

# 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

## Your brain on speed: How the brain responds to the rush hour of life

**D**o you worry about how technology is affecting your brain health? You're not alone. Dr. Nasreen Khatri, clinical psychologist, is addressing a growing concern about the impact technology is having on our brain health, happiness and family lives in a series of lectures at the Toronto Public Library.

Her advice is not to retreat from technology, but to contemplate what role it plays in your life. "The problem is that we are relying on technology as an experience, rather than using it as a tool," says Dr. Khatri. When the use of technology replaces real-time activities such as socializing, exercising and taking care of yourself and others, it begins to have a negative impact on your brain health and happiness.

Dr. Khatri's next lecture on Wednesday, May 28 focuses on keeping your mental edge at work.



**Your brain on speed: How the brain responds to the rush hour of life**

**Working Better with Age**

**Wednesday, May 28  
6:30 to 8 p.m.  
Danforth/Coxwell Library,  
1675 Danforth Avenue**

For more information or to register, call the Toronto Public Library 416-396-8890.

## Rendezvous with science at the University of Toronto

The University of Toronto is hosting a Canada-wide science festival and Baycrest will be taking part.

The lab of Dr. Jennifer Ryan, senior scientist, Rotman Research Institute will be among the exhibitors at **Science Rendezvous**. Everyone is invited to drop by the display and participate in a short research study investigating memory and attention using eye-tracking technology.

**Science Rendezvous at the University of Toronto**

**Saturday, May 10, 11 a.m. to 5 p.m.  
100 St. George Street, Toronto, ON  
Free event, open to the public**

For more information,  
visit [www.sciencerendezvous.ca](http://www.sciencerendezvous.ca)

**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.

# Clinical and research teams unite to host new ethics series

The Rotman Research Institute and Clinical Ethics are collaborating to deliver a new curriculum on clinical and research ethics.

“Clinical ethics and research ethics are usually seen as two separate entities that don’t have much to do with each other. However, clinical and research ethics together form an umbrella of support to protect our clients during all interactions they may have with us here at Baycrest,” says Lisa Goos, director, Research Innovation and Translation. “No other hospital in the Greater Toronto Area is offering such a collaborative and innovative learning opportunity.”

The series has been developed by Roshan Guna, manager, Research Ethics and and Marcia

Sokolowski, clinical ethicist. “As we increasingly integrate research and care at Baycrest, research staff may encounter ethical dilemmas related to consent, substitute decision-making and other challenges,” says Guna. “These sessions bring research and clinical teams together to discuss the relationship between clinical care, research and the Baycrest community.”

The next talk is entitled *Research & Clinical Ethics: A client-centered approach* and is open to everyone, so join the conversation in **Loftus Hall on May 15 at noon.**

# New Meditech modules enhance client care

A collaboration between our Informatics, Nursing and Food and Nutrition Services teams has significantly enhanced Baycrest’s use of technology to provide patient care.

Meditech Magic, our electronic health record system, has been around for over 15 years. The platform is the central nervous system of clinical documentation at Baycrest and our eHealth team recently launched two new modules for the platform: Order Management and Patient Status Board.

“Clinicians now spend more time with patients, and less time navigating the system,” said Andrew Pigou, manager, Informatics and PMO, eHealth.

The benefits of the Order Management System include alerting staff to potential allergy and drug



◀ New Meditech modules have been adopted across Baycrest. “Everything is now right in front of you,” says Svitlana Pavlovysh (second from right), RN and nursing champion for the project. Along for a demonstration of the system are (from left to right) Janice Palmer-Bishop, RN, Oma John, RPN and Louise Turcotte, RN.

interactions, as well as accessing medical resources for more efficient clinical decision making. The Patient Status Board provides a central point of entry and navigation, meaning that crucial information is one click away. “It’s all in front of me now, so I can’t miss anything. It’s amazing,” said Svitlana Pavlovysh, RN and nursing champion for the project.

## National Nursing Week is May 12 to 18

National Nursing Week is May 12 to 18. This year's theme is "Nursing, a leading force for change." Baycrest is celebrating with special events for our RNs, RPNs and PSWs. It's also a great opportunity for staff, volunteers, clients and families to express their thanks to our dedicated nursing staff.

### Events at Baycrest

**"Celebration of Nursing at Baycrest" fair**  
**Monday, May 12, 1 to 3 p.m.**  
**Winter Garden Court**

The event will feature posters created for Baycrest's annual Nursing Week poster competition. This year's theme is "how nurses promote and integrate best practice evidence into care." The winning team in this year's competition will be awarded a pizza lunch.

The fair will also launch this year's call for applications for the Annual Nursing Awards. These awards provide Baycrest

nursing staff with scholarships to pursue further education and advance their nursing careers. The five awards include scholarship opportunities for PSWs, RPNs and RNs. Visit the fair for more information on the application process, eligibility requirements and the selection criteria.

**Bagel breakfast**  
**Tuesday, May 13 on units and work areas**

A Bagel breakfast will be delivered to nursing staff, including those working on later shifts. This annual tradition is sponsored by Baycrest's doctors.

## Seniors' musical theatre group brings joy to performers and audiences alike

When Yankle Gladstone moved to the Terraces of Baycrest Retirement Residence almost four years ago he says he felt he "needed to do something active." Gladstone decided to start the Terraces Musical Theatre Group.

"For some seniors, moving out of their homes can feel like life is over. We're proving it need not be that way." Leading the group has been a natural progression for Gladstone who worked with diverse Jewish communities during his career as an educator.

Now, the group he created brings joy and exuberance to Jewish holidays and festive occasions like Canada Day with lively singing, acting and dancing. Gladstone says the performances are entertaining and also educational, incorporating elements of history and literature.



◀ Yankle Gladstone leads the Terraces Musical Theatre Group.

Gladstone says the group's success is due to the members' "tremendous dedication and commitment," and he notes that they've become like a family. "We care for one another and support each other."

Gladstone is looking forward to the group's next performance at a local public school later this month.

# Candles burn bright for Yom HaShoah



On the occasion of Yom HaShoah, the Baycrest community gathered in the Winter Garden Court for a Holocaust Memorial. The service included poetry, prayer and song, in addition to a candle lighting ceremony. Six candles were lit to represent the six million Jewish men and women

who perished in the Holocaust. Café Europa member Chaim Werb (left) and Apotex resident Mendel Good (centre) lit candles with the help of Shoshana Yaakobi, social worker, in honour of all survivors. Hayley Rosen (right), recreationist, lit a candle in memory of the 1.5 million Jewish children murdered in the Holocaust.

# Offer a placement for summer youth volunteers

Each year between May and September, summer youth volunteers between the ages of 13 and 24 look for opportunities to share their organizational and administrative skills; computer and technological abilities; and artistic and musical talents at Baycrest.

This summer a member of Baycrest’s Youth Council and long-time volunteer has been hired through a grant by Service Canada to coordinate the summer youth volunteer program for the months of May and June. Nawid Sayed, a second-year medical science and business student from the Richard Ivey School of Business at the University of

Western Ontario will be coordinating and promoting the program. A Baycrest volunteer since he was 13-years-old, Sayed will also be connecting with leadership to encourage summer youth shadowing across the campus.

If you are a Baycrest staff member with a placement opportunity, request a summer volunteer by completing the Internal Volunteer Position Description and Requisition form available on the intranet under *Tools* and *Forms* and send to Raquel Heayn, rheayn@baycrest.org. For more information, contact Janis Sternhill, coordinator, Volunteer Services at ext. 2575 or jsternhill@baycrest.org.

## The people around us: A staff feature

### Semone Thomas



Meet one of the friendly faces of Baycrest: Semone Thomas, RPN, Apotex 5. A Baycrest employee of 13 years, Semone holds her work close to her heart. “Our seniors have spent their lives giving so much of themselves, I’m happy to be the one who can give back and care for them in turn,” she says.

Residents, colleagues and family members know Semone as a cheerful person who smiles always and believes in kindness and respect, particularly when faced with stress and opposition. She is surrounded by a positive support network amongst friends on the Apotex 5 unit as well as at home with her boyfriend and their two children: Nathan, 4, and Natalia, 2.

Semone says her children help keep her focused and she herself has six siblings, five of which are sisters born just a year apart from each other. The siblings were all born in Jamaica and lost their father very young, which contributes to their tight ties with each other and strong relationship with mom. Every year, Semone and her siblings come together to spend a day celebrating one another, each person bringing a gift for every other sibling and sharing a long meal in an upscale restaurant. “Family makes everything worthwhile,” says Semone.

Where to catch her: Say hello to Semone in the corridors of Apotex 5 where she puts her heart into caring for our clients.