



E-NEWS

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GILBREA NEWS

On behalf of the Gilbrea Centre for Studies in Aging, we hope that you and your loved ones had a safe and festive holiday season.

With a new year comes the opportunity to reflect on the last year, and to continue to grow through new activities, initiatives, and by reaching new people.

This past semester (September-December), the Centre has been busy conducting lots of research, intergenerational, social, and academic activities with our members. We are excited to welcome some new (and returning) people to our research team, share lots of photos from events we have hosted including: Open Campus Day, an Intergenerational Retreat at Dundurn Castle, Conference attendance, exhibit booths, and showcase some of the exciting initiatives of both our SHARE Network and Gilbrea Student Group. We are also excited to give some updates of ongoing and completed research projects including our Nature Based Pilot and Intergenerational Club.

Join us in looking back on the last semester! Thanks for your continued support and participation.



IN THIS ISSUE

- Gilbrea Centre News & Team Member Updates
- Conference Attendance
- Student Group & Intergenerational Activities
- Member Research & Participation

TEAM MEMBER UPDATE & THANK YOU'S

The Gilbrea Centre would like to thank our 6 placement students who joined us in the Centre from Sept-Dec 2023 from the course HLTHAGE 3EE3. These students were: Adowa Khan, Sam Babic, Erin De Leon, Zoe Yalung, Thamarah Sukumar and Sarah Swaerdens (Pictured Below):

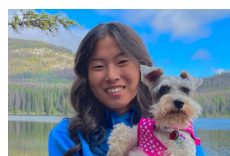


We would also like to welcome/re-welcome 3 students to our research team:



Dylan Lu (Left), was awarded the Faculty of Social Science Award and through this funding, will be continuing to support the Gilbrea Centre from Jan-April 2024 on our Outdoor Based Care Research Project.

Amna Zaidi (right), who started with Gilbrea as a placement student, then secured an AVPR funded summer placement at the Centre and is now an RA on our New Horizon's for Seniors Project helping to support our intergenerational activities.



Michelle Gao (left), from the Faculty of Health Sciences also started as a placement student with Gilbrea this winter. Michelle's work is aligned with our intergenerational activities and she will be supporting some deliverables on this topic.

OPEN CAMPUS DAY-OKANAGAN FUNDED

Written by: **Amna Zaidi** (student RA, 4th year Hons Health and Society) on behalf of the Gilbre Centre. This event was possible thanks to the funding allocated by the McMaster Okanagan Office of Health and Well-Being and organized by the Gilbre Centre for Studies in Aging and McMaster Institute for Research on Aging (MIRA).

On September 15, 2023, McMaster students and older adults from Hamilton got together for the 'Older Adult Open Campus Day' at McMaster and explored various interactive sites around our University's Campus.

Throughout the day, students and older adults were able to participate in tours of popular destinations around the campus, such as the McMaster Planetarium, the McMaster Museum of Art, the McMaster Greenhouse, the McMaster Engineering Faculty, and campus' nature trails and libraries. All of these locations had an interactive element to them, and the attendees were able to gain fruitful experiences and possibly learn something new while visiting.

Most importantly, the event fostered an intergenerational environment. Students and older adults were provided with ample opportunities to interact with each other. One student volunteer shared "I love learning things about aging in Hamilton, and this was such a fun way to get to meet older adults". They were able to share life experiences, their likes and dislikes, and their opinions on the sites they visited together. And by being in an intergenerational environment, all attendees were able to interact with new faces from generations they may not get the chance to interact with otherwise.

Overall, this event was exciting and enjoyable, and possibly a new experience for many of the attendees, and we hope to have this event again next year! We would once again like to thank the McMaster Okanagan Office of Health and Well-Being for funding this event.

Thanks to the amazing McMaster campus partners and student volunteers who helped to showcase the different opportunities our campus has to offer.



CAG 2023 CONFERENCE, TORONTO

This October (26-28th), the Gilbre Centre team co-hosted an exhibit booth with the Department of Health, Aging and Society at the Canadian Association on Gerontology Conference hosted this year in Toronto.



AGE AND CARE GRAZ CONFERENCE



Gilbre Associate Director **Dr. Nicole Dalmer** and **Dr. Constance Dupuis** represented the Gilbre Centre and McMaster at the Age and Care Graz Conference this September.

ALZHEIMER EUROPE CONFERENCE

This September, Gilbre Director **Dr. Anthea Innes**, along with SHARE Dementia Group Members **Pasha, Phyllis, Tom and Ruby** attended the Alzheimer Europe Conference in Helsinki.



CANADIAN CONFERENCE ON DEMENTIA



Pictured Above: Gilbre Team & Remote and Rural memory clinic team from University of Saskatchewan.

RKT - SHARE NETWORK

This semester, the Research Knowledge and Translation (RKT) SHARE Network group continued their monthly meetings. The group evaluated various dissemination mediums for the Centre including our banner, website and forthcoming newsletters. We thank our members for their continued participation and support.



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](#).

INTERGENERATIONAL RETREAT

This event was funded in part by The Office of the Vice President of Research's RCI Engagement Fund and by The Government of Canada's New Horizons for Seniors Program (the latter secured in partnership with the McMaster Institute for Research on Aging [MIRA])

On November 16, the Gilbrea Centre was accompanied by students and older adults in an exciting trip to Dundurn Castle for an Intergenerational Retreat. The day included a tour of the entire castle, a cooking and baking class in the historically accurate kitchen, and ended with a retreat meeting.



Here are a few words by **Alexander Huang** (SHARE Network Older Adult Representative):

"I think the best part was the interaction and collaboration with the students and older adults, during the food preparation. Sharing our individual experiences and stories is always fun. I found the interactions with the people around the table to be the best part. Learning about each other's background and where they're from is always interesting... I truly enjoyed the deeper discussions that took place at our table".

Kyla Kovalik (Karl Kinanen Undergraduate Award Recipient, Student Volunteer), also had a few thoughts:

"I loved how everyone was able to get together and cooperate to make delicious food and have meaningful conversations. It was notable how everyone was eager and willing to participate, and I enjoyed all of the conversations I had with fellow students and older adults throughout the day. The highlight of the retreat for me was the intergenerational interactions. I enjoyed getting to know everyone throughout the day".



INTERGENERATIONAL PROJECT

Funded by The Government of Canada's New Horizons for Seniors Program, The Gilbrea Centre in partnership with the McMaster Institute for Research on Aging (MIRA), offers monthly intergenerational activities from September 2023 – April 2024. This includes intergenerational activities as part of our newly formed Intergenerational Club, intergenerational community engagement events open to the public, and a group of representatives on an Intergenerational Advisory Group. The club and featured activities are based on the findings from an Intergenerational Cafe Pilot Project hosted by the Gilbrea Centre last year. Pictured below are some of the fun activities from the club.



DEMENTIA NATURE-BASED PROJECT

The nature-based pilot project was co-designed with Gilbrea's Dementia SHARE group. Participants of this project met once a month on Tuesdays, for a 2-hour nature-based activity at locations including: Gage Park, Confederation Park, Hidden Valley, and the Royal Botanical Garden. These activities explored the self-reported benefits of nature-based activities for older adults living with dementia and their care partners.



STUDENT GROUP MEMBERS

The Gilbrea Centre student group welcomes those with an interest in social studies of aging. This semester, the student group held monthly meetings including journal clubs and social events (pictured below). The Group also joined the Centre's intergenerational activities including community engagement such as a technology event hosted with the Afro-Canadian Caribbean Association (ACCA) Older Adult Group.



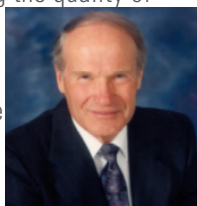
Everyone is welcome to join in on the conversation! Keep an eye on the Gilbrea Student twitter page ([@GilbreaStudent](https://twitter.com/GilbreaStudent)) for dates and times of the next meeting. You can also follow the Gilbrea Student group on their new Instagram page [@gilbreastudentgroup](https://www.instagram.com/gilbreastudentgroup)

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

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 - "Agency of Older Adults in the Food Justice Movement"



2023 Karl Kinanen Graduate Award Recipient: **Andrew Sweetnam**, Ph.D. candidate in the Department of Health, Aging & Society, holds a B.Sc. and M.Sc. in Kinesiology with a specialization in Biomechanics (Pictured Left) shares his blog post.

Excerpt from the blog post by Andrew:

"As the analysis of findings unfolds, it becomes increasingly evident that the food justice movement must embrace age-related concerns to enact meaningful change"

Read the full blog post by Andrew Sweetnam [here](#).

Gilbrea is excited to announce the 2023-2024 Karl Kinanen Undergraduate Student Research Award Recipient: **Kyla Kovalik**.

Kyla is in her final year in Honours Aging & Society with a Specialization in Mental Health & Addiction, and a Disability Management certificate. She is proud to be working as a RA to Dr. Anthea Innes. Inspired by her ongoing research and passion for learning about dementia in later life, Kyla is determined to help empower and support older adults with dementia.



MEMBER PUBLICATIONS

Andrews G J (2023) Geography, health and wellbeing: from ancient Greece to COVID19 Geography Review 37, 1.

Bailey, K.A., **Griffin, M.**, Habib, S., Fayyaz, N. Lopez, K.J., & Fudge-Schormans, A. (2023). Building community or perpetuating inclusionism? The representation of inclusion' on fitness facility websites. Leisure/Loisir [Latest articles: doi: <https://doi.org/10.1080/14927713.2023.2252842>.

Dalmer, N., & Griffin, M. (2023). Older adults, public libraries, and sustainable development goals. In K.C. Williams & B. Mehra (Eds.), How Public Libraries Build Sustainable Communities in the 21st Century, pp. 153-160. Emerald Publishing. <https://doi.org/10.1108/S0065-283020230000053013>

Dalmer, N. K., Ibrahimi, M., Jia, S., Newman-Griffis, D. (In Press). Configuring data subjects. In J. Jarke & J. Bates (Eds.), Data power. Bristol University Press

Morris, L., **Innes, A.**, Williamson, T., Wyatt, M., Smith, E., and McEvoy, P. (2023) Experiences of a communication-skills course for care partners of people living with dementia, Empowered Conversations: A qualitative Framework Analysis British Journal of Clinical Psychology DOI: 10.1111/bjc.12447

Innes, A. McAdam, N. and Watson, J (2024) Tourism and Travel in, Grey, K, Russell, C and Twigg, J (eds) Leisure and everyday life with dementia Open University Press pgs 102-116

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](#)

Intergenerational dialogues on gender, care and aging

Wendy Harcourt, Professor, Erasmus University Rotterdam
Wednesday March 20th 2024 | 2:30PM-3:30PM EST
Co-hosted by the Department of Health, Aging and Society
Register here: <https://bit.ly/3vxlpyD>

In case you missed it...

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
Watch the recorded session [here](#)

'The Taking Place of Older Age'

Amy Barron, Lecturer, University of Manchester
Tuesday November 28th 2:30PM-3:30PM EST
Watch the recorded session [here](#)

Transforming aged care: Innovations from Down Under

Irene Blackery, Professor, La Trobe University
Wednesday January 10th 2024 | 2:30PM-3:30PM EST
Watch the recorded session [here](#)



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

ACCA INTERGENERATIONAL TECH EVENT

On October 18th, the Gilbrea Centre co-hosted an Intergenerational Technology Event with the Afro-Canadian Caribbean Association (ACCA) at ACCA's Hamilton location. McMaster University Students and older adults from ACCA engaged in some great discussions, ate a nice lunch together, and students provided tech support on the group's smartphones and tablets. Thanks so much to the members and admin of ACCA!



UPCOMING EVENT - REGISTER NOW

SUPPORT THE GILBREYA CENTRE

Since the Gilbrea Centre for Studies in Aging was established in 2011, our work has been made possible by the generosity of our community. The support of McMaster alumni, as well as the friends and volunteers of the Gilbrea Centre directly benefits our programming, the depth of our research, and our impact.

Should you wish to consider making a one-time or monthly donation, a gift in memory of a loved one, or a legacy gift to support the Gilbrea Centre for Studies in Aging in our mission to improve all aspects of the lives of older adults, please visit our website or contact Claire Richardson, Senior Development Officer at richak29@mcmaster.ca or 905-525-9140 ext. 21236. Thank you!

IN THE NEWS

- The Gilbrea Centre's contributions to the Okanagan Funded "Open Campus Day" were featured in the blog post by funding partner MIRA (McMaster Institute for Research on Aging). Read the blog post [here](#).
- Gilbrea Centre Associate Director, **Dr. Nicole Dalmer** was featured on "Wrinkle Radio" with Sally Chivers, Episode 7. Nicole speaks on the information work of dementia care and the role of the public library as we age. Listen to the episode [here](#).
- Gilbrea Student Group Academic Coordinator, last year's Karl Kinanen Graduate Recipient & Doctoral Student, **Amanda Bull** was featured with colleagues in the report titled "Understanding the Factors Driving the Epidemic of Social Isolation and Loneliness among Older Canadians" [Read the report](#).

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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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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