

Celebrating 10 years of the Gilbrea Centre!

Anniversary Special Edition 2011 - 2021

The study of aging from a social perspective has a long-established history at McMaster University, and the Gilbrea Centre for Studies in Aging has played a central role in driving interdisciplinary and critical social research on aging forward since 2011. The Gilbrea Centre began its journey at McMaster 10 years ago with a generous donation, a mission to better the lives of older adults, and a growing network of people dedicated to address issues related to aging. Since that time, the Gilbrea Centre has sought to address the needs of an aging society through research that is grounded in community partnerships, and knowledge exchange with target groups including students, faculty, community organizations, decision-makers, and older people. The Centre has built a name for itself in the gerontology community through its collaborative efforts, annual seminar series featuring prominent academics and researchers in the field, its Karl Kinanen public lecture, and its goal of addressing the needs of an aging society through collaborative and policy-relevant research.

In this Anniversary Newsletter, we invite you to join us in commemorating this ten-year milestone and our successes along the way. It is an opportunity to reflect on and celebrate the many accomplishments of the Gilbrea Centre, and to extend our gratitude for the many contributions and support of our members over the last decade. Featuring background information on the Centre's beginnings, a timeline of Gilbrea milestones, an overview of our past events, member achievements, lots of photos and more. It is an understatement to say that without the collective and collaborative efforts of so many, the Centre wouldn't be where it is today.

We would like to use this opportunity to thank all our members and community partners for their ongoing support and look forward to celebrating with you all in person once it is safe. Cheers to 10 years!

Meridith Griffin (Acting Director), Nicole Dalmer (Associate Director), Equity Burke (Research Manager) and Rebecca Hessels (Communications Coordinator)

OUR HISTORY

The study of aging from a social perspective has a long-established history at McMaster. In fact, McMaster was one of the first undergraduate programs of gerontology in Canada. The McMaster Centre for Gerontological Studies was founded in 1985 and over the years has played a central role in teaching and research in Canada.

In 2011, the Centre received a generous donation, and became an endowed Centre for research in aging at McMaster. The Gilbrea name comes from our donor's ancestral estate located in the Lake district of Northern England (see photos below). In 1879 our donor's family moved to Canada and Gilbrea became the name of a two hundred acre farm on Lakeshore Road between Oakville and Bronte (one portion of the farm is now the site of Oakville's Coronation Park). Although the farm has long since disappeared, the name Gilbrea continues on across the generations with the donor's family. The name Gilbrea now takes on a new meaning through its new association with leadership and innovation in the field of aging in Canada.

On behalf of the Faculty of Social Sciences, we would like to congratulate the Gilbrea Centre for Studies in Aging on a decade of innovative gerontological research, partnerships, and successfully communicating broadened understandings of aging, and issues of aging within our community. The Gilbrea Centre has been a critical driver of collaborative and interdisciplinary research in alignment with McMaster's Strategic Plan aimed at building knowledge excellence surrounding aging across the lifespan to ultimately create a Brighter World. Thank you for your ongoing commitment these past 10 years.

- Jeremiah Hurley, Dean, Faculty of Social Sciences and Professor of Economics McMaster University



OUR MEMBERSHIP

The Gilbre Centre would not be the interdisciplinary research hub it is today without the support and commitment of our members, students, and the public. No words can express the extreme gratitude and thanks to all who have helped to build, mould, and shape the Gilbre Centre into what it has become 10 years after its inception.

Congratulations to the Gilbre Centre for 10 years of amazing work in aging! We, at GERAS Centre, are honored to collaborate as one of your partner organizations.

-GERAS Centre

The Gilbre Centre is built off the foundation of great academics, students, and researchers with the goal of bettering the lives of older adults through their research. We are made up of 4 membership groups which include: Associate Faculty Members, Graduate Students, Older Adults, and Community Organizations. Our strong membership and team work together to fulfill the mandate of conducting

outstanding interdisciplinary research, translating research results into policy and care practices, developing strong bonds and partnerships within the public and private sectors, engaging in community outreach, and student mentorship.

Associate Members:

Gilbre Associate Members are made up of faculty members from across McMaster which serves to facilitate interdisciplinary research, knowledge mobilization, collaborations and exchange through the Centre. Located within the Faculty of Social Sciences, many of our Associate Members are faculty in the Department of Health, Aging and Society, with others from the Anthropology,

Linguistics and Languages, English, Social Work and the Economics Departments.

Partner Organizations:

Our longstanding relationships with local groups and organizations that work with and support older adults have helped us over the last 10 years create new knowledge, foster relevant research and provide our partners with resources and findings from

Seniors Helping to Advance Research Excellence (S.H.A.R.E):

The share group and involvement of older adults within research is central to the Centre's mandate of inclusion and the development of meaningful engagement between older adults, the centre and across all of our membership groups. The SHARE group is comprised of older adults 55+ who have volunteered to participate in graduate and faculty research on a variety of topics. Please visit: <https://gilbre.mcmaster.ca/people> for a full list of our members.

As professor emeritus, I have enjoyed the visibility provided by the Gilbre Senior Scholar status for my activities in Aging in Community (e.g., Intergenerational Memoir project with senior volunteers and Aging and Health students; writing workshops for seniors; educational events on Resilient Aging & Healthy Housing Options). Attending Gilbre's interdisciplinary events has also been a joy. Congratulations to all in the Gilbre Centre.

- Ellen Ryan

SENIOR SCHOLAR IN RESIDENCE

The Senior Scholar in Residence Program was established in 2015 as a way of initiating meaningful involvement of a senior in the academic community who conducts social research related to health, well-being and aging. This program has been met over the years with positive feedback and strategic engagement between older adults, students and faculty that may otherwise have not been possible. This program offers an intergenerational experience for an appointed senior academic to engage in research and research related activities, while enabling them to learn more about others and feel even more connected to their communities.

Dr. Margaret Denton 2015-2017

Dr. Margaret Denton is Professor Emerita of Health, Aging, and Society, and Sociology and former Director of the McMaster Centre for Gerontological Studies. Her areas of research expertise include women's health, health services research (home health care), age friendly cities, age inequality, and work, retirement, and pensions.



Dr. Ellen Ryan 2015-2017

Dr. Ellen Ryan is currently Professor Emerita in the Department of Health, Aging & Society as well as in the Department of

Psychiatry and Behavioural Neurosciences. She maintains contact with students through guest lectures in classes, supervision of honours research projects, and intergenerational involvement in community service. She offers writing workshops for older adults on themes such as memoir, journaling, and legacy letters. Working with colleagues and students, she hosts the Hamilton Aging in Community website and associated Aging Together mutual support group which sponsors annual workshops on resilient aging topics such as HomeSharing, Seniors Cohousing, Intergenerational Programming, and Faith Communities.



OUR EVENTS OVER THE YEARS

The Gilbrea Centre has had the pleasure of hosting many events over the past 10 years.

SEMINAR SERIES

Our signature Gilbrea Seminar Series held its inaugural season during the 2012 -2013 academic year. The series (which is always free and open to the public) was developed to create opportunities for exchange of ideas and stimulates discussion amongst associate researchers, graduate and undergraduate students, community members, and older people. Holding five seminars on average each year, we explored many different research themes including:

- Contemporary Issues in Aging
- Interdisciplinarity and the Study of Aging
- Aging and Technology
- Aging and Place
- Perspectives on Indigenous Aging & Health
- Policy, Practice, and the Life Course, Diversity

- Inequality, Economics and Aging, Visual Methods
- Knowledge Exchange and Aging, Inclusion, and Embodiment

We have been fortunate enough to host speakers ranging from Professors at McMaster, other Canadian Universities, and from International academic institutions as well as members from our community. Most of our seminars have been held in person on campus but with COVID, we hosted our first fully virtual seminar series which allowed us to reach an even larger audience.

WORKSHOPS

We partnered with some of our community members to bring a variety of workshops to the general public. Some of these workshops included the Summer Institute on Gerontology, The Edge of Consent, Health and the Whole Person, Futures of Aging and Aging in Community. By partnering with outside

For the past several years I've had the pleasure of working with staff from McMaster University's Gilbrea Centre in their preparation for the annual Karl Kinanen Public Lecture. I appreciate Gilbrea Centre staff including me in this planning and allowing me to share my thoughts about their ongoing efforts to address issues of aging. I am especially grateful that Karl Kinanen's pioneering efforts to introduce the study of aging into the McMaster University curriculum continues to be remembered, largely owing to the Gilbrea Centre. More recently I had the opportunity to contribute some suggestions to the development of the Karl Kinanen Student Scholarship. Once again, the Gilbrea Centre staff were both receptive and supportive throughout this collaboration. I congratulate all associated with the Gilbrea Centre on the occasion of your 10th Anniversary and look forward to the outcome of your many worthwhile initiatives.

- Beatrice Kemp, wife of Karl Kinanen

organizations, it allows knowledge exchange between faculty members, students, seniors and the community.

CAG 2014

The Gilbrea Centre had the privilege to host the 43rd Annual Scientific and Educational Meeting for the Canadian Association on Gerontology. The theme of the conference was "Landscapes of Aging: Critical Issues, Emerging Possibilities" and was held in Niagara Falls, Canada.

KARL KINANEN

Funds, made possible due to the generous support of former McMaster faculty member Karl Kinanen and his wife, Beatrice Kemp, were used to support the Annual Karl Kinanen Public Lecture, which featured a prominent expert in the field of aging and gerontological research. This lecture was

hosted by the Gilbrea Centre for Studies in Aging at a location in Hamilton, to foster the exchange of ideas and discussion among the public, stakeholders, local providers, academics, and older people.

COMMUNITY EVENTS

In addition to hosting events, the Gilbrea Centre staff have had many opportunities to attend some of the wonderful events held by the research community. This includes the yearly British Society of Gerontology conference (as attendees and presenters), the yearly Canadian Association on Gerontology conference (as both attendees, presenters and exhibitor booth) as well as many other local and international conferences. We have also participated as an exhibitor at the Hamilton Seniors Kick Off event and as a sponsor at the Senior of the Year awards.



2011: In 2011, the Centre received a generous donation, and became an endowed Centre for research in aging at McMaster.

gilbrea
centre
for Studies in Aging

2012: The first Gilbrea Centre seminar is held in September 2012. The theme that year was "Contemporary Issues in Aging."



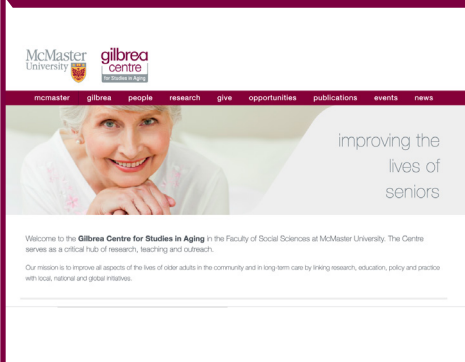
2013: The first Karl Kinanen Public Lecture is held on March 14, 2013 with Dr. Pia Kontos as the speaker.



2015: Our first Senior Scholar-in-Residence, Margaret Denton, is named.



2015: Our newly designed custom website is launched: <https://gilbrea.mcmaster.ca>



2014: We are honoured to host the Canadian Association on Gerontology conference in Niagara Falls, Canada.



2016: Gilbrea joins the HSIP team, 7 organizations in Hamilton working together to reduce social isolation among seniors in our communities.



2016: We move to our brand new office space in the L.R. Wilson building.



2017: We co-host the Future of Aging event with Trent Centre for Aging & Society at McMaster with over 50 attendees.



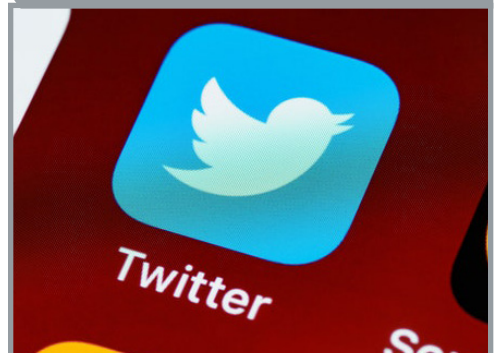
2021: The Gilbrea Centre celebrates our 10 year anniversary. Thank you for your continued support over the years.



2020: Gilbrea goes virtual! To keep inline with COVID-19 best practices, we move our offices and events on-line.



2019: We hit 2000 Twitter followers.



THE GILBREA STUDENT GROUP

The Gilbrea Student Group and its members comprise the heart of the Gilbrea Centre. Our students, who are future researchers, policy makers, professionals, and clinicians from a variety of disciplinary backgrounds, have long played an important role at the Gilbrea Centre. Our peer-led student group, which welcomes students with an interest in social studies of aging, helps provide insight into new knowledge in their field of study, network with other Centres and groups, and carry out events and activities as part of our programming. Student members serve an integral role at the Centre working alongside faculty, clinical researchers, community professionals, and seniors.

During the academic year, our student group meets once a month to discuss a journal article of their choosing or have a writing session. These sessions are open to all who are interested.

In addition to their monthly meetings, the group holds social events throughout the year such as trivia nights and bowling.

Congratulations to the Gilbrea Center on your 10 year anniversary! Cheers to reaching an incredible milestone with great success. It has been a wonderful experience being part of the Gilbrea student group. Thank you for all you do for students, the community, and older adults! Again, cheers to 10 years!

- Jonelle Ward, GSG member and Chair (2020-2021)

For the past few years, the GSG has raised money for the Alzheimer's Society by participating in the Walk for Memories. In 2019 the group raised \$1590!

Over the years, the student group has supported external research and community initiatives backed by the Gilbrea Centre, including: Symbiosis, and Seniors of Canada. In 2017, the Gilbrea Student

Group received a Student Proposal for Intellectual Community and Engaged Scholarship (SPICES) grant

to fund "Seniors of Canada". Through this project, the group met with local seniors, took their photos, and listened to their stories. They then showcased their project through a public photo exhibit in the heart of Hamilton. This project also allowed the opportunity to collaborate with an undergraduate Health, Aging and Society class to involve students (through a focus on meaningful iconic places in Canada). The great work of the Gilbrea Student Group can be found on seniorsofcanada.org.

We at the Gilbrea Centre are so very proud of the dedication and hard work of the Student Group. Thank you to all of our student members for their continued involvement in both the group and the Centre.



Interested in joining the student group? Visit <http://gilbrea.mcmaster.ca/people> or contact gilbrea@mcmaster.ca.

Congratulations on this big occasion and many wishes for future success. All the best!

- Soumeya on behalf of the Symbiosis Cohousing Program.

RESEARCH HIGHLIGHTS

These last 10 years have connected interdisciplinary researchers within the Gilbrea community to conduct leading edge, timely and innovative research in critically important areas of aging across the life-course. Centre projects and those supported by the Centre have focused on or surrounded six thematic areas that respond to contemporary and future issues of aging for those within Canada. These thematic areas include:

1. Aging in place
2. Perspectives on Indigenous Aging and Health
3. Policy, Practice and the Life Course

4. Diversity and Inequality
5. Technology and Aging
6. Economics and Aging

Over the years, Centre supported projects have involved research topics including (not limited to): intergenerational aging, knowledge mobilization, social isolation, driving cessation, mobility, social engagement/participation, resiliency, and digital technology. From these projects, outputs including project deliverables, reports, infographics, and publications have been disseminated.

The Gilbrea Centre has been honoured to provide a wide range of support for member-led research and related activities including administration, hiring project specific

staff and RA's, event planning, knowledge mobilization and dissemination. Support for member-led research has also been exhibited through promotional capacity and circulation of relevant opportunities, recruitment announcements, events, publications, and news. We thank our members for continually allowing us to promote their successes and showcase their work to help promote and foster innovative and collaborative research!

We look forward to continuing to support and assist with member and Centre-led research projects for years to come!

For a full list of current and past Gilbrea Centre supported projects, please visit: <https://gilbrea.mcmaster.ca/research>

We have only started working with the Gilbreath Centre but already have made a key connection and are very much looking forward to working together in the future. I can only add that it was a seamless process to become a community partner for the Centre and the partnership between our College and the Centre will have profound impact both in the North and in the areas we are looking to research.

– Christina Deroche on behalf of Canadore College



Congratulations on the celebration of your 10th anniversary! As a key community partner, thank you to the Gilbreath Centre for their commitment and contributions to Age-Friendly Hamilton!

– Lisa Maychak (Project Manager) on behalf of Age Friendly Hamilton



It's been a delight to be involved with Gilbreath in so many different roles – starting as a graduate student to now as an Associate Director. What I value most about Gilbreath is its steadfast commitment to critical and social gerontological research, policy work, student mentorship, and community engagement. Looking forward to the next decade! – Nicole Dalmer



IN THEIR OWN WORDS.....

Dundas Community Services has been serving the community of Dundas for the last 49 years. We provide programs and service for seniors and people with disabilities. We have had the pleasure of being a community partner with the Gilbreia Centre for Studies in Aging and have had the opportunity to partner with regards to Age Friendly Hamilton (Hamilton Council on Aging) and in 2018 the Hamilton Seniors Isolation Impact Plan. We want to congratulate the Gilbreia Centre for their research and commitment to the aging population. All the best for another 10 years!

- Jane Allen, Executive Director
Dundas Community Services

Happy 10th year birthday Gilbreia Centre. As an international student, Gilbreia Centre made my arrival in Canada welcoming and my settling in, swift. I felt at home among the Gilbreia Centre Team. Above all, Gilbreia Centre offered me a platform that facilitated my connection to other students and to aging practice and research in Canada.

- Blessing Ojembe
PhD Candidate, Gilbreia Student Group
Academic Coordinator

As alumni, McMaster University was a natural choice for my late wife Vera and me when we made a decision to make a donation. Through discussions with McMaster Advancement, our focus became funding the development of a much needed platform for interdisciplinary research into aging that would result in improved quality of life for a rapidly growing demographic. It has been very rewarding to watch the Gilbreia Centre for Studies in Aging grow, just as we hoped, in its scope and intentions. On the tenth anniversary it is exciting to see all that has been achieved thanks to the hard work and dedication of a great team. Congratulations to all!

- Donor of the Gilbreia Centre

Thrive Group is pleased to extend congratulations on the 10th Anniversary of the Gilbreia Centre for Studies in Aging! Thank you for 10 wonderful years of education, research and collaboration. The work of the Gilbreia Centre has enriched the landscape of seniors care and we look forward to the next 10 years of continued partnership!

- Renee Guder on
behalf of Thrive Group

Over the past ten years the Gilbreia Centre has stimulated research on aging at McMaster University from a social science and humanities perspective. Springing from its roots in the McMaster Centre for Gerontological Studies, with its more applied community perspective, the Gilbreia Centre grew into a full-fledged academic research centre on the study of aging. I am proud to have been instrumental in the development of the Gilbreia Centre and to have been its first Senior Scholar in Residence.

- Dr. Margaret Denton, Professor Emeritus,
Department of Health, Aging and Society

The Gilbreia Centre has been an invaluable catalyst for my professional and personal development. A place of opportunity and comfort, the Centre has played a major role in my doctoral education in numerous ways. Either that be through support with student groups, blogs, seminars, connections, assistantships - working with the Centre and their commitment to centering research and practice with/for older people has been admirable and a hallmark of my time with Gilbreia. I warmly congratulate them on this admirable milestone. I am immensely thankful and proud of my ongoing relationship with the staff, faculty, and all those part of the Centre. Congratulations once again and can't wait for what the future entails!

- Stephanie Hatzifalithis,
Gilbreia Student Group Member and
Chair Alumni

LOOKING TOWARDS THE FUTURE

In looking back on the last 10 years, we are excited to plan for the next 10 years to come.

The Gilbrea Centre for Studies in Aging has been dedicated to addressing issues of aging through collaborative and policy relevant research, and has built a growing network of interdisciplinary gerontologists, students, faculty, community members and organizations dedicated to addressing contemporary issues of aging. We could not be more proud of our accomplishments, interdisciplinary research, student mentorship, and the alignment of our work with McMaster's strategic plan aimed at building knowledge excellence and study around aging to ultimately create a brighter world.

In looking forward, the Gilbrea Centre has established a strategic vision surrounding 5 main pillars:

1. Continuing to grow the research capacity of the Gilbrea Centre
2. Continuing to prioritize student mentorship and their involvement within the Centre
3. Deepening existing relationships, building new partnerships and connections both within and beyond the McMaster community
4. Expanding our reach of dissemination and knowledge mobilization through existing, new, and innovative outreach opportunities and mediums
5. Ongoing commitment to develop and build approaches to ensure long term sustainability and success of research at the Gilbrea Centre.

Here's to another 10... 20... 30 years of impactful interdisciplinary aging research, support, mentorship, inclusion and advocacy – we look forward to continuing our mission and growing our reach across McMaster, Hamilton and internationally.

Sincerely and with the biggest of thanks,

-The Gilbrea Centre Team

Visit us online at gilbrea.mcmaster.ca

CONNECT WITH US

Connect with us to learn more about upcoming events, opportunities, and more!

Help us profile your research, student opportunities, and new publications! Send them to gilbrea@mcmaster.ca.



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BECOME A MEMBER

Interested in learning more about becoming a member of the Gilbrea Centre? Please e-mail gilbrea@mcmaster.ca