



Baycrest Centre
for Geriatric Care

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Baycrest Bulletin



***Gift to seniors'
residence fosters
healthy living***

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Centre Update

Baycrest receives award from Chamber of Commerce

Baycrest was one of three organizations chosen to receive the Community Award from the North York Chamber of Commerce at its 2004 Business Excellence Awards Gala in January. The award was presented to Baycrest, Humber River Regional Hospitals and North York General Hospital "in appreciation and recognition of the many challenges and extreme circumstances health care facilities have been faced with these past months. This award is on behalf of the business community who wish to express sincere thanks for the incredible dedication and for the high level of service provided to the citizens of North York during a very difficult period."



Susan Clinesmith, a director of the North York Chamber of Commerce, (2nd from left), presented Community Awards to (left to right) Dr. Rueben Devlin, president & CEO, Humber River Regional Hospitals, Bonnie Adamson, president & CEO, North York General Hospital, and Baycrest President & CEO Stephen Herbert at the Awards Gala in January.

Electronic patient records will lead to enhanced care

Baycrest is on its way to moving to electronic patient charts from the traditional paper charts. Vic Lambert, vice-president of Information and Support Services, explains that the new

Federal minister makes policy announcement at Baycrest



Joe Volpe, Minister of Human Resources and Skills Development (right), chose Baycrest as the site to announce the federal government's new Compassionate Leave Policy in January. Greeting the Minister are former Vice-President of Human Resources Angelo Pesce (left) and President & CEO Stephen Herbert. The new policy provides benefits to people who have to be absent from work to support or care for a gravely ill family member who is dying.

Baycrest On Line Documentation (BOLD) project will give staff quicker and simultaneous access to standardized, more complete client records. This benefits the client because staff can make more timely and informed care decisions. BOLD also enhances documentation practices and client treatment plans. The BOLD Team will begin testing the system on two units this spring and then implement the system throughout the Centre by the end of the year.

Another hi-tech system being implemented to help improve client care is the Physician Order Management system (POM). "The POM system is being used by physicians, nurses and pharmacists to place and receive orders for client tests, procedures and medication," says Lambert. "This system quickly sends orders from a unit to a specific area in the Centre, such as the Pharmacy. The orders are typed rather than handwritten, which reduces possible errors. It also allows the pharmacist to quickly confirm the order and make sure it is exactly what is needed." The POM system will be fully implemented by the end of spring.

Global team to design mobility device

The Occupational Therapy (OT) department at Baycrest is involved in a unique design project to develop a lightweight, foldable scooter for seniors. The project team includes engineering experts from Tzora Active Systems on Kibbutz Tzora in Israel, Baycrest OT seating consultants, and a group of participants aged 75 and older. "This collaborative opportunity focuses on the senior users' needs and abilities right from the initial conceptual stage," says OT Director Bianca Stern. It's a design strategy that the team believes will prove more effective than working with current products designed for a younger, disabled population. The project has added a technical team from France and design consultants from the United States, making this a truly global working group.



Clarence Rivette (standing left) and Phillip Solomon (seated left) of Tzora Active Systems Ltd. in Israel on a visit to Baycrest to meet with: (left to right) occupational therapists Sheryl Tenenbaum and Irit Bretholz; OT Director Bianca Stern; Clare Adie, vice-president of Professional and Community Services; and, President & CEO Stephen Herbert (seated right).

ON OUR COVER



Gift to seniors' residence fosters healthy living

Pianist Earl Parnes is one of the many people who share their talent and vitality to make the newly named Reuben Cipin Healthy Living Community such a vibrant and caring community for seniors. At this impromptu sing-along in the Common Room, he is joined by (left to right) Sharyn Gunter, Reuben Cipin, Monty Mazin and Cirell Brody, all members of the building's Residents' Council. Formerly known as Two Neptune Drive, the building was renamed in recognition of a significant gift from Reuben Cipin's daughter and son-in-law, Marla and Aubrey Dan. See story on page 3.

Reuben Cipin Healthy Living Community named in honour of \$5-million gift from Marla and Aubrey Dan

“New name describes the kind of the people who live there”

“This is the story of a daughter who loves her father very much,” says Marla Dan when explaining why she and her husband, Aubrey Dan, have chosen to make a \$5-million gift to Baycrest that is a model for others.

When her father, Reuben Cipin, and his partner, Sharyn Gunter, moved into an apartment in the new Baycrest seniors’ building, Two Neptune Drive, in 2001, Marla and her four siblings were happy and secure knowing they had found the best place for their father and Sharyn to live.

“We knew from the moment we visited the sales centre that this was the place for my dad,” Marla explains.

“We were attracted by the concept of ‘aging in place’, the amenities, the concierge, the help buttons in the apartments, the grab bars in the shower, bigger doorways for wheelchairs and walkers, a security system, proximity to Baycrest and membership at the Wagman Centre. Everything was there to make us feel secure about my dad’s and Sharyn’s well-being. But it has surpassed all our expectations.”

While she and Aubrey expected that there would be some social and recreational programming, they could not anticipate that this 120-unit life lease building would become a thriving community filled with interesting and vibrant people eager to remain in control of their lives.

“Did we think my father would be president of the Residents’ Council or that Sharyn would be co-chairing the Program Committee?” says Marla. “No. But we’re thrilled to see the impact this is having on their well-being. The people in this building are exercising their minds, they’re embracing life and this is what is going to keep them healthy. They’re very social, concerned about each other, and they’ve become a family.”

Last year, the Dans were planning to make a gift to the 2003 Annual Campaign for Baycrest, motivated in part by the fact that there was a matching funds program. However, after taking a tour of Baycrest and learning how many

people benefit from its services, they were so impressed that they decided to substantially increase their support.

Aubrey Dan describes the gift as “multi-dimensional.” Part of it will help fund the gap between government funding and the actual cost of providing care at Baycrest. Part will be directed to special projects of their choosing that will directly benefit seniors. And another portion will be invested in an endowment fund that will finance enhanced social and wellness programming for Two Neptune Drive residents. In recognition of this

generous gift, the building is being renamed, *Reuben Cipin Healthy Living Community*.

“We both think this name describes the kind of people who live there,” Aubrey explains. “They are vibrant, active, social people who have developed a very special community. We wanted to give them full control over what they want to do with the money because making these decisions for themselves is part and parcel of healthy living.”

Mark Gryfe, president of

The Baycrest Centre Foundation, describes

the Dan gift as a model for others.

“In addition to providing crucial support to Baycrest, this gift sets up a program opportunity that doesn’t exist in any other building in the city,” he says. “It is also an excellent example of our new ‘Attach Your Name to Baycrest’ campaign which provides naming opportunities to donors at a wide range of giving levels.”

Sharing their good fortune with others, and helping to make an important impact on the lives of older adults, is very important to the Dans. “Tzedakah (charity) is a way of life in our household,” says Aubrey. “We believe that the more you give, the more you get.”

As Marla explains, “The importance of family and community are values our parents instilled in us, and ones we hope we are teaching our own children. It is very significant to us to be honouring my father in this way.”

For Reuben Cipin, a soft-spoken man with



Marla and Aubrey Dan

smiling, hazel eyes, this honour is very meaningful. “It’s a good job I was sitting down when they told me,” he says.

A retired lawyer, Cipin takes his role as Council president seriously. “We formed the Council because although this place is good, we wanted to make it better,” he says. The 11-member elected body created committees to run social activities, a library, a horticulture room and rooftop garden, and to welcome new residents. It also advocates for residents, provides input to Baycrest management, and is in the process of writing a constitution.

“After 40 years practicing law in Edmonton, being president of my synagogue and other community activities, I thought I’d come here and have a quiet life,” Cipin jokes.

“It’s constantly busy. Too busy sometimes, but I really enjoy it,” says Sharyn Gunter, whose committee organizes activities such as Oneg Shabbats, movie nights and a speaker’s series. Upcoming speakers include Bob Rae, Monte Kwinter and Julian Fantino.

“We’ve noticed that people who seemed lonely and depressed have suddenly blossomed,” says Council Vice-President Monty Mazin, a former public relations specialist. “The degree of participation at our social activities is incredible.”

In a letter sent to the Dans on behalf of all the residents, Mazin wrote: “You have not only performed mitzvot (good deeds) with a joyous heart, you have filled our hearts with everlasting joy. You are role models for others to emulate.”



Sharyn Gunter and Reuben Cipin

“The people in this building are exercising their minds, they’re embracing life and this is what is going to keep them healthy.”

New consultants join Clinics

Two new consultants joined the Clinics of the Reuben and Helene Dennis Ambulatory Care Centre in January to better serve Baycrest clients and the community. The Clinics give first priority to patients and residents who live at Baycrest, followed by registered members of Baycrest programs, and then people living in the community. *All patients must have a physician referral.*

Dr. Joel Finkelstein – Orthopaedics

Referrals may be made for:

- post-operative patients – to prevent a trip back to an external fracture clinic
- general orthopaedic consultations – non-urgent
- acute, undisplaced fractures
- assessment or follow-up during rehabilitation of fractures that have been treated in an acute care setting

Dr. Finkelstein is replacing Dr. S. Jaikarin who has retired from the Orthopaedics Clinic after many years of service.

Dr. Keith Meloff – General Neurology

Referrals may be made for:

- general neurology assessments for conditions such as dizziness, balance problems, and assessment of medication in Parkinson's and other neurological diseases

Neurology assessments will continue to be offered by consultants Dr. Levitan and Dr. Sourkes.

To make an appointment, please call 416-785-2500, ext. 2636.

Gift puts Baycrest at forefront of care and technology

When Baycrest Hospital opened in 1986, the Diagnostic Imaging department boasted state-of-the-art equipment that meant patients and residents could have their x-rays taken on-site by professionals skilled in treating older adults with complex problems.

Last year, this service was facing a crisis because the equipment used to process the x-ray films had become obsolete. It broke down regularly, parts were scarce and the film itself is being discontinued.

"Fortunately, a donor came forward who was excited about the opportunity to help us better serve our clients and also help Baycrest



Ruth and Irving Frisch

take its place at the forefront of care and technology," says Wendy Lavine, director of Diagnostic Imaging. Thanks to the generosity of long-time supporters Irving and Ruth Frisch and their family, a new digital system was installed in February that allows Baycrest

to use the same x-ray machines but the images are now electronic, meaning they can be read instantly on a computer screen. "There is no film, no chemicals and no processing," Lavine explains. "It's called Computed Radiography."

The system includes a radiologist's workstation with dual monitors, a compact disk burner so that images can be copied onto



Wendy Lavine, director of Diagnostic Imaging, (centre), and imaging technologist Dawna Thomas, (right), receive training on the new digital equipment from Suzanne Kappel of Agfa.

CDs, and short-term capacity to store images.

"Knowing that our gift alleviates a critical situation in the Diagnostic Imaging department is a source of enormous satisfaction to us and we are delighted to have the opportunity to make their wishes a reality," say the Frisches.

"We are extremely grateful to the Frisch family," Lavine adds. "Donor support is crucial to sustaining and improving the service we provide to Baycrest clients."

The new digital system purchased through the Frisch gift has solved the immediate crisis in her department, says Lavine. "Our next objective, in phase two, is to secure funding in order to connect the system to computers throughout Baycrest so that physicians can view an image from their own computers, rather than coming to our department."

Phase two also includes the ability to send images outside the Centre when a patient is being treated at another hospital, as well as capacity for long-term storage of images. Eventually, the goal is to integrate the system with Baycrest's computerized documentation of client records.



Speech-language pathologists (left to right) Marie Piccini, Susan Romeril and Lisa Sokoloff and radiologist Dr. Myles Margolis with the new digital recording system for treating people with swallowing problems.

Swallowing x-rays go digital

Seniors with swallowing problems are being helped with the aid of a new system that digitally records how they swallow directly to a computer. The moving images can then be viewed on the computer's monitor.

"Many people who have had a stroke or have a progressive disease, such as Alzheimer's or Parkinson's, have difficulty swallowing food or medication," explains speech-language pathologist Lisa Sokoloff. "These images help us better identify problems and develop effective treatment and management strategies."

Previously, the "moving x-rays" were recorded on a special videotaping system, which was somewhat cumbersome and not very portable. Now, speech-language pathologists have better quality images that are more durable and can be downloaded onto a compact disc. The new system helps them provide better treatment for clients and up-to-the-minute training for students.

"Baycrest is only the second hospital in the area to use this software package," adds Sokoloff. "It's a much more versatile process. Using our laptop, we can show the images to patients and their families, at the bedside or in the home, and educate them about these conditions. Better education for everyone means improved patient care."

New Brain Health Clinics opens its doors to people seeking help for memory and mood disorders

Mood Clinic receives \$1-million gift from Wood Foundation

This spring, the new Brain Health Clinics at Baycrest opened its doors to help people with disorders related to mood, memory and stroke get easy, timely access to a skilled multi-disciplinary health care team.

Building on Baycrest's existing strengths, the Clinics offers a new model of out-patient care. It also signals a significant step forward in making Baycrest's vision to use the power of care, research and education to transform the way people age, a reality.

Dr. Donald Stuss, vice-president of Research, explains that 25 per cent of the population over the age of 65, and 65 per cent of those over the age of 85, have some form of cognitive impairment and the need for services is growing.

"With the expected aging of the Canadian population, cognitive impairments will become epidemic in proportions that will seriously impact not only the health care system, but the quality of life of older people and their caregivers," he says. "The Brain Health Clinics will help us address this major issue by providing support on multiple levels using the expertise of our care team, our educators and our researchers working side-by-side. This will enable us to provide the best possible care for clients, support for their families and, at the same time, identify new treatments, interventions and possibly, preventions."

Christine Daly, director of Ambulatory and Outreach Services, says that when people experience a problem related to mood or memory, they wonder where to turn, what support is available for them and what is the risk that their family members may also experience this disease in the future. "At the Brain Health Clinics, we can help people by providing timely access to specialists all in one location," she says. "This means client treatment and support can start earlier, and clients can continue to live in the community."

The Brain Health Clinics is made up of three clinics: mood; memory; and, stroke. The Memory Clinic, overseen by Dr. Morris Freedman, and the Mood and Related Disorders Clinic, overseen by Dr. David Conn, are opening this spring on the Jack and Anne Weinbaum Floor of the Posluns Building. The Stroke Out-Patient Clinic will open in the fall after its director, Dr. Jon Ween, arrives at Baycrest in July.

Public and private funding make Clinics possible

The Brain Health Clinics is made possible through generous funding from private donors, research grants and the provincial government.

The most recent gift of \$1-million from The Geoffrey H. Wood Foundation is helping to fund positions in the Mood Clinic including a supervising psychiatrist, a social worker, a post-doctoral fellow and a student trainee. John Broley, president and executive director of The Geoffrey H. Wood Foundation, says that one of its three major areas of interest is gerontology and care for the elderly.

"No other organization has a reputation like Baycrest when it comes to knowledge about aging and caring for the elderly," says Broley, in speaking of the Foundation's decision to make the gift. "We are always looking

for projects where we can make a difference and where potential project outcomes can benefit a large number of people. We are proud to support Baycrest in this innovative initiative."

Other generous donors who are supporting the development of the Brain Health Clinics include: Sam and Ida Ross, whose gift to Alzheimer's research and care supports the Memory Clinic; The Posluns Family Foundation, which supports the Stroke and Cognition Clinic through the Louis and Leah Posluns Centre for Stroke and Cognition; and Jack and Anne Weinbaum, for whom the sixth floor in the Posluns Building is being named, in honour of their gift.

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



Geoffrey H. Wood (1896-1995), founder of G.H. Wood & Company Ltd., Canada's largest manufacturer and distributor of sanitation products to the health care and commercial sectors.

Director hired for new stroke out-patient clinic

Dr. Jon Erik Ween, a neurologist with a special interest in behaviour and stroke, has accepted the position of director of the Stroke Out-Patient Clinic, one of the three clinics that comprise the new Brain Health Clinics at Baycrest, effective July 1. The new stroke clinic is affiliated with the Louis and Leah Posluns Centre for Stroke and Cognition at Baycrest.

Dr. Ween is coming to Baycrest from Loma Linda University in California where he is director of the Stroke Program, an assistant professor of Neurology, and a staff neurologist. He received his medical degree in 1988 from the University of California - Irvine, and completed a fellowship in Behavioural Neurology at Boston University in 1993.

In addition to his administrative and clinical responsibilities for the new stroke out-patient clinic, Dr. Ween will be a clinical investigator in Baycrest's Kunin-Lunenfeld Applied Research Unit (KLARU).

"It was the opportunity to apply a research-driven approach to stroke care that enticed me to come to Baycrest," Dr. Ween explains. "Baycrest, through generous funding by individuals such as the Posluns family, has been able to establish a world-renowned academic environment. This environment will surely foster great innovation in the care of stroke victims."

Dr. Ween's research will primarily focus on how the brain responds to stroke and the information this provides about the normal organization of brain function.



Dr. Jon Erik Ween, (centre), with Dr. Donald Stuss, vice-president of Research, (left), and Wilfred Posluns, Board chair of The Baycrest Centre Foundation.

Rotman Institute lauded for insights into the aging brain

An international group of prestigious scientists has praised The Rotman Research Institute for “translating their discoveries into innovative therapeutic strategies at Baycrest Centre.”

In its report following an extensive evaluation and site visit in December 2003, the review team described the Rotman Institute as: “a premier international center for the study of human brain function. Rotman researchers have provided pioneering insights into the mechanisms of normal aging and neurological and psychiatric diseases.

“Internationally-recognized researchers at the Rotman are uncovering how the brain works, as well as how to maintain quality of life and independence into late adulthood.”

The report made particular note of the “exceptional strength and quality” of the Rotman scientists.

The review team included: Dr. Michael Gazzaniga, dean, Faculty of Arts and Sciences, Dartmouth College, New Hampshire; Dr. Michael I. Posner, professor emeritus, University of Oregon; Dr. Denise Park, professor of Psychology, University of Illinois; Dr. Robert T. Knight, director, Helen Wills Neuroscience Institute, University of California, Berkeley; and, Dr. Hans-Jochen Heinze, director, Neurology and Imaging Center, University Magdeburg, Germany.

This was the third review of the Institute

by an external group since its inception in 1989. The purpose of the exercise is to monitor the excellence of its science and scientists; comment on its local, national and international standing; evaluate its administration, infrastructure and director; advise on its current focus and vision; and, make recommendations.

“I was very pleased with the outcome of the review,” says Dr. Donald Stuss, vice-president of Research and director of The Rotman Research Institute. “The team said that the quality and depth of the research, the opportunity to integrate research with

clinical care, and the community’s commitment to research, provided Baycrest with a real potential to advance the neuroscience of aging.

“I would encourage more people – residents, out-patients and community members – to help us realize this potential by participating in our research studies.”

The reviewers also applauded Baycrest’s vision to truly integrate care, research and education as exemplified by the creation of the new Brain Health Clinics, which will apply the latest findings in brain research to the clinical care of patients.



Baycrest Board member Joseph Rotman, co-chair of the Research Advisory Committee, (left), and Board Chair Geoffrey Matus, (right), with members of the review team: (left to right) Drs. Michael Gazzaniga (chair), Robert T. Knight, Denise Park, Hans-Jochen Heinze and Michael Posner.

Research findings may lead to improved depression treatment

The findings of a landmark study may one day help doctors determine if patients with depression would be better treated with talk therapy or drug therapy – or a combination of both.

Led by The Rotman Research Institute and the Centre for Addiction and Mental Health (CAMH), the study involved taking brain images of clinically-depressed subjects who were undergoing a full course of cognitive behavioural therapy, also known as talk therapy.

Researchers found that when patients were able to stop dwelling on negative thoughts and attitudes, activity decreased in the thinking/attention (cortical) region of the brain. The scans also picked up increases in the limbic area, which drives more basic emotional behaviours.

What’s exciting about this finding is that the reverse pattern has been found in studies of depressed patients recovering with drug therapy. Their brain scans have shown decreases in the emotional (limbic) area



Graduate student Kimberly Goldapple (left) and Rotman Institute scientist Dr. Helen Mayberg

and increases in the thinking (cortical) area.

“Our imaging study shows that you can correct the depression network along a variety of pathways,” says principal investigator Dr. Helen Mayberg, a senior scientist with the Rotman Institute.

But how do doctors know which treatment – drug or talk therapy – will work best for a

particular patient? They often don’t, according to Dr. Mayberg. It’s not unusual for treatment to go through a trial-and-error period until one is found to provide optimal results.

“The challenge continues to be how to best treat an individual for what that individual’s brain needs,” she says. That’s the next step for brain research – to identify pre-treatment brain markers that will help doctors select the optimal treatment for a patient right from the start.

Dr. Mayberg’s research team included graduate student Kimberly Goldapple, and CBT expert Dr. Zindel Segal and colleagues from the Department of Psychiatry at CAMH.

The study, published in the January 2004 *Archives of General Psychiatry*, attracted world attention, including coverage in the *New York Times* and *Wall Street Journal*.

Dr. Mayberg recently moved to Emory University School of Medicine in Atlanta to continue her depression research.

Guide offers valuable advice to family caregivers

Caring at home for a loved one with Alzheimer's or other form of dementia is a daily challenge and caregivers need as much information as possible to help them cope. That's why Baycrest has revised and updated *Caring for Your Loved One*, an easy-to-read education guide filled with practical advice, strategies, tips and resources.

"The more information that caregivers have at their fingertips, the better equipped they'll be to cope with the ups and downs of the caregiving experience," says Bianca Stern, director of Occupational Therapy, who edited the guide with occupational therapist Nira Rittenberg. "Families, especially primary caregivers, need information about what changes to expect in their loved one, how to deal with those changes, and where to go for help."

A broad range of Baycrest health care professionals contributed to the guide, including occupational therapists, social workers, nurses, psychologists, psychiatrists, a geriatrician, a speech-language pathologist and a therapeutic recreationist. The second edition contains five new sections added at the request of caregivers and clients, as well as updated information on medications, new treatment, and legislation. Among the topics covered are:

- understanding the stages of dementia
- how to communicate with a person who has dementia

- how to cope with the activities of daily living
- sex and intimacy
- leisure activities

Included with the guide is a booklet listing programs and services available in the Greater Toronto Area, as well as web sites and helpful books. Information on national resources will soon be available on the Baycrest website: www.baycrest.org.

"I would urge any caregiver to read as much as possible and to talk to as many people as you can to help you understand this disease," says Jordana Frankel, who juggles a career and parenthood along with the care of her 78-year-old father-in-law who has Alzheimer's. "This guide is very useful and provides practical information for day-to-day living."

Caring for Your Loved One (2nd Canadian Edition) was made possible in part through funding from "Sportsfest", an annual two-day athletic competition that raises funds for Baycrest projects related to Alzheimer's and other dementias.

"We are proud and honoured to be associated with this book," said Sportsfest organizer Jordan



Celebrating the release of the second edition of Caring for Your Loved One are: (front row, l-r) editors Bianca Stern and Nira Rittenberg, Occupational Therapy; (back row, l-r) Sportsfest organizers Carrie Gerstein, Jordan and Faith Banks, and caregiver Jordana Frankel.

Banks at an event to celebrate the publication of the revised guide. "The goal of Sportsfest is to raise funds for very tangible projects and we are pleased to do our part to see that this important tool gets into the hands of the caregivers who need it."

Caring for Your Loved One is available through Baycrest for \$26 (plus tax and postage) by calling 416-785-2500, ext. 2336, or by visiting the Ability Store or Baycrest Gift Shop. The book and companion resource guide are also sold separately for \$19.95 and \$6.95 respectively.

Report on Healthy Aging

Take care of your feet

Few things can make a relatively healthy person feel more miserable than sore feet. Minor foot problems are a plague for many older adults, resulting in pain and reduced mobility. Some problems affecting the feet are serious, but the majority are merely a nuisance.

Minor foot problems

- If you're prone to minor foot problems (such as corns), you may be wearing shoes that don't fit properly. Sometimes protective pads can ease the pain of corns, calluses and bunions.
- To control bacterial or fungal infections, keep your feet clean and dry, expose them to sun and air whenever possible, and dust them daily with fungicidal powder.
- Poor circulation in the lower legs and feet, often caused by smoking, diabetes, blood vessel disease, or inactivity, can also make feet more prone to problems.

Gentle massage and warm (never hot) foot baths help increase circulation.

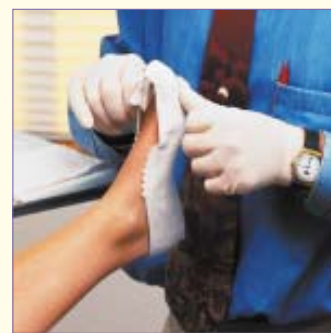
Consult your doctor

If you have diabetes or poor circulation in your lower legs and feet, you are especially susceptible to infection and should never treat

minor foot problems yourself. Always see your doctor or a foot specialist (chiropractor or podiatrist) if you have corns, calluses, warts, bunions, or thick or ingrown toenails. (Source: *Look to This Day - A Complete Guide to Health and Well-Being in Your Later Years*)

Chiropody Clinic

The Chiropody Clinic on the main floor of Baycrest Hospital is open to clients of all ages. Services include: nail care, corn/callous removal, wart treatment, custom made foot orthotics, orthopedic footwear, gait analysis and minor soft tissue surgical procedures. Out-patient chiropody services are not covered by OHIP but many extended health insurance plans will cover the costs. Treatment charges are \$30 per visit. Custom made foot orthotics range from \$350 - \$475. Hours are Monday to Friday, 9 a.m. to 4 p.m. Physician referrals are preferred but not required. For information or an appointment, please call 416-785-2500, ext. 2605.



Baycrest in the News

February... Geriatrician Dr. Shelley Veinich and Carol Robertson, manager of Food and Nutrition Services, appeared on the health program **Medical Intelligence (Rogers TV, OMNI TV)** to talk about healthy aging and healthy eating.

January... A study led by The Rotman Research Institute that looked at how the brain of a depressed patient is altered with talk therapy (compared to drug therapy), attracted world attention. Among the media who reported on the landmark study were: the **New York Times, Wall Street Journal, CTV The National, Globe & Mail** and **National Post**. The study, published in the January 2004 *Archives of General Psychiatry*, was led by Rotman Institute scientist Dr. Helen Mayberg, with co-investigators Kimberly Goldapple (Rotman) and Dr. Zindel Segal and colleagues from the Centre for Addiction and Mental Health. (see story on page 6)

Therapeutic recreationist Andrea Becker was interviewed by **Global TV's Body & Health** about the benefits of exercise for seniors who live in long-term care facilities.

Occupational therapist Nira Rittenberg was interviewed by **The Sunday Sun** about *Caring For Your Loved One*, a Baycrest-produced book packed with practical advice and strategies for people dealing with the day-to-day challenges of looking after a loved one with Alzheimer's or other dementia. (see story on page 7)

Diana E. Clarke, a University of Toronto doctorate student and research coordinator in Baycrest's Psychiatry Department, attracted media attention for her study that showed that Holocaust survivors are nearly twice as likely to have suicidal thoughts compared to other emotionally troubled Jewish seniors. Her findings

appeared in the February 2004 *American Journal of Geriatric Psychiatry*. While Clarke points out that not all Holocaust survivors suffer from suicidal thoughts, she says the trauma of the Holocaust may tax an individual's ability to cope with other life stressors as they age, such as poor health, loss of a spouse or social isolation. She hopes her study will encourage doctors and mental health workers to be more aware of a depressed patient's life history – particularly if they've suffered a traumatic life event such as the Holocaust – and check for signs of suicidal ideation.

December 2003... Social worker Mona Munro was among the experts interviewed in a two-part series on "Siblings caring for aging parents", that aired on **CBC Radio Ideas**. Munro spoke about her experience counselling families, in particular the challenging issue of family dynamics.

Baycrest Community Services Open House for health care professionals

Health care professionals and referring agencies are invited to enhance their knowledge of Baycrest's community and ambulatory services.

Join us for displays, information, tours, door prizes and light refreshments

Wednesday, May 19, 2004

2 p.m. to 5 p.m.

in the Winter Garden

Apotex Centre, Jewish Home for the Aged
3560 Bathurst St., Toronto

For more information, please call
Linda Jackson at 416-785-2500, ext. 2434

CNIB partnership helps clients with low vision carry out daily tasks

A partnership between the Canadian National Institute for the Blind (CNIB) and Baycrest is helping people with low vision continue to read, watch television and carry out daily tasks.

"By providing low vision services at Baycrest, we hope to help people with low vision maintain their quality of life," says Sue Marsh-Woods, manager of Client Services at the CNIB. "We also aim to provide service to people early in their vision loss, so they avoid falls and accidents that may occur because of central vision loss, loss of peripheral vision or difficulty adapting to colour change or brightness."

Marsh-Woods adds that low vision services are in high demand with more than one in nine Canadians over age 65, and more than one in four over age 80, experiencing severe vision loss.

"People with low vision are less able to perform daily tasks because of limited sight that cannot be corrected with standard prescription glasses," says Justo Reinoso, a vision rehabilitation worker who works with clients at Baycrest twice a month.

Reinoso says that he spends at least an hour and a half with each client to fully understand their challenges and determine

if aids or education can help them.

"Most often, I can help someone with a low vision aid which makes images appear larger, clearer, and easier to see," he says. "There are a variety of easy-to-use low vision aids, including magnifiers, large-print or Braille playing cards. I also teach clients how to use their remaining vision more effectively, which may mean using their peripheral vision more if they have lost their centre vision."

The partnership started in 2000 with a pilot project at the Terraces of Baycrest and grew in 2003 to provide services to the Baycrest community in the Ambulatory Clinics at Baycrest Hospital twice a month. Low vision services are still offered to Terraces residents, and a low vision support group, the Visionaries, meets once a month to share challenges and successful strategies for living with low vision.

Marsh-Woods explains that the CNIB has a very high volume of clients living around Baycrest and, in the future, envisions being able to offer services at Baycrest once a week.

Community members interested in low vision services can call the Ambulatory Clinics at Baycrest at 416-785-2500, ext. 2636.

Children of Holocaust survivors can suffer “secondary trauma”

More than 300 adults who share a special legacy as children of Holocaust survivors attended a unique conference at Baycrest in November 2003.

While the next generation was not directly exposed to the Nazi atrocities of its parents' generation, there is growing evidence that offspring can be deeply affected by horrible events that happened to parents and other relatives during World War II. It's known as “secondary traumatization”.

“As these children approach middle age, this is a life stage where they are carefully examining their feelings and issues related to their connection to the Holocaust,” says Paula David, a senior social worker at Baycrest and one of the organizers of *Survivor Families: From Strength to Strength*.

Whether these children were raised in a “home of silence” where parents never talked about their experiences in the Holocaust, or in a home where parents told their painful stories over and over again, either scenario can inadvertently result in passed-on trauma.

Judging by the tremendous turnout at the conference, the second generation is earnestly searching for information and resources that will help them better understand their parents' suffering and how this may have affected their own upbringing, personal relationships and perspective on life.

Dr. Anna Baranowsky, a master traumatologist and clinical psychologist, presented on the topic, *Our Parents' Trauma and Its Impact on Us*.

“It's about understanding that even when you are strong, you may have some vulnerable places,” she told the audience. “Coming to this conference today and sharing compassionately with each other took courage and is stepping towards strength.”

Susan Jackson added a lighter moment to the conference by sharing her humorous and autobiographical perspective on being Jewish.

“We should be looking at the *simchas* (celebrations) in life...to create positive memories for our children,” says Jackson, who is with the UJA Federation of Greater Toronto.



Social worker Paula David, coordinator, of Baycrest's Holocaust Resource Project (left), with conference organizers Margie Levitt (centre) and Eva Dojc.

The one-day conference included panel presentations by local leaders and small workshops facilitated by Baycrest social workers. The conference planning committee included co-chairs Eva Dojc and Margie Levitt, Paula David, Bernie Farber, Susan Jackson and Joe Gottdenker.

Second generation support group

Baycrest leads a support group for children of Holocaust survivors. For information, contact Paula David at 416-785-2500, ext. 2271.

Lawyer uses poetry to release seniors' inner voices

His belief that poetry can have a therapeutic value if explained in the right way gave lawyer Marshall Margolis the idea to approach Baycrest about leading a poetry group for seniors.

“When we read poetry, we find hope, life and beauty,” says Margolis, who has been reading and writing poetry all of his life. “I had a feeling that seniors living at Baycrest might enjoy the intellectual stimulation and the emotional response that poetry can bring. The process of exploring poetry can revive feelings of worthiness and self-confidence.”

His offer to lead an evening program for residents at the Terraces of Baycrest was well-received and, last October, the “Soul Food Poetry Group” was born. Every Wednesday evening for eight weeks, about 14 residents in their mid-80s to early 90s gathered around a large table in a room on the main floor to explore poetry of the 20th Century. “The residents really looked forward to the group and there was very little that could keep them away,” says Melissa Konat, the therapeutic recreationist who helped organize the program, which is expected to start up again this spring.

“Many of these people have physical challenges but their minds are healthy and up to a challenge,” Margolis says. “A person's love of art, music and literature is a forever thing. In my opinion, with the right guidance, poetry can help them rediscover their inner voices.”

Hilda Schwartz, who has lived at the Terraces

for two years, says the group was interesting and stimulating and she hopes that it will resume this spring. Though she hadn't studied poetry since high school, she says she found a new appreciation for it thanks to Margolis. “He has such a love of poetry himself and he got us all involved. Now when I hear poetry, I really listen and enjoy it.”



At their last session in December, Marshall Margolis and his wife, Zoe, presented a rose to each participant in the Soul Food Poetry Group, including (left to right) Hilda Schwartz, Fela Karmiol and Mina Lauterpacht.

Foundation welcomes Novartis as Corporate Partner

One of the world's leading pharmaceutical research and development companies specializing in Alzheimer's disease has recently joined the Baycrest Corporate Partners Program through a \$100,000 grant to the new Memory and Related Disorders Clinic of the Brain Health Clinics.

Novartis Pharmaceuticals Canada Inc. works hand-in-hand with leading researchers, hospital centres and universities to discover and develop new medicines that will improve the quality of life for all Canadians.



Novartis reports that over 300,000 Canadians over age 65 currently have Alzheimer's disease and related dementias. By the year 2031, they estimate that Alzheimer's will affect more than 750,000 Canadians.

"Thanks to Novartis' generosity and vision, Baycrest can continue to advance leading edge work in the prevention and treatment of memory and other related disorders such as Alzheimer's," says Florence Weinberger, director of Development at The Baycrest Centre Foundation.

"We believe that by sharing our resources, we can make a difference in the world around



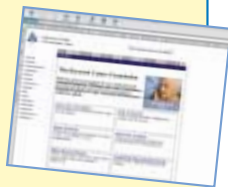
Behavioural Neurologist Dr. Morris Freedman (centre) accepts a \$100,000 cheque in support of the new Memory and Related Disorders Clinic from Eric Casper, Ontario region director, (left), and John Dorsey, vice-president of Neuroscience Business Franchise, for Novartis Pharmaceuticals Canada Inc. Dr. Freedman is medical director of the Memory Clinic which opened this spring and is part of the new Brain Health Clinics located in the Posluns Building. (see story on page 5)

us," says John Dorsey, vice-president of Neuroscience Business Franchise at Novartis. "We are proud of our association with this world class research facility."

The Corporate Partners Program provides an opportunity for organizations to partner

with a world-renowned health sciences centre. If you or your organization is interested in learning more about the advantages of becoming a Baycrest Corporate Partner, please contact Florence Weinberger at 416-785-2500, ext. 2055.

The convenience of making on-line donations to Baycrest is now available



Donate on-line today!

Visit: www.baycrest.org/Donate

Enrich the lives of the elderly by making a secure on-line donation using VISA, MasterCard or Amex and receive a tax receipt by return e-mail.

HSBC Bank Canada supports Psychology co-op program

A generous \$25,000 gift to Baycrest from HSBC Bank Canada is providing welcome funding to support the HSBC Psychology Co-op Program at Baycrest. The program offers fourth year Psychology students from the University of Toronto an opportunity to gain hands-on experience at Baycrest conducting neuropsychological assessments and memory training in the new Brain Health Clinics. Here, **Dr. Guy Proulx**, director of Psychology, (centre), and **Susan Fenwick**, co-chair of Baycrest's Research Funding Council, gladly accept a cheque from **Geoffrey Hoy**, senior vice-president, Toronto region, HSBC Bank Canada.



Foundation kicks off 2004 Annual Campaign for Baycrest

“If you care about aging, you can’t help but care about Baycrest”

Molline Green, co-chair of the 2004 Annual Campaign, can’t imagine what Baycrest would be like today if the widely successful campaign had not been introduced three years ago. “Of one thing I’m certain,” says Green, “it wouldn’t be the Baycrest our community has come to know and love.”

Michael Levy, who is co-chairing the 2004 Annual Campaign with Green, agrees. “What a difference three years can make,” says Levy, who along with a team of committed volunteers helped raise an unprecedented \$5-million last year. “Our community has told us over and over again that Baycrest is important and that the elderly deserve the most dignified and meaningful care money can buy.”

The Annual Campaign: The Campaign for Care was first launched in 2001 when budget cuts in the health care sector placed enormous pressure on Baycrest to find alternative sources

The Annual Campaign for Baycrest



The Campaign for Care

of stable funding. In three short years, supporters of the Campaign have grown from a group of 900 to more than 3,000 strong, and counting.

“It’s incredible to see how far we’ve come in so little time and we hope this year will be even more successful,” adds Levy, who is co-chairing the Annual Campaign with Green for a second time. A matching fund and a highly effective direct mail strategy helped produce last year’s excellent results, which

Green and Levy hope to exceed in 2004.

“Our goal is to expand our donor base by making it easy for people to show their support,” says Green. “It’s campaigning made easy.” Incentives include a new monthly giving option for first-time donors and a new recognition program called “Attach Your Name to Baycrest” that offers naming opportunities for various levels of giving.

“Our community knows how important it is to provide the elderly with the best possible care,” says Green. “If you care about aging, you can’t help but care about Baycrest. It’s really that simple.”

To find out how you can make a donation in support of the *2004 Annual Campaign for Baycrest: The Campaign for Care*, please call Frances Bigman at 416-785-2500, ext. 2038 or make a secure on-line donation at www.baycrest.org/Donate.

The Women’s Auxiliary of The Baycrest Centre Foundation Presents

Tables of Distinction

An exhibit of unique table settings created by top designers, artists, retailers and celebrities

Sunday, May 2, 2004
Monday, May 3, 2004
Sheraton Centre Toronto
123 Queen Street West
Mezzanine Level

Benefactors and Patrons Luncheon and Viewing
Monday, May 3, 2004
11 am - 2 pm

Tickets:
Benefactors (2 tickets/\$1000)
Patron (1 ticket/\$500)
Donor (1 ticket/\$180)

Public Viewing
Sunday, May 2, 11 am - 5 pm
Monday, May 3, noon - 6 pm
Tickets \$25



For tickets and information please call Hotline 416-785-2500, ext. 2049

Proceeds to fund research in Alzheimer’s disease and other cognitive disorders.

Photograph from the book *Tabletops* © Barbara Milo Ohrbach

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

2 Neptune Drive

is available for rent to friends and relatives visiting a Baycrest resident or patient.

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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

Art & Soul attracts new supporters

Acclaimed jazz vocalist Heather Bambrick and her ensemble charmed 500 guests at the return of the Art & Soul fundraiser at the York Event Theatre in February. Long-time friends of Baycrest, as well as a whole new generation of supporters, helped raise \$70,000 for Baycrest at the live and silent auction of donated paintings, sculptures, photographs and art and music-related items.

Marci Kroft and Laura Mandell, co-chairs of the Leadership Development Group event, were thrilled with the turnout. "The support for this event was outstanding," say Kroft and Mandell. "We owe an enormous debt of gratitude to our committee, sponsors, volunteers, artists, donors and guests. Barry Chaim provided the delicious kosher sushi and the fabulous artwork for our invitation was donated by Toronto artist Ian Leventhal."

Proceeds from Art & Soul are directed toward research into Alzheimer's disease and other cognitive disorders at Baycrest.



The Art & Soul Committee: (left to right) Sari Mandell, Bess Joffe, Marnie Filderman, Jonathan Slivka, Marci Kroft (co-chair), Sam Title, Laura Mandell (co-chair), Stephen Rotstein, Lori Kolker, Karen Lev and Natalie Pancer



Artist Ian Leventhal (left) with Linda Lester and Frank Zaid who bought the painting he created for the Art & Soul invitation.



Artist Elyssa Wortsman with one of her paintings

Event Sponsor:
Gluskin Sheff & Associates

Silver Sponsor:
Kroll Lindquist Avey



Judith Finer-Freedman and Jeremy Freedman of event sponsor, Gluskin Sheff & Associates

Barrie-to-Baycrest Riders and Sponsors

Thank you!



In just eight years, the 101 enthusiastic and energetic cyclists who bike 100 kilometres from the city of Barrie to the Baycrest campus have collectively raised almost \$3-million for Baycrest. The heart-warming reception they get from the residents of the Terraces of Baycrest who cheer them at the finish line is just a small indication of the enormous impact these riders are having on the quality of life of the elderly. The generosity of the event's sponsors and the many people who pledge their support for the riders is helping Baycrest enrich the lives of seniors at the Centre and far beyond. Proceeds from the 2003 ride supported the Kunin-Lunenfeld Applied Research Unit at Baycrest, where scientists and clinicians work side by side to improve care of the elderly.

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Tables of Distinction a must-attend event in May

With the arrival of spring comes excitement about the third annual Women's Auxiliary fundraising event, Tables of Distinction, taking place at the Sheraton Centre Toronto on Sunday, May 2 and Monday, May 3.

Tables of Distinction offers the public a rare opportunity to view 45 sophisticated and whimsical tabletop environments created by well-known Toronto designers, retailers, artists and celebrities. This year's participants include designers Lori Morris Design, Gluckstein Design, retailers William Ashley China, Karen Von Hahn for Hermès, The Main Course, A Show of Hands Petroff Gallery, Nestings, Church Street Flowers, Waterford Wedgwood, artist Ian Leventhal Creates and celebrity Jennifer Valentyne of Breakfast Television, just to name a few.

This year, producer David Mirvish of Mirvish Productions is the honorary chair of the Celebrity Plate Auction. Plates will be personalized by celebrities and sports figures and auctioned on eBay.ca. Another highlight of the event is the



Event Co-Chairs
Debbie Hollend and Arlene Heller

Baycrest Heritage Table, being created this year by designer Rhona Ornstein. There will also be an exceptional array of boutiques featuring works of art, giftware and accessories.

Tables of Distinction is once again proud to be associated with its cultural affiliate, The Gardiner Museum of Ceramic Art, and this year, welcomes Nancy Pencer as its Grand Patron, and CHIN Radio/

TV International and CHUM Radio as its media sponsors. Proceeds from the event support research into Alzheimer's disease and other cognitive disorders at The Rotman Research Institute.

Co-chairs Arlene Heller and Debbie Hollend and their committees are once again making Tables of Distinction a must-attend fundraiser. "Being co-chairs has been a rewarding experience," they say. "Thanks to our dynamic committees, hard working volunteers and creative exhibitors,



The Baycrest Heritage Table, "Tea with my Bubbie", from last year's exhibit.

this event is funding important research that could one day help to eliminate Alzheimer's disease and other cognitive disorders."

Tickets for the Benefactor's Luncheon and private viewing begin at \$180 and are available by reservation only. Tickets for public viewing are \$25 in advance or at the door. The exhibit will be open to the public on Sunday, May 2, 11 a.m. - 5 p.m., and Monday, May 3, noon - 6 p.m. For tickets and information, please call The Baycrest Centre Foundation at 416-785-2500, ext. 2049.

Whole new Challenge expected to attract 2,000 at Downsview Park on July 11

by Lesley Glowinsky

Since 1980, participants have flocked to take part in the annual Baycrest Challenge, which was then known as the Baycrest Fun Run. Once again, the name has been changed to reflect that the event is undergoing a transformation. The new Great Lakes Challenge is a partnership between Baycrest and Maccabi Canada, a national, non-profit volunteer organization with youth sports teams competing



The new Great Lakes Challenge will feature a 5-kilometre run and the region's only power-walking competition.

in national and international championships.

The Great Lakes Challenge, taking place at Downsview Park on Sunday, July 11, is raising funds and awareness for the new out-patient Brain Health Clinics at Baycrest. With financial support, more assistance can be provided to people suffering from Alzheimer's disease, strokes, depression and other mood disorders. Proceeds will also help send Maccabi athletes to championship sports events locally, nationally and internationally. Overall, organizers hope the event will raise awareness for Baycrest as well as Maccabi Canada.

The new venue has a five-kilometre track suitable for running or walking. This year's race will not only be appropriate for short distance running, but will also host the region's only power-walking competition and a Protectors Championship – a team competition for firefighters, armed forces personnel, police officers and members from other security groups. By offering both power-walking and running, the Great Lakes Challenge is expected to attract 2,000 participants.

"The Great Lakes Challenge is sure to be a fun and exciting event for the whole family," says Committee Chair Rob Eisen. "With the community's help and support, Baycrest, in partnership with Maccabi Canada, can make a difference to many peoples' lives. By coming out and lacing up your running shoes, you can help make a difference."

For more information about registration and sponsorship opportunities, please call Julie Shuter at 416-785-2500, ext. 2057.

Creating art with clients gives volunteers pleasure

The therapeutic value of art is not just reserved for the patients and residents who paint, make pottery, bead, crochet or knit in the bright, spacious Creative Arts Studio on the main floor of the Apotex Centre, Jewish Home for the Aged.

"It's therapeutic for everyone, including the staff and volunteers," says Tina Kubay, one of the three Creative Arts workers who run the

program with the help of many dedicated volunteers.

"When I leave here, I'm energized," says Anita Henechowitz, a kitchen designer and folk art enthusiast, who started volunteering in the program last November. "It's really rewarding work and I feel so appreciated. You can see what good it does for the clients. It gives them a sense of worth and accomplishment."

Even Anita's 8-year-old daughter has noticed a difference in her. "She says when I come home from Baycrest, I have a smile on my face."

High school art teacher Mimi Straka says, "Even when I'm having a busy day, I come in here and feel so good. It's such a welcoming place. The staff are so nice. It's relaxing. And you feel that you're doing a good deed." She also enjoys the social aspect of the program. "The residents share little details of their lives with you and you really get to know them. That's part of it, too."

Julius Bresnark, a self-taught painter who has been volunteering for seven years, says it makes him feel good to help people and to make them happy. "They seem to brighten up when they look at a piece of art. It's so important to have that spark." Although Anita, Mimi and Julius all have a background in art, it is not a requirement to be a volunteer.



Residents Esther Sher and Sonia Goldstein (seated, left to right) create beautiful ceramic pieces with the help of volunteers (standing, left to right) Anita Henechowitz, Ita St. Luce, Mimi Straka and Julius Bresnark.

"They just have to be willing to learn, easy to work with, and want to give of their time," says Creative Arts worker Brenda Lass, who volunteered in the program herself for two years before returning to school and then applying for the staff position she now holds.

Some volunteers work directly with clients in the studio. Others work at home, putting finishing touches to knitted items made by clients. The finished work is then purchased by clients for a nominal fee to cover the cost of materials, or sold in the Creative Arts Store just down the hall – which is run by volunteers.

"We are so grateful to our volunteers," adds Creative Arts worker Maryla Adler-Rotmensz. "This program could not function without them."

For information about becoming a Creative Arts volunteer, please call 416-785-2500, ext. 2572.

Upcoming Events

Baycrest Derby: A Night at the Races Wednesday, July 28, 2004

The 3rd Annual Baycrest Derby, an entertaining evening of great friends, food, horse races...and a great cause! **Tickets: \$125**

Woodbine Entertainment Centre

Baycrest Classic Golf Tournament Thursday, August 12, 2004

A full day of the finest golfing and dining experiences at Eagle's Nest Golf Club – a new, fantastic links-style course, home of this year's golf tournament.

Full-day Package: \$495 per person

Eagles Nest Golf Club, Maple, Ontario

For more information or to register for these events, please call Lynda Roth at **416-785-2500, ext. 2020** or e-mail: **lroth@baycrest.org**

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. 3363**, or email: **ltrop@klaru-baycrest.on.ca**

Terraces resident celebrates 103rd birthday



Leo Trammer treated his friends from the Terraces of Baycrest to a piece of cake at the Centre Street Deli in celebration of his 103rd birthday in December 2003. The group enjoyed a delicious dinner and the hospitality of restaurant owner Cheryl Morantz and her staff.

Dedicated volunteer makes planned gift to benefit others

"Baycrest Centre has been an important part of my life ever since I was a small child," says Cynthia Gasner (Warshafsky).

"I realized many years ago how important it is to have a quality centre for Jewish seniors in our community," she explains. "My grandmother attended the day care program and my mother was a resident of the Jewish Home for the Aged."

By establishing a life insurance policy with The Baycrest Centre Foundation as the beneficiary, Gasner is making sure that others will benefit from Baycrest in the future, just as her loved ones and thousands of others have over the years.

A special assignment writer with The Canadian Jewish News and the director of Information & Public Relations at the Kashruth Council of Canada, Gasner became an active volunteer at Baycrest when former CEO Sam Ruth approached her to become

involved on the committee planning for the Baycrest Terrace and Wagman Centre in the early 1970s.

After joining the volunteer ranks, she served on several committees and as a vice-president of the Centre for three terms. She was also the first female to sit on the Baycrest Centre Executive. Her background in communications and public relations, she says, helps her raise awareness of Baycrest in the community.

After four decades of volunteer work at Baycrest and various other community organizations, Gasner remains active on the Community Day Centre for Seniors Committee and the Program & Quality Committee.

Having witnessed first-hand Baycrest's expertise in enhancing the quality of life of Jewish elderly, she welcomed the opportunity to make a charitable life insurance gift to The Baycrest Centre Foundation when she was approached with the idea.

"This option allows individuals to make a significant financial contribution in a very cost effective and tax efficient way," explains David Wm. Brown, a certified financial planner and partner at Al G. Brown. "By purchasing a life insurance policy and

naming Baycrest as the beneficiary, Baycrest's supporters create a vehicle which extends their charitable work far beyond their lifespan."

"I am grateful for the services Baycrest provides in our community," says Gasner. "Therefore, I have to look to the future and try

to make sure that others have an opportunity to benefit from Baycrest's high level of care."

If you would like to find out about making a life insurance planned gift to Baycrest, please contact Director of Development Florence Weinberger at 416-785-2500, ext. 2055.

Planned Gift	Appropriate Age	Income for Life	Subject to Probate Challenge	Tax Benefit
Bequest	Any	No	Yes	Tax credit for estate to be passed on to heirs.
Life Insurance (new policy)	Under 65	No	No	Tax credit for all premiums.
Life Insurance (existing policy)	Any	No	No	Tax credit on cash value and all future premiums, if any.
RRSP / RIF	Any	No	No	Tax credit.
Appreciated Securities	Any	No	No	Immediate tax credit and greatly reduced capital gains.
Charitable Gift Annuity	Over 65	Yes	No	Sometimes tax credit and mostly tax-free income for life.
Charitable Remainder Trust	Over 70	Yes	No	Large one-time tax credit and income for life.

For more information, call Florence Weinberger at 416-785-2500, ext. 2055.



Cynthia Gasner

Thinking about friends and family at *Passover*

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Jack & Phyllis Chisvin
CIBC World Markets Inc.
Cimco Refrigeration; Division
of Toromont Industries
Jeffrey & Shawna Citron
Classica Imports
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Beverly & Samuel H. Cohen
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Conservatory Group
Jerome Cooper
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Sydney & Florence
Cooper Foundation
Maxwell Cornfield
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D
Aubrey Dan Holdings Inc.
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Julius & Reesa Diamond
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Bernard Dickens
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Alan Dryer
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DUCA Financial Services
Owen & Nancy Duckman
David Dulberg

E
Eastern Hemlock Limited
Norman & Ellen Eckler
David & Rebecca Ehrlich
Felix Ehrlich
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Fred & Bea Eisen
Robert & Ellen Eisenberg
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Foundation
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G
D H Gales Family
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Family Foundation
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Murray Goldman &
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Edwin & Joyce Goldstein
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Sonja Goldstein
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Abraham & Malka Green
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Lou & Shirley Greenbaum
Edward & Suzy Greenspan
Harry & Ruth Greenspan
Mark & Susan Greenspan
Kenneth & Reena Greenwald
David & Lucille Griff
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Foundation
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Daniel Gruner
Bernard & Joy Gryfe
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Garry & Myrna Guttman
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H
H. Soupcoff Consultants Ltd.
David Hacker
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L
Lagover Mutual Benefit Society
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Michael Manly
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Martinway Plaza Limited
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Philip & Helen Mosoff
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Mr. Submarine Limited
Iving & Helen Mueller
Brian Murphy
Lou & Wendy Myles
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David Nolan
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Of Things Past
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Ostrovter Society

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Nancy Posluns
Posluns Family Foundation
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Rosalie Pratt
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RBC Foundation
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Estate of Gertrude Rocklin
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Sheldon & Patti Rotman
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Royal Lighting
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John & Jennifer Ruddy

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Andrew & Judith Sanders
Claude & Trudy Sassoon
Lou & Bertha Savlov
Savlov Investment Limited
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Ruth Schacter
Norman & Honey Schipper
Stuart & Jayne Schipper
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Phineas & Francine Schwartz
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Sharon Valley
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Shedlover Young Men's Society
William Sheine
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Sherbury Holdings Inc.
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Harry Sherman
Les & Freida Sherman
Ted & Donna Sherman
Susan Sherwin
Sanford & Ida Shessel
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Owen Shime
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Saul & Thelma Shuiman
Shirley Sibulash
Sidley Investments Limited
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Albert & Florence Silver
Silver Family Charitable Foundation
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Sheldon & Vivian Silverberg
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Harold & Gail Silverstein
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Silverstein's Bakery
Lou Siminovitsh
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The Philip Smith Foundation
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The Sonshine Family Foundation
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Steele Valley
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Lou Swartz
Ray & Helen Sweig
Murray & Florence Sweigman
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Norman Talsky
Joseph & Toby Tanenbaum
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The Lawrence & Judith Tanenbaum Family Charitable Foundation
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Judy Teller
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Charitable Foundation
Torkin Manes Cohen Arbus LLP
Daniel Trefler & Ninia Lupovici

U
John & Lori Ulmer
United Jewish Welfare Fund of Toronto
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United Way Of Greater Toronto
Harry Ungerman

Daniel Unruh
Helen Urbach

V
Sidney & Felicia Valo
les & Ruth VanMessel
Vigil Health Solutions
Vision Almet Limited

W
Michael Wagman
Richard & Susan Wagman
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Lorie Waisberg
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Herbert Wisebrod
Richard Wolfe
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Harold & Shelley Wolkin
Jeffrey & Leigh Wortsman

Y
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Marvin & Fran Yontef
Bernard Young

Z
Barry & Nellie Zagdanski
The Henry Zagdanski Family
Dov & Caroline Zevy
Bernard & Carole Zucker
George & Sharon Zuckerman
Oscar & Ruth Zuker

Sharing Expertise

Lucie Holynaty, RN, Hospital 3 West, and former nurse manager **Marilyn Rogers**, presented on "Aging Survivors of War Trauma in Rehabilitation" at the American Rehabilitation Nursing Conference in New Orleans in October 2003. **Paula David**, coordinator, Holocaust Resource Project, helped develop the presentation. This was the first time that a Canadian presentation was selected for the conference, and the first time that the subject of caring for aging Holocaust survivors and people who have survived war trauma was included.

Tim Patterson, Telehealth coordinator, is presenting an abstract he co-authored with **Dr. Michael Gordon**, vice-president, Medical Services, **Dr. David Conn**, director, Psychiatry, and **Pat Howard**, director, Education & OD, entitled, "CME/CHE as an International Tool for Improving Healthcare and Peacebuilding," at the 2004 CME Congress in Toronto in May. The other co-authors are: Harvey Skinner, Catherine Chalin, Arnold Noyek and Lawrence Spero from the University of Toronto and CISEPO; Yehudah Roth from Tel Aviv University; Mohammed Al-Masri and Mohammed Kasasbeh from Jordan University of Science and Technology;

and, Yunkap Kwankam, of the World Health Organization. This is the first time that the largest international CME (Continuing Medical Education) Congress is being held outside the United States.

Wendy Lavine, director, Diagnostic Imaging, presented on "Geriatric Radiography" at the 3rd annual Geriatric Education Day 2004: Building a Foundation for the Inter-Disciplinary Approaches to Geriatric Care at St. Joseph's Health Centre in Toronto in February.

Myra Ehrman, project manager, Information Management, developed an electronic poster entitled, "Standardized Language for Long-Term Care: The Omaha System Story," that was presented at the 2004 Annual Conference & Exhibition of the Healthcare Information Management Systems Society in Orlando, Florida, in February. The e-session describes the rationale for incorporating common terminology in Baycrest's new electronic documentation system.

An article by **Dr. Lynn McCleary**, Social Work scientist, Kunitz-Lunenfeld Applied Research Unit, and **Lillian Mendelsohn**, social worker,

Baycrest Hospital, entitled, "Reflections on working with families in long term care during the SARS restrictions," was published in the journal, *Perspectives*, 27(3), 8-12.

Joyce Lagunoff, director, and **Fran Kleiner**, senior social worker, Baycrest Community Day Centre for Seniors, were contributing authors to the chapter, "Social Work Practice with the Elderly in an Integrated Adult Day Centre Program," to be published in the 3rd edition of the book, *Social Work Practice with the Elderly*, (Canadian Scholars Press Inc.), coming out this spring.

Four staff members presented at the 10th Quadrennial Conference of the World Council of Jewish Communal Service in Jerusalem in November 2003. They were: **Bianca Stern**, director of Occupational Therapy; **Rhonda Seidman-Carlson**, director of Nursing Placement, Development and Practice; **Paula David**, senior social worker and Holocaust Resource Project coordinator; and **Nira Rittenberg**, occupational therapist with the Geriatric Psychiatry Community Service. The conference theme was: "Professional leadership responds to crises in Israel and Jewish communities worldwide."

Staff Achievements

Rabbi Norman Berlat, director, Pastoral Services, has received a two-year appointment to the Certification Committee of the National Association of Jewish Chaplains.

Dr. Morris Freedman, program director, Behavioural Neurology, has been elected as President of the Canadian Neurological Society for a two-year term.

Regina Jokel, speech-language pathologist, Communication Disorders, received an award from the Canadian Institutes of Health Research (CIHR) to conduct her doctoral research. Jokel is doing her PhD at the University of Toronto in the Graduate Department of Speech-Language Pathology. She was also honoured at the most recent Gerontology Conference in Toronto as the top-ranking candidate by the Institute of Aging.

Dr. Susan Lief, Psychiatry, has accepted a position in the Education Program of the Department of Psychiatry at the University of Toronto, in addition to her clinical and educational work at Baycrest. She will be focusing primarily on Faculty Development and is also the Course Director for the new Teacher Scholars Program, an inter-departmental initiative. Dr. Lief is also an associate professor of Psychiatry at U of T.

Staff Appointments

Elizabeth Hawthorne joined Baycrest as nurse manager, Baycrest Hospital, 3 East/3 West, on November 3, 2003. She has a wealth of knowledge and experience in acute care, intensive care and emergency departments and has worked as a manager and an educator. She was most recently a clinical educator at Humber River Regional Hospitals. Hawthorne has a BSc in Nursing from Ryerson University and a Masters in Adult Education from Central Michigan University.



Malcolm Bernstein joined Baycrest as vice-president of Human Resources and Organizational Effectiveness, effective March 1. Previously a partner in the firm, GSW Consultants, where he was a consulting facilitator, Bernstein has more than 20 years experience in the areas of strategic thinking and planning, organization transformation and leadership. He has been involved as a consulting facilitator on many Baycrest projects including the new Strategic Direction, and was a volunteer member of the Human Resources Advisory Committee.

He has held senior positions in Human Resources, Information Systems and Sales and Marketing. He has an MBA from the University of Western Ontario and a BA in Economics from McGill University.

Awards celebrate staff excellence

Staff excellence, innovation and achievement were recognized and celebrated at Baycrest's 2003 Annual Recognition and Rewards Program Awards in January. Staff are nominated by their peers and the winners in each of the award categories are chosen by a staff committee.

The three recipients of the "2003 Excellence in Leadership" award were: **Mary Fox**, director, Collaborative Research Program: Rehab and Long-Term Care; **Donna Gates**, director, Food & Nutrition Services; and, **Lisa Sokoloff**, speech-language pathologist, Communication Disorders. The winner of the "2003 Outstanding Innovation" award was **Tony Tian**, programmer, Rotman Research Institute.

The annual awards are jointly funded by Baycrest and the Anna and Frank Schipper Endowment Fund.



Donors Honey and Norman Schipper (centre) with award winners (left to right): Mary Fox, Donna Gates, Lisa Sokoloff and Tony Tian.

A Passover Message

Passover is the festival of freedom and marks the occasion of the exodus of the Jewish people from Egyptian bondage. Passover is observed by celebrating the seder, which is a re-creation of the exodus experience. Special foods are eaten during the eight-day festival.

Passover reminds us that human freedom must be cherished, protected and respected.

Permit me to take this opportunity to wish you and your dear ones a most happy, kasheren and spiritual Passover.

Faithfully,

Rabbi Dr. Nachum Berlat
Director, Pastoral Care

Lifting away the winter blues

Hula dancers in grass skirts and flower leis, tiki lights and colourful decorations helped bring a little Hawaiian sunshine to more than 140 seniors at the Wagman Centre on January 28. The evening party for Wagman members and residents of the Terraces of Baycrest was planned to "help lift the winter blues away," says therapeutic recreationist Melissa Konat. One of the highlights of the night was a performance by Wagman member Winnie Tyconik (centre), an experienced Hawaiian dancer, dance-movement therapist Debbie Vanderlaan (left), and Melissa Konat.



Volunteer Opportunities for 2004

Be part of an exciting volunteer team at Baycrest!

Just a few hours of your time means so much.

The Baycrest Cafeteria is in need of **Volunteer Hosts/Hostesses** to assist clients to and from tables, clear trays from tables and help get food for visitors and clients. Must have good customer service, good command of the English language, able to stand and lift trays of food. Times available: Monday to Saturday from 11 a.m. – 1 p.m.

The Women's Auxiliary Café needs volunteers for **food preparation and cashier assistance**. A good command of English and good customer service are essential. Times available: Monday to Friday from 9 a.m. – 1 p.m.

The **Volunteer Eating Assistance Program** needs volunteers to assist our residents at meal times. We will provide you with training, support and supervision.

Youth Volunteers are needed to assist in summer programs in either July or August, or both. If you are between the ages of 13 and 24 and would like to participate in a fantastic program, please call **416-785-2500, ext. 2575**.

Help enhance the quality of life for isolated seniors by giving a few hours of your time. **Visit seniors in the community and the Terraces of Baycrest.**

The **Wagman Convenience Store** needs assistance in a variety of duties: cashier, resident's grocery selection, stocking shelves, preparing coffee and much more.

For more information about volunteering at Baycrest, please call **416-785-2500, ext. 2572**, or send an email to: **sfrankel@baycrest.org**. Thank you.

Directory of Programs & Services

The following are some of the many programs and services that Baycrest offers to people living in the community:

The Ability Store - the store with solutions

Sells a wide variety of useful devices that make life easier for seniors or anyone who needs a little help to function independently at home. Household, personal care and recreational items. Installation and rental services. Hours: Monday to Friday, 9:30 a.m. - 4:30 p.m., and the first Sunday of each month, noon to 5 p.m. For information, call 416-785-2500, ext. 2597.

Baycrest Community Day Centre for Seniors

Provides a non-sectarian, structured day program of social, recreational and educational activities for older adults who are living at home but may be isolated or lonely. It also offers respite for families. The Parkland Club serves the well elderly and physically frail. The Oceanside Club serves mildly cognitively impaired elderly and the Samuel Lunenfeld Mountainview Club serves moderately to severely cognitively impaired elderly. For more information, call Seniors Counselling & Referral at 416-785-2500, ext. 2223.

Baycrest Home Care Services

Help for seniors living in their own homes, at Baycrest or another facility, or while waiting for long-term care placement, and for families caring for a relative at home. Services include: nursing, personal care, caregiver relief, homemaking/housecleaning, short term respite care, escort to medical appointments and social or religious events, and assistance with airline departures and arrivals. Service is available 24 hours a day, 7 days a week. For information and rates, call 416-964-6402.

BAYCREST LIFELINE

Provides clients with the confidence and freedom to live on their own. A press of a button provides clear, immediate communication with a caring Lifeline Monitor who has critical medical information at their fingertips. Needed help will be sent immediately 24 hours a day, 7 days a week. For information and rates, call 416-442-5547.

Bone Mineral Densitometry Service

Baycrest's densitometry equipment measures the status of bone density with greater accuracy to better treat osteoporosis. Bone Mineral Densitometry examinations are available to adults aged 55 plus with a physician referral. Call the Diagnostic Imaging Department for an appointment at 416-785-2500, ext. 2418.

Hearing Services

Audiology Clinic: The Audiology Clinic offers hearing assessments as well as prescriptions and checks of hearing aids and other hearing devices. For an appointment, call 416-785-2500, ext. 2377.

Baycrest Hearing Aid Services: Our Hearing Aid Dispensary can fit hearing aids and assistive devices that have been prescribed for you, and provide helpful information on their use and care. We also offer cleaning, service and repairs, make ear molds, and sell batteries and other accessories. Call 416-785-2476 for appointments.

Community Hearing Health Care Service: Our audiologists can provide all of the above services to homebound seniors who are unable to travel to the Audiology clinic or Hearing Aid Dispensary. There is an in-home service fee. For appointments, please call 416-785-2500, ext. 2377.

Memory and Aging

Find out which memory changes are normal and which are not, and how you can compensate for memory problems. This education and workshop series at Baycrest consists of five 2-hour sessions. Fee: \$90. For more information or to register, call Ruby in the Psychology Department, at 416-785-2500, ext. 2445.

MOST: The Moving On after Stroke Program

If you have had a stroke, and have completed active rehabilitation, this program will help you and your partner or caregiver find ways to enjoy life again. You will learn about stroke, and how to handle the changes in your life. This small group, 9-week program is offered twice a week for two hours. It provides discussion, problem-solving, goal setting, and therapeutic exercise on land and in a warm water pool. For information, call the Physiotherapy Department at 416-785-2500, ext. 2683.

Osteoporosis POWER Program

An education, nutrition and exercise wellness program for seniors with osteoporosis. The series runs for seven weeks, two hours per week. Limited to 30 participants. Physician referral required. Registration fee: \$70. For more information, call 416-785-2500, ext. 2588.

The Parkinson's Early Intervention Program

Designed for adults diagnosed with Parkinson's in the last three years who want to take an active role in managing their condition. You will learn more about Parkinson's, participate in discussions with a physiotherapist and occupational therapist, and practice specialized exercises. Program runs for 10 weeks on Tuesdays and Thursdays for two hours each day. Sessions limited to 10 participants (spouse, family member or friend is also encouraged to attend). For information, contact the Parkinson's Information Line at 416-785-2500, ext. 2683.

Psychiatric Day Hospital for Depression

This program specializes in the treatment of depression in seniors living in the community and runs 3 1/2 days a week for an average of 3 or 4 months. Group and individual therapies by a multi-disciplinary team. Physician referral required. For a referral application or more information, contact Judi Cohen at 416-785-2500, ext. 2322.

Seniors Support Program

Provides weekly telephone calls to older adults and their families living in the community. Specially trained volunteers provide encouragement, support and a "friendly ear" to seniors and people caring for older family members. Volunteer calls in 8 languages. No fee for service. For information, call 416-785-2500, ext. 2247.

Set Your PACE: Program for Arthritis Control through Education and Exercise

Learn to manage your condition through goal setting, problem-solving discussions and therapeutic exercise on land and in a warm water pool. This 11-week program is offered through the Physiotherapy Department, Mondays and Wednesdays, from 1 p.m. to 3 p.m. Limited to 20 participants. For information, call 416-785-2500, ext. 3379.



Baycrest Bulletin

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