

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.

The fun flies at Things with Wings Holiday Party

Everyone's spirits were soaring at the Things with Wings Annual Holiday Party for Staff and Volunteers held on December 11. Baycrest staff and volunteers spent the afternoon enjoying a great pizza lunch, wonderful entertainment and participating in dances, games and contests.

Baycrest staff members enjoyed the talent of the Baycrest Music Society, showed their competitive side with the Airplane Toss and Guess the Feathers in the Jar games and strutted their stuff doing the Chicken Dance. The highlights of the event were the fabulous display of dancing by 11-year-olds Sabrina Gutkin (daughter of **Elena Gutkin**, clinical information specialist) and Tony Cooperman, and the brand new "Dancing with the VPs". The talent displayed by the VP's was certainly comparable to the well-known 'Dancing with the Stars' TV show, making the final decision a difficult choice. After an enthusiastic vote from



11-year-old dancers Sabrina Gutkin and Tony Cooperman dazzle the audience with their moves.

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Baycrest

Enriching Care
Enhancing Knowledge
Enlightening Minds

The fun flies at...continued from page 1

the audience, **Steve Carlson**, therapeutic recreationist and **Laurie Harrison**, vice president, Finance were the clear winners. Let's hope this event becomes a new Baycrest Holiday Party tradition!

The Holiday Party planners, led by **Mary McDiarmid**, manager, Library Services, included **Inez Rost**, technician, Library Services; **Kathryn Moore**, specialist, Library Services; **Eudice Rotfarb**, coordinator, Volunteer Services; **Janis Sternhill**, coordinator, Volunteer Service; **Janet Vercillo**, manager, Food and Nutrition Services; **Tim Patterson**, coordinator, Telehealth; **Benny Kierdal**, coordinator, Audiovisual Services; **Steve Cowan**, Print Shop supervisor and graphic designer and **Joan Mortimer**, specialist, Public Affairs. An event of this size requires many helping hands and over 60 staff and volunteers donated their time before, during and after the party by greeting, serving, entertaining staff, getting

and wrapping door prizes, decorating, and cleaning up.

Special thanks go to this year's Master of Ceremonies **Tim Patterson**, who kept the party atmosphere flowing, **Benny Kierdal**, for photography and sound, and to **Dr. Michael Gordon**, who contributed a generous donation towards the lunch. An honourable mention goes to the Baycrest Food and Nutrition Services staff members who remained cool and calm (and even did the Chicken Dance while serving) while providing a great meal.

This year's prize winners include:

- Guess the Feathers in the Jar - guest dancer **Tony Cooperman** with an exact guess of 165 feathers.
- Draw for Night & Evening staff - **Laura Bird**, registered practical nurse, 7 East and **Vilma Desouza**, personal support worker, Apotex 2, who both won crystal punch/fruit bowls.

Here are the winners to the "Roll Up Your Sleeve to Win" Influenza Vaccine Campaign:

- First Prize - Niagara Weekend Getaway: **Nicole Carson**, research assistant, Rotman Research Institute
- Second Prize - camcorder: **Philip Sidon**, porter, Central Dispatch
- Third Prize - digital picture frame: **Daisy Vicente**, personal support worker, Diagnostic Imaging

Please send your feedback and suggestions to help make next year's Holiday Party an even greater success to **Mary McDiarmid** at MMcDiamid@baycrest.org or call ext. 2353. Contact Mary if you are interested in joining the Party planning team - it is a great way to meet new people and contribute to making Baycrest a great place to work. **BM**



Dr. David Conn, vice president, Medical Services, and **Genevieve Brown**, coordinator, Nursing Administration, share a laugh during their ballet number.



Joni Kent, vice president, Human Resources and Organizational Effectiveness is ready to tango. Her partner **Victor Oliveira**, director, Environmental Services, doesn't look so sure.

Surfing the Net at the Wagman

Whether it is to view photos of their grandchildren across the country, get information on local events, or just to sharpen their computer skills, residents at the Terraces of Baycrest and senior members of the community are learning how to navigate the World Wide Web at the Wagman Centre's new Internet Lounge.

The Internet Lounge - which opened last July and runs every Thursday from 10:30 to 12:00 - is not an instructor-led class, but an interactive workshop. Facilitated by therapeutic recreationist **Melissa Konat** and four helpful volunteers, participants can book a 45-minute session where they receive one-to-one training on how to surf the Internet, create and send e-mails, download photos and other attachments and more. "This is a very client-focused and client-friendly environment, and the support participants receive from the volunteers enables them to learn at their own pace," Melissa explains, "The Internet Lounge also enables new learning in older adults, which is something we strive for in therapeutic recreation programs."

Melissa adds that more and more Terraces residents are using computers in their own apartments and range from having basic to advanced computer skills, but the Internet

remains a new and sometimes overwhelming realm. The Internet Lounge is an opportunity to learn how to use the Internet efficiently and appropriately. "Older adults want to keep up with technology and the latest trends and the possibilities of where they can go are endless. The program is more than just surfing the Net. It supports the research that is happening at Baycrest on how the use of technology can increase brain function," she says.

Terraces resident Bernice Krieger has a laptop computer in her apartment, but admits she needs to practice more to finesse her Internet skills. She started coming to the Internet Lounge after she initially met Alan Cohen, a well-known volunteer at Baycrest, at the North York YMCA. Bernice thinks of him as her own computer instructor: "Alan takes the time to help me learn. He is very patient and willing to guide me through all the steps," says Bernice. Alan recognizes that the Internet Lounge offers a social component as well: "We want to make it a positive experience for the participants and part of that is the individual attention they get from the volunteers. We are not in a hurry and it is important that they feel comfortable with what they are doing. They won't come back if they are frustrated."

Carl Hauer, who lives in the community nearby, started coming to the Internet Lounge when he saw it advertised in the Baycrest Bulletin. He works with John Paddle, who also volunteers at Baycrest Hospital and the Staff Library, who shows him how to open attachments and send e-mails. "I have a computer at home, which I know how to use, but I need to learn how to take my skills to the next level," Carl says. He jokes that his wife also thinks the Internet Lounge is a great opportunity for him to get out of the house.

If you are interested in attending the Internet Lounge or you would like to volunteer, please contact Melissa at ext. 2297 or at MKonat@baycrest.org.

BM





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

Monday, December 17, 2008

Dr. William E. Reichman, Baycrest president and CEO

I hope all of you enjoyed last week's holiday party as much as I did. It was truly another great Baycrest event. I thought nothing could top the snowshoes and toque of last year, until I saw **David Conn** in the tutu. In case you couldn't guess, dancing was not a criterion in the Baycrest CEO selection process.

I really want to thank all of the organizers and participants, including, most especially, the dancers and **Dr. Michael Gordon** for his special contribution to the food budget. It's been a busy and somewhat stressful year for everyone, between the implementation of our new organizational approach, accreditation, action plans and, most importantly, the delivery of very special care to approximately 2,500 people every day and the never ending quest to generate new knowledge through our research. We must take time, like we did on Thursday, to come together and have some fun. Our work is much too stressful on its own and it is far too easy to get caught up in daily demands.

I hope each of you will be able to enjoy the same quality time with your families and friends over the coming holidays. You deserve it. We, as a team have worked very hard over the last

year and have much to be proud of as a result of the collective Baycrest dedication and focus. That has come out very clearly from the Strategic Planning input we have received through the surveys, interviews and Visioning Tour. Baycrest has so many great strengths that make us very unique and position us for even greater success in the future - successes that can truly have an impact well beyond our local community or even this country. Few organizations in the world can say they have highly specialized geriatric programs across the continuum on one campus and the strength of world class research that can be leveraged to support innovations related to aging.

The job of defining our future through our new Strategic Plan is well underway using your input from the various processes over the past couple of months. We are now taking the themes and developing the specific elements that must be included in our plan, including: providing even greater clarity to our vision and mission and ensuring that they are closely linked; putting greater clarity on our commitment to the principles of Judaism so that everyone understands exactly what is meant; defining how we can have the greatest impact on aging and geriatric care given our current

strengths in care, research and education. The Executive Team is rolling up their sleeves this week to focus on developing the specific goals of our strategic plan.

Of course, top of mind is also this very challenging financial environment that is impacting world markets. At Baycrest, as I have explained, we have seen the impact in the areas of fundraising, as well as investment income. In addition to the steps we took earlier to freeze spending, we continue to meet with various levels of government to position our strengths as worthy of further investment. Our message is clear: investing in Baycrest will benefit the entire health care system given the best practices we currently produce, the models of care we have in place, and the potential impact we can have on the future of aging and the care of the elderly. Not many organizations can say this - Baycrest can because of its very talented and dedicated team.

Thank you to all of you and again, best wishes for the holiday season.

Bill

<http://intranet/ceo/>

Chanukah is "Sparked" at the Apotex

Residents of the Apotex Centre, Jewish Home for the Aged enjoyed a warm, wonderful celebration of joy and light at an early Chanukah party held on December 14 by the Baycrest Spark Volunteers. Both residents and volunteers enjoyed a morning filled with Chanukah songs, dreidels, menorahs and a festive atmosphere.

The Spark Program combines Jewish learning and reflection with community service and volunteering. It has provided a forum for organizations and synagogues from many different

streams of Jewish practice to participate together with Baycrest; to share common goals; community involvement and enrich the lives of seniors. Each Spark volunteer is paired with an Apotex resident based on personality, mutual interest and/or the needs of the resident.

One Sunday morning each month, the Baycrest Spark volunteers meet at Baycrest for a theme-based discussion around numerous topics. The meetings include discussion of Jewish texts, watching films and hearing specialists on various topics (or in this case, organizing

a Chanukah party). Following the discussion the core of the morning is spent visiting a resident in the Jewish Home for the Aged. Spark volunteers then meet again for reflection.

For more information on the Spark Program, please contact **Beverly Devins**, coordinator, Volunteer Services at ext. 3005. **BM**



Rotman scientist soars high

Rotman senior scientist **Dr. Brian Levine** had a stunning view of Baycrest's Winter Garden from high atop the atrium. Discovery Channel was filming the documentary "The Fantastic Plastic Brain" earlier this month with Dr. Levine and a patient who recovered from a head injury. They wanted a shot of Baycrest's skylit atrium with Dr. Levine standing on the highest catwalk. The documentary will air some time next April.



Diabetes and Brain Health Program

Type 2 Diabetes Self-Management Program for Brain Fitness

The Diabetes & Brain Health Program is a highly participative self management eight-week program that provides support to help people manage their diabetes. Sessions are facilitated by a dietitian, psychologist, and kinesiologist and are 2.5 hours in length.

The goal is to help people live well and prevent potential complications of diabetes, which is a risk factor for decline in cognitive function (like attention and memory) and dementia. The Diabetes & Brain Health Program places an emphasis on diabetes self-care for brain fitness with strategies that may help maintain healthy brain function.

During the sessions, participants will:

- Learn about diabetes and brain fitness;
- Develop their own weekly healthy living action plans;
- Share experiences and help each other solve problems you encounter in creating and carrying out action plans;
- Participate in brief physical activity sessions.

Topics covered include:

- Techniques to deal with the symptoms of diabetes, stress, and emotional problems such as depression, anger, fear, and frustration;
- Appropriate physical activity for maintaining and improving strength and endurance;

- Healthy eating;
- Appropriate use of medication; and
- Working more effectively with family, friends, and health care providers.

Who should enroll:

- The Diabetes & Brain Health Program is open to adults with a diagnosis of Type 2 Diabetes can join. Participants are encouraged to bring along a support person (family member or friend).
- The program does not replace current treatment plans but is intended to enhance self-care activities. The program will not alter or conflict with existing programs or treatment. Participants' health care providers will be informed of their participation in the program. In all cases, participants are urged to continue their current programs and discuss any discrepancies with their physicians.

Diabetes and Brain Health Research:

- We will also conduct a study to examine the relationship between enhanced diabetes self-care and cognitive functioning (e.g., information processing, memory, attention). However, participants in the self-management program are **not** required to participate in any research study.

The Diabetes & Brain Health Program is held at:

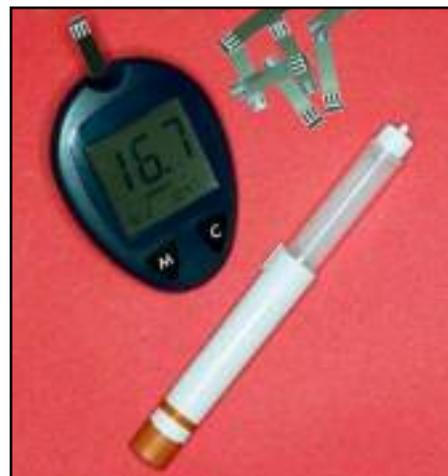
The Joseph E. and Minnie Wagman Centre at Baycrest
55 Ameer Avenue, Toronto.

The program is offered multiple times a year.

For further information and/or registration please call:

416-785-2500 ext. 6228

This program is offered free of cost to participants. The Diabetes & Brain Health Program is funded by the Interprofessional Care/Education Fund. [BM](#)



e-Health Going Green: Upcoming Changes to Your Computer

Prior to December 31, e-Health will activate the power management (or “sleep”) features on your computer monitor. These features automatically power down your monitor when it is idle for two minutes. A simple touch of the mouse or keyboard will “wake up” your system within seconds (many of you are familiar with this feature and some may already be using it). At a future date, the same feature will be implemented on your computer, pending testing and additional consultation on

the impact of implementing this feature.

With this minor change, Baycrest will save energy and reduce air pollution. Once monitors and computers are set up this way, it is anticipated that this initiative will save Baycrest well over 200,000 kilowatt hours per year. It will also reduce greenhouse gas emissions (carbon dioxide) by over 180 metric tons per year, the equivalent of removing more than 30 cars from our roads or planting 37 acres of trees. In addition, Baycrest will benefit

from significant energy cost savings.

Please do not hesitate to contact **Wayne Harris**, manager, Technical Services at ext. 3150 if you have any questions or concerns about this change. **BM**



Help keep clients and residents at risk of wandering safe: A reminder to visitors, families, volunteers, companions and staff

Safety at Baycrest is everyone's responsibility, and you can play a role in helping keep clients and residents at risk of wandering safe.

Some Baycrest clients and residents who suffer from cognitive impairment may be confused and are known to wander, putting their personal safety at risk.

Baycrest has put initiatives in place to help reduce wandering including:

- mag locks located on locked units that can only be opened by pushing a button and/or a key pad with a special code;
- All elevators have a code and alarm system that do not allow a resident

who is wearing a wanderguard off of the unit. An alarm located at the exit doors advises Baycrest staff if a resident comes into contact with the doors and will not allow a resident outside of the facility;

- Clients who have the a tendency to wander are required to wear an orange or white wristband or an electronic device to ensure their safety.

You can help by:

- ensuring that a resident who possibly could be wandering is not following behind you as you leave the unit;
- Ensuring you close the door behind you when exit a unit. When using the elevator, if it does not move,

there may be a resident who has a wanderguard on. Please do not use the bypass code button in the elevator if this resident is by themselves. Please notify a Baycrest staff member to assist you.

What should you do if you notice a wandering client?

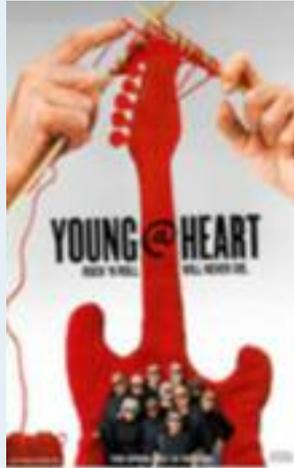
Call the Communications Desk at ext. 2130 or ask someone else to do so while you stay with the person. Establish eye contact, speak in a soft voice and try to check their name. Use helpful phrases like “can I help you” or “may I walk with you?” **BM**

The Anne and Louis Pritzker Wellness Library Information Sessions Winter 2009

Monday, January 12, 2009

(Note: This session will be close to 2 hours in length)

1:30 - 3:30, Wortsman Hall



View the inspirational 2007 movie Young @ Heart.

Critics describe it as: Funny, touching and life-affirming....

The Young@Heart Chorus, age of members is 81 - 90+, have toured the world -- walkers and oxygen tanks in tow -- and performed to sold out crowds.

Expect the unexpected as the Young @ Heart Chorus shows us that you are never too old to rock.

Monday, February 9, 2009

1:30 - 3:00, Wortsman Hall

**Mindfulness:
An approach to
effective coping with
stress and chronic pain.**

Looking for a new way to deal with stress?

You are invited to participate in a session on mindfulness with Baycrest Research Fellow **Michael Marxen, PhD,**

Monday, March 9, 2009

1:30 - 3:00, Wortsman Hall

**How technology will
impact the way you age**

Join **Dr. Brian Richards** Baycrest Psychologist for an important presentation on how electronic memory aids may help us remain independent as we age.

Monday, April 20, 2009

1:30 - 3:00, Wortsman Hall

**Seniors for Seniors
Junior Seniors Assisting
Senior Seniors**

Barbara Burnett BSc.N Director, Community Relations, Seniors for Seniors will be at Baycrest to talk about her organization.

Junior seniors age 50 - 65 assist senior seniors (average age 85 - 90) as: Drop-In, Overnight & Live-In Companions, Homemakers, Home Cleaners, Handypersons and Companion-Drivers.

May and June Information Sessions are being planned!