

Baycrest Matters

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

JULY 9, 2008 VOLUME 4, NO. 14

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Baycrest Matters
is published 26 times
a year.

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Baycrest is fully
affiliated with the
University of Toronto.

How does your **garden grow**

Summer is the time when people embrace the outdoors - the longer days, the warmer weather and a more relaxed pace. Many people pass the time outside creating, tending and enjoying their gardens and yards, filled with the colours and fragrances of flowers and plants and the heartiness of fruits and vegetables. For many Baycrest clients, the joy of a garden is a thing of the past, but Apotex residents now have the opportunity to get back down to earth.

At the beginning of spring, several Apotex residents joined a new planting program facilitated by **Heidi Wright**, a therapeutic recreation intern from Georgian College. Under the supervision of **Mara Swartz**, therapeutic recreationist, Heidi is at Baycrest for 14 weeks on Apotex 2. Baycrest is a perfect fit for Heidi, since she holds a degree in gerontology.

When Heidi first met with Mara to discuss her



Apotex resident Gladys Gordon plants herbs in a container garden as part of a new therapeutic recreation program.

internship in February, she had been reading about horticulture therapy, and hoped that she would be able to incorporate a planting program into her practice.

"Horticulture therapy is all about nurturing, seeing things grow, observing

changes, appreciating the beauty of plants and flowers, and being part of a communal project" she explains. "This program incorporates the social, spiritual and sensory aspects of therapeutic recreation."

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Wagman Centre Open House

Are you a senior who wants to get your creative juices flowing or get back into shape? Maybe you are looking for a way to add a little fun to your life or meet new people. Members of the community 65 years and older are invited to the Wagman Centre Open House on Thursday July 17, from 10:00 a.m. to 3:00 p.m. to learn about the Recreation, Creative Arts, and Fitness programs offered to members.

You can enjoy: "The Joy of Recreation" a lecture by well-known Therapeutic Recreation advocate Christine Wilkinson, a "True Colours" workshop; a Snoezelen multi-sensory room; a yoga demonstration; a delicious lunch; a visual presentation about programs at the Wagman Centre and membership information. An ice-cream social tops it all off.

The Open House is a joint event of the Therapeutic Recreation and Creative Arts Departments of the Terraces and Wagman Centre.

Cost \$20.00

For more information and to register please contact Karen at 416-785-2500 ext. 2992 or drop by the Service Desk in the lobby of the Wagman Centre.

How does your garden grow... continued from page 2

Heidi and about eight Apotex residents kicked off the planting project with a container garden on the patio off the Apotex 2 recreation room. They shoveled the soil, filled the containers and planted a variety of flowers, herbs and cherry tomatoes. Although they all wore gloves, everyone was ready to get their hands dirty.

"Before we planted, we reminisced about what the residents grew in their gardens when they were in their own homes, and talked about some of the famous gardens they visited in their travels," says Heidi. One participant commented that it was her husband who tended the garden at their home, and expressed now she enjoys having a turn.

The flowers were generously donated by Ryan's Landscaping and Lawn Maintenance, and an anonymous donor offered the flower boxes and a fountain which adds a water feature to the space.

The program runs every Wednesday afternoon in the Apotex 2 recreation room and is open to anyone who would like to drop in to help tend to the plants.

The gardeners have already seen the fruits of their labour and are now drying full-grown mint that they hope to incorporate into a recipe. "This planting project has really given us opportunity to use fine and gross motor skills and cognitive skills as well," Heidi adds. "And it is also something that the residents can enjoy all summer long."

The focus on horticulture at Baycrest is not limited to the Apotex. Members of the Parkland/Oceanside

Club, part of the Community Day Centre for Seniors also spruced up their outdoor space with some planting of their own.

Before school broke for the summer, students from William Lyon Mackenzie Collegiate Institute's Gardening club paired up with members of the Parkland/Oceanside club to help plant flowers on their patio and create hanging baskets. The gardening project is part of an ongoing inter-generational partnership between Baycrest and Mackenzie.

"The visit from the Mackenzie students went beyond just having extra hands to help plant but they really helped to engage the senior members in this project by talking to them about what they liked in their own gardens," says recreationist **Olive Walcott**, who also facilitates a gardening project in the Club that spans over the summer months. "Our members stay involved by watering and tending the plants and help them to grow. It goes beyond enjoying the beauty of the flowers - it becomes part of their own experience."



Therapeutic recreation intern **Heidi Wright** helps Apotex resident Morris Reiss with his planting.

That danish will go straight to your brain

A study led by Baycrest scientists revealed that unhealthy, high-fat meals are not only bad for the waistline, but seniors with type 2 diabetes may experience memory declines immediately after consumption. The good news is that this can be offset by taking antioxidant vitamins with the meal. This latest study, published in the July issue of **Nutrition Research**, suggests that taking high doses of antioxidant vitamins C and E with the meal may help minimize those memory slumps.

There is already growing evidence linking diabetes to cognitive complications in humans. Adults with type 2 diabetes are especially vulnerable to acute meal-induced memory deficits after eating unhealthy foods.

"Our bottom line is that consuming unhealthy meals for those with diabetes can temporarily further worsen already underlying memory problems associated with the disease," said lead author **Michael Herman Chui**, a medical student who conducted the research as a University of Toronto pathobiology undergraduate in the Kunin-Lunenfeld Applied Research Unit (KLARU) at Baycrest. "We've shown that antioxidant vitamins can minimize oxidative stress from the meal and reduce those immediate memory deficits."

Type 2 diabetes is associated with chronic oxidative stress, a major contributor to cognitive decline and Alzheimer disease. Consuming unhealthy foods can induce this type of stress which is triggered by acute elevations of free radicals - unstable molecules that can damage tissue, including brain tissue. These destructive molecule reactions typically occur over a one-to-three hour period after food ingestion.

In the study, 16 adults (aged 50 years and older) with type 2 diabetes

attended three weekly sessions that involved consuming a different test meal. One meal consisted of high fat products - a danish pastry, cheddar cheese and yogurt with added whipped cream; the second meal consisted of only water consumption; and the third test meal was the high-fat meal plus high doses of vitamins C (1000 mg) and E (800 IU) tablets.

Fifteen minutes after starting meal ingestion, participants completed a series of neuropsychological tests lasting 90 minutes that measured their recall abilities for words they had heard and paragraph information they had read. These cognitive skills are associated with the brain's memory centre - the hippocampus.

Participants who ate the high fat meal without vitamin supplements showed significantly more forgetfulness of words and paragraph information in immediate and time delay recall tests, compared to those who had just water or the meal with antioxidant vitamins. Those on water meal and meal with vitamins showed similar levels in cognitive performance.

KLARU senior scientist **Dr. Carol Greenwood**, senior author of the study and a nationally recognized expert in how diet impacts brain function, cautioned that relying on antioxidant vitamins at meal time is not a quick fix. "While our study looked at the pill form of antioxidants, we would ultimately want individuals to consume healthier foods high in antioxidants, like fruits and vegetables," said Dr. Greenwood.

Maintaining a healthy lifestyle that includes regular exercise, a low fat diet rich in antioxidants, and staying mentally active and socially engaged in a variety of activities, is the best medicine for optimizing cognitive health during the lifespan, she added.

The study attracted international media attention including CTV

National News, The Globe & Mail, U.S. News & World Report, The Telegraph (U.K.), HealthDay wire and Science Daily.

Dr. Greenwood and Chui emphasize that their findings require further replication in larger studies with more participants. Future studies will need to look at whether antioxidant vitamins are directly targeting oxidative stress reactions or triggering an independent memory-enhancing ability which is simply masking the detrimental effects.

The study was funded by a grant from the Natural Sciences and Engineering Research Council of Canada.



CTV's national health reporter Avis Favaro (centre) and camera operator Bill Morris came to Baycrest's Kunin-Lunenfeld Applied Research Unit to interview scientist **Dr. Carol Greenwood** (left) about the recently published study which indicated that adults with type 2 diabetes who eat unhealthy, high fat diets may experience memory slumps immediately afterward.

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

June 20, 2008

Dr. William E. Reichman, Baycrest President and CEO

It is hard to believe that the Accreditation Canada surveyors have come and gone. We now have a high level summary of the report that was presented before they departed on June 25. We have also just received our site report with the list of the standards met and those needing to be addressed. Out of over 1,000 standards, 40 have been highlighted as requiring our attention. As expected, they align with areas we had already identified as part of our own internal review process and that we are addressing with our existing Action Plan. The "take home message" is that there were no real surprises. We have not yet received our formal accreditation status but do expect some notification in approximately a month. The Executive Team will be working with all of our Baycrest Leadership to ensure we dissect the report thoroughly, respond as required, and have our action plan revised if at all necessary.

In summary, the surveyors noted in their wrap up presentation the following as Baycrest strengths:

- We are widely respected locally, nationally and internationally.
- The new organizational program management model is both "exciting and revitalizing".
- We have excellent physical space that is large and well kept. There is an attention to detail at Baycrest that is impressive.
- We are privileged to have such a strong and committed Board of Directors who are well-informed and active.
- We have a strong focus on client-centred care that is supported by research and which makes Baycrest a particularly exciting place to work.
- Our Volunteer program is unique both in terms of magnitude and quality of services provided.
- The strength of the Baycrest Foundation is unparalleled.

They summarized the following as opportunities to strengthen our performance:

- We are encouraged to continue to develop relationships with external stakeholders and engage them to the same degree in our planning and evaluations as we have with our internal stakeholders.
- We should continue to develop clear system-wide performance targets and measurement systems. Our individual programs should all have measurable goals and objectives.
- We must continue to move forward in implementing Medication Reconciliation (a process to ensure we reconcile medications a client is taking at the time of admission).
- The surveyors themselves noted how welcome they were made to

feel by staff and how enthusiastic, well prepared and open staff were throughout the process—quite indicative of the commitment to quality that resides everywhere at Baycrest. One wonderful anecdote from a surveyor came from a meeting she had with one of our cooks, **Jon Gal**. With confidence he said to her: "at Baycrest everyday is Accreditation".

I would like to congratulate all staff on how well prepared we were for the survey visit. Special thanks go to **Vic Lambert** and **Joy Richards** and of course, our very recently retired colleague, **Gwen Yacht** for their leadership in the accreditation process.

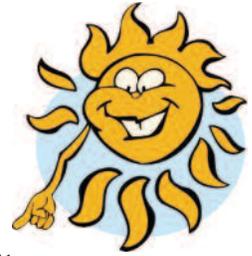
Finally, I want to thank you all for the terrific staff turnout at our Baycrest Boardwalk and more recently, at our Staff Appreciation Lunch. How about a special kudos to **Donna Gates** and her great team for giving us such a great barbecue (with hardly any advance notice) and coordinating the evening and night-time pizza rounds? They did an incredible job!! As usual, you all did an incredible job these last several weeks.

Today is my first year anniversary at Baycrest and I want to thank you all for helping me to feel at home in this wonderful place. It is my very good fortune to have you as colleagues.

Best wishes for a great summer.

Bill

<http://intranet/ceo/>



Beat the heat

With the summer months now upon us, Baycrest clients need to take extra care in the extreme heat. The elderly are among the population which can be susceptible to stress and illness from the heat. It takes time to adjust to hot temperatures, and serious medical problems can rise with the mercury of the thermometer. At Baycrest, many of our clients venture outside, but on certain days they should do so with caution. We can all beat the heat by taking some minor precautions:

Perspiration can be hampered by humidity, which doesn't help when heat and the humidex are high. On those days, avoid strenuous outdoor activity, particularly during hours of peak sunshine. If the activity cannot be delayed, try to schedule it during the early morning or evening when it's cooler. Individuals prone to heat

exhaustion and heat stroke should stay in areas where there is plenty of air conditioning and air circulation.

Certain medications, like painkillers, can reduce awareness of the heat. Older people should talk to their doctor about medications if temperatures are climbing. Older people are also more likely than younger folks to be taking medications that cause fluid loss (and therefore dehydration), including some laxatives, furosemide to counteract water retention, did the sentence drop off or should it end here?

Thirst declines with age, and older sweat glands don't produce as much sweat as they used to. The sweat that is produced tends to contain more salt, and lack of salt in the body can lead to sudden drops in blood pressure. Drinking plenty of water, juice or beverages with

electrolytes throughout the day, as often as every 15 to 20 minutes, will help you stay cool. Alcohol and caffeinated drinks can hamper the body's ability to moderate temperature and should be avoided.

Cool cloths applied to the face, neck and arms, as well as short baths and showers are other good ways to beat the heat, as are avoiding heavy meals and wearing lightweight, light coloured clothing.

Everyone should be aware of signs of illness due to excess heat: Muscle cramps, fatigue, weakness, impaired concentration, confusion, lightheadedness, nausea, labored breathing, chest discomfort, and a rapid or erratic pulse can all be signs of trouble.

Check the expiry date of protective products you are using.

Tips for providing excellent client care during the summer season

Smog and Heat Alerts

When you see the above sign posted at Baycrest, please do not take client outdoors.

Repellent

Each nursing station at the Apotex has supplies of the recommended product called "Off Skintastic" insect repellent.

Nursing staff will apply the insect repellent to clients prior to Baycrest-sponsored events. Families are responsible for providing insect repellent for any outings that are not sponsored by Baycrest. These

products cannot be left in the client's rooms or on the units and must be stored in a safe place.

Sun Protection

Each nursing station at the Apotex has supplies of the recommended product called "L'Oreal Ombrelle Sunblock Lotion SPF 30". Nursing staff will apply sunscreen to clients prior to Baycrest-sponsored events. Families are responsible for providing sunscreen for any outings that are not sponsored by Baycrest. Sunscreen cannot be left in clients rooms or on the units and must be stored in a safe secure place.

Tips for Everyone's Protection

- ◆ Wear a hat with a wide brim; this will help shield your skin from the sun's UV rays.

- ◆ Sunglasses should also be worn to help protect the eyes from the sun's UV rays.
- ◆ When possible wear long-sleeves, long pants and socks when you are outdoors.
- ◆ Avoid or take extra care when you are outdoors between dusk and dawn.
- ◆ Avoid areas where there is standing water.
- ◆ Try to stay in shaded areas when outdoors and avoid outdoor activities during midday, when the sun's rays are strongest.

Supply Chain Management leads to efficiency

Mrs. Smith needs to get from bed to her wheelchair, but the mechanical lift on your unit is broken. What do you do?

At Baycrest, we ensure that all clinical equipment is maintained properly and inspected annually to ensure that staff have what they need to provide the highest quality care in the safest possible way.

Equipment safety is one of the top priorities at Baycrest and an important strategy in keeping both clients and staff members safe. All clinical equipment is physically tagged and recorded in a computerized database. The location of equipment is recorded before leaving a central pool, and equipment not in use is placed out of service.

The maintenance of clinical equipment is one area of supply chain management, a system that helps Baycrest run more efficiently as an organization. The model was implemented at Baycrest upon serious review of the supply chain in 2006-2007.

Supply chain management encompasses the planning and management of all activities involved in sourcing, procurement, conversion, and logistics management activities. In essence, supply chain management integrates supply and

demand management within and across companies. It is the process strategically managing flows of goods, services and knowledge, along with the relationships within and among organizations, to realize greater economic value. An efficient and effective supply chain enables an organization to get the right goods and services in place at the right time at the best overall value.

"The supply chain management initiative is new for Baycrest in the sense that we are looking at it from a global strategy rather than individual links on a chain," explains Sean Owen, Director, Materials Management. "We are looking at how we manage supply - products, equipment and services - from start to finish."

This plan is more tactical and strategic rather than just functional. Right now everyone gets what they need, but there is room for improvement. The plan spans over the next three years, with the majority of the work done over the last year, with three components: planning and procurement, logistics (equipment/supply management) and sustainability management.

Sean notes how Baycrest started looking at the procurement of medical supplies following the internal distribution of products through

Stores. "The problem was, we did not have sustainability, every department was doing their own thing," Sean says. "We needed to find a way to ensure that all units had what they need to provide care to patients without having to hunt them down. We started a pilot project on 6 West with supplies only, then applied those results first to 3 West, then to the other Complex Continuing Care units." Physical improvements to the units included renovations to the supply rooms, making products easily accessible to staff.

Sean adds that supply chain management is not just materials management but incorporates information management, financial services, environmental services and physical plant as well: "Everyone has customers with different needs, what we are also doing is bringing in the best quality of products at the best prices." Rather than individual departments sourcing out their own products and services, Sean stresses that they should enlist the help of Materials Management and Purchasing. "You can come to us and we will put you in touch with vendors through competitive bidding. We are more than just a service to process the invoice."



Terraces resident and Holocaust Survivor Chana Fish was interviewed by CBC Radio's *Definitely Not The Opera* reporter Lisha Hassanali in mid June for a feature story on "Proms" across the ages. Chana talked about the special prom she attended at Baycrest last year for those who survived the Holocaust and had never experienced this rite of passage in their teen years due to the war.

Let's be "scent-sitive" about scented products

More and more you hear about people who are sensitive to certain scented products. Wearing perfume, scented hairspray, cologne, scented deodorant, aftershave and other similar products may make you feel good, but many people, especially those with asthma, allergies and environmental illness may be adversely affected by these products.

We can all do our part to minimize this issue for Baycrest clients, colleagues, visitors, volunteers by working towards a scent-free environment. When at Baycrest, please refrain from use of **scented personal products**, including shampoo, conditioner, hairspray/gel, cologne, after-shave, perfume, body lotion, and scented oil while at Baycrest. Strongly scented flowers including freesia, lilacs, lavenders, lilies, roses, hyacinth, peony and poinsettias are discouraged due to scent allergies.

Many non-scented alternatives are available. Become part of the solution and switch to scent-free products. More information on Baycrest's Scent Free Guidelines can be found on the Intranet under Policies, Occupational Health and Safety. Those who are sensitive to scented products will appreciate your consideration for their well-being.



Reuben Cipin resident recognized as an Outstanding Volunteer

Monty Mazin, resident and first vice-president of the resident's council, and co-chair of the Program Committee of the Reuben Cipin Healthy Living Community - and special friend to Baycrest - received the Outstanding Volunteer Award for the Eglinton-Lawrence area. The award was presented by MPP Mike Colle.

This latest award joins the many that has been given to Monty over the years. He has won the **Governor General Caring Canadian Award**, the **International Year of Volunteers Award**, and most recently the **Shield of Public Service Award** by the Canadian Public Relations Society for his distinguished and dedicated service in the public interest. He has also twice received the **Paul Harris Fellowship** and a **life-time achievement award** for his community work by the Rotary Club of Toronto Don Valley.

At the Reuben Cipin Healthy Living Community, Monty helps organize ongoing speaker series, socials, movie nights, and even runs a bus service to the local shopping centre every Wednesday morning. In past

years, he has single handedly raised thousands of dollars for the Baycrest BOARDwalk.

Congratulations Monty!



Mike Colle, MPP for the Eglinton-Lawrence riding, presents Reuben Cipin resident Monty Mazin with the Outstanding Volunteer Award.

Watch where you park

While Baycrest provides ample parking for staff, clients, family members, volunteers and visitors, many individuals are parking their cars in the fire route, close to the buildings. Many people are not aware that not only is this a growing safety

issue for Baycrest, but if you park in the fire route, you could be slapped with a fine of \$250 - even if your car is parked for just a few minutes.

The fire route must be free and clear of cars to allow emergency fire and medical vehicles easy access to Baycrest. This is legislated by the City of Toronto.

Baycrest has added additional signage to the existing fire route signs to warn drivers of the

consequences of parking in the fire route. Please ensure that you park in the available parking spaces at all times.



Welcome

Baycrest welcomes **Joan Reid**, clinical manager in Complex Continuing Care.

Joan is a registered nurse who has several years of experience at the University Health Network. She has been primarily focused in the surgical area as a charge nurse and as a wound resource nurse.

Joan holds a Bachelor of Science, Nursing from Ryerson and Master of

Science, Nursing from the University of Toronto. She has been a clinical practice leader for Bachelor of Science, Nursing students in her role as Professor at both Humber and George Brown College.

Joan will be sharing an office with **Sonia Noble** on the 6th floor, Baycrest Hospital and she can be reached at ext. 3303. Joan's unit location will be determined once the remaining clinical managers for CCC have been hired.

Condolences

It is with great sadness that we announce the passing of a fellow Baycrest nurse, **Fern Alexander**. Many of us have had the great privilege of working with Fern over the years, on many different units across the Centre. Her presence with us will be greatly missed and our thoughts and prayers are with her family at this most difficult time.



Blast from the past!

This photo was taken about five decades ago but is proof that the love of water and boats has always been in this woman's blood. Do you know who it is?

Send your guesses to **Joan Mortimer** at 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 Baycrest porter **Andy Silverstein**, as many of you guessed correctly. Congratulations to **Jane Van Toen**, coordinator, Infection Prevention and Control, winner of a Baycrest travel mug.