PSWs and residents get active

Residents on the second floor of the Apotex Centre, Jewish Home for the Aged are enjoying a new way to stay active in chair fitness classes facilitated by Personal Support Workers (PSWs) and Therapeutic Recreation.

Mara Swartz, recreation therapist, Apotex 2 says this is the first time PSWs have facilitated an exercise program on the units. Swartz, along with Kelly Rose, a recreationist, developed the program, trained PSWs to lead it, and are providing ongoing guidance.

“I think it’s a good opportunity for staff to work with residents in a new way and to think about a holistic approach to care,” says Swartz. “Keeping active is so important for seniors to maintain their mobility and independence and avoid falls. With this program and another in the recreation room, we’re now offering fitness classes on the floor four days per week. ”

Lloyd Thompson, a PSW, says she’s enjoying the new opportunity. “I know the residents look forward to it,” she says. “It’s very relaxing for us to lead the classes and take our minds off usual routines.” Lisa Marcovici, unit director, says all unit staff are encouraged to join in. “It’s a wellness opportunity for everyone,” she says.

Bat mitzvah class visits with residents in Creative Arts Studio

Bette Risen, a resident of the Apotex Centre, Jewish Home for the Aged and a student work together in the Creative Arts Studio as part of a special bat mitzvah program with Shaarei Shomayim Synagogue. Each year the class spends an evening with residents in the studio. This year’s program included learning about the mitzvah to honour parents and teachers. The students also served tea and cupcakes to residents and painted flower-shaped ceramic frames. “Residents love it when people from the community come in and visit,” says Brenda Gasner Lass, creative arts specialist. “It’s also a wonderful opportunity for kids to interact with and learn from elders.”
In this, the second of three articles about the new Research Strategic Plan for 2013-2018, we're focusing on the second strategic goal: Increase our clinical and scientific capacity to understand and impact human brain function in real-world environments, and to translate discoveries into new prevention and treatment strategies.

Are you interested in testing a new idea or evaluating clinical outcomes? The Kunin-Lunenfeld Applied and Evaluative Research Unit (KLAERU) team can support you.

KLAERU is a clinical and translational research support hub that provides expertise and practical services to Baycrest clinical staff. “KLAERU supports the strategic goals of Baycrest and the Rotman Research Institute to increase our ability to develop new prevention and treatment strategies in cognitive and brain health,” says Dr. Lisa Goos, director, Research Innovation and Translation. “Supporting clinicians who wish to conduct research ensures Baycrest provides the best care based on the best evidence.”

KLAERU provides assistance with research design, project management; statistics and epidemiology expertise; data management and storage advice; and expertise through the Office of Research Participation and Ethics.

Do you have an idea for a research study?

Learn more about how KLAERU can help by contacting Rosanne Aleong, senior project manager, at ext. 2905 or raleong@research.baycrest.org. Discuss your idea for a research study with Shafagh Fallah, biostatistician, on Mondays from 1 to 2 p.m. in room 704, BHC, or at ext. 5531 or sfallah@research.baycrest.org.

KLAERU and Baycrest Library Services will be holding an education session called “Turning Your Idea into a Research Topic” on January 23, from 10 a.m. to noon in room BE06, Apotex. To register, contact Mary McDiarmid, manager, Library Services at ext. 2353 or mmcdiarmid@baycrest.org.

Best Practice Spotlight Organization update

Clinical skills days focus on changes in client condition

Melanie Rasing, registered nurse, 7 East holds her response card ready to answer a quiz question during an interactive segment of Nursing Clinical Skills day. The sessions are organized by the advanced practice leaders to ensure nursing staff are given an opportunity to get up-to-date information on best practice guidelines, policy changes and new initiatives at Baycrest.

The theme for this year’s fall sessions, held in October and November, was ‘Assessing and Managing Changes in Client Condition’, with an emphasis on topics relevant to Baycrest’s Best Practice Spotlight Organization (BPSO) initiative. Some of the topics included constipation, pneumonia, dehydration and delirium. Participants were also introduced to the new INTERACT (Interventions to Reduce Acute Care Transfers) quality improvement program currently being piloted in the Apotex Centre, Jewish Home for the Aged.

The next clinical skills days sessions will be held February 26, March 5 and 26, 2014. To register, please contact Alison Corcoran, at ext. 3826 or acorcoran@baycrest.org.
Surveys help improve client care

Listening to the voices of those we care for is one way to help us achieve excellence in the care and services we provide. This year, Baycrest has again contracted with NRC Picker, a highly regarded national research corporation, to conduct satisfaction surveying on our behalf. NRC Picker has worked with the Ontario Hospital Association and frequently conducts this type of surveying within hospitals and healthcare facilities across Ontario.

During the last two weeks of January 2014, satisfaction surveys will be conducted with clients in the hospital; the Apotex Centre, Jewish Home for the Aged; and The Terraces of Baycrest Retirement Residence. Responses are strictly confidential – no individual will be identified – and participation is voluntary. There will be three methods to surveying:

- NRC Picker staff to conduct one-on-one interviews with:
  - ✅ Apotex Centre clients
  - ✅ Baycrest Hospital: Complex Continuing Care clients

- NRC Picker staff to hand-deliver surveys to:
  - ✅ Terraces of Baycrest clients

- NRC Picker to send surveys via mail to:
  - ✅ Family members of Apotex Centre, Complex Continuing Care and Terraces of Baycrest clients

For more information, contact Leyla Rzayeva, Policy & Procedure coordinator at ext. 6500 or lrzayeva@baycrest.org or Elaine Miller, Quality & Safety partner at ext. 3486 or emiller@baycrest.org.

Chess tournament brings together Apotex community

Dr. Bill Reichman, president and CEO (top, right), sits down at the chess board with Jacob Katz, a resident of the Apotex Centre, Jewish Home for the Aged (top, left). With the help of Jennypher Ashby, recreationist and Tina Hercules, recreation therapist, Katz recently organized the sixth annual Katz’s Family Chess Tournament, which is open to all members of the Baycrest community.

Each year the tournament attracts new family members, staff, volunteers and residents who drop by to show their support to the participants or to join in on non-competitive games of chess, rummy q, gin rummy and checkers.

The results of this year’s match saw Katz take first place followed by Simon Detablan, PSW in second place and Harold Oppenheimer, volunteer (bottom, left) in third.
The people around us: A staff feature

Theresa Apostol

Meet one of the friendly faces of Baycrest: Theresa Apostol, housekeeping aide, Environmental Services. This will be Theresa’s seventh year with Baycrest, where she has held various roles in both the Food Services and Environmental Services departments. Although working in multiple areas, Theresa says there’s pleasure to be found wherever she goes because the culture of appreciation runs so deeply at Baycrest – there is always someone thanking Theresa for her work, and the congenial support is a great driver for her motivation.

At home in Toronto with her husband and 10-year-old daughter, Theresa says family and faith are central to her identity. Apart from attending church together, the young family enjoys taking in children’s events, and trying new cuisines and restaurants throughout the Toronto area. Travel is a favourite pastime for the trio, particularly road trips in the summer, with New York and New Jersey as the most recent destinations.

Where to catch her: Say hello to Theresa in the Brain Health Clinic, including areas on the sixth floor, staff lunch room, the Freeman Family Day Centre and the Samuel Lunenfeld Mountainview Club.

Mom and daughter team up for Baycrest seniors

Robyn Belkin, seated at the piano in Silverman Garden Court, has just finished playing a lovely nocturne (short piano solo) by Chopin, to the enjoyment of volunteer Lorraine Gardner (middle). Robyn, a poet-writer-musician and literary editor from Montreal, plays the piano for Baycrest seniors whenever she’s in Toronto visiting her mother, Toby Belkin (standing), a long-time Baycrest volunteer.