

BAYCREST BULLETIN

A snapshot of Baycrest news and events / October 2025

IN THIS ISSUE

DR. NATASHA RAJAH DISCUSSES PROMISING INSIGHTS ON ALZHEIMER'S RESEARCH WITH THE HEALTH INSIDER

MEMORIAL CEREMONY - OCTOBER 16

JOIN US FOR THE CELEBRATION OF SIMCHAT TORAH

CELEBRATING THE JEWISH HIGH HOLY DAYS AND FESTIVE DAYS AT BAYCREST

BAYCREST ACADEMY FOR RESEARCH AND EDUCATION (BARE) 2023-2025 IMPACT REPORT LAUNCHED

BAYCREST MARKS NATIONAL DAY FOR TRUTH AND RECONCILIATION

ENJOY OUR WEEKLY MUSICAL PERFORMANCES

REMEMBRANCE DAY CEREMONY ON NOVEMBER 11 - MARK YOUR CALENDAR

DR. HOWARD CHERTKOW INTERVIEWED BY CTV NEWS ABOUT PROMISING BREAKTHROUGHS IN DEMENTIA TREATMENT, PREVENTION AND DIAGNOSIS

CALLING ALL PICKLEBALLERS - "NEURO" INVITES YOU TO PLAY FOR BAYCREST



Dr. Natasha Rajah Discusses Promising Insights on Alzheimer's Research with The Health Insider



Dr. Natasha Rajah, Adjunct Scientist, Rotman Research Institute, BARE (Baycrest Academy for Research and Education) (Status), recently took part in a Q&A with The Health Insider, discussing why women get Alzheimer's disease at a significantly

greater rate than men. Dr. Rajah explained why women face a disproportionate risk of Alzheimer's disease, the science and social reasons behind it, and how research is finally starting to catch up. Listen to the audio version of the interview or read the abridged version by visiting TheHealthInsider.ca and searching: "Why Alzheimer's Hits Women Harder: A Q+A with Dr. Natasha Rajah".

Memorial Ceremony – October 16

This month marks the second anniversary of the October 7, 2023 terrorist attacks in Israel. We remember the many lives lost, the hostages who remain in captivity and the lasting impact this tragedy continues to have on people in the region and around the world. While the anniversary falls on October 7, the internationally designated day of commemoration is **October 16 (24 Tishrei)**. A memorial ceremony, hosted by Baycrest's spiritual care team, will be held in the Sharp Atrium on **Thursday, October 16 at 10:30 a.m.** All are welcome to

join residents, patients, families and staff in honouring the victims and standing together in solidarity. This event is also available via Zoom using this link.

<https://zoom.us/j/95577911956?pwd=DcTdfg2kfb3XnvRhPpPkLG6VxDZXKS.1>

Join Us for the Celebration of Simchat Torah



All members of our community are invited to join us for the meaningful and interactive celebration of **Simchat Torah on Wednesday, October 15 from 1:15 p.m. to 2:15 p.m.** in the Sharp Atrium. This joyful holiday, when we dance with the Torah, celebrates both the completion and the renewal of the Torah reading cycle. Participants can receive a Torah honour, engage with the Torah and explore museum archives.

Celebrating the Jewish High Holy Days and Festive Days at Baycrest

Baycrest continues celebrating the High Holy Days and Festive Days in October:



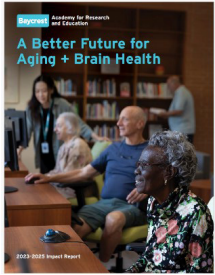
- **Sukkot** - the celebration of Sukkot, beginning at sundown on October 5 and continuing to sunset on October 13, is the Jewish "Festival of Booths" a joyful holiday when we gather in Sukkot to celebrate community, harvest, and gratitude. Sukkot includes a special commandment to be happy along with the tradition of building and decorating the Sukkah. Baycrest has several Sukkahs on campus including:

- o Outside the WA Café
- o In the Apotex Courtyard
- o On the Hospital's third-floor balcony

- **Shemini Atzeret** on October 14, (Tishrei 22) is set aside for reflection, prayer and the Yizkor (memorial) Service to honour our loved ones.
- **Simchat Torah**, on October 15, (Tishrei 23) is a lively holiday marking the completion of the annual Torah reading cycle and the immediate start of a new one.

Our community is invited to join us for these celebrations as we embrace the spirit of renewal and joy. For more information, please see the LCD screens and flyers posted around campus.

Baycrest Academy for Research and Education (BARE) 2023-2025 Impact Report Launched



The Baycrest Academy for Research and Education (BARE) is proud to announce the launch of the 2023-2025 Impact Report. This second edition highlights two years of remarkable achievements in research, education and innovation in aging and brain health. From groundbreaking dementia initiatives to global collaborations and inspiring the next generation of healthcare professionals, this report celebrates the care, passion and expertise of the BARE and Baycrest community. Read the full report at Baycrest.org.

Baycrest Marks National Day for Truth and Reconciliation

On September 30, Baycrest came together to reflect, connect and show respect for both National Day for Truth and Reconciliation (NDTR) and Orange Shirt Day. Residents, patients, family members and staff gathered in the Sharp Atrium adding orange Every Child Matters ribbons to our community wall and taking ribbons to keep or wear serving as personal reminders. There was also a personalized bracelet-making station with orange beads and orange shirt charms held in the Creative Arts Studio.



Enjoy Our Weekly Musical Performances

All are welcome to join us for our concert series in the Sharp Atrium (unless otherwise noted) featuring a variety of musical performers entertaining our community. Drop by and enjoy some great music. Here is the schedule of concerts for October:

- Thursday, October 9, 10:30 a.m. to 11:30 a.m. – Special Sukkot-themed concert.
We will welcome Yosl & the Yingels who will perform a lively mix of Sukkot melodies, Yiddish favourites and classic Israeli songs with an opportunity to sing along and share the spirit of Sukkot together.
- Saturday, October 11, 1:30 p.m. to 2:30 p.m. - A Cappella sing-along with Mark Youhanan in Loftus Hall including Special Thanksgiving weekend Activities
- Sunday, October 19, 1:30 p.m. to 2:30 p.m. - Nirkoda Israeli Dancers
- Thursday, October 23, 10:30 a.m. to 11:30 a.m. - Rhonda Silver
- Thursday, October 30, 10:30 a.m. to 11:30 a.m. - Marcus Schwan



Baycrest is grateful to Tauba and Solomon Spiro and The Wilkes Family who generously provide funding for the concert series.

Remembrance Day Ceremony on November 11 - Mark Your Calendar



Please mark your calendar and plan to join us on Tuesday, November 11 as we mark Remembrance Day together, including with a moment of silence at 11 a.m. More information will be shared soon so please stay tuned.

Dr. Howard Chertkow Interviewed by CTV News about Promising Breakthroughs in Dementia Treatment, Prevention and Diagnosis



Dr. Howard Chertkow, Scientific Director of Baycrest's Kimel Family Centre for Brain Health & Wellness was recently interviewed by CTV News discussing promising research on diagnosing, treating and preventing dementia in the next 10 years. "This is going to be the turnaround decade," said Dr. Howard Chertkow. Dr. Chertkow spoke about dementia research, lifestyle interventions to lower the risk of dementia and the importance of addressing dementia as a major public health issue.

Calling All Pickleballers - "Neuro" Invites You to Play for Baycrest



Pickleball is Canada's and North America's fastest growing sport, and it ticks the boxes of multiple dementia prevention domains: It's socially and cognitively engaging, requires strategic movement, hand-eye coordination and memory. With its **Pickleball for Brain Health** fundraiser, Baycrest Foundation taps into a cultural movement – appealing not only to older adults but also to younger players embracing active, healthy lifestyles. This inclusive, timely connection also reinforces Baycrest's leadership in brain health and dementia prevention. Pickleball for Brain Health takes place on November 23 at Rally, Sherwood Village, Mississauga. The registration fee is \$95, which includes a t-shirt and food and drinks at the event. There is a fundraising minimum of \$500 per player.

To learn more or register, and to see our mascot Neuro in action visit <https://pickleballforbrainhealth.ca>

Baycrest

FEAR NO AGE™



UNIVERSITY OF
TORONTO

Baycrest is fully affiliated
with the University of Toronto

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

**Contribute your
Baycrest stories,
news and events at**
marketing@baycrest.org