

BAYCREST BULLETIN

A snapshot of Baycrest news and events / May - June 2024

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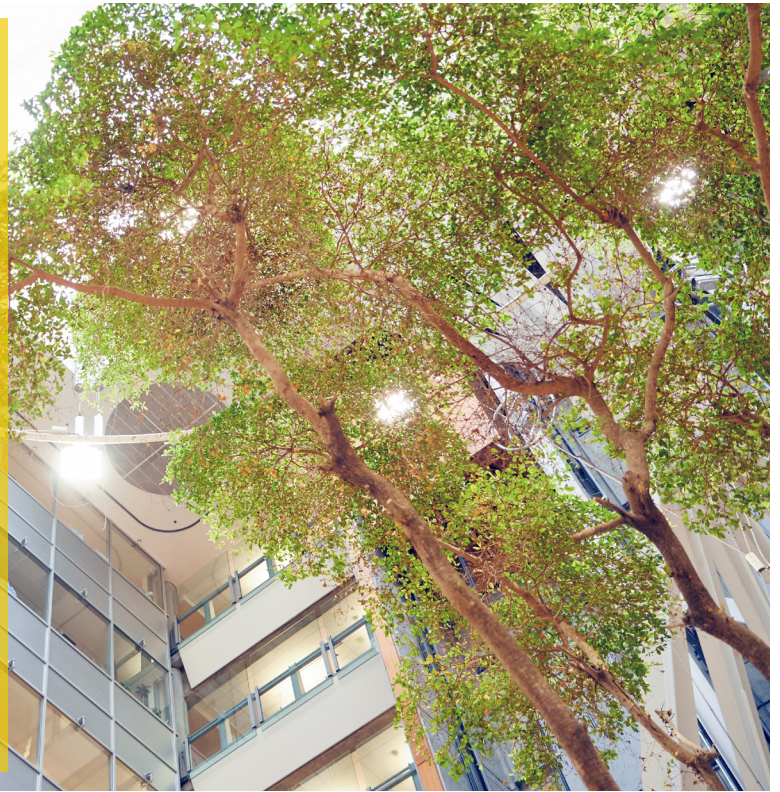
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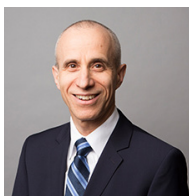
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Dr. Gary Naglie Receives Prestigious 2024 Ronald Cape Distinguished Service Award



Baycrest is proud to announce that Dr. Gary Naglie has been honoured with the 2023 Ronald Cape Distinguished Service Award from the Canadian Geriatrics Society.

This prestigious accolade recognizes his exemplary contributions to the field of geriatrics in Canada, acknowledging his leadership and innovation throughout his distinguished career.

Dr. Naglie's journey in geriatric medicine began after graduating from McGill University in 1983. "From the moment I started my residency training, I knew that geriatric medicine was my calling," he said. "My passion for improving the quality of life for older adults has only grown stronger with each passing year."

His contributions have been extensive, including his roles as a clinician scientist at the University Health Network and the University of Toronto, and later as Chief of Medicine and Vice President of Medical Services at Baycrest. He has also been instrumental in advancing geriatric care models and

addressing key issues like dementia and driving safety.

"Dr. Naglie's commitment to geriatric medicine has been nothing short of inspiring," said Deb Galet, President and CEO of Baycrest Hospital. "His outstanding impact on our community and the field at large is truly commendable. On behalf of Baycrest, I extend heartfelt congratulations to him on this well-deserved recognition."

His influence extends beyond clinical care into significant research and mentorship roles. His work with the Canadian Consortium on Neurodegeneration in Aging and his leadership in developing the Driving and Dementia Roadmap (DrivingandDementia.ca) are notable highlights. This web-based resource has assisted thousands globally, helping families and healthcare providers manage the complex challenges of dementia.

"This honour is a reflection of the collective effort of countless colleagues, students and patients who have enriched this journey," he said. "I am grateful for their

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support and for the opportunity to contribute to a field that affects so many lives."

Driven by a commitment to excellence and compassion

in patient care, Dr. Naglie continues to lead and inspire in geriatric medicine. His work not only honours the legacy of pioneers in the field but also sets a formidable benchmark for future generations.

World Federation of Neurology Specialty Group

Baycrest recently participated in the World Federation of Neurology Specialty Group on Aphasia, Dementia and Cognitive Disorders in Nara, Japan.

Dr. Morris Freedman, Deb Galet and Jagger Smith presented on Baycrest's innovative Virtual Behavioural Medicine model, an approach that can help redefine dementia care.



Centre for Health Information Unveils New Children's Area

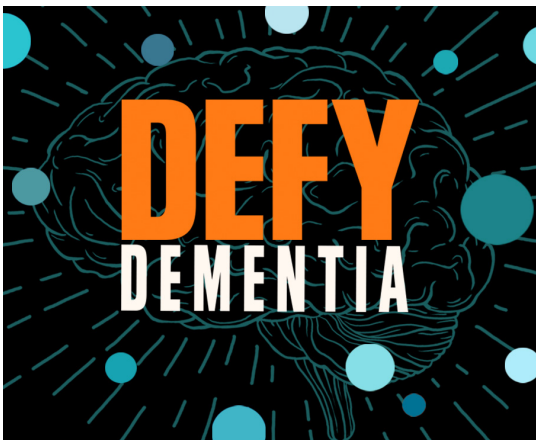


The Centre for Health Information has a new dedicated area for children at the Centre for Health Information, located on the ground floor of Baycrest's Apotex Centre.

This welcoming space engages families and features a cozy reading nook, an assortment of children's books, an activity table and colouring supplies.

The Centre for Health Information invites families to join in the fun and discovery. For more information on the Centre for Health Information and opening hours, please visit baycrest.org/Baycrest/Health-Wellness/Library-Services.

Reduce Your Dementia Risk With Defy Dementia



Baycrest's Defy Dementia podcast provides content to help listeners reduce their dementia risk. Each episode explores a key dementia risk factor and features expert interviews, inspiring stories from persons with lived experience and practical advice to help everyone optimize their aging journey.

To date, 11 episodes are available, each focusing on a dementia risk factor such as sensory loss, loneliness, stress and air pollution, with more to come in the near future. In addition, short animated videos and infographics are available for most of the episodes.

Find all episodes and related resources at defydementia.org and unlock the power to age fearlessly and defy dementia.

The Role of Virtual Wellness Programs in Supporting Older Adults

Baycrest@Home is leading an innovative project with the support of the United Way that looks at the role of virtual wellness programs in supporting older adults across Ontario.

With funding from the Community Support Recovery Fund, the project brings together leaders from 15 Seniors Active Living Centres (SALCs) to explore how communities can work together to scale and spread access to virtual programming in more streamlined and efficient ways.

Over the last few years, it has become apparent that there is a percentage of older adults who do not want to return to community centres following the pandemic, or who never attended community centres and can benefit from the programs and services they have to offer. Many centres run with very limited human resources, and continuing to operate virtual programs now that they have reopened their doors to in-person services is a challenge.

The Older Adult Centres' Association of Ontario (OACAO), a provincial organization that supports older adult centres, is thrilled to be a partner on the project. Sue Hesjedahl, OACAO's executive director says, "Baycrest@Home offers invaluable support to older adult centres by providing centralized virtual

wellness programs. By ensuring accessibility and inclusivity, it keeps seniors engaged, promoting social connection, physical activity and mental well-being. It also empowers centres with limited resources to continue offering vital services, fostering a stronger aging community."

The six-month pilot project is looking at how Baycrest@Home can support older adult centres using a centralized virtual support program. The evaluation findings will be completed and shared in June. For more information, please contact program manager Melissa Tafler at mtafler@baycrest.org.



The Mattamy Homes Bike for Brain Health



Join us on **Sunday, June 2, 2024**, as we bike the Don Valley Parkway in support of brain health.

Baycrest staff register for free with the code **BAYCRESTSTAFF**. Register as a single rider, create a group or join an existing Baycrest group: Easy RRI-ders, Freakin' Laser Beams, The Uneasy Riders Baycrest PSA Team and Women Friends of Baycrest.

If you are interested in volunteering for this fun-filled event, email baycresteventvolunteers@gmail.com to sign up. To learn more about exciting volunteer opportunities, visit www.bikeforbrainhealth.ca/volunteering.

What Is Caregiver Burnout and How Can We Avoid It?

Caring for others can be rewarding and stressful at the same time. How do you know when you're burned out, and what can you do about it?

Join the next Health Talks session, where Cindy Brcko, a social worker with Baycrest's Day Treatment Centre, will examine what causes caregiver burnout, how to identify symptoms and how to effectively manage them.

The event will take place on **Thursday, May 16 from 11 a.m. to 12 p.m.** in person at Baycrest's Centre for Health Information, located on the first floor of the Apotex Centre, and virtually. For all details, please visit www.baycrest.org/healthtalks.





Inaugural Baycrest Academy for Research and Education Awards

Congratulations to our Baycrest staff recently recognized at the inaugural Baycrest Academy for Research and Education Awards for excellence in teaching and research initiatives. Thank you for your exemplary work as we strive to defeat dementia and educate the next generation of healthcare providers.

Innovation Updates

Virtual Reality Nature Experiences at Baycrest's Earth Day Event



Baycrest marked Earth Day with an engaging celebration held at the Silverman Garden. The Earth Day festivities were dedicated to the year's theme of Nature Exposure, with the fundamental principles of reduce, reuse and recycle.

As a highlight of the event, the Baycrest Innovation Office (BIO) offered immersive virtual reality (VR) experiences, using VR headsets to guide participants through a series of nature-themed adventures. Visitors were transported into an underwater reef, letting them swim alongside vibrant marine life, and to a charming hot air balloon ride over rolling hills. The event served as a powerful reminder of our interconnectedness with the natural world and the importance of preserving it for generations to come.

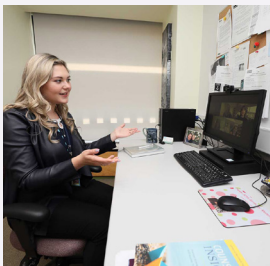
To learn more about VR and how it is being used around Baycrest or to book your own demo of the equipment contact innovation@baycrest.org.

Community of Innovation Podcast Episodes



CABHI has introduced a series of podcast episodes featuring conversations from the sixth annual CABHI Summit: Defy Dementia. The latest episode features a fireside chat with Dr. Rosanne Aleong, Executive Director, Research, Innovation and Translation, and Ameca, created by Engineered Arts. Ameca is the world's most advanced humanoid robot representing the forefront of human-robotics technology. Visit cabhi.com/podcast to listen.

Caregiving 101: Courses for Family Carers - Learn about Dementia Skills Training



Join Social Worker and Dementia Coach Yuliya Goloida to learn the fundamentals of caring for someone living with dementia. This course is designed for spouses and partners, as well as adult children of older adults experiencing cognitive changes.

This course provides opportunities to share and connect with others in similar situations, and get tailored recommendations, resources and clinical guidance to support participants' own unique experiences. To register or inquire, visit baycrestathome.ca/member-plans/#caregiving-101.

Baycrest

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with the University of Toronto

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