

BAYCREST BULLETIN

A snapshot of Baycrest news and events / December 2024

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Baycrest is a Greater Toronto's Top Employer for the Second Year in a Row

Baycrest has been named one of Greater Toronto's Top Employers for 2025 following a competition that evaluated employers on several criteria, including employee well-being, work atmosphere, benefits, communication and community involvement. It's the second consecutive year Baycrest has been celebrated as one of Greater Toronto's Top Employers. The competition was established in 2006 to recognize employers who strive for excellence while creating and maintaining a desirable workplace.

This honour recognizes our commitment to building an environment that holistically acknowledges and supports all aspects of well-being, inclusivity and development opportunities for our employees.

"A key driver in our overall strategic plan is A Strong Culture Where Our People Thrive and our commitment to providing an inclusive work environment and culture that offers all staff a sense of purpose, inspiration, pride and fulfilment," noted Joni Kent, President and Corporate CHRO. "We will continue to work together to empower everyone to thrive at Baycrest."

Thank you to everyone at Baycrest for everything you do for each other and the communities we serve. Your commitment to excellence is helping build a world where every older person lives with purpose, fulfilment and dignity.

An Honourary B'nai Mitzvah Celebration for Residents

On Thursday, November 28, Baycrest held an honorary B'nai Mitzvah celebration for Apotex residents. This very special ceremony was created for those who did not have the opportunity to become Bat Mitzvah when they were younger to do so now. Rabbi Rena Arshinoff led the ceremony, and spoke about the importance of being called to the Torah before inviting each of the 12 women participants to read from the Torah. The ceremony also included prayers and blessings, as well as silent reflection.

"I've been waiting for this
my whole life."

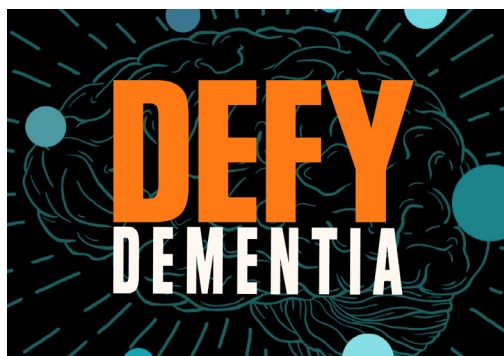
— B'nai Mitzvah participant

Each participant received a certificate acknowledging their Bat Mitzvah. This was an extremely meaningful event as noted by participant Esther Samuel, who said, "I've been waiting for this my whole life."



Top row: Susan Jackson, Denise Altshul, Pearl Karal, Greta Miller (right) and daughter Cherie, Caroline Cohen
Bottom row: Doreen Manly, Arlene Hershoran, Esther Samuel (quoted), Nechama Scholomowitz, Karen Bogach

Defy Dementia Episode 18: Well-Being for Brain Health



This episode of Defy Dementia explores how well-being, including positive emotions, life satisfaction and social connectedness, impacts brain health and reduces dementia risk. Family physician Dr. Agnes Chinelo shares her personal journey of balancing caregiving and self-care to improve her mental health. Then, Dr. Emily Willroth (Washington University, St. Louis) shares the latest research linking well-being to cognitive function as we age. Lastly, Dr. Martin Picard (Columbia University) explains the fascinating role of mitochondria—our cells' energy powerhouses—in connecting well-being with preserved brain function.

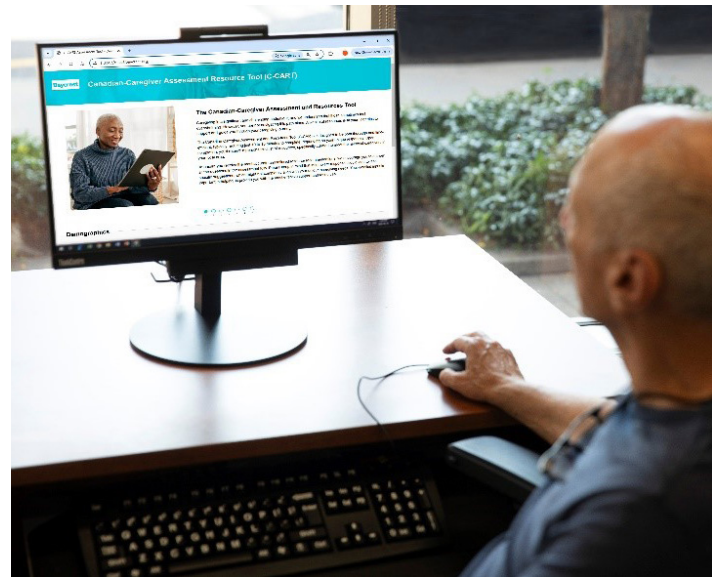
Listen to this episode at defydementia.org, or anywhere you get your podcasts, for strategies to improve your well-being and protect your brain health.

Baycrest Launches C-CART - An Innovative Free Tool to Empower Canadian Caregivers

Baycrest recently announced the launch of the Canadian Caregiver Assessment and Resource Tool (C-CART), a free online tool available 24/7 to help caregivers access the resources, services, education and guidance they need wherever they are located with ease. C-CART is Baycrest's response to the significant and escalating challenges faced by the growing number of caregivers of all ages such as isolation, emotional burnout and financial stress, that are not currently addressed by the Canadian healthcare system.

"There are caregivers across the country who aren't aware of the assistance available to them - especially those in rural communities - and we're changing that with C-CART," said Dr. Adriana Shnall, Program Director, Baycrest Koschitzky Centre for Innovations in Caregiving.

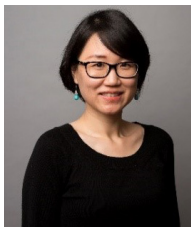
Learn more at <https://c-cart.baycrest.org/>



New Baycrest Studies Have Critical Implications for Aging and Brain Health

Baycrest scientists are driving advances in the field of aging and brain health, helping improve the prevention, detection, treatment and care of dementia and other neurological disorders. Read on to learn about two recently published studies.

High blood sugar in healthy adults linked to lower brain activity



Led by **Dr. Jean Chen**, Baycrest's Canada Research Chair in Neuroimaging of Aging, a recent Baycrest study found that high blood sugar may impair brain health even in people without diabetes. This study is the first to examine this connection in people without this diagnosis.

"The findings highlight the importance of managing your blood sugar through healthy diet and exercise, not only for your body but also for your brain," said Dr. Chen. "It's also important to get regular checkups and to work with a healthcare provider, especially if you have been diagnosed with pre-diabetes."

Baycrest study uncovers promising new target for stroke treatment



Another Baycrest study provides hope that innovative, non-invasive treatments could help improve or even fully reverse post-stroke symptoms.

Co-authored by **Dr. Jed Meltzer**, Baycrest's Canada Research Chair in Interventional Cognitive Neuroscience, the study reveals that an area of the brain distinct from the area directly impacted by stroke may play a significant role in causing these symptoms.

"This is both good and bad news," said Dr. Meltzer. "The bad news is the impact to the brain caused by stroke is not limited to the lesion seen on a brain scan. The good news is the area that shows abnormal electrical activity outside the lesion might be treatable with innovative new therapies."

To learn more about each study, visit the baycrest.org news page.

Baycrest's Centre for Health Information (CHI) is a one stop-shop for free, reliable health-related information. Every month the CHI team puts together a reading list on a topic of interest to older adults. This month, the focus is on grief and bereavement. Grief and bereavement in older adults are often overlooked, despite their impact on the aging population. As individuals grow older, they face increased instances of loss – whether those of family, close friends or even aspects of their own identity due to health and lifestyle changes. The following resources are tailored to help individuals understand their grief and emotions, and offer caregivers tips on how to foster understanding and compassionate support.

• **Grief and chronic sorrow, from Alberta Caregiver**

College: Outlines the emotional challenges of grief and chronic sorrow, particularly for those living with chronic or progressive illnesses, and offers supportive strategies on how to help loved ones cope.
<https://caregivercollege.ca/mod/page/view.php?id=147>

• **MyGrief.ca**, from Canadian Virtual Hospice: A free online resource to help you understand your grief and approach some of the most difficult questions that may arise. There are nine modules, all of which include text and videos.
<https://www.mygrief.ca/>

• **Helping older adults with grief, from Health Link BC:** Explains why older adults may not experience or express grief in the same way as other adults, and offers tips on how to support an older adult who is grieving.
<https://www.healthlinkbc.ca/more/healthy-aging/seniors-health/grief-helping-older-adults-grief>

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.

Visit <https://www.baycrest.org/Baycrest/Health-Wellness/Library-Services> for current hours of operation. You can also contact us at **416-785-2500 ext. 3374** or **HealthInfo@Baycrest.org**.



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

Order your Holiday e-cards & cards!

Share good wishes with family, friends and business associates while supporting our Baycrest community.

Visit baycrestfoundation.org/send-a-card

T: 416-785-2875 | F: 416-785-4296 | E: donations@baycrest.org



Baycrest



WISHING YOU
HAPPY HOLIDAYS

Baycrest

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