

# Baycrest Matters

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

APRIL 6, 2011 – VOL. 7, NO. 7

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[www.baycrest.org](http://www.baycrest.org)

Baycrest is fully  
affiliated with the  
University of Toronto.

## Baycrest's Memory Link program adapted for teens with disabilities

Clients with memory loss at Holland Bloorview Kids Rehabilitation Hospital will soon begin benefiting from the use of smart phones, iPads and iPods to track and retrieve practical information like appointments and reminders which are crucial to maintaining independence.

Working with psychologist Dr. Brian Richards, founder and director of Memory Link, Dr. Peter Rumney, senior physician director, Rehabilitation and Complex Continuing Care at Holland Bloorview, and his team have adapted Memory Link to help their young clients.

“Electronic technology is embedded in the environment these kids are growing up in. It’s ubiquitous amongst teens, so they are already familiar with what’s out there or are quick to pick it up,” says Richards. “At Holland Bloorview, we are showing teens how to use the technology in new and practical ways that support abilities they may have lost due to damaged brain functioning.”

Bloorview’s youth are taught how to take photos and make notes on the devices in a very structured way through



errorless learning methodology. The innovative training taps into their non-declarative or procedural memory, which is typically unaffected by a traumatic brain injury. Procedural memory is a type of long-term memory of how to perform different actions and skills, such as riding a bicycle or driving a car, that doesn't depend on conscious recollection.

Memory Link is a Baycrest rehabilitation program that teaches individuals with amnesia to use a hand-held electronic organizer as a memory aid. Memory Link clients are adults typically diagnosed with memory impairments that range from mild cognitive impairment (a known risk factor for Alzheimer's disease) to severe amnesia resulting from stroke or anoxic brain damage. For more information about the program, contact Psychology at ext. 2445.

**Baycrest**

Enriching Care  
Enhancing Knowledge  
Enlightening Minds

Baycrest Matters is published every second Wednesday by the Public Affairs Department. Send your feedback or submissions to [baycrestmatters@baycrest.org](mailto:baycrestmatters@baycrest.org) or call 416-785-2500 ext. 2952. All submissions will be edited for style, grammar, structure and length. The deadline for submissions is the Thursday prior to the publication date.

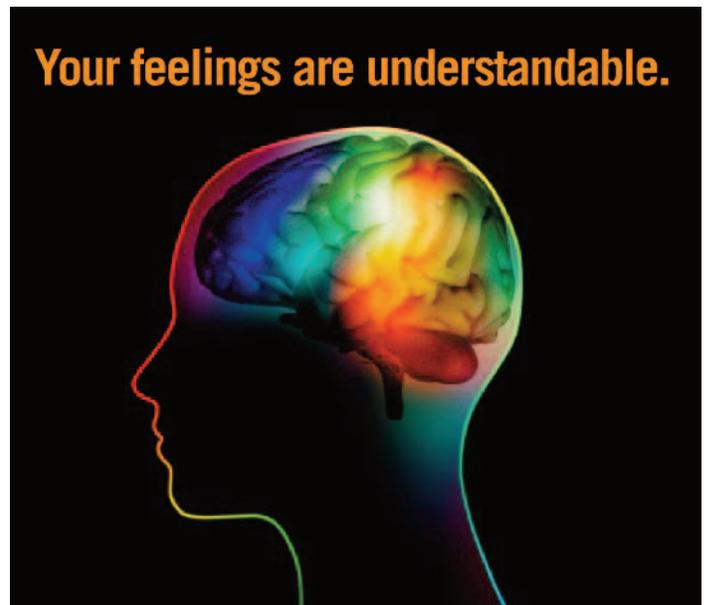
## Close to 400 attend inaugural RRI/KLARU neuroscience conference

**A**lmost 400 scientists, clinicians, academics and students gathered at the Four Seasons Hotel in Toronto to attend the inaugural Rotman Research Institute (RRI) and Kunitz Lunenfeld Applied Research Unit (KLARU) joint conference from March 27 to 29.

Titled *Neuroscience of Emotion and Emotion-Related Disorders*, speakers discussed a range of topics from the treatment of depression and biomarkers for mood disorders to using virtual reality for the treatment of phobias.

The keynote address by Dr. Larry Cahill, University of California, Irvine, received media attention for Cahill's claim that scientists who are not investigating sex influences on the brain are excluding 50 per cent of the population.

If you missed the conference, but would like to read up on some of the presentations and topics, see Baycrest's blog postings at [www.baycrest.org/conference/bc2011](http://www.baycrest.org/conference/bc2011).



### Save the date

## Staff Service Recognition Luncheon just around the corner

If you celebrated a 5-, 10-, 15-, 20-, 25-, 30-, 35-, 40-, 45- or 50-year service anniversary or retired in 2010, you will be receiving an invitation in the mail for our annual Staff Service Recognition Luncheon. The luncheon will be held on Friday, May 6, from 11:30 a.m. to 2:30 p.m. at the Fireside Lounge, Wagman Centre.

“The luncheon is one of our key recognition events linked to becoming a workplace of choice. This is Baycrest's chance to thank you for your

commitment and dedication, so we hope to see you there,” says Joni Kent, vice-president, Human Resources and Organizational Effectiveness.

**This year, you will have a choice of entrées, so please indicate your choice when you RSVP. If you have any questions about the luncheon, contact Organizational Effectiveness at ext. 2365 or via [organizationaleffectiveness@baycrest.org](mailto:organizationaleffectiveness@baycrest.org).**

# How preventive care for our equipment means better care and services for our clients



Just like physical checkups focus on our current well-being and on preventing future health problems, Baycrest’s medical devices, equipment and technology also require regular attention, or maintenance. This helps to ensure they’re working optimally and to prevent breakdowns and failures. Light bulbs, boilers, pumps and chillers, as well as biomedical and clinical equipment – the more delicate equipment that comes into contact with clients, such as beds, commodes and lifting devices – are all included in the preventive maintenance program.

Baycrest’s newly implemented computerized maintenance management system, called Vision FM, catalogues and manages all our equipment and automatically schedules all maintenance work based on frequencies prescribed by the manufacturers.

“Vision FM enhances our approach to preventive maintenance and will allow us to automatically schedule the frequency and continuity of all planned maintenance actions. When preventive maintenance work needs to be done on a particular device or equipment, we will be alerted,” says Victor Oliveira, director, Environmental Services.

The new system also keeps track of all work performed and identifies when equipment such as bladder scanners, feeding pumps and IV pumps need to be replaced. Having a scheduled and streamlined system in place not only ensures we’re providing enhanced service by having equipment that’s readily available when needed by our staff and clients, it minimizes risk and enhances safety for all, says Oliveira.

**If you discover a piece of equipment that is not working properly or broken, please refrain from using it and fill out the online maintenance requisition form, available under the forms section of the intranet, for follow-up and corrective action.**

For information about Accreditation or this required organizational practice (ROP), visit the Accreditation section of the intranet or send an email to [accreditation@baycrest.org](mailto:accreditation@baycrest.org).



Jack Grexton, engineer, Building Services, in the main boiler area, closes off the Apotex heat circulating valve to carry out preventative maintenance to the pump. With the implementation of our new computerized management maintenance system, Facilities Services engineers will be notified when preventive maintenance work such as this needs to be done.

## CCC staff help with transition home after ALC determination

**M**orley and Elizabeth Potash are the picture of health and happiness in their home, going for daily walks around their neighbourhood and their living room filled with framed photos of their family members. Looking at Morley, it's hard to believe that just over a year ago he became extremely ill while vacationing with his wife and had to be air-lifted to Baycrest after almost two months in a Florida hospital. "He was very sick, we didn't think he'd survive," says Elizabeth. "It's really a miracle he's where he is today."

After a short time on the acute care transition unit, Morley spent seven months recuperating in our complex continuing care (CCC) unit, after which an "ALC," or alternate level of care, determination was made. This means when patients are medically stable and no longer require

the level of care provided in CCC, the care team explores a more appropriate environment to which the patient will be discharged. For some patients, this could be a long-term care facility, such as a nursing home. In Morley's case, it was to his home.

"We were ecstatic to get the news," says Elizabeth. "I felt I was ready and in a position to return home," adds Morley. Indeed, his care team had been working with him for not only a safe and speedy recovery, but also to ensure a smooth transition from Baycrest to life at home.

"The 5 East team worked collaboratively with Morley and his family to discuss his care needs and to create a discharge plan," says Lina Neves, social worker, 5 East. "All the team members

Some of the 5 East team with Morley Potash (front, centre) on September 27, 2010, the day of his discharge. Today, he continues to take care of his health at home with his wife, Elizabeth (fourth from right).



followed up before and after his discharge to make sure Morley was comfortable and that all of the community supports outlined in the plan were in place.”

Morley’s physiotherapist helped him go from wheelchair to walker to walking on his own. His dietitian helped him transition from being on a feeding tube for four months to eating solid food again. The occupational therapist made a home visit to ensure his environment was safe. The social worker took care of details, signing Morley up for the post-discharge, 12-week Day Treatment Program, even arranging for Wheel Trans so that Morley could get to Baycrest to attend the program. “I received excellent care from everyone on my floor, and they were, most importantly, capable, and conscientious and caring.”

The care team is there every step of the way for patients transitioning to long-term care (LTC) facilities as well. “The change and upheaval of routines worries many families when broached about a move to LTC, but the majority of our patients who have moved on have adjusted well to their new environments and live a less medicalized life where they are able to form new relationships in a more home-like environment,” says Lois Bloch, social worker, 6 East.

In fact, because there are so many different disciplines involved in the care and discharge of a CCC patient, a working group was created to develop guiding standards, a discharge readiness indicator reference tool and a consistent process around the management of ALC clients.

For their work, the interprofessional team, made up of staff representing medicine, nursing, occupational therapy, physiotherapy, speech language pathology, social work as well as the Community Care Access Centre co-coordinator, clinical information specialist, ethicist and clinical managers, won the Advancing Interprofessional Collaboration annual award at the January 27 Annual Recognition Ceremony. The team was nominated by Mary Lou Ip, program director, Complex Continuing Care/Palliative Care, and Dr. Thirumagal Yogaparan, medical program director, CCC.

Today, Morley and Elizabeth are grateful to be at home and to Baycrest for the care he received. “When I was discharged, everyone gathered around the nursing station to get a photo with me. They were so happy for me. They’re a really great group of people,” says Morley.

## Insights into Aging 101

A course for the general public

Deadline for registration: April 26

Tuition: \$135 + HST

Location: Loftus Hall, main floor of Apotex

Insights into Aging 101 is a course for the general public, covering such topics as caregiving issues, successful aging, dementia, depression and navigating the health-care system. The series runs five consecutive Tuesday evenings, from May 3 to 31, 7 to 9 p.m. Our experts in aging will cover two topics per session. Participants will receive a certificate for attending the entire series.

Register online at [baycrest.org/insights](http://baycrest.org/insights) or call ext. 2363.

## Celebrating Passover at Baycrest

**P**esach, or Passover, is one of the most widely celebrated Jewish holidays. First of the three major festivals (Shavuot and Sukkot the other two), it marks the ancient Israelites' liberation from slavery and their exodus from Egypt around 3,000 years ago. Pesach is Hebrew for "passing over," referring to the fact that God "passed over" the houses of the Jews while afflicting Egypt with the tenth plague. Hence, the name of the festival is Pesach or Passover.

This year, Passover begins at sunset on April 18, with celebrations continuing through to the evening of April 26. Jews commemorate the week-long holiday with special prayer services and holiday meals. Jews who adhere to dietary laws rid their homes of all leavened bread, called chametz, before Passover begins in remembrance of the fact that the Jews leaving Egypt were in a hurry, and did not have time to let their bread rise.

The first two nights of Passover are spent in Seder, or feasting, with special foods linked to the bitterness of slavery and the sweetness of freedom; matzah (flat unleavened bread); and reading the Haggadah, a text that tells the story of the Exodus from Egypt and contains prayers, readings from the Torah, instructions for the Seder and sometimes songs.

### Passover events

#### Model Seder

Friday, April 15, doors open at 3:30 p.m., start time 4:30 p.m., Wortsman Hall. Tickets are \$45 a person and \$27 for children 12 and under

#### Traditional Seder

Monday, April 18, doors open at 5 p.m., start time 6 p.m., Winter Garden Court. Tickets are \$45 a person and \$27 for children 12 and under.

#### JHA Family Dinner program

Thursday, April 21, doors open at 5 p.m., start time 6 p.m., Winter Garden Court. Tickets are \$40 a person and \$15 for children 12 and under.

You can buy your tickets for these events until April 13 at the Finance Department, located on the second floor of the hospital, or call ext. 2659.



## Toronto hosts International Conference of Alzheimer’s Disease International, March 26 to 29



Members from the Taiwan Alzheimer’s Disease Association with Dr. Bill Reichman (centre), president and CEO, and Nancy Webb (right), vice-president, Strategic Advancement and Stakeholder Relations. In town for the International Conference of Alzheimer’s Disease International, the delegation visited Baycrest on March 24 to learn about best practices in dementia care.

Left to right: Marc Wortmann, executive director, Alzheimer’s Disease International (ADI); Dr. Daisy Acosta, chair of Board, ADI; sociologist and photographer Cathy Greenblat and Dr. Bill Reichman at the launch of Greenblat’s photography exhibit, Celebrating Life, at the Water Cooler on March 29. The exhibit will be at Baycrest until May 31 as part of the Scotiabank Contact Photography Festival.



### Calling all jazz lovers

Come out to **Jazz for Juniors and Spirited Seniors**, an intergenerational community event, to listen to great music and meet your neighbours of all ages and backgrounds. Cool cats, from 2 to 102, are invited to the Winter Garden Court on Thursday April 14, from 6:30 to 7:30 p.m. For more information, contact Melissa Cohen, Culture and Heritage administrative co-ordinator, at ext. 2705.

Staff in 3D

# Seeing Shelah Brooks through another lens

Fish eye, macro or prime? Come to the Water Cooler area, on the main floor by the WA Cafe, where we take a look at April’s featured Staff in 3D, transportation secretary Shelah Brooks, through a different lens.

**Staff in 3D** is a dynamic photo display that showcases the various and fascinating hobbies and interests of our staff. That’s you! So, come on, let us know about that marathon you’ve been training for, that awesome organization you’ve been volunteering at, or the gourmet cooking lessons you’ve been taking. Whatever your interest or specialty outside of work, help us get to know you better by sharing your story. Contact Kelly Connelly in Public Affairs at ext. 2432.



## Announcements

Congratulations to **Marcia Sokolowski**, co-director, Ethics, on her recent appointment as assistant professor in the Department of Medicine at the University of Toronto Faculty of Medicine. It is a status-only appointment made “to individuals who are deemed qualified to make a significant contribution to the educational and research activities of the department.” Sokolowski’s clinical, teaching and research interests, which earned her the appointment, include advance care planning, interprofessional collaboration, narrative medicine

and neuroethics within the context of geriatric palliative, long-term and complex continuing care settings.

Farewell to **Rachel Heft**, clinical manager, CCC program, who will leaving Baycrest on April 14 to pursue a career opportunity in the private sector. Heft joined Baycrest in 2008 as unit director for Apotex 2, then moved to the CCC leadership team in 2009.

## One-of-a-kind creative arts sale

You’re invited to the Terraces of Baycrest for its one-of-a-kind creative arts sale on April 13 and 14, from 10 a.m. to 3 p.m. Be sure to pick up a raffle ticket for your chance to win a hand-knit

afghan, a doll with hand-knit outfit or a ceramic fruit bowl. Tickets are one for \$2 or three for \$5, and are available at the Creative Arts Studio, Terraces/Wagman Centre and at the sale.