

BAYCREST BULLETIN

A snapshot of Baycrest news and events / June 2025

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Baycrest Hosts CIHR-IA Summer Program in Aging 2025

The Baycrest Academy for Research and Education (BARE) was honoured to have been selected to host the Canadian Institutes of Health Research - The Institute of Aging **Summer Program in Aging** (SPA) from June 8 to 13 on our campus.

SPA 2025 trainees experienced an interactive, interprofessional and innovative program built around the theme "Training a Healthcare Workforce to Meet the Needs of Older Adults." There was a variety of opportunities to learn from those with lived experience - both older persons and those who care for them.

The overarching goal of SPA 2025 is to inspire and prepare trainees to conduct rigorous, meaningful research across a

spectrum of disciplines - ranging from basic to applied and implementation research, that ultimately supports training a healthcare workforce to successfully meet the needs of older persons.



CIHR-IA
**SUMMER
PROGRAM IN
AGING 2025**

TORONTO, ONTARIO

JUNE 8 - 13, 2025



Academy for Research
and Education



Institute of
Aging
Institut du
vieillessement



10,000 Cyclists Take Over the DVP to Bike for Brain Health

Cyclists overcame windy conditions to take over the Don Valley Parkway (DVP) and Gardiner Expressway to ride in the Mattamy Homes Bike for Brain Health supporting Baycrest. The annual event, which provides cyclists exclusive access to the highways, was filled with energy and enthusiasm, as many riders were supporting a loved one who is or has lived with dementia or other cognitive challenges.

The weather for the 2025 event was chilly, but fortunately bright and rain-free for the riders. The event offered a variety of distances - 10, 25, 50 or 75 km - for riders to choose from and the participants and volunteers alike enjoyed entertainment and music throughout the day.

Thanks to sponsors, donors and riders' fundraising efforts, the Bike for Brain Health has now raised more than \$17 million in its four-year history, with 100 per cent of the funds raised go directly to Baycrest Foundation to fund research, innovation, care and education for the individuals and families impacted by dementia.

A sincere thank you goes out to the many sponsors, donors and volunteers who are integral to the success of this annual event.



Baycrest Terraces Bat Mitzvah Celebration

On Monday, June 16 at Baycrest Terraces, residents Sophie Krausz and Marianna Grinblat completed a Bat Mitzvah ceremony.

The ceremony was led by Rabbi Rena Arshinoff, and attended by many residents, family and friends to celebrate this important event with Sophie and Marianna.

In preparation for a Bat Mitzvah, one will: learn the Hebrew, understand what it means, reflect on how it relates to the journey of the Israelites who were freed from slavery in Egypt and traveled through the wilderness to the Promised

Land (Israel), and finally consider how this message relates to one's personal life. During the Bat Mitzvah ceremony, Sophie and Marianna each read a portion from the Torah. There were also prayers and songs, which all those present participated in.

Following the Bat Mitzvah ceremony, both Sophie and Marianna spoke briefly, noting how meaningful it was to be able to have this important experience, following which all the attendees enjoyed cake and refreshments while continuing to wish Mazel Tov to Marianna and Sophie.



Baycrest Celebrates Pride

Baycrest is proud to recognize and celebrate Pride month with a variety of activities that all are welcome to participate in, including:

- **Pride Flag Raising** - on Wednesday, June 4 members of our Baycrest community gathered to raise the Pride flag on campus. During the flag-raising ceremony attendees heard remarks from Cindy Morris, Vice President, Corporate Human Resources, Baycrest Corporate Centre for Geriatric Care, and were able to pick up a Pride pin, bracelet or sticker. Our Baycrest community is strongly supportive of Pride month, as the large turnout for the flag raising ceremony demonstrates.



- **Celebrating Pride with Creative Arts** - From June 1 - 30 we are creating art reflecting love, friendship and inclusivity at the Creative Arts Studio. During the last week of June, we will display a large, resident-made Pride quilt in the Creative Arts Studio. We will also display a large Pride "letter" installation in the garden at the north end of the Sharp Atrium, along with two display boards showcasing Pride artwork.

Gila Munster Brings the Drama to Baycrest for Pride

As part of Baycrest's month-long celebration of Pride, on Wednesday, June 11, Baycrest enjoyed a performance by Gila Munster. Gila bills herself as the cross-dressing Canadian Jewish Princess and she certainly delivered a princess-worthy high-energy and dramatic performance for residents, patients, volunteers and staff.

Working the red carpet installed specially for her performance like the pro she is, Gila sang, danced and strutted to the delight of her audience. Drawing her performance from Jewish culture, Gila performed the song that won Eurovision 1998 for Israel - "Diva", composed by

Svika Pick, written by Yoav Ginai and performed by Dana International. Gila also performed an original track from her play The Eight Gays of Hannukah.

As part of her performance, Gila took time to discuss the importance of Pride, speaking about her work performing at schools, libraries and nursing homes and addressing the discrimination faced by the 2SLGBTQI+ community.

Our Baycrest community enjoyed Gila's performance immensely showing this with smiles, clapping and dancing in their seats as she sang.





If you're looking 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's reading list is on aging and hearing health.

As we age, changes in hearing are common but they don't have to get in the way of connection or quality of life. This month's resources explore how hearing health impacts memory, mood, communication, and social engagement. Learn practical tips for protecting your hearing, recognizing signs of hearing loss, and making the most of hearing aids and assistive technology to stay connected and thrive as you age.

- **Baycrest online hearing screening tool:** from Baycrest Audiology: Baycrest now offers an online hearing screening tool that may help you or your loved one detect hearing loss. The hearing tool is free, takes roughly 10 minutes to complete and is available to anyone who is curious about their hearing health.
- **Hearing aids, counselling may slow cognitive decline for some seniors:** from CBC Health: Explores how recent suggest that using hearing aids and related interventions may significantly slow cognitive decline and reduce dementia risk in older adults, especially those already at higher risk for cognitive impairment.
- **Age-related hearing loss:** from Johns Hopkins Medicine: Explains how age-related hearing loss (presbycusis) gradually affects both ears, impacting communication, emotional well-being, and social connection in older adults, while outlining causes, symptoms, and management strategies.

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 24: In Focus - Vision Loss & Brain Health

In the latest episode of the Defy Dementia podcast, we explore the powerful connection between vision loss and brain health, and how untreated eye conditions can increase the risk of cognitive decline. This episode features the story of Walter Kuntz, a 78-year-old retired Canada Post worker, who recounts his experience with cataracts, eye surgery and regaining his independence. We also hear from Dr. Walter Wittich, Québec's first Certified Low Vision Therapist, who breaks down the science of the vision-brain connection and shares practical steps to protect both your sight and cognitive function. 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 tzedakah, chessed and tikkun olam.

UPCOMING PROGRAM SESSION OPTIONS:

Nov 2024 to Feb 2025	Mar 2025 to June 2025	Oct 2025 to Jan 2026
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*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
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