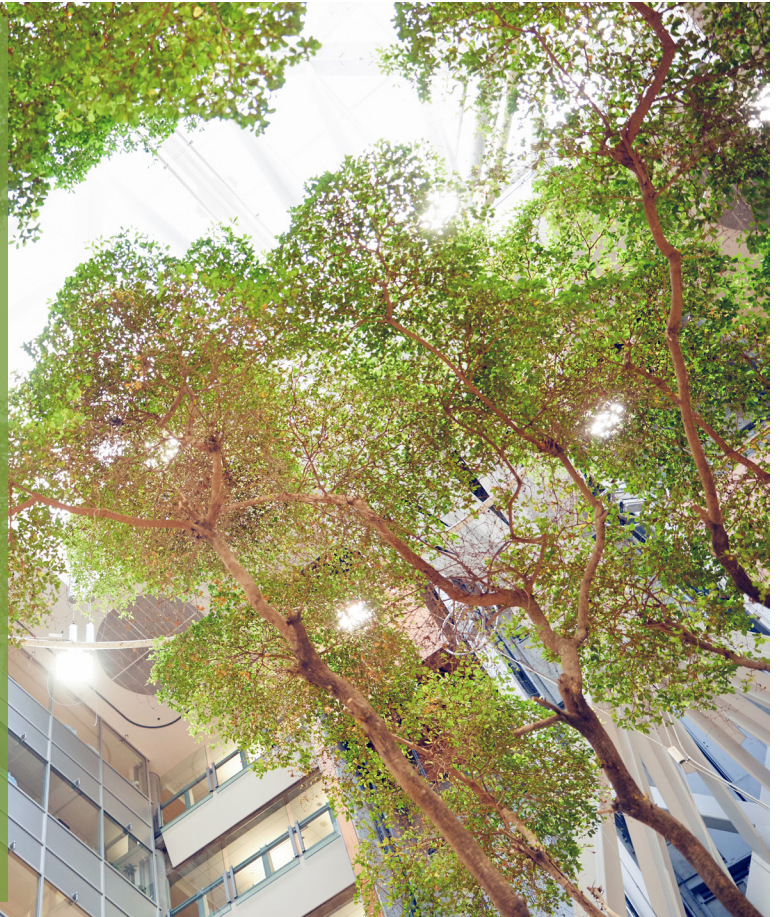
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BUBBY'S BLOOMS



World Alzheimer's Month – Fighting Stigma in Our Community

September is World Alzheimer's Month, an international campaign organized by Alzheimer's Disease International to raise dementia awareness and challenge stigma. Baycrest is committed to fighting prejudice and creating a better world for all those affected by dementia. Our vision is a world where every older person lives with purpose, fulfilment and dignity.

According to the Alzheimer Society of Canada, stigma against dementia includes any negative attitude or discriminatory behaviour against people living with this diagnosis, such as harmful assumptions, negative language, belittlement and more. Stigma can lead the person living with dementia to withdraw from society and avoid seeking

care, which can worsen their condition. It also harms the person's caregivers and loved ones, and may prevent them from accessing necessary supports as well.



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In a recent episode of Baycrest's Defy Dementia podcast, two guests living with dementia share their experiences with hurtful prejudice and offer advice to help all of us fight stigma in our communities: When interacting with persons living with dementia, treat them with respect. Address them by their preferred name or title, and give them opportunities to

express their preferences and feelings. Show you value them as individuals by remembering things important to them, and engage them in conversations about their individual interests and passions. To learn more, tune in to the full episode at defydementia.org or anywhere you get your podcasts.

Celebrating the High Holidays and Festival Days

The High Holidays and Festival Days begin with the Jewish New Year, **Rosh Hashana** on October 3 and 4, 2024 (Tishrei 1-2), when the sounding of the Shofar calls us to awaken spiritually and renew our commitment to living according to the Divine commandments while celebrating with family and friends. During **Yom Kippur**, on October 12, 2024 (Tishrei 10), we reflect on our behaviours, ask for forgiveness and pray for life, good health and peace for all humankind for the year ahead.

The holidays continue with **Sukkot**. Beginning at sundown on October 16, 2024, Sukkot includes a special commandment to be happy along with the tradition of building and decorating the Sukkah with festive decorations to enhance the joyful atmosphere of this festival. **Shemini Atzeret**, October 24, 2024 (Tishrei 22), is dedicated to the unique relationship between God and the Jewish people, and we gather for reflection and a meaningful Yizkor (Memorial) Service to honour our loved ones. **Simchat Torah**, on Friday, October 25, 2024 (Tishrei 23), is a day of "Rejoicing in the Law",

filled with joy and energy as we complete the annual cycle of Torah reading and immediately begin anew. Join us for the celebration and embrace the spirit of renewal and joy.

For more information, please see the LCD screens and flyers posted around campus.

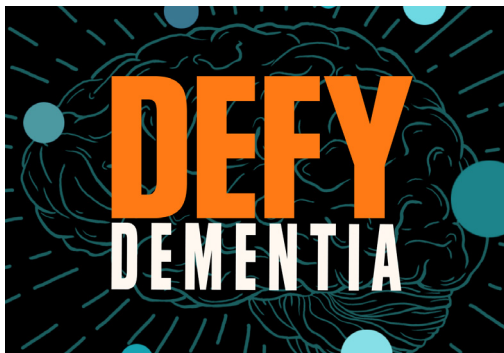


Flower Pounding Workshop for Residents

In August, the Culture and Arts team hosted an afternoon of flower pounding - a technique that transfers the natural colour from flower petals to fabric. Residents used flowers from the Baycrest gardens to make their own hand-dyed tote bags. This program was funded by the Government of Canada's New Horizons for Seniors Program.



Defy Dementia Episode 15: The Why Behind Defy



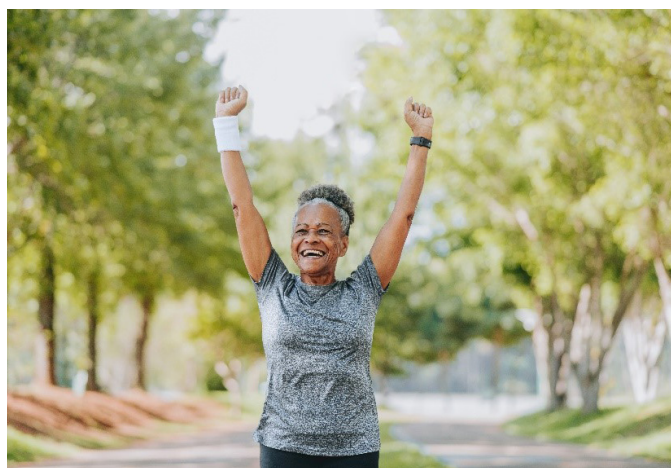
A 2020 report from the Lancet Commission initially helped inspire hosts Jay Ingram and Dr. Allison Sekuler to start Baycrest's Defy Dementia podcast and help people reduce their dementia risk. In this special new episode, they dive into the groundbreaking findings from the latest Lancet Commission report, published in August 2024. Joined by lead author Dr. Gillian Livingston, they explore how nearly half of all dementia cases could be prevented by addressing key lifestyle factors. Discover the two new risk factors identified in the report, and gain practical insights on how you can take action today to protect your brain health.

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

Health Talks: How Exercise Can Benefit Your Mental Health

On Thursday, September 19 from 11 a.m. to noon, join us for the first Health Talks session of the fall season, where Baycrest Social Worker Rifky Blau will discuss the benefits of exercise for managing depression and anxiety, and share realistic tips to get you started and stay motivated. A Q&A session will follow.

For more information, please visit www.baycrest.org/HealthTalks. The Health Talks series is sponsored by the Ada Starkman Community Lecture Series Endowment Fund.



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.

Did you know that playing online games and video games, known as "gaming", may have positive effects for older adults? Check out these links selected by the CHI to learn more.

Game On! Seniors and Online Gaming, by Older Adults Technology Services: Online games may improve reaction time, memory and attention span.

Best Brain Stimulating Games for Dementia and Why They Work, from Healthline: Discover which brain games might help with cognitive functions.

Do Brain Games Help Prevent Dementia? on Psychology Today: Research looks at whether online puzzles and games improve symptoms for people with mild dementia.

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.

Baycrest's dental clinic now accepting patients with the Canadian Dental Care Plan (CDCP)

The Alpha Omega dental clinic, located across from The Nosh cafeteria, is pleased to accept clients who have the CDCP - a new federal government dental benefit plan, which helps pay for the cost of a wide range of oral health services, such as exams, x-rays, cleanings, fillings and extractions. As a reminder, the clinic also accepts Baycrest staff as patients. If you have any questions or would like to make an appointment, please call ext. 6604.



Remembering Dr. Gordon Winocur - A Driving Force in Brain Health Research



It is with great sadness that we share the recent passing of Dr. Gordon Winocur, a Senior Scientist at Baycrest's Rotman Research Institute from 1991 until his retirement in 2018.

He earned numerous awards and accolades for his research contributions, including the John Dewan Award for Research Excellence from the Ontario Mental Health Foundation, the Distinguished Service Award from the Canadian Psychological Association and the Donald O. Hebb Award for Distinguished Contributions from the Canadian Society for Brain, Behaviour, and Cognitive Science.

Also a Professor of Psychology and Psychiatry at the University of Toronto, Dr. Winocur's research had a profound impact on the field of cognitive neuroscience. His discoveries inspired the development of successful treatment programs that improve cognitive problems and promote well-being in older adults with memory loss, as well as individuals experiencing "chemobrain."

Those who had the pleasure of working with Dr. Winocur remember him as lively, warm, charming, good humoured, caring and wise. As a teacher and mentor, he helped guide the younger scientists at the Rotman Research Institute. Most of all, he was devoted to the people he loved. Our sincere condolences go to Dr. Winocur's family and friends.

BUBBY'S BLOOMS

Rosh Hashanah Drive-thru Pick Up Flower

Wednesday, October 2, 2024 | 10 a.m. to 1:30 p.m.
Kimel Entrance, Baycrest

100% of all proceeds support Baycrest programs
baycrestfoundation.org/bubbysblooms

Pre-order a beautiful bouquet for \$20.
Please place your order by Monday, September 30.
For more information, contact
Joanne Gittens at 416-785-2500 ext. 2023
or JGittens@baycrest.org.

Baycrest

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Baycrest is fully affiliated
with the University of Toronto

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