Innovation in Aging

“To me, aging well means being independent, having a strong mind and body, and being able to make my own decisions.”
Lesley Kroach with her mother, Apotex resident Sylvia Emsig, and her daughter, Ali.
In the 90 years of its existence, inspired by the values of Judaism, Baycrest has earned and sustained a national and international reputation for excellence in geriatric care, scientific discovery—particularly in the area of brain health—and the education of new generations of health-care providers. It has done so with the support of world-renowned clinicians and researchers, skilled and committed staff, many thousands of dedicated volunteers, and remarkably generous donors.

For information about Baycrest's programs and services, please visit us online at www.baycrest.org
“To age well, it is important to have a positive attitude—to see the glass half full. And a sense of humour is important, too—to be able to laugh even in hard situations—and to continue to do things that you enjoy.”

Elva Barrowman, pictured here with daughter Elayne Clarke, lives independently and in good health at age 93.
“To me, aging well means having the strength and courage to take on and conquer the changes of life with both grace and appreciation.”

Adi Sternhill, Baycrest volunteer.
This year, we began an exciting and challenging new chapter in our storied history.

A message from Dr. William Reichman, President and Chief Executive Officer, and Dr. Anthony Melman, Chair, Baycrest Board of Directors

Meeting the health challenges of the 21st century

As the new chair of the Board of Directors and the new president and chief executive officer of Baycrest, we have spent much time this past year taking the measure of this extraordinary place we have the privilege of leading.

We began by conducting a comprehensive internal review of all aspects of the organization as well as an external review of our clinical services and organizational infrastructure. This analysis led to the introduction of our new program management model which is designed to consolidate our many strengths and help us improve in areas where we need to do better. The stage is now set for the development of a strategic plan that will position Baycrest as number one in the world for innovative geriatric care, research and education.
In April, in a show of confidence in our ability to lead the world in aging innovation, particularly in the area of brain health, the Ontario Ministry of Research and Innovation awarded Baycrest $10 million to help establish a Centre for Brain Fitness (for details, please see page 6). The government funding will be matched by private donations.

This initiative marks the beginning of an exciting and challenging chapter in Baycrest’s storied history. The Centre for Brain Fitness will proactively transform the aging process through the development of evidence-based technologies and interventions for detecting and preventing neurocognitive decline, repairing and rehabilitating function when the brain is damaged by disease or injury, and maintaining cognitive abilities so that Ontarians and others across Canada and around the world can live independently for as long as possible.

The funding announcement is timely because, despite the fact that Canadians are now living longer, healthier lives, the demographic reality is that in 25 years nine million of us will be 65 or older. An aging population means a dramatic increase in the prevalence of memory disorders and dementia, with Alzheimer’s disease predicted to have the highest economic, social and health cost burden of all diseases.

In this annual report, we have published a cross-section of opinions and expectations around growing older and it is clear that maintaining brain health is a top priority. Members of the baby boom generation want and expect to maintain autonomy and independence for as long as possible and avoid ending their lives in nursing homes.

The world is watching and waiting for Baycrest to do for brain health in the 21st century what was done for cardiovascular health in the 20th century. This is why we are focused on expanding our knowledge of aging and the brain and putting it into practice around the world, whether it be new ways of keeping the brain fit, new diagnostic tools for measuring cognitive status that can be used in the home or a clinical setting, or through our brain rehabilitation programs.

With the unwavering support of our staff, donors, families, volunteers and external partners, our first year at Baycrest has helped us set in motion a process that we believe will make us the very best at what we already do so well.

Dr. Anthony Melman
Chair, Baycrest
Board of Directors

Dr. William Reichman
President and
Chief Executive Officer

To see the online version of this annual report, please go to www.baycrest.org
“enthusiasm, intellectual curiosity, courage”

“I was awed by Canadian author, journalist and activist June Callwood’s embodiment of aging well. ‘What you get is a life to live the best way you can—you can’t ask for anything more,’ she said before her death. Despite terminal illness, her ongoing interest in others and her enthusiasm, intellectual curiosity, courage and grace are to me what aging well is all about.”

Mary Ward,
Baycrest Ombudsperson
CENTRE FOR BRAIN FITNESS

In the last century, science and medicine aligned to combat the scourge of heart disease. Today at Baycrest, researchers and clinicians are developing innovative responses to an emerging 21st century challenge—the impact of aging and brain diseases on the well-being of society.

Keeping the brain in shape

In April, Baycrest received $10 million from the Ontario government to create a groundbreaking Centre for Brain Fitness that will develop and commercialize a range of products designed to improve the brain health of aging Ontarians and others around the world. The province’s investment matches $10 million in commitments from private donors. “Our government is proud to support Baycrest and its invaluable work, which is already leading to the discovery of important new tools and approaches to treating brain diseases associated with aging,” said Minister of Research and Innovation John Wilkinson who announced the funding.

“There are few things as frightening as the prospect of declining brain fitness as we age and the loss of our mental faculties,” noted Dr. Anthony Melman, chair of the Baycrest Board of Directors. “Baycrest’s strengths in aging brain research, cognitive assessment and rehabilitation make it well positioned to develop innovative, market-driven research products that will transform the way we age.”

Dr. Melman also noted that the Centre for Brain Fitness could potentially save the Ontario health-care system an estimated $1 billion annually by delaying the institutionalization of one-third of dementia patients for one year. In addition, he said, the government’s investment will help Ontario participate in the global brain fitness market, which is expected to reach $4 billion by 2010.

Baycrest will partner with the Toronto-based MaRS Venture Group to develop and market scientifically-proven products for the clinic, workplace and home environments.
Imagine if your family doctor could one day test your brain fitness as easily as he or she now measures your blood pressure.

A “blood pressure” cuff for the brain

A new tool being developed at Baycrest to test attention and memory in stroke patients has the potential to become standard equipment in hospitals and doctors’ offices. Working with researchers and software developers at the Rotman Research Institute, stroke specialist Dr. Jon Ween programmed a series of neuropsychological tests into a tablet PC—a portable notebook computer with a touch screen. Using a stylus pen, the patient writes or taps on the screen and the results are immediately tabulated and stored on a secure computer server system that can be accessed by different physicians treating the same patient. No information is actually stored on the tablet.

“The kind of testing battery is designed to get a comprehensive thumbnail sketch of a patient’s cognitive abilities so we can have a reasonable idea of exactly where the deficits are, which is important in stroke primarily because it’s a focal brain disease,” explains Dr. Ween, a neurologist, clinical scientist and director of the Louis and Leah Posluns Stroke and Cognition Clinic. “It hits one area of the brain more than others whereas degenerative dementias like Alzheimer’s disease tend to affect larger swaths of the brain.”

The tool may also be used to monitor whether therapy is improving brain function over time.

“In five years, I’d like to see this as the iPhone of clinical neurology—something everyone’s got to have because it works so well and is fun to use,” says Dr. Ween.

WEB PROGRAM SUPPORTS HOME CAREGIVERS

Connecting with others in the same situation provides much-needed support for people caring for loved ones who have a long-term illness such as Alzheimer’s.

For those who, for one reason or another, cannot meet face-to-face with their fellow caregivers, a unique internet-based support program developed at Baycrest allows them to do so from home.

Using videoconferencing technology, six caregivers at a time meet online once a week for 10 weeks. The group sessions are facilitated by trained clinicians. After 10 weeks, participants are ready to continue the online group by themselves.

“We found that when we compared the people in the online support group versus caregivers who only get information online, those who take part in the videoconferencing do better in terms of their stress response and in managing the care of their loved ones—and they truly form a bond,” notes Dr. Elsa Marziali, director of the Katz Centre for Gerontological Social Work.

A randomized, controlled trial of the program’s efficacy is currently underway. Previous feasibility studies have shown that even caregivers who are not experienced computer users benefit from seeing and talking to each other online.

Under the auspices of the Centre for Brain Fitness, Baycrest is working with the MaRS Venture Group to license the Caring for Others [CFO©] website and the facilitator training program. The product is also available in French. It would initially be marketed in Ontario, but could potentially be used around the world.
“grace, dignity and humility”

“As Chair of the Baycrest Board, I am committed to helping people live longer, healthier and happier lives. Aging is a complex biological process that affects the mind and body. While aging is inevitable, the process should occur with grace, dignity and humility. Slowing down the aging process and preventing disruptive deterioration requires a galvanized effort focused on lifestyle, illness prevention and brain stimulation. These initiatives can extend life expectancy and at least reduce the risk of exacerbating degenerative illnesses. Research, care and education will help all caregivers deal with the increasing needs of the aged and mitigate the anxiety, frustration and intolerance of all concerned.”

Dr. Anthony Melman, Chair, Baycrest Board of Directors
Simple device helps find the car

Misplacing possessions or forgetting appointments may be signs of mild cognitive impairment.

- A small handheld computer is helping people cope with the memory difficulties that can come with age — forgetting where they parked the car is a common example.

  Having successfully trained people with amnesia to use the Palm as a memory aid, Baycrest psychologists turned their attention to those with mild cognitive impairment (MCI). “We wondered if they would embrace that technology and want to use it if we provided one-on-one training,” says Dr. Kelly Murphy, coordinator of the Memory Intervention Program.

  Five people from the program in their mid-60s to late 70s took part in a one-year pilot project, and with much practice, they are now using the Palm to keep track of such things as appointments, phone numbers and addresses, and to remind them to take their health card or questions to the doctor. The device is also used to take photos and record images and sounds. For example, a photo of where they parked the car is useful for people with MCI. And the audio feature can be used for things like recording a doctor’s comments to play back later for family members.

BRAIN SCANS MIGHT ONE DAY PREVENT ALZHEIMER’S

Brain scanning could one day lead to the prevention of Alzheimer’s disease, according to international leaders in brain imaging who gathered for the 18th annual Rotman Research Institute Conference in March.

  Today’s powerful brain imaging technologies provide high resolution and detailed images of “amyloid” plaque and other indicators of Alzheimer’s that were once only visible at autopsy.

  “We can now identify much earlier the pathological markers that signal the onset of a disease in the aging brain and better test the effects of drug and cognitive rehabilitation on the brain itself,” explains conference chair Dr. Tiffany Chow, a clinician-scientist in Baycrest’s Sam and Ida Ross Memory Clinic.

  “In tracking how the suspected causes of Alzheimer’s react to medications over time through images, we will understand how to prevent progression of the brain changes to the state where memory is lost.”

“Aging well to me means staying engaged with others

and taking on new activities, whether in the form of volunteering or the continuation of work, though with more time for leisure, family and friends, thinking not of retirement, which implies withdrawal, but rather of graduation, which implies going on to new things. An aging community can still be a source of value to the greater community.”

David Crane, Toronto Star columnist
Providing “difficult to treat” expertise

Families and professional caregivers struggling with the unpredictable and sometimes unmanageable behaviour of people with dementia are turning to Baycrest for help. “Our expertise has led us to become a major referral centre for patients who are difficult to treat,” says Dr. Morris Freedman, head of Neurology and director of the Sam and Ida Ross Memory Clinic.

**HELPING OTHER NURSING HOMES**

Ontario nursing homes that struggle with managing aggressive or agitated behaviour may refer residents to the Behavioural Neurology Unit in Baycrest Hospital, where up to 10 of the 20 beds are allocated to patients with agitation and aggression. A variety of treatment approaches are used including medication management, behaviour management, environmental solutions and identifying triggers for aggressive or violent behaviour. Solutions can be as simple as putting a stop sign on a door to prevent a wandering patient from entering another patient’s room.

“It’s a huge part of the quality of life we have,” says Bruce Schaefer, whose wife Diane attends the frontotemporal dementia (FTD) program at Baycrest, where nurse Anna Grinberg (centre) is part of the care team.
“Our goal is to provide short-term intervention so that patients can be transferred back to their nursing homes with a diagnosis and an effective care plan,” explains program director Judith Thompson. “When a patient is ready to return, we invite the staff to come in to discuss the strategies we have put in place so they can carry them on.”

CLOSING THE FTD CARE GAP
Characterized by hyperactivity, obsessive-compulsive behaviour and a lack of inhibition, frontotemporal dementia strikes people in middle age. Helping to fill the care gap for FTD patients is a government-supported program offered at the Samuel Lunenfeld Mountainview Club for cognitively impaired older adults. Drawing on their experience with elderly clients, staff provides FTD clients with supervised social and recreational programs and their families with much-needed respite.

After reading an article about the program published in the American Journal of Alzheimer’s Disease and Other Dementias, Dr. Bradley Boeve, chair of the Behavioral Neurology Department at the Mayo Clinic, sent an email congratulating Baycrest on its leadership in developing the program, adding, “We want to learn from you too!”

TESTING MENTAL HEALTH GUIDELINES
The Ontario government is funding a Baycrest pilot project on how best to care for seniors with mental health disorders. The pilot is being conducted on three units in the Apotex Centre, Jewish Home for the Aged, including the 23-bed Behavioural Support Unit which is home to residents who have vascular dementia, Alzheimer’s, Lewy Body or fronto-temporal dementia. These conditions can cause extreme agitation, screaming, persistent wandering, physical and verbal aggression, and reduced social inhibitions.

“Our objective is to determine how best to implement the national guidelines for mental health issues in long-term care developed by the Canadian Coalition for Seniors’ Mental Health, and how to sustain them,” explains unit director Penelope Minor. The 15-month project involving direct care staff and families is expected to produce findings that can be shared with long-term care facilities across Canada.
Video connection helps stroke survivors

Videoconferencing technology is improving the lives of people recovering from stroke in more remote areas of Ontario.

Developed by Baycrest, the MOST (Moving on After Stroke) self-management program brings rehabilitation expertise to distant communities where resources are scarce and opportunities for group support are few. The St. Joseph's Care Group in Thunder Bay is a hub for the program in Northwestern Ontario, providing videoconference links — via the Ontario Telemedicine Network — to smaller communities in the region. Stroke survivors and their care partners attend group sessions to learn about exercise, goal setting, coping strategies, medications, activities, pain management, nutrition, and community resources.

Program participant Jane Stokaluk says the program helped her restore confidence in her own abilities after she had a stroke. “I was really glad to have participated in the MOST program because it was very informative, very optimistic. It made me feel important as a person, and when I met others with the same problems, I felt less isolated.”

“Research links diet to dementia

Research has shown that eating patterns practiced during adulthood can contribute to age-related cognitive decline and dementia risk.

An article published in Annals of the New York Academy of Sciences described the benefits of diets high in fruit, vegetables, cereals and fish and low in saturated fats in reducing dementia risk.

Adults with diabetes are especially sensitive to the foods they eat, noted the study’s author Dr. Carol Greenwood, a senior scientist at Baycrest. An adult with diabetes will experience a decline in memory function after a meal, especially if simple carbohydrate foods are consumed. To protect brain function, the recommendation is to eat balanced meals and maintain a healthy body weight.
“Aging well means keeping as fully engaged in life as possible.

It is natural and proper that a person's perspectives, goals and ambitions change as life progresses, but within this changing framework it is important to remain physically active, socially interactive, and intellectually curious. Don’t give up!”

Dr. Fergus Craik, Senior Scientist, Rotman Research Institute, and Fellow of the Royal Society, London

How thoughts affect mood

During a day of presentations at the 7th Annual Kunin-Lunenfeld Applied Research Unit Conference in October, Dr. Kathleen Corcoran noted that cognitive behaviour therapy is now well-established in the treatment of depression in older adults, whether by itself or in combination with medication.

The therapy requires patients to “self monitor” their thoughts and with practice start to recognize which types of thoughts cause their depressed mood. “It’s not so much a situation that affects our mood, but how we interpret the situation,” explained Dr. Corcoran, a psychologist with the Mood and Anxiety Program at the Centre for Addiction and Mental Health.
Teamwork aids complex care

After brain surgery left her paralyzed on one side and unable to walk, 65-year-old Syda Szuster was admitted to the complex continuing care unit in Baycrest Hospital where she received physical and occupational therapy, followed by a stint of intensive therapy on the rehabilitation unit. Despite the bleak initial prognosis, she eventually learned to walk again.

“It used to be that people with complex medical conditions came here to live out the rest of their lives,” says Joy Richards, vice-president, Collaborative Practice, Quality and chief nursing executive. “We cared for them but there was no expectation that they would get any better. Now we know that many people have the ability to improve. People who couldn’t walk are walking, and some patients are able to move to a nursing home. In a few instances, we’ve even discharged patients back to their homes.”

Nursing director Marilyn El Bestawi credits Baycrest’s Renewal Program for helping to improve outcomes for CCC patients. The intensive education program is primarily for nurses but involves all care staff in sessions on teamwork and leadership. “Teams in CCC are trying to see if a patient has the potential to improve and then focusing on how to make that happen,” she says. “Before Renewal, we often assumed that patients would remain the way they were.”
New Hebrew edition of acclaimed book

Earlier this year, Baycrest senior social worker Paula David traveled to Israel for the launch of the Hebrew edition of Caring for Aging Holocaust Survivors: A Practice Manual. David co-edited the original English version, which was published by Baycrest in 2003. The launch was part of a one-day conference organized by JDC-ESHEL, the Association for the Planning and Development of Services for the Aged in Israel.

The manual, which is a rich source of information and reflects Baycrest’s world-renowned expertise in caring for aging Holocaust survivors, is intended for health-care professionals, families and caregivers of aging survivors. The information is presented in a way that sensitizes and educates caregivers about the challenges associated with this special population. It provides invaluable advice and strategies that may be adapted to help victims of any war or genocide.

“This was an exciting trip with some great learning and sharing opportunities,” David says. “It is always a terrific experience to present Baycrest to our colleagues around the world and to actually see the impact of the work that we do.”
YOUNG VOLUNTEERS KEEP TRADITION ALIVE. For 90 years now, people of all ages and backgrounds have been volunteering at Baycrest, making an enormous contribution to the care of tens of thousands of our clients. Today, young people are helping ensure that the volunteer tradition at Baycrest will remain equally strong in the years to come.

In the summer program, more than 200 young volunteers took on the challenge of working in a medical environment with their peers, health-care professionals and our clients. Many enjoy the experience so much, they return year after year — no doubt some will be here in 10 years to celebrate a century of volunteering at Baycrest.

Members of the Youth Council include (back row, from left) Daniel Sisgoreo, Dahron Martin, Nadim Sayed, Seshangie Usarambang, Alex Kumachev, and (front row) Cindy Tran, Lily Lu, Henry Zhang, Shi Qui. The council helps recruit youth volunteers and organizes orientation and recognition events.

$1,840,000
Economic value to Baycrest of volunteer services in past year.

92,000
Number of hours of service that 2,800 volunteers gave to Baycrest in past year.
FRONTAL LOBE DAMAGE CAN BE “RISKY” BUSINESS

Scientists at the Rotman Research Institute have pinpointed two specific areas in the frontal lobes of the brain that, when injured, can shift a person's level of comfort with risk.

In collaboration with American colleagues, the scientists used a computerized gambling task that looked at the way people make decisions in the context of uncertainty. Three groups of individuals were tested—those with brain injuries in the frontal lobes, those with lesions in other parts of the brain, and healthy control subjects.

The study found that participants with injuries that involved the left orbital and ventrolateral areas made riskier decisions compared to the healthy control group and patients with lesions to any other part of the brain. “This finding,” explains lead study author Dr. Darlene Floden, “may have important implications for designing interventions to address inappropriate or risky behaviour that can develop after frontal lobe damage and help patients to function more independently, which would be a tremendous relief to their families.”

Dr. Floden is a neuropsychologist and researcher in the Centre for Neurological Restoration at The Cleveland Clinic Foundation. The study was published in Neuropsychologia in January.

Exchanging knowledge with Israel

In collaboration with the Association for the Planning and Development of Services for the Aged in Israel, Baycrest has established an interprofessional knowledge exchange which is leading to improved care for the aged worldwide.

A multidisciplinary team from Baycrest visited Israel earlier this year and focused on cognitive rehabilitation, technology for the elderly, Jewish culture and heritage, programs for Holocaust survivors, and caring for clients with dementia.

Team members were both participants and presenters as they attended educational seminars and visited inpatient, outpatient and community programs across the country. They also met with colleagues from across the world at the World Council of Jewish Communal Service 11th Quadrennial Conference in Jerusalem.

“One thing that struck me is how similar the problems are between the two countries and how there are different ways to deal with them,” says Baycrest psychologist Dr. Larry Leach. “I came away from the experience with a better appreciation of how the same problem can be approached differently from a different cultural lens. The professionals in Israel set up innovative, effective programs for individuals with dementia that met the individual and cultural needs, but with more reliance on volunteers than we see in Canada,”
People with dementia do well in care environments designed to help them function to the best of their ability. That was the central message of a guest lecture delivered at Baycrest in January by the Mayo Clinic’s Dr. Eric Tangalos, a noted geriatric specialist and Alzheimer’s researcher.

Dr. Tangalos talked about the memory and problem-solving difficulties that Alzheimer’s patients are subject to, particularly as the disease progresses and their ability to speak and perform tasks declines. The environment of care should therefore be designed to maximize “functional successes” while minimizing opportunities to fail, he said. “We want people to function, and caregivers need to pay attention to non-verbal cues from their patients.”

He demonstrated how a curved sidewalk in one nursing home helps walkers return safely to where they began. He noted the value of teaching Alzheimer’s patients to relearn meaningful tasks such as folding clothes. And he described how assistive technologies such as tags in clothing, monitors, motion detectors and amplifiers for the hearing-impaired can improve patient safety and functional ability.

Dr. Tangalos praised Baycrest’s day program for dementia patients, noting that the Centre has the advantage of being a single campus with a common focus.

“For me, aging well means staying in touch with the things that make me feel joy.”

Sass Jordan, singer and Canadian Idol judge
“Making plans early on in life and ensuring one’s wishes are communicated in a living will is important. Perhaps after years of giving, now is the time to ask for a little in return.”

*Carmel Dey*, Clinic Nurse and Team Leader, Baycrest

Carmel is pictured here with daughter Julie Dey-Brugnano and granddaughter Maya.
“Aging well means the consolidation of a life richly lived and the savouring of precious moments that continue to accumulate, but with the added flavouring of wisdom.”

Lily Lu, President, Baycrest Volunteer Youth Council
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George Wortzman  
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Cecil Yip  
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Lloyd Zerker  
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Vivian Ziner Cohen  
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Donna Gordon Zucker  
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Hartley Zwingerman

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Joni Kent

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* deceased
2007-2008 FINANCIAL HIGHLIGHTS:
BAYCREST CENTRE FOR GERIATRIC CARE
For a copy of Baycrest’s audited financial statements, call Public Affairs. 416-785-2500, ext. 2645.

REVENUE BY ORGANIZATION

- HOSPITAL 51%
- APOTEX 27%
- RESEARCH 12%
- TERRACE/WAGMAN 7%
- OTHER 3%

EXPENSES BY ORGANIZATION

- HOSPITAL 50%
- APOTEX 29%
- RESEARCH 11%
- TERRACE/WAGMAN 6%
- OTHER 4%

SOURCES OF REVENUE

- PROVINCIAL GRANTS 58%
- CLIENT REVENUES 16%
- FOUNDATION GRANTS 10%
- OTHER GRANTS 6%
- COMMERCIAL ACTIVITIES 5%
- OTHER REVENUE 5%

EXPENSES BY TYPE

- SALARIES AND BENEFITS 72%
- OPERATING EXPENSES 17%
- DEPRECIATION 6%
- MEDICAL SUPPLIES/DRUGS 4%
- INTEREST EXPENSES 1%
2007-2008 RESEARCH HIGHLIGHTS: RESEARCH DIVISION

REVENUES 2007-2008

- RESEARCH OPERATIONS
  - FOUNDATION GRANTS: 42%
  - MISCELLANEOUS INCOME: 2%
  - AMORTIZATION OF CAPITAL EQUIPMENT: 5%
  - OTHER FUNDING
    - FEDERAL & PROVINCIAL REVENUE: 4%
    - PEER-REVIEWED GRANTS: 47%

GROWTH IN PEER-REVIEWED GRANTS 1999-2008 ($000's)

<table>
<thead>
<tr>
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<th>Amount ($000)</th>
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<tr>
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<tr>
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</tbody>
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RESEARCH PEER-REVIEWED GRANTS

Growth in external sources of research grant funding from 1999 to 2008

* Fiscal 2007 includes equivalent of 18 months of funding for multiinstitutional project.
At Baycrest, we have taken great pride in our international reputation for innovations in aging. Thanks to an amazing year in fundraising, it is clear the world is relying more on Baycrest and the Baycrest Foundation than ever before.

In the last year alone, we have seen our donations skyrocket, with gifts pouring in from over 24,000 donors here in Toronto and around the globe. We can now count donations from 30 countries, including such far-off places as Germany, Japan, New Zealand and Hong Kong. And on this continent, we can include 43 U.S. states, and every Canadian province and territory!

This unprecedented level of support clearly demonstrates the growing role Baycrest plays on the world stage. But equally important, it shows how crucial it is for Baycrest, and our donors, to continue leading the way in securing a better, brighter future for each of us as we age.

This enormous success would not have been possible without the steadfast commitment and dedication of our supporters—our cherished donors, volunteers and friends. It is thanks to you and your extraordinary vision that Baycrest can enrich the quality of life of today’s elderly, while planning for the growing seniors’ population of tomorrow.

Thank you for all that you have done, and for all that you continue to do.

Ronald Appleby, Q.C.
Chair, Baycrest Foundation
Board of Directors

Mark Gryfe
President, Baycrest Foundation
BAYCREST ANNUAL REPORT 2007-2008

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Fore Stroke 2007
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Charlotte Tessis
Games Girls Play
Donna Gray
Janice Tkatch
Lounge W.A.
Debra Alexander
Janice O’Bright

BAYCREST FOUNDATION
2007-2008 FINANCIAL HIGHLIGHTS
The following financial highlights are taken from the Baycrest Foundation’s audited financial statements. A complete set is available by calling Public Affairs, 416-785-2500, ext 2645.

<table>
<thead>
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<th></th>
<th>2004</th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
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<td>17,007</td>
<td>17,905</td>
<td>19,883</td>
<td>24,151</td>
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<td>$10,857</td>
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SOURCES OF FUNDRAISING REVENUES

- **Endowment Additions** 30%
- **Events, Net** 9%
- **Annual Campaign** 32%
- **Restricted** 29%

BOARD OF DIRECTORS 2007-2008 BAYCREST FOUNDATION
Fundraiser strikes a chord

Four rock bands strutted their stuff in a lighthearted competition at the Phoenix Concert Theatre last May, raising $85,000 for Baycrest Rocks, in support of the Mood and Related Disorders Clinic. The theatre was filled with supporters who bid on silent auction items and swayed to the electrifying beat of the dazzling performers. Rockers, Crossroad Jam, raised $10,820 for Baycrest, and were declared the competition champions, winning an opportunity to perform at Jeff Healey’s Roadhouse later in the year.

High praise for second Breakthroughs magazine

From the bold graphics on its cover to the insightful editorial, the 2008 Breakthroughs magazine captured excitement and applause. Compelling articles about innovative developments in care and research delving into the mysteries of the brain helped to reinforce Baycrest as a global leader in medical research that enriches the lives of older adults. This year, Breakthroughs received a greater level of support and wider distribution through The Globe and Mail, direct mail and newsstands. As a result, a special edition of Breakthroughs has been scheduled for mid-2008. Breakthroughs can be viewed online at www.baycrestbreakthroughs.com.

B2B riders make it through the rain

Undaunted by pouring rain and slippery hills, last September, more than 100 intrepid bicyclists scoffed at the elements to ride 100 kilometres from Barrie to Baycrest, raising $700,000. At the end of their journey, they were cheered on by a crowd of family, friends and residents.
EXPOSING BEAUTY MYTHS
■ A host of well-known experts debunked popular health and beauty myths at Body, Brains and Beauty, an afternoon of lunch and learning hosted by the Women’s Auxiliary. Noted Baycrest scientist and neurologist Dr. Tiffany Chow, McGill University chemistry professor and radio host Dr. Joseph Schwarcz, and consumer beauty advocate Paula Begoun discussed current health and beauty trends.

Games Girls Play is a winner
■ There was more than games to be enjoyed at the first annual Baycrest Women’s Auxiliary Games Girls Play evening at the Terraces last June. Some 200 guests indulged in a great buffet dinner, taking in musical entertainment and bidding on bargains galore at a silent auction. At the same time, individuals could try their luck at mah-jongg, bridge, poker, pan and Scrabble. A brand new event for the W.A., Games Girls Play, hit the jackpot with everyone. Plans are underway for a 2008 event.

Stepping up for BOARDwalk
■ It was a lively two-kilometre stroll around the Baycrest campus last June for the many supporters of all ages who stepped up to the challenge of the BOARDwalk fundraiser, raising more than $100,000 for Baycrest programs and services. Eighty seven-year-old walker Mary Schlanger raised $2,629, which brought her grand total to $28,000 in the 15 years she has been walking for Baycrest. The top fundraising team was the Women’s Auxiliary group, Women on the Move, Women in the Groove.

From left, W.A. president Joanne Nisker, vice-president Mina Schwarz, co-chair Janice Tkatch, Arlene Heller, co-chair Donna Gray, and vice-president Nonie Plener at Games Girls Play.
STROKES FORE STROKES GOLF TOURNAMENT HITS RECORD

On the same September day that the temperature peaked at a record 28.3°C, the Baycrest Strokes Fore Stroke golf tournament raised a record $380,000. The tournament was held at the links-style Devil’s Paintbrush golf course, where 72 golfers played to raise funds for the Louis and Leah Posluns Stroke and Cognition Clinic. Ronald Appleby, Baycrest Foundation chair and top fundraiser for the second year in a row, said, “The real winner is Baycrest.”

Facing off for a great cause

During the second annual Baycrest International Pro-Am Hockey Tournament in April, more than 600 eager hockey fans and sports celebrities hit the ice to raise funds for care and research in Alzheimer’s and related disorders. Spread over three days, the Baycrest Pro-Am is the largest event of its kind in Canada. Amateur players competed to raise funds for a chance to play with hockey icons such as Doug Gilmour, Wendel Clark, Doug Sittler and Borje Salming, who flew in from Sweden for the event. More information is available at www.baycrestproam.com.
Baycrest Pro-Am welcomes Scotiabank Group as presenting sponsor

This year, the third Baycrest International Pro-Am Hockey Tournament was proud to welcome Scotiabank Group as presenting sponsor. Scotiabank Group has had a long association with hockey, and was pleased to team up with the Baycrest Foundation to battle Alzheimer’s disease and related disorders. “This combines our love of Canada’s greatest sport with our support for our communities, including initiatives that are important to our customers and employees,” said Rick Waugh, president and chief executive officer, Scotiabank.

“I think the key to aging well is to stay active in body, mind and spirit.

We need to keep moving physically, continue to learn new things, remain engaged with our communities, and maintain a positive outlook on life.”

Rick Waugh, President and Chief Executive Officer, Scotiabank

Teaming up for research and technology

Take 150 friendly competitors and two days of sports and the result is Sportsfest, a unique fundraiser in support of Baycrest. Conceived by Baycrest Foundation director Jordan Banks and his wife, Faith, the annual event has raised $850,000 over eight years. Dr. Guy Proulx, director of psychology at Baycrest, attended the event and described how Sportsfest’s support has made it possible to develop electronic memory aids for the cognitively impaired.

(far left) Winning men’s team, Effort Trust: From left, Laurence Goldstein, Eric Weisz, Andrew Muroff, Adam Kosoy, Michael Cohen, Dan Prusky, Shawn Zolberg, Dan Pollack, Shane Dolgin.

(left) Winning women’s team, Effort Trust: From left, Leah Duckman, Rebecca Zamon, Cara Orzech, Erica Zamon, Sara Hurst, Nathalie Gluckstein. Missing: Jen Belak.
Thank you to all our Baycrest supporters.

We would like to express our sincere appreciation to all those who made donations to Baycrest during the period of April 1, 2007 to March 31, 2008. We are extremely grateful for your commitment and ongoing support.
Elkie Adler MS Clinic
a dream come true

The Kimel family and friends gathered last November to dedicate the Elkie Adler MS Clinic. Named in honour of their late sister, the clinic was a dream come true for Elkie, who courageously battled multiple sclerosis but always found opportunities to help others. The clinic offers leading-edge equipment and services for the treatment of MS, and was made possible by a generous donation from the Kimel family.

From left, Baycrest supporter and past Baycrest Foundation and Baycrest Board chair Fran Sonshine, Warren and Debbie Kimel, Ronald (seated) and Vanessa Kimel outside the newly dedicated Elkie Adler MS Clinic.
BAYCREST FOUNDATION

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Steven Cohen & Joanne Riven
Zane & Joan Cohen
“Aging well, to me, means being able to play hockey on my 90th birthday.”

Mark Napier, Executive Director, NHL Alumni Association
Bird Wing sculpture enlivens Winter Garden

There’s a light, airy feeling to the Bird Wing sculpture perched in the Winter Garden in the Apotex Centre that makes it seem ready to take flight. Made of stainless steel and aluminum, the sculpture was created by sculptor Morton Katz, and is sponsored both by Morton and Sheila Katz and by longtime Baycrest friends Sydney and Florence Cooper, as a tribute to their late parents, Harry and Ida Katz, Irving and Ruth Finstein, Abraham and Toba Cooper, and Adolph and Sara Thier.
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Donors go “behind the scenes”

From touring research facilities to learning about cutting-edge health studies from lead scientists, donors had an exciting opportunity to visit behind the scenes at Baycrest. A series of luncheons and afternoon teas showcasing a variety of Baycrest services, programs and research was offered by the Baycrest Foundation. These events give supporters a unique insight into their areas of interest and a chance to meet key Baycrest personalities. For more information about this program, please contact Carol Berns at cbers@baycrest.org or 416-785-2500, ext. 2035.

Donor Ruth Korman (left) talks with Rotman clinician-scientist Dr. Tiffany Chow at a recent luncheon.
Spiro Family Garden delights

Thanks to the generosity of Rabbi Solomon and Tauba Spiro and their family, Baycrest clients, families, staff and visitors can now enjoy the recently completed Spiro Family Garden, a beautiful outdoor space located on the second floor rooftop connecting the Brain Health Complex and Baycrest Hospital.

Designed to be safe for clients with wheelchairs and medical equipment, the 3000-square-foot garden is dedicated to the memory of Rabbi Spiro’s parents, Rabbi Joshua and Sarah Spiro, and his sister, Chana. Its focal point is 12,000 square feet of decking and planters made of Ipé, a hardwood from Brazil.
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Sukkah offers a reason to celebrate

Thanks to a generous donation from the Klein family in honour of their mother, Magda Klein, a sukkah has been built at the Samuel Lunenfeld Mountainview Club day centre to celebrate the holiday of Sukkot. (A sukkah is a small outdoor hut symbolic of the temporary dwellings used by the Israelites during their 40 years of exile.) “A sukkah has significance, since my mother moved a great deal in her life, from Vienna to Israel to Canada,” says Eli Klein.
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“From my patients, I've learned that it’s important to be able to reflect on life and feel that you’ve accomplished things and that you’ve done well.”

Dr. Linda Mah, Clinician-scientist, Kunin-Lunenfeld Applied Research Unit