

Baycrest Matters

A bi-weekly update for Baycrest staff, families and clients

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IN THIS ISSUE

Café Scientifique
explores how to
slow down aging 3

OASW recognizes
Linda Jackson as
"Inspirational
Leader" 4

Kids, costumes and
crowns at the
Baycrest Family
Purim Carnival 5

Gertrude Steinhart -
Volunteering at
Baycrest helps to
cope with grief 6

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Baycrest is fully
affiliated with the
University of Toronto.

Full house for Speaker Series

It was a full house for the third talk of the Baycrest Aging, Innovation and the Mind speaker series which was held in the Winter Garden on Thursday, February 26, 2009. Nearly 400 people came out to hear **Dr. Fergus Craik**, senior scientist Rotman

Research Institute, in conversation with host Dr. Marla Shapiro, health and medical contributor for Canada AM. The talk was entitled *Age-related Memory Changes: How your memory works*.

Continued on page 2



Dr. Fergus Craik, senior scientist Rotman Research Institute, captures the attention of television host Dr. Marla Shapiro, health and medical contributor for Canada AM and **Dr. Kelly Murphy**, clinical neuropsychologist with the Psychology Division of Baycrest's Cognitive Behavioural Health program, as he shares how to keep your brain aging well.

Baycrest

Enriching Care
Enhancing Knowledge
Enlightening Minds

Full house for... continued from page 1

Drs. Craik and Shapiro discussed how your memory stores and retrieves information, the effects of aging on those processes and how certain types of memory hold up better than others in later life. Many factors combine to determine how well your brain ages.

Some key life factors to helping your brain age well include: staying fit and active, maintaining a healthy diet, good genetics and staying socially connected. A lifetime of bilingualism is also a factor. Dr. Craik spoke about recent

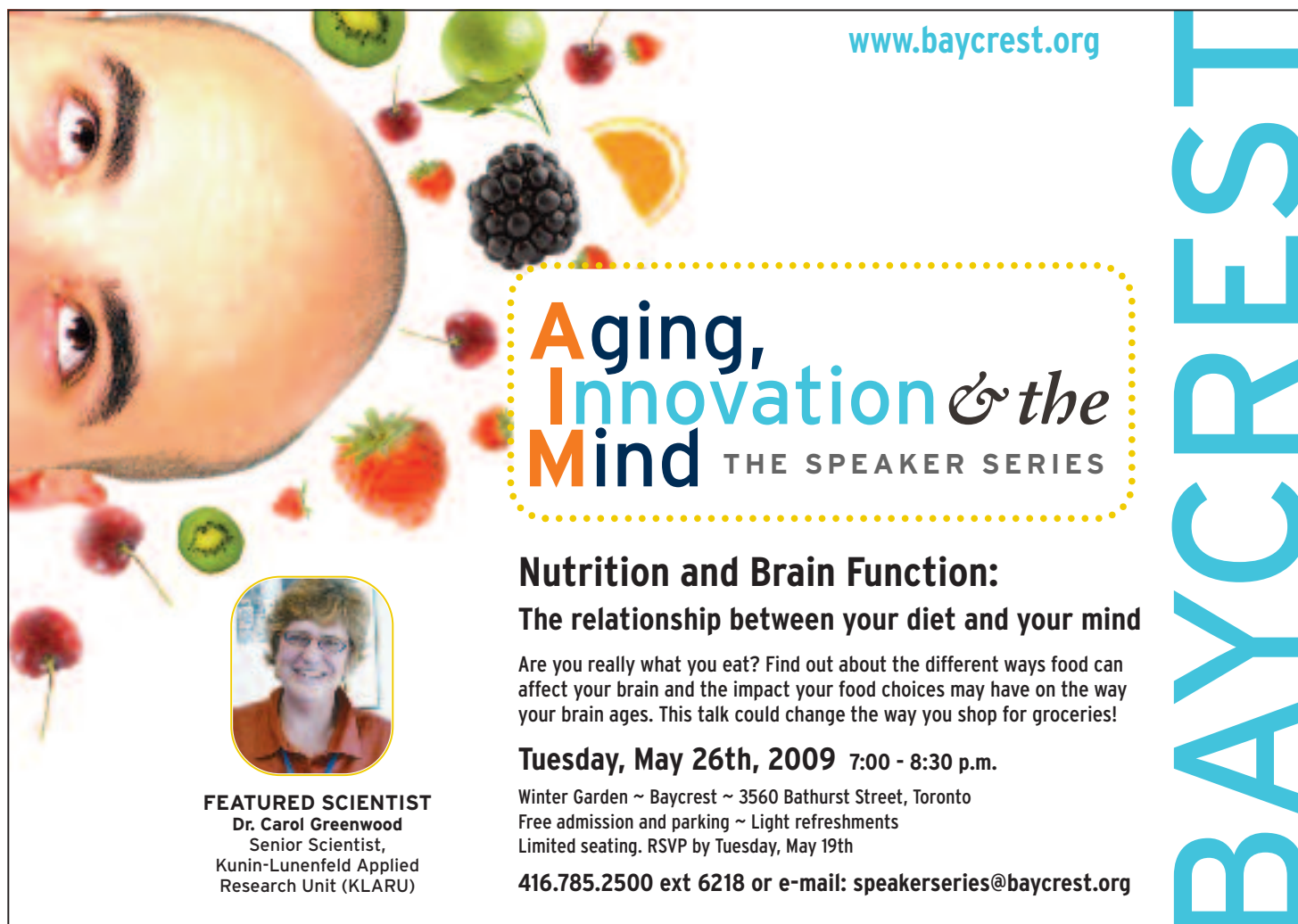
Baycrest studies that have shown that speaking two languages throughout one's life appears to be associated with a delay in the onset of symptoms of dementia by four years, compared to those who speak one language.

Dr. Kelly Murphy, clinical neuropsychologist with the Psychology Division of Baycrest's Cognitive Behavioural Health program, joined Drs. Craik and Shapiro on stage for the question and answer period. The evening was a huge success!

To watch the bio video of Dr. Craik and a video of the evening, visit www.baycrest.org/speakerseries.

The fourth talk of the series, *Nutrition and Brain Function: The relationship between your diet and your mind*, with Dr. Carol Greenwood will be held Tuesday, May 26, 2009. To register, visit www.baycrest.org/speakerseries, or call 416.785.2500 ext. 6218.

BM



www.baycrest.org

Aging, Innovation & the Mind

THE SPEAKER SERIES

Nutrition and Brain Function:


The relationship between your diet and your mind

Are you really what you eat? Find out about the different ways food can affect your brain and the impact your food choices may have on the way your brain ages. This talk could change the way you shop for groceries!

Tuesday, May 26th, 2009 7:00 - 8:30 p.m.

Winter Garden ~ Baycrest ~ 3560 Bathurst Street, Toronto
Free admission and parking ~ Light refreshments
Limited seating. RSVP by Tuesday, May 19th

416.785.2500 ext 6218 or e-mail: speakerseries@baycrest.org



FEATURED SCIENTIST
Dr. Carol Greenwood
Senior Scientist,
Kunin-Lunenfeld Applied
Research Unit (KLARU)

BAYCREST

Café Scientifique explores how to slow down aging

Memory expert **Dr. Guy Proulx**, director, Cognitive & Behavioural Health at Baycrest, was part of an impressive line-up of health care professionals at the latest Café Scientifique - an event sponsored by the Canadian Institutes of Health Research in partnership with Mount Sinai Hospital and the Ontario Science Centre - at the Duke of York Pub. Dr. Proulx, infertility specialist Dr. Robert Casper and plastic surgeon Dr. Thomas Bell spoke to a packed house on how to slow aging and stay young forever.

Dr. Guy Proulx challenged the crowd to stop thinking of aging as something to avoid at all costs, but as a natural part of life that can have its benefits - mortgage paid off, less stress, more time to pursue hobbies. He pointed out that Claude Monet's best impressionist paintings were created with failing eyesight and his style become progressively bolder towards the end of his career, and urged the audience to "push the limits of healthy, active aging."

"It's not about combating aging, but combating the diseases associated with aging," he reminded the audience. "Aging is about improving healthspan, not lifespan. If we all practiced healthy living habits, we'd add eight years to our health span," says Dr. Proulx.

Dr. Robert Casper, senior investigator with Mount Sinai Hospital's Samuel Lunenfeld Research Institute and head of

the Toronto Centre for Advanced Reproductive Technology, delivered an overview of the exciting areas of research to help women have healthier babies in their 30s and 40s.

Plastic surgeon Dr. Thomas Bell, clinical director of Training and Aesthetic Surgery at the University of Toronto, talked about the nasty effects of aging on the face - the "three D's: deflation, descent and

deterioration". "When is the right time to have plastic surgery?," he asked rhetorically. "When you're physically and mentally ready.

For more information on Café Scientifique's Toronto series, go to: cafescientifique.ca



Café Scientifique featured three expert speakers on how to slow down aging. from left to right: Dr. Robert Casper (senior investigator, Women's Fertility and Cancers, Samuel Lunenfeld Research Institute, Mount Sinai Hospital), Dr. Thomas Bell (plastic surgeon and clinical director of Training, Aesthetic Surgery, Division of Plastic Surgery, University of Toronto) and **Dr. Guy Proulx**, director of Cognitive & Behavioural Health, Baycrest.

OASW recognizes Linda Jackson as "Inspirational Leader"

Linda Jackson, director of Community and Ambulatory Programs, was recognized by the Ontario Association of Social Workers (OASW) as an *Inspirational Leader* during National Social Work Week. Surrounded by her peers, who were gathered together for a special event during Social Work Week, Linda was presented with the award by Joan Davies, president, OASW.

In a recent interview with the OASW, Linda described her work at Baycrest and spoke specifically of the opportunity for interdisciplinary collaboration. She believes that social workers have much to gain from the wisdom of allied professionals, while demonstrating social work's unique skills.

Linda considers working with older adults and their families particularly rewarding: "Seniors have enriched my life with the wisdom that comes with age, with their strength, resilience and diversity," she said. "What I have learned in 25 years of practice is that it is possible to preserve dignity,"

Her greatest wish for seniors is that they be involved in all aspects of care delivery and planning in the health care system. She urges all decision-makers to listen to seniors' voices. "It is clear that seniors want a greater emphasis on community supports so that they can remain in their home for as long as they wish," Linda explains. "When this is no longer possible, they need alternative options available within their



Linda Jackson, director of Community and Ambulatory Programs, (centre) was recognized by the Ontario Association of Social Workers (OASW) as an Inspirational Leader during National Social Work Week. She is joined by Joan Davies, president, OASW (left) and Glenda MacDonald, Ontario College of Social Workers and Social Service Workers (right).

own community and preferably offered in a culturally responsive manner." She noted that resources have not been significantly invested in the community until recently and she underlined the need to focus particularly on those most marginalized - seniors who do not have family supports.

Still, she is struck by the ageism that permeates society and the lack of content in the social work curriculum around aging. She believes that it's time for social workers, social work students and educators to recognize the huge demographic shift that is rapidly taking place in society and put more focus on this stage of life.

Linda encourages students to consider a career working with

older adults and their families, or pursue education, policy or research in this area. She urges every school to provide a meaningful focus in their curriculum to *issues of aging* and the opportunity for contact with seniors and social workers working with seniors.

When asked what makes a good leader, Linda believes that good leaders focus on rewarding, recognizing and coaching, rather than critiquing. She has found that when social workers and other health professionals are supported, encouraged, and given opportunities to learn, they are energized and give so much. "I draw inspiration from the people I work with," she said.

BM

Kids, costumes and crowns at the Baycrest Family Purim Carnival

The festival of Purim was observed earlier this week, a holiday which commemorates a major victory over oppression. Purim is the most festive of Jewish holidays, a time of prizes, noisemakers, costumes and treats and gift-giving. The Festival of Purim and is recounted in the *Megillah*, the Biblical Scroll of Esther.

Esther was a beautiful young Jewish woman living in Persia who was raised by her cousin Mordecai. She was taken to the house of Ahasuerus, King of

Persia, to become part of his harem. King Ahasuerus loved Esther more than his other women and made Esther queen, but he did not know she was a Jew.

The king's arrogant, egotistical advisor Haman hated Mordecai because he had refused to bow down to him and plotted to exterminate all Jews. When Esther revealed her identity and informed the king of the plot against her people, Haman was hanged and the Jewish people were saved.

Purim is now celebrated by reading the Megillah in synagogue. It is a tradition to blot out the evil Haman's name with noisemakers (traditionally known as greggors) and even wear costumes in synagogue. Other festivities include feasting, sending gifts of food to friends and to the poor, and eating filled triangular pastries known as hamantaschen, which resemble Haman's three-cornered hat.

Baycrest residents and patients, along with family members, staff, private companions and volunteers, enjoyed the traditional Baycrest Family Purim Carnival on Sunday, March 8. The children visited their grandparents and great-grandparents dressed up in vibrant costumes and took part in activities including games, face painting, and crown making in Loftus Hall. The fun continued with the Selma Jelinek Sunday concert in the Winter Garden with additional entertainment supplied by Mickey Lewin and John Mamora. **BM**



Gertrude Steinhart - Volunteering at Baycrest helps to cope with grief

The passing of a loved one is extremely difficult for anyone, but when Gertrude Steinhart lost three family members in less than one year, the grief was more than she could bear. After losing her husband Philip, her youngest son David and her eldest son Howard, she found that staying active, including volunteering at Baycrest, helped her cope with her grief.

Gertrude and Philip had five children: Howard, Gary, Bonnie, Lynn and David. Howard, like his father, was stricken with diabetes. He lost his vision in one eye and when his disabilities brought on by the disease became worse, he moved in with his parents. "For 10 years, I took care of both my husband and my son, and I worked as well," Gertrude says. "Philip's biggest fear was that Howard would go before him."

Due to complications from diabetes, Philip spent a lot of time in hospital, including a nine-month stay on 6 East, one of Baycrest's Complex Continuing Care units. During this time, Gertrude started volunteering in the Baycrest Resident Library each Wednesday morning about two years ago. "One of my daughters suggested that I volunteer, since I was spending every day at Baycrest with my husband anyway," says Gertrude, who is

80 years old. "Since I love to read, Volunteer Services thought the library would suit me."

Philip succumbed to his illness in October 2007. Six months later, tragedy struck Gertrude's family a second time when her son David, a radio broadcast journalist, died of unknown causes in his sleep. He was 42 years old and his wife was pregnant with their first child. "David's death was a shock to all of us. He was in excellent shape, he just went to sleep one night and never woke up," Gertrude says tearfully. Howard then died of his illness in August 2008.

Gertrude is grateful for the way her family came together to help each other, but acknowledges that her surviving children have their own commitments and responsibilities. She received support from the community while her husband and son were sick, which she admits alleviated some of the pressures of providing care. At Baycrest, she



Gertrude Steinhart volunteers at the Baycrest Resident Library every Wednesday morning.

received much comfort from **Lois Bloch**, one of the CCC social workers, who organized a family support group in Complex Continuing Care. Lois notes that although Gertrude dealt with more than her fair share in her own family, it is not unusual for a family at Baycrest to have more than one member who

Continued on page 7

Gertrude Steinhart... continued from page 6

requires care. "Although it is unfortunate, individuals are often caring for both of their parents at one time, or for their spouse and their a sibling, for example," Lois says.

Lois explains that as a social worker, it is important to look below the surface, as sometimes families experience crises which may not be immediately evident, "We see the patient and we may know what is going on here at Baycrest, but we don't know what else the family is dealing with. We like to follow up with the family, especially if they have lost a relative here. We see if we can offer extra support, like a bereavement support group or other resources, either at Baycrest or in the community."

What's more, Lois adds, individuals not only do they lose their loved one, they lose other aspects of their lives. "Husbands and wives, even children who are used to the routine of spending their day at the hospital, caring for their loved one, lose more than their family member who passed away. They lose their professional supports as well as their social circles, since they often befriend the relatives of other patients, often on the same unit," Lois explains. "The surviving relatives often have to find a new focus and a new routine."

In addition to volunteering, Gertrude also enjoys her six grandchildren and she is expecting her first great-

grandchild. She looks after her eight-month-old grandson Jack David two days a week, and she is joining her son Gary on a trip to Israel at Passover.

Lois keeps in touch with Gertrude, and calls her regularly just to check in with her. "I think it is terrific that Gertrude has continued to volunteer at Baycrest even after all that she has been through," Lois exclaims. "It really shows how strong she is." **BM**

It's time to apply for the Hy & Bertha Shore and Harry & Sara Gorman Award.

Through the generosity of the Shore and Gorman families, up to six awards are granted annually to employees who wish to further their education. The award may also be used to produce an innovative educational product such as a video, audiotape, computer software, manual, or teaching tool.

Eligibility/Criteria Information and application forms are available online at Baycrest@Work and at the Department of Organizational Effectiveness.

The deadline for submissions is *May 15*.

Absolutely no applications will be accepted after this date.

Please contact Ursula Watson at 416-785-2500 ext. 2365 or uwatson@baycrest.org if you have any questions.



W.A. GIFT SHOP

STORE WIDE CLEARANCE

YEAR-END INVENTORY SALE

Until March 27

25% off most merchandise*
Staff discount will apply

*Exceptions: underwear, greeting cards, candy, biscuits,
sundry items and stamps, boxes or gift wrap.



"One of a Kind" Terrace/Wagman Centre Creative Arts Sale

Come join us at our Creative Table
All crafts are lovingly hand-made by our members
Special prices for the upcoming holidays

Tuesday & Wednesday,
March 24 & 25
10am-3pm
Baycrest, Khedive Entrance
(in front of the Cafeteria) See you there!