

BAYCREST BULLETIN

A snapshot of Baycrest news and events / April 2025

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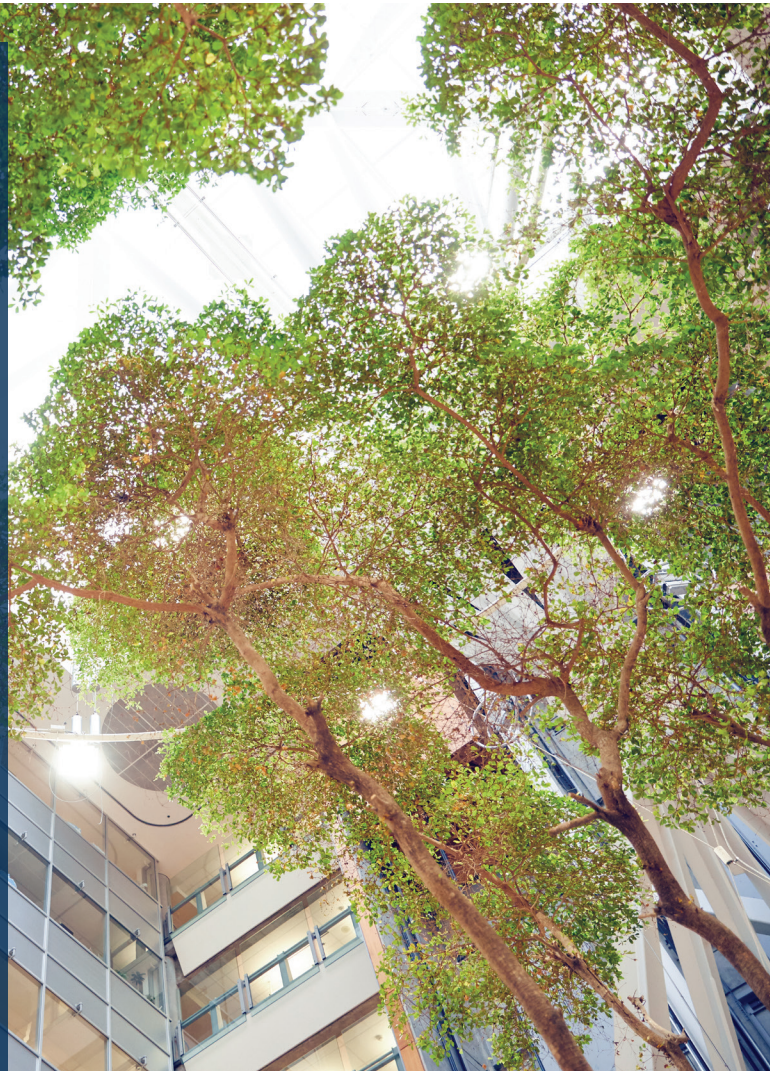
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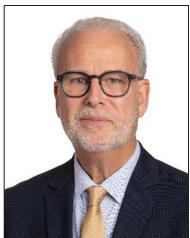
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Dr. William Reichman Honoured at World Ageing Festival in Singapore



At the Asia Pacific Eldercare Awards 2025 held in Singapore earlier this month, Baycrest Seniors Care President & CEO Dr. William Reichman was honoured as an Ageing Asia Global Ageing Influencer – awarded to remarkable thought leaders driving change in ageing care globally.

The awards are a tribute to organisations that redefine the ageing experience through innovative business practices, operational strategies, and service models.

As a featured keynote speaker at the Ageing Asia World Ageing Festival, Dr. Reichman presented Shaping the Future of Aging Brain Health - How Baycrest is Building the Next Generation of Senior Living, highlighting Baycrest's bold vision for the future of senior living globally.

Visit www.baycrestglobalsolutions.com to learn how Baycrest is changing the journey of aging worldwide.

Recent Studies by Baycrest

Sleep unlocks the brain's ability to sort memories

A recent Baycrest study reveals that sleep helps us better remember the order of events in our lives, even after more than a year. The study, titled "Sleep selectively and durably enhances memory for the sequence of real-world experiences," and published in *Nature Human Behaviour*, is the first to show that sleep significantly improves our memory for naturalistic event sequences. Dr. Brian Levine, Senior Scientist at the Rotman Research Institute, part of the Baycrest Academy for Research and Education (BARE), along with then-graduate students Dr. Nicholas B. Diamond and Dr. Stephanie Simpson, designed a unique 20-minute audio-guided tour of artworks displayed at Baycrest that participants took and were tested on their memory at delay intervals.

Trauma Through the Mind's Eye

Another recent Baycrest study suggests that having vivid visual imagery is linked to a greater risk of developing posttraumatic stress disorder (PTSD). This study, titled "The Curse of Imagery: Trait Object and Spatial Imagery Differentially Relate to Symptoms of Posttraumatic Stress Disorder" was published in the *Clinical Psychological Science* journal. "Most of us are exposed to trauma at some point, but only a minority of us develop PTSD," said Dr. Brian Levine, Senior Scientist at the Rotman Research Institute, part of the Baycrest Academy for Research and Education (BARE), and senior author on this study. "Our research will help us understand why some are resilient to this disorder, whereas others are at risk. Our results could help improve treatments for individuals struggling with this disorder, improving their quality of life."



Yom Hashoah Ceremony

On **Thursday, April 24 at 10:30 a.m., in the Sharp Atrium**, Baycrest will honour the six million Jewish lives lost in the Holocaust and reflect on stories of resilience and remembrance with a **Yom Hashoah Ceremony**. Through prayers, readings, and reflection, we will reaffirm our commitment to preserving their memory and building a future of peace. This event will also be held on Zoom.

Yom HaZikaron Ceremony

To remember the fallen soldiers and victims of terror who sacrificed their lives for the safety and future of Israel, Baycrest will hold a **Yom HaZikaron Ceremony**, coming together on **Wednesday, April 30 at 10:30 a.m. in the Sharp Atrium** to commemorate their courage, acknowledge their loss, and honour their enduring legacy. Participants may also join on Zoom.



Yom HaAtzmaut Celebration

Join us on **May 1** along with your Baycrest community, as we celebrate Israel's Independence with a day filled with music and joy at our **Yom HaAtzmaut Celebration**. We will kick off the festivities at **10:30 a.m. in the Sharp Atrium** with live music by Eli Green. Enjoy Israeli music, a special performance, and a sweet treat for all in the afternoon as we sing Happy Birthday to Israel. Stay tuned for more information.

Baycrest Launches a ShinShinim Program and Welcomes Shilat Reuvel

The Department of Heritage and Spiritual Care recently announced the piloting of the UJA ShinShinim program at Baycrest, marking the first placement of a ShinShin—a young Israeli emissary—in a long-term care home and hospital setting globally.

This collaboration with the UJA Federation of Greater Toronto and the Jewish Agency for Israel aims to enrich our Baycrest community by deepening our connection to our Jewish heritage. The ShinShinim program brings post-high school Israeli leaders to diaspora communities for a year of engagement-focused volunteer service.

Traditionally, ShinShinim has been active in schools, synagogues, youth movements, and summer camps, leading experiential education programs focused on contemporary Israel. Toronto currently hosts 20 ShinShinim, with over 220 participants annually worldwide.

“We are delighted to welcome Shilat Reuvel, our inaugural ShinShin, to Baycrest,” said Michael Ferman, Director of Heritage and Spiritual Care.

“Shilat brings a wealth of knowledge and enthusiasm about Israeli life and culture.”

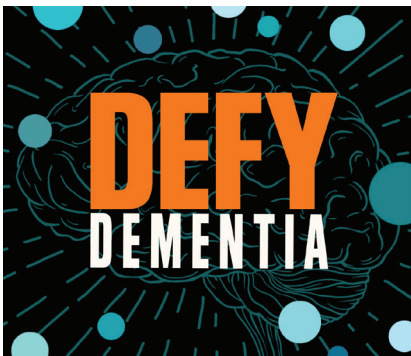
Shilat will lead various programs and initiatives to engage and inspire residents and patients, offering authentic insights and fostering a deeper connection to Israel. Shilat hails from Kiryat Gat and is the eldest of three. Her parents made aliya (moving to the land of Israel) from Ethiopia, bringing rich cultural traditions. Passionate about education and community

engagement, Shilat has served as a youth leader in Israel and enjoys photography, hiking, reading, and baking. She is eager to build relationships, share stories, and infuse Israeli spirit into our Baycrest community.

As we introduce this initiative at Baycrest, we look forward to Shilat’s participation in the Baycrest community over the coming months and our engagement with the program.



Defy Dementia Episode 22: No Brain Left Behind



The newest episode of the Defy Dementia podcast explores the relationship between developmental disabilities and dementia. Guests Dewlyn and Anna Lobo, a daughter-mother duo who live in Ottawa, share their personal journeys as they navigate the health challenges that people with Down syndrome and their carers may experience. Then, Dr. Yona Lunskey (Centre for Addiction and Mental Health, CAMH) discusses why it’s so important for our physical and mental health to increase awareness of and fight stigmas surrounding developmental disabilities.

Tune in at defydementia.org, or anywhere you get your podcasts.



If you're looking for free, reliable wellness information, visit Baycrest's Centre for Health Information (CHI) on the first floor of the Apotex Centre, between the WA Café and the Nosh. Every month, the CHI shares resources on a topic of interest to the Baycrest community. This month's reading list is on sleep and aging.

As we age, it's common to notice changes in our sleep - waking up earlier, feeling less rested, or finding it harder to fall asleep. These resources will explore the role of sleep on our brain health, memory and mood, and practical strategies for getting better rest as we age.

- **Genetics, Aging and Sleep:** Sleep and Aging, from Harvard Medical School: Outlines how sleep patterns change as we age and provides tips for better sleep.

- **About Sleep, from Centres for Disease Control and Prevention:** Emphasizes the importance of good sleep for overall health and well-being, outlines recommended sleep durations by age, discusses the benefits of sufficient sleep, and offers tips for improving sleep quality..

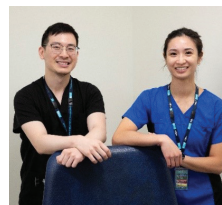
- **Poor Sleep in Your 40s Linked to Faster Brain Aging Later in Life, from Healthline:** Explains how poor sleep quality in your 40s can affect your brain health later in life. Early intervention in sleep issues could be crucial for maintaining cognitive health as we age.

- **Technology Programs, from Toronto Public Library:** These in-person computer classes are offered for free all across Toronto. They're open to everyone and you don't need a library card to participate.

The CHI is open from Sunday to Thursday.

Visit www.baycrest.org for current hours of operation. You can also contact us at 416-785-2500 ext. 3374 or HealthInfo@Baycrest.org.

A Training Session for Clinicians and Teams - Help Individuals with Memory Impairment Recover Independent Functioning



Hosted by Baycrest's Memory Link® program, this Train-the-Trainer Memory Rehabilitation session is designed to teach clinicians and students an evidence-based memory intervention protocol to support individuals with acquired brain injury.

The two-part virtual training is ideal for neuropsychologists, psychologists, OTs, SLPs, rehabilitation specialists and brain injury professionals.

For more information and to register visit: <http://www.baycrest.org/memorylinkregister>. Student and Group rates are available to support team-based learning.

Calling all those celebrating a Bar/Bat Mitzvah in 2024/25/26!

Baycrest Mitzvah Project

The Baycrest Mitzvah Project offers a meaningful experience to live your Jewish values as you practice tzedukah, chessed and tikun olam.

UPCOMING PROGRAM SESSION OPTIONS:

Nov 2024 to Feb 2025	Mar 2025 to June 2025	Oct 2025 to Jan 2026
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*Each participant must raise or donate a minimum of \$1,000

View the program outline and register online at Baycrest.org/MitzvahProject
Contact MitzvahProject@baycrest.org for more information.

Baycrest

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FEAR NO AGE™



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