

Baycrest Matters

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

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Holiday celebrations at Baycrest

The air may be colder and there may be snow on the ground, but the month of December brings the warmth of the holidays. Over the past few weeks, Baycrest clients, family members, staff and volunteers celebrated Chanukah and Christmas and looked forward to a new year.

Chanukah begins on the 25th day of the Hebrew month of Kislev, and this year the holiday was celebrated from December 11 to 19. During the eight days, clients and their families participated in a variety of Chanukah activities across the Baycrest campus, including daily candle lighting, a special Havdalah (end of the Sabbath) service, concerts, plays, and unit parties.

At the Reuben Cipin Healthy Living Community, senior kindergarten students from Associated Hebrew School, Posluns Branch helped kick off the



Jerome Diamond, a resident at the Reuben Cipin Healthy Living Community, lights the first candle on the Chanukah menorah as senior kindergarten students from Associated Hebrew School, Posluns Branch, look on. The young students helped to kick off the Chanukah celebrations with a performance of Hebrew and English Chanukah songs, dances and skits.

Chanukah celebrations with a performance of Hebrew and English songs, dances and skits.

There were also many activities for clients who celebrate Christmas,

including decorating a tree which will be on display for the duration on the holidays in the 7 West dining room, Baycrest Hospital. Patients and their families

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Story telling program encourages creativity in Mountainview Club

A new storytelling program in the Samuel Lunenfeld

Mountainview Club at Baycrest is enabling clients with moderate to severe cognitive impairment to express their creative ideas, without the pressure of remembering facts.

Once a week, a group comes together to create a story with TimeSlips, a method originally designed for people with dementia and their caregivers.

The program is facilitated once a week by therapeutic recreationist **Alysa Heersink** and program aide **Claudette White-Green**. The group, consisting of 10 to 12 people, is shown, for example, a provocative, usually whimsical, photo of a chubby boy



playing a tuba twice his size, two elderly ladies playing pool and a baseball player standing on a ladder to catch a flyball. The group is then asked questions to help spark their imagination like “where do you think these people are,” or “what do you think they are doing?” Each individual gets to contribute their ideas and is included in the story.

“This is different from traditional storytelling where you have to retrieve information like dates or places. This is a great activity to do with members with dementia. They can be very creative and share their ideas without depending on their memory,” explains Alysa. She adds that many ideas are related to experiences and often to Jewish culture.

Alysa started the TimeSlips program on the recommendation of the daughter of a Mountainview Club member. She researched the program online, thought it was appropriate for her clients and ordered a starter kit. The program allows facilitators to add their own photos.

All the stories and corresponding photos are posted in the Mountainview Club so that they can be enjoyed over and over again.

Alysa notes that humour is shared in the group, but says it goes beyond that. “We laugh a lot because you can say anything you want, but this program also includes participants who may normally feel intimidated to speak up. Everyone has the opportunity here to share their thoughts without being judged. This gives them a great sense of accomplishment.” **BM**

Lieutenant Governor of Ontario visits Baycrest

The Hon. David C. Onley, Lieutenant Governor of Ontario, visited Baycrest Dec. 15 to meet with senior officials, residents of the Apotex Centre, Jewish Home for the Aged and Reuben Cipin Healthy Living Community. His Honour was greeted by many seniors who were excited to meet him in person. In the official posed photo, His Honour is flanked by Baycrest president and CEO **Dr. William Reichman** (far left); Reuben Cipin and Monty Mazin, both residents of the Reuben Cipin Healthy Living Community at 2 Neptune; and Maj. John Dean, Aide-de-Camp to the Lieutenant Governor.



Baycrest data centre is going virtual

Imagine if you could shrink your computer at your work station to a tenth of its size. It would take up very little space on your desk and would need much less power to operate, and even cost less to maintain it. The Data Centre of the E-Health department at Baycrest is doing exactly that by “virtualizing” all the computer servers across the organization.

In computing, a server is any combination of hardware or software designed to provide services to clients. “In the past, whenever a new software application would need to be used we would install that application on one server to be shared by many different people. This general rule of one application per computer server is why we recently had 100 servers, all sitting in a dedicated room using lots of power, needing two air conditioners for cooling and lots of man hours to keep running,” explains **Wayne Harris**, manager, Technical Services and Customer Support, E-Health. “Over time, computer chips kept increasing in power (and power consumption) it became clear that quite often a single server was not doing much work. In fact, a computer server’s utilization being less than 10 percent of maximum capacity would not be uncommon.”

The solution for Baycrest was virtualization, with the implementation of VMware, a virtualization software which maximizes the available central processing unit (the portion of a computer system that carries out the instructions of a computer program and the primary element to carry out the computer’s functions), memory, network and disk space by sharing these resources. With this

new software, one computer can do the work of seven or eight computers. “We have been able to virtualize all new servers that have been implemented and converted older servers as well,” adds Wayne.

The Data Centre provides service across the campus, which includes the Terraces and Wagman Centre, the Rotman Research Institute, and the ATS clinic and can be described as the “nerve centre” of Baycrest. It serves as the organization’s electronic post office and courier service, internet supplier and medical records keeper. It also plays a vital role to track exit-seeking clients. The Data Centre aims to be 80 percent virtual by the end of the year, taking the server count from 100 down to less than 20, which will use less power, less cooling and less cost. Wayne explains that this is a huge step in “greening” Baycrest, which is ahead of similar organizations in this process.

In the near future, the Data Centre plans to change over all traditional desk top computers to “thin client” computers, which will depend on one main Baycrest server to fulfill its

traditional computational roles. The life expectancy of thin clients is longer – about seven years – than traditional desk tops, which last for about three to four years. This means that computers will need to be changed less often, which again results in significant cost savings to Baycrest.

Aside from the financial bonus, another advantage of this system is the increase of patient and client privacy. Since all patient information is stored on the main server instead of on individual desktop computers, there will be no way to access any Baycrest files, including patient and client health records, if computers are ever stolen or removed from Baycrest. “As we move forward, we are not only implementing better solutions to help Baycrest run more efficiently, but we are also increasing our ability to protect and serve our clients,” says Wayne.



Holiday celebrations

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enjoyed a special Christmas dinner with all the trimmings and Ecumenical services were held this week. A New Year's Eve Party is planned for December 30.

Staff, physicians and volunteers took a break from their hectic schedules to enjoy the Holiday Party on December 17. The theme this year was the Winter Olympics and the afternoon was filled with terrific food, Wii competitions, live music and lots of fun and games. **BM**



Nancy Webb, vice president, Public Affairs and Stakeholder Relations and **Manson Locke**, director, Human Resources, virtually race down the ski hill in a Wii competition during the Baycrest Holiday Party.



The Yeshiva Lubavitch Student Outreach perform "Chanukah Alive" for a receptive audience in the Winter Garden.

Baycrest raises nearly \$28,000 for United Way

During the week of November 6, Baycrest staff and volunteers raised \$27,803.72 (up about \$4,000 from 2008) for the Annual United Way Campaign through pledges, tasty treats, a gift basket raffle and some fun and games.

The campaign kicked off with A coffee and muffin sale and a yummy barbeque lunch. The traditional game of Pictionary and the new game of Family Feud encouraged staff members to connect with their competitive side and take a break from their busy day. The members of the winning teams received a \$20 Indigo gift certificate.

The money raised will support a network of 200 agencies providing vital social services to hundreds of thousands of people throughout

Toronto - single parents, abused women, young children and teenagers, the elderly, the physically challenged, the homeless, and the many new immigrants who need help to realize their dream of a better life in Canada.

Thank you to the United Way Campaign Committee for a successful event: **Syrelle Bernstein** (campaign lead), Denise Davis, **Jaan Homitz**, Martin Friedman, **Shamindra Fernando**, **Joan Mortimer**, **Denyse Kovac**, Julian Kroutinsky, **Annette Lefkowitz**, **Nicole Campbell** and **Manson Locke** - and special thanks to Steve Carlson for hosting Family Feud.

Condolences



It is with sadness that we announce the passing of our colleague Emmanuel Racelis. Emmanuel, who worked as a maintenance mechanic in

the Physical Plant Department, passed away on December 16, 2009. We offer our condolences to Emmanuel's wife and sons, and to his sister Catherine, who works in Payroll, and his brother Elmer, who works in Physical Plant. Emmanuel will be greatly missed by his Baycrest colleagues.