

BAYCREST BULLETIN

A snapshot of Baycrest news and events / May - June 2023

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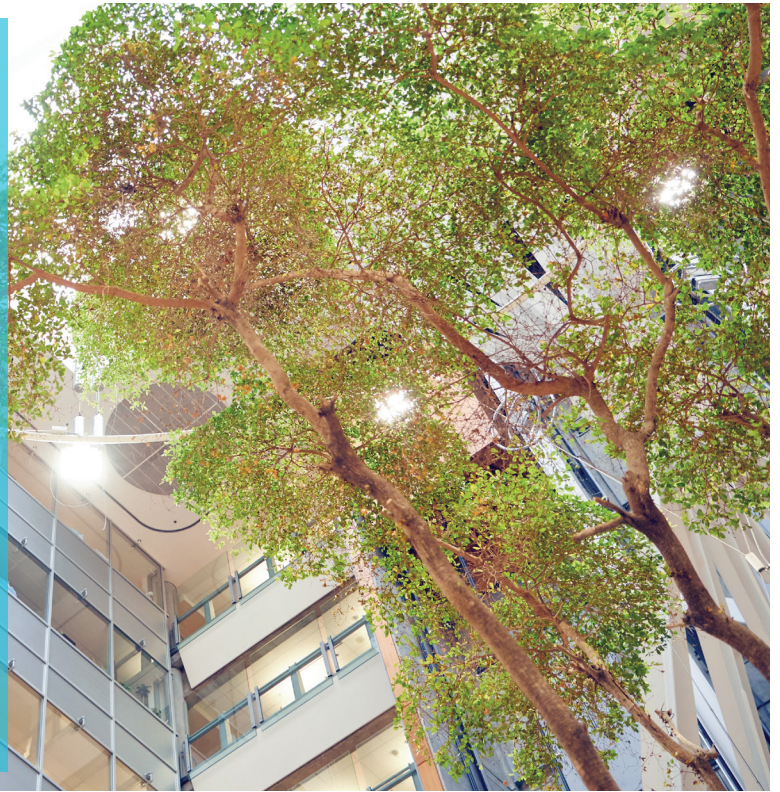
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Older adults perceive artificial intelligence as more human-like than younger adults do



Artificial intelligence (AI) is increasingly present in all of our lives. While AI largely benefits us, it can also be used in adverse ways - for instance, in fraudulent or scam calls - making it important for us to be able to identify this technology.

According to a **recent Baycrest study**, older adults appear to be less able to distinguish between computer-generated (AI) speech and human speech compared to their younger counterparts.

"Findings from this study on computer-generated AI speech suggest that older adults may be at a higher risk of being taken advantage of," says Dr. Björn Herrmann, Baycrest's Canada Research Chair in Auditory Aging, Scientist at Baycrest's Rotman Research Institute and lead author of this study. "While this area of research is still in its infancy,

further findings could lead to the development of training programs for older adults to help them navigate these challenges."

In the study, younger and older adults listened to sentences spoken by 10 different human speakers and sentences created using 10 AI voices. In one experiment, participants were asked how natural they found the human and AI voices to be. In another, they were asked to identify whether a sentence was spoken by a human or by an AI voice.

Results showed that compared to younger adults, older adults found AI speech more natural and were less able to correctly identify when speech was generated by a computer. The reasons for this remain unclear and are the subject of follow-up research by Dr. Herrmann and his team.

"As we get older, we seem to pay more attention to the actual words in speech than to its rhythm and intonation when trying to get information about the emotions being

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communicated,” says Dr. Herrmann. “It could be that recognition of AI speech relies on the processing of rhythm and intonation rather than words, which could in turn explain older adults’ reduced ability to identify AI speech.”

In addition to helping develop AI-related training programs, the results of this and future studies could help inform interactive AI technology for older adults. For example, therapeutic AI robots can be used to comfort and calm individuals experiencing agitation due to dementia.

By better understanding how older adults perceive AI speech, we can ensure that AI technologies effectively meet their needs, ultimately improving their quality of life and helping them lead a life of purpose, inspiration and fulfilment.

This study was supported by the Canada Research Chairs program and the Natural Sciences and Engineering Research Council of Canada.

Bike for Brain Health – June 4, 2023



On the first Sunday in June, thousands of riders, volunteers and supporters will gather for a charity cycling event along parts of Toronto’s Gardiner Expressway and Don Valley Parkway with a common mission: raise funds to promote research, innovation, care and education in the field of aging and brain health, in support of Baycrest.

Join the Mattamy Homes Bike for Brain Health event as we take on the DVP traffic-free and go the distance to defeat dementia with thousands of other riders. There is something for everyone, from a 25 km route to a 75 km one, so it is sure to be a fun-filled day for all involved. NEW this year is a timed 75 km route.

The Mattamy Homes Bike for Brain Health event is a fully supported ride that provides participants with fundraising tools and guidance, meals and snacks at our start line and rest stops along routes, mechanical and medical assistance, and bike and rider transportation where needed.

This support allows riders to focus on why they’re riding: to fund life-saving projects for the aging individuals in our community. Together, we can reach the finish line and defeat dementia. Visit <https://bikeforbrainhealth.ca/register> to register.



What Will Your Legacy Be?



May is Leave a Legacy Month, a time to reflect on how we might have 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 groundbreaking 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.**

Show your Baycrest Spirit With *Fear No Age*™ Clothing

As Baycrest's *Fear No Age*™ campaign continues to be featured on television, in print and online, staff are encouraged to show their Baycrest pride. A *Fear No Age*™ clothing line of hoodies, baseball caps, t-shirts and zip-up track jackets is now available for purchase. Staff will receive an exclusive discount of **50% off** all *Fear No Age*™ merchandise.

Shop online at shop.baycrest.org. Staff can use promo code **STAFFMERCH50DISCOUNT** during the checkout process to receive their discount. *Fear No Age*™ clothing line orders can be picked up at the Baycrest Foundation office on Thursdays between 1 and 4 p.m. Should you have any questions, please email BaycrestMerch@baycrest.org.



Employee Spotlight: Nicole Mintz



Meet Nicole Mintz, Manager, Hospital Board Governance and Office of the President & CEO. Nicole is an inspiring example of how music and administrative skills can come together to create something truly special. She is an integral part of the team at Baycrest, using her organizational talents, communication abilities and passion for music to help the organization reach its goals and beyond. She is just one of many administrative professionals at Baycrest who have gone above and beyond over the past few years to help us deal with the challenges of COVID-19.

When asked about how she stays motivated and maintains a high level of productivity, Nicole reveals that she has a paper up on her bulletin board with "The Four Agreements," to which she was introduced a number of years ago. "The one that I can do the most is 'Always do your best,'" she says. "The rest I'm working on."

In her free time, she is in a band called Muscle Souls. They write and perform their own original songs, inspired by artists like The Beatles, Marvin Gaye, The Everly Brothers, Smokey Robinson and Fleetwood Mac. Performing on stage with her band has had a profound effect on her confidence. "It pushed me out of my comfort zone and it was exhilarating!" she says. "I think that experience has really helped me to be a more confident person, open to meeting new people and taking chances on new experiences."

As an administrative professional, Nicole has proven to be an invaluable asset to our organization and is a shining example of how music and administrative prowess can join forces to create something extraordinary. We are very grateful for all that our administrative professionals do to make Baycrest successful each and every day.



**Thank you
Team
Baycrest**

Innovation Updates



Innovation Rounds: An Exclusive, Behind-The-Scenes Look Inside BIO

Since its inception in 2019, the Baycrest Innovation Office (BIO) has been at the forefront of family and patient-centred innovation and tech-enabled care to empower older adults and their families to lead happy, healthy and meaningful lives. Join us on Wednesday, May 17 from noon - 1 p.m. to meet the team, explore the innovation projects currently underway and hear inspiring stories on the impact of innovation from staff and older adults in the community. Staff will also learn how BIO can support and guide them on their innovation journey by providing the tools, expertise and support to help them excel in the realm of compassionate, innovative care. To register, visit <https://linktr.ee/baycrestio>



Join a Caregiver Support Group and Connect with Other Caregivers this May

Learn to effectively manage stress and burnout, respond to caregiving challenges and enhance self-care in a supportive environment. Facilitated by Baycrest@Home Masters-level social workers and trained dementia coaches, participants are encouraged to share challenges and successes, and discuss the issues most important in their caregiving role. For more information and start dates, please visit <https://baycrestathome.ca/member-plans/#therapy>.



Caregiver Spotlight on Suzanne Socken - Thank You for Sharing Your Caregiving Story

As part of Baycrest's campus-wide celebration of National Caregiver Day 2023, we had the opportunity to interview and highlight Suzanne Socken's experience and learning journey, in her role as caregiver to her mother Rochelle. Since the start of the pandemic, Rochelle has been an active member of Baycrest@Home, enjoying daily activities and exercise, promoting physical wellness, as well as social connection. In acknowledgement of the caregiver's journey, we invite you to read Suzanne's inspiring story, including her challenges, triumphs and the care and support she receives through her caregiver support group here: <https://baycrestathome.ca/caregiver-spotlight-suzanne-socken-national-caregivers-day-2023/>.



Upcoming Webinar - "Grandparents Raising Grandchildren: Portraits in Resilience"

Dr. Adriana Shnall will host a special panel discussion, bringing various perspectives on adopting Possibilities by Baycrest™ - a new care model for people living with dementia. Hear from one of its co-developers, Melissa Turzanski, Program Director for Care Innovations and Transformation at Baycrest. The second panelist is Rene Pardo, an Ontario inventor, entrepreneur, strategic advisor and angel investor whose interest in technology for seniors is influenced by lived experiences related to his mother's care at Baycrest. Third panelist Zachary Tucker-Abramson brings another team voice as a member of Possibilities at the Baycrest Terraces. The event will take place from **Wednesday, May 17, 2023, from noon - 1 p.m.** To register, please visit: bit.ly/MayCaregiverWebinar

Baycrest

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Baycrest is fully affiliated
with the University of Toronto

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