

BAYCREST BULLETIN

A snapshot of Baycrest news and events - March 2022

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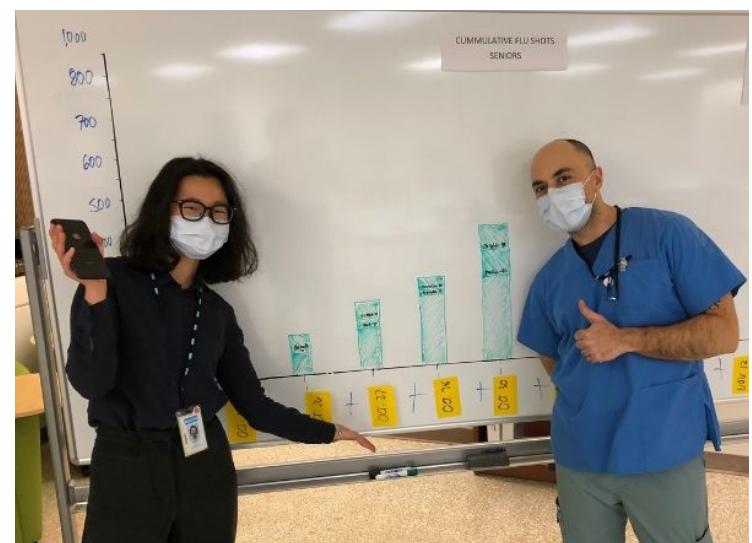


Baycrest's Ambulatory Clinical Services Staff Are Maximizing Vaccine Distribution Through Innovation

Though innovation has always been in Baycrest's DNA, the pandemic led to a stark rise in innovative solutions that serve our older population. One such example of innovation, the now preferred model of vaccine distribution, was led in part by Baycrest's Ambulatory Clinical Services team.

In collaboration with the North York Ontario Health Team

(NTOHT) and the North York Toronto Health Partners (NYTHP), Baycrest's Ambulatory Clinical Services team led a vaccine distribution campaign in community housing buildings. Collectively, the team noticed that the campaign could improve their efficiency, lower costs and implement a more systematic approach for ensuring social distancing and lower wait times for older adults in the community.



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The Ambulatory Clinical Services team decided it was time to lead a Plan-Do-Check-Act cycle review. This review led to a new model of operations in which half of the team, called sprinters, would go to each floor to notify interested older adults of their vaccine slot in the building; the other half of the team would stay in a centralized location and administer the vaccine. Homebound older adults could also request to receive their vaccine in their residence.

This innovative model comprised one third of the staff previously required to run a campaign, required no wait times for older adults in the community, and allowed for

additional offerings, such as health assessment surveys, socially distanced family doctor meet-and-greets, and access to digital services during the 15-minute post-vaccination wait period.

"It's inspiring to see innovative thinking lead to high-impact solutions for our community," said Adrian Vecchio, Advanced Practice Leader in Digital Health and the Baycrest Innovation Office's new Innovation Partner. "You don't need to invent something to be an innovator - all you need is the drive and vision to improve the lives of our community."

A Lifetime of Knowledge Can Clutter Memories of Older Adults

A new Baycrest study reports that older adults store too much information in their brains, leading them to have "cluttered" memories. As a result, they have more trouble remembering specific and detailed information compared to younger adults.

"These results may explain why wisdom and knowledge continue to grow as we age, even as memory declines," says Dr. Lynn Hasher, Senior Scientist at Baycrest's Rotman Research Institute (RRI) and senior author on this study.

This study, published in the journal *Trends in Cognitive Sciences*, reviewed over 20 years' worth of research from Dr. Hasher's lab and related work examining older adults' memory.

In some studies, older adults and younger adults were shown pictures with words on top of them. They were first told to ignore the distracting words and to indicate whether the next picture they saw was the same as the previous one. Later, they were tested on the words they had been told to ignore.

Older adults performed better when the answer to the question was a word on top of a picture in the first task. That is, they used the distraction to help them solve the problem.

Neuroimaging findings are similar. In one study, older and younger adults were shown images from two different categories (for example, faces and landscapes), and after the images disappeared, they were told to remember only one of the categories. Brain activity measurements revealed that, unlike younger adults, older adults remembered both relevant and irrelevant image categories.

These results support the idea that older adults process and store too much information.

While having more cluttered memories leads older adults to have more trouble remembering specific details, it also has some benefits. Besides having more general knowledge and wisdom, older adults may also better utilize their prior knowledge and distractions in their environment for decision-making purposes and in creative tasks.

This study was supported by the Natural Sciences and Engineering Research Council of Canada (NSERC) and the Canadian Institutes of Health Research (CIHR).

With additional funding, the researchers could further investigate ways to harness older adults' cluttered memories to benefit them and help them live life to the fullest.



Therapeutic Recreation Staff Host Hawaii Day in the Apotex

Recently, Baycrest therapeutic recreation staff hosted a special on-campus, Hawaiian-themed event for the residents of the Apotex Centre, Jewish Home for the Aged.

Residents enjoyed Hawaiian-themed music and ice cream. The therapeutic recreation staff also distributed Hawaiian leis and activity booklets to all of the residents to get them in the tropical spirit. No matter how cold it is outside, it is always warm on Hawaii Day!



Seeing Through the Noise: Taking Control of our Aging by Taking Care of our Senses

Following this year's Rotman Research Institute (RRI) Conference, the RRI and the Baycrest-led Centre for Aging + Brain Health Innovation (CABHI) will host a public panel on March 22 focusing on the importance of sensory and cognitive health.

Taking care of our hearing, vision, and other senses is a critical part of maintaining our brain health, with unaddressed sensory loss being a major risk factor for dementia. However, stigma and ageism unfortunately lead many older adults to ignore worsening senses for many years, negatively impacting

their communication abilities, social interactions, cognitive functions, and more.

This panel brings together experts with unique perspectives from science, innovation, and clinical practice. Discussion will focus on the importance of sensory health and how to create better supports for individuals living with sensory loss, ultimately creating a world where older adults can live life to the fullest. This event is free and open to all. Please visit baycrest.org/public-event2022 for details and to register.



ROTMAN RESEARCH INSTITUTE CONFERENCE
Public Panel Event

Seeing Through the Noise: Taking Control of our Aging by Taking Care of our Senses

March 22, 2022

FEAR NO AGE™ **Baycrest**
Rotman Research Institute

research.baycrest.org/conference
#RotmanConf

Innovation Updates - Upcoming Webinars



Innovation Rounds: Putting the “Health” in Digital Health with MyChart™ - Tuesday, March 15

Join us on Tuesday, March 15, 2022, from noon to 1 p.m. as the Baycrest Innovation Office (BIO) hosts the next Innovation Rounds event. In collaboration with Sunnybrook, this event will highlight new and groundbreaking features Baycrest has built on the patient engagement platform, MyChart™. Explore how MyChart can enable seamless access for clinicians and their patients to manage and view the patient's care, monitor their progress, invite patients and their caregivers to activities, and prescribe tools, educational materials, activities and more. Interested clinicians and members of the community are encouraged to attend. **To register, visit bit.ly/MyChartInnovationRounds**



Explore Innovation at Baycrest and Become a Part of Baycrest's Innovator Community

Innovation is alive and well at Baycrest. There are a number of impactful innovations being tested, implemented and scaled across campus and beyond. At BIO, we want all Baycrest staff and our community to be informed and engaged in our burgeoning innovator community. That's why staff can now go to bit.ly/BaycrestInnovationUpdates to stay up to date on the latest innovation news, learn about innovations and technologies available to staff and their teams, develop innovative thinking skills and receive support on their novel ideas. Help us continue to make Baycrest a partner of choice for innovation. **Visit bit.ly/BaycrestInnovationUpdates today.**



Upcoming Webinar - Abuse & Scams: Learn How to Protect Yourself - Wednesday, March 16

Older adult cyber abuse is perhaps more hidden today than ever before. It is all too often a silent crime committed against a population who tends to hesitate to report abuse out of fear of embarrassment and shame. In this webinar, participants will hear from Constable Mark McCabe, who will discuss the legal framework currently in place to empower older adults and protect them from cyber abuse. Join us on Wednesday, March 16 from noon to 1 p.m. for this insightful webinar that will show you how to protect yourself against the most common frauds and scams.

To register, visit bit.ly/March2022Webinar



**Thank you
Team
Baycrest**

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