

LEGACY SOCIETY

HONOURING SAM RUTH

WINTER 2023



Sheldon and Ellie Parker

Sheldon and Ellie Parker: A Passion to Give Back

For the past seven years, Sheldon and Ellie Parker have volunteered at Baycrest. They've worked many hours to help support residents, patients and families who need Baycrest's services in older adult care. It's all done with a passion to give back and ensure that the organization will continue to be a leader in the fight to defeat dementia.

They volunteer the majority of their time in the Apotex, Jewish Home for the Aged. Whether it's as part of the Family Mentor program, or helping with music therapy programs and an array of other activities, the Parkers are truly invested in the well-being of Baycrest and those under its care.

But the Parkers' dedication to the organization goes beyond just the physical help they can give during their lifetimes. It is also added into their joint Wills as part of their legacy giving plans.

"Baycrest caught my heart after I saw the care it gave my mother," Sheldon, a retired lawyer, says, referring

to the years she spent at Baycrest as a resident at the Apotex from her admission in 2007 until her death in 2010. It was then, he says, that he knew how important this organization was for the community at large; and how he felt duty-bound to support it any way he could, both during his life and afterwards.

"In my opinion, Baycrest is the pre-eminent older adult care facility in Canada. It services not only adults with cognitive impairment, it is also a hospital that cares for the infirm, a research facility for brain health, it has the Mountain View program, the Apotex Centre, plus numerous day clinics for seniors," Sheldon says.

The Parkers recognize that Baycrest is only able to continue to serve the community as a non-profit through the generous help of community members who continue to provide funds through donations and estate planning.

For Sheldon and Ellie, ensuring they have inserted support for Baycrest in their Wills is the ultimate way to declare, "we are giving with our hearts."

"Making a donation in our Will is a different level of support. It says, this is an incredibly important institution to us, not only because it looked after my mother so well, but because it looks after our community. And what better way to express that than to say it in your Will as well? It shows that this is important enough for us to set aside some money and make sure it goes to the right place. We feel very strongly about that. We want to do a Mitzvah and contribute to this organization."

It's easy to set up a legacy gift. Learn more at baycrestfoundation.org/giving or speak to our fundraising team.

The Professional Advisory Committee

Co-Chairs: Elisabeth Colson, Joshua Wise

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With your help, Baycrest is paving the way for better aging and a world where older adults and their families can Fear No Age. A gift in your Will has a meaningful impact as we work together to provide compassionate care and defeat dementia.

Our fundraising team is happy to answer any questions or provide specific information on programs and services. Please call (416) 785-2500: Becki Willoughby ext. 3895; Joanne Gittens ext. 2023; Melissa Sobel ext. 6288.

Gift to Pool Campaign Honours Avid Swimmer

For more than four decades, an indoor pool at Baycrest was enjoyed by thousands of older adults. Unfortunately, after years of patch-ups and repairs, it had to close in 2018.

The Foundation is fundraising for its replacement, which will be used not only by residents, but also by community members engaging in programs at the new Kimel Family Centre for Brain Health and Wellness.

Jacqueline Segall saw how important the pool was to her mother and has made a generous donation to the rebuilding fund in her memory.



Ena Segall^z

She says Ena Segall^z was a true matriarch cherished by five children, six grandsons, and a great-granddaughter, and an inspirational role model. Bright, curious, creative

and a life-long learner, she enjoyed travelling, opera and theatre, as well as tennis, hiking and skiing, with her beloved husband, Gordon^z.

Ena had a special passion for swimming. When she moved to Baycrest in 2006, she became a devotee of the exercise and aquafit classes and was saddened when the pool closed.

The new aquatic centre will be an essential component for researchers who will measure the effectiveness of various exercise interventions in the search for optimal “prescriptions” to stave off dementia in high-risk individuals.

The warm water also helps soothe arthritis and sore joints, and it can be easier to exercise in the buoyancy of the water. Group classes increase social interaction and help reduce feelings of isolation.

To support the pool campaign, please call [Melissa Sobel at 416-785-2500 ext. 6288](tel:416-785-2500).

Family Fund Aids Dementia Research

Esther Caplan^z set up a fund at Baycrest in 2018 to aid research into Alzheimer’s disease and other forms of dementia. Her husband Barry^z, who went by the nickname “Aikey,” was living at Baycrest at the time, and she was heartbroken that her life partner, who was “so smart, and with-it and analytical,” was affected by dementia.



Esther^z and Barry Caplan^z

The couple’s daughters, Susan Munk and Thea Caplan, say their mother wanted to make a difference for others in the future. Her own cognitive health was remarkable. Esther^z was active, kept up with the news and was even driving until a couple months before she passed away at age 100 in September 2022.

The Barry & Esther Caplan Impact Fund is now a lasting tribute to the couple and helps drive discovery by Baycrest scientists working to defeat dementia.

The sisters say their parents’ love story began when they met before the Second World War. “Stick around, kid,” Aikey^z said to Esther^z before he shipped out to serve as a navigator. His plane was shot down, and he spent a year and a half as a prisoner of war. Fortunately, he made it home.

Esther^z did stick around and they married in 1946. Barry^z was a chartered accountant who liked to golf. She was a homemaker and a fabulous cook who loved to entertain. Together, they enjoyed dancing and travelling.

Susan says she is very proud that her mother set up the fund and she encourages others to make an impact as well. She knows people in their 70s who are experiencing memory concerns.

“I hope that some of the research that comes out of it is helpful for the next person, and maybe me down the road,” she said.

In the last few years, Thea has noticed that scientists are looking beyond plaques in the brain in tackling dementia, at other possible factors like inflammation and the microbiome.

“I think the paradigm has broadened,” she said. “I just feel more hopeful now, and that’s making me feel very gratified to know that in a small way we’re contributing to this research.”

Did you know? You can create a fund at Baycrest and include the name of the fund as a beneficiary in your Will.