



SPRING / SUMMER 2021

# Brain MATTERS

THE LATEST IN RESEARCH AND CARE FOR COGNITIVE WELL-BEING AND HEALTHY LIVING

**One year later:  
A perspective  
on the pandemic**

**Exclusive  
interview with  
Cineplex CEO  
Ellis Jacob**



**Lisa Raitt:  
A caregiver's  
focus**

**How memory  
recall changes  
as we age**

**Creating new  
hope with brain  
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Josh Cooper  
President & CEO,  
Baycrest Foundation

## Straight **TALK**

Welcome to the latest edition of *BrainMatters* magazine, bringing you timely information on brain-healthy living and ways to optimize your well-being.

Though we are still navigating through the ongoing pandemic, the light at the end of the tunnel moves ever closer as vaccination efforts continue. Additionally, with warmer weather upon us, there is the sense of renewal that spring and summer bring. The past year has been trying for everyone, and I want to take a moment to applaud all staff at Baycrest for their incredible efforts and perseverance to ensure the safety of our residents, patients, visitors and each other throughout the healthcare challenges created by COVID-19. Our community is privileged to have such incredible professionals working for the betterment of all.

Our cover story is an exclusive interview with Lisa Raitt, a former Conservative MP and Cabinet Minister, who discusses the challenges of caring for a partner in late stage early-onset Alzheimer's. We look back at a year of lessons learned from the COVID-19 pandemic and spotlight how this crisis has propelled the use of virtual programs to improve access to care. We also discover how researchers are learning more about memory and how it is more accurate than we think; and share a delicious recipe for a brain-healthy seven-bean salad, just in time for picnic season.

Elsewhere in the magazine we look at how improving health literacy can help

your confidence and health; reveal research that shows how individualized brain stimulation therapy combats aphasia; and catch up with the CEO of Cineplex to learn how a return to the theatre could help Canadians get back to socializing. Plus... much, much more.

Our scientists continue to investigate therapies and lifestyle choices that will help our brains function at their best. Ongoing research is leading directly to innovations in caregiving and the programs we offer here in Toronto, across Canada and worldwide.

Continued research, innovation and progress in brain health are made possible thanks to the generosity of our community of donors, volunteers, staff, residents and their families. We are pleased to bring you stories on staying brain healthy so you will fear no age or stage of life, along with news about our work to fight dementia in these unprecedented times.

Please play a role in supporting our efforts during COVID-19. Call our Donations Office at 416-785-2875, or donate to the Safeguarding Our Seniors (SOS) campaign by visiting [www.baycrestfoundation.org](http://www.baycrestfoundation.org).

Wishing you a safe, healthy and happy spring and summer.

Josh Cooper  
President & CEO, Baycrest Foundation

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# Lisa Raitt:

## A CAREGIVER'S FOCUS



Lisa Raitt and her husband, Bruce Wood

**"As someone who was successful in a political career, where you're always on top of the issues, this is a really humbling experience."**



Lisa Raitt is fighting a battle that makes any challenge she ever faced as a Member of Parliament and Senior Cabinet Minister pale by comparison. The former MP for Milton was also the first woman named as Deputy Leader of the Conservative Party of Canada (CPC). For more than a decade, she made headlines as a force within the CPC and made a run for party leadership in 2016-17. That's all in the past. Today, Raitt spends her energy thinking about the immediate future as she cares for her husband, Bruce, who's in the later stages of early-onset Alzheimer's disease (sometimes referred to as young onset).

Any caregiver of a loved one with dementia can testify to the cruelty of the disease's progression. At first, it slowly strips away a person's memory and cognitive sharpness. Then, the process speeds up, hastening the loss of speech, non-recognition of loved ones, inability to care for oneself and ultimately, complete dependence on others. In Raitt's case, the situation is made even more difficult, since Bruce is part of the three per cent of Alzheimer's patients who are diagnosed before the age of 65. For these patients, all plans and dreams for the future disappear, replaced by the disease and its impact.

Raitt granted Baycrest the following exclusive interview for publication in *BrainMatters* magazine shortly after Bruce was admitted to the hospital's behavioural neurology inpatient unit.

### **Q: What are your concerns for Bruce?**

Lisa: I worry about him. We've been working so hard together with Baycrest and other caregivers for such a long time; and I'm worried he's not getting better. We need to control his responsive behaviours better so he can get some sleep and eat more.

### **Q: What's your experience with Baycrest been like?**

Lisa: It's been fantastic! Bruce has been part of it since 2016. We went to Baycrest for our second opinion. We ended up going right to the top, talking to Dr. William Reichman. I was blown away that the President and CEO was so kind, gentle and understanding with Bruce, who was grappling with the knowledge that he had a disease that was unfathomable to him. That conversation really set the tone for what kind of standard of care I was going to expect in everyone going forward.

### **Q: As a caregiver, what has your experience been like from day one, when the diagnosis happened, through to today, in terms of your ability to navigate it emotionally and your daily routine?**

Lisa: How do I feel? I feel like I'm never good enough. I'm never ahead of the curve. I'm never on top of what's going on. I'm always chasing down the next symptom, the next behaviour, the next issue. One of the reasons I went public with our story was because I read about Jill Daum (wife of the late John Mann, singer of Spirit of the West, who also battled early-onset Alzheimer's before succumbing to the disease in 2019 at age 57) going public about John's illness. Hearing her story was the first time I realized that Bruce was also going to deteriorate to a point where he may not be recognizable. That was a real big wake-up call for me. If you watch movies and television shows, they skip all that in-between stuff. They go from diagnosis, where it's "I lost my keys a couple of times," and then suddenly they've passed away. There's a whole lot that happens in the middle.

### **Q: This new life of living with early-onset Alzheimer's must feel very different from the one you lived before in the public eye. How have you adjusted to it?**

Lisa: As someone who was successful in a political career, where you're always on top of the issues, this is a really humbling experience. It's the helplessness. To know that you just don't have any control and that you need the maximum amount of help that you can possibly get. I call every night to the nurses' station and go through my checklist: Is he eating? Is he wearing his clothing? All the little things that I need to know, so I can gauge where he's at. Especially now, because I don't have eyes on him due to COVID-19 restrictions. And there's always something new that pops up and I'm not prepared for it.

### **Q: Caring for Bruce takes up most of your time. But how have you made space to care for yourself?**

Lisa: I've been attending online support group meetings. That's been huge. I'm in a group with a bunch of really loving caregivers who openly share what's going on and

how they are doing. The therapist who leads the group has gone through it all, too. They have been complete anchors for me.

### **Q: What advice do you have for people who are just getting a diagnosis of early-onset Alzheimer's?**

Lisa: I would tell them there are good days ahead and you're going to have really good experiences because, you're now in a situation where you realize that if your spouse is saying something to you that makes absolutely no sense or has forgotten your birthday, it's not because they don't love you. It's because they have a terrible disease. So let go of the idea that your spouse has a motive in anything he or she says or does, because there's no motivation; it's just the disease. Give them the unconditional love that they will absolutely give you back. I would also tell them to make a bucket list. Start it and get it done because this disease moves quicker than you think. Lastly, be very aware of what the stages of Alzheimer's are. Read as much as you can and plug into some kind of group that has a lived experience so that you can understand it and you have a reference point.

I hope sharing my story allows others going through the same thing to feel more comfortable. The key is to look after yourself and talk about it.

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# One Year Later: A PERSPECTIVE ON THE PANDEMIC



Dr. William Reichman,  
President & CEO, Baycrest



We are now more than a year into the pandemic, and an end to this global debacle is coming into greater focus. What are some lessons we have learned from the experience of the pandemic's impact on older adults and their caregivers, and how do we apply those lessons going forward?

Physical distancing, while a necessary feature of infection prevention and control protocols, results in social isolation, loneliness and depression, all of which are either risk factors for dementia or can exacerbate the condition. Ensuring access to healthcare services and sustained social connection for those living with dementia who can no longer be visited or treated in person must always be paramount. In fact, physical distancing measures have necessitated the rapid adoption of remote care technologies, and at Baycrest, we have embraced innovative approaches for the provision of care at an extraordinarily rapid pace. Hastened by the pandemic, clinicians and caregivers have welcomed the expansion of electronic access to care for older adults living in the community as well as within care facilities. These gains must continue as a staple of best practice long after the pandemic comes to an end.

## THE VIRTUAL SOLUTION

One innovative technology-enabled service that emerged as a direct consequence of the pandemic is the Virtual Behavioural Medicine (VBM) program.

Persons living with dementia can demonstrate challenging responsive behaviours, such as physical and verbal aggression, agitation, hallucinations and paranoia. Historically, such patients needed to be examined in person or sent from a long-term care facility to a hospital emergency room for evaluation. In the VBM program, such patients are assessed virtually and receive pharmacological and non-pharmacological interventions to address these clinical challenges. This has helped to reduce transfers to acute care hospitals, trimmed wait times for referral to dementia care specialists and enabled effective behavioural support of patients in the setting in which they live.

It is also now commonplace to see more flexible therapy modalities being delivered by different specialties, such as adapting occupational and recreational therapy programs to address isolation through remote video interventions.

## BUILDINGS OF THE FUTURE

We are beginning to see the benefits of constructing congregate and long-term care homes using "intelligent design" principles. We know, for instance, that a nursing home that consists of all private rooms (like Baycrest) provides a critical advantage in being able to control outbreaks. Managing and caring for older adults with cognitive impairments or dementia in these times has been remarkably challenging – particularly so in facilities that aren't equipped to separate residents sufficiently to reduce risk of contagion. Dementia patients tend to wander into other peoples' spaces; and they might not understand what is being done with personal protective equipment. Contemplating these realities in new and retrofitted design will be imperative for optimizing residential care. Long-term care facilities in the future will be designed with larger common spaces, private rooms and more resident access to secure, outdoor areas. They will be equipped with next-generation surface materials for flooring, handrails, walls and furniture that are better able to be treated with stronger disinfectants.

## INCLUSIVENESS & OUTREACH

We are hopeful that the pandemic has highlighted the need to substantially revise the present-day approach to long-term care. This will include offering more choices for older adults and their families to receive care in the setting they prefer, developing and scaling novel methods to deliver healthcare and other supports by leveraging technology, and equipping congregate care facilities with architectural and related design approaches that better support the safety and well-being of residents and staff. With these measures, we can make important inroads to continue reducing the fears that may otherwise accompany the aging journey.

## RENEWED HOPE & POSSIBILITIES

In the face of the hardships collectively experienced throughout the pandemic, we have seen the dawn of a new vision for aging care: one that embraces technology and networks of best practices to help us pave the way for better outcomes. Research currently underway in our own Rotman Research Institute will help us to better understand the long-term neurocognitive and psychological effects of COVID-19.

As sector leaders, we remain resolute in finding every available path to better aging by helping older adults enjoy a life of purpose, inspiration and fulfilment.

**"In the face of the hardships collectively experienced throughout the pandemic, we have seen the dawn of a new vision for aging care."**



# Memory Is More Accurate THAN WE MAY THINK



Dr. Brian Levine

Think back to a special day you experienced in the last year. How confident are you that you can accurately remember the events of that day? What about a similarly special day, but 10 years ago? Or 40 years ago?

If your confidence decreased with each question, you are not alone. Many of us fear that our memory is unreliable and that it will only worsen as we get older. Fortunately, the results of a recent Baycrest study tell a different, much more empowering, story.

In the study, which examined people's ability to recall the details of past events, research participants scored an average of 94 per cent on memory accuracy. This high level of accuracy was observed regardless of the participant's age or the amount of time that had elapsed since the event took place.

## RESULTS WILL HELP IN UNDERSTANDING MEMORY AND AGING

"This study shows us that memory accuracy is actually quite good under normal circumstances, and it remains stable as we age," says Dr. Brian Levine, senior scientist at Baycrest's Rotman Research Institute (RRI) and professor of psychology and neurology at the University of Toronto. "These results will be helpful for understanding memory in healthy aging and can contribute to identifying differences in memory among those who develop dementia."

"The high accuracy we observed is surprising to many, given the general pessimism about memory accuracy among scientists and the prevalent idea that memory for one-time events is not to be trusted," says Dr. Nicholas Diamond, the study's lead researcher, former graduate student at the RRI and current postdoctoral researcher at the University of Pennsylvania.

In fact, about 400 academics (including memory scientists) surveyed as part of this study estimated memory accuracy to be around 40 per cent at best, expecting this score to be even lower for older participants or with greater amounts of time elapsing since the events. This pessimism originates from earlier studies showing that memory can be manipulated using certain testing methods, which is not representative of the way we remember events in our regular lives.

To test memory accuracy in this study, the researchers created an immersive, scientifically controlled event for their participants: a 30-minute, audio-guided tour of art and other items displayed at Baycrest. Two days later, participants were asked to tell the researchers everything they could remember about the tour. The responses were recorded and then verified against the facts.

Using standardized, verifiable events to test memory is an innovative approach, as scientists typically use artificial laboratory stimuli, such as random word lists, rather than real-life experiences. Alternatively, they may test participants' memory for personal past experiences, which cannot be verified.

The results showed that participants' accuracy was high in both cases, though, as expected, the number of details they remembered decreased with age and time. At best, they recalled about 25 per cent of their art tour. Generally speaking, this means that we can be reassured that our memories remain accurate, even if details fade with time and age.

While forgetting details is normal across all ages, there are things you can do to strengthen your memory recall today and for the future.

**Spaced repetition:** We all know repetition improves memorization. To make repetition more effective, wait a few seconds before repeating the item you want to memorize, then wait a few seconds longer. Increasing the intervals between repetitions helps to firmly establish the memory.

**Retrieval practice:** Practising retrieving information from your memory is even more effective than studying that information again. After you learn something, try to remember it. Then take a break and repeat.

**Organization:** We remember information better when we mentally organize it. Try organizing your grocery list into different categories. For example, group apples, pears and oranges together in one category and garbage bags and all-purpose cleaner in another.

**Context matching:** It's easier to retrieve information from your memory when you're in a similar context (for example, a similar place or even mood) to the one in which you learned that information. If you want to be able to remember something in a specific location, try studying or rehearsing it there. If you want something to be more memorable overall, study or rehearse it in many different contexts.

**Visualization:** When you hear verbal information, try visualizing it in your mind – we remember information much better when we experience it with multiple senses.

Research at Baycrest's Rotman Research Institute (RRI) advances our understanding of the complexity of the human brain. With a primary focus on aging and brain health, RRI scientists and other researchers across the Baycrest campus promote effective care and improved quality of life for older adults, helping them enjoy all that life has to offer as they age. To support research at Baycrest, visit [www.baycrest.org/supportresearch](http://www.baycrest.org/supportresearch)

**"Memory accuracy is actually quite good under normal circumstances, and it remains stable as we age."**



# Individualized Brain Stimulation THERAPY BRINGS NEW HOPE TO THOSE WITH APHASIA



Dr. Jed Meltzer

Language plays a crucial role in our daily lives. It allows us to communicate and build connections with others, get the information we need, learn new things, navigate our surroundings and even stay safe. So when our language skills are impaired, it can have devastating consequences.

This is a worrying reality for those with aphasia. Aphasia is a language disorder that impacts all forms of verbal communication, including speech, language comprehension, and reading and writing abilities. Among other things, aphasia can affect our ability to name common objects, engage in conversation, understand and use words correctly and follow instructions. It affects around one-third of stroke survivors and can also be present in those with dementia, especially in the form of primary progressive aphasia.

“Aphasia can be very isolating,” says Dr. Jed Meltzer, Baycrest’s Canada Research Chair in Interventional Cognitive Neuroscience and a neurorehabilitation scientist at Baycrest’s Rotman Research Institute (RRI). “It can negatively affect people’s personal relationships, and it often determines whether or not someone can continue working.”

With such potentially debilitating impacts, aphasia can seem like a frightening diagnosis. However, Dr. Meltzer and his team want to help individuals with aphasia recover and live life to the fullest. They are pioneering the use of individualized brain stimulation therapy to treat aphasia in recovering stroke patients. In a recent study, they tested language performance and used magnetoencephalography (MEG) to measure brain waves in 11 stroke survivors with aphasia before and after they underwent brain stimulation therapy.

The scientists found that the participants had abnormal electrical activity in brain regions close to but outside the area destroyed by the stroke. This abnormal activity was mainly a shift to slower brain waves, a pattern they have also observed in individuals with dementia.



They mapped that abnormal activity and targeted it using non-invasive brain stimulation. They found that the stimulation made the activity more normal - that is, faster - and improved language performance in the short term.

Previous research has also demonstrated that brain stimulation can improve language performance in aphasia patients. However, Dr. Meltzer and his team are the first to target each individual’s abnormal brain activity with the stimulation treatment. In contrast, the standard approach in previous studies has been to use the exact same treatment, targeting the same brain areas, on every patient.

“Aphasia patients are highly variable in terms of where their brain damage is and what part of the brain should be stimulated for therapy. By mapping individuals’ brain waves, we are finding ways to target the right area to improve their language performance,” says Dr. Meltzer.

While the participants in this study were stroke survivors, individuals with dementia have similar dysfunctional tissue in their brains, and the scientists are also examining the use of brain stimulation in this group.

Currently, most people who suffer from aphasia undergo speech and language therapy. This helps them improve their ability to communicate by restoring as much of

their language as possible, teaching them how to make up for lost language skills and finding other methods of communicating. While most people can make significant progress with this therapy, it is a relatively slow process and few people fully regain their communication abilities. Innovative techniques, such as individualized brain stimulation therapy, bring new hope that aphasia patients may one day recover more quickly and regain more of their language abilities.

In this study, Dr. Meltzer and his team looked at the immediate effects of single stimulation sessions. As a next step, they have received funding from the Heart and Stroke Foundation to conduct a full-scale clinical trial looking at the longer-term impacts of repeated brain stimulation for stroke survivors with aphasia. However, this study has been suspended because of the restrictions on in-person research participation due to the COVID-19 pandemic. In the meantime, the scientists have pivoted to optimize other aspects of aphasia treatment.

Baycrest research helps improve the way we prevent, diagnose and treat brain disorders like aphasia, improving the experience of aging for us all. If you would like to participate in our research, please visit [www.baycrest.org/participateinresearch](http://www.baycrest.org/participateinresearch) to learn more and express your interest.



# How New Approaches TO CARE & INNOVATION SUPPORT AGING IN PLACE



For more than a century, innovation has been at the core of Baycrest's efforts to respond to the changing needs of older adults. Baycrest has persistently sought new and better ways to provide care and empower older adults, and pave the way for the best possible aging journey, wherever they call home. Baycrest is listening to older adults and their families, and is responding to their desire to live safely and independently in the community for as long as possible, by creating solutions, building partnerships and collaborating with others on leading-edge technologies to support them in their homes - even as they face physical and cognitive changes.

## AGING IN THE COMMUNITY WITH BAYCREST@HOME

The recently launched Baycrest@Home initiative is a prime example of an innovative solution that is helping older adults remain at home with appropriate supports. The model leverages virtual technologies to provide a holistic approach to care for older adults with declining cognitive health, as well as support for their care partners - usually a spouse or an adult child.

The process begins with a virtual visit with a clinical social worker who assesses the needs of the individual and their family. Families have access to education, clinical expertise, counselling and referrals, a home safety assessment and healthcare advice. Virtual social and recreational programs keep older adults with dementia, and their care partners, engaged, reduce social isolation, and contribute to their overall health and well-being. All Baycrest@Home services draw on the knowledge and skills of Baycrest experts in aging and brain health.

Baycrest@Home is also testing sensor technology for home safety and an online learning platform to educate and support family care partners.



*Dr. Allison Sekuler,  
Vice-President, Research and the  
Sandra A. Rotman Chair at Baycrest; and  
Managing Director, Baycrest's Rotman  
Research Institute and the Centre for  
Aging + Brain Health Innovation (CABHI).*

When the pandemic hit, Baycrest@Home was able to extend its reach to members of Baycrest's Adult Day Programs who were no longer able to come to the campus to participate in the programs and benefit from the support and social connections with other older adults living in the community.

Azaliya,\* daughter of an Adult Day Program member, worried that her mother's cognitive health would decline if she wasn't able to attend in person. Instead, because of Baycrest@Home, she has seen some improvements. "She wakes up earlier than she used to and looks forward to doing something," Azaliya explains. "It keeps her busy for a few hours a day. She listens to music. She does the exercise programs. I think it's very innovative, especially now when she can't have a lot of visitors. I think it's great."

## SUPPORTING AGING AND BRAIN HEALTH INNOVATORS THROUGH CABHI

Baycrest also supports high-impact healthcare solutions to help older adults age well at home through the Centre for Aging + Brain Health Innovation (CABHI). CABHI is a unique collaboration of healthcare, science, industry, not-for-profit and government partners whose aim is to help improve the quality of life for the world's aging population, allowing older adults to age safely in the setting of their choice while maintaining their cognitive, emotional and physical well-being. Through its funding programs, CABHI helps innovators develop, test and disseminate their aging and brain health solutions.

CABHI-supported innovations helping older adults age safely in the place of their choice include Careteam and MEMOTEXT's Ring of Support system. Careteam is a care coordination and navigation platform designed to bring together interprofessional healthcare teams to collaborate on care plans for patients with complex care needs through secure communication. As a response to COVID-19, Careteam was able to provide personalized healthcare information and virtual care appointments for older adults who tested positive for the virus. ▶





Leveraging smart devices, such as Amazon's Alexa, the CABHI-supported company MEMOTEXT provides at-home health checks using automated phone calls. In the event of an emergency, MEMOTEXT devices are equipped to dispatch a nurse practitioner to the user's place of residence. By providing healthcare on-demand during a pandemic, this innovation has been deployed to 18,000 homes to date.

### **EMPOWERING OLDER ADULTS TO OVERCOME THE DIGITAL DIVIDE**

Recognizing that technology is at the heart of many innovations that help older adults age in their setting of choice, Baycrest is supporting programs to help older adults bridge the digital divide through its Baycrest Innovation Office (BIO). BIO was created in 2019 to identify best practices and technologies at Baycrest and around the globe and support their development, implementation and potential commercialization.

One example is Technology Enablement for older Adults (TEA), an eight-week program that empowers older adults to take charge of their digital literacy journey. When the pilot program wrapped up in March 2021, participants said they were thrilled with the new, digital world that had opened up for them. One participant said: "You can virtually explore a museum, see the doctor and get groceries. You can do anything! It's very exciting."

### **INVOLVING OLDER ADULTS IN THE SOLUTIONS**

"Aging at home isn't what it used to be even 10 years ago," says Dr. Allison Sekuler, Baycrest's Vice-President of Research and Managing Director of CABHI. "Advances in technology have transformed aging, and innovators are working closely with older adults, listening to their hopes and desires to create solutions that enable people to live their lives to the fullest. The mission is to empower older adults and not only to feel safe and be healthy, but to get excited about - and take a real role in developing - the future of age-friendly communities."

Through innovation, collaboration and compassion, Baycrest is committed to finding solutions to support older adults throughout the aging journey so they can enjoy a life of purpose, inspiration and fulfilment.

*\* Azaliya - name changed for privacy reasons*



**"Virtual care has been such a success that in-person Memory Clinic visits are likely to become the exception rather than the norm."**

# Propelled by a Crisis

## **VIRTUAL PROGRAMS ARE IMPROVING ACCESS TO CARE**

According to a survey by Canada Health Infoway, the number of virtual healthcare visits with primary care physicians and specialists jumped from 10-20 per cent before the pandemic to 60 per cent in March and April 2020. As digital health solutions continue to expand, 76 per cent of Canadians said they are willing to use virtual care after the pandemic ends.

Before in-person visits came to a grinding halt last year, Baycrest was already looking at virtual technology as a way to reach more people in need of its services, particularly those who can't easily travel to its campus. In some instances, the pandemic accelerated the adoption and expansion of virtual care at Baycrest; in others, it motivated its development entirely.

Perhaps one silver lining in this devastating crisis is that it has improved access to Baycrest's expertise so that older adults at home, in acute care hospitals and in long-term care and retirement homes can live their best possible lives.

### **VIRTUAL COGNITIVE ASSESSMENTS**

The **Sam and Ida Ross Memory Clinic** is a perfect example of this. People experiencing memory problems, cognitive issues and signs of dementia are referred to the Memory Clinic for assessment and treatment. A pilot project was conducted in 2018 to offer virtual patient follow-up visits using video conferencing over the secure Ontario Telemedicine Network, and plans were underway to test virtual cognitive assessments for new patients.

When the pandemic struck, Dr. Morris Freedman, a behavioural neurologist who heads the clinic, and his team had to quickly pivot to offer all patient visits virtually. Enormous effort went into adapting the assessment for a virtual platform, developing virtual visit guidelines for patients and their families, and training virtual volunteers to provide technical support to patients. Virtual care has been such a success that in-person Memory Clinic visits are likely to become the exception rather than the norm. This means people across Ontario will have access to this much-needed service without having to travel to Baycrest. ▶





### REMOTE ACCESS TO SPECIALISTS

A new virtual pilot program now being offered by the Sam and Ida Ross Memory Clinic also ramped up speed to launch in April 2020. The **Virtual Behavioural Medicine (VBM) Program** is a collaboration between the Memory Clinic and the Toronto Central Behavioural Support for Seniors Program (TC-BSSP). It offers rapid response virtual assessment and treatment for people with challenging responsive behaviours caused by dementia, such as verbal and physical aggression, who are at risk of being transferred to acute care emergency departments. These individuals would usually require admission to an inpatient Behavioural Neurology Unit, which have wait times of up to one year.

Since it began, the VBM Program has seen a steady increase in referrals from acute care, long-term care and the community, and the wait time for an assessment ranges from 5 to 15 days. Based on the data to date, it is anticipated that the need to admit patients to the Behavioural Neurology Unit at Baycrest can be reduced by 65 to 80 per cent. That means more people can be more

quickly assessed and treated in familiar surroundings to improve their quality of life.

### DONOR SUPPORT FOR E-VISIT TECHNOLOGY

Another constructive outcome of the required restrictions on in-person visits at Baycrest has been the introduction of eVisits and virtual social and recreational programs for Baycrest residents and patients, as well as seniors living in the community. Donor support for the successful Safeguarding our Seniors fundraising campaign allowed Baycrest to purchase laptops, iPads, headsets, smart TVs, digital stethoscopes and webcams, in addition to crucial personal protective equipment (PPE).

Numerous Baycrest staff were redeployed to mobilize and activate the use of technology for virtual care with health professionals; eVisits with family and friends; and virtual recreational and social-engagement programs.

The long-term impact will be improved access to Baycrest services to help older adults who are aging in place in the community stay healthier longer.



### VIRTUAL SUPPORT FOR FAMILY CAREGIVERS

The new **Baycrest@Home** initiative is evidence of this impact already being felt today. Begun as a pilot project in 2019 thanks to generous donor support, Baycrest@Home was testing virtual programs and services for physically and cognitively frail older adults and their families in the community when the pandemic hit. The team quickly launched a pilot Virtual Day Program for 50 members of Baycrest's adult day programs, including those with dementia, who could no longer attend the on-site program for psychosocial support. As a result of this pilot, Baycrest@Home debuted a website in June 2020 offering virtual social and recreational programming for older adults with dementia and support for their family caregivers.

### REACHING OUT TO FRAIL SENIORS AT HOME

At the end of 2019, Baycrest became a core partner in the North Toronto and North York Ontario Health Teams (OHTs) announced by the Ministry of Health. These OHTs bring healthcare providers together to work as one team to coordinate and provide care for frail seniors in the community. At the start of the pandemic, Baycrest worked swiftly to lead a COVID-19 Community Response Team to provide primary healthcare services to seniors in 10 Toronto Community Housing buildings. The team is now also providing virtual care, wellness calls and food delivery to help keep over 3,000 senior tenants safe, and prevent unnecessary emergency department visits.

For more information about these virtual programs, please visit [www.baycrest.org](http://www.baycrest.org). To support the Baycrest Foundation's fundraising efforts in Safeguarding Our Seniors, visit [www.baycrest.org/sos](http://www.baycrest.org/sos).



# How Improving Health Literacy CAN HELP YOU GAIN CONFIDENCE AND TAKE CHARGE OF YOUR HEALTH



Dr. Faith Boutcher

Health literacy is an individual's ability to obtain, read, understand and use information about their health. It's considered to be a great predictor of positive health outcomes, and studies have shown that low health literacy skills bring considerable risks to one's health and well-being.

Health literacy is much more than the ability to read and write or the level of education attained. General education alone does not mean one has high health literacy. Anyone diagnosed with a serious illness can be scared or confused, especially without an adequate understanding of the condition or treatment options.

"Even someone who has a fair degree of education may lack knowledge of where to find trustworthy and valid health information from experts, and broad-based web searches can be quite unsafe and unreliable," says Elke Ruthig, Project Manager, Patient, Family and Consumer Education at Baycrest. "As well, anyone can struggle to understand complicated health information under stressful circumstances."

Without adequate health literacy, a person may feel worried and dependent upon those around them knowing and providing what they need for their best health. In order for individuals to take control of their health, they must understand how to access the services they need to maintain good health.

## BENEFITS OF HEALTH LITERACY

Individuals with health literacy are able to articulate their concerns to a healthcare provider, understand the information they are provided, and follow instructions for treatment and taking prescribed medication.

Conversely, individuals with low health literacy may misinterpret label warnings on medication, misunderstand how to take it and be unaware of the potential side effects. And because they generally lack engagement with healthcare providers, they may be afraid to ask questions and issues can be left undetected.

Low health literacy is more prevalent among older adults. Unfortunately, 60 per cent of Canadians and up to 88 per cent of seniors have low health literacy.



Dr. David Conn

"Promoting health literacy among all patients, and especially among older adults, is critical to improve involvement in their care," says Dr. David K. Conn, Vice-President of Education and Director of the Centre for Education and Knowledge Exchange in Aging at Baycrest. "This will encourage better understanding of their health condition, confidence in handling their care needs and better overall self-management of their conditions."

As health literacy improves, older adults are more confident, are able to understand and act upon their medical regimens, and know where and how to access healthcare services. They are informed, less worried and in a better position to age in place and live their life to the fullest.

## IMPROVING HEALTH LITERACY

Unlike other social determinants of health, such as poverty and employment, health literacy can be addressed more directly through efforts to improve communication and by providing greater access to trusted sources of information specific to individuals' needs.

To help pave the way to better health and well-being and make trusted healthcare information available to older adults in Canada and around the world, Baycrest has created online resources targeted to the health information needs of older adults.

Baycrest's new Health Information Portal, available at [www.baycrest.org/Baycrest/Health-Information](http://www.baycrest.org/Baycrest/Health-Information), is a centralized, online hub for reliable geriatric health information. The portal provides easy access and excellent navigation to resources, tools and links from Baycrest experts and vetted external resources of value currently on the Baycrest website.

"This portal is an extremely important resource for older adults right now," says Dr. Faith Boutcher, Director of Academic and Interprofessional Education at Baycrest. "Access to reliable health information online

is especially important during these challenging times when in-person access is limited."

The Health Portal also provides easy access to Baycrest's list of Dementia Resources from Around the World, which is curated information about Alzheimer's and other forms of dementia that has been vetted against standards for web accessibility for seniors, font size, language, etc. This resource helps to lessen the complexity, confusion, worry and challenge of locating reliable information about dementia and memory loss.

By supporting health literacy and providing access to reliable health information, Baycrest is paving the way to better aging, helping older adults embark on the next phase of their aging journey with confidence and courage.

## THREE COMPONENTS OF HEALTH LITERACY

- 1. Functional health literacy** refers to the knowledge and other skills that enable one to obtain and act upon information to support optimal health, including approaches and services for management of health issues and disease.
- 2. Interactive health literacy** refers to one's ability to synthesize, understand and appropriately apply information about one's changing health needs.
- 3. Critical health literacy** refers to more advanced cognitive abilities and skills required to analyze information, make knowledgeable decisions and take control of one's health.

*Baycrest is grateful to the donors and sponsors who have supported the launch of our new Health Information Portal. For more information on corporate sponsorship or personal contributions to continue developing this critical program, contact Dalit Fichman at 416-785-2500, ext. 6926 or [dfichman@baycrest.org](mailto:dfichman@baycrest.org)*



# Infection Prevention AND CONTROL AT BAYCREST: HOW THEY ARE KEEPING US SAFE



Linh Ngo

Having now passed the one-year mark of our response to the COVID-19 pandemic, we are able to look back at how we started, what we have done in the past year and how we are working with our partners in the community and in government to continue to keep older adults safe, both on the Baycrest campus and in the community.

*BrainMatters* spoke with Linh Ngo, Infection Control Practitioner at Baycrest, about what she has learned throughout this pandemic, how the Infection Prevention and Control (IPAC) team is keeping Baycrest patients and residents safe, and her advice as the pandemic continues to develop.

## **Q: CAN YOU GIVE US A BRIEF SUMMARY OF IPAC PROTOCOLS AT BAYCREST AND HOW THEY HAVE EVOLVED THROUGHOUT THE PANDEMIC?**

Linh: From the beginning, the IPAC team at Baycrest has followed best practices recommended by Public Health Ontario's (PHO) Provincial Infectious Diseases Advisory Committee on Infection Prevention and Control (PIDAC-IPC). PIDAC-IPC advises PHO on the prevention and control of healthcare-associated infections, with a focus on healthcare providers, clients, patients and residents.

When we first learned about COVID-19, it was very early in 2020 and we didn't have much information to go on. We were starting to make very important decisions but the global health community didn't have many answers since it was all so new. Our approach then, in line with PIDAC-IPC recommendations, was to be overly cautious. We put in place enhanced precautions for anyone experiencing symptoms, which included airborne, droplet and contact precautions. This was in place until we had a better understanding of the virus and what we were dealing with.

As more information became available, we were able to adjust our protocols. An important milestone for us was when we learned that the virus was not airborne and we only required droplet and contact precautions for suspected and confirmed COVID-19 cases. This meant that we would be able to care for our patients and residents on campus instead of transferring them to other facilities, an important factor when caring for an older population.

We are now at a point where we have been able to put in place adequate measures to maintain a relatively low case count, keep everyone on campus as safe as possible and work with PHO stakeholders and partners to vaccinate all eligible patients and residents at Baycrest.

## **Q: HOW HAS THE IPAC TEAM BEEN ABLE TO KEEP BAYCREST RESIDENTS AND PATIENTS SAFE THROUGHOUT THIS PANDEMIC?**

Linh: We have worked with various departments at Baycrest to communicate our three major pillars for fighting this virus to our staff, patients and residents: hand hygiene, physical distancing and appropriate personal protective equipment (PPE).

Enforcing these three key components across all of the Baycrest campus has not only helped us protect the majority of our staff, residents and patients from COVID-19, but it has also kept everyone healthier by decreasing the risk of other potential viruses, and in some cases, eliminating them altogether - such as the flu.

Each year in Canada, it is estimated that influenza, or the flu, causes approximately 12,200 hospitalizations and 3,500 deaths (Source: Canada Public Health). In the fall of 2019, we started our annual campaign against influenza at Baycrest and the hospital exceeded our target of 80 per cent and achieved an 84 per cent patient vaccination rate. Due to COVID-19 protocols being in place on campus for most of 2020, such as prolonged masking, we haven't seen influenza at all this year - in fact, we have seen no influenza cases in all of Toronto!

## **Q: WHAT HAVE YOU LEARNED FROM HAVING THESE MEASURES IN PLACE? SHOULD WE CONTINUE THEM IN THE FUTURE?**

Linh: Getting vaccinated and exercising meticulous hand hygiene is so simple yet so effective. I understand that

this can sometimes be uncomfortable but as we work to reach herd immunity and high vaccination numbers in Canada, I hope people are able to remember the importance behind it. I hope people continue to think about what they touch and how viruses and bacteria travel, and continue to prioritize hand hygiene even after COVID-19 is a thing of the past. Something so simple can help prevent infections in the future.

## **Q: WHAT IS YOUR ADVICE FOR PEOPLE AT BAYCREST, AND BEYOND THE CAMPUS, AS WE MOVE INTO THE WARMER MONTHS?**

Linh: As we move ahead into 2021, my advice for people is to get vaccinated. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed. Combining all our existing measures (such as wearing a mask, physical distancing and hand hygiene) with vaccination will be important to help stop the pandemic.

We have to continue to be vigilant and stay as healthy as possible, if not for ourselves, then for those around us. I recommend you speak to your trusted healthcare professional, seek information from trusted sources and don't believe everything you read - research the source and ask lots of questions.

For me, getting vaccinated was not just about protecting my health, it was about protecting those around me. Working on the front lines, I have been exposed to so much information and I know how deadly this virus can be to everyone, especially older adults at Baycrest and out in the community. Getting vaccinated was something I could do to help keep everyone at Baycrest safe, and keep my own family safe as well.

For the latest COVID-19 information at Baycrest, please visit [www.baycrest.org/covid-19](http://www.baycrest.org/covid-19). To support the Baycrest Foundation's fundraising efforts in Safeguarding Our Seniors, visit [www.baycrest.org/sos](http://www.baycrest.org/sos).

**"For me, getting vaccinated was not just about protecting my health, it was about protecting those around me."**



# Cineplex CEO Anticipates

## A RETURN TO CINEMAS FOR ENTERTAINMENT AND SOCIAL CONNECTION

*BrainMatters* asked Cineplex President & CEO and Baycrest Board Member Ellis Jacob about his career, his love of movies, his philanthropy and his predictions for the movie industry.

**Q: Did a love of movies influence your career path?**

Ellis: I have childhood memories of seeing movies in India, where there was one single screen and about 800 people in one auditorium. When I came to Canada as a 16-year-old for my sister's wedding, I had no idea I would end up being the CEO of Canada's largest and most innovative cinema and entertainment company, Cineplex.

Of course, I love movies - *The Shawshank Redemption* is my favourite, as are Bollywood stories like *Slumdog Millionaire* and *Lion*. What I love most is the immersive experience of watching a movie in a dark theatre with the big sound and big screen. It's a shared, social experience and something that can't be replicated at home.

**Q: Your family generously supported the creation of the 175-seat Jacob Family Theatre at Baycrest in honour of your mother. Can you explain why?**

Ellis: This was a labour of love for me. My family and I raised funds to build the Jacob Family Theatre at the Posluns Auditorium to bring the magic of the movies to Baycrest residents and patients. My mother always loved the movies and regularly went out to a theatre with her caregiver, even when she was a Baycrest resident. While she was at the movies, she was totally attentive and engrossed. When she passed away, we wanted to bring that escape through movies onsite to other Baycrest residents.

**Q: What are your thoughts on the future of the movie industry in the wake of the pandemic?**

Ellis: There's only one true theatre experience for movie-lovers - and that's watching the films they love on the big screen. As vaccines are rolled out and restrictions are lifted, we know Canadians are going to be looking for safe and affordable entertainment choices coming out of the pandemic. Promising data released by Abacus Data says that 53 per cent of Canadians miss watching movies in movie theatres, making it the most missed activity by Canadians.

I'm really looking forward to reopening our venues across Canada. We've all been cooped up for a long time and are really longing to come back together as a community and take part in social experiences, which is so important to overall brain health.

At Cineplex, our focus right now is preparing for the inevitable surge in interest and attendance as restrictions lift and we can welcome our guests back with open arms (physically distanced, of course). I am confident that Cineplex and the film industry as a whole will not only recover, but thrive. I believe we will all be enjoying the immersive movie theatre experience for many, many more years to come.



**Q: How has your involvement with Baycrest influenced your attitude toward brain health and aging?**

Ellis: Working so closely with Baycrest, I have become much more aware of the importance of focusing on brain health, especially as we age. In fact, I've made a few lifestyle changes because of it, including upping my physical fitness with regular workouts and improving my diet.

Mental stimulation and socialization are other key factors to keep your brain healthy and luckily, as CEO of Cineplex, I have always benefitted from an ample amount of both. But as I continue to age, I'm doing everything I can to keep the best lifestyle possible...and brain health is at the top of the list.

### Movies Benefit Brain Health AND WELLNESS AT ANY AGE

"Watching a movie is a multi-sensory experience that makes you think and feel at the same time. It can be very moving and powerful. It can trigger long-term memories and elicit a range of emotional responses. All of this can have a positive impact on your brain health and your overall health and wellness, at any age," says Melissa Tafler, who develops programming for seniors that integrates film as part of her role as Manager of Culture, Arts and Health Services for Baycrest@Home.

"It's both a cognitive and an emotional experience," she explains. "Viewing a movie with others creates a shared experience within a community. Movies help us see things from a different perspective and create an opportunity to step outside of ourselves, even for a short time."

Through a partnership with TIFF, Baycrest@Home has been screening a variety of short international films both online and on the internal Baycrest TV channel to engage seniors and prompt discussion and reflection. Baycrest@Home also offers a popular, virtual film discussion group for clients and family caregivers that exposes them to unique stories and themes, and gives them a chance to share their insights and tell their own stories, contributing to their overall health and well-being.

### BAYCREST CONGRATULATES 2020 HONOUREES

The following Baycrest ambassadors are among the 25 people appointed to the Order of Ontario in 2020, the province's highest honour:

- Ellis Jacob, C.M. Baycrest Board Member
- Dale H. Lastman, C.M. Baycrest Board Chair
- Hershell Ezrin, Baycrest Board Member (past)
- Karen Goldenberg, Baycrest Board of Governors Member (past)

### 2020 Order of Canada

- Dr. Morris Moscovitch, a founding senior scientist at Baycrest's Rotman Research Institute, was named a Member of the Order of Canada in 2020 for his critical contributions to the fields of clinical neuropsychology and cognitive neuroscience, notably his groundbreaking memory research.

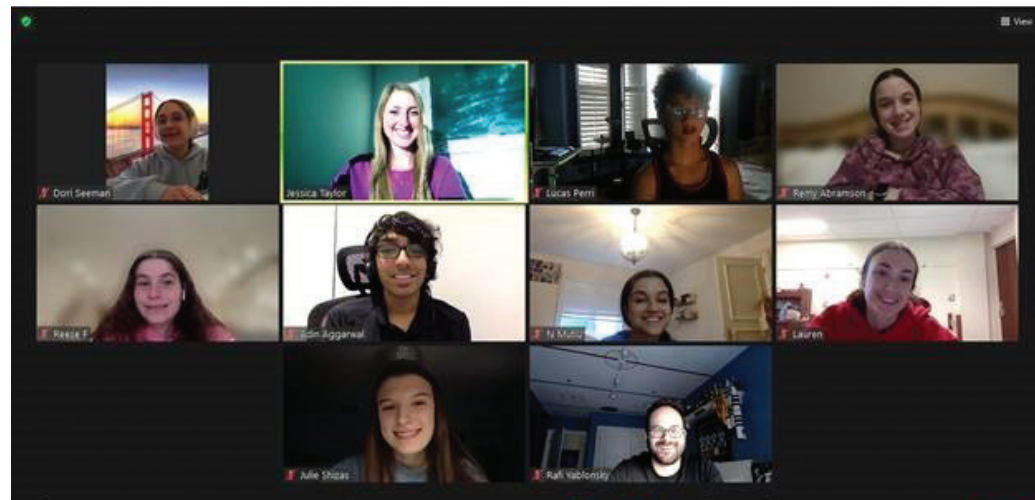






# E-Scene Around BAYCREST

Baycrest is a global leader in aging and brain health with a vision of a world where every older adult experiences a life of purpose, inspiration and fulfilment. Thanks to the ongoing generosity of our community, we've been able to adapt and innovate during these unprecedented times to stay true to our promise, while keeping everyone on our campus as safe as possible. Through our extensive programs and services, we are working to defeat dementia and pave the way for the best possible aging journey. We've also been able to stay connected to our donors and the broader community through virtual events and numerous virtual engagements, such as educational webinars, Baycrest Buddies and Women Friends of Baycrest. For more information, please visit [www.baycrestfoundation.org/events](http://www.baycrestfoundation.org/events).



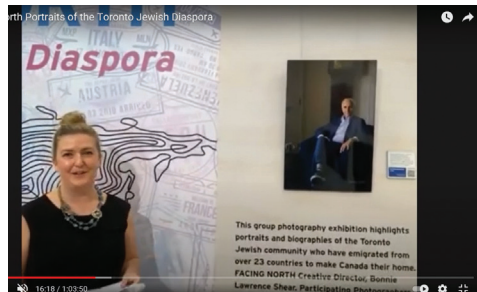
Baycrest Buddies Pan(demic) Pals monthly group meetup: (top row, l-r) Dori Seeman, Jessica Taylor, Lucas Perri, Remy Abramson; (centre row, l-r) Reese Feldberg, Adin Aggarwal, Naz Mutlu, Lauren Rozenberg; (bottom row, l-r) Juliana Shizas, Rafi Yablonsky



Baycrest Buddies Camp Manitou monthly group meetup: (top row, l-r) Rafi Yablonsky, Jessica Taylor, Shawn Fremeth, Emma Levin; (centre row, l-r) Alec Amato, Samantha Blackstein, Michael Baker, Janis Sternhill; (bottom row, l-r) Jen White, Chloe Perlon, Jennifer Shiner



Bonnie Lawrence Shear, Creative Director of the Facing North Exhibit



Meghan Richardson, Arts Project Coordinator, Culture & Arts, and Photographer, Curator of the Facing North Exhibit



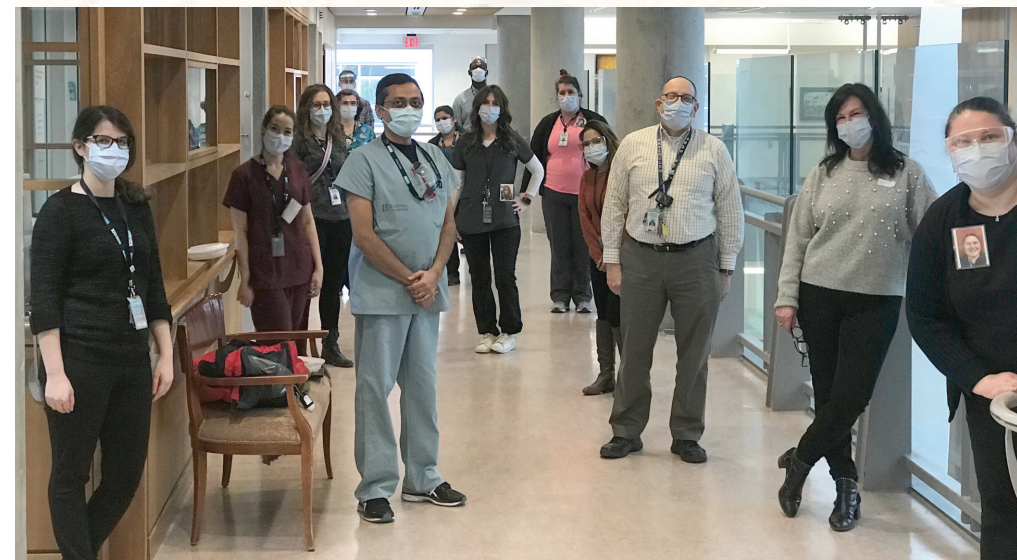
(above) Tobie Bekhor and Gilda Goodman Helman (below) Women Friends of Baycrest Co-Chairs, participating in the Rare Judaica Treasures program



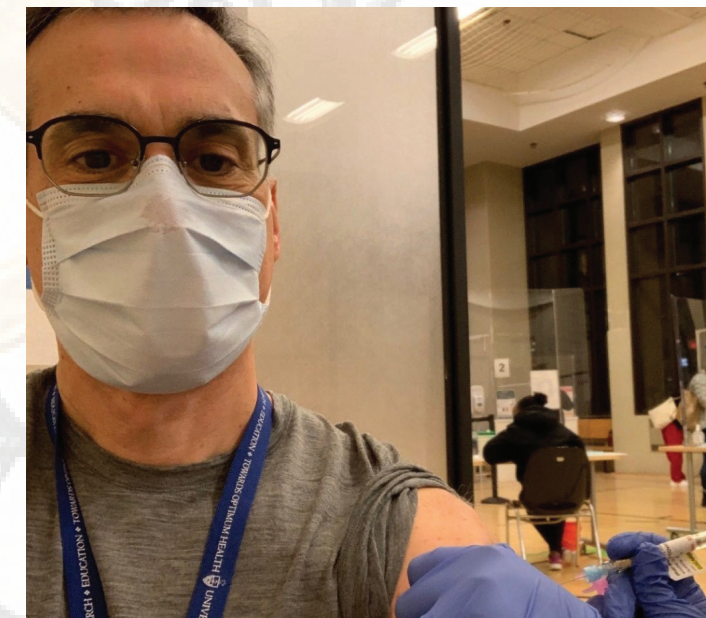
Marvin Gord, who walked one million steps and raised over \$110,000 for Baycrest's Safeguarding our Seniors Campaign, celebrated his 100th birthday on December 31st.



Free meals were part of Staff Appreciation Days at Baycrest.



The Aptex team that set a Long-Term Care record that day after vaccinating over 345 residents in just under six hours



Dr. Sid Feldman receiving his COVID-19 vaccine



Adrian Vecchio, Advanced Practice Leader and Registered Nurse, gives the first vaccine dose to residents Eva Kurtzman (left) and Elliot Sugar (right).



Proud to lead the operations of the opening of a community vaccination clinic located in the Englemount-Lawrence area. (above) is the welcoming registration team.





(l-r) Julie Albert and Lisa Gnat, the Saucy Sisters from BiteMeMore.com

# The Perfect Salad

## VEGETARIAN CHOICE

While three-bean salads are fine and five-bean salads are swell, there's nothing as spectacularly simple and delicious as this lucky Seven-Bean Salad. This quick, easy and healthy salad, a combination of tasty beans tossed in a tangy Lemon Dijon Dressing, is guaranteed to become a staple at your table. Cookbook authors Julie Albert and Lisa Gnat, the Saucy Sisters from **BiteMeMore.com**, share this simple-to-make and tasty recipe, like the many from their newest cookbook, *The Bite Me Balance*.

### SEVEN-BEAN SALAD (Serves 6 - 8)

#### DIRECTIONS

**For the Lemon Dijon Dressing**, in a food processor or blender, combine olive oil, champagne vinegar, Dijon mustard, garlic, mustard seeds, lemon zest, salt and pepper. Pulse 2-3 times, until well combined. Set aside.

**For the salad**, bring a medium pot of water to a boil over high heat. Add green beans and edamame. Turn heat to low and cook 1 minute. Add snow peas and fresh green peas and continue cooking 1 minute more. Drain and immediately plunge into a bowl of ice water to stop cooking. Once cold, drain again and dry out completely. Place in a large bowl along with chickpeas, lima beans, white beans, parsley, thyme, lemon zest and salt. Pour dressing over salad, toss well and refrigerate covered until ready to serve.



#### Lemon Dijon Dressing

- 6 tbsp olive oil
- 3 tbsp champagne vinegar
- 1 tsp Dijon mustard
- 1 small garlic clove, minced
- 1 tsp mustard seeds
- 1/2 tsp lemon zest
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper

#### Seven-Bean Salad

- 2 cups fresh green beans, ends snipped
- 1-1/2 cups frozen edamame, thawed
- 2 cups snow peas
- 1 cup fresh green peas
- 1-1/2 cups canned chickpeas, rinsed and drained
- 1-1/2 cups baby lima beans, rinsed and drained
- 1-1/2 cups white (cannellini) beans, rinsed and drained
- 1 tbsp chopped fresh flat-leaf parsley
- 2 tsp fresh thyme
- 1 tsp lemon zest
- 1/4 tsp kosher salt, or more to taste

# The Nutritional Facts

## WHAT'S IN IT FOR YOU?



Iris Weinberg, a registered dietitian at Baycrest.

Due to the COVID-19 pandemic, Canadians have had to rethink how they approach daily activities. Cooking at home has increased during this time, which may lead to permanent habits and a healthier lifestyle.

It is also the International Year of Fruits and Vegetables and the first issue of *BrainMatters* in 2021 is showcasing a Seven-Bean salad recipe to highlight the important role fruits and vegetables play in a healthy diet.

This food group is packed with fibre, vitamins and minerals, and should fill half of your plate. This recipe calls for green beans, edamame, snow peas, green peas, chickpeas, lima beans and white beans. Here are the nutritional benefits found in this list of vegetables and legumes:

Edamame, green peas, chickpeas, lima beans, white beans and many other legumes make an excellent replacement for meat in vegetarian and vegan diets due to their high protein value. One cup of legumes provides about 15 grams of protein. In addition, one cup of legumes provides about 11 grams of fibre. Soluble fibre helps regulate blood sugar and lower cholesterol. Insoluble fibre helps to prevent constipation and regulate bowel movements.

#### Low to moderate in calories

These vegetables and legumes provide many vital nutrients for relatively few calories:

#### Rich source of vitamins

Vitamin A - maintains and supports healthy skin and eyes.

Vitamin B - plays a vital role in supporting brain health and cell metabolism.

Vitamin C - needed for the growth and repair of tissues in all parts of your body.

Vitamin K - important for blood clotting.

These vitamins are antioxidants, which are molecules found in foods that may protect your cells against harmful free radicals and heart disease, Alzheimer's, cancer and other age-related diseases.

#### An excellent source of minerals

- Potassium - needed for muscle function.
- Calcium - necessary for our bones, heart and muscles.
- Phosphorus - helps maintain bones and teeth, and the repair of cells and tissues.
- Magnesium - helps with muscle and nerve control, regulates blood pressure and supports the immune system.
- Sodium - supports muscle and nerve function, and maintains the water balance in and around our cells.
- Iron - essential in the creation of hemoglobin, a protein in red blood cells that carries oxygen to the lungs and throughout the body.
- Selenium - supports the immune system; may help reduce age-related cognitive decline and heart disease.

Visit [www.baycrest.org/signup](http://www.baycrest.org/signup) and subscribe to our email list for more news, information and expert resources.



## INSPIRING WOMEN, changing our world



Join a group of passionate women who encourage and recognize the achievements of women in science, arts, technology and culture. We welcome new members to join this engaging virtual series from the comfort of home.

Program runs May through September.

For more information, contact:  
Ian Leventhal  
416-785-2500, ext. 3896  
ileventhal@baycrest.org

WOMEN  
*Friends of Baycrest*



## Baycrest @HOME

### Baycrest's expertise virtually in your home

Providing online clinical and social supports for families working together to age well at home.

Virtually connect with Baycrest experts and obtain access to services addressing:

- Care planning, health system navigation and needs assessment.
- Caregiver counselling, education and support.
- Fun, healthy and creative social engagement for older adults.
- Home safety precautions and solutions.

This service is appropriate for individuals with a wide range of physical and cognitive abilities.

### Bring Baycrest home.

For more information, visit [Baycrestathome.ca](http://Baycrestathome.ca) or call **647-576-HOME (4663)**.



Baycrest

Where Life Thrives

“Life at the Terraces is about to get even more exciting!”

- Independent Living
- Newly opened Assisted Living
- Memory Care (opening late fall 2021)
- Kimel Family Centre for Brain Health and Wellness (coming soon)
- Access to Baycrest Services

For more information contact Reesa Soto at 416-785-2500 Ext. 2263 or [RSoto@baycrest.org](mailto:RSoto@baycrest.org)

[TerracesofBaycrest.com](http://TerracesofBaycrest.com)



## Cards for all seasons and reasons

Baycrest

Enjoy the convenience of sending personalized tribute cards to friends and loved ones. Make a donation to Baycrest in honour of the special people in your life. We'll send a card letting them know your gift is helping improve brain health for people at every age.

Order Baycrest **cards** or **e-cards** for any occasion.

Find out more at [www.baycrestfoundation.org/send-a-card](http://www.baycrestfoundation.org/send-a-card)

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## T H E C E N T R E O F S T Y L E

Yorkdale is proud to support Baycrest's Brain Project and its mission to inform Canadians about the latest research in the care of brain health innovations. We have introduced new services with your safety and convenience in mind. Curbside pick-up, expanded dining take-out and delivery options from your favourite restaurants as well as contactless valet service are now available. We know you may have questions, we are here to answer them. Text us at 649-749-7467.

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