

# BAYCREST BULLETIN

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

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## Innovative New Treatment for Severe Alzheimer's

Individuals living with severe Alzheimer's disease showed remarkable improvements in behaviour and cognition within days of receiving an innovative new treatment that delivered low doses of radiation, a recent Baycrest-Sunnybrook pilot study found.

"Although this was a small pilot study, our results suggest that low-dose radiation therapy may successfully improve patients' quality of life," says Dr. Morris Freedman, scientist at Baycrest's Rotman Research Institute, head of the division of neurology at Baycrest and senior author of the study.

High doses of radiation are known to have harmful effects on our health. However, low doses, such as those used for diagnostic CT scans, can help the body protect and repair itself.

In this study, published in the Journal of Alzheimer's Disease, four individuals living with severe Alzheimer's disease were given three treatments of low-dose radiation, each spaced two weeks apart. A CT scanner at Sunnybrook Health Sciences Centre was employed to provide the treatments, with the supervision and support of Dr. Sandra Black, senior scientist and neurologist, and Dr. Sean Symons, radiologist-in-chief, both at Sunnybrook.

The researchers used standardized tests and observation to record changes in the patients' communication and behaviour after the treatment. Most importantly, they collected information (descriptions, photos and videos) from the patients' spouses, children and caregivers.



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Remarkably, three of the four individuals showed improvements within one day of the first treatment, with their relatives reporting increased alertness and responsiveness, recognition of loved ones, mobility, social engagement, mood and more.

Two days after the first treatment, the son of one of the

patients reported, "When I said hello, she looked at me and said, 'Hello dear.' She hadn't said this to me in years!" The results of this small pilot study offer hope for those with severe Alzheimer's disease and their loved ones.

Further research is needed to examine the effects of this novel therapy in larger clinical trials.

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## Participate in an Online Brain Health Assessment Study

You are invited to take part in an online study to help us validate a French cognitive test of memory and attention. You can take the test in either English or French.

Cogniciti's Brain Health Assessment was designed by scientists at Baycrest and is meant to be sensitive to the subtle cognitive changes associated with aging. This study requires you to complete this assessment in your preferred language twice (once on the first day, and one week after) and takes approximately 30 min to complete each time. You will be asked to complete a fluency test once and the Cogniciti Brain Health Assessment twice. Your results will help contribute to the development of a potential new assessment tool.

Please note that you are not eligible to participate if you have previously completed a Cogniciti assessment. Additionally, to be eligible to participate in the Cogniciti French Validation

Study you must be:

- Between the ages of 20 and 89
- Fluent in English and/or French
- Residing in Ontario or New Brunswick
- Comfortable using a computer and have internet access

If you are interested in participating in this study and would like more information, please send us an email and specify your age, gender, location, language (English or French) and email address. Please contact us at [research@cogniciti.com](mailto:research@cogniciti.com)

The logo for Cogniciti, featuring the word "cogniciti" in a light blue, lowercase, sans-serif font. The letter "o" is stylized as a brown circle with a white dot in the center.

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## A Walk for the Ages at Canada's Wonderland



**A WALK FOR  
THE AGES**  
In Support of  
**Baycrest**

No matter your age, A Walk for the Ages is where we can all come together to fundraise critical funds for Baycrest. On Sunday, September 19, join us at Canada's Wonderland for this inaugural event that will bring together families, friends and companies to raise money for Baycrest's most urgent needs by asking participants to walk either a 2.5 or 5 km route through Canada's Wonderland.

Proceeds from A Walk for the Ages will support Baycrest's critical work caring for the 1,100 older adults who call our campus home, as well as education, innovation and research initiatives to fight dementia and improve brain health and aging for all.

Information regarding free registration for Baycrest staff can be found on the employee intranet. All participants will be expected to fundraise a minimum amount prior to the walk.

Visit [www.baycrestfoundation.org](http://www.baycrestfoundation.org) for more information or to register.





# Innovation Updates - Upcoming Webinars



## Baycrest Now Testing Ohmni Robot on Campus

The Baycrest Innovation Office (BIO) has begun testing the use of the Ohmni Robot, which is a telepresence device that enables users to drive and use the robot from a remote location. With its high-definition, wide-angle camera and far-field microphone and speaker, users can virtually visit Baycrest from anywhere. BIO is currently consulting with technology and telemedicine enthusiasts to explore ways the robot can be used in a similar capacity to the telemedicine carts (also known as 'tCarts').

**To learn more about the device, contact us at [innovation@baycrest.org](mailto:innovation@baycrest.org)**



## Power of Attorneys, Capacity and Decision-Making in Older Adults - Wednesday, June 23, 2021

Join us as Graham Webb from The Advocacy Centre for the Elderly provides participants with insights on a variety of topics such as property decision-making, personal care decision-making, and the duties of attorneys and guardians. This event will be followed by a Q&A for participants to ask any questions they may have on the topic. This event is free for all to attend. **To register, go to [bit.ly/DecisionMakingOlderAdults](https://bit.ly/DecisionMakingOlderAdults)**

## Read the New Issue of BrainMatters

The spring/summer issue of BrainMatters is out now. The new issue features an exclusive caregiver's focus from former MP Lisa Raitt, a reflection on the pandemic thus far from Baycrest president and CEO Dr. William Reichman and an inside look at infection prevention at Baycrest. Visit **[www.Baycrest.org](http://www.Baycrest.org)** to read the full issue.



## A Big Thank You to Our Nurses

Every member of our Baycrest family plays an important role. Now more than ever, we celebrate our nurses and thank them all for their hard work, extraordinary care, compassion and dedication, especially during this difficult time.

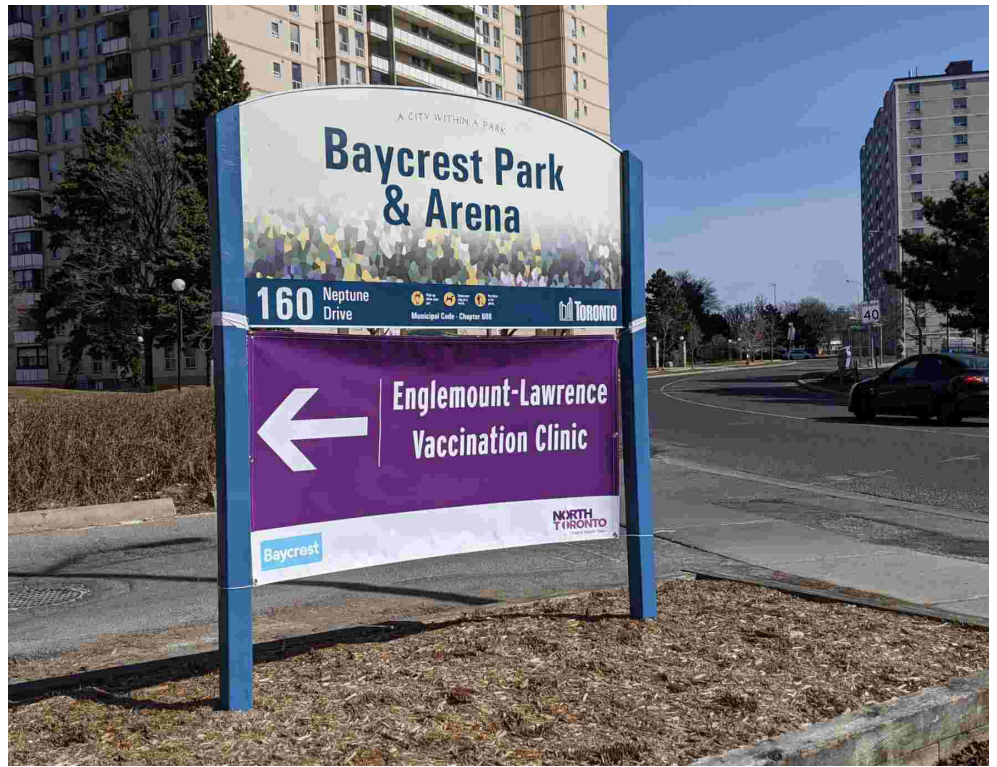
On May 13 during National Nursing Week, MPP for Eglinton-Lawrence, Robin Martin came to Baycrest to present an official "Thank you!" to our nurses. Also pictured here are members of our team Margot DaCosta, Chief Nursing Executive; Cherry Tablone, RPN; and Shafana Bahloo, Psychiatric Nurse.



# COVID-19 Community Vaccination Clinic

As part of the North Toronto Ontario Health Team (OHT), Baycrest is providing operational support and leadership with a COVID-19 community vaccination clinic for the Englemount-Lawrence area. To learn about eligibility and clinic details, please contact the Vaccine.TO call agents using the "chat" feature or by calling 1-888-385-1910.

Please note, the Englemount-Lawrence Vaccination Clinic is in the Baycrest Arena located at 160 Neptune Drive. 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.



## THE COVID-19 VACCINE

A critical next step in our fight against the pandemic



*"I'd rather have the vaccine than suffer from COVID."*

June Khattab  
Registered Nurse

To express interest and have your name added to the list for the vaccine, please contact Human Resources at:

[staffcovidvaccine@baycrest.org](mailto:staffcovidvaccine@baycrest.org)

Baycrest

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