

BAYCREST BULLETIN

A snapshot of Baycrest news and events / March 2025

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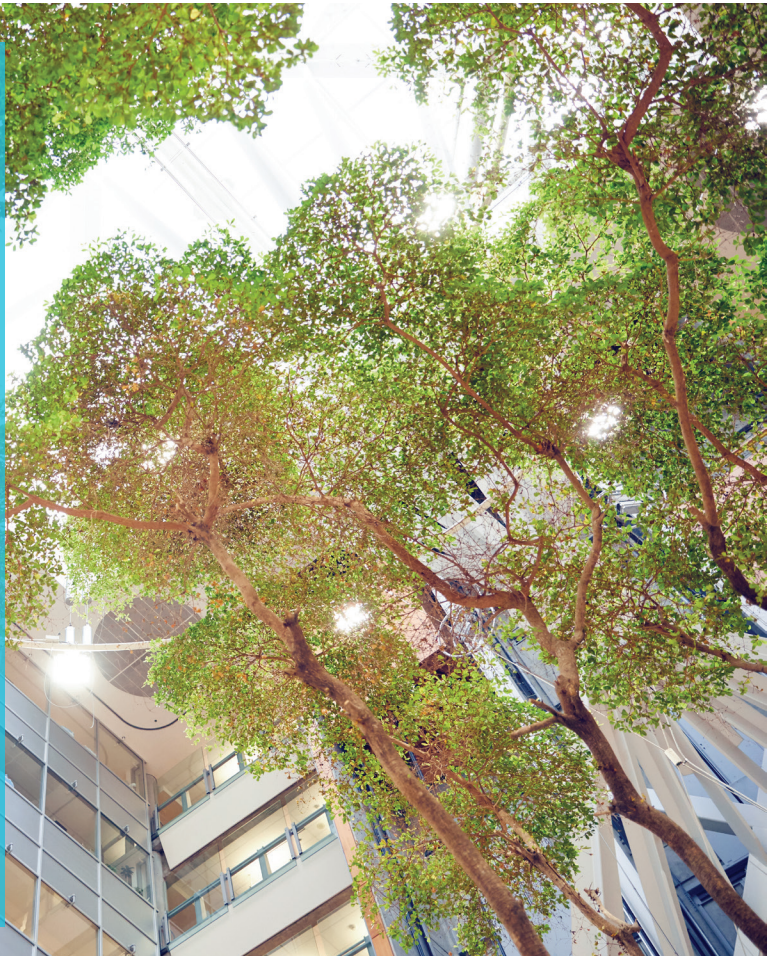


Baycrest’s Dr. Morris Freedman, along with Dr. Jed Meltzer, Malcolm A. Binns, Rohila Hashimi, and Robert Chen have published research on the concept that the brain may act as a psi-inhibitory filter.

Psi is a phenomenon that includes telepathy, clairvoyance, precognition and mind-matter interactions. The hypothesis is that humans may have innate psi abilities that are suppressed by this frontal lobe filter. To test this, Dr. Freedman and team used repetitive transcranial magnetic stimulation (rTMS) to induce reversible brain lesions in the left medial middle frontal region in healthy participants.

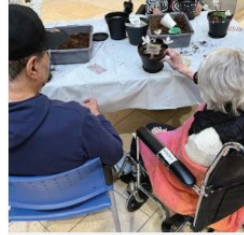
In an article published online in the scientific journal *Cortex*, Dr. Freedman and the researchers found a significant psi effect following rTMS inhibition of the left medial middle frontal lobe. “This study confirmed our hypothesis,” says Freedman, head of the Division of Neurology at Baycrest, adding that “individuals with neurological or reversible rTMS induced frontal lesions may represent a useful group for detection and replication of this phenomenon.”

For Dr. Freedman, these findings “are potentially transformative for the way we view interactions between the brain and seemingly random events” and may “significantly advance research in the area of psi, helping to bring this phenomenon into the realm of mainstream science.”

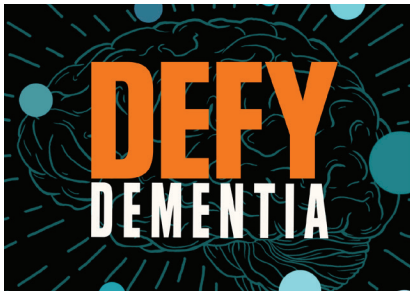


Celebrating Tu BiShvat - the New Year for Trees

On Thursday, February 13, Baycrest celebrated Tu BiShvat, the Jewish New Year for Trees. To acknowledge Tu BiShvat Baycrest residents, staff and volunteers, as well as the University of Toronto Hillel students, who helped to organize the event gathered together in the Sharp Atrium to plant flowers, experience the holiday through our senses, and take advantage of a photo booth. We were incredibly honoured to have ShinShinim from Israel with us to make the day more memorable. Check out photos from the event.



Defy Dementia Episode 21: The Heart of a Healthy Brain



What's good for the heart is good for the brain. Nicole McLachlan shares her experience suffering from a heart attack as a fit and healthy 42-year-old and her subsequent road to recovery. Then, Dr. Paul Oh (Toronto Rehabilitation Institute) discusses the latest research on how our heart health impacts our brain health.

Tune in at **defydementia.org**, or anywhere you get your podcasts, and learn how to make small changes to your lifestyle to protect your heart and reduce your dementia risk.

The Better Living Education Series by Baycrest

Baycrest's Patient, Family and Consumer Education (PFCE) program's Better Living Education Series by Baycrest - an innovative platform designed to empower all older adults with essential information and skills to promote their well-being - has a variety of courses.

In March there are new courses available in our Mindset Shift and Digital Literacy Learning Series'.

For information and to register, visit <https://www.baycrest.org/Baycrest/Health-Wellness/Education-Series-for-Better-Living-by-Baycrest>.



Try Baycrest's Hearing Self-Assessment Tool at the Centre for Health Information

The Centre for Health Information (CHI) library invites you to take the hearing self-assessment offered by Baycrest Hearing Services for staff, patients, and family members.

The hearing screening tool is accessed using a tablet in the library which is located on the first floor, and it asks about individual hearing concerns and other questions to help Baycrest Hearing Services assess hearing ability and offer individualized solutions for hearing loss.

The screening is free, takes approximately three minutes to complete and is available during the CHI hours of operation. The tool can also be accessed on the Baycrest website **www.baycrest.org**



International Women's Day



In celebration of International Women's Day Baycrest's Culture and Arts Department delivered the drop-in Flowers of Appreciation event in the Ronald and Nancy Kalifer Culture Hub, on Friday March 7. Residents, family members and staff contributed to the creation of a collaborative paper "flower garden" by offering their thoughts on the importance and contributions of women to celebrate the day.

Participants were thrilled to select and contribute their flower to the paper garden, and to take a flower with them as a

thank you for their participation after interacting, chatting and collaborating to "plant" Baycrest's Flower Garden of Appreciation. Thank you to everyone who participated in this special event celebrating women, collaboration and connection across the members of our campus.



Passover Food Drive

From March 17 through April 2, we are collecting non-perishable food items for our Passover Food Drive to support Chasdei Kaduri and their mission to help those in need. Both Kosher for Passover and regular non-perishable items are needed and welcome. Items may be dropped off at the Bathurst Street Entrance #3 or the Apotex Entrance #7. We thank you for your support.



BUBBY'S BLOOMS

Passover Drive-thru Pick Up Flower Sale

Friday, April 11, 2025 | 10 a.m. to 1:30 p.m.
Kimel Entrance, Baycrest

100% of all proceeds support Baycrest programs

baycrestfoundation.org/bubbysblossoms

Pre-order a beautiful bouquet for \$20.
Please place your order by Wednesday, April 9.
For more information, contact
Joanne Gittens at 416-785-2500 ext. 2023
or **JGittens@baycrest.org**.

Baycrest

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 digital literacy for older adults.

Digital literacy skills refer to the ability to use digital technologies to access information, use the internet, connect with others, and participate more fully in society. Some older adults express feeling left behind because of the rapid pace of advances in technology, which can have a negative impact on their confidence and feeling of connectedness. Further resources below:

- **Bridging the Digital Divide:** Empowering Seniors Through Digital Literacy, from Families Canada (www.familiescanada.ca/blog) Provides information on the importance of digital literacy for older adults and ways to support them.
- **Technology Support for Older Adults, from Baycrest's Centre for Health Information:** This free, weekly drop-in program helps older adults take charge of their digital knowledge. Whether you want to better understand your smartphone, laptop or tablet, or to learn how to use a computer, we can help. Available to patients, residents, families and visitors.
- **Social Isolation and Loneliness in Older Adults: What Older Adults, Families and Care Partners Should Know, from the Canadian Coalition for Seniors' Mental Health (CCSMH):** Differentiates between social isolation and loneliness and emphasizes the health risks associated with them.
- **Technology Programs, from Toronto Public Library:** These in-person computer classes are offered for free all across Toronto. They're open to everyone and you don't need a library card to participate.

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.



Social Work Week in Ontario

March 3 to 9 is Social Work Week in Ontario, and across Canada, March is National Social Work Month.

Join us in celebrating and acknowledging our Baycrest Social Workers.



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.

