

Baycrest Matters

A bi-weekly update for Baycrest staff, families, clients and volunteers

October 10, 2012 – VOL.8, NO.21

IN
THIS
ISSUE

Meet our LTC
Behavioural Support
Outreach Team **3**

Baycrest community
members awarded
Diamond Jubilee
Medals **5**

Local media turn
to Baycrest for
experiences and
expertise **7**

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Flu shots save lives! Protect yourself and others by getting your annual flu shot

Did you know that for every eight health-care professionals vaccinated against the flu, one life is saved? This is just one of the flu facts you may have seen on posters across the campus as part of our annual flu vaccination campaign.

“When health-care workers are vaccinated, it is one of the most effective ways of fighting the illness and reducing its impact on our community. This is particularly important here at Baycrest because the older adult population we care for is one of the most vulnerable

to influenza.” says Manson Locke, director, Human Resources and Employee Health.”

Where to get your flu shot

- Starting October 15, the Flu Buggy will be making the rounds of departments and units to make it easy for staff to get the flu shot. The schedule is available on all units and on the intranet.
- Our community flu shot clinic will open October 22 in the Water Cooler (ground floor Apotex).
- Drop by Occupational Health and Safety on the second floor of the hospital, Monday to Friday, 9 a.m. to 4 p.m., starting October 15.
- Visit your own health-care provider and provide OHS with written confirmation that you’ve received the vaccination.

All staff who get the flu shot will receive a Flu 2012 sticker for their identification badges, plus the chance to win great prizes in the Flulympics, this year’s team vaccination rate challenge (see page 2 for details).



▲ Nataly Vilgan, RN, prepares for her part in the Flulympics.

Baycrest

Innovations in Aging

Baycrest Matters is published every second Wednesday by the Public Affairs Department. Send your feedback or submissions to baycrestmatters@baycrest.org or call 416-785-2500 ext. 3590. All submissions will be edited for style, grammar, readability and length. The deadline for submissions is the Wednesday prior to the publication date.

The Flulympics: a team challenge where everyone can win!

We're aiming to break records with our vaccination rate this year, so we're introducing the Flulympics, a team challenge where any team that achieves a vaccination rate of 70 per cent or higher will win a prize.

Which team am I on?

Find your name on the team lists on the intranet, or by visiting the flu campaign information booth in front of the cafeteria, October 10 to 12 from 11 a.m. to 1 p.m. You'll also get a team tag to attach to your identification badge.

If you're not on a team, contact Occupational Health and Safety at 416-785-2500 ext. 2944 by October 15 to be placed on a team.

How can my team win a prize?

Achieve a team vaccination rate of 70 per cent or higher. Here's how the prizes break down by rate:

Bronze 70-79% Pizza Lunch for the team

Silver 80-89% Each team member vaccinated will win a voucher for a free movie ticket

Gold 90-100% Each team member vaccinated will win two movie ticket vouchers and gain one entry in the team draw for a \$300 Yorkdale gift card.

Are you holding on to some common misconceptions about the flu and the flu shot? Dr. Paul Katz, vice president, Medical Services and Chief of Staff, sets the record straight in this special message:

This year, as a physician and a member of the executive team, I'll be championing the staff flu vaccination program by visiting units across the hospital and the Apotex along with the Flu Buggy.

Why am I getting so involved this year? Because we need to improve our staff vaccination rate at Baycrest. The vaccination of health-care professionals is an evidence-based best practice and I want to help spread the message about the importance of our role in this.

I look forward to visiting some of our units in person, but for now I want to kick off the campaign by dispelling some common myths about the flu.

MYTH: I don't need the flu shot because the flu is not serious.

FACT: The flu is much more serious than the common cold. According to the Canadian Healthcare Influenza Immunization Network (CHIIN), for people who are young and otherwise healthy that means taking an average of 3 or 4 days off work or school with symptoms like fever, muscle aches, fatigue, cough and runny nose.

The flu can be fatal for high-risk groups including older adults, children under the age of 5 and pregnant women. This means the flu shot is important for protecting our clients and our families.

MYTH: I don't need the flu shot because I don't get sick.

FACT: Each year, one in six Canadians will develop influenza, including otherwise healthy adults. The only preventive measure that can give you immunity to the virus is the flu shot.

MYTH: The flu shot will give me the flu.

FACT: It's not possible to get the flu from the shot. There is no live virus in the vaccine. The most common side effects of the vaccine are soreness, redness or swelling at the injection site.

Next issue: Dr. Katz discusses the effectiveness of the flu shot and community immunity.

Meet our LTC Behavioural Support Outreach Team



▲ A few members of the LTC BSOT team (l-r): Rusheda Foreshaw (PSW), Suman Iqbal (director of care, Apotex), Shiraz Irani (APN), Veronica Downer (PSW), Dora Asare-Ababio (RN), Melany Agpalasin (RN) and Joan Cai (RN).

In this, the second installment of a three-part series featuring the Behavioural Supports for Seniors Program (BSSP) staff, get to know the Long-Term Care Behavioural Support Outreach Team.

Please note, our behavioural support services at Baycrest have undergone a name change. The BSSP is the new name for the former Toronto Central Local Health Integration Network (TC LHIN) Behaviour Supports Ontario (BSO) Strategy.

As the Toronto lead for BSSP, Baycrest has been hard at work developing its teams to begin operating the following:

- The Transitional Behavioural Support Unit (TBSU)
- The Long-Term Care Behavioural Support Outreach Team (LTC BSOT)
- The Community Behavioural Support Outreach Team (C BSOT)

The LTC BSOT team is based at Baycrest and serves all 37 long-term care homes in the TC LHIN's catchment area. The team, made up of one advance practice nurse, seven registered nurses and 12 personal support workers, provides behavioural management assistance

in long-term care homes and help transitions of care by supporting and coaching the development, implementation and evaluation of behaviour care plans.

“Our team is focused on helping residents with responsive behaviours within their own settings,” says Suman Iqbal, director of care, Apotex Centre. “By visiting, our practitioners can assess an individual's behavioural needs without removing them from the familiarity of their everyday environment.”

From the assessments, the outreach team develops recommendations and strategies for the long-term care home to manage the responsive behaviours. So far, 21 homes have received support from the LTC BSOT which is divided into two groups for the east and west regions, and is on call for both day and evening shifts.

“Learning and behaviour support needs are different for every setting and individual,” says Iqbal. “We recognize this in the BSSP model, and we create different approaches and techniques to care for older residents with behavioural challenges.”

Safety doesn't hurt

From October 23 to 25 Baycrest will be promoting health and safety in the workplace through its Occupational Health and Safety Week.

Visit the booth by the cafeteria from 11 a.m. to 1 p.m. on any of these days to meet members of the Joint Occupational Health and Safety Committee,

ask questions about safety at work, win prizes and learn ways to create a safe work environment.

Units and departments across the campus can expect friendly visits from committee members who will be promoting safety themes.

Baycrest hosts Minister of Economic Development and Innovation



The Minister of Economic Development and Innovation for Ontario, Brad Duguid (second from right) visited Baycrest on September 24 to learn about the innovations being created across the campus. During his tour, he stopped by the Innovation, Technology and Design Lab to watch a demonstration of a virtual reality program being developed by Baycrest and industry partners. The technology will allow seniors to experience activities through avatars and even connect with other seniors. Avatars are graphic images that represent people on the internet. Joining Mr. Duguid to watch the demo are: (far right standing) Doug Thompson, CEO of Remedy Communications; Bianca Stern, director of Culture, Arts and Innovation at Baycrest, and research assistant Jeff McCarthy.

Relocating furniture and equipment?

If you need furniture or equipment relocated in your department or unit, take note. The process for requesting this work will be changing as of October 15.

The furniture and equipment relocation form is being replaced by the Service Request Form (SRF). You may have used the SRF online form in the past to request maintenance or repairs

in your area. Furniture relocation will now be included on this form.

Access the Service Request Form by clicking “Forms” on the Tools page of the intranet.

Baycrest community members awarded Diamond Jubilee Medals

Two special members of the Baycrest community have been recognized for their volunteerism and community service with Queen Elizabeth II Diamond Jubilee Medals.

Reuben Cipin and Monty Mazin were awarded the medals in a ceremony presided over by member of provincial parliament (MPP) Mike Colle on September 20.

The medals are a special award created to commemorate the Diamond Jubilee of Queen Elizabeth and honour the service and achievements of Canadians who have made a significant contribution to their country.

Reuben Cipin is a former president of the Residents' Council at the Reuben Cipin Healthy Living Community, which bears his name. He was awarded the Diamond Jubilee Medal for his work lobbying the provincial government to introduce a new form of photo identification for individuals who don't have drivers' licenses, including the visually impaired and seniors who no longer drive.

"It makes me feel good when people tell me how pleased they are that they have this piece of photo identification they can use now," says Mr. Cipin. "It's one of the best things I ever did and this honour is a bonus."

Mr. Mazin, who is a resident of the Reuben Cipin Healthy Living Community here at Baycrest, was recognized for his volunteer work. In addition to volunteering here and being a

"Baycrest Ambassador," he donates his time to B'nai Brith Canada, Rotary International and the Salvation Army's Kettle Fund.

Mr. Mazin, who is originally from England, says he felt "proud and honoured" to receive the Diamond Jubilee Medal. He says community service has always been a part of his life. "My role model is my Bubba Bessie, who was a great social activist."



▲ (l-r) Reuben Cipin, Mike Colle, MPP for Eglinton-Lawrence, and Monty Mazin at the Diamond Jubilee Medal ceremony on September 20.

Art sale offers something for everyone

Looking for a new piece of art? Be sure to check out the Baycrest art sale.

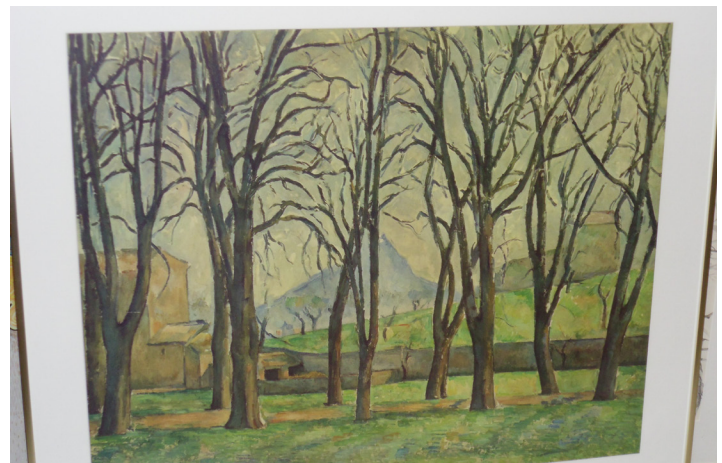
On October 16 and 17 the department of Culture, Arts and Innovation is hosting a sale of selected pieces from Baycrest's art collection.

"There's something for everyone," says Natalie Leventhal, Culture, Arts and Innovation intern and organizer of the sale. This includes paintings in acrylics and oils, posters, lithographs, photographs, needlepoint and even pottery. Prices will range from just \$2 for smaller posters and lithographs to \$200 for large paintings.

While all of the works of art are part of our collection, paintings currently on display at Baycrest are not part of the sale. "These are pieces that haven't been on display recently," says Leventhal. "Rather than keeping these works of art in storage, we're giving community members the opportunity to buy them so they'll be displayed and enjoyed."

The art sale will take place in Wortsman Hall on October 16, from 9 a.m. to 9 p.m. and October 17, from 9 a.m. to noon. The stock will be replenished as items are sold so be sure to drop by a few times.

All proceeds from the sale will go to the department of Culture, Arts and Innovation.



▲ One of the many works of art on sale at the Baycrest Art Sale, which runs on October 16 and 17 in Wortsman Hall.

October is Occupational Therapy Month

October is Occupational Therapy Month and Baycrest occupational therapists are celebrating with events, activities and prizes throughout October.

Starting this week, look for quizzes that are being distributed on units and program areas by our occupational therapists. Test your knowledge of OT and you could win great prizes!

October 22: Between 11 a.m. and 1 p.m., all the Occupational Therapists will be celebrating with an urban poling lesson and a fitness activity staff are welcome to try.

October 26: Stop by the OT display table outside the cafeteria throughout the day for fun activities and more prizes.

Don't forget to take the time to say hello and "thank you" to all the occupational therapists you see at Baycrest, for the great work they do.

Building leaders

If you've been looking for opportunities to develop your leadership skills, consider attending a workshop from the Leadership Building Blocks series – part of the Baycrest Leadership Development program. Each workshop is one hour long, and all staff are welcome to attend.

The next three workshops are:

Conflict Management and Difficult Interactions: Wednesday, October 10, 2 to 3 p.m.

Effective Communication at Work: Thursday, November 1, 10 to 11 a.m.

Effective Communication at Work: Tuesday, December 4, 1 to 2 p.m.

All workshops take place in classrooms ABC, 2nd floor, hospital.

To register, please contact Organizational Effectiveness at ext. 2358 or at oeffectiveness@baycrest.org.

Local media turn to Baycrest for experiences and expertise



▲ Star reporter learns about Yom Kippur

Rozalia Heisz (left) and Cornelia Vrancea talk to Toronto Star reporter Victoria Ptashnick about Yom Kippur – the holiest day of the year for the Jewish people. Ptashnick visited Baycrest prior to the holiday to learn about the traditions of Yom Kippur and how it can be a solemn and very difficult time, particularly for Holocaust Survivors.



▲ CBC speaks to expert about sudden amnesia

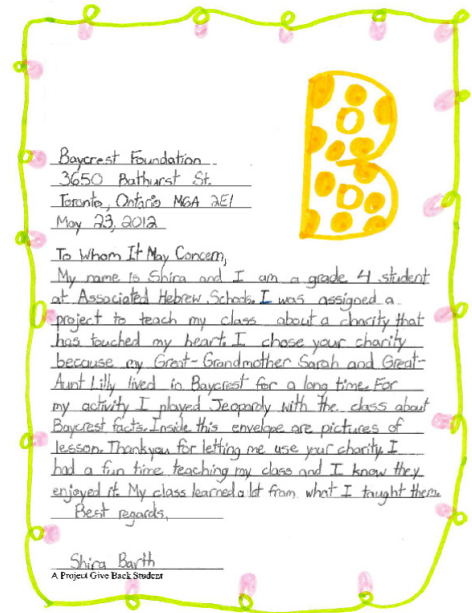
Dr. Shayna Rosenbaum, memory loss expert and associate scientist with Baycrest's Rotman Research Institute, was interviewed by reporter Nil Koksai on a windy day outside Baycrest on October 4 about the many possible causes of sudden amnesia after a middle-aged woman walked into a Toronto shelter disoriented and claiming she had no memory of her life or who she was.

Fourth grade student chose Baycrest as “charity that touched her heart”

In a heartfelt letter to Baycrest and its staff, Associated Hebrew Schools student Shira Barth shows the work we do at Baycrest reaches far beyond clients and caregivers – it reaches the next generation. The hand-decorated letter is shared here. To find out more about the Baycrest Foundation or to make a gift, call 416-785-2875 or email donations @baycrest.org.

“To whom it may concern,
My name is Shira and I am a grade 4 student at Associated Hebrew Schools. I was assigned a project to teach my class about a charity that has touched my heart. I chose your charity because my great-grandmother Sarah and great aunt Lilly lived in Baycrest for a long time. For my activity I played Jeopardy with the class about Baycrest facts. Thank you for letting me use your charity. I had a fun time teaching my class and I know they enjoyed it. My class learned a lot from what I taught them.”

Best regards,
Shira Barth



United Way

Make a difference during United Way Week

The United Way is working to create opportunities for a better life for everyone in communities across the Greater Toronto area. You can help by participating in Baycrest's United Way Week, from October 29 to November 2.

By supporting the United Way you're supporting agencies that provide important social services, including Baycrest's own Community Day Centre for Seniors, the Wagman Centre and the Seniors Counselling and Referral Service.

It's easy to give by signing up for payroll deductions. Just fill out the form and return it to Volunteer Services by November 15.

This year we've got a great lineup of events and many other ways to get involved and give.

Gift basket silent auction

Create a basket or donate a gift for the silent auction with your department. Get creative and give your basket a theme like a spa or beauty bundle, a new baby gift set or a fitness-themed package. Contact Raquel Heayn at ext. 2572 or at rheayn@baycrest.org by October 19 to register your team. Baskets must be delivered to Volunteer Services by October 25. If needed, baskets are available for use in the Volunteer Services department.

Stair Climb

Participate in the annual United Way Stair Climb. Get your coworkers together on a team or participate individually. The minimum pledge to participate is \$5. Pledge forms are available on the intranet.

Events:

October 29: Enjoy a special meal combo in the cafeteria and \$2 from each sale will be donated to United Way.

October 31: Stair Climb 10 a.m. to 2 p.m. in the southwest stairwell of the Apotex. Additionally, another opportunity to enjoy a special meal combo in the cafeteria with \$2 from each sale donated to United Way.

November 1: Gift basket silent auction in front of the cafeteria by the Khedive entrance, 11:30 a.m. to 2 p.m.