

BAYCREST BULLETIN

A snapshot of Baycrest news and events - November 2020

IN THIS ISSUE

HOW TO NOURISH YOURSELF AND YOUR BRAIN DURING THE PANDEMIC

THE COLLECTORS CIRCLE

VIRTUAL BEHAVIOURAL MEDICINE PROGRAM

SUPPORTING LTC STAFF DURING COVID-19 THROUGH PROVINCIAL EDUCATION

INNOVATION UPDATE

AND MUCH MORE

How to Nourish Yourself for Optimal Brain Health During the Pandemic

Developed in consultation with Dr. Carol Greenwood, senior scientist at Baycrest's Rotman Research Institute.



While there are many factors we can't control during this pandemic, research shows there's a lot we can do to care for our physical and emotional wellbeing – including nourishing ourselves and our brain.

First, research consistently shows that a heart-healthy diet high in fruits,

vegetables, whole grains and fish helps preserve brain health, while a diet high in saturated fat, red meat and highly processed foods is associated with greater rates of heart disease, cognitive decline and increased risk of developing dementia.

To reduce the frequency of trips to the grocery store, try stocking up on canned legumes like beans and lentils. Research increasingly supports the benefits of consuming a plant-based diet for heart and brain health, and legumes are a great source of plant-based protein.

Various factors can make it challenging to eat healthfully at the best of times – let alone during a pandemic – so it's a good idea to stack the odds in our

favour whenever possible.

For older adults, it can be beneficial to focus on lunch rather than dinner. Eating actually requires a lot of manual skill and energy, so it's easier to do it in the morning, when we're more alert.

Finally, while keeping a reasonably healthy diet is important, eating is also about pleasure. We need to acknowledge that it's a stressful time, and one way we tend to nurture ourselves is through food.

We can also draw on foods that bring up fond memories – especially when we can't see our loved ones. Try eating foods that remind you of your family and friends, to help you access that nurturing aspect of personal relationships in a different way.



Virtual Behavioural Medicine Program



For many years now, severe responsive behaviours, aggression, confusion, hallucination and depression, found in individuals with dementia, have been a growing public health concern in Canada.

Today, in the current climate of the COVID-19 pandemic, patients suffer even more because responsive behaviours are spiralling due to disrupted routines and limited access to therapy and social interaction.

Dr. Morris Freedman, Behavioural Neurologist and Mindy Halper, Nurse Clinician at Baycrest are tackling this crisis through the Virtual Behavioural Medicine Program, a pilot project involving the Baycrest Sam & Ida Ross Memory Clinic and Behavioural Support for Seniors Program TC-LHIN (BSSP TC-LHIN). The program, led by Dr. Freedman, has demonstrated remarkable success because its virtual format has enabled the team to respond quickly to support clients, foster collaboration with system partners and provide caregivers with the support they need.

Immediate Support

The Memory Care Program at Michael Garron Hospital is seeing a growing number of dementia patients with responsive behaviours. Dr. Pieter Jugovic, Director of ALC, Chronic Ventilation, and Rehabilitation Programs at Michael Garron Hospital, shares the impact the Baycrest program has had on his work: "Normally getting support would take months, and now, through the Virtual Behavioural Medicine program, we have support as soon as we need it. My team is fantastic, but they don't have the specialized knowledge needed to address the more challenging patients. "A behavioural neurologist such as Dr. Freedman has knowledge and expertise so far above that of an average clinician. I am so grateful that we have access to his skill and expertise; it is a unique gift for which I call him 'the dementia whisperer.' I am not sure what we would do now without this expertise."

Collaboration With System Partners

The program has fostered collaboration with system partners, including long-term care (LTC) primary care providers and medical directors, BSSP TC-LHIN supports in acute care, LTC and community, and geriatric mental health outreach teams. It is a richer experience for everyone because of the multidisciplinary expertise needed.

Beverly Van Buuren, Clinical Services Manager, Seniors' Health at William Osler Health System, says, "Dr. Freedman

and his team listened intently and took what was said into serious consideration. The team asked appropriate questions to guide the treatment and provided rationale not only to our team but to the family as well. This is invaluable to us as our goal is to provide our patient population with the best possible outcomes."

A New and Better Way of Delivering Care

The virtual care model for assessing and managing responsive behaviours in dementia represents a new and better way of delivering medical care for individuals with responsive behaviours. The program aims to scale its impact and build capacity across the country to serve Canadians across all provinces and territories virtually. Such collaboration will support equitable access, reduce unnecessary financial costs, prevent caregiver burnout and better manage severe responsive behaviours.

Caregiver Support

When we were in the thick of the first wave, the toll and stress experienced by caregivers and dementia patients was immense. Lisa Raitt shares its ramifications on her husband, Bruce, a Baycrest patient diagnosed with early-onset dementia. She says, "This summer, Bruce started exhibiting very difficult behaviours. If we didn't have access to the Virtual Behavioural Medicine program, Bruce would have had to be hospitalized for a number of weeks."

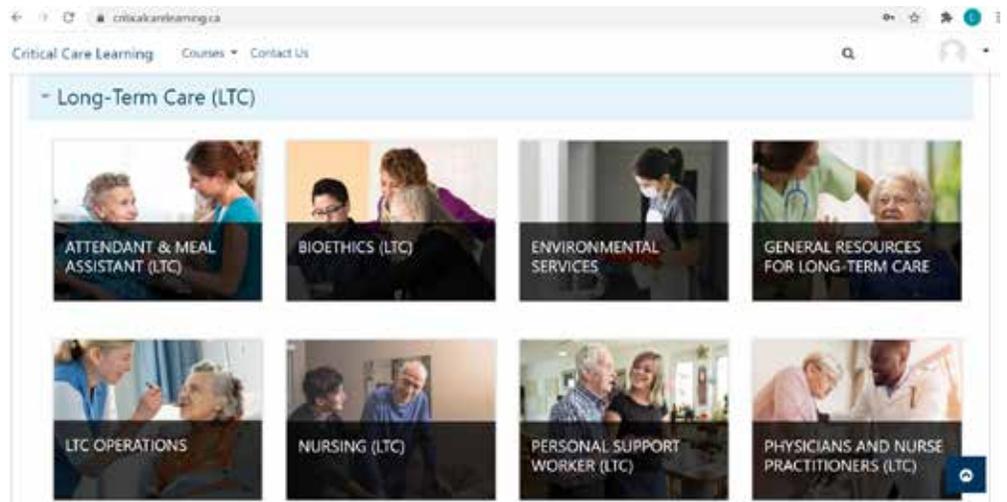
The support Lisa received from Dr. Freedman and the Virtual Behavioural Medicine program has mitigated the responsive behaviours and has allowed Bruce to stay at home with his family. Lisa says, "Bruce is no longer experiencing the violent outbursts that he was in the summer and this is only possible because of the regular support I get from Dr. Freedman and Mindy Halper. I was told to report behaviours and incidents to them on a frequent basis, and we could actually deal with behaviours in real-time."

The support provided by the program is, in fact, showing better results than the in-person format because the clinical team can work with patients and their caregivers in their home environment, where they are comfortable. Lisa says, "For the first time in four years, we have been able to do the tests and assessments that we could not do before. Dr. Freedman spent a full hour and 20 minutes with Bruce to do the testing that was needed, allowing him to make a diagnostic decision. It was a friendlier environment at home for Bruce. We didn't have to travel all the way to the hospital, and it was less threatening to Bruce because he could walk away if he wanted to."

To learn more about Baycrest's Virtual Behavioural Medicine program, visit www.baycrest.org/memoryclinic.

Supporting LTC Staff During COVID-19 Through Provincial Education

When the pandemic started, the provincial government requested the development of a website of education and training materials to support staff who were being redeployed into intensive care units (ICU) and acute care, with the content of the website focused on managing COVID-19. Soon after its inception, it was recognized that many healthcare workers would also be redeployed into long-term care to meet the staffing needs. Baycrest's Centre for Education and the Ontario Centres for Learning, Research and Innovation were asked to co-lead the development of the long-term care (LTC) section of the <http://covidcarelearning.ca> website. The team collaborated with experts in the area of LTC to curate the best, most



up to date information, both about COVID-19 and about the unique needs of the LTC sector. The website access is free to healthcare workers and students although a code is required. To date, more than 10,000 people have accessed

the website.

For more information or to obtain the access code, please contact the co-leads Lisa Sokoloff at lsokoloff@baycrest.org or Raquel Meyer at rmeyer@baycrest.org

Innovation Updates



New at Baycrest - Tele-audiology

As a response to the pandemic, Baycrest's Audiology department recently established tele-audiology, a virtual service that helps patients along their audiology journey—from the initial detection of hearing challenges to audiology rehabilitation. Learn more about tele-audiology and the importance of accessing remote hearing services for older adults with hearing loss by attending our upcoming webinar on December 2 at 12:00 p.m. To register, please visit <http://bit.ly/BaycrestTeleAudiology>



Virtual Reality at Baycrest

To help engage patients and residents and reduce social isolation, Baycrest is leveraging the use of novel virtual reality technology. From conducting research into the benefits and impact of having families create virtual reality content for patients and residents, to hosting virtual reality travel clubs, Baycrest is committed to engaging residents virtually. Baycrest staff can learn more by visiting <http://bit.ly/VRBaycrest>.



Baycrest's COVID-19 Screening App

Launched in the summer of 2020, Baycrest is keeping staff, residents and patients safe with our novel COVID-19 self-assessment screening application. This modern, easy-to-use app enables staff to answer questions based on their symptoms, recent travel and contact with any potentially COVID-positive individuals. Upon completion of the questionnaire, staff are instantly alerted on next steps. Baycrest staff can learn more by visiting <http://bit.ly/BaycrestCOVIDApp>.

The Collectors Circle

Baycrest is proud to introduce a new online fundraiser geared to art lovers: The Collectors Circle. This novel way to experience and acquire art in a virtual setting will include galleries, well known and emerging artists, all in support of Baycrest's work to help vulnerable older adults in our community.

With an estimated \$2 million in value, this curated selection of paintings, photography and sculptures provides a rare opportunity to add to your art collection.

Proceeds from the event will benefit Baycrest's Safeguarding Our Seniors (SOS) campaign, which helps safeguard seniors and strengthens programs to reduce social isolation and enhance lives as we navigate through the challenges of COVID-19.

Visit the sale site at <https://collectorscircle.baycrest.org/>, which will be active on November 16, and the auction site at www.waddingtons.ca, in proud partnership with Waddington's, which will be active from Nov. 28 - Dec.



*Cloud Study, from Chromatics
by artist Barbara Cole*

3.



Stay Safe. Get your flu shot!

"Getting the flu shot is my way of protecting those we care about the most."

- Carolina Conde, Registered Practical Nurse



Get your flu shot from the Marketplace or the flu buggy when it comes to your floor or unit.

Baycrest



UNIVERSITY OF
TORONTO

Baycrest is fully affiliated
with the University of Toronto

3560 Bathurst Street
Toronto | ON | M6A 2E1
416 785 2500 | www.baycrest.org

**Contribute your
Baycrest stories,
news and events at**
marketing@baycrest.org