

BAYCREST BULLETIN

A snapshot of Baycrest news and events / February - March 2024

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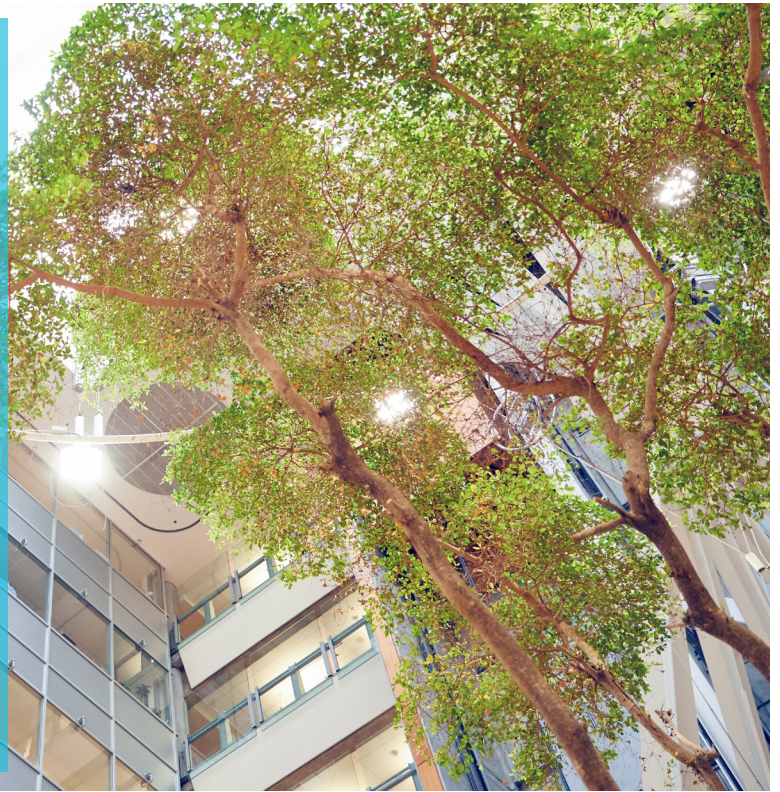
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Uniquely Canadian Brain Health Version of Sudoku



Baycrest's Defy Dementia team has partnered with the creators of Canuckle and Canoku to create a uniquely Canadian game that increases cognitive engagement while shedding light on other dementia risk factors. Canoku Brain Health Edition is an educational, brain-healthy version of the beloved logic puzzle sudoku. In this new edition, Canoku's iconic symbols ("emojis") that represent

all quintessential northern elements are swapped out with those that speak to cognitive health.

The Canoku Brain Health Edition, ideated by Dr. Allison Sekuler, President & Chief Scientist, Baycrest Academy for Research and Education and the Centre for Aging + Brain Health Innovation (CABHI), and Mark and Jeff Rogers, the brothers and creators behind Canuckle and Canoku, was launched on January 29, just in time for National Puzzle Day.

Following the same rules as sudoku, players will populate cells with emojis (rather than numbers) that symbolize exercise, sleep, social engagement, nutrition, cognitive engagement, hearing, vision and air quality - all of which are modifiable lifestyle factors that can reduce dementia risk, as described on Baycrest's **Defy Dementia podcast and website**, supported by the Public Health Agency of Canada. A Canadian flag emoji is also included in true Canuckle fashion.

"Our Grandma suffered from dementia in the last few years of her life, so we have a very personal connection to this cause," say Mark and Jeff. "She would have loved playing this game and would be pleased to know that her grandsons created a game to help keep minds active and reduce dementia risk. We are proud to be partnering with Dr. Sekuler and the team at Baycrest to create Canoku Brain Health Edition."

One modifiable dementia risk factor is cognitive engagement, which can be improved by playing logic games

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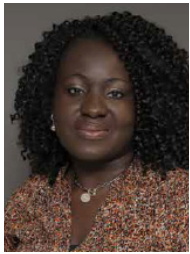
and puzzles such as Canoku. In addition to shedding light on dementia risk factors via game emojis, the Canoku Brain Health Edition links players to resources where they can learn more about how they can improve their cognitive health. For example, Baycrest's Defy Dementia website contains podcast episodes co-hosted by Dr. Sekuler and Canadian science journalist Jay Ingram, as well as short animated videos, infographics and other information about how people can enhance their brain health and decrease their dementia risk.

"Improving certain lifestyle factors, such as getting enough high-quality sleep, maintaining social connections and eating a brain-healthy diet (among other factors, which may be surprising to some people) is so important because at least 40% of dementia cases could be prevented by following a healthy lifestyle," says Dr. Sekuler. "This is why we're thrilled to launch the Canoku Brain Health Edition - it not

only supports cognitive health itself, but it also educates players about other ways they can improve their cognitive health. With dementia rates rising so quickly - according to the Alzheimer Society of Canada, researchers predict that by 2030, almost 1 million people in Canada will be living with dementia - spreading awareness about dementia prevention is critical."

The game will be introduced to older adults through CABHI's **Leap Community platform**, allowing Leap members to share feedback on the overall gaming experience, which will be relayed to Canuckle Games for consideration and implementation. Leap is a vibrant online community for older adults and caregivers that fosters a dynamic environment where members not only share experiences but also actively engage in collaborative learning to explore and recommend innovative solutions for aging and brain health - putting end-users at the centre of innovation.

Employee Spotlight - Sabina Ntim



Meet Sabina Ntim, a dedicated, compassionate Therapeutic Recreationist. Since joining Baycrest in 2008, Sabina has worked across various units, bringing joy and engagement to those in palliative and complex care. Her approach is simple yet profound: focusing on what each patient enjoys, whether physical or social activities, ensuring their final stages of life are filled with meaningful moments. From painting sessions to sharing music, Sabina's efforts are a testament to the power of therapeutic recreation in enhancing the well-being of older adults.

Sabina's journey began as a social service student, leading her to fall in love with the Therapeutic Recreation Department. Her passion for the field is matched by her desire to educate and inspire future generations in therapeutic recreation. She emphasizes the importance of one-on-one interactions,

valuing each resident's personal history and unique stories, often stepping in to provide emotional support for her residents and families.

Her advice for aspiring professionals is clear: love and compassion are at the heart of this rewarding career. Inspired by her grandmother's care and affection in Ghana, Sabina views her work as a way to honour her legacy, demonstrating that therapeutic recreation is not just a job but a calling to enrich lives with empathy and understanding.

Baycrest celebrates all Therapeutic Recreation Professionals, whose dedication significantly enhances our clients' quality of life. Our team of Therapeutic Recreation Professionals at Baycrest is crucial in creating engaging, personalized activities that promote well-being, foster independence and help residents maintain healthy lifestyles.

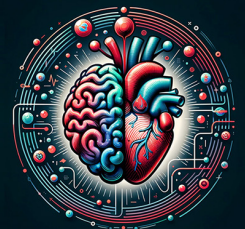
Pumping Up Brain Health: The Brain-Heart Connection

Join the Baycrest Foundation on **Wednesday, February 28** from **12 to 1 pm** for a ground-breaking webinar that explores the vital link between your heart's health and your brain's vitality. The webinar offers you an exclusive opportunity to engage with top experts from the Rotman Research Institute, Drs. Allison Sekuler, Jed Meltzer and Linda Mah. To register, visit <https://bitly.ws/3dpqV>.

Join the Baycrest Foundation for a complimentary ground-breaking webinar:

**Unlock the Secrets of
Brain and Heart Health with
Baycrest's Leading Scientists**

Baycrest Wednesday, February 28, 2024 | 12:00 - 1:00 pm



Free, Interactive Webinar Helps Older Adults With Mild Cognitive Impairment

Learning the Ropes for Living with MCI® Foundations is a new, free, self-paced interactive webinar about mild cognitive impairment (MCI) that teaches you ways to manage brain health changes, like memory decline.

This 45-minute webinar provides education, training and resources to empower people with cognitive decline to adopt a brain-healthy lifestyle and to establish practical, evidence-based memory habits.

The webinar was designed by an expert team of neuropsychologists and social workers from Baycrest and partner organizations, with decades of experience working with older adults with MCI and their families. It is aimed at older adults and their close family members/friends who are living in the community and experiencing MCI.



Visit <https://www.baycrest.org/lms/ltrfoundations> to participate and take charge of your brain health.

Defy Dementia Episode 8: Sleep Solutions for a Sharp Mind



Join podcast co-hosts Dr. Allison Sekuler and Jay Ingram for Defy Dementia Episode 8 as they unravel the intricate connection between sleep and dementia. Meet Mary Hynes, a retired special education teacher who leads an active, brain-healthy life but continues to struggle with her sleep.

Then, hear from Dr. Andrew Lim, a sleep expert from Sunnybrook Health Sciences Centre and the University of Toronto, to learn how poor quality sleep may affect brain health and increase dementia risk.

Listen to this fascinating new episode at defydementia.org, or anywhere you get your podcasts, for practical strategies to help you keep your mind sharp.

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 survey to determine the needs of new residents' family caregivers.

We hope that the survey 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 survey will

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

For more information, please contact Sylvain Dubroqua at 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>.



Innovation Updates

Get to Know the Baycrest Innovation Office (BIO)

Baycrest Innovation Office

The Baycrest Innovation Office (BIO) is the preferred initial point of contact for Baycrest staff members seeking support in advancing innovation at Baycrest. The team at BIO works with innovators to assess novel ideas, solutions and technologies to target identified gaps in care across the organization.

BIO's goal is to use our expertise to support the dissemination, adoption and potential commercialization of these solutions. BIO also works in parallel with vendors to catalyze collaborations and celebrate all efforts in innovation.

For more information on BIO or to schedule a walk-through of our office and get introduced to all the exciting technology being used at Baycrest, contact innovation@baycrest.org.

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 Peđe, Project Coordinator, Patient, Family and Consumer Education, at spede@baycrest.org.



Show your Baycrest Spirit With *Fear No Age*[™] Clothing



As Baycrest's *Fear No Age*[™] campaign continues to be featured on television, in print and online, staff are encouraged to show their Baycrest pride. A *Fear No Age*[™] clothing line of hoodies, baseball caps, t-shirts and zip-up track jackets is now available for purchase. Staff will

receive an exclusive discount of **50% off** all *Fear No Age*[™] merchandise.

Shop online at shop.baycrest.org. Staff can use promo code **STAFFMERCH50DISCOUNT** during the checkout process to receive their discount. *Fear No Age*[™] clothing line orders can be picked up at the Baycrest Foundation office on Thursdays between 1 and 4 p.m. Should you have any questions, please email BaycrestMerch@baycrest.org.

Baycrest
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Baycrest stories,
news and events at
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