

BAYCREST BULLETIN

A snapshot of Baycrest news and events - October 2021

IN THIS ISSUE

STAY SAFE. GET YOUR FLU SHOT!

FEAR NO AGE

**2020-2021 ROTMAN RESEARCH INSTITUTE
ANNUAL REPORT**

CONCERT AT THE TERRACES OF BAYCREST

**BAYCREST'S NEW WEEKLY RAFFLE:
CATCH THE ACE**

VACCINE CHAMPION: JOHN OGAH

INNOVATION UPDATES

Stay Safe. Get Your Flu Shot!

Influenza season is coming, so we must stay safe and protect our vulnerable client population. Getting your annual flu shot provides the best protection against influenza and helps fight infection in our community. Influenza, like COVID-19, creates an increased risk of complications for those with underlying, chronic conditions.

The staff influenza vaccination campaign will have teams from different areas of the organization competing for the highest vaccination rates to win the Flu Champion trophy, as well as the Early Bird incentive for a team pizza lunch.

This year, the pizza lunch will look a little different in order to follow all of the additional infection prevention and control protocols currently in place, but it will be just as delicious!

Watch for more details on prizes on the intranet.

Where to get the flu shot:

- Visit Loftus Hall, located across from the W.A. Café near the Apotex Entrance. Flu shots are available from 9 - 12 a.m. (midnight) daily, beginning October 15, 2021.
- The Flu Buggy will be making its rounds across all clinical departments and units. The schedule will be made available on the units and on the intranet.

- Drop by the Occupational Health & Safety (OH&S) office on the second floor of the hospital, Monday to Friday from 8 a.m. to 4 p.m.
- Visit your own healthcare provider and provide OH&S with written confirmation that you've received the vaccine.

Please note that according to the National Advisory Committee on Immunization (NACI), it is safe to receive the COVID-19 vaccine at the same time as, or shortly before or after, other vaccines, including the influenza vaccine.

As we continue to navigate the fourth wave of the COVID-19 pandemic, it is imperative that everyone on campus do their part to reduce the risk of infectious disease, not only to protect our vulnerable population, but to avoid any further strain on our healthcare system.



Fear No Age



Baycrest recently launched a three-year brand campaign to raise critical funds and awareness for Baycrest. The campaign is centred on the tagline of “Fear No Age.” This campaign is our collective promise to those we serve - on our campus and far beyond.

Baycrest is committed to defeating dementia and to giving everyone the tools they need to make their later years

the best years of their lives. Through our groundbreaking research and innovations, compassionate care and renowned educational programs, Baycrest is creating a world where older adults can “Fear No Age.”

Join Baycrest in discovering a new world full of possibilities, free of fear. **Find out more at www.FearNoAge.com and join the conversation with #FearNoAge.**

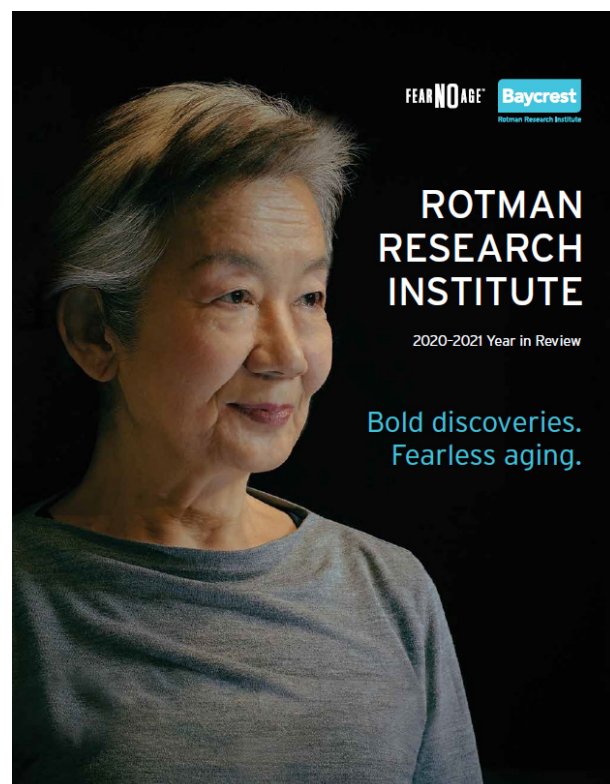
2020-2021 Rotman Research Institute Annual Report: Bold Discoveries. Fearless Aging.

The 2020-2021 Rotman Research Institute (RRI) Annual Report is now live. This report showcases just some of the ways RRI scientists are helping uncover the mysteries of the aging brain and advancing knowledge in the prevention, detection and treatment of dementia.

As well, the report highlights how RRI scientists continue to conduct critical research on the topic of COVID-19, examining the effects of the virus and the pandemic on brain structure and function, mental health and dementia risk in older adults.

Though the pandemic persists and times remain uncertain, RRI scientists, staff and trainees continue to show amazing perseverance as they make bold discoveries to create a world in which everyone is empowered to age fearlessly.

Visit www.baycrest.org/RRIannualreport2020-2021 to read the report.



Concert at the Terraces of Baycrest



At Baycrest, the involvement and support of our community is what makes us who we are. While this sense of community was unwavering throughout the pandemic, the ability to come together for in-person gatherings was one of the things that we missed most.

After many months of being apart,

the Foundation was excited to bring everyone together for an afternoon of live music at the Terraces on August 9.

With his singing, entertainer James Regan brought smiles to the faces of the audience and helped to restore a sense of normalcy for us all. Foundation President and CEO Josh Cooper introduced Regan and spoke about fundraising efforts to build a new pool for fitness programs for Terraces residents and dementia prevention research at the Kimel Family Centre for Brain Health and Wellness. To make a donation, please contact Joanne Gittens at 416-785-2500.

Baycrest's New Weekly Raffle: Catch the Ace

Baycrest

**CATCH
THE ACE**

We are delighted to announce the launch of the Baycrest Foundation's newest fundraising initiative – our Catch the Ace raffle.

Beginning October 6, all Baycrest clients, families and staff, except those in the Foundation, are eligible to purchase tickets to pick a card, with the chance to win the weekly jackpot or, even better, the progressive jackpot. Catch The Ace tickets can be purchased at

baycrestcta.ca each week from 11 a.m. on Wednesdays until 11:59 p.m. on Tuesdays. Draws will continue on a weekly basis until the ace of spades is caught.

Proceeds from every ticket purchased will support all the important work we do to defeat dementia and help older adults Fear No Age.

More details about Catch the Ace and how to play can be found at www.baycrestcta.ca/. We wish everyone participating the best of luck in catching the ace.

Vaccine Champion: John Ogah



When John Ogah, Administrative Coordinator at Baycrest, first thought about getting the COVID-19 vaccine, he was hesitant.

"I was initially skeptical about the vaccine due to its seemingly swift development and the rumours that were pedaled by a mistrustful public,"

he says. "But after educating myself by listening to BIPOC (black, indigenous, and other people of color) leaders in healthcare, I decided to get the vaccine. It was important for me to safeguard my health, my family and friends, and to contribute in my own little way to progress, and a hopeful return to normalcy."

John further notes that his experience with the vaccine was "very good." He says the doctor who administered the vaccine explained how the vaccine works and how safe it is. Afterwards, he felt only the mild, expected symptom of pain in his arm from the first dose. He says the second dose gave him little to no pain.

"The vaccine has helped to save not only the lives of our family and friends, but also our livelihoods," John says. "Our families and friends deserve to live normal and healthy lives; but that can only happen if we are shielded from the impact of this virus. It is also important that we don't become infectious agents that could transmit the virus. Let's all play our part in fighting the pandemic one step at a time."

Updates, Questions and Comments

The health and well-being of everyone at Baycrest is our priority, and we are doing everything we can to serve the needs of our residents and patients during this time. Baycrest is committed to communicating with you about COVID-19. For the most up-to-date information, please visit the intranet

or www.baycrest.org/COVID-19 and sign up to get email notifications when there are COVID-19 updates.

If you have questions or comments, please email covidquestions@baycrest.org

Innovation Updates - Upcoming Webinars



Upcoming Discover Dance Event - Wednesday, October 20, 2021

The next installment of Baycrest@Home's Discover Dance series will feature Reshmi Chetram. Reshmi specializes in kathak and contemporary dance and has 18 years of experience performing locally and globally. Reshmi's mission is to provide access to dance education and collective experiences that will preserve traditions while inspiring innovation in the world of South Asian, Indo-Caribbean and contemporary dance forms. The Discover Dance event series is a partnership with TO Live and Nova Dance, and is open to all older adults, people living with memory loss and their loved ones. This event will be held on Wednesday, October 20, 2021, from 3 to 4 p.m. **To register, visit bit.ly/DiscoverDanceOct2021**



Upcoming Baycrest@Home Caregiver Webinar - Wednesday, October 21, 2021

This webinar is hosted by Baycrest@Home and the Koschitzky Centre for Innovations in Caregiving, and will focus on how to be comfortable providing comfort throughout a grieving process. Led by Dr. Adriana Shnall and Susan Kendal, participants will learn how to become more comfortable in talking openly about grief and loss. Participants will also learn strategies for coping emotionally and practically, as well as ideas for thinking about what their own legacy could be. This event will be held on Wednesday, October 21, 2021 from noon to 1 p.m. **To register, visit bit.ly/ComfortandGrieving**

Barrie 2 Baycrest Cyclists Raise \$450,000 for Baycrest



Bicycles took over the highways, country roads and trails between Barrie and Baycrest (B2B) on Sunday, September 19, to raise funds for programs at Stan's Gym in our new Kimel Family Centre for Brain Health and Wellness.

This Centre will offer community wellness programming, run specialized clinics and conduct innovative research to prevent and treat cognitive decline.

The Kimel Family Centre for Brain Health and Wellness will seamlessly integrate brain health, physical fitness, nutrition and social engagement for older adults.

Baycrest



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,
news and events at
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