

BAYCREST BULLETIN

A snapshot of Baycrest news and events / November - December 2023

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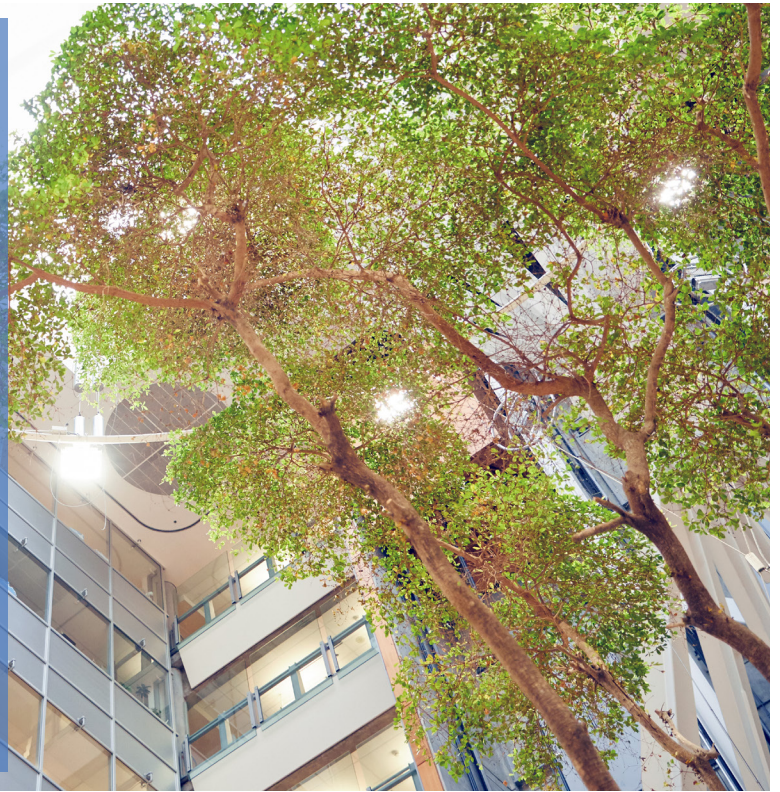
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Our Internal Clock Plays a Key Role in Optimizing Mental Performance

Whether you are an early bird or a night owl, your internal clock plays a critical role in maximizing your mental performance, according to a recent Baycrest study. This effect is so strong that it can significantly impact academic performance for adolescent students and the results of brain health assessments for older adults.



"A person's tendency to be a morning or an evening person is called their chronotype. Because of differences in chronotypes, we see significant differences in the time of day at which people are best at paying attention, learning, solving problems, making complex decisions and more," says Dr. Lynn Hasher, Senior Scientist at Baycrest's

Rotman Research Institute, the study's lead author and a key leader in this field of research.

An individual's chronotype drives physiological and intellectual functioning throughout the day. Morning chronotypes rise and peak early in the day, while evening chronotypes have a later peak. In general, adolescents are likely to be night owls, while older adults are more likely to be morning people.

In this scientific literature review, the researchers analyzed more than 150 previously published studies examining chronotypes and their effects on mental performance.

They found that a person's chronotype has a strong effect on their ability to pay attention, learn, solve problems, make complex decisions and even behave in an ethical manner.

Chronotype appears to have the strongest impact for adolescents and older adults. Adolescents are generally strong evening chronotypes, but they tend to start school early in the morning, which may have a negative effect on their academic performance. In contrast, because the majority of older adults show a strong biological preference

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for the morning, they tend to perform much worse on cognitive tests later in the day, which could in turn lead to unnecessary stress.

Overall, these results indicate the importance of recognizing and accounting for chronotype in a wide variety of settings, from academic and medical situations to social settings and more.

“By better understanding and acknowledging chronotypes,

we can help individuals optimize their mental performance and live their best possible lives, no matter their age,” says Dr. Hasher.

This research was supported by the Natural Sciences and Engineering Research Council of Canada (NSERC), the National Science Foundation and the National Institute on Aging.

Defy Dementia Episode 4: Let's Get Physical – Pumping Up Brain Health

The Defy Dementia podcast is back! Episode 4 focuses on exercise and its critical role in reducing dementia risk.

The podcast hosts first speak to Ernestine Shepherd, an 87-year-old bodybuilder. Ernestine shares how physical activity became her anchor during a challenging phase in life and why it remains a vital part of her daily routine today.

Then, they turn to Dr. Jennifer Heisz, a brain health expert from McMaster University, an adjunct scientist at Baycrest's Rotman Research Institute and a triathlete, to hear about the ways in which exercise can protect the brain against cognitive decline and dementia.

Don't miss this exciting new episode to learn how you can use physical activity to boost your brain health. To accompany this episode, the Defy Dementia team has also developed a one-minute animated video and infographic about exercise and brain health. The full episode, animated video and infographic can all be found at defydementia.org

A promotional graphic for the Defy Dementia podcast. It features a central brain icon with the words "DEFY DEMENTIA" in large, bold, orange and white letters. Below this, it says "NEW EPISODE" in white. The main title "Let's Get Physical: Pumping Up Brain Health" is written in white. Underneath, it says "Learn how you can use exercise to reduce your dementia risk." and "An empowering new podcast by Baycrest". At the bottom, it lists the website "defydementia.org" and a tagline "WHEREVER YOU LISTEN TO PODCASTS" with a soundwave graphic.

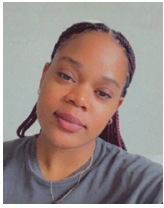
Remembrance Day Art Installation – Poppies 100



Poppies 100 is a temporary art installation in The Morris & Sally Justein Heritage Museum, located on the ground floor near the Bathurst Street entrance, which will be on display throughout November.

The installation commemorates Remembrance Day and the anniversary of the end of the First World War. It is comprised of 100 hand-sewn, cascading poppies. It provides a public space in which our Baycrest community can connect with the past and reflect on the sacrifice of veterans, survivors and those who lost their lives in times of war. It was created by staff members from the Culture & Arts Department.

Employee Spotlight: Denise Modeste



For Denise Modeste, working as a personal support worker (PSW) in Baycrest's Apotex Centre, Jewish Home for the Aged is a rewarding and inspiring experience. She has always had a passion for healthcare and a desire to help others. At Baycrest, she has been able to follow her passion and learn new skills, motivating her to further her education and pursue her dream of becoming a nurse.

As a PSW, Denise is responsible for helping residents with their daily tasks, such as getting dressed, bathing, brushing, feeding and getting ready for bed. She also helps them participate in various activities that enhance their quality of life, like community drum circles and outdoor planting. A typical day at work is busy but rewarding, she says.

For Denise, it's important to respect residents' preferences, choices, independence and dignity, and to try to make them

feel comfortable and happy. This effort does not go unnoticed: residents appreciate her and often thank her.

Because care needs can change at any time, Denise works as part of an interprofessional team to provide each resident with the best care possible. Her colleagues always inspire her to strive to improve her skills and knowledge.

Denise says working as a PSW has made her more compassionate and empathetic. She cares deeply for her residents and believes that being a PSW will help her in her future role as a nurse because she will have built a strong foundation of compassion, which is integral to the profession.

Denise is an example of how Baycrest staff live Baycrest's core values of Compassion, Advocacy, Respect, Excellence and Innovation every day. She is passionate about healthcare and dedicated to enhancing her residents' quality of life.

Health Talks: Empowering You to Improve Your Health and Well-Being

Health literacy is a person's ability to obtain, read, understand and use information about their health. Sixty per cent of Canadians and **up to 88 per cent of older adults have low health literacy**. Research shows us that giving people reliable health information in the right way at the right time leads to better health outcomes.

That's why the Patient, Family and Consumer Education Program has launched Health Talks, a new workshop series at Baycrest's Centre for Health Information. Health Talks aims to improve clients', caregivers' and family members' understanding of consumer health information and increase their awareness of false or misleading publications. On every third Thursday of the month, a Baycrest health professional will present and discuss a consumer health article from various sources, such as the news and magazines, on a topic

related to aging and wellness.

The series kicked off in October, with a presentation by Baycrest's Dr. Nicole Anderson, Associate Director of the Kimmel Family Centre for Brain Health and Wellness. Dr. Anderson reviewed an article from the Alzheimer Society of Canada on ways to reduce dementia risk. Visit www.baycrest.org/healthtalks to learn more about upcoming Health Talks.

The Health Talks series is sponsored by the Ada Starkman Community Lecture Series Endowment Fund. If you have any questions, please contact Suzanne Pede, Project Coordinator, Patient, Family and Consumer Education (PFCE) at SPede@baycrest.org.

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

Show your Baycrest spirit and support Baycrest by purchasing *Fear No Age*™ merchandise. We are pleased to offer staff 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. 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@Home Teams Up with Toronto Public Library to Offer Caregiving 101 Course

Family caregivers are encouraged to sign up to receive free guidance, resources and tips from Baycrest@Home social workers and dementia coaches on these fundamental caregiving topics:

- Supporting Day-to-Day Activities
- Caregiver Stress and Self-Care
- Tips for Navigating the Health Care System
- Understanding Responsive Behaviours and De-escalation Tips
- Coping with Ambiguous Loss and Grief

These programs are part of the online series **Caregiving 101: The Fundamentals of Dementia Caregiving**, developed by **Baycrest@Home** and offered FREE this month, through Toronto Public Library's Events and Programs platform.



Please visit <https://bit.ly/baycrestathome-caregiving101> for detailed class descriptions, to register and to receive a reminder so you don't miss a single session.

Navigating Uncertain Times: Baycrest Launches Support Line for Families and Caregivers

In light of the challenges presented by recent global events, Baycrest is extending a helping hand to our community. We've introduced a dedicated phone line aimed at providing emotional support, coping strategies and valuable resource connections to families and caregivers.

Accessible from **Monday to Friday, 9 a.m. to 5 p.m.**, this service is designed to offer a comforting ear and professional guidance. Please note that this line is not intended for emergency situations. If you're facing an emergency or crisis, call 911 immediately.

If you happen to reach out after hours, rest assured that a Baycrest team member will strive to respond to your query within the next business day. To connect, simply dial **(647) 576-4663**. Your well-being is our priority, and we're here to support you when you need it most



Support for Israel and the Victims of the Hamas Terrorism

The sense of community extends beyond borders, and during these trying times, we all have the power to make a difference. If you are looking for ways to offer your support, there are several charitable organizations dedicated to providing immediate and long-term relief in various capacities. Let's come together as a community to help those in need.

To learn about ways to offer support and for a list of charitable organizations, visit www.baycrest.org/SupportIsrael.

Baycrest

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Baycrest is fully affiliated
with the University of Toronto

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