

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

Celebrating summer with family, friends, food and music



Residents of the Apotex enjoyed a summer barbecue on August 7. Although the gloomy weather outside moved the celebration inside to the Winter Garden, the Hawaiian Luau theme provided a bright and festive atmosphere.

Moselle Berger and her granddaughter, Susan Wakefield, got into the spirit of the event with colourful leis. A performance by musical duo Paper Moon entertained guests as they enjoyed hotdogs and hamburgers. The summer barbecue is an annual event for residents organized by Therapeutic Recreation.

Back to school: It's not just for the grandkids anymore

This fall, seniors in the Baycrest community will have the option of going back to school at Baycrest's new Learning Academy for Older Adults.

"Life-long learning is such an important part of keeping the brain active and healthy as we age," says Bianca Stern, director, Culture Arts and Innovation. "We created the Learning Academy to offer adults 60 and older stimulating university-level courses taught by professors who are experts in their respective fields. The students will delve deeply into topics of interest to them."

Freda Rubenstein participated in a pilot version of the Learning Academy earlier this year. Rubenstein took a course on Jewish composers. "I'm very much interested in Jewish culture," she says. "I really enjoyed it."

Due to the overwhelming success of last spring's pilot project, the program has been expanded to two different programs. One set of courses is offered on the main campus for residents of the Apotex Centre, Jewish Home for the Aged and patients in the hospital. Another set of courses will take place at the Joseph E. and Minnie

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Baycrest

Innovations in aging

www.baycrest.org

Baycrest Matters is published every second Wednesday by the Public Affairs Department. Send your feedback or submissions to Jessica Lee, editor, or Steph Parrott, contributing writer, at baycrestmatters@baycrest.org or call 416-785-2500 ext. 3590. All submissions will be edited for style, grammar, readability and length. The deadline for submissions is two Wednesdays prior to the publication date.

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Wagman Centre for seniors living in the community, including residents of the Terraces of Baycrest.

The program was made possible through a partnership with the G. Raymond Chang School of Continuing Education at Ryerson University, who are providing experienced educators to lead the courses.

This fall's course calendar offers many stimulating topics to choose from, including Jewish studies courses that examine the contributions of Jews to Broadway and American cinema. Other courses invite students to learn to see the theatre through the eyes of a critic; follow the evolution of the fashion industry in the 20th century; or investigate what drives adventure travellers to explore the natural world.

Registration is open now!

All classes take place once per week but vary from four to eight weeks duration. There is a fee for the community courses. Fees start at \$25 per course for the four-week courses. (See the sidebar for a full list of courses)

Courses for residents of the Apotex and patients of the hospital (no charge)

Jewish Roots of Broadway

Mondays, 3 to 4:30 p.m., starting September 30 (eight weeks)

High Adventure Travellers

Wednesdays, 3 to 4:30 p.m., starting October 2 (four weeks)

Great Jewish Violinists

Wednesdays, 3 to 4:30 p.m., starting October 30 (four weeks)

Courses open to seniors in the community

Taste of Theatre

Tuesdays, 2 to 4 p.m., starting October 1 (four weeks)

Fashion Gods and Goddesses

Tuesdays, 2 to 4 p.m., starting November 5 (four weeks)

Jewish Cinema

Wednesdays, 2 to 4 p.m., starting October 9 (six weeks)

Klezmer Music

Thursdays, 2 to 4 p.m. starting October 3 (four weeks)

Great Jewish Violinists

Thursdays, 2 to 4 p.m., starting October 31 (four weeks)

For more information, including course descriptions, visit www.baycrest.org/learningacademy or contact Laura Hogan at lhogan@baycrest.org or 416-785-2500 ext. 5209.

Baycrest at Nuit Blanche



Baycrest is bringing together art and science in *My Virtual Dream*, an interactive installation at this year's *Scotiabank Nuit Blanche*, an all-night contemporary art show in downtown Toronto.

Using the power of the Virtual Brain, a computer model of the human brain developed at the Rotman Research Institute, the *My Virtual Dream* art exhibit will interpret participants' brain waves to generate a panorama of images, animations, light and sound accompanied by live music— all inside a 60-foot dome.

My Virtual Dream will be located at the corner of College St. and University Ave. on **October 5 from 6:52 p.m. to October 6, at 6:52 a.m.**

Be part of the dream

Be a dreamer. Each dreamer will join 19 other participants for a 30-minute session during *Nuit Blanche*. Collectively, the 20 participants' brain signals will be transmitted by wireless headsets to the Virtual Brain, co-creating the live art exhibit. The technology behind *My Virtual Dream* is being developed for future use in better therapies for brain health. Participants will be contributing data to this exciting area of brain science. To participate as a dreamer, email myvirtualdream@research.baycrest.org.

Volunteer. Help make *My Virtual Dream* a success by signing up for a volunteer shift during *Nuit Blanche*.

Join us as a spectator at the event. For more information on *My Virtual Dream* visit www.myvirtualdream.ca.

Help us spread the word on twitter @MyVirtualDream and www.facebook.com/myvirtualdream2013.

Hospital to introduce enhanced team lead RN role

Since August, 17 registered nurses in the hospital have been training for an enhanced leadership role.

Nurses who work day shifts as part of their rotation on 3 East, 5 East, 5 West, 6 East and 6 West will take turns stepping into this team lead role on six-month rotations starting this fall.

“As a learning organization that is committed to the growth and development of our staff, this role will provide the opportunity for registered nurses to further their leadership knowledge and skills in enhancing care coordination and client centeredness,” says Mary Lou Ip, director of care, inpatient, complex and specialized geriatrics.

Day-to-day activities for team leads will include unit activity coordination, assisting with patient assignment development and serving as a clinical resource to promote effective decision making.

Petrolina Gerome, a registered nurse on 5 West, says she found the training “very interesting,” particularly when it came to the subjects of effective communication and conflict management techniques. Through in-depth dialogue and case studies, participants also learned about the concept of leadership and giving and receiving feedback, coaching and mentoring. “Everyone can be a leader in their own capacity,” says Gerome.

Yolanka Goodman, a registered nurse of 5 East has also received the team lead training. “I’m looking forward to moving ahead with this role,” she says.

Patients and families with questions about the new team lead roles are invited to attend unit council meetings on the respective units in September. Check the Family Information board on your floor for more details.

Wellness Program

Live well. Work well. Be well.

Balancing work and life: An Employee Assistance Program (EAP) wellness seminar

Do you feel burdened with too many responsibilities and without enough time for personal enjoyment? Join Organizational Effectiveness on **Wednesday, September 18 from 1 to 2 p.m. in classrooms ABC** for a workshop that will help participants identify the components of a balanced lifestyle:

- Understand how notions of balance have changed over time in your life and historically
- Identify the relationship between stress and balance
- Describe the role of prioritization, limit setting and time management to balancing work and life
- Identify a personalized action plan to achieve balance in your life

Participants will create personal balance diagrams and action plans geared towards attaining work and life balance so they can achieve more in their careers and at home.

For more information or to register, contact Paul Smits, coordinator, Wellness Program at psmits@baycrest.org or at ext. 5186.

May the coming year bring joy and happiness for you and your dear ones.

The spiritual challenges of the High Holy Day season can be a daunting task. Their celebration and commemoration invoke a mixture of anticipation and anxiety, self-evaluation and enjoyment. These days are devoted to the most fundamental questions about what it means to be human, about the meaning of life, and about the tension between intentions and actions.

The yamim nora'im (Days of Awe) open many possibilities for renewal. Each year we hope to recognize the blessings and challenges met in the year gone by. We pray for the strength, courage and wisdom to enter the New Year and face the unknown. On Rosh HaShanah (New Year), we are more sensitive to the random nature of the universe, which sometimes

brings tragedy and sorrow. Yom Kippur (Day of Atonement) provides the opportunity to begin anew, to strengthen relationships and to repair those that were broken.

As the New Year begins, may we open ourselves to the potential to growth and development. May the coming year bring goodness, blessings of well-being, prosperity, joy and happiness for you and your dear ones.

Faithfully,
Rabbi Dr. Geoffrey Haber, Director
 Department of Spiritual Care

Celebrating Sukkot

Five days after Yom Kippur, the holy day of Sukkot begins. This year the eve of Sukkot falls on Wednesday, September 18, and continues on September 19 and 20.

In the Bible, Sukkot is called the "Festival of Booths" (or Tabernacles), and the "Festival of Ingathering" of the fall harvest. The Sukkah, which we build, means booth or hut and refers to the temporary shelter in which the Israelites lived while wandering across the desert and also in which farmers would dwell during the harvest. Sukkot is both a harvest festival and one of the holidays in which we commemorate the liberation of the Jewish people from slavery in Egypt.

At Baycrest, The Max and Sala Walerstein Family Sukkah is built each year in the West courtyard of the Apotex Centre, Jewish Home for the Aged. Everyone is invited to come and view this symbol of Jewish tradition and Sukkah visits will be scheduled for clients. Check the recreation schedule on your floor for details.

A community Sukkah will be built in the courtyard of the W.A. Café. Family members, staff, and the community can eat a kosher lunch in the community Sukkah.

Sukkot services

Traditional services in Wortsman Hall

Thursday, September 19, 9 a.m.

Friday, September 20, 9 a.m.

Liberal services in the Winter Garden Court

Thursday, September 19, 2 p.m.

L'Shanah Tovah



The Baycrest Foundation wishes you and your family a sweet New Year filled with good health, well-being and happiness.

With your support, Baycrest is leading the aging and brain health movement.

Connect with us.

baycrest.org



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