

BAYCREST BULLETIN

A snapshot of Baycrest news and events - December 2020

IN THIS ISSUE

**TREATING APHASIA WITH INDIVIDUALIZED
BRAIN STIMULATION THERAPY**

**SAGE TEAM ZOOMS IN TO SUPPORT TRAINING
FOR VIRTUAL CARE**

**THE LATEST ISSUE OF BRAINMATTERS
MAGAZINE IS NOW ONLINE**

INNOVATION UPDATES

POEMS BY THE APOTEX RESIDENTS

AND MUCH MORE



Treating Aphasia With Individualized Brain Stimulation Therapy

Baycrest scientists are pioneering the use of individualized brain stimulation therapy to treat aphasia in recovering stroke patients. Aphasia is a debilitating language disorder that impacts all forms of verbal communication, including speech, language comprehension, and reading and writing abilities. It affects around one-third of stroke survivors, but can also be present in those with dementia.

“Aphasia can be very isolating and can negatively affect people’s personal relationships,” says Dr. Jed Meltzer, Baycrest’s Canada Research Chair in Interventional Cognitive Neuroscience and a neurorehabilitation scientist at Baycrest’s Rotman Research Institute (RRI).

In a recent study, Dr. Meltzer and his team tested language performance and used magnetoencephalography (MEG) to measure brain waves in 11 stroke survivors with aphasia before and after they underwent brain stimulation therapy. The scientists found that the participants had abnormal electrical activity in brain regions close to but outside the area destroyed by the stroke. This abnormal activity was mainly a shift to slower brain waves, a pattern they have also observed in individuals with dementia.



Continue on the next page

...from page 1

"We found that the stimulation made that abnormal activity more normal - that is, faster - and improved language performance in the short term," says Dr. Meltzer.

Previous research has demonstrated that brain stimulation can improve

language performance in aphasia patients, but this study is one of the first to suggest that the reason for this is that the treatment addresses abnormalities in the brain surrounding the destroyed tissue. Another novel aspect of this work is that the scientists targeted each individual's abnormal brain activity with the stimulation,

while previous studies have used the exact same treatment, targeting the same brain areas, on every patient.

"Our results demonstrate a promising method to personalize brain stimulation by targeting the dysfunctional activity outside of the destroyed brain tissue," says Dr. Meltzer.

SAGE Team Zooms in to Support Training for Virtual Care



Simulation Activities for Gerontological Education (SAGE) is a collaboration between Baycrest's Centre for Education and Volunteer Services at Baycrest. The SAGE program engages volunteer older adults as Simulated Participants (SP). SPs are carefully trained to portray individuals such as patients, family members or caregivers in simulated learning situations.

Prior to COVID-19, SAGE SPs participated in face-to-face simulations where healthcare providers and students practiced skills required to provide care to older adults. With the pandemic, face-to-face simulations were put on hold. The pandemic also influenced clinical care; outpatients were

no longer able to come to Baycrest campus for assessment or treatment.

In particular, this shift had a significant effect on our psychologists who do face-to-face neuropsychological testing as part of their regular practice. They, like many, had to pivot how they provide care for patients to adapt to a virtual setting. However, they were unsure about how some of their assessments could be conducted virtually.

To address this challenge, the SAGE team worked collaboratively with the psychologists to develop scenarios for them to practice administering tests with the SPs who simulated patients being tested. This training method was very beneficial to support the psychologists in conducting virtual neuropsychological testing.

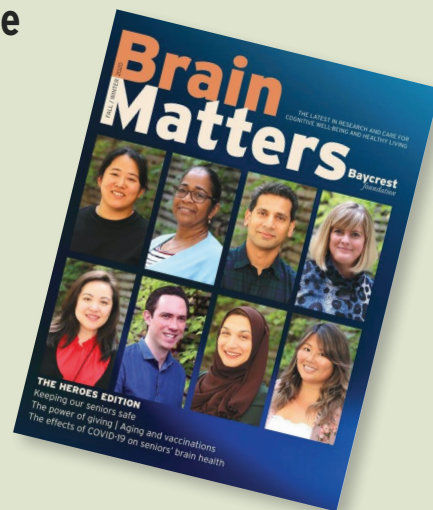
Feedback from both groups has been extremely positive. The psychologists are grateful for the practice to help them become more comfortable in a virtual setting. The SPs greatly appreciate the opportunity to provide this vital support to help create a successful new model for virtual care, even while they are socially isolating.

The Latest Issue of BrainMatters Magazine Is Now Online

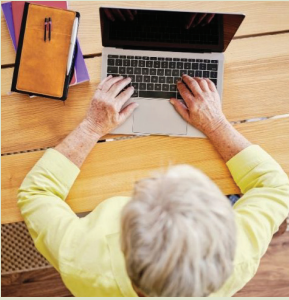
The Fall/Winter 2020 issue of BrainMatters Magazine: Heroes Edition is now available online.

This issue features stories and highlights of some of the incredible work undertaken by our Baycrest staff to help safeguard our seniors and reimagine the ways in which we provide care during these unprecedented times. In addition to shining a light on a handful of our staff heroes, we explore how COVID-19 has redefined long-term care, examine the effects of the pandemic on seniors' brain health and well-being, discuss vaccinations and celebrate our generous community of donors.

To read this edition of BrainMatters, please visit www.baycrest.org

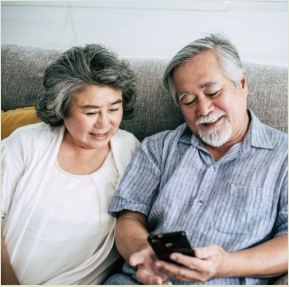


Innovation Updates



Helping Older Adults Overcome the Digital Divide

The pandemic has highlighted the need for older adults to stay engaged and connected using virtual technology. This begins with enabling older adults to gain the digital literacy skills they need to use these technologies. From using social media to videoconferencing with loved ones, the Baycrest community recognizes the importance of helping older adults overcome 'the digital divide' and has come up with innovative solutions to bridge this technological gap. Baycrest staff can learn more by visiting bit.ly/BIODigitalDivide. Non-staff members of the Baycrest community can learn more by contacting innovation@baycrest.org



Assured Living

With the support of the Baycrest Innovation Office, Baycrest@Home is enabling older adults to age in place through Best Buy's Assured Living technology. Assured Living uses wellness monitoring technology that empowers older adults to age in their setting of choice while giving caregivers peace of mind by enabling them to stay connected with their loved ones from anywhere. Baycrest staff can learn more about how Baycrest@Home is leveraging this technology by visiting bit.ly/BIOAssuredLiving. Non-staff members of the Baycrest community can learn more by contacting innovation@baycrest.org



Remote Monitoring

Baycrest's Ambulatory department is committed to expanding access to care for older adults in the community. One of their current initiatives leverages the use of remote monitoring technology to help older adults with COVID-19 symptoms connect with clinicians virtually while tracking and managing their symptoms from home. Baycrest staff can learn more by visiting bit.ly/BIORemoteMonitoring. Non-staff members of the Baycrest community can learn more by contacting innovation@baycrest.org

The Yogen Früz Brain Project's Call for Artists Is Coming

Know someone interested in being part of The Yogen Früz Brain Project? The initiative will be opening up their call for artists, recruiting potential participants for next year. The Yogen Früz Brain Project is the Toronto art installation that has been taking the city by storm every summer since 2016.

Brain sculptures designed by a diverse group of artists are placed on display in high-traffic areas around Toronto, such as Nathan Phillips Square, Union Station and Billy Bishop Airport. The summer of 2021, the Project will be celebrating its sixth anniversary and beautifying the city by placing another set of unique sculptures on display.

The donation of time and creativity will help Baycrest achieve its fundraising goals, and generate much needed support and awareness for care, research and education into Alzheimer's disease and other dementias.

Take a look at some of this year's sculptures!

We are currently displaying some of this past year's sculptures in the Winter Garden until the end of the year. Take a picture, post it on social and tag it #NoBlankBrains. Stay tuned for updates and visit brainproject.ca for more information.



Calling all artists!

Be part of the 2021 Yogen Früz Brain Project.

APPLY NOW

DEADLINE: JANUARY 31, 2021



#NoBlankBrains

[BRAINPROJECT.CA](https://brainproject.ca)

Poems by Apotex Residents

Recently, the therapeutic recreationists (TRs) on Apotex 6 started a poetry program in each neighborhood. At the end of the program, the TRs put together what the residents shared into a final poem. The TRs posted the poems on the unit. Below are a few of these poems.

How do you know when you're in love...

By the Residents of Apotex 6
Goldenlane/Stoneway

*It's a special feeling
Attracted with the eyes
Your heart is beating hard
You are close to one another*

*It's a good, understanding relationship
And they love you back
Love is caring for others
Showing, not just saying*

*Trusting each other
Communication and companionship
When I love someone
I care about the person*

About School

By the Residents of Apotex 6
Elmgrove/Ivywood

*Listen to your teacher
School is very important, school is
everything
Fun... I have no idea!*

*When I was in school, I learned to be
helpful, respectful, to make friends
and do things for myself
Don't eat chewing gum!
Fold your hands behind your back!*

*Things my teacher would demand
The teachers in school were
important, but my Mother and my
Father were the most memorable
teachers to me*

What I See in the Classroom...

By the Residents of Apotex 6
Redbird/Floral Place

*It's a one-room school house with
twenty kids
It's a school in the city
There's a Bubby and a Zaidy*

*We're counting
We run around the teachers
The playground
Rough and tumble!*

*Positivity
A kind teacher
You can learn anything!*

Universal Masking & Eye Protection



While on the campus, you are required to wear a Baycrest-issued mask at all times and universal eye protection when in client areas.

Thank you.

Baycrest

Baycrest



UNIVERSITY OF
TORONTO

Baycrest is fully affiliated
with the University of Toronto

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Baycrest stories,
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