

# BAYCREST BULLETIN

*A snapshot of Baycrest news and events / March - April 2023*

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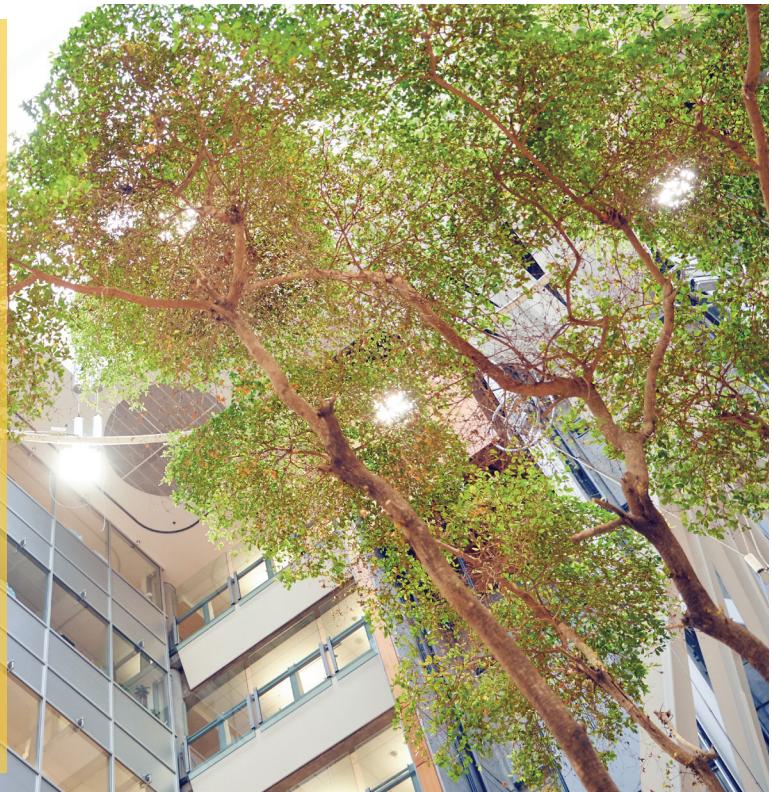
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## Baycrest Once Again Named Canada's #1 Most Research-Intensive Hospital

**CANADA'S TOP 40 RESEARCH HOSPITALS 2022** RESEARCH Infosource Inc.

Baycrest is proud to be recognized as the #1 most research-intensive hospital in Canada for the second year in a row, according to Research Infosource's latest rankings for Canada's Top 40 Research Hospitals. Led by Baycrest's world-renowned Rotman Research Institute (RRI), Baycrest scientists attracted an average of \$975,300 each in research funding last year. Baycrest has been recognized among Canada's top research hospitals every year since the rankings began, over a decade ago.

Research at the RRI and across the Baycrest campus focuses on neuroscience, aging and brain health, with an emphasis on the prevention, early detection, treatment and care of Alzheimer's disease and related dementias. The research is supported by funding from donors, community partners, companies, non-profits, granting agencies, foundations and the provincial and federal governments.

To optimize aging and tackle the dementia crisis, scientists, staff and trainees at the RRI are paving the way toward the new, interdisciplinary field of predictive neuroscience for precision aging. This field brings together artificial intelligence, neuroinformatics, biomarkers, and sensory and cognitive neuroscience to model and predict how people will age in the future. Baycrest is home to leading experts in all of these areas. As the scientific headquarters of the Canadian Consortium on Neurodegeneration in Aging (CCNA), which is Canada's largest national dementia research initiative, Baycrest also represents the epicentre of the country's dementia prevention research program.

"Through predictive neuroscience for precision aging, we are bringing the world of precision medicine into the field of aging and brain health," says Dr. Allison Sekuler, President & Chief Scientist of the Baycrest Academy for Research and Education. "We are grateful to our funders, researchers, staff, students and community of research participants, for their invaluable support in helping us lead vital research to help everyone Fear No Age™."

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"It is predicted that nearly one million Canadians will be living with dementia by the year 2030. Baycrest researchers continue to make great strides to address this public health crisis by advancing critical research to prevent, detect and treat dementia, creating a world where we are all empowered

to age fearlessly," says Dr. William Reichman, President and Chief Executive Officer of Baycrest Seniors Care.



## 2023 Rotman Research Institute Conference

This year's Rotman Research Institute conference will take place virtually from March 20 to 21, 2023. The theme of this year's conference is the Vascular System and the Aging Brain, featuring four plenary sessions, two interactive poster sessions and networking events with speakers and sponsors. **Baycrest staff and students benefit from a discounted registration rate.** Visit [research.baycrest.org/conference](https://research.baycrest.org/conference) for more information.

## CABHI Summit 2023

On March 22, the Centre for Aging + Brain Health Innovation (CABHI), powered by Baycrest, will host its fifth annual summit. The CABHI Summit 2023 brings together innovators, investors, older adults, caregivers, healthcare providers, buyers, thought leaders and companies from around the world to accelerate innovation in aging and brain health – all focused on improving the quality of life as we age.

The theme of this year's summit is *Daring to Disrupt: Reimagining the Aging Experience*. The virtual event will feature stellar speakers, digital networking opportunities and an exciting agetech showcase featuring the top 20 finalists from CABHI's MC<sup>2</sup> Capital, in partnership with National Bank. **Get your complimentary tickets at [www.cabhi.com/summit](http://www.cabhi.com/summit).**



## Wellness Newsletter from NYTHP-OHT



the community, the NYTHP-OHT produces a monthly *Your Wellness Matters* newsletter.

Baycrest is a proud partner of the North York Toronto Health Partners Ontario Health Team (NYTHP-OHT). As part of coordinated efforts to provide employee wellness resources across

In this monthly newsletter, the NYTHP-OHT shares tools and resources related to mindfulness, physical activity, nutrition and psychological support. The newsletter also includes upcoming wellness events, challenges and activities.

Staff are encouraged to access past NYTHP-OHT webinars, resources and the most recent issue of *Your Wellness Matters*. To access this valuable information, visit [www.northyorktorontohealthpartners.ca/wellness](http://www.northyorktorontohealthpartners.ca/wellness).

# Show your Baycrest Spirit With Fear No Age™ Clothing

As Baycrest's Fear No Age™ campaign continues to be featured on television, in print and online, staff are encouraged to show their Baycrest pride. A Fear No Age™ clothing line of hoodies, baseball caps, t-shirts and zip-up track jackets is now available for purchase. Staff will receive an exclusive discount of **50% off** all Fear No Age™ merchandise.

Shop online at [shop.baycrest.org](http://shop.baycrest.org). Staff can use promo code **STAFFMERCH50DISCOUNT** during the checkout process to receive their discount. Fear No Age™ clothing line orders can be picked up at the Baycrest Foundation office on Thursdays between 1 and 4 p.m. Should you have any questions, please email [BaycrestMerch@baycrest.org](mailto:BaycrestMerch@baycrest.org).



## Employee Spotlight: Meghan Richardson



Meghan Richardson, Arts Project Coordinator at Baycrest, embraces a holistic vision of spirituality, innovation and the arts. She also plays a critical role in caring for and telling stories about the Baycrest Art Collection, which consists of more than 8,600 pieces campus-wide.

When she is not curating exhibitions in Baycrest's Ronald and Nancy Kalifer Culture Hub, carefully placing art around campus or engaging Baycrest donors to expand the Baycrest Art Collection with their generous donations, she works in an office space that could, by many, be considered a treasure trove.

Having an art collection in healthcare is unique and Meghan is instrumental in ensuring its excellence. She organizes programs that enhance the quality of life for our residents and patients, helping provide an opportunity for conversation, wayfinding and even a way to connect with others therapeutically.

"Arts and culture have been found to improve patient care, and we are fortunate to be surrounded by a wonderful collection and programs. One such program, called From the Vaults, allows clients to view a selection of artwork found deep within Baycrest's vaults, where they listen to stimulating music and engage in lively discussions about the pieces," she says.

The art collection is seen throughout the main Baycrest building, at the Baycrest Terraces retirement residences and in the Rubin Cipin Healthy Living Community at Two Neptune. Even while eating in the W.A. Café, you can enjoy a vibrant, abstract painting by Canadian artist Michael Adamson. Meghan has the pleasure of curating art from revered artists throughout history, such as Picasso, Warhol, Bush, Pissarro, Riopelle, Morriseau, Letendre, Agam, Miro, Etrog, Dali, Drapell and Olitski.

Baycrest would also like to thank our employees in the Culture and Arts Department and all employees across campus for their hard work and dedication to our patients and residents.

**YOUR OPINION MATTERS!**

Baycrest

Check your email for the survey link

### Employee Engagement & Culture Survey

February 22 - March 15, 2023

Take this anonymous survey and provide your valuable input. Results will help improve our workplace and safety culture.

# Innovation Updates



## Caregiver Support Groups

April registration is open for our Caregiver Support Groups (running weekly, starting in April). "Adult Children and the Changing Relationship" brings together daughters and sons of individuals living with dementia to share advice, experiences and support. "Partners and the Changing Relationship" focuses on strengthening coping skills and increasing knowledge about caring for a spouse or partner with dementia. For more information, or to inquire about these support groups, please visit <https://baycrestathome.ca/member-plans/#therapy>.



## Innovation Rounds: New Health Care Models Need Your Innovation

Baycrest has co-designed new care models that have eliminated waitlists, improved access to quality care and so much more. Programs like Virtual Behavioural Medicine and North York C.A.R.E.S. are part of an international movement towards population health, reimbursement based on value, and the shift toward integrated and virtual care. To reproduce or expand these programs, the system infrastructure (i.e. finance systems, agreements, facilities, communications, analytics, etc.) needs to be adapted to support new care models - this is the work of scale. Join us on **Monday, March 27** from noon to 1 p.m. as the Baycrest Innovation Office (BIO) continues its Innovation Hotspot series. Learn more about these pioneering programs and discuss innovations in your areas of expertise that accelerate patient access to breakthrough improvements in quality, experience and cost of care. All are welcome to attend. To register, go to [bit.ly/March2023IRs](https://bit.ly/March2023IRs).



## Upcoming Webinar: "Inclusive Caregiving for 2SLGBTQI+ Older Adults, Part II"

Join Dr. Adriana Shnall in conversation with featured panelists Tom Warner, author and Chair of Senior Pride Network; speaker and transactivist Shoshana Pellman; and John Vigna, social worker and educator. Participants will gain a more in-depth awareness and understanding of 2SLGBTQI+ elders and seniors and our unique life experiences, issues, concerns and needs. Learn what you can do to support 2SLGBTQI+ elders and how to create safer, more respectful and more affirming spaces and services. This virtual event will be held on **Thursday, March 23, 2023, at 12 p.m.** Registration and further details are available at <https://bit.ly/MarchCaregiverWebinar>.

## BUBBY'S BLOOMS

Drive-thru Pick Up Flower Sale

**Wednesday, April 5, 2023 | 9 a.m. to 1 p.m.**  
**Kimel Entrance, Baycrest**

100% of all proceeds support Baycrest programs  
[baycrestfoundation.org/bubbysblooms](https://baycrestfoundation.org/bubbysblooms)

Pre-order a beautiful bouquet for \$20.  
Please place your order by Tuesday, April 4.  
For more information, contact  
Joanne Gittens at 416-785-2500 ext. 2023  
or [JGittens@baycrest.org](mailto:JGittens@baycrest.org).

**Baycrest** FEAR NO AGE®

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Baycrest is fully affiliated  
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3560 Bathurst Street  
Toronto | ON | M6A 2E1  
416 785 2500 | [www.baycrest.org](http://www.baycrest.org)

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Baycrest stories,  
news and events at  
[marketing@baycrest.org](mailto:marketing@baycrest.org)