Next Generation of Baycrest bolstered by $14.1 million investment by province

Mike Colle, MPP Eglinton-Lawrence, visited Baycrest on August 23 to announce that the Ministry of Research and Innovation will be investing $14.1 million over three years to support the Next Generation Baycrest and our efforts to continue creating innovations that will improve the journey of aging for seniors at Baycrest and around the world.

“The province’s investment is a strong endorsement of our unique strengths and our ability to create a new future for aging,” says Karima Velji, vice-president, Clinical and Residential Programs and chief nursing executive. “Our president and CEO, Dr. Bill Reichman, was out of the country for this announcement, but I know he would have said that this news is something in which each and every staff member should take great pride. And I agree this is a great endorsement of our staffs’ daily work and our organizational plans for the future.”

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Left to right: Dr. Karima Velji; stroke survivor Collin Bishop, who is receiving treatment at Baycrest's Slow Stream Rehab Unit; MPP Mike Colle, Eglinton-Lawrence; and Mildred Klagsburn, chair of the Apotex Residents' Council.

Baycrest Matters is published every second Wednesday by the Public Affairs Department. Send your feedback or submissions to baycrestmatters@baycrest.org or call 416-785-2500 ext. 2952. All submissions will be edited for style, grammar, structure and length. The deadline for submissions is the Thursday prior to the publication date.
Older adults with too much salt in their diet and too little exercise at greater risk of cognitive decline

Older adults who lead sedentary lifestyles and consume a lot of sodium in their diet may be putting themselves at risk for more than just heart disease.

A study led by Dr. Alexandra Fiocco, Kunin-Lunenfeld Applied and Evaluative Research Unit (KLAERU) scientist – in collaboration with colleagues at the Institut Universitaire de Gériatrie de Montréal, McGill University and the Université de Sherbrooke – has found evidence that high-salt diets coupled with low physical activity can be detrimental to cognitive health in older adults.

The finding, which appears online in the journal *Neurobiology of Aging*, may have significant public health implications, emphasizing the importance of addressing multiple lifestyle factors that can impact brain health.

While low sodium intake is associated with reduced blood pressure and risk of heart disease, this is believed to be the first study to extend the benefits of a low sodium diet to *brain health* in healthy older adults.

“These data are especially relevant as we know that munching on high-salt processed snacks when engaged in sedentary activities, such as watching TV or playing in front of the computer, is a frequent pastime for many adults,” says Dr. Carol Greenwood, a senior author on the study.

To read more about the study and its findings, visit www.baycrest.org.

A study by KLAERU scientists Carol Greenwood (left), a senior author on the study, and Alexandra Fiocco, lead investigator of the study, has found evidence that high-salt diets coupled with low physical activity can be detrimental to cognitive health in older adults.
Making mistakes while learning has ‘memory benefits’ for older brains

A research study led by Andrée-Ann Cyr, Rotman Research Institute scientist, has found the first evidence that older brains get more benefit than younger brains from learning information the hard way – via trial-and-error learning. The study appears online in the journal, *Psychology and Aging.*

The finding will surprise professional educators and cognitive rehabilitation clinicians as it challenges a large body of published science which has shown that making mistakes while learning information hurts memory performance for older adults, and that passive “errorless” learning (where the correct answer is provided) is better suited to older brains.

“The scientific literature has traditionally embraced errorless learning for older adults. However, our study has shown that if older adults are learning material that is very conceptual, where they can make a meaningful relationship between their errors and the correct information that they are supposed to remember, in those cases the errors can actually be quite beneficial for the learning process,” says Cyr, the study’s lead investigator.

Cyr conducted the research at Baycrest as a doctoral student in Psychology, University of Toronto, in collaboration with senior author and Rotman Research Institute scientist Dr. Nicole Anderson. The findings from the study may have important implications for how information is taught to older adults in the classroom, and for rehabilitation procedures aimed at delaying cognitive decline – procedures which rely on knowledge of how to train an aging brain, says Cyr.

To read more about the study and its findings, visit www.baycrest.org.

Susan Sutton to lead Baycrest Foundation

Baycrest welcomes Susan Sutton as president, Baycrest Foundation and vice-president, Global Institutional Advancement.

“Susan is a strategic thinker with great fortitude and experience in leading the design and implementation of large-scale international fundraising programs and campaigns,” says Warren Kimel, chair of the Baycrest Foundation Board. “We look forward to her joining the Baycrest family on September 1.” She will take over from Florence Weinberger, who has been interim president and vice-president, Development.

Stay tuned for a more in-depth look at Sutton’s vision for the next generation of fundraising at Baycrest.
In addition to Project Evergreen, Baycrest will soon be rolling out another exciting initiative that will change the way you work and communicate at Baycrest. Project MyLync will revolutionize the way you communicate by bringing together your phone and computer.

MyLync will provide you with a richer and more streamlined experience to stay in touch and collaborate with colleagues, both within and outside of Baycrest. You’ll be able to instantly communicate using tools like instant messaging (IM), video and web conferencing, one click phone or video call, as well as desktop sharing and collaboration.

Project Evergreen and experience with Windows 7 and Office 2010 are pre-requisites to the introduction of Project MyLync. Review the Office 2010 tutorials at www.office.microsoft.com. Click on Office Training under Support and you’ll find tutorials on making the switch to Word, Excel, Outlook, etc. that will help smooth the transition.

**Attend MyLync U**

If you’re still feeling a bit nervous about making the switch, fret not! Training sessions will be provided through MyLync U, where you can take courses such as MyLync 101: calls and voicemail; MyLync 201: instant messaging; MyLync 301: attending an online meeting; and MyLync 401: scheduling an online meeting. Visit mylync.baycrest.org for more information.

Questions? Contact the Help Desk at ext. 4357 or via helpdesk@baycrest.org.

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Raquel Heayn, Volunteer Services and MyLync pilot user, “talks” with Mary McDiarmid, Library Services

“I see Lync as having great potential. Being able to have online meetings and conference calls are fantastic features. I enjoy using the instant messaging (IM) component. I can ask a quick question and when the other person has time, they’ll respond, and it’s not as formal as sending an email. I had an experience with the Help Desk where I called in with a printer-related problem. While they worked on the problem, we IM’d back and forth until it was resolved. IM allowed both parties to work on other things and respond while waiting for different processes to happen. Being able to share the desktop is another good feature. I’m looking forward to being able to use the virtual white board function.”
Frank Liebmann has always been full of energy. He spent his working days as the owner of one of Toronto’s most successful swimming schools, which sometimes taught 2,000 kids in a single season.

“He was such a character and so outgoing in those days, everyone knew him,” says wife Harriet Liebmann. “And Frank had such a knack for people. He remembered every child’s name, and the names of their parents and grandparents too. He’s just one of those people with a real zest for life.”

So when Frank became a bit more rambunctious, Harriet thought it might just be Frank being Frank. It wasn’t until much later, when his behaviour became uncharacteristically inappropriate and aggressive, that Harriet consulted her family physician. Frank was experiencing the early stages of frontotemporal dementia (FTD).

FTD is a non-Alzheimer’s type of dementia that typically strikes at a very early age. It affects the frontal and temporal lobes of the brain, which are important for social skills, reasoning, judgment, empathy and the ability to take initiative. In its early stages, FTD presents as gradual changes in behaviour that are often confused with a psychiatric disorder. As the disease progresses, other parts of the brain are affected and symptoms can broaden to include memory loss, language impairment and a decline in visual perception.

“This type of dementia isn’t well known or understood,” says Harriet. “Much of what happens at the beginning of FTD can be mistaken for odd behaviour. It took years to get Frank a proper diagnosis and find the kind of care that can help us.” That care includes Baycrest’s Community Day Program for Seniors, of which Frank has been an FTD client for several years.

Baycrest is one of very few facilities in the world with a specialized suite of services to support the needs of FTD patients and caregivers. The program formally began in 2006 at the existing Baycrest Community Day Program for Seniors. FTD clients, like Frank, can come to the Community Day Centre for Seniors two or more days a week to join a team of social workers, nurses and recreation therapists in daily activities focused on behaviour management, safety, hygiene, nutrition, mental health, creative expression, social and cognitive stimulation, and physical activity. Baycrest FTD services have also expanded to include a range of support for family caregivers.

To read more about how Baycrest is helping people cope with FTD, visit the intranet or the Water Cooler, located by the WA Café.
Nursing leaders visit in September

Baycrest is preparing to welcome five nursing leaders from Israel who will spend two weeks here, beginning September 6. The visitors represent geriatric health-care facilities in their country as well as the Israeli Ministry of Health.

The nurses are coming to Baycrest to learn about geriatric nursing as practiced on our campus and to observe our approach to transitions of care, explains Anne Marie Shin, director of Nursing. “They also want to understand how we have integrated the role of the advanced practice nurse (APN). We recently hired seven APNs, so they are interested in knowing how that has benefitted our clients and our staff, as well as what some of the challenges are.”

The nurses will spend the first week on the Baycrest campus, where they will take part September 8 in a round table discussion about the role of the APN with fellow professionals from across Toronto. On September 9, the visiting nurses will conduct a “lunch and learn,” focused on geriatric nursing in Israel.

In the second week, the nurses will visit Mount Sinai Hospital to observe geriatric emergency medicine in an acute care setting and the University of Toronto to see how gerontology is integrated into undergraduate and graduate programs, including nurse practitioner training. They will also spend a day with the Victoria Order of Nurses, for an “aging in place” perspective.

Baycrest part of innovative nursing education model

On September 6, five first-year nursing students from Nipissing University in North Bay, Ontario will begin their two years of training on the units at Baycrest rather than in a traditional classroom setting. The university’s School of Nursing offers an innovative new educational model where students who already have an undergraduate degree (not necessarily in a health-care field) are allowed to fast track their training over two years in health-care organizations.

Baycrest is providing the geriatric experience over six semesters. The program is in collaboration with the Hospital for Sick Children, Mount Sinai Hospital, the University Health Network, Toronto Rehab and Toronto Public Health, where the students will also receive training for one of these semesters.

Advanced practice nurse Amy Rothwell will lead the program at Baycrest, setting up the students with preceptors in various areas. Rothwell is with the Residential and Aging at Home program and has been seconded for half her time to the nursing faculty at Nipissing.

The program is “learner-driven,” explains Anne Marie Shin, director of Nursing at Baycrest. Students develop their own learning plan, based on their individual needs.

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Help celebrate launch of the Centre for Education and Knowledge Exchange in Aging

You’re invited to the launch of Baycrest’s Centre for Education and Knowledge Exchange in Aging on Wednesday, September 14.

10 a.m. to 2 p.m. in the Winter Garden
Table top learning stations
Baycrest staff can pick up a passport, get it stamped at the six tables and enter the grand prize draw.

10 to 11 a.m. in Loftus Hall
Welcome and opening remarks
Drs. William Reichman, president and CEO and David Conn, vice-president, Education

What can simulation do for you? The use of simulation for education on Aging
Dr. Bruce Ballon, director of Education, SIM-one

11 a.m. to noon
When caring feels impossible: the use of therapeutic simulation to help caregivers learn how to cope
Reitman Centre for Alzheimer’s Support and Training, Mount Sinai Hospital

Noon to 1 p.m.
Cake cutting ceremony and ice cream party

1 to 2 p.m.
Interprofessional education and care: the right answer to the right problem
Joseph Tepper, vice-president of Education, Sunnybrook

2 to 2:15 p.m.
Wrap-up and draw for passport prize

For more information, visit www.baycrest.org and follow the links.

Baycrest part of innovative nursing ...continued from page 6

“The benefit to Baycrest [of participating in this program] is that we are helping to develop geriatric nurses,” she adds. “In traditional undergraduate programs students don’t have a lot of courses in geriatrics. In this program, all five students have expressed an interest in geriatrics and the whole focus is on gerontology. That is where the real need is, because of our increasing geriatric demographic and our aging nursing population.”
Creative Arts Studio's mosaic menorah

“The plan is to cover the entire wooden base of the menorah with original hand-made ceramic tiles. Every tile has been hand formed from clay, hand painted and then glazed,” says Brenda Gasner Lass of the Donald and Elaine Rafelman Creative Arts Studio. “Some of the tiles look like leaves, flowers, rope, butterflies, turtles and some look like rocks, but they’re not rocks. All are carefully hand rolled clay creations.”

On Wednesday afternoons, the menorah project becomes a live, interactive art exhibit when it’s rolled out into the Winter Garden so everyone at Baycrest can watch as it is being developed.

Apotex 4 wins Amazing Accreditation Race grand prize

Congratulations to Apotex 4 for winning the grand prize of the Amazing Accreditation Race. From left to right: Josephine Labon, housekeeping aide; Maria Huijbregts, director, Clinical Performance and Accreditation; Cynthia Thibeault, unit director, Apotex 4; and Kim Li, RPN, enjoy their ice cream treats with their colleagues in the background.
Next Generation of Baycrest ...continued from front page

“This investment is recognition of our leadership and intellectual prowess in brain health and care of the aged. Baycrest is proud to be a partner with the McGuinty government as we continue to strive for even greater excellence, which was recently evidenced by achieving an exceptional 99.6 percent accreditation score,” says Dr. Tony Melman, chair of the Baycrest Board of Directors.

The funding will help Baycrest develop our field’s next practices in clinical care; optimize the impact of our innovative know-how for the benefit of as many people as possible; and by taking our know-how and commercializing it around the world, generate revenue for Ontario and Baycrest to seed new innovations.

“In short, it will help us make more research breakthroughs, attract and retain talent, find better treatments and develop new health-care products, ultimately enabling us to create a better journey of aging,” says Velji. “But most importantly, this investment will help us ensure we improve the journey of aging for our clients and residents on the Baycrest campus and for all seniors.”

Seniors fete decade of community living

Two thousand and one: Wikipedia, an online encyclopedia, launches; Ariel Sharon becomes Israel’s 11th prime minister; the People’s Republic of China is admitted to the World Trade Organization; and the Reuben Cipin Healthy Living Community opens at 2 Neptune Drive.

On Tuesday, August 16, residents of the 120-unit life lease building celebrated a decade of community living with cocktails, entertainment, dinner and special guest speaker, Mordechai Ben Dat, editor of Canadian Jewish News.

From left: Residents’ Council members Frieda Schaffel, member-at-large; Salya Rabow, second vice-president; Reuben Cipin, past president, and for whom the condo is named; Freda Rubinstein, acting president; and Monty Mazin, co-chair of bprogram committee.
Staff announcements

Congratulations to Karima Velji, vice-president, Clinical and Residential Programs and chief nursing executive, on her achievement of a University of Toronto Faculty of Nursing 2011 teaching award. Velji will be receiving the student-nominated award for teaching excellence in September.

Congratulations also to Dawna Thomas who is moving on from her role as medical radiation and ultrasound technologist; she has been appointed as manager of the Diagnostic Imaging Department, effective August 10.

Welcome to Nabil Khalil, who started at Baycrest on August 15 as manager of Facilities Services. If you have any Facilities Services or Engineering service-related enquiries, Khalil can be reached at ext. 2701.

Farewell to Margaret Cernigoj, director, Occupational Health and Safety, who has resigned from Baycrest to pursue other opportunities. Her last day is August 26. Manson Locke, director, Human Resources, will temporarily assume responsibility for the Occupational Health and Safety Department.

Seniors’ art “in bloom” at Terraces

The Terraces of Baycrest and the Wagman Centre its opening reception of Terraces in Bloom, an art exhibit of works by Terraces residents and Wagman Centre members, on August 11. Terraces resident Jean Goldstein came up with the idea for an art exhibit while Meital Itzkovich, creative arts worker at the Terraces/Wagman Centre, and Aviva Babins, arts project co-ordinator, Culture, Arts & Innovation, helped to organize it.

Terraces in Bloom will be on display until mid-September. If you would like to visit or for more information, contact Itzkovich at ext. 2939.