

BAYCREST BULLETIN

A snapshot of Baycrest news and events / August 2025

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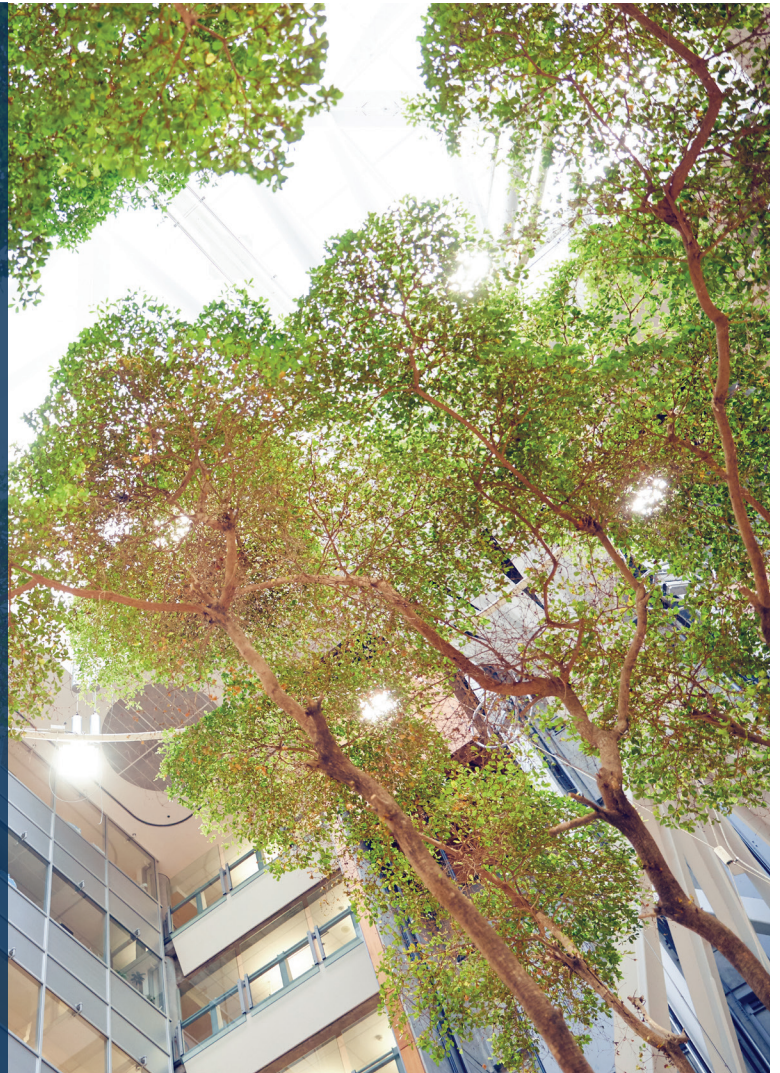
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Baycrest Scientists Bring Expertise to 2025 Alzheimer's Association International Conference



conference, held July 26 to 31, focused on prevention, an area where Baycrest's Dr. Howard Chertkow and Dr. Nicole

Toronto hosted the Alzheimer's Association International Conference 2025 (AAIC), the world's largest gathering dedicated to advancing dementia science and clinical practice. This year's

Anderson are recognized experts. They brought their insights to the media through a feature story on EurekAlert! that highlighted the rise in dementia rates and Canada's opportunity to lead on the global stage. Dr. Chertkow was also interviewed on Zoomer Radio, where he discussed major findings from the conference and shared practical ways people can lower their risk of developing dementia.

Baycrest Celebrates and Thanks Its Dedicated Volunteers

On July 23, Baycrest hosted its annual Volunteer Celebration, which was an uplifting afternoon of recognition and appreciation for the many volunteers who share their time, energy and commitment with our residents, patients, family members and staff. As part of the event, volunteers enjoyed a celebratory lunch followed by a heartfelt awards presentation.



Heat Alert Recommendations

Environment Canada has issued multiple heat and/or air quality alerts for the City of Toronto. These alerts are triggered when:

Baycrest closely monitors heat alerts and posts signage at campus exits to remind everyone to take extra care when heading outdoors.

For Heat: there are two or more consecutive days with daytime highs of 31°C or more, overnight lows of 20°C or more and/or humidex values reaching 40°C or higher.

For Air Quality: two types of alerts may be released: 1) when the AQHI (Air Quality Health Index) is forecast to reach the high risk category (7 or greater) triggering a Special Air Quality Statement, or, 2) when the AQHI is forecast to reach, or has reached, the very high risk category (AQHI of 10+) due to wildfire smoke, an Air Quality Warning.

Baycrest closely monitors heat and air quality alerts and posts signage at campus exits to remind everyone to take extra care when heading outdoors during periods where alerts are in force. To help stay safe during periods of extreme heat or air quality alerts, please follow these tips:

- Drink plenty of water even before you feel thirsty and avoid alcohol and caffeine.
- Stay in a cool, indoor environment as much as possible.
- Avoid strenuous outdoor activity, particularly during mid-day hours (11 a.m. to 4 p.m.).
- Limit exposure to smoke by keeping windows closed and using air conditioning if available.
- Use sunscreen if you must go outside and reapply frequently.
- Wear a well-fitted mask (such as a KN95) if you are outdoors and sensitive to smoke.
- Check on clients, co-workers and family members who may be vulnerable.
- If you or someone else shows signs of heat-related illness—such as dizziness, shortness of breath, chest pain or worsening asthma—seek medical help immediately.



**HEAT WARNING
IN EFFECT**

Enjoy Musical Performances in the Sharp Atrium

Baycrest hosts a regular concert series in the Sharp Atrium with a variety of musical performers entertaining our community. All are welcome to drop by and enjoy some great music. Here is the schedule for the upcoming concerts:



- Thursday, August 14, 10:30-11:30 - Ilana Waldston Trio
- Sunday, August 17, 1:30-2:30 - Mark Youhanan
- Thursday, August 21, 10:30-11:30 - Marcus Schwan
- Thursday, August 28, 10:30-11:30 - Janie Respitz

Baycrest is grateful to Tauba and Soloman Spiro and The Wilkes Family who generously provide funding for the concert series.

Participants Needed: Mindfulness Study for People with Parkinson's and Their Caregivers

Baycrest's Rotman Research Institute is inviting participants to take part in a pilot study exploring the use of mindfulness meditation for individuals living with Parkinson's and their caregivers. The goal is to better understand whether this type of program is practical, engaging and supportive of well-being.

We are currently looking for adults (18+) in Ontario who provide care or support to a family member or friend with Parkinson's disease. To take part, you must:

- Have access to a mobile device or tablet with internet at home
- Be able to attend two in-person visits at Baycrest in Toronto

As part of the study, participants will:

- Use a meditation app at home
- Wear a special headband that senses brain activity and provides real-time feedback to support meditation

Participation will involve approximately 12 hours over a 12-week period (excluding meditation time). Compensation of **\$211** will be provided upon completion.

To learn more or express interest in participating, please contact:

Konka Paul at kpaul@research.baycrest.org
or 416-785-2500 ext. 3386.





This month's resources aim to support you in learning more about your role in your own health, and those you care for. By better understanding how to partner in care and what to expect during appointments, you can make informed decisions to manage or improve your wellbeing using these resources:

- **How to Partner in Care at Baycrest, from Baycrest Centre for Education:** This "health literacy roadmap" helps you take part, manage and make decisions about care and navigate the healthcare system.
- **Preparing for a Comprehensive Geriatric Assessment: Information for Patients and Families, from Provincial Geriatrics Leadership Ontario:** Explains what a comprehensive geriatric assessment (CGA) is, when it is needed, what to expect and how to prepare for this type of appointment.
- **Tips for your next Doctor Visit, from ABC Health Matters:** It's important to make sure you understand what your doctor tells you. This document provides tips for getting the most out of your doctor's visit.

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.



Defy Dementia Episode 26 Now Available - Coping with Challenging Behaviours

In 2021, Diana De Faveri's life turned "upside down, real fast" when her mother was diagnosed with corticobasal syndrome, a rare form of dementia. As a sole caregiver, she took care of her household, her business, her parents, and her parents' home. She recounts this difficult and stressful time in her life, sharing the lessons she's learned and her thoughts on why it's so important to seek help and support. Dr. Nicole Didyk, Clinical Assistant Professor at McMaster University, geriatrician, internist, passionate patient and family education advocate and creator of The Wrinkle – a YouTube channel and website for older adults and their families – shares tips on how to navigate challenging behaviours, in the face of dementia.

Listen now at defydementia.org or wherever you get your podcasts.



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 tzedakah, chessed and tikkun olam.

UPCOMING PROGRAM SESSION

Oct 2025
to Jan 2026

**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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Baycrest is fully affiliated
with the University of Toronto

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Baycrest stories,
news and events at**
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