



Baycrest Centre  
for Geriatric Care

April 2005 Vol. 3 Issue 3

# Baycrest Bulletin

Baycrest



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for Geriatric Care

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## Centre Update

### KLARU gets stellar review

Two highly respected scientists gave top marks to the Kunin-Lunenfeld Applied Research Unit following its first external review in December 2004. "KLARU is a visionary and unique research institute...that has been remarkably successful in a short period of time in concretely addressing applied research questions," said Dr. Howard Chertkow, director of The Bloomfield Centre for Research in Aging, Lady Davis Institute, in Montreal. "KLARU is a unique model that will – if it's not already – be looked at by many institutions around the world as a way to actually devise a translational research unit, not only in geriatrics, but in other areas of medicine," added Dr. Robyn Tamblyn, scientific director, Clinical and Health Informatics Research, McGill University.

KLARU was established in 1998 to integrate research into clinical departments at Baycrest and apply research findings to care.

### Web site helps you find rehab programs

A new Web site called Rehab Finder is making it easier for patients, families and health professionals to find rehabilitation programs in the Greater Toronto Area. It provides easy access to the first comprehensive, searchable listing of rehab programs offered by hospitals (including Baycrest) and Community Care Access Centres. Rehab Finder was created by the GTA Rehab Network and can be found at [www.gtarehabnetwork.ca](http://www.gtarehabnetwork.ca).

### Wellness Library open to public

The Anne E. and Louis Pritzker Wellness Library is now open to the public. The library

## Passover Greetings

Passover is the festival of freedom. Recent world events have demonstrated to us how precious and sacred freedom and liberty are. May we continue to appreciate the gift of freedom in our beloved land. May the spirit of Passover warm you with its holiness and joy.

Faithfully,  
Rabbi Nachum Berlat  
Director, Pastoral Services

## Province honours Baycrest volunteers



Three married couples that volunteer at Baycrest were honoured by the provincial government in November 2004 with Volunteer Service Awards for continuous service to a single organization. Award winners received pins and certificates recognizing their commitment, energy and years of service in the community. Proudly displaying their certificates are, from left to right: Murray and Adrienne Levinter, 30 and 40 years respectively; Milt and Jean Goldstein, 10 years each; and Lou and Edie Stillman, 30 and 40 years respectively.

has a wide selection of consumer health books, brochures, CDs, and audio and videotapes on a variety of topics including fitness, nutrition, stress reduction, pain management, caregiving and specific diseases. Materials may be signed out for a two-week period. Internet access is also available. The library is located on the main floor of Baycrest Hospital in the Rehabilitation department. For hours and information, please call 416-785-2500, ext. 3374.

### Electronic newsletter to share knowledge on healthy aging

For Baycrest, 'transforming the way people age' means both caring and sharing — caring for our community through the hundreds of programs and services we offer and sharing our knowledge about aging, locally, nationally and internationally.

The latest addition to Baycrest's efforts to share knowledge on healthy aging is a monthly electronic newsletter called, *My Health News*, which will be launched later this spring. It will be provided free to people via e-mail and will cover an array of health-related subjects including the latest information from international journals. Subscribers will be able to choose the subjects they want included in the monthly newsletter. Watch for updates on the launch of *My Health News* by going to our Web site: [www.baycrest.org](http://www.baycrest.org).

### Partnership breaks down barriers between young and old

A unique new partnership is providing Baycrest clients and Grade 10 students from William Lyon Mackenzie Collegiate Institute with the opportunity to share knowledge, insight, friendship and laughter.

The school approached Baycrest about developing a partnership, which started with a "biopics" project early this year. Grade 10 photography students interviewed members of the Community Day Centre for Seniors about their lives and took their photographs. Clients then learned to use the cameras and took photos of the students who interviewed them.

"When you see the students and clients work together, you wouldn't know there's a 60-year age difference," says Janis Sternhill, coordinator of Volunteer Services at Baycrest. "The age barriers simply melt away and it's helping to dispel a lot of misconceptions that both young people and seniors have about one and another."

The partnership is part of the school's new improvement plan, which prioritizes community involvement and encourages voluntarism. Future partnership projects are under discussion and may include sessions on science, philosophy and music.

# Premier officially opens Brain Health Centre Clinics

*“You are bringing hope to our families, our community and to the world.”*

Ontario Premier Dalton McGuinty applauded Baycrest for giving hope to people with Alzheimer’s and other cognitive and mental health disorders when he officially opened the new Brain Health Centre Clinics on January 10.

“You’re bringing hope into a particular area that seemed devoid of hope – that had become somewhat fatalistic,” he said. “You are bringing hope to our families, our community and to the world.”

The Brain Health Centre Clinics offer an innovative approach to out-patient care for people with conditions such as depression, Alzheimer’s and vascular dementia from stroke. The goal is to get people the help they need as quickly as possible so they can manage in their own homes.

“Life really is precious,” Premier McGuinty continued. “We have a responsibility to help one another and you are assuming that responsibility.”

Following a tour of the new centre located on the Jack and Anne Weinbaum (6th) Floor of the Posluns Building with MPP Michael Colle, and meeting with staff and scientists, the Premier said, “This centre is a part of the Baycrest mission to enrich the lives of the elderly, and I want you to know it’s a vision that we share.”



*Premier McGuinty tours the Brain Health Centre Clinics with (left to right) MPP Michael Colle, Baycrest President & CEO Stephen W. Herbert and Baycrest Board Chair Fran Sonshine.*

The centre is home to three out-patient clinics – the Mood and Related Disorders Clinic, the Memory Clinic and the Stroke and Cognition Clinic – where researchers work side-by-side with clinicians to ensure that patients benefit from the most current scientific findings in diagnosis and treatment. In addition, families are provided with educational resources and community supports to help them deal with the challenges of caregiving.

Part of the uniqueness of the centre is that a patient can be seen by specialists in more than one clinic, which is likely in 25 to

30 per cent of cases. For instance, people who have had a stroke or are diagnosed with Alzheimer’s frequently suffer from depression.

“This model of out-patient care is cutting edge because we’re applying what we’re learning in our research in real time with patients,” says Dr. Donald Stuss, director of The Rotman Research Institute at Baycrest. “We are learning how different disorders interact together. And we are studying how the brain changes with treatments and when to intervene to be most effective.”

“The Brain Health Centre Clinics are the latest evolution of Baycrest’s formidable strengths in brain research and mental health,” President & CEO Stephen W. Herbert told the guests gathered for the official opening ceremony. “We consider it our responsibility to use these strengths to address the devastating brain disorders impacting the aging population.”

Guests at the event included significant donors to the Brain Health Centre Clinics, as well as Board members and community representatives.

For more information about the Brain Health Centre Clinics, please call 416-785-4359. All patients must have a physician referral.

## Brain implants tested for treatment of severe depression

A team of researchers from Baycrest and three other University of Toronto-affiliated hospitals has reported very promising results from a landmark surgical study using deep brain stimulation (DBS) in severely depressed patients. These were patients who did not respond to standard treatments such as drugs, psychotherapy and electroconvulsive therapy.

Four of the six subjects in the study have experienced sustained improvement following the implant of electrodes, known as a “brain pacemaker”.

The procedure involves drilling two holes the size of a nickle into the top of the skull while the patient is awake and under local anesthetic. Two electrodes are then threaded through the holes, and one is implanted on each side of the brain.

The electrodes are connected to wires running under the scalp from the top of the

head, down behind the ears and under the skin of the neck to a small battery pack implanted beneath the collarbone. The battery generates electrical pulses to a specific area of the brain, known as the subgenual cingulate, which has been pinpointed by former Baycrest neurologist Dr. Helen Mayberg as the area that turns on when people are sad. In people with severe depression, this area is constantly active, and the continuous electrical stimulation serves to “turn it down”.



*Dr. Helen Mayberg*

As reported in *The Globe and Mail* on March 1, 2005, Jeanne Harris, 50, has been battling depression for 10 years. Before the procedure, Harris had been so depressed she spent six months in bed, wouldn’t eat, and constantly thought of suicide. After getting the brain implants two years ago, she underwent a dramatic change. “For the first time in 10 years,

I feel alive. I have energy, it’s like a light bulb being turned on.”

While DBS has been used to treat disorders such as epilepsy and Parkinson’s disease, this is the first time it has been used to treat major depression, according to Dr. Mayberg, the study’s lead investigator who recently moved from Baycrest’s Rotman Research Institute to Emory University in Atlanta.

“If the safety and benefits we have observed are maintained across other future studies, we could see this approach applied in the years to come as a clinical therapy for patients who fail current treatments and continue to suffer with severe depression,” says study co-author and neurosurgeon Dr. Andres Lozano.

The study, a collaboration of the Rotman Research Institute, Toronto Western Hospital, University Health Network and the Centre for Addiction and Mental Health, was published in the March 3, 2005 issue of *Neuron*.

# Breakthrough could help thousands with amnesia

## Program blends cutting-edge brain research with emerging electronic technology


Middle-age boomers Doron, Marty, Barb and Mike all have amnesia, a catastrophic memory condition that brought them to seek help at Baycrest.

One moment they were high functioning with successful careers in business and the arts. The next moment their memories were cruelly disrupted, leaving them unable to remember major life events or what they did even 15 minutes ago.

Severe amnesia can be triggered by an aneurysm, brain infection, tumor, stroke or traumatic brain injury.

Watching a movie or reading a book became frustrating activities for them because they couldn't remember plot developments that happened a half hour ago or a few chapters earlier. Planning an activity for the next hour or next day was out of the question.

Doron, Marty, Barb and Mike were "marooned" in the present as *The Globe & Mail* newspaper so deftly put it in a feature story last December. Sticky notes posted around the house, and partners constantly reminding them of what they just did and what they were



Psychologist Dr. Brian Richards (left) and palmOne enterprise sales manager Jordan Silverberg (centre) meet with Memory-Link client Lorne Alter who holds the electronic organizer that has given him back his independence and improved his quality of life.

to do next, was now the norm.

Until recently, individuals with amnesia were considered "untreatable" and frequently destined for an institution or life at home with 24-hour supervision (an incredible burden on families).

If only there was a way that they could learn and retain new information and skills that would help them regain some independence. Now there is hope.

A team of clinicians and scientists at Baycrest has devised a training method that circumvents the damaged areas of the brain and taps into a cluster of preserved memory systems that are capable of accumulating new information. It's a breakthrough that could help improve the lives of thousands of Canadians who have this devastating condition.

Armed with this knowledge, Baycrest has joined forces with handheld electronics company, palmOne, to marry the new memory research with emerging handheld electronic technology.

Baycrest's rehabilitation program, known as Memory-Link, teaches individuals with amnesia the skills to utilize compensatory memory aids, such as the palmOne handheld electronic organizer, and does so in such a way that the skill becomes automatic.

"That is the key," says psychologist Dr. Brian Richards, who created the Memory-Link program. "Participants carry out repeated drills on the palmOne until procedural learning occurs." Procedural memory enables us to acquire skills and know-how (such as riding a bicycle or playing golf) without knowing consciously how we learned it. Mercifully, this memory system is left intact in those with severe amnesia.

"Our treatment approach is the most exciting and hopeful yet for individuals with severe amnesia," Dr. Richards explains. "If it can work for this population, there is a possibility that electronic memory aids may have application for a range of memory disorders."

"The potential to help many people in the future is huge," says Jordan Silverberg, enterprise sales manager at palmOne. "Our company is proud to be part of a clinical program that is improving the quality of life for individuals with such a devastating memory condition."

Clients learn to use a standard palmOne handheld, but in order to meet the unique needs of this population, Baycrest partnered with the University of Toronto's Computer Science department to design palmOne compatible software applications that support memory function beyond the normal forgetfulness glitches that we all experience. Amnesic clients participated on the software design team and the first tool they developed was an orienting tool – a safety feature that enables the user to access information at any time as to where they are, why they are there and what they are supposed to be doing.

An equally important aspect of the Memory-Link program is the social work and occupational therapy supports for clients and their families. These supports are aimed at restoring as much autonomy as possible for the client and reducing the caregiving burden and stress on the family.

*Baycrest thanks palmOne for generously providing the technical expertise to continue to evolve this breakthrough rehabilitation program.*

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# Loftus family attaches its name to Baycrest with major gift

After over 30 years of dedicated service and commitment, a community hall named after his family is now going to be added to Syd Loftus's already rich legacy at Baycrest.

His wife, Sheila (Chickie), and his daughter and son-in-law, Karen and Tom Ehrlich, have been actively involved with Baycrest for many years. Daughters Jan and Lynn, and sons-in-law Keith Allin and Larry Glazer, as well as grandchildren David, Sara, Aaron, Alysha, Jennifer, Adam, and Rachel, have long been proud of their family's strong affiliation with Baycrest.

Although Loftus, a former Baycrest president and Board chair, has been a long-standing financial supporter and volunteer, this is the first time the man who is responsible for many of Baycrest's greatest achievements to date, has publicly linked his name with a gift.

"Syd's tremendous dedication and generosity helped bring about many major accomplishments at Baycrest and will continue to inspire us for many years to come," says Baycrest President and CEO Stephen W. Herbert.

In 1986, Loftus began a three-year term



*The Loftus Family*

as president followed by a three-year term as the inaugural chair of the Baycrest Board of Directors. Some of the memorable achievements that occurred during his tenure include: the establishment of The Rotman Research Institute; formal affiliation as a teaching institute of the University of Toronto; participation in the Metropolitan Toronto Regional Geriatric Program; the opening of the Samuel Lunenfeld Special Day Care Centre; and, the opening of the Esther Exton Childcare Centre.

A lifetime member of the Women's Auxiliary (WA), Sheila Loftus was co-chair of the WA Café Committee and for several years has been chair of the Art and Design Committee. She has assisted in arranging for the donation of thousands of pieces of art to Baycrest.

In 1988, Tom Ehrlich became the founding president of Baycrest's Leadership Development Group (LDG), which provides young professionals with rewarding opportunities to advance their leadership skills through event-based fundraising. His wife, Karen, helped organize the LDG's first Art & Soul event and recently served as co-president.

The hall, which will be named after the Loftus family, is an important meeting place for residents and a primary location for the Foundation's Board of Directors meetings. "I couldn't think of a more appropriate way to honour a man and family whose leadership and commitment have left such a lasting legacy for Baycrest Centre and the Foundation," adds Foundation President Mark Gryfe.

## Baycrest in the News

**March...**Neurologist Dr. Helen Mayberg attracted world attention for her landmark study that implanted electrodes into the brains of severely depressed subjects who weren't responding to standard types of treatment. The study, a collaboration between Baycrest and Toronto Western Hospital, yielded promising early results. Canadian media attention included **CBC The National** and front-page stories in **The Globe & Mail** and **The Toronto Star**. (see story on page 3)

**February...**Baycrest was part of a major Canada-U.S. study that examined adverse drug events in nursing homes. Senior scientist and geriatrician Dr. Paula Rochon, who led the Canadian side of the study, was interviewed by the **The Toronto Star**.

**January...****CBC The National** aired a feature story about Baycrest's expertise caring for aging Holocaust survivors to coincide with the 60th anniversary of the liberation of Auschwitz. CBC interviewed Paula David, coordinator of the Holocaust Resource Project at Baycrest, as well as three survivors of the death camp. David was also interviewed on the topic by **CBC Newsworld**

and the **London Times** (UK). The London Times also interviewed Dr. Michael Gordon, vice-president of Medical Services, and Dr. Michael Wiseman, chief of Dentistry.

Geriatrician Dr. Fabio Varlese and senior social worker Ruth Goodman were guests on **TVOntario's More To Life**, a live call-in program. The topic was healthy living for seniors.

Baycrest's creative arts studio was featured on **Global TV's Body & Health**. Creative arts therapist Brenda Lass and residents of the Apotex Centre, Jewish Home for the Aged who benefit from art activities were interviewed.

Geriatrician Dr. Howard Dombrower was interviewed by **The National Post** about the significance of a study conducted in the Netherlands that found that the risk of death in elderly people living with depression and loneliness increased twofold.

**December...****The Globe & Mail** carried a three-page feature story on an innovative rehabilitation program at Baycrest that

helps individuals with severe amnesia. The program blends leading edge neuroscience with palmOne's handheld electronic organizer. (see story on page 4)

Rotman Research Institute scientist and clinician Dr. Tiffany Chow, who diagnoses and treats patients with Alzheimer's and other dementias, was interviewed by **Canadian Press** about the importance of a new drug that has been approved in Canada to treat people with advanced Alzheimer's disease.

Dr. Paula Rochon, a geriatrician and senior scientist with the Kunin-Lunenfeld Applied Research Unit, was interviewed by **Canadian Press** about an Ontario study she led which found that drugs that have been deemed inappropriate for seniors because of the risks of unwanted side effects are nonetheless frequently prescribed.

Social worker Shawn Fremeth was interviewed by **CFTO-TV** about ways to help seniors feel less isolated and lonely during the holidays.

### *Mental and emotional well-being can affect your physical health*

Your physical health can have a major impact on your state of mind and vice versa. Aches and pains, acute or chronic illness, age-related declines in vision or hearing can rob you of pleasure in living. At the same time, negative emotions can contribute to or worsen many physical ailments and may even affect your immune system, making you more prone to infection.

#### **How can age affect your mental capacities?**

Certain physical changes that occur with aging – for example, gradual shrinkage of the brain and the loss of neurons – can affect how well you function mentally. The decline in mental abilities such as reasoning, language fluency and spatial comprehension begins in the mid-to-late 60s and accelerates in the 70s. Men are less likely to lose some of their spatial abilities – like how to read a map – while women are less likely to suffer a decline in inductive reasoning skills – like how to assess complex information.

The most obvious change in healthy older adults occurs in how well they remember certain things. Knowledge which you've accumulated over the years – history and geography – is least affected by aging. But so-called fluid memory – the ability to store and retrieve new information or to recall something that happened recently – does decline with aging.

#### **How can age affect your psychological well-being?**

Your psychological well-being includes whether or not you feel generally satisfied with your life. Illnesses such as depression and anxiety disorders threaten psychological well-being. But many other factors, including a loss of purpose, lack of self-esteem and feelings of isolation, can also threaten your sense of well-being. While the biological process of aging doesn't cause these feelings, how you feel about yourself as you age (including how others make you feel) can have a major impact on contentment later in life.

#### **What can you do to keep mentally and psychologically fit?**

The old saying about “a healthy mind in a healthy body” is especially true later in life, and it's one more reason to work at maintaining your physical health through sensible lifestyle habits such as proper diet and adequate exercise. There are also steps you can take to keep your mind in the best possible condition:



- **Exercise your brain.** There's evidence that if you have keen interests later in life, you're more likely to retain your mental abilities. Research has found that even those who have already experienced some age-related mental decline can be helped by courses in problem solving. Read or listen to books, take some adult education or even university courses, do puzzles or join a reading club (if there isn't one in your neighbourhood, start one.)
- **Don't stop having new experiences.** If you're well and can afford to travel, do so. If you don't want to travel alone, ask your travel agent about seniors' tours, and if money is limited, explore the Elderhostel program, which offers older adults inexpensive accommodation away from home. New experiences aren't limited to travel – why not go out to a restaurant that serves a type of food you've never tried before, or attend a jazz concert if you've always chosen the symphony?
- **Don't keep company only with people your own age.** Of course it's great to be with those who share your experiences, but don't avoid the younger generation – grandchildren, great-grandchildren and their

friends. Although it's sometimes easier for older people to look backwards, where the landscape is familiar, you should also stay in touch with the present and future. Take a look at some of the books and movies that younger people are talking about and listen to their music. Ask them about their interests, and chances are they'll start asking you about yours. If you don't have grandchildren or they live far away, get involved at a seniors' centre that offers intergenerational programs. These bring older adults and kids together to sing, take photographs or go on outings.

- **Keep a daily journal or taped diary, or write your autobiography.** Such activities encourage you to review your life and accomplishments, and may help you identify what you would still like to achieve.
- **Seek out stimulating companions.** Studies have shown that just having an intelligent, stimulating person around – whether it's a spouse, a partner, a roommate or a close friend – can have positive effects on your own mental sharpness.
- **Practice preventive mental health.** If you start to feel lonely, bored or unhappy, don't wait for these feelings to take hold and make you sick. Just as you would seek medical help for a persistent ache, talk to your doctor or a trusted friend about how you feel and try to take some constructive action.

**Source:** *Look to this Day: A Complete Guide to Health and Well-Being in Your Later Years*, by Evelyne Michaels (written in consultation with Baycrest medical and professional staff)

#### **Baycrest programs promote mental well-being**

The **Joseph E. and Minnie Wagman Centre** offers a wide variety of activities to adults aged 55 and over, including educational and social programs, health promotion and fitness, creative arts, greenhouse and gardening and a computer lab. Annual membership fee: \$46. To find out more, call **416-785-2500, ext. 2275**.

The **Mood & Related Disorders Clinic** of the Brain Health Centre Clinics provides expertise in the diagnosis and treatment of depression and other mental health disorders. A physician referral is required. Please call **416-785-4359**.

**Memory & Aging Program:** an education series for people with normal memory changes that occur with age. Fee: \$90. For information, call **416-785-2500, ext. 2445**.

**Seniors Counselling and Referral** helps seniors and families navigate, make informed decisions and access Baycrest and community supports. Please call **416-785-2500, ext. 2223**.

# What's the secret to aging well?

## Baycrest shares its expertise at forum for aging boomers



What's the secret to aging well? Baycrest has been caring for the very old for close to a century and has a pretty good take on what the younger set – the boomers – need to do to build up their points for a long, healthy life.

Baycrest will share its expertise at *Aging Well Starts Now* – a one-day forum on Sunday, April 10 for “boomers and beyond” who are feeling the creaks and stresses of time and looking for practical strategies to maintain good health.

“We're all getting older and we want to find out how to do it better,” says 57-year-old Lesley Miller, chair of the volunteer committee organizing the forum.

“The secret to aging well is about common

sense in how we manage our busy lives and protect our most precious assets – our physical and mental health. There are many changes we can start making today that will pay off in better health tomorrow. There's no time to waste! We've invited a top-notch group of experts to help us get started.”

The forum will include keynote morning presentations from memory and mood doctors, along with a light-hearted luncheon address, “Laughter is the Jest Medicine”, by Dr. Mel Borins.

Registrants can choose two workshops to attend during the day. The topics include:

- Boosting Good Stress/Minimizing Bad Stress: Survival Tips

- Where are my %#@! Keys? – Keeping Your Memory Sharp
- Good Health Through Easy Exercise
- Conventional Medicine and Alternative Approaches
- How Does The Caregiver Get a Break? Finding Balance
- Exploding The Myth of Easy Change – Beware of False Promises
- How To Ask 10 Questions In 5 Minutes With Your Doctor

Registration for *Aging Well Starts Now* is \$80 and includes parking and lunch. To register, please call 416-785-2500, ext. 3005 or email: [startingnow@sympatico.ca](mailto:startingnow@sympatico.ca).

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## Chronic care units undergo renewal process

Last fall, Baycrest launched an exciting and innovative pilot project on unit 3East of Baycrest Hospital to help nurses refresh their skills, enhance team building with all disciplines on the unit, and focus on a client and family-centred philosophy of care and service.

The unit was closed for four weeks and patients were moved to other areas in the Centre. This permitted all staff – days, evenings and nights – to train together off-site while the unit was being cleaned and renovated. After the intensive training schedule, nursing staff returned to a revitalized work environment where they could put new practices into effect.

The pilot proved such a success that the renewal project has been expanded to the Complex Continuing Care (CCC) units in the Hospital. Based on feedback from the 3East participants, the training program has been reduced to three weeks, but will still take place off-site so that all nursing staff can participate together while the units are closed and refurbished. The next units to go through the program are 5West, then 5East, followed by 7East and 7West. Only one unit will be closed at a time.

“We are excited about entering the next phase of the renewal process,” says Marilyn El Bestawi, Nursing director for Complex Continuing Care, Innovation and Special Projects, who is co-leading the Renewal Project with Linda Jackson, director of Social Work.

“We're doing this because we want to get back to basics and provide good, consistent quality care that enhances our patients' quality

of life. We also want to improve staff, patient and family satisfaction levels,” she explains.

While the closing of these units does impact the number of clients being admitted to CCC, every effort will be made to keep a small number of beds open to address pressing needs in the community.

“We will continue to evaluate the Renewal Project, and before proceeding to other units in the Centre, we will adapt our approach based on experiences from previous units and the particular needs of each area,” adds Jackson.

“I want to thank everyone involved in this renewal program – the Working Group, the Transition Team, the Evaluation Team, the family representatives and the unit teams,

for helping to make sure this is a successful initiative for all of CCC,” says Baycrest President & CEO Stephen W. Herbert.

“This is a unique program in health care that addresses a common set of challenges and many organizations are watching us,” he adds. In fact, Joy Richards, vice-president of Nursing, and Rhonda Seidman-Carlson, director of Nursing, are presenting a paper on the Renewal Project and Reconnecting to Care initiatives at the International Council of Nursing (ICN) Quadrennial Congress in Taipei, Taiwan in May. The ICN is a federation of 125 national nurses' associations representing millions of nurses worldwide and is the largest nursing Congress held in the world.

## Donor supports 3East renewal project



Goldie R. Feldman

When Dora Till, the founding president of the Baycrest Women's Auxiliary, asked Goldie Feldman to volunteer her time and expertise to establish the new Baycrest Heritage Museum in the early 1960s, Goldie just couldn't say no. “I was glad to help out any way I could back then, and I'm glad to be able to help now,” says Feldman, a long-time Baycrest supporter and donor of the newly renovated Acute Care Unit on 3 East of Baycrest Hospital. The renovation was part of the recent 3East renewal project.

“I'm very proud of what Baycrest does for the community,” says Feldman. “The time was right for me to show Baycrest how much I value what it does. Hopefully, my gift will inspire others to support Baycrest as well.”

In addition to her work with Baycrest, Feldman supports numerous community causes, including Beth Tikvah Congregation, ORT and the Bathurst Jewish Centre, where she is a Board member.

# Second generation survivor grew up in house of ghosts

Lev Raphael grew up in a “haunted house”. There were ghosts all around him all the time. There were the “gentle ghosts” of relatives he would never know who perished in the Holocaust, and there were “scary ghosts” – the Germans.

Raphael, one of America’s earliest Second Generation writers, was in Toronto last

October to give a keynote presentation at a special conference organized by Baycrest for adult children of Holocaust survivors. More than 160 were in attendance for a full day of presentations and workshops.

Raphael, born and raised in New York City and the son of Holocaust survivors, recalled growing up in a “household of hysteria”.

Nothing could be wasted – including food, pencils and even old, worn-out socks. German-made products of any kind were “radioactive” and forbidden to be purchased or brought into their home. He and his brother were not allowed to wear leather jackets as such clothing reminded their parents of “German storm trooper coats”.

His parents escaped the Germans, but they were bitter about the financial struggles they faced in America, and felt ostracized because they were Jewish. “In my own way, I felt this quiet solidarity with other 2 G’s (second generation children),” said Raphael. He recalled one friend who kept packed luggage under his bed and always sat near the exits at public gatherings. When asked why, his friend would reply, “Just in case.”

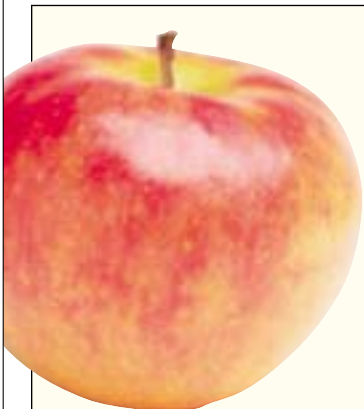
A world traveller, Raphael has been to Germany and calls the experience cathartic. “I believe I was freeing myself of the past by learning more about it,” he told the audience at Baycrest.

He has shared his family’s dark Holocaust history with his own children, something his parents found very difficult and painful to do because talking about it made them relive it all over again.

“I share my stuff with my kids,” he said. “It’s very important to educate the next generation as much as they want to be.”



Second generation writer Lev Raphael (2nd from left) with (left to right) conference sponsor and child survivor Joe Gottdenker, Paula David, coordinator of the Holocaust Resource Project, and human rights activist Jeanette Friedman.




## Aging Well Starts Now

A Baycrest forum on healthy aging for boomers and beyond

Sunday, April 10, 2005 8:45 a.m. to 3:00 p.m.  
at the Joseph E. and Minnie Wagman Centre,  
55 Ameer Avenue (on the Baycrest Campus)


**To register call 416-785-2500, ext. 3005**  
**Email: [startingnow@sympatico.ca](mailto:startingnow@sympatico.ca)**  
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# 2005 Annual Campaign for Baycrest

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Chair, Baycrest Centre  
for Geriatric Care



**WILFRED POSLUNS**  
Chair, The Baycrest  
Centre Foundation

At a time when concern over health-care funding is constantly in the news, Baycrest and our incredible community of supporters have managed to achieve what many would consider impossible. Together, we have consistently raised the most important kind of funding... crucial dollars for the Annual Campaign that can be used for Baycrest's most urgent needs.

Baycrest is focused on taking health care to a new level. Important training programs for staff are improving services in the Hospital. Research initiatives are changing the way we approach diseases that affect the aging brain. And our new Brain Health Centre Clinics have opened to help people in the community who suffer from cognitive and mood disorders caused by Alzheimer's, stroke, and depression.

In the coming weeks, you will be asked to make a financial contribution to the 2005 Annual Campaign for Baycrest. Please, join the thousands of people in our community who care – please say “yes!”

Together, we will take Baycrest to the next level!

## The Baycrest Centre Foundation welcomes the Chairs of the 2005 Annual Campaign

*They have all played an integral role in bringing Baycrest to where it is today. Now, please welcome the chairs of the 2005 Annual Campaign for Baycrest. With their leadership, we are well on our way to taking Baycrest to the next level.*



**SYDNEY COOPER**

“From personal and family experience, I can attest that Baycrest provides outstanding leadership and sensitive care for its clients at various stages of aging.”

Sydney Cooper began his 26-year association with Baycrest in 1979 when he chaired the Building Committee for the new Baycrest Hospital. He went on to co-chair the Building Committee for the Apotex Centre, has served on the boards of Baycrest and The Baycrest Foundation, and is a Baycrest honorary director.



**HARRY GORMAN**

“Baycrest creates a new phase of life for seniors – one that can be just as fulfilling as the first.”

Harry Gorman has been associated with Baycrest since his wife's parents became residents in 1954. He co-chaired the capital campaign for the new Jewish Home for the Aged, which opened in 1968, and has been active on the Board of Directors of Baycrest and The Baycrest Foundation.



**FRED KARP**

“For as long as my wife, May, and I have been associated with Baycrest, we have never come across another institution that surpasses it when it comes to caring for the elderly.”

Fred Karp joined the Baycrest Board of Directors in 1979 and has contributed to the Centre in many capacities. He served as treasurer, president, chair of the Board and chair of the Board of Governors. He is also a Baycrest honorary director.



**EPH DIAMOND**

“It is an honour to work for a place like Baycrest because it means so much to the community.”

As co-chair of a successful capital campaign in the early 1980s, Eph Diamond helped raise \$26-million towards the building of the new Baycrest Hospital. He has served on the board of The Baycrest Foundation and is an honorary director of Baycrest Centre.



**SYD LOFTUS**

“This campaign will ensure that Baycrest remains at the forefront in serving the needs of our community.”

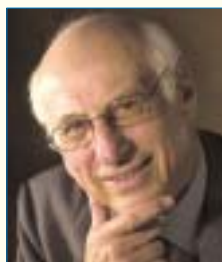
Syd Loftus served on the Baycrest Board from 1978 to 2002 taking on many leadership roles including president, chair of the Board and chair of the Board of Governors. He is an honorary director of Baycrest Centre.



**EDWIN GOLDSTEIN**

“The Annual Campaign has become a critical component in our efforts to meet Baycrest's budgetary needs.”

For more than 35 years, Edwin Goldstein has been involved at Baycrest in a variety of key roles. He served on the Baycrest Board of Directors from 1971 to 2002 in many capacities including president, chair of the Board, and chair of the Board of Governors. He is also an honorary director.



**NORMAN SCHIPPER**

“There are many institutions these days worthy of our support. However, few emphasize excellence to the extent that Baycrest does.”

Norman Schipper began doing charitable work for Baycrest while he was articling at a law firm almost 50 years ago. He has been active ever since taking on such leadership roles as president, chair of the Board and chair of the Board of The Baycrest Foundation. He is currently co-chair of the Research Advisory Committee and is a Baycrest honorary director.

To make your donation, call 416-785-2875 or visit [www.baycrest.org/Donate](http://www.baycrest.org/Donate)

# U.S. government agency awards \$1.5-million for landmark study at Baycrest

## *Do computerized physician orders reduce adverse drug events in nursing homes?*

Troubling evidence has emerged in recent years from Canadian and American studies that many seniors in nursing homes are over-medicated, at high risk for adverse drug events because they're often on several medications, and not receiving the most appropriate drugs that have the lowest risk of side effects.

Research shows that medication errors resulting in preventable adverse drug events occur most often at the time the drug is being prescribed, and in the follow-up.

That is why Baycrest has invested in a state-of-the-art computerized physician order entry (CPOE) system, with clinical decision support, that is expected to improve the quality of medication prescribing with regard to choice of therapy, medication doses and monitoring of drug therapy.

With CPOE, a physician enters a prescription directly into the computer and receives instant feedback on selected high-risk prescribing deci-

sions. Once the appropriate prescribing decision has been made, the order is sent and the nurse updates the record sheets. Then the pharmacist dispenses the medication and sends it to the unit.

As the first long-term care facility in Canada, and one of the first in North America, to implement such a system, Baycrest has been chosen as the site of a landmark three-year study funded with a prestigious \$1.5-million (US) grant from the U.S. Department of Health and Human Services Agency for Healthcare Research and Quality.

The study will determine how effective CPOE is in reducing adverse drug events in the long-term care setting, and how cost-effective it is for a long-term care facility to install and operate the system.

"Baycrest is ahead of the curve in adopting health information technology in the long-term care setting to improve prescribing practices,"

says Dr. Jerry Gurwitz of the Meyers Primary Care Institute of the University of Massachusetts Medical School. "There are few places like Baycrest in all of North America in which to carry out such a study."

Dr. Gurwitz is the principal investigator on the study, which is being led by Baycrest geriatrician and senior scientist Dr. Paula Rochon.

"Previous research has suggested that as many as half of all adverse drug events occurring in the nursing home setting may be preventable," says Dr. Rochon. "We have an exciting opportunity now to put this technology

to the test and see if it makes a significant difference in reducing adverse drug events."

Dr. Rochon credits the staff of Baycrest's Information Management department for their expertise and hard work in developing and implementing the CPOE system.



Dr. Paula Rochon

## How to communicate with loved ones with Alzheimer's

### *"They understand a lot more than they're able to express"*

How do you communicate in a meaningful way with a person who has Alzheimer's disease?

A common mistake is to assume that someone with advanced Alzheimer's has "lost their self," says Dr. Steven Sabat, professor of Psychology at Georgetown University in Washington and author of *The Experience of Alzheimer's Disease: Life Through A Tangled Veil*.

Dr. Sabat was the keynote speaker at Baycrest's 4th Annual Kunin-Lunenfeld Applied Research Unit Conference last October. Close to 150 health care professionals attended a full day of presentations that focused on ways to improve quality of life for seniors in long-term care.

Having a memory problem should be thought of as a "new attribute" of the old self which is still very much there, he explains. Unfortunately, family and friends can often fall into the trap of being unable to see beyond the disease and recognize that there is a person – not a "patient" – behind the tangled veil.

"If you think someone has lost their self-hood (as a result of Alzheimer's), then the way you behave toward that person will be affected," he

cautions. Spouses and other family members may become over-protective and begin to treat the loved one as an infant. It can be a humiliating experience for that individual, says Dr. Sabat, and may prompt outbursts of frustration that are then misinterpreted as a sign of the disease's progression.

"How you respond to a loved one can either validate them as a person or diminish that," says Ruth Goodman, a senior social worker at Baycrest who specializes in helping families improve their communication with loved ones who have Alzheimer's or other types of dementia. "Even with cognitive loss, a person can still retain a full range of emotions. We don't always know why they are sad, happy or irritable because they can't tell us, so the key is to acknowledge their emotional state."

Goodman suggests a phrase such as, "Mom, I see you're sad today," and to follow up with a hug. "Your loved one understands a lot more than they're able to express," she adds. "Be aware of their emotional state and your own since they'll pick up on your mood state, too."

### Communication Tips

- ❑ Don't ask a pointed question such as, "Mom, do you know who I am?" Instead say, "Hi Mom. It's your daughter, Shirley."
- ❑ If dad talks about someone who died 20 years ago, don't say, "Dad, Bob's been dead for 20 years!" Instead say, "I guess you're thinking about Bob. He was very special to you."
- ❑ When you read anxiety, confusion or fear on your parent's face, respond with a comforting, soothing voice and put an arm around their shoulder. Consider going for a walk if he or she is able. This often helps relieve anxiety and gives them a change of scenery.
- ❑ If mom is having difficulty speaking, try to connect in a different way. For example, comb her hair, massage her hands with lotion, paint her nails or give her a hug. Make her feel appreciated and validated as a person with a lifetime of experiences.

*Tips from Ruth Goodman, Baycrest senior social worker*

# New test shows promise in early Alzheimer's detection

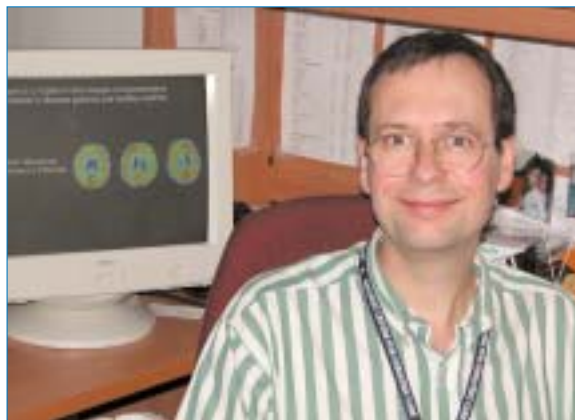
Early intervention is the best intervention when treating Alzheimer's disease. The earlier it can be detected in the brain, the better chance medication or other treatments will have in slowing down the degeneration and onset of symptoms.

Unfortunately, it is only when the disease is quite advanced in the brain, and symptoms have already started, that the tell-tale signs of abnormal beta-amyloid plaque build-up can be readily detected with brain scanning. Plaque is a waxy translucent substance (a build-up of proteins) that is believed to damage neurons in the brain.

Baycrest scientist-clinician Dr. Paul Verhoeff is helping to develop an early detection diagnostic tool – essentially a stain that will stick to tiny accumulations of plaque.

Working with partners at the Centre for Addiction and Mental Health, and University of Toronto, his team is one of only a handful around the world developing more powerful imaging techniques that will pick up the faintest traces of unusual plaque build-up long before symptoms appear.

“A test that is very sensitive to brain amyloid levels may help doctors to identify much earlier those patients most likely to be suffering from Alzheimer's disease,” says Dr. Verhoeff, a scientist in the Kunitz-Lunenfeld Applied Research Unit and a clinician with the Memory Disorders Clinic and the Geriatric Psychiatry Community Service.



Dr. Paul Verhoeff

## How it works

Positron emission tomography (PET) is a brain scanning technology widely used by scientists in the study of Alzheimer's and other dementias.

Dr. Verhoeff and his colleagues have developed a compound (known as a PET tracer) they say may be the most sensitive yet in detecting abnormally high levels of plaque build-up in the brain. The compound is injected into the bloodstream of the patient, cleverly binds itself to the amyloid deposits, and then emits harmless radioactive signals that can be detected with the PET scan.

To test the effectiveness of this new PET tracer, the researchers conducted a study involving five Alzheimer's patients and six

healthy adult comparison subjects. The study found preliminary but promising evidence that the new compound was effective in denoting abnormally high amyloid levels in Alzheimer's patients compared to healthy subjects.

Dr. Verhoeff's study was the first amyloid PET study in Canada, and the first PET study in the world, to directly compare two amyloid tracers in the same subjects – the one developed here in Toronto and another developed in the United States. Further research is required in a larger group study to compare the two tracers.

“Our new PET tracer has exciting implications for the future of research and treatment of Alzheimer's disease,” Dr. Verhoeff says.

The study was published in the November/December 2004 issue of the *American Journal of Geriatric Psychiatry*.

**Do you want to participate in a study on Alzheimer's Disease?**

We're looking for healthy individuals and people with Alzheimer's to take part in a PET brain imaging study.

For further details, please call 416-785-2500, ext. 3082, or e-mail: [cpataky@rotman-baycrest.on.ca](mailto:cpataky@rotman-baycrest.on.ca)

## Artist and benefactor team up to tell story of Jewish immigration to Toronto

A love of Jewish history led artist Ian Leventhal on a quest to uncover some of the unique stories about Jews who settled in Toronto from such countries as Eastern Europe, India, China, Tunisia and the Caribbean.

“There are so many untold stories out there, and when the older people are gone, their stories go with them,” he says.

Once he started exploring Jewish immigration to Toronto, Leventhal was welcomed into many homes and discovered a wealth of information, including photographs, documents and artifacts, which he decided to combine into an art form to tell peoples' stories.

“I wanted to celebrate the diversity of the Jewish community in Toronto,” he explains. “I thought it would be inspirational for others to see this richness of history.”

The final product is five collage panels that

have been installed in the Community Hall on the main floor of the Apotex Centre, Jewish Home for the Aged thanks to a generous gift from Aubrey and Marla Dan.

“When Ian approached me with the idea, I thought what a brilliant way to meld the historical component of how Jews came to Toronto and illustrate it in a fashion that celebrates where they came from,” says Aubrey Dan, who is both a patron of the arts and a Baycrest supporter. “Each collage tells a different story of Jewish immigration, and it's all the collages combined that make us a unique community in Toronto.”

The collages tell individual family stories against a backdrop of world events. “I wish I had more room to include all the wonderful artifacts that the families so graciously shared with me,” adds Leventhal. “It was truly a fascinating experience and I hope others learn as much from it as I did.”



Artist Ian Leventhal and patron Aubrey Dan stand in front of the collage depicting Jewish life in the Caribbean. The main image is of Da Costa/Alexander family matriarch, Abigail Rodrigues, in her Kingston, Jamaica home circa 1937. The Alexanders can trace their roots back to 15th century Spain and Portugal.

# One-on-one help from volunteers is key for seniors learning to use computers

When his family gave him a computer in December 2003, George Gowans says, "I didn't even know how to turn it on."

Within a year, the 82-year-old was surfing the Net and making greeting cards for his family. "I really enjoy it and taking computer courses at the Wagman Centre is one of the best things I've ever done," he says.

Gowans signed up for an 8-week beginner course and supplemented the classes by registering for one-on-one attention in the Wagman Centre computer lab. "After four weeks of classes, I wanted to practice what I'd learned to be sure I'd got it," he explains. "The lab teachers are very good. They stayed with me, showed me how things are done, and that worked great. I've learned a lot in one year."

Gowans is now taking an Internet course once a week and gets extra help in the computer lab up to two days a week. "The key to learning is the one-on-one," he says. "They've got a great setup."

It is thanks to a handful of dedicated volunteers that seniors like George Gowans are able to grasp and enjoy computer technology, according to Mara Swartz, the therapeutic recreationist responsible for the Wagman computer programs. "The courses are taught by some wonderful instructors, but it's the volunteers who assist them and work in the computer lab that give our members the extra attention and help they need. And we are



*Volunteer Lillian Silver provides one-on-one assistance to seniors like George Gowans, 82, who are learning to use computers at the Wagman Centre.*

urgently in need of more of them."

For Lillian Silver, age 73, volunteering in the computer lab is extremely rewarding. "The thing I noticed when I started three years ago is that the people who come here are very motivated to learn and they are so appreciative of whatever you teach them," she says. "I'm in awe that people in their 80s and 90s are so intent on learning, even though computers are so foreign to them. When they tell you how great it is to be able to put into practice

what they've learned, you not only feel good about yourself, you feel happy for them."

Silver says that along with being familiar with computers and basic programs, volunteers need to have patience. "It may take seniors longer to process new information, but once they've learned it, they can use it as well as anyone else," she explains.

If you are familiar with computers and have some free time to assist in the computer lab, please call Mara Swartz at 416-785-2500, ext. 2275.



*Cruisers included (l-r): kitchen worker Diyana Zabunyan, resident Edna Lester, recreationist Bobbie Cohen, kitchen worker Maria Ciarallo, and residents Elsie Kay and Martin Levinson.*

## Residents set sail on fantasy cruise

Residents and staff of the Terraces of Baycrest wave bon voyage before embarking on a fantasy Mediterranean cruise last November. The fantasy ship sailed to France, Italy, Israel and Portugal and the 180 residents on board sampled food from all four countries served by kitchen staff dressed in formal wear or native dress. "Residents said it really felt like they were boarding a ship and they had a great, great time," says Bobbie Cohen, the therapeutic recreationist who organized the event along with staff from all areas of the Terraces. "The staff participation is what helped make it such a success." High school student Natalie Gabriel whose father, Chris, works at the Terraces, created the wonderful props.

# The Baycrest Boardwalk: Leading by example

When she came to Baycrest's Palliative Care Unit in May 2004, Shana (Susan) Morayniss, a devoted wife and mother of two, had limited use of her limbs and her eyesight was failing. Once a proudly independent woman, life for Shana was starting to lose meaning.

Her husband, Rick, said the turning point for Shana came when she was introduced to Baycrest's specialized programming, including Arts & Crafts, Music Therapy, and concerts in the Winter Garden. Each evening when Rick and the kids came to visit, he would make her laugh by asking what she did that day at Camp Baycrest. "All joking aside," he explains, "these programs had an enormous impact on her mood and frame of mind. They were a blessing."



Former Baycrest Board Chair Marvin Sadowski and his wife, Ruth, are chairing the new Baycrest Boardwalk fundraiser.

Sadly, Shana passed away last July, but her story and the stories of others like her have inspired a new and promising fundraising event chaired by husband and wife team Marvin and Ruth Sadowski. "We've dubbed it the Baycrest Boardwalk," says Marvin, a former chair of the Baycrest Board, past director of the Foundation Board and top fundraiser for the Baycrest Challenge. "Our goal is to encourage leaders in our community to join us for a short, energetic stroll around Baycrest's beautiful campus to raise funds for Baycrest's most pressing needs."

Set to take place on June 15, 2005, the Baycrest Boardwalk challenges past and present Board members, honorary directors, staff, clients and their families, and anyone else who wants to lead by example. "We've planned a really fun event with this year's proceeds supporting programs and services that help to enrich the quality of life of people like Shana Morayniss and her family," says Foundation President Mark Gryfe who will walk in honour of his late father. "My own father spent 13 months living on the Palliative Care Unit so I saw first-hand how his quality of life improved thanks to the amazing work and dedication of staff and volunteers."

To sponsor someone you know, or to register on-line and create your personalized fundraising Web site, go to [www.baycrest.org/baycrestboardwalk](http://www.baycrest.org/baycrestboardwalk) or call the Boardwalk Hotline at 416-785-2500, ext. 2057.



## A walk like no other! June 15, 2005 – 5:00 p.m.

*Throw away your running shoes.  
Forget about that personal trainer.  
This walk is unlike any other!*

**Join the crowd.** Set off from the Khedive Street entrance of the Apotex Centre for a lively stroll around the Baycrest campus. On the way, meet new friends as you chow down on herring and schnapps at the beautiful Reuben Cipin Healthy Living Community. Then, mosey over the finish line at the Terraces of Baycrest where cheering residents will join you for a full-course meal. Taxing? Hardly! If we can do this 2 km walk, you can too! **Register today.**  
**Call 416-785-2500, ext. 2057.**

### **Register on-line!**

Create your personal Web page and have fun raising money for a great cause! Go to [www.baycrest.org/baycrestboardwalk](http://www.baycrest.org/baycrestboardwalk) for more information.

## Charitable Gift Annuity allows 80-year-old to maximize his return

Sydney Wexler says he doesn't let emotions get in the way of making sound financial investments.

Even when the 80-year-old retired widower and father of four recently purchased a Baycrest Charitable Gift Annuity through The Baycrest Centre Foundation, which he has supported for decades, Wexler insists his choice was based solely on the bottom line – maximizing his return.

"I'm not a wealthy man," declares Wexler, "and the Baycrest Charitable Gift Annuity offered me the best interest rate and the maximum tax benefit around right now." Describing himself as a "prudent" investor whose main goals are to protect and enhance the modest savings he

accumulated over the years as a factory worker, Wexler says, "It just made good business sense."

Yet, despite insisting his decision was dictated more by dollars and cents than sentiment, Wexler concedes to having a long history with Baycrest, which includes more than long-standing financial support. His late mother, Minnie Wexler, was a resident for many years and he still has an aunt living at Baycrest. His family also contributes regularly to an endowment fund created in his parents' memory.

"I admire Baycrest for what it does and what it has accomplished."

The Baycrest Charitable Gift Annuity allows people, especially those 65 years and older, to provide an immediate gift to Baycrest while



Sydney Wexler

guaranteeing them an annual income for life. Other benefits include an immediate tax receipt for the charitable portion of the annuity, a lower tax rate on investment income, as well as a significantly higher rate of return than a GIC. Proceeds from the Baycrest Charitable Gift Annuity support the new Brain Health Centre Clinics.

To find out more, contact Howard Mammon in The Baycrest Centre Foundation at 416-785-2500, ext. 2005 or by e-mail at [hmammon@baycrest.org](mailto:hmammon@baycrest.org).

# Song gives 'one more memory' to family coping with Alzheimer's disease

by Jordana Rapuch

After being diagnosed with Alzheimer's disease in 2000, Brenda Hounam, 57, worried about the effect it would have on her two children. She realized that, one day, she wouldn't be able to remember their names, tell them she loved them or say goodbye.

A music lover, Brenda thought that a song would be a lasting and meaningful way to remind her son and daughter of her love for them.

Three young musicians, Sara Westbrook, Matthew Tishler and Andrew Ang, have made this possible by writing and recording, "One More Memory," a song written from the perspective of a person with Alzheimer's disease.

The song was exactly what Brenda had hoped for.

I was personally interested in this project

and the emotional story attached to it because my family is very close with a family that is dealing with Alzheimer's disease. Rachel Skrobacky was admitted to Baycrest about three and a half years ago.

Much like Brenda, Rachel's symptoms were initially very mild. Her condition, however, has significantly deteriorated over the years to the point where she can no longer recognize her children. Rachel's inability to communicate has had an impact not only on her two daughters, but also on their spouses and children. My family and I have watched them all try to cope with this debilitating disease.

Baycrest provides exceptional care for people affected by Alzheimer's, but also offers support to families as they struggle to come to terms with their loved one's deterioration. Rachel's daughter, Madelon,

was very moved by the trio's poignant song, which gave her strength to continue coping with this challenging situation.

The "One More Memory" CD can be purchased for \$7. A portion of all sales are donated to help those affected by Alzheimer's disease. For details visit [www.onemorememory.com](http://www.onemorememory.com).

*"When my memory fades  
Think of me this way  
It's my mind that's leaving me  
It's not my heart."*



Songwriters Matthew Tishler, Sara Westbrook and Andrew Ang with Brenda Hounam.

## Thinking about friends and family at Passover?

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Foundation

*Baycrest...Enriching the lives  
of the elderly since 1918.*

Be sure to visit our Web site:  
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Proceeds to fund research into Alzheimer's disease and other cognitive disorders at Baycrest.  
Photograph from the book *Tabletops* © Barbara Milo Ohrbach

## Neurologists tune in to first citywide rounds via teleconferencing

The University of Toronto's Neurology Division and four of its teaching hospitals, including Baycrest, reached a milestone last fall with the first citywide neurology rounds using teleconferencing.

More than 150 neurologists and other health care professionals tuned in simultaneously from their respective hospitals to hear Dr. Anthony Lang, an internationally renowned expert in movement disorders.

"Our goal was to improve attendance at these rounds for neurologists and for other health care professionals who wouldn't normally have time in their busy schedules to travel to different hospitals hosting these rounds," says Dr. Morris Freedman, head of the Division of Neurology at Baycrest.

"Teleconferencing is a powerful and convenient way to enable many people from different sites to learn about the latest advancements in science and treatments, review patient cases, and interact and share ideas."

Dr. Freedman adds that the long-term goal is to expand the network to include neurologists and other health care professionals in outlying communities who wouldn't normally have access to this kind of knowledge sharing.



*Baycrest neurologists and health care professionals attend Toronto's first citywide neurology teleconference last fall.*



### A One-Bedroom Efficiency Suite at Reuben Cipin Healthy Living Community

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*Visitors can book The Glassman Overnight Residence Suite for a 3-day minimum stay.*

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Close proximity to Baycrest

**For more information or to make a reservation, please call: 905-850-7750**

The Glassman Suite is available thanks to the generosity of Baycrest supporters  
Dr. Max & Gianna Glassman

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See Web site or call for rules and regulations.

\*If 400 tickets are sold, the cash prize will be \$1,000,000.

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# Staff awards recognize excellence

Staff excellence, innovation and group achievement were celebrated at the 2004 Annual Recognition and Rewards Program Awards ceremony in January. Award nominations are made by staff and the winners are chosen by a staff committee. This year's recipients of the Excellence in Leadership award are: Breda Chug, director of Therapeutic Recreation; Jean Lazarus, director of Research Operations; and, Irene Somwaru, senior supervisor, Food and Nutrition Services. Dr. Elsa Marziali of the Kunin-Lunenfeld Applied Research Unit received the Outstanding Innovation Award. Group Achievement Awards went to the Volunteer Services department and the Empower Project Team.



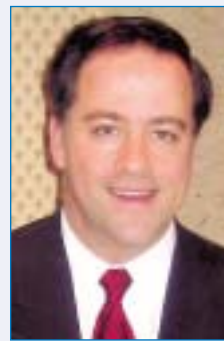
2004 award winners: (left to right) Breda Chug, Syrelle Bernstein (representing Volunteer Services), Dr. Elsa Marziali, David Grimbly (representing the Empower Project Team), Irene Somwaru and Jean Lazarus.

## Staff Achievements

**Dr. Susan Lief**, Psychiatry, has been chosen to receive an Irma Bland Award for Excellence in Teaching Residents, from the American Psychiatric Association (APA). Dr. Lief is an associate professor in the Department of Psychiatry at the University of Toronto. The award is given annually to APA members who have made outstanding and sustaining contributions to resident education in psychiatry.

**Bianca Stern**, director of Occupational Therapy, completed her Masters degree in Rehabilitation Sciences at the University of Toronto in November 2004.

## Staff Appointments



**Scott Hebert** has been appointed to the new position of Director, Quality and Risk Management. His responsibilities include quality and risk reporting and management, client safety, accreditation, and managing external and internal survey processes. He has a BA in Economics from the University of Western Ontario, a Masters of Health Services Administration from Dalhousie University, and a postgraduate certificate from the University of Toronto. He holds a Certified Health Executive

designation from both the Canadian College of Health Services Executives and the American College of Healthcare Executives. He previously held management positions at Cambridge Memorial Hospital, St. Mary's General Hospital, Windsor Regional Hospital and London Health Sciences Centre, and at the Ministry of Health and Long-Term Care.

## Sharing Expertise

**Bianca Stern**, director of Occupational Therapy, **Eileen Bourret**, CNS/nurse practitioner, **Maria Huijbregts**, senior physiotherapist, and **Judi Cohen**, social worker, Psychiatric Day Hospital, represented Baycrest at the 2<sup>nd</sup> World Conference on Jewish Social and Medical Services for the Elderly in Jerusalem, Israel in December 2004. In addition to presenting at the conference, they conducted a number of clinical information exchange forums, went on site visits and took part in two videoconferences between Israel and Baycrest. The presentations made at the conference were:

- 1) Community Re-Integration After An In-Patient Geriatric Rehabilitation Program – B. Stern (M. McCall, L. Leach, L. Dunal, E. Cohen)
- 2) Challenges Faced By Aging Holocaust Survivors – J. Cohen (P. David)
- 3) An Innovative Therapeutic Intervention In A Geriatric Psychiatric Day Hospital – J. Cohen

Staff involved in a Baycrest videoconference for health care professionals in Israel included: **Carol Robertson**, manager of Food & Nutrition Services, **Tamara Gherman**, nurse manager, Apotex 7, **Lisa Sokoloff**, speech-language pathologist, **Nicole Shuckett**, dietician, and **Dr. Dmytro Rewilak**, Psychology, along with **Sonia Reichman**, director of Communication Disorders, and **Lynda Dunal**, senior occupational therapist, who acted as facilitators. The presentations were:

- 1) Behaviour Management – D. Rewilak
- 2) Hydration and Nutrition Issues and Strategies in Older Adults – T. Gherman, C. Robertson
- 3) Swallowing and Nutrition – N. Shuckett and L. Sokoloff

The trip opened up a number of partnership opportunities between Baycrest and Israel for information exchange, research, design/development projects, staff exchanges and sharing of best practices.

# Baycrest catering service helps make dreams come true

Dear Sharon,

*Thank you very much for all your help and support to make our wedding day truly special. The food was delicious, the room set-up was beautiful and most importantly, the staff were wonderful. It was a pleasure working with you. Thank you again for making our wedding a dream come true.*

*Sincerely,  
Rosanne Brown and Joel Weinstein*

This is just one of the many letters of thanks that Sharon Bizouati, supervisor of Baycrest Hospitality Services, and her staff have received for helping to plan and execute a myriad of special occasions at the Joseph E. and Minnie Wagman Centre for over 10 years.

“It’s like the best-kept secret,” says Laurie Bernick, who had her daughter’s bat mitzvah at the Wagman Centre in March 2004. “I would recommend it to anyone.”

Bernick, a former Baycrest nurse practitioner who teaches at York University, was extremely impressed with a function she attended at the Wagman Centre and booked it for her daughter’s



*Alana Bernick celebrated her bat mitzvah at Baycrest with her parents, Mark and Laurie, and brother, Josh.*

bat mitzvah. “It was absolutely perfect,” she says. “Every single person who worked at our simcha was incredible. They were so kind and pleasant and they’re very flexible in meeting your needs. Sharon is very creative and very accommodating. And the food was incredible.”

Finding a kosher venue for a Saturday night affair was a prerequisite for Bernick. “I couldn’t believe how fast and smoothly everything came together after shabbas,” she adds.

In addition to bar and bat mitzvahs and weddings, Bizouati has planned engagement parties, family reunions, birthday parties for Baycrest residents, Passover seders and Rosh Hashanah dinners, meetings, conferences and donor events for five to 500 people.

“We offer one-stop shopping,” she says, including the venue which has landscaped grounds, on-site kosher catering, decorating, and referrals to florists, entertainment and other resources in the community. They also cater some external events including the Baycrest Art & Soul fundraiser and family seders.

“One of the nice things about our service is that when you cater with us, the money stays at Baycrest.”

With up to 500 functions taking place at the Wagman Centre each year, Bizouati warns people to plan ahead. For more information on Baycrest Hospitality Services, please call Sharon Bizouati at 416-785-2500, ext. 2477.

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## Youth volunteers explore careers while helping others

With so many career paths to choose from, it can be very difficult for young people to decide what interests them and what they want to do with their lives. That’s where volunteering can come in, says Janis Sternhill, coordinator of Volunteer Services at Baycrest.

“Volunteering can give young people an extraordinary opportunity to see first-hand the kind of career possibilities open to them,” she



*A Youth Council works year-round to coordinate opportunities for youth volunteers, interviews them to determine their interests, and plans fun-filled events. Interviews for the summer program are now in progress. Orientation day is June 30. Call now to find out more!*

says. “At the same time, they are providing a wonderful service and, hopefully, enjoying a rewarding experience.”

Sternhill explains that the additional benefit of volunteering at an organization like Baycrest is that students can get valuable job experience that is vital to their resumes.

Sarah Noy, 23, says her decision to become an occupational therapist was directly related to her volunteer experience on the Rehabilitation Unit at Baycrest Hospital. “I started volunteering in 2001 when I was in my second year in kinesiology at York University because I knew I wanted to work with people to increase their overall quality of life,” she says. Noy assisted in exercise classes and was involved in one-on-one patient interaction once or twice a week for six months.

The experience led her to apply for a job coordinating summer outings for Baycrest clients, which she has done for the past three years. “If it wasn’t for my positive volunteer experience, I would never have applied to work as the summer outings coordinator and probably would not be studying OT today,” adds Noy, who is in the first year of a Masters program at the University of Toronto.

Fourteen-year-old student Alexandra Leopold

is also well aware that volunteering can help her decide her future career plans, but in addition, she says, “It’s a lot of fun.”

She started visiting with residents of the Apotex Centre, Jewish Home for the Aged and accompanying them to Sunday concerts in October 2004. She chose to volunteer at Baycrest because of her Jewish heritage and because she previously performed for residents with her dance class. “I’ve always loved to put a smile on someone’s face and I wanted the opportunity to do that,” she says.

Leopold had no hesitation being with older people and has developed several friendships, but admits it’s been eye-opening to be with residents whose memories are affected by stroke or Alzheimer’s. “One woman I’ve become really close with had a bad stroke and doesn’t talk much, but when she does speak, she says the nicest things and has the most beautiful smile.”

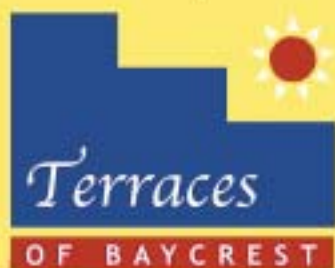
The Youth Volunteer Program at Baycrest is specifically geared to the needs and interests of teens and young adults aged 13 to 24. There are a variety of ways to volunteer during the year, including a summer program from June to August. To find out more, please call Janis Sternhill at 416-785-2500, ext. 2575.

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