

# 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

## New heritage plaque tells the story of Baycrest



◀ The story of Baycrest, from its beginning as the Jewish Old Folks Home will soon be on view on a new Heritage Toronto plaque that will be installed on the Bathurst Street side of our campus. On May 28, members of our community gathered in the Silverman Garden for a plaque dedication ceremony. On hand for the event were (left to right) Dr. Bill Reichman, president and CEO; councillor Josh Colle, Ward 15; Edwin Goldstein, honorary board member, Baycrest Foundation and board member, Ontario Jewish Archives; Brent Pearlman, board member, Heritage Toronto; and Rene Khalafian, branch manager, Scotiabank (Bathurst and Eglinton).

## Baycrest memory experts create “thermometer for the mind”

**B**aycrest’s memory experts have developed a free online brain health test that will help those in the 50 to 79 age bracket put their worries about memory changes to rest.

“Our aim with the brain health test is to reassure the worried-well and nudge that small percentage of people who do have serious memory issues to discuss their concerns with a doctor,” says Dr. Angela Troyer, program director of Neuropsychology and Cognitive Health, and a lead member of the research team that developed the test.

The Rotman Research Institute’s clinical neuropsychologists joined with its cognitive scientists to develop the tool, and recruited

300 adults for lab testing ahead of the tool’s launch. While the brain health test is not a clinical diagnosis, it acts as a “thermometer for the mind” that can help determine whether or not memory concerns should be discussed with a doctor.

The test is marketed by Cogniciti Inc., a for-profit brain health solutions company co-founded by Baycrest and MaRS Discovery District. The development of Cogniciti was supported in part by funding to Baycrest through the Ontario Brain Institute from the Technology Development Program of the Federal Economic Development Agency for Southern Ontario.

To take the Cogniciti brain health test, visit the Baycrest homepage at [www.baycrest.org](http://www.baycrest.org).

**Baycrest**

Innovations in aging

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

Baycrest Matters is published every second Wednesday by the Marketing and Communications Department. Send your feedback or submissions to Jessica Lee or Steph Parrott, co-editors, at [baycrestmatters@baycrest.org](mailto: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.

# First Toni Balatinecz Memorial lecturer presents innovations in brain injury treatment

Is LED light the next breakthrough in treating brain injuries? Scientists, post-doctoral fellows, students and staff of Baycrest and other Toronto academic institutes and hospitals learned about this promising area of research at Baycrest’s first annual Toni Balatinecz Memorial Lecture on May 7.

Attendees filled the Jacob Family Theatre at the Abe Posluns Auditorium for the talk presented by Dr. Margaret A. Naeser, research professor of Neurology at the Boston University School of Medicine.

Dr. Naeser’s research has shown that LED therapy is effective in improving cognitive function in individuals with traumatic brain injury. The treatment can also improve language in individuals who have aphasia, a disorder resulting

from injury to the part of the brain that processes language.

Dr. Naeser is a pioneer in research on aphasia and her presentation was a fitting tribute to the late Toni Balatinecz who had a severe form of the disorder. The annual Toni Balatinecz Memorial Lecture is supported by the Toni & John Balatinecz Fund, established by Toni’s husband John.

“We are deeply grateful to John Balatinecz for this gift to establish an annual lecture series,” says Dr. Randy McIntosh, vice president, Research, and director, Rotman Research Institute. “His generosity provided the opportunity for our community to gain fundamental insights into innovations in brain health and supported our knowledge-sharing goals.”

## Celebrating service milestones



Staff members from across the organization gathered on May 28 at Baycrest’s annual Staff Service Recognition Luncheon recognizing staff who reached years-of-service milestones or retired from Baycrest in 2013.

Among the attendees was Agnes Guglielmi (pictured), a registered nurse on Apotex 4 who celebrated 40 years of service.

Long-time service to Baycrest runs in Guglielmi’s family. Her mother, an aunt and an uncle all worked here for more

than 20 years. Guglielmi says as a young child she often visited her mother at work. She herself started working here as a teenager in a personal support worker role and then became a registered nurse after earning her nursing diploma. During her years at Baycrest Guglielmi has continued to pursue her education, earning her nursing degree in 2003. “I always have to keep up and learn,” she says. “It’s a duty to my clients and to myself.”

Staff members are invited to the annual luncheon after every five years of service and are awarded special milestone service pins.

# Library programs have everyone talking

Baycrest’s library is made up of more than just books. Library Services is introducing new programming with a focus on storytelling, creativity and interaction.

“The library is a wonderful place for enriching the lives of residents. We aim to make it a vibrant place that facilitates lifelong learning through reading and sharing with others,” says Mary McDiarmid, manager, Library Services.

Over the past several months the library has introduced new programs both on-site in the library and on resident floors. The programming is supported by a group of dedicated volunteers.

Residents in the Apotex and patients in the hospital are invited to drop in for the new programs any time. For assistance getting to the programs, please call call the library at ext. 3374.

## New library programs

### R.E.A.D. -a- loud

Listen and read along with a classic work of poetry or prose projected on a film screen, and then participate in a lively discussion about the work.

*Starting June 17, Tuesdays from 10:30 to 11 a.m. in the Resident Library (ground floor, Apotex Centre)*

### News, views and schmooze

Discuss current events and news stories. The weekly talk will soon expand to include famous figures’ biographies and short story discussions.

*Wednesdays 3:30 to 4:15 p.m. Apotex 3, recreation room*

### Take a book, leave a book

Mini library shelves on each Apotex and hospital floor ensure that residents who have missed the weekly library book cart and are unable to visit the library in person always have access to books. Look for the bookshelves in lounges, recreation rooms and TV areas.

## Memorial service: A celebration of life of Baycrest clients

All staff, volunteers, clients and families are invited to attend a semi-annual memorial service to remember and reflect on the lives of Baycrest clients.

**Thursday, June 12  
2 to 3:15 p.m.  
Wortsman Hall**

Light refreshments will follow the memorial service. For more information contact Kris Kirsch-Stivrins, senior social worker, at ext. 2326.

## Baycrest Residents’ Council welcomes new chair



▲ Outgoing chair Millie Klagsbrun (left) passed the torch to newly elected chair Ron Burrows at a meeting of the Residents’ Council for the Apotex Centre, Jewish Home for the Aged. The Council meets on the third Tuesday of every month from 2:30 to 3:30 p.m. in Loftus Hall (ground floor, Apotex Centre). Residents interested in joining the council can speak to the Therapeutic Recreation staff on their floors to sign up.

# Palliative Care staff recognized through Gift of Thanks Program

On May 7 staff and volunteers of the hospital 6 West Palliative Care Unit were recognized by an anonymous donor for the exceptional compassion and care shown towards the donor’s mother and husband, both of whom received care on the unit recently.

With a donation through the Gift of Thanks Program, Baycrest clients and visitors can say thank you to the doctors, nurses, clinicians, support workers and volunteers who make an impact on their lives. Individuals who are honoured receive a thank-you card with a personalized message and celebratory pin – to wear with pride – in recognition of their care. Congratulations to the 6 West team!



Members of the 6 West Palliative Care team display their Gift of Thanks recognition cards and pins.

To learn more about the Gift of Thanks Program, contact Cara Williams, direct marketing specialist, at ext. 2057 or at [cwilliams@baycrest.org](mailto:cwilliams@baycrest.org)

## The people around us: A staff feature

### Bernie Cohen



Meet one of the friendly faces of Baycrest: Bernie Cohen, team leader, Emergency Management and Security. After 35 years with Baycrest, Bernie’s had the pleasure of knowing many clients and he says this will never change as the most cherished part of his job.

“Everyone has a unique story but in the end we all respond to companionship, interaction and protection,” says Bernie. “And that’s where I can make a difference for our clients.”

At home in Thornhill, Bernie and his wife and their 15-year-old daughter Kaylin are a close-knit family. Year-round, the trio enjoys cottage life and spends many weekends

vacationing in the Lake St. Peter area near Bancroft, Ontario.

Taking time away from the dynamic and energetic workweek is important to Bernie, who says the change in environment helps him keep a fresh view on work and life in general. “There’s a palpable sense of peace to get away and be near the water.”

“It’s healthy to separate from routine. It always reminds me to build memories, not regrets in life.”

Where to catch him: Say a warm hello to Bernie the next you see him patrolling the corridors across the Baycrest campus.