

Baycrest Matters

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

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Baycrest is an academic health sciences centre fully affiliated with the University of Toronto

Dance takes centre stage

A group of performers called *The Dance Exchange* brought the beauty of dance to Baycrest in June with surprise shows across the campus, even in the hospital's basement laundry room. The visit was organized by the Department of Culture, Arts and Innovation, as part of its work to integrate the arts into care.

The Washington-based dancers gave performances and held interdisciplinary staff workshops. One session invited clients to create expressive dances in which each movement was based on a memory of a favourite place.

“Whether as a learning tool for students, a professional development tool for staff or frontline care intervention for clients, we know that the arts, and dance in particular, have



◀ Sara Chaiton, (left), a resident of The Terraces of Baycrest Retirement Residence partnered with Cassie from *The Dance Exchange* in a mirroring exercise.

the ability to tap into places where deeper thoughts and emotions reside,” says Melissa Tafler, coordinator and clinical educator, Arts in Health Program.

The week-long visit culminated in a dance showcase in the Winter Garden Court.

Baycrest experts consult on dementia care in the United Arab Emirates

Baycrest expertise is helping to shape the development of a new dementia care system in the United Arab Emirates. Two Baycrest experts travelled to Abu Dhabi in May to conduct an assessment of dementia care

services in the capital city and make recommendations for enhancements.

The trip was the result of an agreement between Baycrest Global Solutions (BGS), Baycrest's commercial arm, and

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Baycrest

www.baycrest.org

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Baycrest experts consult on dementia care in the United Arab Emirates ...continued

the Abu Dhabi Health Services Company (SEHA), the public company that manages healthcare in Abu Dhabi.

Dr. Andrea Moser, associate medical director for the Apotex Centre, Jewish Home for the Aged, Dr. Dmytro Rewilak, psychologist, Neuropsychology and Cognitive Health Program, and Zubin Kapadia, executive vice president, BGS, spent three days meeting with healthcare providers and stakeholders to make recommendations on education, clinical services and public awareness programs.

“In working on this project we had the opportunity to learn about Abu Dhabi, its healthcare system, social structure and the needs of the population from the people who work in healthcare,” said Dr. Moser. “Based on all the information we gathered, we’ve made recommendations on programs that meet these needs and can be developed, implemented and evaluated.”



▲ Dr. Andrea Moser (left) and Dr. Dmytro Rewilak travelled to Abu Dhabi in May to consult on dementia care.

Kapadia added that “SEHA officials are keen to advance healthcare indicators across the spectrum and dementia is one of the diseases on their radar. We are very fortunate to have had this opportunity and believe it is a first step towards a long-term relationship with the Emirate of Abu Dhabi.”

Website for children of early-onset dementia patients now a multilingual resource

When Dementia is in the House, an online resource providing support to children dealing with an early-onset dementia diagnosis in a parent, is newly available in French and Chinese. Inspired by the families of her own patients, Dr. Tiffany Chow, a behavioural neurologist at Baycrest’s Sam and Ida Ross Memory Clinic, developed the website to help children who are overwhelmed with anger, confusion and frustration at the drastic behavioural changes in their parent.

Originally launched in 2011, Dr. Chow worked on the website in partnership with a Hawaii-based writer whose husband developed early-onset dementia while they were still raising a young family. The English version, accessed

thousands of times so far, has already been an important coping tool for teens. Dr. Chow says that the sustained numbers of viewers on the site shows just “how important these messages are.”

Dr. Howard Chertkow, a Montreal-based expert in Alzheimer’s disease and co-founder and director of the Jewish General Hospital and McGill Memory Clinic offered to fund the translation of the site to French, to better serve French speakers in Canada and abroad. Dr. Chow also partnered with Dr. Andrew Law, a Hong Kong-based specialist in psychiatry, to translate the site for Chinese-speaking communities. To access the site, visit <http://lifeandminds.ca/whendementiaisinthehouse/>

New equipment helps speech-language pathologists scope out swallowing disorders

Speech-language pathologists (SLPs) at Baycrest will soon have a new tool to help them evaluate swallowing disorders in clients. Baycrest is now one of only three hospitals in Toronto equipped to offer an assessment that uses a tiny camera called a fiber optic endoscope to give SLPs a close-up view of what’s happening in the client’s throat during swallowing.

According to Lisa Sokoloff, manager and professional practice chief, Speech Language Pathology, the new equipment is an important additional tool for Baycrest SLPs. “There are a number of conditions in the geriatric population that can affect swallowing, including stroke, Parkinson’s disease and dementias,” she says.

“We’ll be able to use this method of instrumental assessment in conjunction with the swallowing x-rays



◀ Catherine Low, an SLP, learned to use the new fiber optic endoscope with the instruction of Dr. Joe Murray, chief of Audiology and Speech Pathology services at the VA Ann Arbor Healthcare System in Ann Arbor, Michigan.

we currently use. Some patients may benefit from both assessments while others will benefit more from one than the other. Being able to offer both will enhance our practice and the service we deliver to our clients.”

Baycrest Speech Language Pathology will utilize the assessment in partnership with the Ear Nose and Throat Clinic. Speech-language pathologists received training in early July and will start using the new tool by the fall.

Gear up for the Barrie 2 Baycrest charity ride

The Barrie 2 Baycrest (B2B) bicycle ride is an annual fundraising event supporting Therapeutic Fitness and programming at Baycrest. Established in 1995 by long-time friends of Baycrest Stan Feldman, Susan Feldman, Larry Saltsman and Michelle Lavine, the ride, now in its 19th year, has raised more than \$10 million.

This year, a team of Baycrest staff members are gearing up to take on the ride on September 7, and training will be a challenging adventure with multiple benefits.

“As a nurse, I have always appreciated the need for physical activity in my life. It is a time to reflect on things and to improve both my physical and emotional well-being,” says Carol Anderson, member of the Baycrest Wheelers cycling team and vice-president, Clinical Programs and Chief Nursing Executive.

Anderson says she and her teammates Aysha Bandali, Amy Davignon, Anne Marie Shin, Cynthia Thibeault, Angela Uy and Rachel Gavendo are motivated knowing that by achieving their goal, they will also be contributing to the well-being of clients.



“I am riding in B2B to raise funds that will help support the incorporation of physical activity into the lives of our clients. Improving an individual’s overall health happens when we connect activity and healthy living to a healthy mind,” she says.

To register, sponsor a team or learn more about Barrie 2 Baycrest, visit www.baycrest.org/b2b or contact Victoria Ferguson, event specialist, Baycrest Foundation, at 416-785-2500, ext. 3827.

Staff announcements

Best wishes to Beverly Adler, senior social worker, Seniors Counselling and Referral, who is retiring after 40 years of dedicated service at Baycrest. Bev has assisted thousands of clients and families as they face the challenges of aging. She is acknowledged for her dedication, compassion and perseverance in finding solutions for families in crisis. Bev is the most supportive and enabling of supervisors and has inspired many of her colleagues.

Best wishes to Peggy Arden, senior social worker, Inpatient Rehabilitation, who is retiring after 34 years of comprehensive social work services at Baycrest. Peggy's skills have assisted patients and families on the rehab unit through application, inpatient stay and discharge. She has mentored countless social work students as they embark on their own successful careers. Peggy is recognized for her contributions to the team and to the social work profession.

A warm welcome to Shoshana Helfenbaum who joins Baycrest's Centre for Learning, Research and Innovation in Long-Term Care as an interprofessional educator. A geriatric social worker with 20 years'

experience as a clinician and psychotherapist, Shoshana holds degrees in social work and developmental psychology and a diploma in gerontology. Her first day was May 20.

A warm welcome to Khem Persaud, who joins Baycrest as manager, Ambulatory Medical Speciality Clinics. Khem holds over 20 years of nursing experience including seven years as a clinical manager in acute care hospitals across Ontario. She holds a Master's degree in nursing which is complemented by continuing programs at the University of Toronto's Rotman School of Management. Khem's first day was June 16.

A warm welcome to Ron Saporta who joins Baycrest in the role of executive director, Redevelopment and Support Services. Ron holds a Master's degree in civil engineering and a Master's of business administration, and comes to us with over 10 years of experience in the leadership of redevelopment, facilities and support services areas. Most recently he has worked at Mount Sinai Hospital and St. Michael's Hospital. Ron's first day was June 25.

Learn something new this summer

The Rotman Research Institute is celebrating its 25th anniversary with a year-long series of "Brain Talks," designed to make neuroscience accessible for the general public. All are welcome.

What's the big deal about big data?

Presented by Stephen Strother
Wednesday, July 30 - 11 a.m. to noon
Winter Garden Court

Brain imaging technologies are giving researchers more data than ever before on how the human brain works. Dr. Stephen Strother and his team will discuss how they analyze data and help scientists understand brain function so they can pioneer effective treatments of disorders such as dementia and stroke.

The people around us: A staff feature Tehila Tewel



Meet one of the friendly faces of Baycrest: Tehila Tewel, coordinator, Volunteer Services. Since joining Baycrest three years ago, Tehila's role has grown to comprise specialized volunteer programs, including Eating Assistance and Palliative Care. Last fall, Tehila began serving as the non-union representative on the Joint Occupational Health and Safety Committee.

As part of one of the most vibrant groups at Baycrest, Tehila credits her teammates for the warm, fluid and cheerful atmosphere so characteristic of the Volunteer Services Department. "Everyone talks about the happy vibe in our office, and it's something I value in my job here too," Tehila says. "It helps me feel positive and supported."

Outside of work, Tehila is a volunteer herself, offering friendship and assistance to terminally ill children and their families. Once a week, she can be found spending

the night at the hospital bedside of a two-year-old boy. Tehila's presence allows the boy's parents some respite and makes time for their other children. "I like volunteering with this group because they take a well-rounded approach and support family members around the children too."

With the time she has to herself, Tehila enjoys being a sightseer in her own city of Toronto, frequently taking in the flair of the Queen West, Kensington Market and Queen's Quay areas with her friends and family. She has often taken in the sights from the seat of a Vespa motor scooter, which she rents a few times a year.

Where to catch her: Say hello to Tehila in the Apotex Centre and hospital where she trains, oversees and assists volunteers in the Eating Assistance Program and Palliative Care Unit.