

BAYCREST BULLETIN

A snapshot of Baycrest news and events / May 2025

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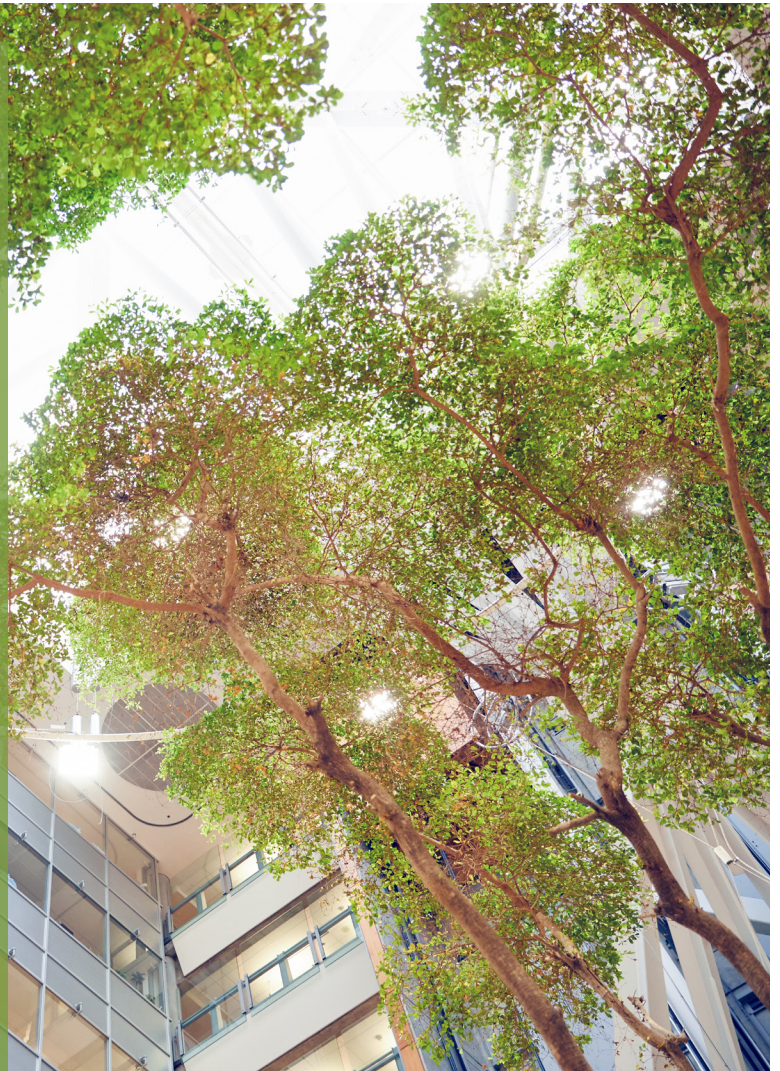
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Baycrest's Dr. Morris Moscovitch Elected International Member by NAS



Congratulations to Dr. Morris Moscovitch, Senior Scientist, Rotman Research Institute, Professor, Psychology Department, University of Toronto, Consultant, Psychology Department, Baycrest Centre for Geriatric Care, who has been elected as an international member of the National Academy of Sciences (NAS).

The NAS, whose mission includes "recognizing and elevating outstanding science, fostering the broad understanding of science and overseeing the National Research Council

in producing and promoting the adoption of independent, authoritative, trusted scientific advice," elected Dr. Moscovitch, as one of 30 international members in recognition of distinguished and continuing achievements in original research.

"I am thrilled with this recognition by such a prestigious scientific organization," said Dr. Moscovitch. "I would also like to acknowledge how much I owe to my students, colleagues, friends and family, especially my wife Jill - and to the support of the department and the Rotman."

Deb Galet Appointed President and Chief Executive Officer of Baycrest Hospital & Apotex Centre, Jewish Home for the Aged



On Monday, May 5, Brian Mirsky, Chair of the Board of Baycrest Hospital & Apotex Centre announced on behalf of the Board the appointment of Deb Galet as President and Chief Executive Officer, effective immediately.

Deb has been serving as Interim President and CEO since April 2024. Deb brings extensive experience in healthcare and aging, with a career spanning clinical care, research, system innovation and leadership.

Since joining Baycrest in 2015, she has held senior leadership roles overseeing Hospital Quality and Transformation, Culture, Arts and Heritage, and Behaviour Support Services. She also served as Chief Heritage Officer, co-developed Baycrest's Virtual Behavioural Medicine Program (VBM), and currently serves on the Cancer Quality Council of Ontario, the Ontario Dementia Care Alliance, and as co-chair of the Toronto Dementia Research Alliance Clinical Table.

Deb's appointment reflects Baycrest's ongoing commitment to advancing excellence in healthcare, research and innovation for aging populations. Her experience, passion and vision will continue to build on Baycrest's distinguished reputation as a global leader in aging and brain health.

New Culture Hub Exhibit - DiverseCity

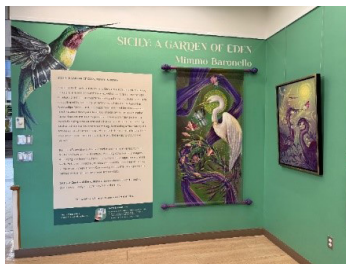
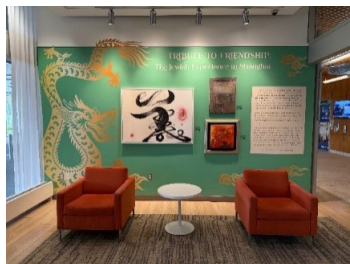
The newest exhibition in The Ronald & Nancy Kalifer Culture Hub (located on the ground floor of the Apotex) is now open and will run until October 2025. **DiverseCity**, hosted by Baycrest and in partnership with the Chinese Cultural Centre of Greater Toronto & Villa Charities features two exciting exhibitions:

Tribute to Friendship: The Jewish Experience In Shanghai

Discover paintings, sculptures and historical photography from artists in the Chinese and Jewish Communities.

Sicily: A Garden of Eden

Artist Mimmo Baronello explores his roots near Agrigento, home to an ancient Jewish Community.



What Will Your Legacy Be? Consider making Baycrest Part of It



May is Leave a Legacy Month, a time to reflect on how we might make a positive impact on future generations. A legacy gift is a meaningful way to give back and make a difference. By including Baycrest in your estate plan, you can have an extraordinary impact, helping to support care, education, innovation and ground-breaking research into Alzheimer's disease and other dementias.

To learn more about legacy giving, please contact **Becki Willoughby** at bwilloughby@baycrest.org or **416-785-2500, ext. 3895**.

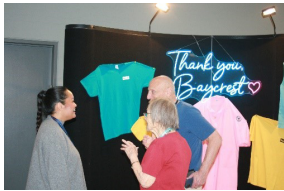
Baycrest Celebrates National Volunteer Week



During National Volunteer Week 2025 (April 27 through May 3) and every week, we express our gratitude to our volunteers for their dedication, compassion and commitment in supporting our residents, patients and staff.



At a special “pop-up” event in the Silverman Garden during Volunteer Week there were refreshments (coffee, tea, snacks) served, a trivia game where people won prizes, a photo booth displaying previous era volunteer uniforms, a map of the world that showed where volunteers are from and surrounded by past, and more recent pictures of volunteers in action. Also on display were historical newspaper articles, Baycrest Bulletins and Volunteer Voices printouts for volunteers to peruse. All volunteers who stopped by were given a small token of appreciation. Volunteers were also offered post-it notes and invited to answer the question “Why do you volunteer?” with all responses added to an easel for all to review. A wonderful time was had by all.



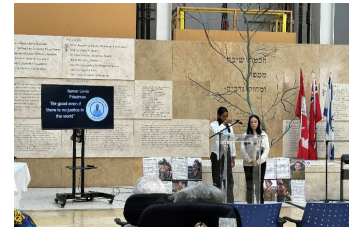
In 2024 alone, Baycrest volunteers contributed over 27,000 volunteer hours across our campus in direct service roles, administration and research. Volunteers make a difference by giving of their time and themselves. If you're interested in making a positive difference or know someone who is, consider becoming a volunteer at Baycrest, by visiting baycrest.org.

Yom HaZikaron Ceremony

On Yom HaZikaron, Israel's Memorial Day, the Baycrest community - residents, families, staff, physicians, volunteers and guests - gathered in solidarity with communities worldwide to reflect on the courage of those who served and the victims of terror.

Together, we honoured their sacrifices, renewing our vow for peace and security for all. We also take a moment to celebrate the UJA ShinShinim program, a meaningful initiative that connects our community to Israeli culture and heritage,

thereby strengthening the bonds between us and future generations. In our hearts, we carry the names, faces and lives of those we lost.



Yom Ha'Atzmaut Celebration



May 1 brought our Baycrest community together to celebrate Israel's Independence with our Yom Ha'Atzmaut Celebration. The festivities began with live music by Eli Green in the Sharp Atrium. Later in the day residents, family, volunteers and staff took a joyful journey through the heart of Israel.

From the dunes of the Negev to the walls of Jerusalem, this drop-in style carnival invited participants to celebrate Israel's rich culture, history and spirit, without ever leaving the Baycrest campus. Travelling station to station, and collecting stamps in a special passport, we explored themed activities inspired by the land, people and traditions of Israel. There were sweet treats, the opportunity to create meaningful crafts, write a wish at the Jerusalem Wishing Wall and engaging in hands-on games, trivia, music, and more.

This uplifting afternoon of connection, celebration and community pride was a joyful tribute to the beauty and resilience of Israel and its people.



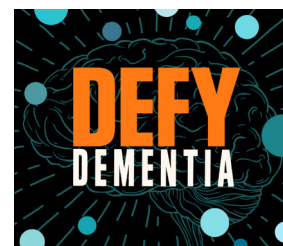
If you're looking for free and reliable wellness information, visit Baycrest's Centre for Health Information (CHI) on the first floor of the Apotex Centre, located between the WA Café and the Nosh. Every month, the CHI shares resources on a topic of interest to the Baycrest community. This month's reading list is on the benefits of laughter.

As we age, laughter can become one of our most powerful tools for well-being. It boosts mood, reduces stress, strengthens social connections and even supports brain health. These resources explore how laughter can enhance memory, improve mental and emotional health and contribute to a more joyful, connected life as we grow older.

- **The health benefits of humour, from Mayo Clinic:** Highlights how laughter can enhance mental health by reducing stress hormones and increasing feel-good chemicals in the body.
- **Laugh it up - 5 benefits of laughter for older adults, from UCLA Health:** Explains how laughter enhances immune function, reduces stress and pain, supports heart health and improves mental well-being, making it an important tool for healthy aging.
- **Why older adults benefit from regular doses of humour from the American Medical Association:** Highlights how laughter enhances physical health by boosting oxygen levels, releasing stress-reducing hormones and improving respiratory function, while also supporting emotional well-being and strengthening social connections.

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 23: On the Rocks - How Alcohol Affects Brain Health

In the newest episode of the Defy Dementia podcast hear from Ian, a Toronto father and husband who has worked in the media for over 30 years. Ian shares his sobriety journey of nearly 11 years, hoping his story will support those facing similar challenges. The podcast delves into the underlying brain mechanisms of Alzheimer's disease, and prompts a discussion on the role of alcohol in certain diseases - like dementia - and how individuals can think about reducing alcohol intake to reduce their risk of dementia. Listen at www.baycrest.org/podcast/episode-23 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, 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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