

BAYCREST BULLETIN

A snapshot of Baycrest news and events / December 2025

IN THIS ISSUE

BAYCREST'S DR. HOWARD CHERTKOW DISCUSSES TIME SPENT ONLINE BY OLDER ADULTS IN GLOBE AND MAIL ARTICLE

BAYCREST NAMED A GREATER TORONTO TOP EMPLOYER

BAYCREST NAMED CANADA'S #1 MOST RESEARCH-INTENSIVE HOSPITAL, AGAIN

SUPPORT BRAIN HEALTH AND RECEIVE THE 2026 TIMELESS EDITION CALENDAR

BAYCREST CELEBRATES CHANUKAH

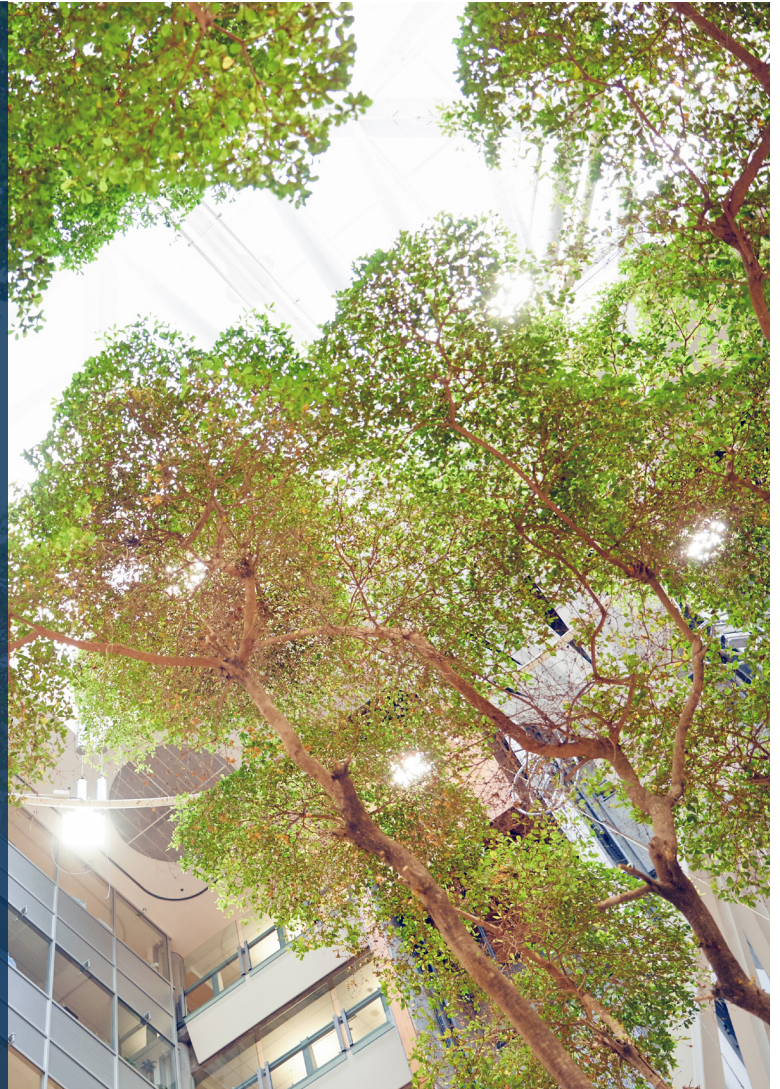
OCAD STUDENTS IN COLLABORATION WITH BAYCREST PRESENT AGE-RELATED SOLUTIONS

CREATIVE ARTS STUDIO SIDEWALK SALE AND FESTIVE GATHERING

DEFY DEMENTIA™ EPISODE 30: BE PET SMART IS NOW AVAILABLE

WELL READ

APOTEX JEWISH HOME FOR THE AGED FAMILY NURSING HOME QUALITY OF LIFE SURVEY



Baycrest's Dr. Howard Chertkow Discusses Time Spent Online by Older Adults in Globe and Mail Article



Dr. Howard Chertkow, Scientific Director at Baycrest's Kimel Family Centre for Brain Health & Wellness, was recently featured in The Globe and Mail, where he shared expert insights on new Statistics Canada data showing that more than 80 per cent of adults 65 and older are spending increased time online. In the article, Dr. Chertkow noted that screen time can have both positive and negative effects on brain health, depending on how it is used and the amount of time spent online. He also discussed these findings in interviews with CTV Your Morning Vancouver and other outlets. Both the Globe and Mail article (accessible to subscribers) and the CTV segment (search the headline: "Is screen time sharpening or straining your brain?") are available online.

Baycrest Named a Greater Toronto Top Employer

Baycrest has been recognized as one of Greater Toronto's Top Employers for 2026, marking our third consecutive year being recognized. This honour reflects the strength of our workplace culture and our commitment to staff well-being, inclusivity and professional growth. Baycrest stands out for its focus on mentorship, innovation, recognition and restorative environments.

Living our ICARE values guides the meaningful work we do every day and helps create a place where everyone can learn, grow and make a difference. Visit **Baycrest.org** for more information.



Baycrest Named Canada's #1 Most Research-Intensive Hospital, Again



Baycrest has been recognized as Canada's most researcher-intensive hospital, according to Research Infosource's 2025 Canada's Top 40 Research Hospitals rankings. This honour reflects the strength and impact of our research teams across the Rotman Research Institute and the entire Baycrest community. It is the fourth straight year Baycrest has earned this honour. Since the inception of the ranking over a decade ago, Baycrest has consistently placed among Canada's top research hospitals, standing out

even among larger institutions. Our researchers continue to lead ground-breaking work in aging and brain health, supported by major initiatives such as the Kimel Family Centre for Brain Health & Wellness, the onsite hub of the Canadian Consortium on Neurodegeneration in Aging (CCNA), the Anne & Allan Bank Centre for Clinical Research Trials, Defy Dementia™ and the Koschitzky Centre for Innovations in Caregiving, among many others. Visit **Baycrest.org** to learn more about Baycrest's ranking.

Support Brain Health and Receive the 2026 Timeless Edition Calendar

The Baycrest Foundation has launched the 2026 Timeless Edition calendar. While supplies last, donors who make a minimum donation of \$180 will receive the calendar as a thank you. Each month features residents and messages that highlight how we can grow "better with mileage" by taking steps that help prevent cognitive decline. All donations made before December 31 will be matched four times, helping your gift go even further.

Donate at **baycrestfoundation.org**.



Baycrest Celebrates Chanukah

Baycrest will celebrate Chanukah (December 14-22) with a variety of activities that all members of our community are invited to participate in:

- **Candle Lighting (all in Sharp Atrium)** - on December 14, 15, 16, 17, 18 and 21 we will gather at 4 p.m. for candle lighting and songs.
On Friday, December 19, candle lighting will take place as part of our Community Shabbat at 2:15 p.m. (followed by a Chanukah-themed Kiddush with latkes). On Saturday, December 20 the candle lighting and Havdalah will take place at 6 p.m.
- **Chanukah Extravaganza (Sharp Atrium)** - on Thursday, December 18 at 2 p.m. join us for Chanukah-themed activities, latkes, a performance by our very own Apotex Glee Club and more.
- **Chanukah Concerts (all in Sharp Atrium):**
 - o **Cantor Alex Stein** - on Tuesday, December 16 at 10:30 a.m. Enjoy a joyful Chanukah concert with music residents will know and love.
 - o **Associated Hebrew School** - on Wednesday, December 17 at 11 a.m. join students from the Associated Hebrew School for a lively Chanukah concert.
 - o **Eli Green** - on Thursday, December 18 at 3:30 (following our Chanukah Extravaganza) join Eli Green for a Chanukah concert and candle lighting.



OCAD Students in Collaboration with Baycrest Present Age-Related Solutions

Baycrest Terraces recently hosted Industrial Design students from OCAD University to complete placements with the Memory Care and Assisted Living team. Using design thinking principles and engaging with staff and residents to incorporate real-world feedback, the student groups created a variety of aging-related solutions. The student groups presented their solutions on December 8 in the Sharp

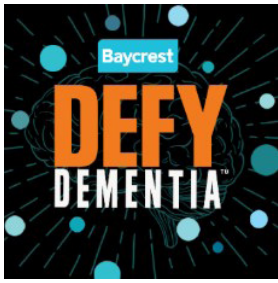
Atrium where attendees had the opportunity to see and try each of the solutions.



Creative Arts Studio Sidewalk Sale and Festive Gathering

Discover unique art pieces, crafts and one-of-a-kind gifts - made by Apotex residents - at the Creative Arts Studio sidewalk sale. Shoppers can enjoy a warm, festive drink and good company while celebrating the season together. The sidewalk sale will take place on Wednesday, December 10 at 1:30 p.m. in the Sharp Atrium.

Defy Dementia™ Episode 30: Be Pet Smart is Now Available



While the companionship of pets has been studied in the context of cardiovascular health, their role in protecting brain health is less studied. Join us to investigate how an everyday dog walk may boost brain health through dementia risk-reduction factors including physical activity, well-being, social connection and cognitive

engagement. Co-host Jay Ingram, and author of *The Science of Pets*, joins psychologist and aging-brain expert Dr. Theone Paterson (University of Victoria) to explore how pets can help you defy dementia. Dr. Lillian Hung (University of British Columbia; Vancouver Coastal Health Research Institute) joins the podcast to discuss innovations in dementia care technology, including robotic pets. Listen now at defydementia.org or wherever you get your podcasts.



For free, reliable wellness information, visit Baycrest's Centre for Health Information (CHI) on the first floor of the Apotex Centre, located between the WA Café and the Nosh. Every month, the CHI shares resources on a topic of interest to the Baycrest community. This month focuses on how technology can benefit us as we age.

While aging is a natural part of life, technology is transforming how we live, learn, and thrive as we grow older. This month's resources highlight innovations that support healthy aging.

- **How can technology improve our lives as we age?, World Economic Forum:** how technology can support healthy aging by enhancing independence, improving accessibility to care, and enabling early detection of non-communicable diseases.
- **Tech innovations that are improving the way we age, National Council on Aging:** How emerging technologies such as smart home devices, wearable health monitors, autonomous vehicles, and social robots are helping older adults live more independently, stay connected and monitor their health.
- **The benefits of learning technology in older age, The Life Institute:** how older adults benefit from learning about and using new technologies and tools like telehealth, video chat, online shopping, and online courses and entertainment.

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

Apotex Jewish Home for the Aged Family Nursing Home Quality of Life Survey



Families and caregivers are invited to participate in our annual Family Survey on Nursing Home Quality of Life. The survey is designed to gather feedback about experiences as a family member, caregiver or friend of a resident living in the Apotex. Feedback will help us improve the care and services provided to residents. All responses and comments will be treated confidentially. Hard copy surveys were mailed on Friday, October 31, 2025, but surveys can also be completed electronically by scanning the QR code.

Deadline to submit a survey is Friday, December 19, 2025.

Baycrest



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Baycrest is fully affiliated
with the University of Toronto

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