The empowering expression of art

Bess Acker, watercolour artist. For a humble first-time painter, the new label is almost uncomfortable to receive but it roused a broad smile to the face of Bess Acker (centre), a member of the Samuel Lunenfeld Mountainview Club Day Centre, as she accepted a special commemorative book containing all her watercolour works on May 10. Together with fellow members, Acker celebrated the conclusion of a unique art program at the Day Centre, entitled Making Memories.

“I’d never painted before but once we began, I felt that ‘this is what I can do’ and I felt good doing it,” says Acker of the experience. “Painting makes me feel something inside - a certain blossoming wonder, a sudden outburst of joy.”

The program, led by social work student Melissa Taylor (right), used person-centred and validation approaches that gave members freedom of expression and an opportunity to show their unique selves through painting. Erin Corey (left), recreation therapist, Mountainview Club, helped assist Taylor in the initial coordination of the program.

“Anyone can be an artist,” Taylor says. “There’s a lot of personal choice exercised in art creation, and lending clients that freedom of choice and expression helps connect clients to themselves and to each other as they encourage and interact through the making of their art.”

Several of the members’ works will be displayed in the new Community Day Centre for Seniors Art Gallery, across from the Morris and Sally Justein Heritage Museum, beginning June 3.

Respite enhances Baycrest’s continuum of care

After three different hospital stays, it was the Terraces of Baycrest’s Respite Care program that turned things around for 77-year-old Marsha Litvack, who was recovering from a mild stroke.

“I knew the respite program would be four weeks long and I loved the idea of it,” Litvack says. “Having nurses come to my door in the morning, at noon and at dinnertime really helped keep my recovery on track.”

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Four weeks is the recommended stay for clients recuperating from illness or surgery in the Terraces’ new Respite Care program designed to help clients relax and regain strength and confidence through monitored care and participation in programs offered through the Joseph E. and Minnie Wagman Centre. Anyone from staff to families of clients, volunteers and donors is welcome to take advantage of the program.

“Often, people who are just leaving rehab or from hospital stays still need time to recover and our respite stays give an opportunity to heal at an easy, tranquil pace,” says Debbie Leith, manager, Marketing and Business Operations at the Terraces of Baycrest.

With access to the Wagman Centre through the Respite Care program, clients can take advantage of activities such as the warm saltwater therapeutic pool, land exercise programs, creative arts classes, concerts, lectures and more – a schedule of events that Leith says is a big draw for family members who may worry about placing their loved one in an unfamiliar setting.

“We do take a holistic approach towards keeping our respite clients and full-time residents engaged and well. Many of our clients and families are put at ease knowing that physical, social and spiritual wellness are all part of the care at the Terraces and all across the Baycrest campus.”

As for Litvack, who completed her four-week respite stay at the end of May, the program and activities suited her so well that she is now transitioning into full-time residence at the Terraces.

“I just like the way they run things here,” she says.

For more information about the Respite Care program at the Terraces of Baycrest, please contact Debbi Leith at 416-785-2379 or at deleith@baycrest.org.
One of this year’s group winners for the annual recognition award for excellence in teamwork wasn’t nominated by a manager or even a fellow staff member. The Apotex 6 team was nominated by a family member, a daughter who was so impressed by the care her late father received, she wrote a letter commending them and asked if there was an award to recognize their work.

The family member explained in her letter that when her father first moved to the Apotex Centre, Jewish Home for the Aged, he was heartbroken by the loss of his wife. The personal support workers (PSWs) and registered staff who cared for him every day didn’t just provide for his physical care needs. They provided gentle encouragement and built a rapport with him, so that he regained his sense of humour and zest for life.

Ruth Taylor-Farrell, one of the PSWs says she recalls that when the client first came to the Apotex he preferred not to leave his room, even for meals. She and her colleagues made time to sit and talk and listen. “He became very talkative,” she says.

The team also introduced him to another resident and persuaded him to try recreational activities. “I said to him let’s just go and try it. We’ll only stay for five minutes. If you don’t like it we’ll leave,” says Suada Kamhi, PSW.

Persistence, compassion and patience paid off and within a few weeks the team saw their client, once sad but polite, start to laugh and joke with them. “He had a wonderful sense of humour, you could relate to him,” says Kamhi.

In her letter, the client’s daughter said her father was happier than he had been in years. She credited the work of the Apotex 6 team for enabling her father to thrive.

Zion Fremichael, PSW, says the letter and the annual recognition award that followed has meant a lot to her. “It’s not an easy job here, it’s hard,” she says. “There’s a rush of energy when you know you did your best and that families appreciate it.”

Berma Donaldson, registered practical nurse, agrees that her work is sometimes difficult but she finds motivation by thinking of her own family and the care she would want them to receive. Donaldson often reminds herself that her clients “didn’t choose to be sick or old.”

Fremichael says she thinks, that ultimately the motivation to provide the best care comes from the heart. “We work with our hearts. We care with our hearts,” she says. “I miss my clients when I’m away.”

Nominate a co-worker
Nominations for Baycrest’s Annual Recognition Awards are open year-round. If you know someone who’s made an outstanding contribution at Baycrest, submit a nomination.

For more information, visit the Recognition and Rewards section of the intranet or contact Don Colangelo, coordinator, Organizational Effectiveness, at ext. 2365 or dcolangelo@baycrest.org
June is Seniors’ Month in Ontario, dedicated to celebrating and giving back to seniors and recognizing how they contribute to the prosperity we all enjoy. This year’s theme for Seniors’ Month is *The Art of Living*.

Seniors’ Month is also a great opportunity to draw attention to the fact that people are living longer than ever before and the population is aging rapidly, not just in Ontario and Canada but around the world.

Here are some facts about the aging population:

- The World Health Organization estimates that by 2050 the global population of people aged 60 and older will reach 2 billion.
- There will also be more people in their 80s and 90s than ever before. WHO projects that the population of adults aged 80 and older will reach 400 million by 2050.
- Seniors are the fastest growing age-group in Canada.
- Less than five years from now, in 2017, it is projected that in Ontario, seniors 65 and older will outnumber children aged 0 to 14 for the first time in history.
- According to Statistics Canada, in 2011, approximately 5 million Canadians were 65 years of age or older. By 2036 that number is expected to double to 10.4 million.
- In 1921, seniors age 65 and older made up just 5 per cent of Canada’s population. By 2051, approximately 26 per cent of the population will be over age 65.

Are you celebrating Senior’s Month? Visit the website of the Ontario Seniors’ Secretariat at [www.ontarioseniors.ca](http://www.ontarioseniors.ca) for more information on events and activities happening across the province.

**Learning about products for pressure ulcer prevention**

(Left to right) Rachel Bruce, registered practical nurse, 6 East, Norma Wilson, personal support worker, Apotex 3 and Alison Corcoran, advanced practice leader—Nursing, took a hands-on approach to learning about prevention of pressure ulcers at an exhibition in Wortsman Hall on May 31. “We wanted to create an opportunity to educate healthcare professionals not only in the hospital but also in the Apotex, on what kinds of pressure ulcer prevention products are available beyond mattresses,” says Daniel Galessiere, a physiotherapist on 5 East and 6 East hospital units. Galessiere is also a member of the pressure ulcer prevention working group in Baycrest’s Best Practice Spotlight Organization initiative and organized the event as part of the group’s efforts at education about pressure ulcer prevention.
Baycrest will welcome a new member to the executive team on June 10 as Ron Riesenbach joins us in the position of vice president, Innovation and chief technology officer.

Riesenbach brings extensive high-tech and leadership experience to the portfolio, including more than 10 years in two executive roles at the Ontario Telemedicine Network (OTN), the largest network of its kind in the world. The OTN enables remote access care to patients at hospitals and other healthcare locations across the province and facilitates distance education and meetings for healthcare professionals.

As the OTN’s founding chief information officer, Riesenbach led the development of award-winning telemedicine solutions. In his most recent role as vice president of Emerging Business, he was responsible for bringing the OTN’s solutions to healthcare providers in Australia, the Middle East and other markets around the world.

In his portfolio at Baycrest, Riesenbach will oversee eHealth, the Information, Technology and Design Lab, as well as Marketing and Communications.

Riesenbach says he’s looking forward to taking on the new portfolio. “I am very excited to join Baycrest at this special time in healthcare. There are enormous opportunities to apply innovative approaches to significantly improve healthcare delivery, research and education,” he says. “I am looking forward to learning how this dynamic organization delivers its world-class services and how we can innovate to bring even greater value to the work we do.”

In announcing Riesenbach’s appointment, Dr. Bill Reichman, president and CEO, noted that Riesenbach demonstrates “exactly the kind of innovative thinking we hope will position Baycrest as a technology leader, both locally and among our international peers.”

New grant furthers ‘Chemobrain’ research

Dr. Gordon Winocur, senior scientist at Baycrest’s Rotman Research Institute (RRI) will soon be furthering his studies on the effects of lifestyle risk factors and chemotherapy treatment on cognitive health, thanks to new funding from the Canadian Institutes of Health Research (CIHR) and the Canadian Breast Cancer Foundation.

The ‘Chemobrain’ study will look at the effect of risk factors such as age, stress and poor diet versus the effect of protective factors such as living in a healthy stimulating environment on cognitive impairment, and examine the impact of chemotherapy in an animal model that has cancer, according to a recent press release from Trent University, where Dr. Winocur will carry out the research in his Behavioural Neuroscience Lab.

“Older people who live alone, engage less with others and often don’t eat properly, accumulate risk factors that could interact with the adverse side effects of the drugs used in chemotherapy,” says Dr. Winocur, researcher and professor emeritus in the Department of Psychology at Trent. He is also a professor in the Departments of Psychology and Psychiatry at the University of Toronto.

At Baycrest’s RRI, one area of Dr. Winocur’s research is concerned with cognitive changes associated with selective brain damage and normal aging in human and animal models.
Capital expenditures: investing in Baycrest’s future

What do medication carts, hospital beds and renovations to the staff lunch room have in common? These are all examples of capital expenditures. At Baycrest, equipment purchases and renovations or upgrades to the facilities that cost $2,000 or more and will be used for more than one year, are in this category.

“Capital expenditures are an important part of financial planning for the organization because money spent in this area is an investment in the equipment and facilities that will sustain Baycrest into the future,” says John Montagnese, manager of Planning and Analysis, Finance.

Baycrest has a limited annual capital budget of $3 million. The Finance Department has set up a process through the creation of a Capital Planning Committee (CPC) for determining how to allocate these funds. It’s a challenging process because, while the budget is $3 million, for the 2013-14 fiscal year, departments submitted proposals for more than $53 million in capital expenditures.

The CPC evaluates each proposal based on a standard set of criteria to prioritize the proposed projects. Over the past two years, Finance has been working to make this process more transparent, fair and equitable.

“Every year we look at ways of improving,” says Montagnese. “We’re committed to supporting all departments in proposals and the successful planning and execution of approved capital.”

Here are just a few of the improvements now completed and pending as we strive to have the most effective and efficient process to handle capital expenditure requirements at Baycrest:

**2011-2012**
- Capital Planning Committee is established

**In 2012-2013**
- A scoring matrix is introduced to evaluate all proposals and rank by priority
- A new reporting process is developed to improve monitoring and tracking of the successful execution of projects to the approved budget

**2013-2014**
- The CPC is expanded to include more representatives from across the organization
- The scoring matrix is enhanced in line with Baycrest’s new strategic plan
- Finance enhances communication about the capital budget process and presents on progress to Managers’ Forum May 29

**2014-2015**
- Planned improvements include the creation of a process for three-year planning on some capital expenditures, rather than planning only one fiscal year at a time

Celebrating years of service

Each year at Baycrest a special group of staff members is invited to step back from daily routines and celebrate their years of service at the staff service recognition luncheon. The event honours employees who have marked career milestones in the previous calendar year. This includes anyone who has worked at Baycrest anywhere from five years to 40 years and any five-year increments in between, as well as those who have retired.

This year’s luncheon at the Terraces of Baycrest on May 28 celebrated more than 230 staff members representing a total of 2,750 years of service.

Among the guests was Philip Sidon, a porter with Environmental Services. Sidon has been working here for 25 years. “I think it’s important for people to know that they’re appreciated,” he says of the event.

In his opening remarks, Dr. Bill Reichman, president and CEO noted that he was among the employees receiving their five-year pins. Dr. Reichman was unable to attend the event due to a business trip to China, but pre-recorded a video greeting to attendees. “To many people, Baycrest is many things. But it’s certainly not about the buildings or the physical campus. What makes Baycrest unique is you, the people who work here and give so much of yourselves day in and day out,” he said. “That’s what makes us great, whether it’s patient care, research, education and all the support services that give life to this organization.”
Daiter’s donates bag proceeds to palliative care cause

Even though Toronto’s five-cent bag fee ended last July, some retailers, such as Daiter’s Fresh Market, are still charging the fee. And we at Baycrest are grateful for that.

Since the fee was made mandatory in 2009, brothers Joel and Stephen Daiter have been directing all proceeds from the sale of their grocery bags to Baycrest’s Shirley and Philip Granovsky Palliative Care Unit through the Fay and Harry Daiter Palliative Care Endowment Fund. So far, the brothers have donated $7,678 just from the bag fee alone. As a result of the positive response, they have purchased bigger and thicker plastic bags inscribed with the fund name for their customers to share in the impact of their contributions to the Baycrest community.

“We get a lot of people coming here to buy bags to use at other stores because they know we are giving the money to Baycrest for use in palliative care,” says Stephen Daiter. With their parents as long-time volunteers, the Daiter brothers have a personal connection to Baycrest and their mother, Rene Daiter, volunteered on the palliative care floor for a remarkable 16 years. What a strong tribute to the important care at Baycrest, the heartfelt support of the community and the generosity of the Daiter family.

To find out more about the Baycrest Foundation or to make a gift, call 416-785-2875 or email donations@baycrest.org.

Staff members fundraise and show their love for Baycrest

Now in its fifth week of feeling the love, the Baycrest Foundation’s I Love Baycrest campaign has raised more than $21,000 in donations. There is still time to participate before the campaign ends on June 18 - staff and volunteers can participate through payroll contributions, monthly donations, fundraising with family and friends or hosting an event. For more information, visit baycrest.org/ilovebaycrest.

Here are some of the creative ways staff are fundraising for Baycrest.

Staff, family and friends of the Terraces of Baycrest are sponsoring each other to participate in a Hula-Hooping contest and holding an online bingo game that will take place on June 6. All staff and residents are invited to watch the contest in the assembly room at 9 a.m. Judy Chu (left), fitness and health promotion specialist, Terraces of Baycrest, practices for her chance at first prize.

Staff on Apotex 7 held a bake sale in the staff lunchroom on May 30. Team members contributed sweet and savoury snacks to sell and raised more than $150 from their efforts.

The Baycrest Foundation hosted a barbecue in the Spiro Family Garden on May 30. Staff and volunteers enjoyed hamburgers, hotdogs, veggie burgers and perfect weather for dining outdoors.

Join us for the campaign finale at the Jacob Family Theatre in the Abe Posluns Auditorium from noon to 1 p.m. on June 18 where the grand prize of a $5,000 Air Canada Vacation gift card will be drawn.
Save the date for the staff barbecue

Summer is almost here and so is the annual staff barbecue. This year’s day staff barbecue will take place on June 27, from 11:30 a.m. to 1:30 p.m. in the Loftus Hall garden. Evening staff will have their barbecue from 6 to 7 p.m. on June 26 in the W.A. Café Garden, and night staff will have pizza delivered to their work areas on June 28 around 11 p.m.

LEAP into best practice at the BPSO First Anniversary Celebration

Wednesday, June 26
2 to 4 p.m.
Winter Garden

- Learn more about Best Practice guidelines that are being integrated into our everyday practice
- What’s coming next on your unit?
- Share your thoughts
- Enter to win draw prizes

Light refreshments and cake will be served

2013 Annual General Meeting

followed by our Best of Baycrest tour
Thursday, June 20, 2013

Join us for appetizers, refreshments and an opportunity to meet some of our world-renowned brain health researchers as we celebrate the Best of Baycrest.

Event from
3:45 to 6:30 p.m.

The Jacob Family Theatre
in the Abe Posluns Auditorium

Refreshments
Spiro Family Garden