

BAYCREST BULLETIN

A snapshot of Baycrest news and events / July 2025

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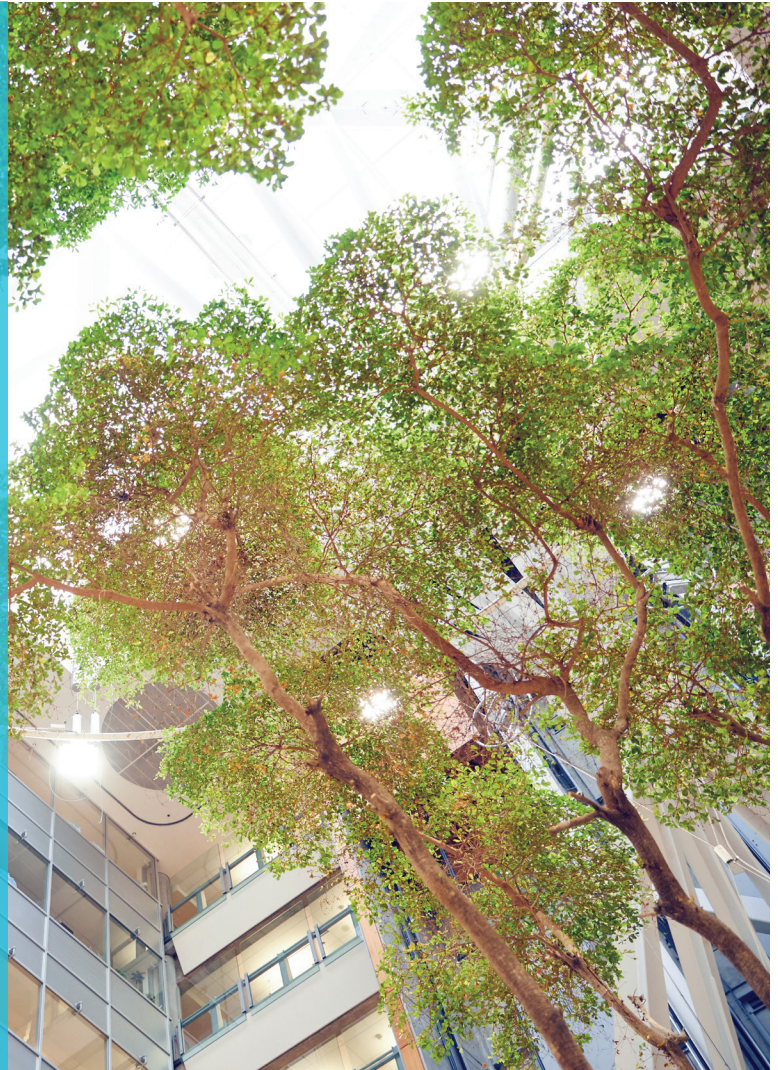
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Parking Lot Access via Baycrest Ave Closed July 21-27



Please note that the parking lot entrance from Baycrest Avenue will be closed from 7:00 a.m. on Monday, July 21 until 9:00 a.m. on Sunday, July 27 due to scheduled repaving.

During this time, all visitors are asked to use Ameer Avenue or Bathurst Street to access the parking lot. Parking availability will not be affected. Thank you for your patience and understanding as we complete this work.

Dr. Claude Alain Study Shows Long-Term Musical Training May Mitigate Age-Related Decline



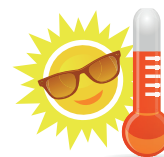
Long-term musical training may mitigate the age-related decline in speech perception by enhancing cognitive reserve, according to a study published in the journal PLOS Biology by Baycrest's Dr. Claude Alain and Yi Du from the Chinese Academy of Sciences. The study, which used functional MRI scans to compare brain activity in older musicians with older non-musicians and younger non-musicians delivered results showing that cognitive reserves built through musical

training help the brain hold onto its younger functional features, instead of simply compensating for loss. The study adds to growing evidence that positive lifestyle choices, such as musical training, higher education and bilingualism, can help the brain cope better with aging. The study's authors recommend future studies explore different cognitive tasks, such as memory and attention tasks, and investigate other sources of reserve, such as physical exercise and bilingualism. Eventually, these findings may inform interventions aimed at preserving cognitive function and improving communication outcomes in aging populations.

Heat Alert Recommendations

Environment Canada has issued multiple heat alerts for the City of Toronto. These alerts are triggered when 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.

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



HEAT WARNING IN EFFECT

- To help stay safe during periods of extreme heat, please follow these tips:
- Drink plenty of water throughout the day, even before you feel thirsty.
Avoid alcohol and caffeine.
- Stay in cool, indoor spaces as much as possible.
- Limit strenuous outdoor activity, especially between 11 a.m. and 4 p.m.
- Use sunscreen if you must go outside and reapply it regularly.
- Check in on co-workers, family, friends and others who may be more vulnerable to heat.
- 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.

New Enclosed Bicycle Parking Spaces Now Available

Baycrest staff, physicians, volunteers and contractors now have access to a secure bicycle storage cage. The storage cage is located on the West side of the Apotex Centre building, adjacent to the short-term parking lot (see photo). Access is free for eligible users but requires completion of the steps below:



To gain access to the secure bicycle storage cage:

1. Complete, print and sign the Bicycle Cage Access Request Form found on The Synapse.
If you do not have access to The Synapse, copies of the form may be obtained at the Security Office.
2. Submit the form in person to the Security Office.
3. Security will activate your access card for entry to the bicycle cage.

For more information or questions, please contact the Security Office security@baycrest.org or 416-785-2500 ext. 2050.

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 7, 10:30-11:30 - Michelle White
- 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 Solomon 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.



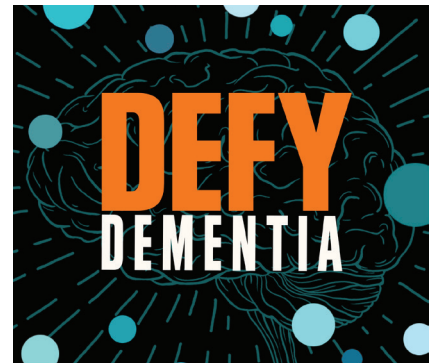


This month's resources aim to support you in learning more about your role in your own health, and those you care for. By better understanding how to partner in care and what to expect during appointments, you can make informed decisions to manage or improve your wellbeing using these resources:

- **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 25: Living with Pride in the Face of Dementia

In honour of Pride, Episode 25 of Defy Dementia explores how dementia affects 2SLGBTQI communities and the empowering resources available to support brain health. Guests Susan Gapka and Dr. Samir Sinha share inspiring stories of advocacy and resilience.

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 tzedukah, chess and tikkun olam.

UPCOMING PROGRAM SESSION OPTIONS:


| | | |
|-------------------------|--------------------------|-------------------------|
| Nov 2024 to Feb 2025 | Mar 2025 to June 2025 | 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
FEAR NO AGE™


UNIVERSITY OF
TORONTO
Baycrest is fully affiliated
with the University of Toronto

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Baycrest stories,
news and events at
marketing@baycrest.org