

# BAYCREST BULLETIN

*A snapshot of Baycrest news and events / June - July 2023*

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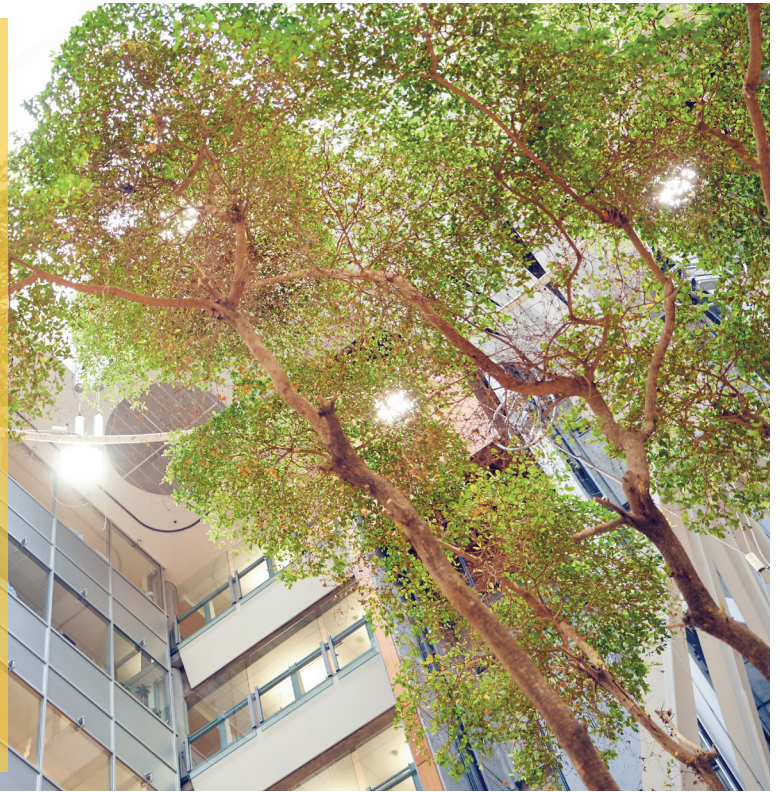
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## Baycrest Senior Scientist Creates Free Indigenous Language Course



With funding from Canada's Social Sciences and Humanities Research Council (SSHRC), Baycrest, the Kingston Indigenous Language Nest (KILN) and the University of Toronto have released a **free online language course** to learn the Indigenous language Ojibwe, also known as Anishinaabemowin.

Ojibwe is spoken in Indigenous communities around the Great Lakes in Canada and the US, but serious efforts are needed to ensure the long-term survival of the language.

"Due to the aging of people who speak Ojibwe as a first language, as well as the interruption of transmission of the language from generation to generation due to colonization and the residential school system, language revitalization efforts are highly time-sensitive," says Constance Carriere-Prill, Executive Director of KILN. "This language course will help address some of these challenges in a low-barrier, accessible format."

The course may be used for self-study by those learning

entirely on their own or as a supplement to classroom exercises. It includes audio dialogues, example sentences and extensive notes on vocabulary and grammar, as well as digital flashcards, which learners can use to drill vocabulary and grammar on a daily basis with a smartphone, tablet or computer.

The course creators recommend using the course materials with spaced repetition software (SRS), which is a highly effective way to study and memorize large amounts of vocabulary and grammar in a foreign language. Because SRS is adaptive, if a user keeps getting a word right, they won't see it very much. In contrast, they'll spend more time on words that give them trouble.

"This project arose from our belief that acquiring a strong base of vocabulary is the most important element of learning a new language. It may not be sufficient without other kinds of learning, but it is necessary, and no language learner can proceed to high levels of proficiency without spending many hours memorizing vocabulary," says course developer Dr. Jed Meltzer, Baycrest's Canada Research Chair

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in Interventional Cognitive Neuroscience and Senior Scientist at Baycrest's Rotman Research Institute. "It's therefore all the more important to memorize in the most efficient way possible, and we believe that SRS is an ideal way to do that."

While the course has been designed largely with individual learners in mind, it can also be used in classes and community groups like KILN. The research team hopes that other language educators will find useful ideas from this demonstration course when teaching from their own curricula, both for Ojibwe/Anishinaabemowin and for other Indigenous languages with adult learner communities.

The course can be accessed at [www.spacedrepetition.ca](http://www.spacedrepetition.ca)



## Zumba and Yoga Fitness Classes for Staff



The Occupational Health & Safety Department (OHS) is hosting weekly fitness classes for staff.

Zumba and yoga classes alternate each week on **Thursdays from 1:30 p.m. to 2:30 p.m. and 3 p.m. to 4 p.m.** Visit the intranet to see the **weekly schedule**.

The classes are held outdoors in the Spiro Garden, weather permitting. In the event of rain, Zumba classes will be held in Loftus Hall and yoga classes will be held in the Jacob Family Theatre.

Sign-up is not required. Walk-ins are welcome but spots are limited. Be sure to wear flexible clothing and bring water. Please bring a yoga mat when attending the yoga class.

## Call for Summer Youth Volunteers

Each year, volunteers aged 13 to 25 dedicate a portion of their summer to volunteering at Baycrest. If you know someone interested in volunteering over the summer, please contact **Volunteer Services** at **ext. 2572** or by email at **volunteer@baycrest.org**.

If your department could benefit from the support and enthusiasm of a youth volunteer during the summer, please complete a volunteer requisition on the intranet using the form titled "Internal Volunteer Position Description." All volunteers undergo screening and comprehensive training and are placed in roles that best match their skills, experience and interests.





# 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](http://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](mailto:BaycrestMerch@baycrest.org).



## Employee Spotlight: Orah Rosenberg



The Baycrest Bulletin is shining a light on our employees, who are helping create a world where every older adult enjoys a life of purpose, inspiration and fulfilment. In this edition, meet Orah Rosenberg, Nurse Team Leader of Occupational Health and Safety.

Orah has been a vital part of the Baycrest community since 2015 when she joined Baycrest during her third year of nursing school. Throughout her time at Baycrest, she has worked diligently as an occupational health nurse to ensure the safety of all staff and clients. Having the opportunity to be involved in, and respond to, various health and safety situations, Orah has the unique advantage of seeing how nursing intersects with human resources.

During the COVID-19 pandemic, Orah took on additional projects, such as revising policies, procedures and protocols while collaborating with other organizations. She spearheaded and revamped the hospital's wellness programming for staff during the pandemic, organizing events such as outdoor fitness classes, pet therapy visits and lunchtime laughs in the Jacob Family Theatre. She has also been heavily involved in mentorship, recruitment and hiring during this time.

Orah has authored frequent occupational health and safety blog posts, titled The OHS Read, on the Baycrest blog. Through her wellness initiatives, she emphasizes the importance of caring for one's health and overall well-being through positive and healthy practices.

In addition to her nursing duties, Orah has nearly completed her specialty certification in occupational health nursing. She has also been a preceptor to nursing students and is a member of the Ontario Occupational Health Nurses Association.

Orah is grateful for the support she has received from Baycrest, citing the tuition reimbursement program and the encouragement of mentors as two key factors in her success. She also appreciates the unique nurse-patient relationship involved with her role, as well as the opportunity to build relationships with other departments both within and outside of the hospital.

Orah's enthusiasm and commitment to maintaining a safe work environment and providing exceptional care to all staff and clients have made her an invaluable member of the Baycrest team.

Thank you  
Team  
Baycrest



# Innovation Updates



**BIO Selects the Recipients of the Home Society Innovation Project Funding**  
Last year, the Baycrest Innovation Office (BIO) received a generous donation of \$100,000 from the Home Society with the goal of optimizing patient care and client experience through innovative solutions. To ensure a wide range of ideas would be explored, BIO put out a call for innovations amongst Baycrest staff. The response was incredible, and staff's creativity and dedication to enhancing the lives of older adults have been truly commendable. BIO is pleased to announce that funding and support have been granted to five outstanding innovation project teams. Stay tuned for updates on each team and their innovation. For more information, please contact [innovation@baycrest.org](mailto:innovation@baycrest.org).



## Upcoming Caregiver Webinar: Rethinking Drinking Thursday, June 8, noon - 1 p.m

In light of new guidance on alcohol use from the Canadian Center on Substance Use, Dr. Adriana Shnall invites Marilyn White-Campbell, Clinical Geriatric Addictions Specialist with Baycrest Long Term Care Behavioral Support Outreach teams, to discuss our relationship to alcohol, low- and no-risk drinking guidelines, options for the sober curious and help with making informed, healthy choices on alcohol use in later life. This virtual event is open to anyone interested in knowing the facts and how to support someone with problematic alcohol use who has dementia. The webinar includes an interactive Q&A session. To register, please visit: [bit.ly/JuneCaregiverWebinar](https://bit.ly/JuneCaregiverWebinar)



## Invite Baycrest@Home to Your Upcoming Team Meetings and Rounds

The Baycrest@Home (B@H) team is always looking for community and clinical partners to help refer older adults living at home to regular wellness programs, activities and supports. Community groups, healthcare professionals and seniors care partners are all encouraged to invite the B@H team to share how virtual programs, as well as caregiver support and education, contribute to clients' physical and mental wellness. Invite B@H to upcoming meetings to share ways more people can enjoy daily programs while interacting with a community of peers. Contact the team at [Connect@BaycrestAtHome.ca](mailto:Connect@BaycrestAtHome.ca) or [learn more here](#).



Thank you  
Team  
Baycrest

Baycrest

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