

BAYCREST BULLETIN

A snapshot of Baycrest news and events - April 2022

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National Volunteer Week



The week of April 25 is National Volunteer Week. Before the COVID-19 pandemic, volunteers were involved in virtually every area across our campus. On average, our 2,000 volunteers spent 90,000 hours each year collectively donating their time to engage with clients, residents, patients and staff.

While the pandemic has limited our ability to have volunteers on campus over the past few years, we would like to acknowledge and thank them for their ongoing support and commitment to Baycrest.

We would also like to recognize and thank our virtual volunteers for the many hours they have given this year as Baycrest Buddies and Virtual Tech Support Volunteers, through their participation on committees, with virtual program facilitation and more.

We appreciate all of our volunteers during National Volunteer Week and every other week of the year. We look forward to the return of more of our volunteers in the coming days and would like to welcome everyone back.

If you or someone you know is interested in volunteering on-site, please contact Volunteer Services at volunteer@baycrest.org or 416-785-2500, ext. 2572.

Thank you to
our Baycrest
volunteers!

Gratitude for Social Work and Excellence in Care at Baycrest

*"Dear Rifky and the wonderful staff... doctors and nurses.
In appreciation for all the care you show my mother."
-DS and family.*



Rifky Blau, MSW, RSW

That's just one of the many notes of gratitude received by Baycrest's Social Work Department from our Gift of Thanks Program. Social Work staff, and the interdisciplinary care teams who work with them, provide vital, world-leading care to clients and residents at Baycrest every day.

Baycrest's Gift of Thanks program helps provide crucial funding for our work in care, innovation, education and research into brain health and aging while honouring our staff heroes.

Rifky Blau, a social worker in the Inpatient Psychiatry Department at Baycrest Hospital, never fails to be moved when she receives a note like the one above.

"When I receive a Gift of Thanks note from a client or their family it reinforces the privilege that I feel in being present for others during a time of intense struggle. A recognition of this sort brings my work to a new level where I am reassured that I can make a difference. As an interdisciplinary team, we work endlessly to improve our teamwork and communication," Rifky says. "A gift of thanks note acknowledges the necessity of learning from others while providing care in synchronized harmony. It helps us to acknowledge the roles that every one of our peers plays and grows the respect we have for each profession on the team. I have kept every award and note of thanks I have received from clients and their families, and I look at them often, as a reminder of the privilege I have earned in being a frontline worker."

Another recent Gift of Thanks card to Daniel Navy, a social worker in the Apotex Centre, Jewish Home for the Aged, was similarly moving.

"Within just 48 hours of our mom's move into Apotex 5, she's happier, healthier and safer than she's been in 10 years. Thanks to the stewardship of Daniel and the committed... team on 5W, our family knows she's getting the best possible care." - BK



Daniel Navy, BSW, MSW, RSW

Daniel takes it all in stride and is grateful his work can help those in need.

"It means the world to be recognized and appreciated. It is a special feeling knowing someone took the time to honour your work in support of Baycrest," Daniel says.

"A Gift of Thanks reminds our team that big or small, our work does impact and make a difference in the lives of our residents and their loved ones. It provides our team with a sense of fulfilment and motivation, for which we are so grateful during these challenging times."

A Gift of Thanks is a charitable donation to the Baycrest Foundation to thank staff who go above and beyond in their duties. The gift supports Baycrest's most urgent needs in the area where the staff member(s) work and helps cover costs that do not receive government or other forms of support.

To learn more about the program or to make a gift, please visit www.baycrestfoundation.org/Ways-to-Give/Gift-of-Thanks.

National Caregiver Day – Tuesday, April 5, 2022



National Caregiver Day is a time for us to acknowledge and honour the hard work and dedication that caregivers offer all year round. Family caregivers are vital. Each year, more than eight million

Canadians provide care to family members or friends, and 44 per cent of caregivers between the ages of 45 and 64 care for both a parent and children.

A number of resources are available via the Caregiving

section of Baycrest's Health & Wellness Information Portal at www.baycrest.org/Baycrest/Health-Wellness.

In recognition of National Caregiver Day, please join a Baycrest@Home webinar hosted by Dr. Adriana Shnall as she reflects professionally and personally on the experience of caregiving herself. Adriana's talk will help participants explore what being a caregiver means to them and encourage them to find ways to celebrate themselves through this journey. This webinar is open to family caregivers and professionals in the caring fields. Please visit bit.ly/April5thWebinar to register or visit <https://baycrestathome.ca/articles-and-webinars/> to view the presentation after the event.

Train-the-trainer: Learning the Ropes for Living with MCI®

Baycrest is proud to present *Learning the Ropes for Living with MCI®* - a virtual (Zoom) train-the-trainer workshop on Friday, May 13, 2022.

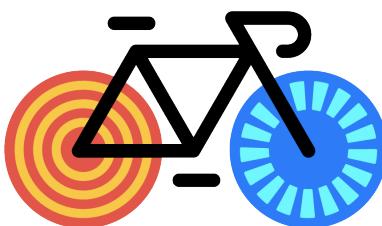
Experiencing mild cognitive impairment (MCI) as an older adult represents a significant risk factor for future dementia. The *Learning the Ropes for Living with MCI®* program aims to delay or prevent the onset of dementia in those at risk and to mitigate health decline in close others who may become future caregivers. The program aims to improve the following in participants: brain-healthy lifestyle behaviour, functional memory skills and adaptive coping for living well with MCI. Recognized by the Alzheimer Society in 2010, this intervention program has been running since 2002, and it is in use by practitioners across Canada and in the US.

This training workshop is targeted toward licensed healthcare professionals and their student trainees, such as occupational therapists, psychologists, nurses, social workers, doctors and others. It is best suited to health professionals who have experience working with older adults and who are comfortable with public speaking.

To register, visit www.baycrest.org/LearningTheRopes



Bike for Brain Health – June 5, 2022



BIKE FOR BRAIN HEALTH

FEAR NO AGE™

Baycrest

Join Baycrest's first-ever *Bike for Brain Health* as we take on the Don Valley (DVP). Bike the DVP traffic-free, and go the distance to defeat dementia with thousands of other riders. There is something for everyone, from a 25 km route to a 75 km one, so it is sure to be a fun-filled day for all involved.

By participating in *Bike for Brain Health*, you will be raising vital funds to help Baycrest in its work to defeat dementia. These critical funds will be directed toward areas that require timely investments for care, innovation, education and research at Baycrest - all with the same goal: creating a world where every older adult enjoys a life of purpose, inspiration and fulfilment.

Join *Bike for Brain Health* so that we can all Fear No Age™! Register on your own, with a team of friends or family, or become part of a corporate team. Together, we can reach the finish line and defeat dementia.

Visit <https://bikeforbrainhealth.ca/register> to register.

Innovation Updates - Upcoming Webinars



Upcoming Innovation Rounds Event: Innovation and Design with Older Adults in Mind - Wednesday, April 13

The best innovations with positive and impactful outcomes for older adults are designed and built through the lens of the real-world experiences of older adults. Join us on Wednesday, April 13, from noon to 1 p.m. as we invite students from Ontario College of Art & Design (OCAD) and the University of Waterloo to speak about their experiences of working closely with older adults, as well as Baycrest staff and clinicians. Webinar participants will also be able to watch demonstrations of their innovative designs and ask questions about their innovation journey. All are encouraged to attend.

To register, go to <https://bit.ly/InnovationRoundsApril2022>.



Upcoming Caregiver Webinar: Brain Health - Ways to Track, Maintain and Improve Brain Health at Every Age - Wednesday, April 27

The best science and the latest technology to help people maintain brain health at every age should be accessible and trusted. Join us on Wednesday, April 27, from noon to 1 p.m. as Larissa McKetton Ph.D., shares ways to track and evaluate your brain health using a free, private, clinically researched Brain Health Assessment and Smart Tracker tool. Larissa will discuss a number of ways to maintain and improve brain health, and welcomes participants of all ages to learn more about joining the Brain Health Registry. This webinar is open for professionals in the cognitive fields, families and caregivers. To register, go to bit.ly/AprilBrainHealthWebinar



Baycrest@Home featured on Tech Talk Podcast

Baycrest@Home Director Simon Cheesman was interviewed on the popular podcast, *Tech Talk with Marc Saltzman*. Simon speaks about how Baycrest@Home (B@H) is helping patients and their caregivers navigate the health system, find peer support, prevent social isolation and assess physical safety in their homes. All Baycrest staff and volunteers are encouraged to listen and refer family, friends and clients to the program - and the first month is free. Visit: www.baycrestathome.ca to listen and learn more. Staff may contact info@baycrestathome.ca or 647-576-4663 to ask about eligibility for the Baycrest employee rate on all B@H services.

Bubby's Blooms

Drive-thru Pickup, Flower Sale

Friday, April 15, 2022 | 9 a.m. to 1 p.m.

Kimel Entrance, Baycrest

Pre-order a large, beautiful bouquet by April 14 for \$18 and/or donate any amount at
baycrestfoundation.org/bubbysblooms

100% of all proceeds support Baycrest programs

**BUBBY'S
BLOOMS**

FEAR NO AGE™ **Baycrest**

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with the University of Toronto

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