



E-NEWS

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GILBREA NEWS

After a busy summer filled with planning and preparations for the fall, the Gilbrea Centre is excited to kick off this semester with lots of great programming, events, and ways to get involved.

Our SHARE Group programming is back in full swing this fall, with lots of fun and engaging ways to participate. The Gilbrea Student Group meetings will also be starting back up with plans for some academic and social engagement opportunities.

We are thrilled to announce the official Gilbrea Seminar Series lineup featured on page 4. Our series will be hybrid again this year, via zoom with the option to attend a live viewing session on campus. We have some great local and international presenters showcasing their research.

We are excited to be partnering with MIRA, along with partners from across McMaster to host an "Older Adult Open Campus Day" on September 15th, 2023. This event was made possible by funds secured through the McMaster Okanagan Office of Health & Well-being's Special Project Funding. Learn more about the event on Page 5.

We hope you enjoy this edition of the newsletter which showcases what we have been up to, as well as plans for this semester. We are looking forward to the year ahead!



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WELCOMING OUR NEW TEAM MEMBERS

Please join us in welcoming 3 new team members: Wendy Renault, Meghan Gilfoyle, and Solene Abdulla. They are joining the Gilbrea team led by Dr Anthea Innes, working on the Juravinski Institute funded study working to achieve integrated care for residents living in the residential care facilities in Hamilton. This study is co-led by Drs Innes, Sinn and Costa.



Wendy is the Gilbrea-based Research Coordinator for the project. She is a nurse who has worked in mental health, palliative care, visiting nursing, care coordination, and teaching. She has experience in hospitals and in the community and is a family caregiver.



Meghan began as a Research Assistant on the project and will transition to post-doctoral research fellow on September 1st following the successful defense of her PhD (July 25, 2023). Meghan has completed her MSc at the University of Waterloo in Public Health and Health Systems and has a keen interest in participatory health research.



Solene is a Research Coordinator on the project. She completed her BSc and MSc in Biochemistry at McMaster University. She is passionate about community-based research and has coordinated studies on cancer and developmental disorders, cardiac arrhythmia, and brain injury, among others.

ALUMNI ASSOCIATION PRESENTATION

On May 2nd 2023, Gilbrea Centre Director, Dr. Anthea Innes and Postdoctoral Fellow, Constance Dupuis presented a public lecture hosted by the McMaster Alumni Association entitled "Keeping connected as we age: The importance of social engagement and inclusion" as part of the Rejuvenate Series. This talk was attended by over 500 participants. Missed it? Watch the recorded session [here](#).

KEEPING CONNECTED AS WE AGE: The Importance of Social Engagement and Inclusion
with Dr. Anthea Innes and Dr. Constance Dupuis
Tuesday, May 2nd | 12 PM



RESSAM GARDENS OPEN HOUSE EVENT

Gilbrea's SHARE Coordinator, Mason McLeod attended the Open House of the Alzheimer Society Satellite Office located at Ressay Gardens Memory Care Community on April 28th. It was a beautiful venue and day. We look forward to future potential collaborations, and events at the Ressay Gardens.



DIXON HALL EVENT



Dr. Anthea Innes and Constance Dupuis visited Dixon Hall in Toronto in late May, with Anthea giving a talk on Dementia friendly spaces to kick off the MIRA | Dixon Hall Centre Snacks and Science talk series. Anthea discussed the importance of removing barriers for people living with dementia in public and private spaces, and practical ways of doing so. As part of the visit, Dixon Hall staff offered a walking tour of St James Town and provided insight into what challenges older adults are facing in the neighborhood. .

Constance joined Dixon Hall again in late June to participate in the St James Town Seniors' Forum, where she gave an interactive talk on social connection in later life.



GROWING OUR AGE-FRIENDLY HAMILTON



Gilbrea attended the "Growing our Age-Friendly Hamilton" event hosted by the Hamilton Council on Aging at Sackville on April 19th. It was a great way to share and celebrate the contributions to Hamilton's 2022 Age-Friendly Progress Report, learn about the work of others, and build connections.

YWCA/GILBREA POTLUCK EVENT

Gilbrea was invited to co-host and attend a fun potluck lunch at the YWCA, Ottawa Street location on June 9th, 2023. We engaged in some mind buster games, consulted on needed research, and had a draw for a McMaster themed door prize.

It was a *treat* to attend, and we look forward to future engagement opportunities and collaborations with the YWCA.



DUNDAS SENIOR COMMUNITY FAIR

On June 8th, Gilbrea attended the Dundas Senior's Fair, which was held at St Paul's United Church. We shared a table with "Hamilton Aging in Community" and had a few student volunteers from the Department of Health, Aging and Society who joined us and helped to run the table. Attending the fair was a great opportunity for networking and meeting older adults in the Dundas community.



SENIOR KICKOFF EVENT

The Gilbrea Centre team had a table at the Senior Kick-off event held at the Sackville Hill Seniors Recreation Centre on June 20, 2023. The event had almost 500 attendees. There were lots of booths, as well as presentations happening throughout the day.



SHARE GROUP

On June 7th, Gilbrea hosted a thank you lunch at Alumni Memorial Hall for all SHARE Group members (Dementia Group, Intergenerational Cafe, the Research and Knowledge Translation Group, and Physical Space Group (a short-term consultation group assisting with the redesign of our new space in KTH). Dr. Anthea Innes gave a thank you speech, which was followed by a fun summer themed game of trivia, and then the attendees had the opportunity to socialize with new and familiar faces.

The lunch was a delightful way for the Gilbrea Centre to express their appreciation for all the older adults that have participated and helped the Centre through research and programming. Thank you to everyone who attended!



After a summer break, the SHARE Group is back to regular scheduled programming this fall.

If you or someone you know is interested in becoming part of the Gilbrea SHARE Group, please [register here](#), or contact our SHARE Coordinator, [Mason McLeod](#).

NATURE-BASED PILOT PROJECT

The nature-based Pilot Project was co-designed with Gilbrea's Dementia SHARE group (Pictured below). Participants of this project will meet once a month on Tuesdays, for a 2-hour nature-based activity in Hamilton or Burlington. These activities will explore the self-reported benefits of nature-based activities for older adults living with dementia and their care partners.



If you or someone you know is interested in becoming part of the Gilbrea Nature-Based Pilot Group, please contact Constance Dupuis (dupuic1@mcmaster.ca).



KARL KINANEN RESEARCH SCHOLARSHIP

The Karl Kinanen Student Research Scholarship is awarded annually to 1 Undergraduate student (\$1500) and 1 Graduate student (\$3000) from the department of Health, Aging and Society who, through their research, are dedicated to improving the quality of care of older adults and to helping people stay connected in the Hamilton community.

These scholarship funds have been made possible due to the generous support of former McMaster faculty member Karl Kinanen, his wife, Beatrice Kemp and a number of friends and colleagues.



Blog Post: "Understanding how to get Older Adults and People Living with Dementia Outside"



Karl Kinanen Undergraduate Award Recipient for 2023 **Dylan Lu**, BA in Health, Aging & Society with a specialization in mental health (Pictured Left), shares his blog post. Dylan reflects on the experience working as an RA on a project led by Drs Anthea Innes and Vanina Dal Bello-Haas titled "Outdoor based support and care for older adults living with dementia"

Excerpt from the blog post by Dylan:

"This hands-on experience with conversing and walking with participants was a vital part of this project for the research team as it allowed for the team to understand first-hand the experiences and struggles of individuals who are living with dementia as they strive to continue to go outside"

Read the full blog post by Dylan Lu [here](#):

Deadlines for 2024 applications:

Undergraduate Student Scholarship: **October 13th 2023 by 11:59pm**

Graduate Student Scholarship: **January 12th 2024 by 11:59pm**

INTERGENERATIONAL CLUB

Funded by the New Horizons for Seniors Program, The Gilbrea Centre in partnership with the McMaster Institute for Research on Aging (MIRA), will offer monthly from September 2023 – April 2024 an intergenerational activity as part of our newly formed Intergenerational Club.

This club and featured programming are based on the findings from an Intergeneration Cafe Pilot Project hosted by the Gilbrea Centre.

Pictured below are some of the fun activities from our last Pilot Project.



STUDENT MEMBERS

The Gilbrea Centre student group welcomes students with an interest in social studies of aging.

On May 27th, the student group participated in the Care Walk in Hamilton. Funds raised were used to provide services to those impacted by cancer in the Hamilton area.



We are pleased to announce the Chair of the Student Group for the 2023-2024 academic year is, **Belen Miguel**

Everyone is welcome to join in on the conversation! Keep an eye on the Gilbrea Student twitter page (@GilbreaStudent) for dates and times of the next meeting. You can also follow the Gilbrea Student group on their new Instagram page @gilbreastudentgroup

Interested in joining the student group? Learn more about the Centre and its current student members by visiting <https://gilbrea.mcmaster.ca/people> or contact gilbr_sg@mcmaster.ca

OVPR FUNDING & ACTIVITES

The Gilbrea Centre successfully applied and received \$8k in funding from the Office of the Vice President of Research's RCI support fund. These funds have been applied to activities which enhance and encourage collaboration of our Centre's members in delivering the thematic mission of Gilbrea.

To date, Gilbrea has conducted 2 proposed activities:

1. Thematic area workshop: facilitated by post-doc Constance Dupuis. Faculty leading the Centre's research themes (Anthea Innes, Meridith Griffin, Nicole Dalmer, Gavin Andrews, and James Gillett) were invited to attend and participate. This session was a productive way to review and evaluate our current themes, explore how our research intersects, and future potential collaboration.

2. Research Away Day: The entire Gilbrea Centre core team (including theme leads, staff and RAs) attended the Burlington Art Gallery. The group held an important meeting to plan programming and research for the year ahead. The day ended with a fun team-building pottery class, where we learnt techniques and created our own pottery together. This day is pictured below:



The final proposed activities will take place over the fall and winter semester. A big thank you to the AVPR who has made these collaborative opportunities possible.

MEMBER PUBLICATIONS

Mangin, D., Lamarche, L., Agarwal, G., Ali, A., Cassels, A., Colwill, K., **Gillet, J** ... & Trimble, J. (2023). Team approach to polypharmacy evaluation and reduction: feasibility randomized trial of a structured clinical pathway to reduce polypharmacy. *Pilot and Feasibility Studies*, 9(1), 84. <https://doi.org/10.1186/s40814-023-01315-0>

Ojembe, B. U., **Kapiriri, L., Griffin, M.**, & Fudge Schormans, A. (2023). Narrative analysis of exclusion from social participation and loneliness among Black older adults in Ontario, Canada. *Journal of Ethnic & Cultural Diversity in Social Work*, 1-17. <https://doi.org/10.1080/15313204.2023.2211784>

Kalu, M. E., **Dal Bello-Haas, V., Griffin, M.**, Boamah, S., Harris, J., Zaide, M., ... & Abraham, S. (2023). A scoping review of personal, financial and environmental determinants of mobility among older adults. *Archives of Physical Medicine and Rehabilitation*. doi: <https://doi.org/10.1016/j.apmr.2023.04.007>

Barbosa, A., Ferreira, A. R., Smits, C., Hegerath, F. M., Vollmar, H. C., Fernandes, L., **Innes, A.**, ... & Øksnebjerg, L. (2023). Use and uptake of technology by people with dementia and their supporters during the COVID-19 pandemic. *Aging & Mental Health*, 1-12. doi: <https://doi.org/10.1080/13607863.2022.2163375>

Scerri, A., **Innes, A.**, & Scerri, C. (2023). Healthcare professionals' perceived challenges and solutions when providing rehabilitation to persons living with dementia—A scoping review. *Journal of Clinical Nursing*. <https://doi.org/10.1111/jocn.16635>

Higgins R, Spacey A, **Innes A.** Delivering person-centred dementia care: Perceptions of radiography practitioners within diagnostic imaging and radiotherapy departments. *Dementia*. 2023;0(0). doi:10.1177/14713012231189061

Gilfoyle, M., Salsberg, J., McCarthy, M., MacFarlane, A., & MacCarron, P. (2022). Exploring the Multidimensionality of Trust in Participatory Health Partnerships-A Network Approach. *Frontiers in Public Health*, 10, 925402. doi: <https://doi.org/10.1370/afm.21.s1.4259>

UPCOMING EVENTS

2023 gilbrea centre for Studies in Aging 2024 SEMINAR SERIES

All 2023-2024 seminars will be held in a hybrid format. Seminars will be available via zoom, with the option to attend an in-person viewing session live in L.R.Wilson Room 1003 at McMaster. If zoom is new for you, check out our zoom guide [here](#)

Agency of Older Adults in the Food Justice Movement

Andrew Sweetnam, Karl Kinanen Graduate Recipient, McMaster University
Tuesday October 3rd 2023 | 2:30PM-3:30PM EST
Co-hosted by the Department of Health, Aging and Society
Register here: <https://bit.ly/3PI45yJ>

'The Taking Place of Older Age'

Amy Barron, Lecturer, The University of Manchester
Tuesday November 28th 2:30PM-3:30PM EST
Registration Coming Soon

Transforming aged care: innovations from Down Under

Irene Blackerry, Professor, La Trobe University
Wednesday January 10th 2024 | 2:30PM-3:30PM EST
Registration Coming Soon

Intergenerational dialogues on gender, care and aging

Wendy Harcourt, Professor, Erasmus University Rotterdam
Wednesday March 20th 2024 | 2:30PM-3:30PM EST
Registration Coming Soon

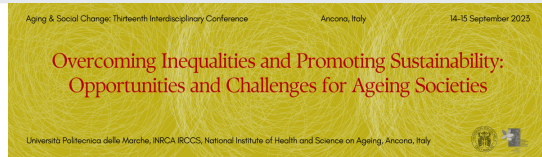
Full details available at : <https://gilbrea.mcmaster.ca/events>

OLDER ADULT OPEN CAMPUS DAY

Please, join the **McMaster Institute for Research on Aging** and the **Gilbrea Centre for Studies in Aging**, along with partners from across the main campus, for an "Older Adult Open Campus Day". This fun event was made possible by funds secured through the Okanagan Special Project Funding. We will be welcoming older adult community members to campus to explore and experience different services and opportunities available at McMaster University. The day will be supported by undergraduate student volunteers and campus partners. The event will be happening September, 15th 2023. Registration will be held in the LRW Atrium (Waller Lobby).

Register to join the older adult Open Campus Day [here](#):

UPCOMING CONFERENCES



Aging and Social Change Conference Sept 14-15, 2022 - <https://bit.ly/3Tm8mkb>

Save the Dates!

CAG2023

52nd Annual Scientific and Educational Meeting

October 26-28, 2023

Toronto, Ontario, Canada

Call for Abstracts in January 2023! | Join the Mailing List!

Oct 26-28, 2023, Toronto, Ontario - <https://cagacg.ca/asem/cag2023/>

2023
MIRA & Labarge
Knowledge Exchange

Save the date
November 1, 2023



IN THE NEWS

- Gilbrea Director, Anthea Innes and Associate Director, Nicole Dalmer attended the Celebration of Research Excellence hosted at Liuna Station on May 30th. At the event, Anthea Innes was recognized for her work as an RCI Director.
- SHARE Group Member, Phyllis Fehr was honoured as the 2023 Mohawk College Alumni of Distinction. Learn more about this distinction [here](#).
- Gilbrea Associate Director, Nicole Dalmer received the inaugural Canadian Association for Information Science Emerging Leader Award for contributions to the advancement of the information field in Canada.
- Associate member, Jim Dunn was featured in the CityNews segment "[Canada's building boom still too slow](#)" and the STOREYS article "[Renters Push For More Regulation As Number Of Mom-And-Pop Landlords Continues To Grow](#)".
- Gilbrea Student Group Alumni, Stephanie Hatzifilalithis was announced as the Regional Liaison (North America) for the new Journal of Global Aging. Learn more about the journal [here](#).

BECOME A MEMBER

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

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