

# BAYCREST BULLETIN

*A snapshot of Baycrest news and events / January - February 2023*

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## Revolutionary Memory Care Model Aims to Improve the Care of Individuals Living With Dementia



*Possibilities by Baycrest™ is a transformational, compassionate and customized approach to caring for persons with dementia. It is the only dementia care model based in neuroscience that applies the most innovative emerging technologies to support well-being. The model shifts away from traditional task-based care and prioritizes giving choice and autonomy to help preserve abilities and reignite a sense of purpose, inspiration and fulfilment for people living with dementia.*

Can people living with dementia still make personal choices, have meaningful relationships, continue to be valued and even develop novel interests and abilities? The answer is yes, when their support is based on the revolutionary Possibilities by Baycrest™ model. This novel and innovative memory care model, first introduced at Baycrest Terraces last spring, creates uniquely customized experiences so individuals living with dementia can live a life of purpose, inspiration and fulfilment.

Possibilities by Baycrest™ is the only dementia care model firmly based in cognitive neuroscience, a field of study in which the Rotman Research Institute at Baycrest is a world

leader. It is also backed by Baycrest's 104-year history of caring for older adults across a full continuum of dementia care services and programs.

Working with scientists at Baycrest's Rotman Research Institute, multi-disciplinary clinicians and individuals and their caregivers living with dementia, the model is based on a core philosophy of maximizing the potential of each person while revealing new, inspiring and fulfilling interests and abilities. Through the application of the most innovative emerging technologies, the model offers customized leisure activities, uniquely engaging social and spiritual connections, and opportunities to revisit old skills and hobbies while exploring and starting new ones.

There are currently more than 600,000 people living with dementia in Canada. By 2030, that number is projected to rise to nearly one million. New, compassionate and researched-based methods to support people living with dementia are essential, as are long-term care facilities that can deliver that care.

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When an individual begins to receive care from the Possibilities by Baycrest™ model, experienced staff get to know the person and their values and goals, which includes assessing where the individual is along their dementia journey. Working with the resident, their loved ones and friends, Baycrest learns about the individual through a guided series of questions to understand their life story and preferences, which helps inform the creation of a custom-built care plan with daily experiences tailored to the individual's needs and passions.

Through its introduction in Canada and dissemination across the globe, Possibilities by Baycrest™ will signal to all concerned about a dementia diagnosis, that this doesn't have to be the end of the life they once knew. Instead, it can herald the start of a new journey, filled with possibilities to have purpose while being inspired and fulfilled.

Learn more about Possibilities by Baycrest™ by visiting [www.possibilities.baycrest.org](http://www.possibilities.baycrest.org)

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## Improve Your Health Literacy at the Centre for Health Information

Health literacy isn't only important for treating conditions, it's also an important part of preventing them. One in four Canadians doesn't know when they should start taking steps to prevent dementia – a situation that can be remedied with access to the right resources.

Located on the first floor of the Apotex Centre, the Centre for Health Information is a space where residents, caregivers and community members have access to reliable health information so they can participate in their care and more effectively manage their condition for better health. The Centre offers resources on healthy living, brain health and dementia, caregiving and much more in pamphlet and brochure formats, as well as books. Trained volunteers are available to assist with finding relevant and personalized information, curated and developed by Baycrest experts.

The Centre for Health Information also includes the online Health Information Portal, which aims to educate residents,

caregivers and community members about aging and brain health through reliable online health education resources.

For more information on the Centre for Health Information and Health Information Portal, visit [www.baycrest.org/Baycrest/Health-Wellness](http://www.baycrest.org/Baycrest/Health-Wellness).



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## Show your Baycrest Spirit With Fear No Age™ Clothing

As Baycrest's Fear No Age™ campaign continues to be featured on television, in print and online, staff are encouraged to show their Baycrest pride. A Fear No Age™ clothing line of hoodies, baseball caps, t-shirts and zip-up track jackets is now available for purchase. Staff will receive an exclusive discount of **50% off** all Fear No Age™ merchandise.

Shop online at **Shop.Baycrest.org**. Staff can use promo code **STAFFMERCH50DISCOUNT** during the checkout process to receive their discount. Fear No Age™ clothing line orders can be picked up at the Baycrest Foundation office on Thursdays between 1 and 4 p.m. Should you have any questions, please email [BaycrestMerch@baycrest.org](mailto:BaycrestMerch@baycrest.org).





# New Exhibit: WOMEN+ Celebrating Jewish Women in the Community's History



In collaboration with the Ontario Jewish Archives, Baycrest is hosting an exhibit honouring Jewish women and the important roles they have held in the community's history. The WOMEN+ Celebrating Jewish

Women in the Community's History exhibit is now on display in the Ronald & Nancy Kalifer Culture Hub. It focuses on the topics of labour, the home, religious observance, sport, the arts and the war effort.

Accompanying photographs reveal a range of experiences in the lives of Jewish women. Also featured are artifacts on loan from the Morris and Sally Justein Heritage Museum at

Baycrest, representing items that may have helped women in their work. This exhibition will be on display until the spring of 2023.



## Employee Spotlight: Lori Socket



Lori Socket, Administrative Secretary, plays a critical role in the Apotex Centre. The favourable motto among colleagues is "Lori's door is always open and Lori's always there."

Through her knowledge and skills, built over 28 years in healthcare, she provides reliable administrative support to many, including directors, managers, recreationists and social workers. She is a go-to solutions provider and a compassionate, customer service-oriented professional who inspires families and residents to choose Baycrest as their place of care.

"One of my favourite tasks is booking tours for families, where I'm connecting with families and residents on a constant

basis. I also help prepare the About Me quick sheet for new residents. I enjoy anything that helps residents feel welcome," says Lori.

When she is not supporting colleagues or working out in the Baycrest gym with other dedicated patrons, she is sailing - on a sailboat she named Appreciation. Lori and her husband are beloved Cook Bay Yacht Club members and go out along Lake Simcoe weekly in the summer. "The club hosts races often, but Appreciation isn't allowed to compete because she's too fast," says Lori, with an endearing smile.

Baycrest appreciates our administrators and all of our dedicated staff for their tremendous role in supporting our residents.

## Baycrest is Accredited With Exemplary Standing

As of December 2022, Baycrest has been accredited with Exemplary Standing - the highest level of performance achievable in the Accreditation Canada program, which is used by over 10,000 sites in 30 countries. This important milestone reflects the dedication and commitment of Baycrest's staff and physicians to providing safe, high-quality, client- and family-centred care. Baycrest's accreditation award is an incredible achievement that would not be possible without the day-to-day commitment of Baycrest's staff, physicians, resident/client and family partners, learners and volunteers.



# Innovation Updates

Using technology and innovation, Baycrest staff continue to seek ways to provide better care and better opportunities for the aging population, developing tools and technologies to meet changing needs. Below are a few exciting ways staff have been innovating across the organization.



## Upcoming Caregiver Webinar: Connecting Through the Voice in Dementia and Palliative Care - Thursday, January 19 from noon to 1 p.m.

Join Dr. Adriana Shnall in conversation with Amy Clements-Cortes, PhD, music therapist and registered psychotherapist, as they discuss the importance of the use of voice by music therapists and their clients in dementia and palliative care contexts. Further reflections and brief case examples will illustrate how music therapy can also free the voice and enable clients to express emotions, create legacy gifts and have a sound impact on their environment. Participants will learn about how they can use music in their own self care. This event will be held on Thursday, January 19 from noon to 1 p.m.

The presentation will be followed by a Q&A. Register on the Baycrest@Home website:

<https://baycrestathome.ca/>



## Upcoming Innovation Rounds: Possibilities by Baycrest™

As part of Baycrest's commitment to fostering a culture of innovation, the Baycrest Innovation Office (BIO) is launching a series that spotlights innovation hotspots across the Baycrest campus. Join the first webinar of the series on Wednesday, January 25, from noon to 1 p.m., where the Possibilities by Baycrest™ team kicks off the multi-part series by answering the question: What is Possibilities by Baycrest™ and how does it relate to you? All are encouraged to attend. To register, visit <https://bit.ly/Jan2023IRs>.



## 2023 Course Dates are Available Online for "Caregiving 101: Learn to Care with Confidence"

Join Social Worker and Dementia Coach Yuliya Goloida to learn the fundamentals of caring for someone living with dementia. Designed for spouses and partners, as well as adult children of older adults experiencing cognitive changes, this course provides opportunities to share and connect with others in similar situations, and get tailored recommendations and resources, as well as clinical guidance to support participants' own unique experiences. The next course begins February 7 and runs to March 2. More 2023 course dates and registration details are available at <https://baycrestathome.ca/member-plans/#caregiving-101>.

## Two Online Support Groups for Family Caregivers this January - Limited Spots Available

Join Baycrest@Home social workers and geriatric specialists for online group therapy this month. Two sessions will be offered based on caregiver type. The "Adult Children and the Changing Relationship" group brings together daughters and sons of individuals living with dementia to share advice, experiences and support.



Additionally, the "Partners and the Changing Relationship" series focuses on learning to effectively manage stress and burnout, while strengthening coping skills and increasing knowledge about caring for a spouse or partner with dementia. The eight-session courses begin January 10 and January 11, respectively. For more information, or to inquire about these support groups (or future dates), visit <https://baycrestathome.ca/member-plans/#therapy>.

**Baycrest**

**FEAR NO AGE™**



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Baycrest is fully affiliated  
with the University of Toronto

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