

BAYCREST BULLETIN

A snapshot of Baycrest news and events / February 2025

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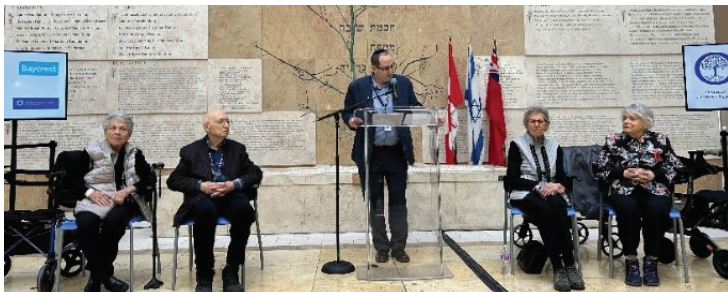
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International Holocaust Remembrance Day Ceremony



On Monday, January 27, Baycrest residents, staff and visitors gathered to acknowledge International Holocaust Remembrance Day with a solemn and meaningful ceremony in the Sharp Atrium.

The ceremony, which took place on the 80th anniversary of the liberation of the Auschwitz-Birkenau concentration

camp, began with remarks from Michael Ferman, Baycrest's Director of Heritage and Spiritual Care, who noted, "It is our responsibility to keep the memories alive, to ensure that such atrocities are never repeated."

We were honoured to have Holocaust survivors Judy Schachter, Anna Cheszes, Martha Shemtov and Peter Hajnal with us for the ceremony. Also in attendance were students from Crestwood Preparatory Collegiate who visited Baycrest last December to interview Martha, Anna, Peter and Judy as part of the school's annual Oral History Project. The Oral History Project allows students to speak with survivors, hear their stories and create video records to commemorate and share them. The video stories are available on the Crestwood

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school website at: <https://www.crestwood.on.ca/ohp-type/holocaust-survivors/>. Excerpts of the video stories were shared during the ceremony, following which the students spoke about what they learned from these conversations.

"Hearing stories like Martha's gives people my age a better sense of how terrible the Holocaust was," noted Crestwood student Sydney Ross. "The textbooks and history lessons don't give a real insight into what people experienced in their daily lives."



Holocaust Survivors (front row left to right): Judy Schachter, Anna Cheszes, Martha Shemtov, Peter Hajnal.

Daniel Markusson, another Crestwood student, said, "The biggest thing that I want to show the survivors is how much we care. And how much the students of today want to hear from them and want to learn from their stories."



The ceremony, which also featured the participation of students from Robbins Hebrew Academy, concluded with all the students taking coloured paper butterflies into the audience to capture messages of hope for the future from the gathered

attendees. These butterflies will be put up around the Sharp Atrium for all to see as an uplifting commemoration of this special Baycrest community ceremony.

Celebrating Black History Month

In honour of **Black History Month**, celebrated annually in February, we have the following activities planned:

Visit our **Digital Gallery for Black History Month** in the Sharp Atrium from 1:00 to 4:00 p.m. on Tuesday, February 18, celebrating Black heritage and contributions. Also included will be a self-directed station celebrating Heritage Week and highlighting Canada's multiculturalism.



On February 11 at 1:30 p.m. in Loftus Hall, join us for an engaging program honouring the contributions and legacy of Black Canadians. Explore the rich history and culture through an interactive session with the **Virtual Museum of Black History**, featuring Black communities' stories, achievements and milestones. Let's come together to learn, reflect and celebrate the diversity that shapes our nation.

Baycrest is Revolutionizing Aging with Technology

Leveraging technological advancements in care delivery is essential to increasing access to and quality of care. That's why, at Baycrest, innovation is at the heart of our mission to enhance health care for older adults.



Virtual reality

Since 2021, Baycrest has used virtual reality (VR) to enhance the holistic, person-centred care models across our campus. In the Apotex Centre, Jewish Home for the Aged, VR programming includes virtual travel, interactive games and meditation sessions, all of which have demonstrated remarkable engagement levels among residents living with dementia. The virtual experiences are tailored to individual preferences, enhancing their relevance and impact. Participants consistently demonstrate a sense of calm following VR sessions, and frequent requests for repeat experiences highlight the program's effectiveness and appeal.



Artificial intelligence

We use artificial intelligence (AI) to revolutionize aging and enhance the lives of individuals and communities. AI-enabled voice assistants can be directed to control music or lights, providing clients with comfort and independence. In the Possibilities by Baycrest™ community, a falls detection system allows staff to respond to falls incidents immediately, and a smart toilet tracks abnormal toileting behaviour to enhance clinical care.

At Baycrest's Pamela and Paul Austin Centre for Neurology and Behavioural Support, clinicians and researchers are developing tools that leverage AI to enhance the prospective clients' brain health assessment process. For example, an AI-based machine vision tool can automatically score clock drawings, which are highly sensitive but time-consuming tests to detect cognitive impairment.

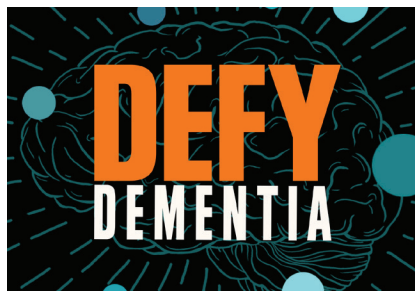


Sensory and gaming devices

Music is a powerful tool for long-term care residents and can significantly improve their quality of life. Apotex residents can use handheld sensory devices called Music Pillows or INMUs - cushions with different textures and designs that play different sounds and vibrations triggered by movement. Residents also have access to the Obie projector, a console that is mounted on the ceiling, and games are projected onto tabletops. The games are customizable in terms of difficulty, colour, sound and theme. Obie encourages problem-solving skills and improves hand-eye coordination, fine motor skills and memory.

Baycrest is continually leveraging technology to achieve our strategic goal of introducing specialized healthcare and wellness services through innovative approaches and strategic partnerships, both in our local community and across the province.

Defy Dementia Episode 20: Teaming Up for Transitions to Long-Term Care



Moving a family member or friend to long-term care can be very difficult. The newest episode of Defy Dementia explores practical ways to help make the transition easier for everyone. Liane Pelissier shares her experience moving her father to long-term care following his dementia diagnosis. Then, Dr. Jasneet Parmar (University of Alberta) encourages us to define the term "caregiver" more broadly and outlines the benefits of a team-based, caregiver-centred approach to care, with tips for caregivers and healthcare providers.

Tune in at defydementia.org, or anywhere you get your podcasts.



If you're looking for free, reliable wellness information, **visit Baycrest's Centre for Health Information (CHI)** on the first floor of the Apotex Centre, located between the WA Café and the Nosh. Every month, the CHI shares resources on a topic of interest to the Baycrest community. This month's reading list is on social isolation and loneliness.

Older adults who experience social isolation and loneliness may face significant negative health outcomes and lower quality of life. The resources below provide simple ways to increase social interaction for better mental and physical health. Find the links at <https://www.baycrest.org/Baycrest/Health-Wellness/Library-Services>.

- **Social Engagement and Companionship in Senior Living: Combating Isolation, from WorldHealth Net:** Discusses the effects of social isolation on health and includes ideas for prevention.
- **Staying socially connected, from the Alzheimer Society of Canada:** Helpful suggestions for being social to reduce stress and promote brain health. Also provides ways to connect with others through programs and services.
- **Social Isolation and Loneliness in Older Adults: What Older Adults, Families and Care Partners Should Know, from the Canadian Coalition for Seniors' Mental Health (CCSMH):** Differentiates between social isolation and loneliness and emphasizes the health risks associated with them.
- **You CAN Prevent Falls, from the Government of Canada:** An overview of the impact of falls on older adults and steps you can take to reduce your risk.

The CHI is located on the first floor of the Apotex Centre, between the WA Café and the Nosh, and is open Sunday to Thursday.

You can contact us at **416-785-2500 ext. 3374** or **HealthInfo@Baycrest.org**.

Introducing the Better Living Education Series by Baycrest

Baycrest's Patient, Family and Consumer Education (PFCE) program is proud to introduce its new learning hub, the Better Living Education Series by Baycrest – an innovative platform designed to empower all older adults with essential information and skills to promote their well-being. The first courses are launching this month: **Digital Literacy Club**, which connects like-minded, lifelong learners with the guidance and support needed to keep up with changes in technology, and **The Mindset Shift**, a transformative three-part series where you will explore the link between how our brains work and the everyday habits we form.

Visit <https://www.baycrest.org/Baycrest/Health-Wellness/Education-Series-for-Better-Living-by-Baycrest> to learn more and to register.



9,311 likes
Baycrest Mitzvah Project meaningful experience
View all 428 comments
4 DAYS AGO

Calling all those celebrating a Bar/Bat Mitzvah in 2024/25/26!

Baycrest Mitzvah Project

The Baycrest Mitzvah Project offers a meaningful experience to live your Jewish values as you practice tzedakah, chessed and tikkun olam.

UPCOMING PROGRAM SESSION OPTIONS:

Nov 2024 to Feb 2025	Mar 2025 to June 2025	Oct 2025 to Jan 2026
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*Each participant must raise or donate a minimum of \$1,000

View the program outline and register online at Baycrest.org/MitzvahProject
Contact MitzvahProject@baycrest.org for more information.

Baycrest

Baycrest
FEAR NO AGE™


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Contribute your Baycrest stories, news and events at
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