

# Baycrest Matters

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

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Baycrest is fully  
affiliated with the  
University of Toronto.

## New Centre for Brain Fitness at Baycrest

**B** Baycrest has been awarded \$10 million from the Ontario

Government to create the Centre for Brain Fitness - a commercialized science enterprise to tackle the rising prevalence of cognitive

decline in an aging population.

Last week, the Minister of Research and Innovation John Wilkinson made the announcement at Baycrest, joined by whom he referred to as the "Baycrest Caucus" -

MPP Mike Colle, Eglinton-Lawrence, MPP Monte Kwinter, York Central and MPP David Zimmer, Willowdale. The dignitaries were joined by Dr. Tony Melman, chair of Baycrest's Board, **Dr. William E. Reichman**, Baycrest president and CEO and **Dr. Donald Stuss**, vice-president of Research and Academic Education, and director of the Rotman Research Institute at Baycrest.

"One of Ontario's greatest strengths is the incredible depth of our research talent. Our government is proud to support Baycrest and its invaluable work, which is already leading to the discovery of important new tools and approaches to treating brain diseases associated with aging," said Minister of Research and Innovation John Wilkinson.

As the province braces for a doubling of



Ontario Minister of Research and Innovation John Wilkinson (left) with **Dr. Jon Ween**, medical director of the Louis and Leah Posluns Stroke and Cognition Clinic at Baycrest, and stroke survivor Tom Anderson (far right). Dr. Ween says he hopes the brain fitness tablet will become a standard diagnostic assessment tool in doctors' offices in the next five years.

**Baycrest**

Enriching Care  
Enhancing Knowledge  
Enlightening Minds

its senior population over the next 20 years, the Centre for Brain Fitness will develop and commercialize a range of innovative products aimed at improving the brain health of aging Ontarians.

The progressive decline in brain fitness, whether through the normal course of aging or from devastating brain disorders such as Alzheimer's disease and cerebrovascular disease, is expected to put great pressure on the healthcare system in coming years, especially with an aging population. The innovative products being developed at the Centre for Brain Fitness are aimed at early detection and prevention of neurocognitive decline, repair and rehabilitation of function in response to disease insult, and maintenance of cognitive abilities to help aging adults live independently as long as possible.

"Baycrest is one of North America's leading research institutes in geriatric medicine and care. This investment demonstrates our commitment to research and innovation as a means of building a stronger, healthier Ontario - by both improving our quality of life and healthcare here at home, while producing new tools for diagnosis and treatment that we can market to the world," said MPP Mike Colle, Eglinton-Lawrence.

"There are few things as frightening as the prospect of declining brain fitness as we age and the loss of our mental faculties," said Tony Melman. "Baycrest's strengths in aging brain research, cognitive

assessment and rehabilitation make it well positioned to develop innovative, market-driven research products that will transform the way we age."

The province's \$10-million investment matches \$10 million of secured and pledged commitments from private donors. "The Ontario government and our donor families understand how important it is to invest in brain research and development of innovative products for the future benefit of all Canadians," said **Mark Gryfe**, president of the Baycrest Foundation. "These funds will provide a strong foundation for a major campaign to raise additional funding for the Centre for Brain Fitness, to address the fastest growing healthcare concern of our time."

Baycrest will partner with the Toronto-based MaRS Venture Group to develop and market scientifically-proven products over the next ten years for the clinic, workplace and home environments. MaRS connects science and technology with networks and capital to stimulate innovation and accelerate the creation and growth of successful Canadian enterprises. "The Centre for Brain Fitness is an important step in the development of research at Baycrest - in making science serve the public good," said Dr. Donald Stuss.

## **Products in development over the next 10 years will include:**

**Clinical assessment software** for use by doctors to assess memory, processing and reasoning in patients (from stroke survivors to those with Alzheimer's disease and other cognitive impairments). Baycrest is currently developing a prototype diagnostic tool (computer tablet) with patients in its Louis and Leah Posluns Stroke and Cognition Clinic. The tool - being developed in collaboration with Sunnybrook Health Sciences Centre - standardizes test administration and scoring for reproducibility, automatically generates reports, and facilitates information transfer among care providers (such as hospitals);

**Brain fitness products** to help healthy aging adults (ages 45-75) maintain their cognitive functions, plus an additional product suite for caregivers to provide cognitive rehabilitation to people with mild cognitive impairment and dementia who live in long-term care facilities and retirement homes.

**Executive training program** for corporations wishing to help their aging employees improve cognitive functions to remain productive; and

**Web-based outreach program** to support people caring for loved ones with mild to medium cognitive impairment.

# Worth Repeating: Here is the latest edition of Bill's Journal

April 7, 2008

*Dr. William E. Reichman, Baycrest President and CEO*

**M**any of you may have heard me tell the story of my two grandmothers. One was diagnosed with cardiac issues when her alertness and independence started to show decline. She was put on a strict protocol involving changes in diet, specific types of exercise, and the use of medications, all of which helped immensely. My other grandmother, however, also had age related challenges which threatened her independence but, it was much more difficult to diagnose the underlying issue. The reason being that her changes were related to subtle losses in her cognition. This was missed by her doctors and others and there was no equivalent to the stethoscope or electrocardiogram for assessing brain functioning. She ended up misusing her medications, being hospitalized unnecessarily, spending her money inappropriately and ultimately, needing 24/7 supervision.

Well, today's announcement by the Ministry of Research and Innovation to invest \$10 million in establishing a Baycrest "Centre for Brain Fitness" took us one very large step forward in making an important contribution to help society to cope more effectively with a dramatically aging population—in doing for brain health this century what was done for cardiac care in the 20th century as the Minister of Research and Innovation said in his speech.

This significant investment by the Province will allow us to enlarge our research 'lab' space; create new knowledge exchange initiatives to get innovations into clinical practice; as well as support commercialization strategies in partnership with MaRS. This is what was so enthusiastically discussed this morning at the event.

Whether you were in attendance or not, you may still have some questions about exactly what we mean by "Centre for Brain Fitness". Well first of all, it is virtual in that it is not a physical structure—although one day we hope to build a technologically advanced knowledge exchange facility. In terms of when the work of the Centre for Brain Fitness will begin—it really already has, but now we can expand upon it and develop products that can be marketed world-wide to help us to better diagnose subtle changes in our brain's fitness and to develop strategies, lifestyle changes and exercises to strengthen our mental faculties as we age.

The Clinical Assessment Software is a good example. The computer tablet that was demonstrated at the event, assesses memory, processing and reasoning and is the first comprehensive cognitive test which one day will be used by healthcare providers in almost any kind of setting—Emergency departments, physician

offices, and perhaps, even in people's homes.

This new section of our website gives you a good overview of the work that will go on in the Brain Fitness Centre and the products in development.

<http://www.baycrest.org/brainfitness/>

This investment by the Province is significant in many ways. As our Chair of the Board, Tony Melman said this morning, the Centre for Brain Fitness will have positive impact on health system sustainability—for example, it is estimated that \$1 billion annually can be saved in the Province by delaying the institutionalization of one third of dementia patients for one year. Imagine then what we can do through earlier diagnosis, intervention and rehabilitation of cognitive challenges. The investment opens up a new market for Ontario. In fact, it is estimated that the global brain fitness market is expected to reach \$4 billion by 2010. The most important impact, however, as I think we all agree, is the impact this initiative will have on quality of life of the aging population—the very reason that all of us are here at Baycrest.

## **Bill**

<http://intranet/ceo/>

# Passover at Baycrest

**P**esach, or Passover, is the oldest Jewish holiday which celebrates the beginning of the Jewish people. It was on Passover that the Israelites escaped from Egyptian slavery. During the week-long holiday, which falls on the fifteenth of Nisan (which this year is Saturday, April 19) Jews remember the power and importance of this event by eating special foods linked to the bitterness of slavery and the sweetness of freedom.

The highlight of Passover is the Seder, which is enriched with stories, food, and song. Seder means order, and a book called a Haggadah takes us up through the fifteen steps of the evening celebration that retells the story of how the Jews became a free people. Besides celebrating the birth of the Jewish people, Passover celebrates spring. Just as G-d freed the Jews from Egypt, so spring frees the earth from winter each year.

During Passover, Jews are not to eat or own any chametz, which means leaven (which is bread, cereal, cake, flour, rice, cookies, pasta and any food that contains grain or grain derivatives). Jews must also get rid of any food that is chametz. Scrubbing the kitchen and putting our special dishes are part of making the house ready for Passover.

Any food brought into the clean kitchen must be kosher for Passover, and Jews traditionally eat matzah - flat, bumpy bread, during the week of Passover to remember that their ancestors didn't have time to let their bread dough rise before they fled Egypt. Matzah was the plain, humble food of slaves, but it also recalls the great moment of freedom.

As many of us spend the next few days scrupulously cleaning, shopping for specialty food items and cooking dishes for Passover, none of our own undertakings can even compare to the preparation at Baycrest. Baycrest is home to Canada's largest kosher kitchen and produces **one million kosher meals a year** for Baycrest's hospital patients and nursing home residents, its cafeterias and community day centre, meals-on-wheels program, and other hospitals whose patients have kosher requirements. This week, Baycrest will deliver Passover meals to thousands of Jews throughout Ontario.

The preparations actually begin six months in advance with menu planning, committee meetings, and hiring and training new staff. Then in the weeks leading up to the official start of Passover (which officially starts this Saturday evening) the kitchen is "ground zero" and is a beehive of activity. Cleaning activities swing into high gear - about 1,900 hours in total. Overseen by *mashgiachs* (kosher inspectors), all traces of *chametz* (leaven,) must be removed from every square inch of kitchen surface, equipment and cookware. Every last crumb must be found.

Here are the plans for celebrating Passover:

## Hospital Model Seder

Friday, April 18th  
3:15 P.M.

Wortsman Hall

Family members are welcome to attend an abridged Seder and meal for the cost of \$42.00 per adult and \$27.00 per child. Reservations will be accepted at the cashier's office no

later than Wednesday, April 16th, 2008.

## Traditional Seder

Saturday April 19th  
7:30 p.m.

Wortsman Hall

Family members are welcome to attend the traditional Seder together with their relative who is a resident / patient. The cost is \$42.00 per adult and \$27.00 per child (12 years and under). Reservations will be accepted at the cashier's office #2659 no later than Monday April 14th, 2008. There is limited seating, no tickets will be sold after April 14th. If you wish to join us, you **MUST** have a ticket to attend. Tickets cannot be purchased at the door.

## Apotex Abridged Seders

Abridged seders will take place on **all-floors** in the Apotex Centre Jewish Home for the Aged dining rooms on **Tuesday, April 22nd, 2008 at 5:00 p.m.** We require family volunteer participation as Seder Leaders for every dining room, if you are available please contact **Bobbie Cohen**, Coordinator of Programming at extension 2546. **Guests cannot be accommodated as space is limited. BM**



# Baycrest Housewarming Event opens doors to nurses

**T**he challenge of recruiting talented nurses is one that is faced by all health care facilities across Ontario. When it comes to recruiting nurses to Baycrest, we are taking a different approach with the first ever Baycrest Housewarming Event on April 23, 2008 at Baycrest from 4:00 p.m. to 5:30 p.m.

"We plan to invite nursing students, recent graduates from all university and college programs across Ontario, in addition to experienced nurses to come and see what Baycrest can offer as an academic health sciences centre," says **Phillip Farinha**, Strategic Clinical Recruitment Specialist. "This event will open many eyes to the opportunities that exist within our walls."

Guests will discover the scope of services at Baycrest - everything from assisted living to acute care - and is a great way to find out first hand about clinical practice, leadership in nursing, research and geriatric care.

Since Baycrest truly supports nursing development and education, participants will also have the chance to learn of our transitional programs, including the Geriatric Internship Programme, which can fast-track recent nursing graduates right into nursing leadership. This internship is an academic

and clinical experience for recent nursing graduates to participate in an extended orientation and gain exposure to cutting-edge research, educational opportunities and high-quality care.

Participants will meet in the Human Resources office and then begin a tour of the facility. The event will include a tour, guest speakers, light refreshments and the opportunity to speak with Program and Unit Directors from multiple disciplines within the Hospital and Apotex.

Admission to the Housewarming Event is free, however pre-registration is required. There is ample parking available but individuals wishing to attend are asked to contact **Ioulia Sorina**, Human Resources at 416-785-2500 ext. 2961.

Help spread the word about the Baycrest Housewarming Event to your colleagues, friends and family! **BM**



## People profile

### Suman Iqbal supports program management model

**F**ebruary 11 marked “Day One” for Baycrest as the organization switched to its new program management model, but it was also the first day for **Suman Iqbal**, the new Unit Director for Apotex 5, Jewish Home for the Aged. The timing could not be better, since Suman came from an acute care facility which had followed this organizational structure for years. Her wealth of experience would greatly help Baycrest in its transition to the new model.

Suman was born and raised in India where she trained as a registered nurse and registered midwife. Shortly after she completed her education, she married and moved to Toronto twenty years ago. While Suman was waiting to receive her Canadian registration, she worked as a nurse’s aide through an agency and even spent time at Baycrest as a private companion. About one year later, she joined Sunnybrook Health Sciences Centre as a registered nurse in Surgical Oncology then shift manager for the hospital. In her 19 years at Sunnybrook, Suman witnessed many changes to the organization.

“Sunnybrook implemented the program management model in the early 1990s. The hospital was already going through major organizational changes, which included mergers and layoffs,” explains Suman. She understands how a change of this magnitude can be of concern to staff members. “Naturally, people were worried about their job security at the time, but bedside nurses were pretty much unaffected by the new structure.”



**Suman Iqbal**, Unit Director, Apotex 5, brings a wealth of experience in program management to Baycrest.

Suman appreciates the strengths of program management, which includes saving time and being able to rely on each others’ expertise as team members. “Staff should be able to approach their colleagues. In a professional-based model you have to speak to each other so that clients don’t fall through the cracks,” says Suman. That goes for everyone on the care team. For example, personal support workers were not included in clinical rounds in the past. They are now invited to attend, in addition to housekeepers and food servers.

As unit director, one of Suman’s priorities is to provide opportunities for staff to improve their own careers. At Sunnybrook, one of her achievements was the establishment of the Nursing Practice Council, an internationally recognized program which helped to empower nurses at the bedside and improve leadership skills. Since

more nurses took an active role in their own development, it led to better patient satisfaction rates.

Suman also helped to implement at Sunnybrook a communication system profiling the role and responsibility as well as expertise of members of the health care team. “We knew only our own jobs, but didn’t know much about our colleagues,” Suman explains. “By posting the role profiles, we learned what type of education and other qualifications you needed for social work, nutrition, occupational therapy or therapeutic recreation, to name a few, and how that contributed to patient care. We got to know each other as a team, and it also educated patients and family members.” Although this started on her own unit, this was eventually rolled out across Sunnybrook. This is something that she would like to see at Baycrest.

Now that Suman has been at Baycrest for a few months, she notes that staff members are adjusting to the new model but recognizes that they still need some time to get used to it. One positive change she notes is how staff relay information to each other during shift change.

“What I enjoy about Baycrest is that although it is a large organization it has maintained its intimacy,” adds Suman. “Moving forward, I think that the program management model will only help to link us closer in our professional practice – which in turn will lead to providing better care for our clients and their families.”

**BM**

# Interview with the Leaders

This week Baycrest Matters spoke to **Gina Peragine**, Director of Apotex, as part of our "Interview with the Leaders" series.

**B.M.: What areas does your portfolio include?**

**Gina:** My portfolio truly oversees all the programs within the Apotex, from an interprofessional perspective.

**B.M.: How has your portfolio or job changed?**

**Gina:** Prior to this, I was the Acting Director of Nursing. At that time I was responsible for the nursing division in the Apotex, linking, both directly and indirectly with the other professions. Now, it's my role to ensure that all the professions are engaged with each other in the home, and I'm responsible for our long-term care program, as a whole. I will also be the new liaison between the Apotex Family Advisory Committee and the home. This will give me a direct link with the families which I think will be very exciting.

**B.M.: What are some of your goals in this new position?**

**Gina:** My number one goal is to re-inspire the teams in the home, we need to remind ourselves why we choose to work with the elderly in long-term care. I would like the home to truly become as client-centered as can be. This will mean re-thinking how we do things by considering the client and family needs in everything we do. The teams need to come together in order to understand each other and understand what we each

bring to the table.

I would like us to be visionary and think about what people will want in a long-term care setting in the future. Ten or twenty years from now, what will the residents expect to see?

**B.M.: What are some of the challenges that you face?**

**Gina:** One of the challenges is balancing the supports required throughout a time of change with the day to day "stuff" that needs to happen. Another challenge is ensuring that communication is as transparent and effective as possible. If we're not constantly communicating and communicating well, assumptions are made.

**B.M.: What are some of the first things you will be doing in your new role?**

**Gina:** The very first thing I plan to do is engage the teams with our residents, at the end of the day, that's what it's about. Ensuring that our residents and families know who 'the team' is, what people specifically do and who to call for what. Every member of the team needs to know who the residents are and what quality of life means to each of them. As a program, we will need to set priorities and start to challenge the status quo. We will need to look at our model of care through a different lens and make the Baycrest values come to life.

Communication in general is another big area I would like to focus on. We need to improve how we communicate with each other and with the



**Gina Peragine**, Program Director, Apotex.

residents and families; looking at systems and processes that are consistent on every unit so we all know what to expect.

**B.M.: What are some of the positive changes that clients and families will see?**

**Gina:** My hope is that everyone in the home will both see and feel a difference in the culture all around. The residents and families should witness the whole team working together toward the same goals including better communications between the team members and the residents and families. Every member of the team will know the residents and be able to answer the basic questions as it relates to care. The priority of the teams will be the care and the happiness of the residents and families and that this will bring direct staff satisfaction and happiness.

**B.M.: What are some of the innovations that will put your areas in the forefront of aging?**

**Gina:** We have to be the innovators and the visionaries of the future and implement the research. We need to

Continued on page 8

# Medication management can save lives

There is no question that every Baycrest staff member, regardless of their role, needs to take patient safety, the focus of accreditation, seriously. Medication management is one of the most significant areas where safe practices can save lives.

At Baycrest, there are many precautions to consider before administering medication to a client. First and foremost, regardless of the situation, you must always ensure you've got the right patient before administering any medication. It is important to keep all of these precautions top of mind at all times when dealing with medication management:

**Client identifiers:**

How do you identify your client? Two different forms of identification are required. In the Ambulatory Care Clinics you should check an OHIP card or a driver's license or some other form of photo identification. In the Apotex, client charts have a photo and clients wear a wrist band for identification. You can also have a colleague verify the patient's identity. The client's room number would not qualify as a valid ID measure.

**Medication Accuracy:**

How do you ensure you're giving the correct medication to a client?

Always double check the order against the label before administering. Check the expiration date and really look at the medication to ensure it looks okay. Confirm there are no obvious contradictions and ask someone if you have any doubts.

**Access to client medication records:**

Can you access a client's medication administration records? Yes, except when a client is in isolation or for other infection control-related reasons.

**High Risk Medications:**

What should you do before administering high-risk medication to a client? Always double check the label, expiration date, medication order, rate of infusion and where applicable, through the barcode.

**Minimum qualifications:**

Are there different qualifications for staff to administer medications? Yes. Qualifications differ for administering medications both with and without supervision. Minimum qualifications may differ by drug class and administration route.

**Reporting Errors:**

If you did make an error in medication,

how would you report it?

It is very important to report any errors. There is an online reporting tool called the "Safety Event Reporting System (SERS)" located on the Baycrest Intranet under "Tools and Resources".

Other important safety concerns regarding medication management:

Baycrest follows standard times for scheduled drug administration

Before administration, staff must validate that medication is given at the proper time, at the prescribed dose and by the correct route.

The appropriate staff member documents the time of administration in the client record as soon as possible after administration.

The staff member addresses any medication-related concerns with a physician or pharmacist and follow established guidelines for notifying the prescribing professional of adverse drug events.

Baycrest tracks lot numbers to identify and inform providers when a client has received recalled medication. [BM](#)

Interview with the **Leaders continued** from page 7

function and offer services like no other home. We have the advantage of having research in-house, something other long term care facilities do not have. We need to improve our internal and external links with research and education; we need to be creative in what and how we use the research and we need to demonstrate impact on aging. We also need to

engage with our government and policy makers, to have a voice for change in long-term care in general.

**B.M.: What does aging well mean to you?**

**Gina:** My hope is that people will always see me for who I am.

For the most part, I always have a say of what happens to me and how and when I will make decisions. This is something that shouldn't change because I'm aging. Physically and mentally, aging well means that I stay as healthy as possible throughout my life - according to how I define 'healthy'.

# Baycrest BOARDwalk - lead by example

**T**hrow away your running shoes! Forget about that personal trainer! Join the crowd for a walk like no other! Get ready for the Baycrest BOARDwalk, the annual fundraiser now in its fourth year. The Baycrest BOARDwalk is a short stroll around Baycrest Campus, complete with a mid-walk snack of herring and schnapps and a backyard barbeque at the finish line. This year's event will be on Wednesday, June 18 at 5:00 p.m. immediately following the Annual General Meeting of Baycrest and the Baycrest Foundation. All Baycrest staff members and volunteers are invited to participate, by either organizing a team, to walk as part of a team, or to sponsor a colleague who is walking.

The Baycrest BOARDwalk is a fun way for staff, volunteers, clients and their families and private companions to help to raise funds for Baycrest



while enjoying the fresh air, the company of their peers, great food and entertainment.

"The Boardwalk is an important way for everyone in the community to give back to our seniors and a great event that everyone can participate in and enjoy," says Elayne and Irwin Wortsman, this year's co-chairs for the event and longtime friends to Baycrest. "Baycrest is very dear to our hearts for many reasons, since our parents were supporters and patients. Our family has personally experienced the extraordinary level of care and commitment that Baycrest is renowned for."

On-line registration at [www.baycrest.org/boardwalk](http://www.baycrest.org/boardwalk) makes it easy to register and to collect donations from family and friends. BOARDwalk off-line sponsor forms are also available from the Foundation and more information is available by calling 416-785-2500 ext. 2057.

**Three Simple Steps to Success Register Online** New walkers can go to [www.baycrest.org/boardwalk](http://www.baycrest.org/boardwalk) and click on "Get Started Now." Returning walkers can simply login.

**Personalize your very own fundraising Web site** Upload your photo, or the photo of the person inspiring you to walk. Then, write a brief personal message to your sponsors, or spiff up the existing one. It's your page...have fun with it!

**Ask, Ask, Ask!** When you register on-line, it's easy to ask colleagues, supplier, friend and your family for support. If "online isn't your bag, use our "off line" form available from Baycrest Foundation. Just remember, you'll need to drop off your off-line payments to the Baycrest Foundation by 3:00 p.m. June 18.

## Cole family presents inaugural award

Through the generosity of the Cole Family, special friends to Baycrest, the International Geriatric Clinician Travel Award has been established to enable clinical staff from Baycrest to visit and engage with noted authorities in the field, and visit innovative facilities in other parts of the continent or the world.

The Department of Organizational Effectiveness and the Baycrest Foundation is pleased to announce the inaugural winners of this special new award:

Under the guidance and leadership of **Dr. Tiffany Chow**, clinician-scientist, a multi-disciplinary team from Baycrest's Community Day Centre for Seniors and Memory Clinic of the Baycrest Brain Health Centre went to visit the University of California San Francisco Memory and Aging Center, in early March 2008.

The team included **Sharon Faibish**, occupational therapist; **Anna Grinberg**, nurse clinician; **Susan Romeril**, speech-language

pathologist; **Dr. Kathryn Stokes**, psychologist; **Mindy Goodman**, nurse clinician; **Mindy Halper**, nurse clinician; **Diane Phillips**, social worker, and **Adriana Shnall**, social worker - who received her travel funding through the Lynn and Brent Belzberg Family Endowment Fund.

**Members of the team will be presenting an InterProfessional Rounds on Friday, April 18th at 9:00am in Hospital Classrooms ABC.**

# Announcements

**Rachel Heft** will join Baycrest as Unit Director for Apotex 2, on April 28<sup>th</sup>. Rachel is a registered respiratory therapist, who has worked in health-care for the past 15 years. She has extensive experience in policy development and implementing best practice among professions. Rachel has kept her career experience very interesting by holding different positions such as, clinical educator, clinical practice leader, care coordinator and acting senior respiratory therapist. She also comes with experience working with patients, families, advocating for client centered care, navigating through complex systems, engaging in conflict resolution and

providing administrative and clinical leadership to all levels of an organization.

Rachel has her Master's Degree in Adult Education with a specialty in Workplace Learning and Change.

A special thank you goes to Cyndi Pirs, Penelope Minor and the entire nursing leadership team in the Apotex for their efforts in supporting Apotex 2 during this time of change.

Congratulations to **Penelope Minor**, Unit Director, Apotex 3, on her engagement to Frank Villella, and to **Gina Peragine**, Program Director, Apotex, on her engagement to Arnold Prins. As we say at Baycrest: Mazel Tov!

## "SPRING TUNE UP THE TOP 10 LIST FOR A HEALTHIER YOU!"

Want to feel and look your best?

Come learn about the **Top 10 List** - what you need to know to eat healthier, be more active, and feel great!

**Wednesday, May 7, 2008**  
**1200 - 1300 hr.**  
**Loftus Hall**

Facilitated by  
**Joanne Edwards-Miller**, BAsC, RD,  
 Food & Nutrition Services  
 Department, Baycrest

**Pre-registration is not required for this 'Lunch & Learn' Session.**  
**For further information, please contact Ursula Zamora at ext. 2365**



## Blast from the past!

Little did this young man know that instead of riding into the sunset he would be helping to run Baycrest. Send your guesses to **Joan Mortimer** at [mortimerj@baycrest.org](mailto:mortimerj@baycrest.org) or call her at ext. 2952. If there is more than one correct guess then a name will be drawn for the winner. If you would like to reveal

what you once looked like (as an adorable baby, dressed in bell bottoms or a mini skirt, 30 pounds thinner or with hair), then dust off those old photos and send them to Joan.



Last issue featured **Mark Khentov**, housekeeper, Laundry and Linen, as many of you guessed. Congratulations to **Claudette White Green**, Program Aide, Samuel Lunenfeld Mountainview Club, winner of a Baycrest travel mug.