

BAYCREST BULLETIN

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

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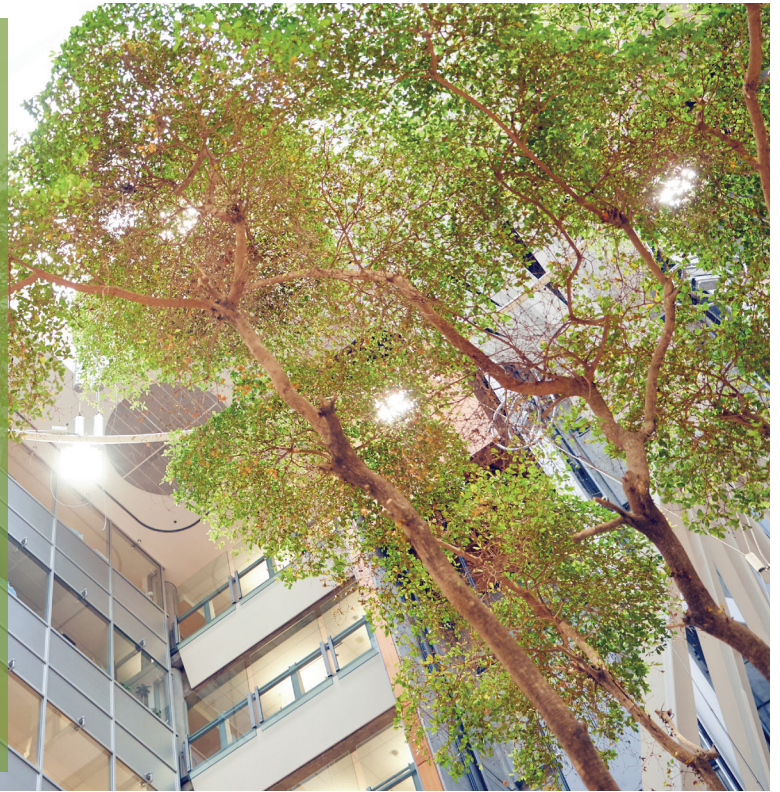
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Caregiver Support Through Baycrest@Home



Caregiving for someone with dementia can be physically, emotionally and mentally challenging. Caregivers must often contend with complex medical and behavioural issues that can be hard to anticipate and manage. Dementia can also cause confusion, memory loss and personality changes, which can

make communication and providing care more difficult.

For Suzanne Socken, a Baycrest@Home member, the most challenging part of her caregiver journey has been watching her mother struggle with the continuous loss of her abilities. This has been emotionally taxing and hard to adapt to as the situation is constantly changing. "I have had to find emotional fortitude to cope with the sadness and lack of control over the situation," she says.

Although there are many challenges along the way, Suzanne cherishes the precious time she has with her mother and is grateful to have the opportunity to care for her. With the

support from Baycrest@Home, she has found strength, resilience and hope.

Baycrest@Home helps older adults age safely and well at home, providing clinical expertise, recreational programming and caregiver support. This includes resources for caregivers of those living with dementia—which has been invaluable for Suzanne and her family in learning to be the best caregivers they can be. Not only has it provided them with resources for caregiving, but it has also connected them with others who understand their situation. This connection has provided them with a supportive community, helping them to feel less alone in their journey.

Baycrest@Home also uses technology to offer virtual classes, activities, and support groups, as well as resources for caregivers to learn about dementia and caregiving. It also focuses on the power of music to promote connection and evoke memories in order to bring joy. By providing resources, support, and connection, Baycrest@Home is helping to make caregiving a little bit easier and giving caregivers like Suzanne the strength and resilience to keep going. "My mother has been taking part in classes and activities catered

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to her by Baycrest@Home since the pandemic began. We also attend caregiver support groups in which we are incredibly thankful for the care and support," she says.

With Baycrest@Home, Suzanne has found a supportive community and resources to help her care for her mother

and make the most of their time together. To learn more, visit www.baycrestathome.ca.



National Volunteer Week 2023



The week of April 16 is National Volunteer Week. Before the COVID-19 pandemic, volunteers were involved in virtually every area across our campus. On average, our 2,000 volunteers

spent 90,000 hours each year collectively donating their time to engage with clients, patients and staff.

We would like to acknowledge and thank our volunteers for their ongoing support and commitment to Baycrest. This year's theme is *Volunteering Weaves Us Together*, which reflects the action we take to support one another. It allows us to find friendship, gain belonging and strengthen the fabric of our Baycrest community.

With more in-person programs restarting, volunteers are returning to the Baycrest campus to provide support. We encourage staff to take a moment to thank the volunteers for all that they do. During the week, please send volunteers who work in your areas appreciation notes and thank them in person.

We appreciate all of our volunteers during National Volunteer Week and every other week of the year and look forward to welcoming more volunteers onto the campus. Let's celebrate our individual and collective actions in creating a strong, interconnected and vibrant community!

Intervention for Moderate-to-Severe Memory Impairment: A Train-the-Trainer Workshop

Memory difficulties are common following brain injury and can negatively impact independence and the quality of one's life. Clinicians and students are invited to join us from April 19-21 for **Intervention for Moderate-to-Severe Memory Impairment: a Memory Link train-the-trainer workshop**.

Clinicians and students may work in areas of neuropsychology, psychology, occupational therapy, speech-language pathology, rehabilitation science, and related areas. Workshop participants will learn how to deliver a memory intervention protocol to individuals with significant, but stable, memory impairment, such as from acquired brain injury (stroke, brain tumour, cerebral anoxia, encephalitis, etc.).



For more information, please contact **Ruby Nishioka** at rnishioka@baycrest.org or **416-785-2500 x2445**. To register, please visit baycrest.org/IMSMI.

Pumping Up Brain Health: The Heart-Brain Connection

Research shows that what is good for the heart is good for the brain. However, with so much conflicting health-related information available, it can be hard to know how best to take care of our hearts and brains.

To cut through that clutter, Baycrest's Rotman Research Institute and the Centre for Aging + Brain Health Innovation (CABHI) recently hosted a public panel discussion called *Pumping Up Brain Health: The Heart-Brain Connection*.

The event brought together experts with unique perspectives from science, innovation, policy and clinical practice to discuss questions like: "How can we optimize our heart and brain health throughout our lives?" "How can research discoveries about heart-brain connections guide policies to improve public health?" and "Why is heart health important for dementia prevention?"

Following the panel, attendees had an opportunity to direct their questions to the panellists. Questions spanned a broad range of topics, from the Mediterranean diet to mindfulness training for heart and brain health, resulting in a lively and engaging discussion.

This public event followed the 33rd Annual Rotman Research Institute Conference, a two-day series of presentations for leading experts in aging and brain health to discuss state-of-the-art research and practise related to the vascular system and the aging brain.



Physician Spotlight: Dr. Jessica Cuppage



Dr. Jessica Cuppage is a wonderful example of how a passion for healthcare and geriatrics can lead to an exciting career, creating meaningful innovation in the care of older adults. As Baycrest's Chief Medical Innovation Officer, Dr. Cuppage is leading the way in developing and implementing technologies that enhance clinical practice and patient-centred care.

Dr. Cuppage's lifelong passion for working with older adults began in her childhood, inspired by her mother who was a palliative care nurse. "I would put casts around my dolls. I once even set up an enclosure with grass and dandelions to provide palliative care to an injured bee. It truly feels that helping others is my calling," says Dr. Cuppage.

Through her medical training, she discovered the joy of caring for people living with dementia and their families. "Dementia can be a challenging illness for both patients and their families. I feel grateful to be able to support people through this journey, and to be doing this at Baycrest, a leading organization in understanding aging and brain health." Since joining Baycrest in 2021, Dr. Cuppage has been working

closely with IT/e-Health, the Baycrest Innovation Office and all departments to ensure the successful adoption of innovations into clinical practice. She is currently leading initiatives such as the acquisition of a new health information system, a medication safety technology program, and an enhanced physician dashboard, which uses data to inform physician practice. Dr. Cuppage's experience and knowledge have been invaluable in promoting the use of technologies that enable more efficient and targeted care of older adults.

In addition, she is a strong advocate for recognizing and celebrating the many ways in which physicians are already innovating and encourages healthcare institutions to frame innovation in terms that are relevant to clinicians.

Dr. Jessica Cuppage is an exceptional clinician and innovator whose work is having a positive and far-reaching impact on the lives of older adults at Baycrest. She believes that "If you are passionate and work hard, there will be no shortage of opportunities to make a difference." She encourages all healthcare and related workers to stay curious and to find the spark that ignites them.

**Thank you
Team
Baycrest**



Innovation Updates



Innovation Rounds: Enhancing Quality of Life Through Remote Monitoring

Older adults living with dementia have an increased risk of hospitalization and longer hospital stays. In collaboration with Toronto Grace Hospital's Remote Client Monitoring program, Baycrest is providing specialized supports that reduce these risks and harms for people living with dementia. Join us on **Thursday, April 27 from noon to 1 p.m.** as Simon Cheesman, Director of Baycrest@Home, provides an overview of this initiative, as well as the advantages of coordinating virtual and hybrid approaches to address the needs of complex patients living in the community. To register, go to bit.ly/April2023IRs



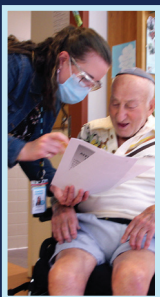
BIO Installs Interactive Gaming Devices Across Campus

The Obie interactive console projects games onto any surface, such as tabletops, floors, and walls, encouraging active play through touching, moving, and hand-eye coordination skills on the displayed images. Due to its popularity among clients and staff, the Baycrest Innovation Office (BIO) is pleased to announce that two new Obie projectors have been installed on campus - one on the 3rd floor of the Hospital and one on the 7th floor of the Apotex Centre, Jewish Home for the Aged. Funding for the Obie devices would not have been possible without the generous support of The Home Society.



Upcoming Webinar "Grandparents Raising Grandchildren: Portraits in Resilience"

Join Dr. Adriana Shnall, Program Director at Baycrest's Koschitzky Centre for Innovations in Caregiving, in conversation with Esme Fuller-Thomson, Director of the Institute for Life Course and Aging at the University of Toronto. Esme will discuss the profile of grandparent caregivers, as well as outcomes for the grandchildren in their care. This webinar is open for family, caregivers and professionals alike. Learn more about grandparents who are the sole caregivers of their grandchildren in this virtual event held on **Wednesday, April 26, 2023, at 12 p.m.** Registration and further details are available at bit.ly/AprilCaregiverWebinar.



**Thank you
Team
Baycrest**

Baycrest

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Baycrest is fully affiliated
with the University of Toronto

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