

BAYCREST BULLETIN

A snapshot of Baycrest news and events - May 2021

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The Effects of Prior Knowledge on Learning and Memory

The Canadian Institute of Health Research (CIHR) has awarded a team of scientists at Baycrest's Rotman Research Institute (RRI) a prestigious grant to determine why having prior knowledge on a topic affects how we learn new, related information as we age. This research will pave the way for optimizing the use of prior knowledge to preserve and improve memory as we get older, ultimately helping older adults live life to the fullest.

Dr. Asaf Gilboa and his team, led by Dr. Erik Wing, will recruit younger and older bird experts as well as non-experts to learn new birds while the researchers use functional magnetic resonance imaging (fMRI) to observe their brain activity. The results are expected to show how prior knowledge of birds can accelerate learning of new birds in the cortex and offset age-related memory decline. Other RRI scientists contributing their expertise to this study are Drs. Jean Chen, Jed Meltzer and Jennifer Ryan.

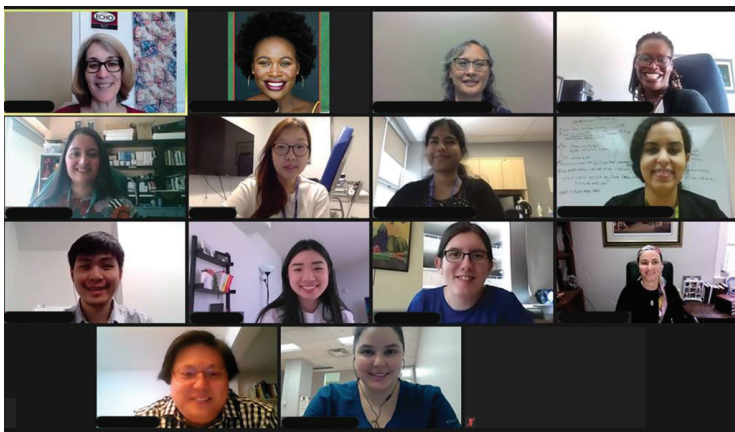
By recruiting bird experts and non-experts, this research program will be one of the first to look at memory formation in a realistic condition: namely, bird watching. "The advantage of studying bird expertise is that there is a clear structure of bird knowledge. For example, experts

consistently understand the concepts of 'field sparrow' and 'song sparrow,' as well as the relationship between these concepts, and we can examine how this helps experts learn new information," says Dr. Wing. "Similar processes take place in new learning across many domains, from music to language to art."

Unlike memory functions that tend to decrease with age, prior knowledge continues to accumulate as we get older, making it an area of strength in older adults. In the long term, this research will determine how to optimally harness this strength to mitigate age-related memory decline, improving quality of life for older adults everywhere.



Virtual Interprofessional Education Program



Baycrest students recently had the opportunity to virtually participate in a cross-organizational, Interprofessional Education (IPE) Placement with students from Sunnybrook. The inaugural four-week session was co-facilitated by Lisa Sokoloff and Mary Akuamoah-Boateng from Baycrest and Myrene Lyche from Sunnybrook. The session included students from the two organizations in a wide range of disciplines, such as social work, clinical pastoral education, pharmacy, recreation therapy, dietetics, nursing, occupational therapy, creative art therapy and audiology.

The theme, Care of Older Adults, covered topics including successful aging, ageism and how COVID-19 has affected older adults. Older adult volunteers from Baycrest shared their personal stories about social isolation/loneliness and pandemic coping strategies. Occupational Therapist Sylvia Davidson's discussion about sexuality and intimacy in older adults generated a lively dialogue that fostered student self-reflection of how one's own values can impact the way we provide care.

This innovative IPE was unique, crossing two organizations and fully virtual. Multiple strategies optimized student engagement, including small group work with breakout rooms and presentations, just-in-time polling, facilitated discussions, and students' choice of topics for the weekly sessions and presentations. Students commented that by being virtual it was easier for them to attend sessions and not have to worry about travel. They also appreciated learning about, from and with students from another organization, again, enabled by the virtual format.

Thank you to our students and guests for participating in this virtual IPE series. For more information about IPE activities, contact Samantha Yau at syau@baycrest.org.

Call for Mentors and Clinicians: 2021 Ontario CLRI Summer Student Internships



Are you a therapeutic recreationist, physician, nurse, occupational therapist, physiotherapist, dietitian, personal support worker, speech-language pathologist, audiologist, social worker or pharmacist? Can you commit one to two hours a week for four weeks in June and/or July? We are looking

part of a series of educational games and art-based learning, facilitated sessions, mentoring, clinical shadowing, resident pairings and an innovation project.

Prospective mentors are vital to the intern experience and will be matched with an intern for weekly virtual chats/coffee to discuss various topics (e.g., career advice, coaching and project guidance).

In addition to mentors, we are also looking for clinicians open to providing virtual clinical shadowing opportunities. This could be a meet and greet with a small group of interns, intern(s) shadowing your virtual appointment, a photo journal chronicling your day or a video blog at the start and end of a shift. If you have other creative ideas to provide interns with rewarding virtual learning, please connect with us.

Each year, the Ontario Centres for Learning, Research and Innovation in Long-Term Care (CLRI) at Baycrest offers summer internships to undergraduate students in the health professions. This year, the internship will be fully virtual. Twenty interns will collaborate interprofessionally in varied activities including case-based learning and simulation as

The internships begin soon. Team members interested in becoming a mentor and/or enabling a virtual clinical shadowing experience are encouraged to please contact Stacey Guy at sguy@baycrest.org or Kiira Poerschke at kpoerschke@baycrest.org by May 19, 2021.

Innovation Updates - Upcoming Webinars



Read the Baycrest Innovation Office's Inaugural Report

The Baycrest Innovation Office (BIO) has recently published an inaugural report. Established in 2019, BIO identifies best practices and technologies at Baycrest and around the globe, supporting their development, implementation and potential commercialization. Explore Baycrest's many achievements in the creation and adoption of innovations that support older adults throughout the aging journey. **To read the report, please visit www.flipsnack.com/BaycrestInnovationOffice/bio-inaugural-report/full-view.html**

Hiding in Plain Sight: Realities of elder cyber abuse - Wednesday, May 12, 2021

Older adult cyber abuse is all too often a silent crime committed against a population who tend to hesitate reporting abuse. In this webinar, participants will hear from Constable Mark McCabe who will discuss the legal framework currently in place to empower older adults and protect them from cyber abuse. This event will be held Wednesday, May 12, 2021 and all are encouraged to attend. **To register, please visit bit.ly/ProtectionFromElderAbuseMay12**

A Wolf in Sheep's Clothing: How to detect and protect older adults from abuse - Wednesday, May 26, 2021

In this webinar, participants will learn the signs of elder abuse and ways to help someone who might be at risk of being victimized. The webinar will also reinforce the importance of recognizing the valuable contributions that seniors make. This event will be held Wednesday, May 26, 2021 and all are encouraged to attend. **To register, please visit bit.ly/ProtectionFromElderAbuseMay26.**

Dr. Thiru Yogaparan - Winner of the Peter McCracken Physician Innovator in Education Award

This Canadian Geriatrics Society (CGS) award recognizes Dr. Yogaparan's work as the Undergraduate Lead for Geriatrics at the University of Toronto, where she has led the effort to establish the core geriatric curriculum priorities for undergraduate medicine and increase the time students learn to care for older adults.

Dr. Yogaparan also leads a CGS committee working to revise the undergraduate medicine core geriatric curriculum priorities on a national level, and develop a hub of digital learning opportunities for medical students and residents on core topics in geriatrics.

Dr. Yogaparan is Executive Medical Director, Baycrest Hospital and University of Toronto site Director for Geriatric Medicine residents at Baycrest.

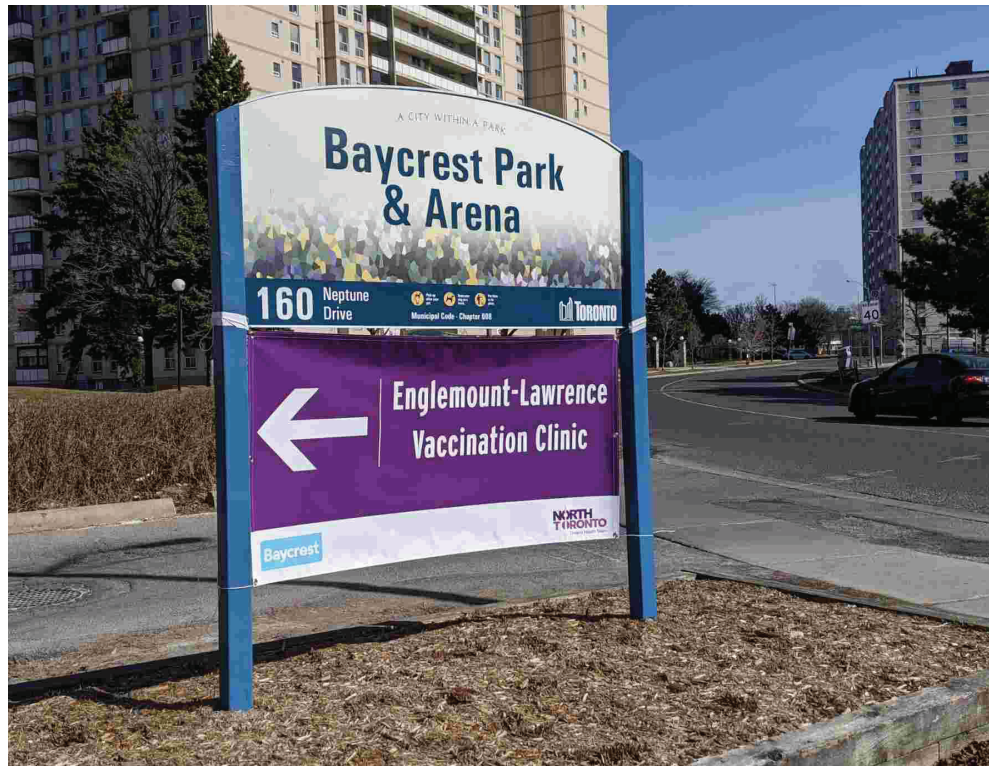
Congratulations Dr. Thiru Yogaparan!



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.



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Notes of Gratitude from Clients and Families

Every member of our Baycrest family plays an important role in demonstrating our commitment to excellence in all that we do every day. Below are excerpts from a few of the many client and family letters we've received praising the outstanding efforts of Baycrest staff.

"I want to express my appreciation to you and the staff for your consistent quality of care to the residents. It is a very difficult job in very difficult times. Thank you, on behalf of residents and families."

"I would like to thank you for the constant updates and huge effort you and the staff are making. My mom is being treated

very kindly and always says how wonderful and kind you and all the helpers are."

"I realize that the whole of mankind is presently facing difficult times because of COVID-19, but with the amazing care and help provided by the entire staff, we feel safe and well cared for. I am also aware that the entire staff is working daily on our behalf and all of us appreciate what they do for us."

"I want to express my deepest appreciation and gratitude to your team and staff, for all your efforts during this unprecedented crisis. We see you, and we appreciate you. Keep up the good work, and again, thank you!"

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Baycrest is fully affiliated
with the University of Toronto

3560 Bathurst Street
Toronto | ON | M6A 2E1
416 785 2500 | www.baycrest.org

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Baycrest stories,
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marketing@baycrest.org