

Baycrest Matters

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

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affiliated with the
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AGM focuses on the journey of aging

This year's Annual General Meeting (AGM) was held on June 18 and celebrated the organization's accomplishments over the last year, officially elected new members to the boards, and paid tribute to special people.

AGM host Tony Melman, chair of the Baycrest Board of Directors, told the audience that Baycrest is strongly positioned to continue to have a major and highly beneficial impact on the journey of aging. "The past year has been an extremely difficult one for Baycrest. Notwithstanding, I am both very proud and pleased to say that because of the exceptional commitment, determination and dedication of Baycrest's management team and all the people that make up this incredible organization, we are stronger today than ever before. With our new strategic plan and sharply focused vision, we are now looking to the future with increased strength and confidence."



Sheila Smyth, program director, Terraces, Wagman, and 2 Neptune Drive, is awarded the President's Award for Leadership Excellence by Baycrest president and CEO **Dr. Bill Reichman** at this year's Annual General Meeting.

Baycrest achieved an important goal this year by establishing a strategic partnership with the Ontario Ministry of Health and Long Term Care to enable Baycrest to continue to develop its expertise and to embark upon further initiatives for the transformation of the aging process. "We are proud to say that through this partnership the Ministry has clearly

recognized Baycrest as the centre of excellence for innovation in aging," says Dr. Melman. He acknowledged the Minister of Health, the Honorable David Caplan; MPP Mike Colle; MPP Monte Kwinter and MPP David Zimmer for their ongoing support.

The highlight of the AGM was the presentation of four

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Baycrest

Enriching Care
Enhancing Knowledge
Enlightening Minds

AGM focuses...continued from page 1

awards to inspiring staff and partners to Baycrest. This year's recipients are:

Chair Proud Partner's Award: MaRS Discovery District for its role in advancing our efforts to commercialize Baycrest's scientific endeavors.



Tony Melman, chair, Baycrest Board of Directors, presents the **Chair Proud Partner's Award** to Dr. Ilse Treurnicht, Chief Executive Officer, MaRS Discovery District.

Stephen W. Herbert Award for Excellence in Education: Dr. Morris Freedman, head, Division of Neurology and director of the Sam and Ida Ross Memory Clinic at Baycrest and **Tim Patterson**, Telehealth site coordinator, in recognition of the outstanding weekly city-wide Behavioural Neurology Rounds and International Rounds which are broadcast as far away as the Middle East, under the auspices of the Peter A. Silverman Global eHealth Program and the Canada International Scientific Exchange Program.

Donald T. Stuss Award for Research Excellence: Dr. Eve De Rosa, for her high impact research that identifies central behavioral and biochemical processes that underlie cognitive decline in old age. The findings have important implications for developing



Former Baycrest president and CEO Stephen Herbert presents the **Stephen W. Herbert Award for Excellence in Education** to **Dr. Morris Freedman**, head, Division of Neurology and director of the Sam and Ida Ross Memory Clinic at Baycrest and **Tim Patterson**, Telehealth site coordinator. Looking on is **Tony Melman**, chair, Baycrest Board

rehabilitation programs aimed at minimizing cognitive losses as we age. This research was conducted by and published in the *Journal of Neuroscience*.



Dr. Eve DeRosa, centre, accepts the **Donald T. Stuss Award for Research Excellence** from **Tony Melman**, chair, Baycrest Board of Directors, and **Dr. Donald Stuss**, vice president, Research.

President's Award for Leadership Excellence: **Sheila Smyth**, Program Director, Terraces, Wagman, and 2 Neptune Drive. Under Sheila's direction, the Terraces was moved to a business model. Many quality improvement initiatives and creative programs were adopted, which resulted in attracting new clients and helped see the Terraces shift from a deficit position to a revenue generating program.



Dr. Michael Gordon, program director, Palliative Care, accepts the **Royal College of Physicians and Surgeons of Canada Region 3 2008 Mentor of the Year Award** from Dr. Jaime Escallon.

The **Royal College of Physicians and Surgeons of Canada Region 3** used the AGM to present **Dr. Michael Gordon**, program director, Palliative Care the **2008 Mentor of the Year Award**.

The meeting was followed immediately by the annual Baycrest Boardwalk (see page 8). **BM**

Day Centre celebrates 50th anniversary

When Golda Prusznowski's family wanted her to be more socially engaged after she lost her husband, they suggested she attend the Community Day Centre for Seniors, a trailblazing seniors program at Baycrest. She was reluctant to come at first, but she knew it was a way to meet people. She joined the Creative Arts program, and although she had never even picked up a paint brush before, she "fell in love with painting," and produced several pretty, acrylic renditions of flowers. Golda and her family did not anticipate how much her life would be enhanced by the Day Centre, which marked its 50th anniversary last week with a four-day celebration, organized by staff for clients, families and friends.



Day Centre for Seniors clients entertain their peers with a musical number during the 50th anniversary celebrations.



Day Centre clients Joyce Pezim and Golda Prusznowski enjoy the time they spend in the Creative Arts program.

When it opened in 1959, the Community Day Centre for Seniors was the first program of its kind in Canada and it remains one of the largest today. The centre is comprised of the Parkland Club for adults who

are cognitively well but physically frail, the Oceanside Club for mildly cognitively impaired seniors, and the Samuel Lunenfeld Mountainview Club for those who have moderate to severe cognitive impairment.

Activities are matched to individual abilities, and supported by a team of Baycrest health professionals including social workers, nurses, health-care aides, recreational and creative arts specialists, and specially-trained students and volunteers.

The half-century celebration included special events in the Parkland and Mountainview clubs. The key components of a great party were all present - music, laughter, family, friends and, essential to any great party, edible treats such as 50th birthday cupcakes and chocolate-covered strawberries.

To the delight of the many music-lovers in the Day Centre, **David Grimbly** of Finance led a choir of student volunteers and even clients showed off their own musical talents. Wearing bold blue sashes, the ever popular Rhythm Ensemble of Day

Centre clients, performed crowd-pleasing tunes from Broadway musicals such as Oklahoma and Fiddler on the Roof. Clients and families were also treated to a video presentation on the history of the Day Centre, which featured photographs taken over five decades.

"It all comes back to our mission of adding life to years," explains **Faith Malach**, program director of Community Services.

Fifty years on, the Community Day Centre for Seniors provides many more opportunities for social interaction, creative thinking and cognitive stimulation. "The program recognizes the need to ensure that seniors do not become isolated in their homes or inappropriately placed in long-term care," says Faith. "We also recognize the importance of providing our members with social work and nursing support, a healthy meal, escorted transportation to and from the Day Centre, and respite for their families." **BM**

When is it time to hang up car keys? Doctors legally obligated to report to MOT



To report a patient unfit to drive is one of the most difficult decisions for a doctor to make.

When a doctor makes a clinical determination that a patient is no longer able to drive *safely* due to diminishing cognitive powers, medication, or other health conditions that affect judgement, reaction time, attention, and/or visuo-spatial ability, the doctor is obligated under Section 203(1) of the Ontario Highway Traffic Act to report the patient to the Ministry of Transportation (MOT). The MOT will make the decision to revoke the driver's license and notify the patient by mail. The license suspension may be permanent or temporary (pending clinical re-assessment, driving test).

It's a decision that no doctor looks forward to making, said **Dr. David Myran**, a psychiatrist at Baycrest who led a workshop on *Dementia and Driving: Negotiating the Bumpy Road* at the annual Dr. Ira Pollock Clinic Day and Wulf Grobin Memorial Lecture on June 5. About 150 Ontario healthcare professionals attended the one-day conference at Baycrest, which focuses on various clinical and ethical issues in geriatric and long-term care.

Balancing autonomy of the patient with protection of the patient and the public is an ethical issue that doctors face every day when it comes to driving concerns.

"Physicians are concerned that their patient and others could be injured in a vehicle accident, that they may be sanctioned by the College of Physicians and Surgeons if they do not report an unsafe driver to the MOT, that they could face litigation (if the patient and others are injured in an accident)," said Dr. Myran. "On one hand, the physician is worried about

public safety, but on the other hand, concerned about the hardship and stress for the patient and family".

Driving is an intrinsic part of a person's lifestyle and autonomy. "The reality is that patients don't come to our office to say that driving is a concern," he told the audience. It's up to the family to notify the doctor of any concerns, or the doctor to make that determination during a patient checkup. It's not unusual for patients who are reported to the MOT by their doctor to get angry and refuse to see their doctor again. Some patients may continue to drive despite their doctor's warning not to do so, or after their license has been suspended.

Determining which seniors are fit to

drive is not an exact science. The Canadian Institutes of Health Research is funding a national study with 1,000 senior-aged drivers in an effort to develop a much-needed screening tool for the doctor's office to help physicians assess the safety and capability of senior drivers.

"People have a sense that they have a right to drive," said Dr. Myran. "They'll say 'This is *my right* and you're taking away *my freedom*'. In these situations, it's important that family members step in to ensure the patient can't get behind the wheel and find creative solutions to help their loved one remain independent and mobile.

Baycrest Presents
An Intergenerational Community Event

Jazz for Juniors
and Spirited Seniors



Jazz music for children ages 2 - 102
An opportunity to meet your neighbours of all ages
and all backgrounds

Baycrest - Winter Garden Court
3560 Bathurst Street (Apotex Centre, JHA)
July 8, 2009m 7:00 PM - 8:00 PM **FREE ADMISSION**



Upgrade to Meditech

As part of Baycrest's important strategic goal to continuously build its informatics infrastructure to support the integration of care, research and education, our primary information system, Meditech, will be upgraded to the most recent version this year. This will occur from July 2009 to December 2009.

For Baycrest, this upgrade is a critical step toward ensuring that an optimum system foundation in place and will provide Baycrest with a far more extensive system overhaul in the coming years. This improvement of information systems use, automation, efficiency, accuracy, data collection, error reduction and collaborative initiatives is crucial for the integration and development of care, research and education.

Our Meditech upgrade will consume substantial resources within eHealth, clinical and non-clinical areas. During the upgrade period, eHealth will continue to provide ongoing daily systems support to maintain core operations throughout the organization. eHealth will also address all matters which threaten the health and safety of Baycrest clients. In addition, we will meet all current commitments.

New requests and items that do not fall within the above will be postponed until January 2010. This period of concentration on the Meditech upgrade, will in itself address several systems enhancement requests and pave the way for exciting new functions and services.

For more information about upcoming and future systems enhancements, please email informatics@baycrest.org or dial extension 4357 and choose option 3.



Dancing With Parkinson's

Dancing with Parkinson's, a dance program for those living with Parkinson's Disease, held a fun-filled event in the Posluns Auditorium at Baycrest on June 18. Attendees included **Dr. Tiffany Chow**, clinician scientist, Rotman Research Institute, CBC Radio host Andy Barrie and **Joyce Lagunoff**, former director, Community Day Centre for Seniors. Dr. Chow and Joyce are Dancing With Parkinson's volunteer board members.

In 2014, what will Baycrest look like?

Answering this question can seem daunting. Professional practice leaders managers, directors, and vice presidents came together recently to tackle this question in a session that focused on our new strategic plan and what the plan means to the organization, staff, clients, families and others. After getting down to business and working to better understand the plan and how we will move forward to achieve our goals and objectives, the group put their creative juices to work in describing how Baycrest will be different when the plan is fully implemented in 2014.

"As each group presented how they thought Baycrest may be different in 2014, we saw themes evolve including how we want to use technology to enhance client care and work flow; how education will be a bigger part of professional life at Baycrest, and

how community-based care and wellness will be an important foci," says **Joni Kent**, vice president, Human Resources and Organization Effectiveness. "This session allowed us to engage leaders so they can better relate to the plan and help us move this plan into implementation, which includes involvement from staff, families, clients and others."

She adds that goals have been set and now there is plenty of opportunity for committees, staff and others to be involved in developing initiatives and have input about how we will shape and reach these goals.

What is happening next?

Over the summer, vice presidents will be working with their directors/managers and through committees and workgroups to develop initiatives. Leaders will also consider how their departments/programs fit with

this new vision and how they will develop their goals with staff and others to align with the strategy.

We will keep you up to date on our progress on-line and will also be launching opportunities for all staff to get involved over the next few months.

To get a copy of our strategic plan, go to baycrest@work (intranet) or pick up a copy from the diorama (near the bird cage) across from the Wellness Library.



Seniors Support Program Annual Tea

Fred Gold (standing), a phone angel with the Seniors Support Program (SSP) for the past 12 years, had the opportunity to meet some of the clients he reaches out to each week with a friendly phone call at the SSP Annual Tea on June 24. Here he speaks with a grateful Winnifred White whom he calls every Wednesday morning. "It makes me feel good that somebody remembers to call me," said Winnifred, who looks after her husband Hewitt who has been diagnosed with dementia. "Fred is a good listener and I feel comfortable telling him how I'm feeling. He lifts my spirits."

Memory for Allan King

Baycrest joined millions of Canadians in mourning award-winning Canadian filmmaker Allan King, who passed away June 15 at the age of 79 years. His documentary film *Memory for Max, Claire, Ida and Company*, which was shot at Baycrest and followed the lives of eight Apotex 5 residents, was selected as a Top Ten film at the 2005 Toronto International Film Festival, shown at festivals world-wide and became a powerful teaching tool for the long term care sector and virtually anyone who interacts with older adults.

In the spring of 2004, Allan approached Baycrest to make a film about memory and how cognitive impairment impacts people as they age. "He asked Baycrest to come on this journey with him. Little did we know what a journey it would be," expresses **Kelly Connelly**, media relations specialist, who worked closely with Allan and his film crew. "Allan was a gracious and considerate man who had infinite patience. What a rare opportunity this was for Baycrest (and for me) to work with this great filmmaker and humanitarian."

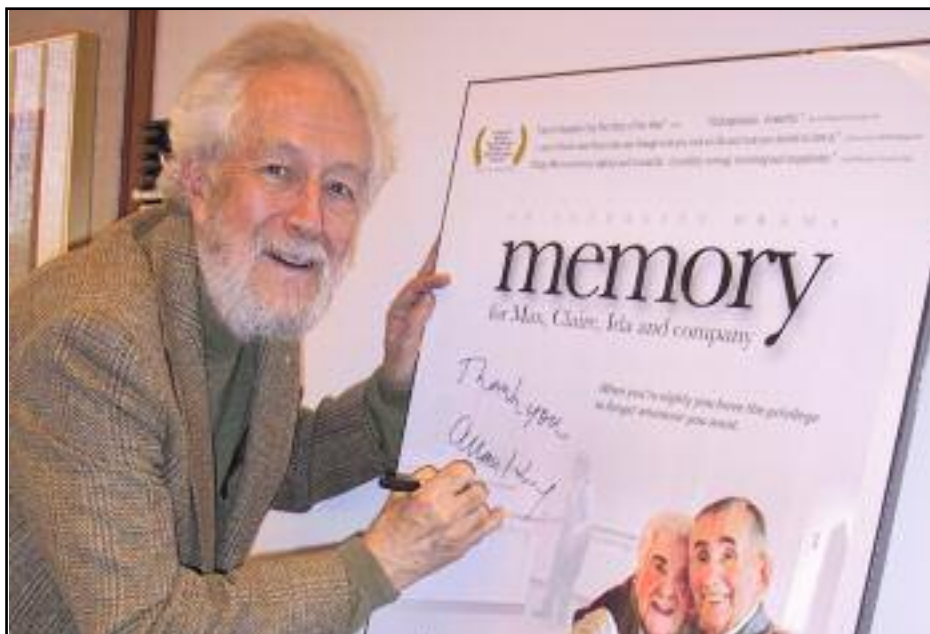
Many staff and volunteers had the opportunity to meet and work with Allan, but *Memory* had an impact on nearly everyone at Baycrest: "I never met Allan, but I really enjoyed the film. Even after working here for many years I still learned a lot from that film - it was partly why I became involved in the Baycrest ProAm for Alzheimer's research," says **Neil Shepherd**, director,

Physical Plant. **Julie Grossman**, clinical manager, 6 East, Baycrest Hospital, knew the filmmaker personally: "Allan King was a close friend of my parents and was a terrific, bright, humorous man who will be missed greatly by his wife Colleen, children, grandchildren and many friends and colleagues."

In an interview with The Toronto Star in 2007, Allan described *Memory* as his most demanding project, but also "the warmest in mood and feeling". In the same Star article, Baycrest senior social worker **Ruth Goodman** (now professional practice leader, Social Work) described the immense value of the film as an educational tool for healthcare

staff. Ruth introduced Allan to the Apotex residents and provided some of the expert commentary on the teaching version DVD, but she was most impressed with how Allan deeply understood the identity of his subjects. "Allan captured the fullness of a person's life. Part of his role as a filmmaker was to see the residents as whole people, not just seniors suffering from cognitive impairment," she says. "He understood that these residents still had a full range of emotions which did not disappear with old age."

Baycrest library has a DVD of Memory for loan to staff.



Allan King is seen here signing a poster for the documentary film *Memory for Max, Claire, Ida and Company*, shot at Baycrest in 2004. The signed poster is permanently displayed in the Winter Garden on a wall near the WA Cafe. A second autographed poster is displayed on Apotex 5, which hosted Allan and his crew for several months of filming.

Announcements

Please welcome **Margaret Cernigoj**, who joins Baycrest as director, Occupational Health and Safety, on Monday, July 6. Margaret has worked with Baycrest as a consultant, supporting the Occupational Health and Safety Department and the Division of Human Resources and Organizational Effectiveness since February. Margaret has a wealth of experience with over 17 years of experience in health and wellness programs, disability management, workplace investigations, counseling, organizational development and conflict resolution. Margaret has a Masters degree in Clinical

Psychology and is a certified rehabilitation professional. As a consultant in both the public and private sectors and a leader in the field of Occupational Health and Safety, Margaret will be a great complement to Occupational Health and Safety and the Human Resources and Organizational Effectiveness leadership team.

Changes to Library Services: For the past several months, Library Services has examined a new service model which recognizes the need to reduce expenses, streamline processes and deliver services differently. A great deal of thought and effort has gone into developing this new model which will be communicated in the very near

future. Regrettably, however, the new model will see the elimination of the Library Technician position held by **Inez Rost**.

Inez has been a dedicated and capable member of the Library team for 23 years and is well known and respected throughout the organization for her unwavering commitment to customer service. Her accomplishments include the creation of a vast network of external colleagues who she could call upon to fill urgently needed document request.

We will all miss Inez very much and appreciate the many contributions she has made over the years.

Record year for Baycrest Boardwalk

The weather cleared just in time for the fifth annual Baycrest Boardwalk on June 18, and the rain-free skies were just one indication that this was to be the best event to date. This was a record-breaking year, with the most number of participants ever who raised over \$190,000 in support of Baycrest.

Walkers led by chairs George and Susan Cohon and their therapeutic dog Tilly made their way around the Baycrest campus, stopped for a quick nosh and good cheer at the Reuben Cipin Healthy Living Complex, and continued to the Terraces for a wonderful barbeque. Great food, good company, klezmer music, and even an acrobat on

stilts added to the festivities. It was especially moving to see so many residents, staff members, families, caregivers and volunteers walking side by side for such a great cause.

If you have outstanding pledges, please encourage your supporters to complete their pledges online, drop off their cash payments to the Foundation offices or mail their cheques payable to the "Baycrest Foundation."

Thank you to the numerous special friends, donors, clients and their families, caregivers, volunteers and Baycrest staff members for making the 2009 Boardwalk a such a huge success.



Manson Locke, director, Human Resources, stretches before participating in this year's Baycrest Boardwalk