

# BAYCREST BULLETIN

*A snapshot of Baycrest news and events / January - February 2024*

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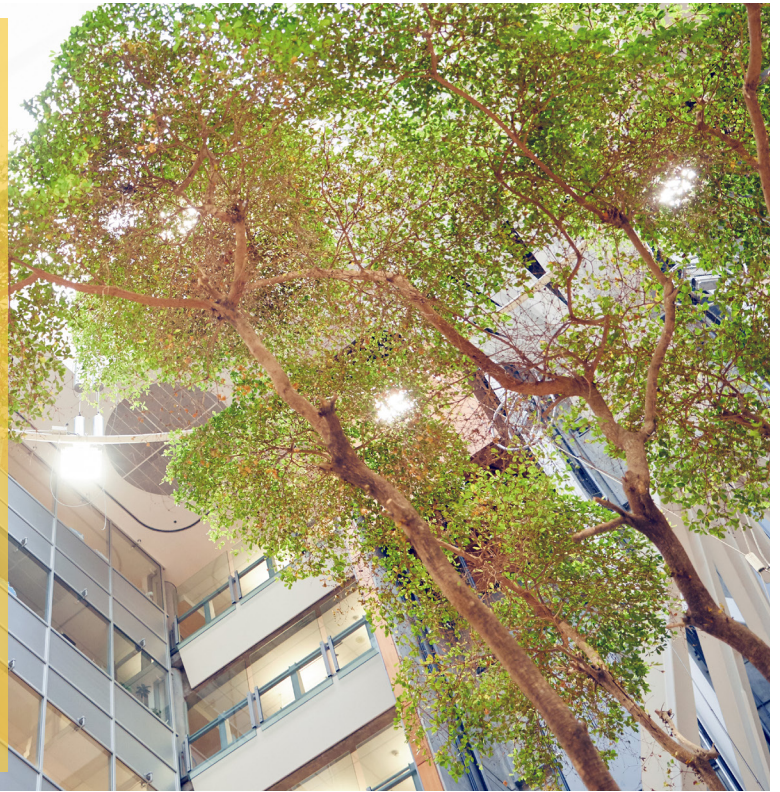
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## Baycrest Receives Green Hospital of the Year Award



Baycrest has been awarded the Canadian Coalition for Green Health Care's Green Hospital Scorecard Award for Green Hospital of the Year - Non-Acute peer group category.

The award honours Baycrest's commitment to reducing healthcare's ecological footprint, improving our climate change preparedness, and enhancing our resiliency to better deliver the compassionate care our community deserves.

"The Green Hospital of the Year Award is a testament to Baycrest's commitment to environmental excellence, encompassing energy, water, waste management, policy planning and pollution prevention," says Scott Ovenden, President and CEO of Baycrest Hospital. "This award is not just a celebration of our achievements; it is a reminder of our responsibility to prioritize environmentally friendly practices in all aspects of healthcare delivery. We will continue to lead by example, fostering a healing environment that not only

cares for our patients but also nurtures environmentally conscious practices in healthcare."

This was Baycrest Hospital's first year participating in the scorecard. Baycrest recently started working on a five-year Energy Conservation Demand Management Plan, which will set targets to further reduce energy, water and gas consumption. We will be reviewing organizationally all of our waste streams in order to further develop targets of reduction.

The Green Hospital Scorecard is Canada's only comprehensive healthcare environmental performance benchmarking tool measuring energy conservation, water conservation, waste management and recycling, corporate commitment and pollution prevention.

As a participating hospital, we reported on our environmental and sustainability initiatives, including our energy, waste and water data, through an online questionnaire and our results were provided to us in an easy-

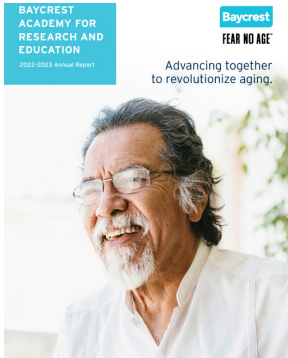
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to-use scorecard summary showing our ratings in the various categories and in comparison, to our peers.

Learn more about the Green Hospital Scorecard at: <https://greenhealthcare.ca/ghs/>

## The Baycrest Academy for Research and Education's First-Ever Annual Report



The Baycrest Academy for Research and Education has released its first-ever annual report.

In this report, learn more about the new Baycrest Academy and how, by integrating research and education, we can improve the lives of older adults in Canada and around the world. Among others, the report highlights a small selection of the ways in which Baycrest researchers and educators are furthering the prevention, detection, treatment and care of dementia, and features some of the many individuals without whom research and education at Baycrest would not be possible.

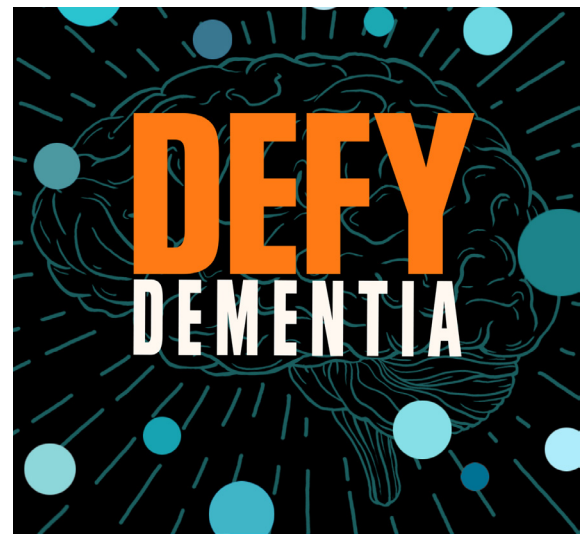
The report is available online at [www.baycrest.org/AcademyAnnualReport2022-2023](http://www.baycrest.org/AcademyAnnualReport2022-2023)

## Defy Dementia Episode 7: Let's Clear the Air - Reducing Air Pollution for Brain Health

The latest episode of the Defy Dementia podcast focuses on outdoor and indoor air pollution and its impact on brain health.

First, hosts Dr. Allison Sekuler and Jay Ingram speak to Dr. Mark Weisskopf (Harvard) about outdoor pollution, such as wildfire smoke, and how it may increase your dementia risk. Then, they hear from Shiven Taneja, a Mississauga teen who builds DIY air purifiers at cost for vulnerable community members. Finally, Dr. Tara Kahan (University of Saskatchewan) discusses ways to reduce our exposure to indoor sources of pollution, such as cooking and candle fumes.

Tune in today at [defydementia.org](http://defydementia.org), or anywhere you get your podcasts, for practical tips to help you reduce your indoor and outdoor pollution exposure, and decrease your dementia risk!



## The Driving and Dementia Roadmap

**Are you concerned about a loved one driving with dementia?**

Led by Baycrest and Sunnybrook, the Driving and Dementia Roadmap is a free,

online resource for people with dementia and their families.

This Alzheimer's Awareness Month, learn more at <http://drivinganddementia.ca>.

# Take Charge of Your Digital Skills with Our Free, Weekly Program

To help older adults take control of their digital literacy, Baycrest's Patient, Family and Consumer Education (PFCE) team has started a weekly drop-in session called Technology Support for Older Adults.

**Every Wednesday from 2 to 3 p.m.**, a technology expert is on hand to address inquiries regarding digital technology at Baycrest's Centre for Health Information, situated on the first floor of the Apotex Centre. All are welcome, and registration is not necessary. For further details, please contact Suzanne Pede, Project Coordinator, Patient, Family and Consumer Education, at [spede@baycrest.org](mailto:spede@baycrest.org).



**Technology Support for Older Adults**

Free drop-in program  
Every Wednesday, 2-3 p.m.  
Centre for Health Information  
Baycrest's Apotex Centre, first floor

**Baycrest** FEAR NO AGE

## Employee Spotlight: Nelly Villacorta-Siegal



Baycrest is proud to spotlight Nelly Villacorta-Siegal, a dedicated dental hygienist at the Alpha Omega Dental Centre who has been instrumental in bridging the gap between dental care and comprehensive healthcare for older adults.

Nelly's journey began with a vision: to integrate dental hygiene into the interprofessional teams that provide daily care to residents. Recognizing a crucial need, she proposed an innovative project, subsequently receiving a grant from the Centre for Aging + Brain Health Innovation (CABHI). This funding enabled Nelly to develop and evaluate new care models and training programs to enhance oral health for residents at the Apotex Centre.

Her work didn't stop there. With the support of KL-CARE, the Centre for Education and Knowledge Exchange in Aging, and other collaborators across the Baycrest campus, Nelly's

project reached beyond our walls, extending to two other long-term care homes.



**CENTRE FOR AGING  
+ BRAIN HEALTH  
INNOVATION**  
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Her achievements underscore the impact of CABHI's goal of empowering point-of-care staff to translate their insights into innovative solutions that can improve the lives of older adults. Nelly's success also highlights the vital role of donations, such as the Alpha Omega contribution to the Dental Center, in supporting both improved patient care and academic research.

For those inspired by Nelly's story and eager to delve deeper into her methodologies and findings, the details of her project and its implications are documented in the journal article "Integration of a Dental Hygienist into the Interprofessional Long-term Care Team" available online at <https://onlinelibrary.wiley.com/doi/10.1111/ger.12734>.

## 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](http://shop.baycrest.org). Staff can use promo code **STAFFMERC50DISCOUNT** 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).

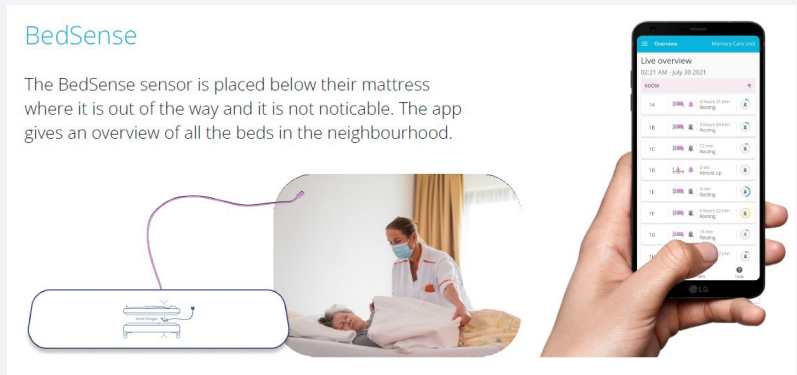
# Innovation Updates

## Revolutionizing Care at Terraces Memory Care: Launch of Momo BedSense

The Terraces Memory Care proudly announces the official launch of Momo BedSense, an innovative technology that has been integrated into the Possibilities by Baycrest™ model of care, made possible with the generous support of BIO.

In a stride toward enhancing resident safety, sensors were installed with the goal of minimizing falls, particularly during resident bed exits. The system can alert to customizable events based on individual resident needs, allowing for proactive care interventions. The analysis of this data provides valuable insights into sleep patterns, crucial for dementia care, overall brain health, and the quality of life of residents.

If you are interested in learning more about how the BedSense solution is being used at Baycrest, please contact BIO at [innovation@baycrest.org](mailto:innovation@baycrest.org).

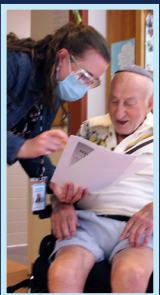


## “Sharing Our Stories - The Power of Storytelling in Everyday Life” (a FREE Baycrest@Home workshop) January 31 from 1 - 2 p.m.

Did you know that humans listen and remember stories better than any other form of information? Stories make us think and feel at the same time; and so, are powerful ways to communicate and remember.

Join Baycrest@Home and professional storyteller Kathleen Smyth, to learn how stories can connect us and tap into our imagination. Using music and prompts to elicit memories, this workshop is designed for older adults with memory changes and their family caregivers to participate together. All are encouraged to join and engage in the power of storytelling.

Registration is limited so please reserve your spot here: <https://baycrestathome.ca/event/sharing-our-stories/>



Thank you  
Team  
Baycrest

Baycrest

FEAR NO AGE™



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