

# BAYCREST BULLETIN

*A snapshot of Baycrest news and events - April 2021*

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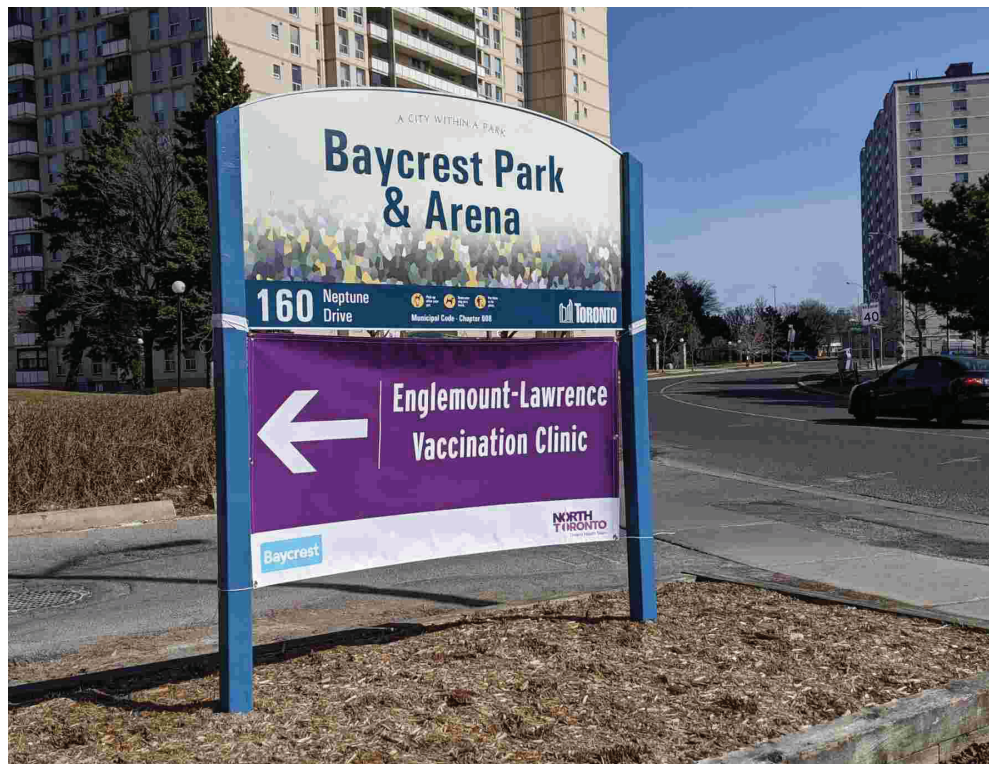


## COVID-19 Vaccination Community Clinic

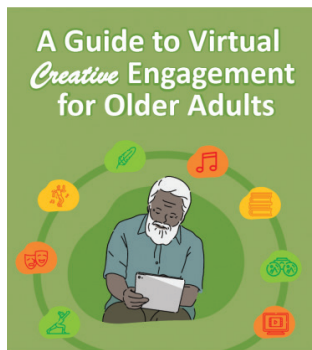
As part of the North Toronto Ontario Health Team, Baycrest is providing operational support and leadership with a COVID-19 vaccination community clinic.

To learn about eligibility and clinic details, please visit [vaccineto.ca](https://vaccineto.ca) or contact the Vaccine.TO call agents using the “chat” feature or by calling 1-888-385-1910.

**PLEASE NOTE:** Baycrest has no involvement in the scheduling of appointments or prioritization of groups to be vaccinated. Prioritization of vaccination appointments will be determined by the government’s framework. All queries about the OHT vaccination rollout should be directed to the central website and call centre number noted above.



# Finding Creative Ways to Virtually Engage Older Adults



The Ontario CLRI at Baycrest (Lead: Melissa Tafler) and TC-LHIN Behavioural Supports Ontario (Lead: Simone Cumberbatch) have recently developed and released a Guide for Therapeutic and Creative Engagement for Seniors to help LTC recreational therapists, social workers, nurses, and other care partners address the under-stimulation and loneliness felt by residents from pandemic restrictions.

The Guide to Virtual Creative Engagement for Older Adults (VCE Guide) can help LTC teams find useful and appropriate recreation activities for persons living with various health conditions. The VCE Guide features a curated list of free virtual services appropriate for older adults with various abilities, including:

- Summaries of each service and the easiest way to access them
- Tips and recommendations to encourage resident engagement
- Guidance around the most appropriate service for each resident's abilities and interests
- Ten categories of engagement activities

Staff may explore the TCE Guide at [clri-ltc.ca/resource/vce-guide/](http://clri-ltc.ca/resource/vce-guide/) and share with your teams.

## Memory and Aging Program

# Memory aging<sup>®</sup> PROGRAM

Join us for this self-guided e-learning program, which is designed for older adults experiencing normal age-related memory changes. It

focuses on learning about what memory is, how it changes with age and offers tools to optimize one's ability to learn and remember what is important.

This program is available at the introductory rate of \$40. The program was developed by Dr. Susan Vander Morris, Clinical Neuropsychologist and Dr. Angie Troyer, Professional Practice Chief of Psychology at Baycrest.

Visit [www.baycrest.org/memory](http://www.baycrest.org/memory) for further information.

## Women Friends of Baycrest, A Virtual Series

# WOMEN

*Friends of Baycrest*

Join a group of passionate women who encourage and recognize the achievements of women in science, arts, technology and culture.

New members are welcome to join this engaging virtual series from home.

Programming is scheduled on a monthly basis with a wide range of interesting topics, April through September.

For more information, contact Ian Leventhal at 416-785-2500 x3896 or [ileventhal@baycrest.org](mailto:ileventhal@baycrest.org)

# Baycrest

# Notes of Gratitude

from Clients and Families

Every member of our Baycrest family plays an important role in demonstrating our commitment to excellence in all that we do every day. Below are excerpts from a few of the many client and family letters we've received praising the outstanding efforts of Baycrest staff.

"Thank you for caring for my mother. We appreciate your patience, sensitivity and ongoing support during this difficult time for our family. With many thanks."

"We are so thankful to have you and your staff in our mother's life and wish you all everything good in the universe."

"Whether you are on the frontlines or far behind the scenes, I want to thank you. You are part of a tremendous team whose dedication and tireless work is making a difference every day. So thank you for all that you do. For caring more, for working harder, for double checking and checking again on everything that is so vital and changing so quickly as you navigate this pandemic."

"You are extraordinary and compassionate professionals and your efforts and commitment are appreciated more than words can say."

# The Top 10 Tips on Caring for Caregivers During COVID-19

It hasn't been easy, this pandemic. For more than a year now, we have all striven to make the best out of an unprecedented global health crisis. Between the lockdowns, school closings, supply shortages and slower-than-hoped vaccine rollouts, even the most resilient person can get depressed and anxious.

Imagine then, what it would be like to be going through all that plus attending to the added responsibilities of being a caregiver to a person living with Alzheimer's or another form of dementia.

It's no wonder that caregivers need all the support they can get for the immense work they do every day. So here are my Top 10 suggestions for how they can best care for themselves in these times, and how we can all care for the caregivers.

For the caregivers themselves:

1. Don't be afraid to ask for help; and when you do, be specific on what you need help with. Ask directly for assistance. E.g., "I need help with groceries" or "Can you please help me with shoveling my walkway?" etc.
2. Be flexible and accept that some things are out of your control. For instance, no matter how much you would love to get a vaccine now and want your life to be back to normal, it is not possible. There are simply not enough vaccines available.
3. Be kind to yourself and look after your own needs. For example, don't delay that medical or dental appointment that is overdue. Make time to get it done for your own health.
4. Acknowledge your feelings. Remember, it's OK to feel sad. These are very difficult and unprecedented times for everyone. Give yourself permission to feel however you need to.
5. Seek support and stay connected. Whether through your friends, family members or colleagues, make sure to arrange regularly scheduled times to zoom or have a phone conversation. You might consider joining a caregiver support group or contact a healthcare provider to discuss any mental health issues/concerns.
6. Keep a daily routine. As much as possible, try to wake up, have breakfast, go for a walk, etc, at the same time; and keep regular sleep hours.



7. Exercise and get fresh air daily. Science has shown that exercising outdoors has a beneficial effect on our overall brain health.
8. Have a plan. Prepare contingency plans in case something happens to you or the person you care for. I.e., if you became ill, what would you do with the person you care for? Make sure you keep a list of the care providers, POAs and people to contact in case of emergency. Being prepared in this way will help to relieve your stress.

For those who want to support a caregiver:

9. If you are offering to help a caregiver, be direct and offer your assistance willingly and pointedly. E.g., instead of asking "Can I help you with anything today?" - which puts the decision-making onus on the caregiver - instead say, "I notice you are very busy today. Please tell me what you need from the pharmacy and I will be happy to go get it for you."
10. Send words of encouragement. If you know a caregiver who's giving their all to help someone, a note of thanks or a "you're so appreciated" message can go a long way to help validate all their work. Everyone likes positive reinforcement and for caregivers, this can be the sentiment that helps them through a particularly hard day.

Remember, caring for yourself is every bit as important as caring for others.

These tips are provided by Dr. Adriana Shnall, PhD, MSW, RSW, Program Director, Baycrest@Home. To find out more about Baycrest@Home, visit [www.baycrestathome.com](http://www.baycrestathome.com)

# Innovation Updates-Upcoming Webinars



## Introducing Baycrest@Home's Ask the Expert Series - Wednesday, April 14, 2021

Baycrest@Home is pleased to announce the launch of a new 'Ask the Expert' series. Led by the Baycrest@Home social work team, this one-hour event will cover a variety of topics and will allow members of the public to get their questions answered on all things related to aging. The series kicks off Wednesday, April 14, 2021 at noon and will cover the topic of long-term placement. The presentation will begin with a quick overview of the long-term care system in Ontario, followed by the Q&A session. **To register, visit [bit.ly/BaycrestAsktheExpertApril](https://bit.ly/BaycrestAsktheExpertApril)**



## Upcoming Baycrest@Home Webinar: Self-Care for All - Wednesday, April 28, 2021

In this presentation, participants will explore a framework for maximizing well-being and leading a balanced lifestyle. This presentation will be led by Baycrest@Home's Program Director, Dr. Adriana Shnall. The event will be held on Wednesday, April 28, 2021 at noon and all are encouraged to attend. **To register, visit [bit.ly/SelfCareforAllWebinar](https://bit.ly/SelfCareforAllWebinar)**

## Procrastinating on your spring cleaning? Do it for your brain!

In a recent Baycrest study, older adults who spent more time on household chores showed greater brain size, which is a strong predictor of cognitive health.

"Scientists already know that exercise has a positive impact on the brain, but our study is the first to show that the same may be true for household chores," says Noah Koblinsky, lead author of the study, Exercise Physiologist and Project Coordinator at Baycrest's Rotman Research Institute (RRI). "Understanding how different forms of physical activity contribute to brain health is crucial for developing strategies to reduce the risk of cognitive decline and dementia in older adults."

In the study, 66 cognitively healthy older adults attended three assessment visits at Baycrest Hospital, including a health evaluation, structural brain imaging and cognitive assessment. The researchers found that older adults who spent more time on chores (for example, cleaning, meal preparation and yard work) had greater brain volume, regardless of how much exercise they did.

There could be several explanations for this. First, it could be that household chores have a similar effect on the heart and blood vessels as low-intensity aerobic exercise. Second, the planning and organization involved in household chores may promote the formation of new neural connections over

time, even as we age. Third, it could be that the older adults who engage in more household chores spend less time being sedentary, which has been shown to be associated with negative health outcomes, including poor brain health.

"Besides helping to guide physical activity recommendations for older adults, these findings may also motivate them to be more active, since household chores are a natural and often necessary aspect of many people's daily lives, and therefore appear more attainable," says Dr. Nicole Anderson,

Senior Scientist at the RRI, Director of the Ben and Hilda Katz Interprofessional Research Program in Geriatric and Dementia Care, and senior author of this study.



**Baycrest**



Baycrest is fully affiliated  
with the University of Toronto

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