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### HAPPENING AT BAYCREST

## 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](http://www.baycrest.org) and sign up to get email notifications when there are COVID-19 updates. Please also refer to the list of Frequently Asked Questions, which we continue to update. If you have questions or comments, please email [covidquestions@baycrest.org](mailto:covidquestions@baycrest.org)

## Innovative Solutions for Combatting Social Isolation

While health and safety protocols, such as self-isolation and physical distancing, are critical to slowing the spread of COVID-19, they could also place older adults at greater risk of experiencing social isolation. Self-isolation and physical distancing have resulted in a loss of access to community and recreational activities such as theaters, libraries and museums - activities that can help maintain the cognitive, social and physical well-being of seniors. Below are a few of the solutions being offered through Baycrest's Centre for Aging + Brain Health Innovation (CABHI) and other organizations that are aimed at addressing social isolation among seniors:



**Live at the Metropolitan Opera** - As a result of the COVID-19 pandemic, the Metropolitan Opera has had to cancel all of its live performances. Yet - as they say in show business - the show must go on! All encore presentations from the company's *Live in HD* series will now be available for free on-demand streaming, with each performance available for a period of 23 hours beginning at 7:30 p.m. Visit [www.metopera.org](http://www.metopera.org) to access this free on-demand service.

**Seniors' Centre Without Walls** - Through the use of conference call technology, Seniors' Centre Without Walls (SCWW) provides the opportunity for seniors to obtain pertinent health-related information and social connections through direct access, and conversations with peers and professionals from their community. This solution, supported through CABHI's Spark program, allows seniors to stay connected from home and also increases later-life learning opportunities, participation in brain-stimulating activities,

community building and opportunities to create new and meaningful friendships. Connecting with this technology will not only decrease social isolation for older adults, it will also increase cognitive health and the ability to age in place. Visit [www.timiskaminghu.com](http://www.timiskaminghu.com) to learn more about this program.

**Online Memory Library** - Through support from CABHI's Spark program, COMPAs - an evidence-based app - is being used to support person-centred communication between people living with dementia, their family members and caregivers. The requirement to self-isolate during the COVID-19 pandemic will prevent many family members from visiting their loved ones who are living with dementia in long-term care facilities. With tools like COMPAs, family members can continue to connect with their loved ones while keeping them happy and safe. COMPAs can spark positive communication and improve well-being in people living with dementia by connecting them to photographs, videos and songs that may have marked a key moment in their personal life. COMPAs' interface is simple and intuitive, and its content is fully customizable to reflect relevant life events. Visit [www.cabhi.com](http://www.cabhi.com) for access to the COMPAs app download.

# Donors Supply Baycrest with 16,000 N95 Masks

Long-time Baycrest supporters Aaron and Arlene Nisker have generously donated 16,000 N95 masks to Baycrest. We are deeply grateful to the Niskers for their gift, which is in response to the Foundation's *Safeguarding our Seniors* (SOS) campaign. This campaign is focused on raising funds for

supportive equipment that is imperative as we take critical steps to protect those we serve. You can read the full story about the Niskers' gift and the SOS Campaign at [www.baycrestfoundation.org](http://www.baycrestfoundation.org)



**COVID-19: Safeguarding Our Seniors**

**Donate today.**

**1** + **1** = **2**

**YOUR \$**      **MATCHING \$**      **TWICE THE IMPACT**

## Safeguarding our Seniors (SOS)

In the wake of the COVID-19 crisis, Baycrest is taking extraordinary steps to protect the well-being of our most vulnerable population. The *Safeguarding our Seniors* (SOS) campaign will fund critical protective measures and medical equipment to safeguard residents, patients and workers who deliver care. It will also fund equipment for clinicians to treat

patients via telemedicine, and for patients and residents to connect with families. You can double your impact because your gift will be matched by members of the Baycrest Foundation and Centre Boards. To make a donation by phone, please call 416-785-2875. If you have any questions, please contact Rafi Yablonsky at [ryablonsky@baycrest.org](mailto:ryablonsky@baycrest.org)

## ArtontheBrain – Free Trial Extended



The free trial of the new ArtontheBrain app has been extended for all Canadian residents until June 30, 2020. ArtontheBrain is an online recreation activity designed for older adults, including those with cognitive decline. Powered by Baycrest, this scientifically

validated web-based application is easy to use in a group format, with a partner or individually, and can be accessed and enjoyed at any time – all that is needed is the Internet and a device.

New users can visit [www.artonthebrain.org](http://www.artonthebrain.org) to learn about the product and sign-in to create a new user account and you can also contact the ArtontheBrain team at email [www.artonthebrain@baycrest.org](mailto:www.artonthebrain@baycrest.org)

## Credit Card or Debit Payment Only in The Nosh and W.A. Cafe

To help prevent the spread of infection, the W.A. Café and The Nosh will not be accepting cash payments until further notice. Thank you for your support.

**Baycrest**

Baycrest is fully affiliated with the University of Toronto.



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Contribute your Baycrest stories, news and events at [marketing@baycrest.org](mailto:marketing@baycrest.org)

3560 Bathurst Street, Toronto, Ontario, M6A 2E1  
416-785-2500

[www.baycrest.org](http://www.baycrest.org)