

BAYCREST BULLETIN

A snapshot of Baycrest news and events / September - October 2023

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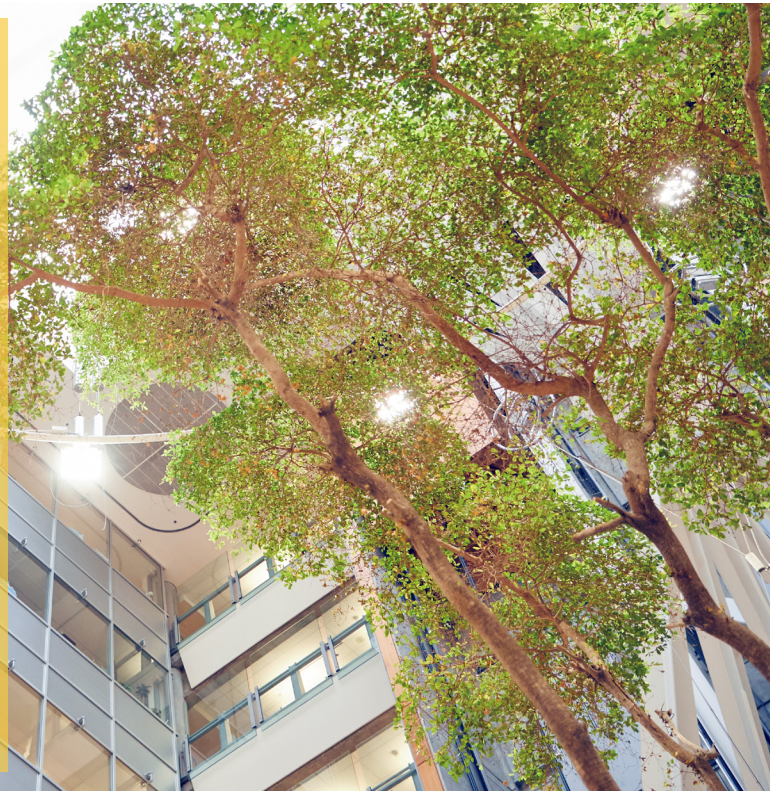
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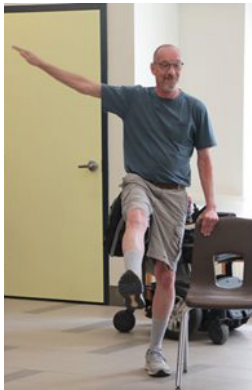
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Baycrest Falls Prevention Program Supporting Aging in Place



It is estimated that one in four adults over 65 will fall in a year. Older adults who experience a fall have a higher risk of sustaining a serious injury and may not regain their previous level of function. Falls are currently the leading cause of injury-related hospital admissions for older adults.

“Preventing falls is one of the most important things in supporting aging in place,” says Einat Danieli, clinical

manager of Ambulatory Services at Baycrest Hospital. Her team currently runs the Community Falls Prevention Program on the Baycrest campus and at several Toronto Seniors Housing Corporation (TSHC) properties. “We want to spread the program so that we have multiple locations and people can find locations close to their home to participate, stay active and avoid falls,” Danieli explains.

The course teaches participants to build the skills and body awareness needed to prevent falls. Each session

includes strength-building workouts to upbeat music, core exercises that show how the human body stays balanced and education on what causes falls. For an hour and a half each week over 10 weeks, participants meet for a class that often takes place in the building they live in.

Nicole Campbell, a registered kinesiologist, is the clinician who runs the Falls Prevention Program. Each week, she demonstrates how different muscles are engaged as participants do strength repetitions, which are specifically focused on replicating motions they may encounter in their daily lives. This includes side-to-side steps that show how weight shifts from one leg to the other - the same steps used to navigate a theatre or a galley kitchen.



“The most effective way to minimize the risk of a fall includes many factors. However, if you can only choose one thing, the best is exercise,” Campbell explains. Extensive

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evidence shows that exercising with a program that targets strength and balance prevents falls. Exercise also improves reaction times to respond to hazards and helps in achieving adequate flexibility to make adjustments and recover balance instead of falling.



This philosophy was key when choosing to have the classes in TSHC buildings, according to Danieli. Tenants in TSHC buildings who live in rent-geared-to-income (RGI) units may not have access to or be able

to afford a regular exercise program or a gym membership.

Despite having the program at home, Campbell still meets participants later than she would like. "They've had a fall, or they know someone who had a fall that's pretty catastrophic. The best time to join is before you've had a fall."

The fear of leaving home can lead older adults not to get help after their first fall. However, two-thirds of older adults will fall a second time within a year. "They perceive the way to treat that is to be more careful, but they aren't careful in

the right ways," explains Campbell.

"Something like this should be taken in your 50s," Teresa MacDougall, a recent graduate of the program, says. "It just brings about a whole new awareness of your body."

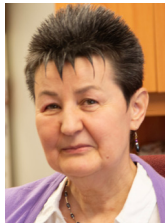
MacDougall says the course changed the way she navigates the world. She now puts on firm shoes in the morning instead of slippers and turns on the light when navigating what she thinks is familiar territory.

"Nicole makes it so easy," MacDougall explains, noting that Campbell builds a great environment and brings a lot of energy to the room.

Returning to a classroom not only allows older adults to learn fall prevention strategies, it also creates a community. "It really helps to hear others' struggles," MacDougall says.

Campbell has seen a positive response from tenants in the program. When peers can hold their own during a challenging demonstration of balance, the whole class cheers. "The program allows everyone to come together and learn they are not alone in this," she says.

Employee Spotlight: Dr. Regina Jokel



Dr. Regina Jokel is a speech-language pathologist who has been working at Baycrest for 32 years. She is also a scientist at the Rotman Research Institute, where she studies primary progressive aphasia (PPA), a rare form of dementia that affects language abilities. Dr. Jokel is one of the leading experts in diagnosing and treating PPA in Canada, and she has created a program for people with PPA to come and share their experiences and connect with others.

Dr. Jokel's journey to Baycrest began in Poland, where she was born and raised. She studied psychology and education at the University of Warsaw but had to escape the country due to political oppression. She came to Canada as a refugee and entered the speech pathology program at the University of Toronto. She says she was always interested in voice, speech and language, inspired by her love of singing, curiosity about the brain and learning different languages. She currently speaks four languages and is learning six more using Duolingo.

Dr. Jokel says she came to Baycrest because of Dr. Morris Freedman, Medical Director of the Pamela & Paul Austin Centre for Neurology and Behavioural Support, one of the three behavioural neurologists in Canada at the time. Behavioural neurology is the study of the relationship

between the brain and behaviour, and language is one of the most complex behaviours that humans have. Dr. Jokel was fascinated by this field and wanted to learn from Dr. Freedman. She started working at Baycrest as a speech pathologist on 4W, a unit for patients living with dementia. She admits that she knew nothing about dementia at first, but she quickly learned from reading and observing. The patients inspired her to pursue her research and clinical work, as well as to obtain her PhD.

One of the most pivotal moments in Dr. Jokel's career was when she joined the Sam and Ida Ross Memory Clinic at Baycrest, and became the first speech-language pathologist to diagnose people with PPA in Canada. PPA is a condition that causes gradual loss of language abilities, while other cognitive functions remain intact for several years. Individuals living with PPA are often misdiagnosed with Alzheimer's disease or other forms of dementia because they do not have access to specialized language testing or experts like her. The Sam and Ida Ross Memory Clinic is the only memory clinic in Canada that has a speech pathologist on its team, which makes it unique and exceptional.

Dr. Jokel says her mission in life is to promote awareness and understanding of PPA and to provide support and treatment for people living with this condition. She has developed a

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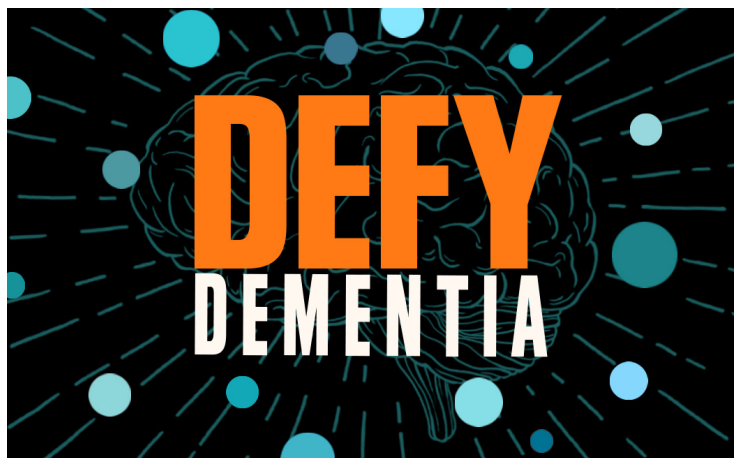
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program for people living with PPA to meet regularly and participate in various activities, such as education, music, art, games and conversation. This program helps people with PPA feel less isolated and more connected, as they can relate to others who share their challenges and joys.

Dr. Jokel says Baycrest is her life, and she enjoys every

aspect of it. She loves working with patients, colleagues and students, and praises her mentors and collaborators, such as Dr. Nicole Anderson, a senior scientist at the Rotman Research Institute. She says that she appreciates the atmosphere and culture of Baycrest, which enables her ideas and supports her professional and personal growth.

Defy Dementia Episode 2: Live to Be Social - Be Social to Live



Last month, Baycrest launched Defy Dementia, an empowering new podcast to help listeners reduce their dementia risk. The second episode, released this month, explores the role of social isolation and loneliness as a risk factor for dementia. Hosts Jay Ingram and Dr. Allison Sekuler talk to Myrna Norman, who was diagnosed with dementia 15 years ago, and hear about her inspiring journey to overcome self-isolation. Then, they discuss how loneliness physically affects the brain with Dr. Michelle Carlson, professor of mental health at the Johns Hopkins Bloomberg School of Public Health. Tune in at defydementia.org, or anywhere you get your podcasts, to find out how loneliness and social isolation may be harming you, and how you can take steps to overcome it and support your emotional and cognitive well-being today.

Defy Dementia on the Road: Special Event in Halifax

On August 25, Baycrest and the Defy Dementia team hosted an exciting, interactive event all about safeguarding brain health at the Halifax Central Library in Halifax, Nova Scotia. First, attendees took part in a public panel discussion with Myrna Norman, who was diagnosed with dementia 15 years ago, Dr. Keri-Leigh Cassidy, Professor and Director of Social Policy and Advocacy in the Department of Psychiatry at Dalhousie University, and Dr. Allison Sekuler, co-host of the Defy Dementia podcast and President and Chief Scientist of

the Baycrest Academy for Research and Education as well as the Centre for Aging + Brain Health Innovation (CABHI). During this discussion, the audience asked their questions about brain health and reducing their dementia risk. This was followed by interactive booths and demonstrations, where attendees got to learn about Baycrest's free, **online hearing test**, CABHI's **Leap community**, the **Cogniciti brain health assessment** and much more.

Show your Baycrest Spirit With *Fear No Age*™ Clothing

As Baycrest's *Fear No Age*™ campaign continues to be featured on television, in print and online, staff are encouraged to show their Baycrest pride. A *Fear No Age*™ clothing line of hoodies, baseball caps, t-shirts and zip-up track jackets is now available for purchase. Staff will receive an exclusive discount of **50% off** all *Fear No Age*™ merchandise.

Shop online at shop.baycrest.org. Staff can use promo code **STAFFMERC50DISCOUNT** during the checkout process to receive their discount. *Fear No Age*™ clothing line orders can be picked up at the Baycrest Foundation office on Thursdays between 1 and 4 p.m. Should you have any questions, please email BaycrestMerch@baycrest.org.



Innovation Updates



Exciting Progress on Home Society Innovation Projects

We are pleased to share updates on innovation projects at Baycrest, made possible through a generous donation from the Home Society. Soundbeam, a touch-free musical instrument, is being incorporated into music therapy sessions and has garnered positive feedback from clients and staff alike. The Baycrest Innovation Office (BIO) also held a pre-launch session of Motiview for select Two Neptune Drive residents. Thanks to their insight and feedback, BIO is gearing up for a building-wide launch for Two Neptune residents this fall. This innovative technology will also be available at Baycrest's state-of-the-art Kimel Family Centre for Brain Health and Wellness. In addition, the Apotex Transitional Behavioural Support Unit (TBSU) Package of Solutions is being implemented successfully, with the echo dots and HUG doll continuing to provide joy and connection to clients, while the installation of smart gardens and interactive sensory wall tiles is underway. These initiatives reflect our commitment to enhancing the lives of our community through innovative solutions. Stay tuned for more updates! For more information, contact innovation@baycrest.org.



Baycrest@Home Marks One Year of Virtual TSO with a Live, In-Person Performance by the Toronto Symphony Orchestra at Baycrest Terraces

Wrapping up the 2022-23 season of Virtual TSO, Baycrest@Home (B@H) brought together over 150 clients and their caregivers for a very special concert by Toronto Symphony Orchestra musicians. The live concert (which was webcast for B@H members joining from home) marked the first time the virtual community gathered in person. Celebrating a shared love of music and performance, participants enjoyed an afternoon of face-to-face greetings and hugs, and even exchanged "how we met" moments from attending B@H's programs over Zoom. See photos and a video capturing memorable moments from the event, and read more here: <https://baycrestathome.ca/tso-terraces/>. A special thank you to Baycrest Terraces for co-hosting the event and providing a beautiful space for guests to share the day. For information about the new 2023-24 Virtual TSO season (including start dates and how to sign up), contact: info@baycrestathome.ca. All are welcome!

BUBBY'S BLOOMS

Drive-thru Pick Up Flower Sale

Friday, September 15, 2023 | 9 a.m. to 1 p.m.
Kimel Entrance, Baycrest

100% of all proceeds support Baycrest programs
baycrestfoundation.org/bubbysblossoms

Pre-order a beautiful bouquet for \$20.
Please place your order by Thursday, September 14.
For more information, contact
Joanne Gittens at 416-785-2500 ext. 2023
or JGittens@baycrest.org.

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