



## E-NEWS

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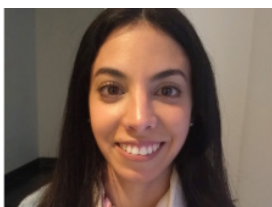
## GILBREA NEWS

Happy Spring! Kick off the new season with us at the Gilbrea Centre as we look back on the last semester full of fun, innovative, and impactful research, and community engagement.

This edition of our newsletter features an exciting editorial from the members of our Research Knowledge and Translation SHARE Group. We are excited to \*SHARE\* their thoughts and look forward to including our other groups in upcoming newsletters.

Over the last semester (January to April), we at the Centre have been busy engaging with the community, hosting visiting academics, holding SHARE Network meetings, closing off on research projects, starting new research projects, and much more. We are excited to welcome new members to our team, who will be helping to support all of the exciting new projects that we have.

So, take a moment to reflect back on such a successful semester with us. Thanks for your continued support and membership!



We would like to give a BIG thank you and bittersweet farewell to **Belen Miguel** who has worked with the Centre for 2 years as an RA / Chair of the Gilbrea Student Group. Belen has completed her Masters in Health and Aging. We wish Belen all the best in her future endeavors!

## IN THIS ISSUE

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

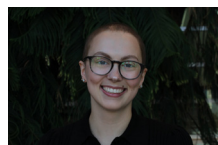
## TEAM MEMBER UPDATE & THANK YOU'S

The Gilbrea Centre would like to thank our 4 placement students: Jasmine Birdi, Gabriela Sierra Gomez, Dalen Koncz and David Marcuzzi (Pictured right) who joined us in the Centre from Jan-April 2024 from the course HLTHAGE 3EE3.



We are also saying farewell to **Amna Zaidi**, who has now graduated. Amna started with Gilbrea as a placement student, secured an AVPR summer placement fellowship, and then worked as a research assistant supporting our New Horizon intergenerational activities.

We are delighted to welcome 3 new Research Assistants to our research team:



**Kyla Kovalik** (Left), our 2023-24 Karl Kinanen UG award holder and a student volunteer, will be helping to support the Dementia Tech Club Project hosted at the Burlington Public Library and with other Centre projects.



**Umniyah Gilani** (right), joined Gilbrea as a research assistant in May to assist with the Dementia Tech Club Project, as well as intergenerational work kicking off this fall. We are excited to begin working with Umniyah.



**David Marcuzzi** (left), began with the Centre as a placement student. David is working at the Centre the Dementia Nature Based Project.

## BLOG BY GILBREA'S RKT GROUP

### "Social wellness is important at all ages": Reflections by Gilbrea's RKT Group

This blog post was written and edited by our Research and Knowledge Translation (RKT) SHARE Network: a group of skilled and dedicated older adult volunteers who meet monthly to consult on Centre communications, deliverables, and research. In no particular order, we would like to give thanks to the RKT Group: *Nikki Rottenberg, Judith Johnson, Sonja DePauw, Gord Jackson, Helaine Ortmann, Wendy Schrama, Lori Schindel Martin, Len Collins, Alex Huang, Barry Spinner, Fern Watson, Jane Depraitere, Shenli Bao*, for their contributions to this blog.

What does social wellness mean and why is it necessary for overall health? It is a complex term that will have a different meaning for each person who experiences it. Members of Gilbrea's Research and Knowledge Translation (RKT) group answered this question during a recent meeting. One member explained that social wellness is about "interactions that are interesting, inspiring and exciting, encouraging you to stay in the interaction even if you are a natural introvert." Another shared that the experience of "good" or "successful" social wellness is dependent upon desire for, access to, and value of "mental stimulation." Additionally, we agreed that it's important to find new or complementary ways of maintaining social wellness as one ages and to seek different opportunities or access to people and organizations that can provide us with social outputs, enjoyable social interactions and/or enable us to share our knowledge and experiences with younger people.

Thoughts and ideas flowed. We agreed that being members of Gilbrea's RKT group has had a profound impact on our social wellness; our monthly meetings being an opportunity for mutual interaction for all, including staff, to learn from each other in a safe, open and positive environment. Everyone involved had the opportunity to hear what others are doing, what they are experiencing daily and what strategies are being employed to cope. A welcome antidote to the unprecedented levels of social isolation and loneliness brought on by a debilitating 2019 pandemic, our conversations demonstrate just how important it is that we be socially active as we learn and are mentally stimulated by sharing our thoughts and observations. One member described feeling rejuvenated after leaving the monthly meeting. "I suddenly feel younger. I am not feeling old here and I am leaving here on a high, with greater curiosity."

Learning from others and feeling connected is encouraging as we age and positively influences social wellness. Being together and a part of our stimulating discussions is "what makes us feel hopeful; these monthly meetings inviting us to discover where we might fit in, and other things we can do."

We firmly believe that social wellness is for all ages. Having been members for the first year of the RKT group, we look forward to the next meetings that begin with the new term in September. As one member happily stated, "we are here, allowed this playground to come together on a monthly basis to talk about profoundly important things; to learn from students and researchers." An experience which cannot be forgotten.

*A note from the Gilbrea Centre for Studies in Aging: Thank you to all of our RKT members for your time, energy, and dedication. It has been an amazing year working with everyone and we are excited to continue exploring, learning, and "SHARE-ing" with you.*

If you are interested in learning more or joining our group in September, please contact Mason at [mcleom14@mcmaster.ca](mailto:mcleom14@mcmaster.ca)



## MIRA SUMMER FELLOWSHIP AWARD

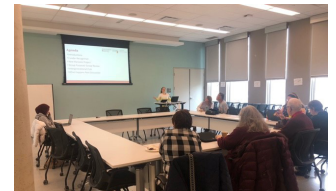
Congratulations to **Sowmiya Koneswaran** who has received a McMaster Institute for Research on Aging (MIRA) Undergraduate Summer 2024 Research Fellowship (USRF) hosted within the Gilbrea Centre. Sowmiya's research will explore *barriers in living spaces and homes for individuals living with dementia* under the supervision of Anthea Innes.



## INTERGENERATIONAL ADVISORY GROUP

Thanks to the support from The Government of Canada's New Horizon's for Seniors Program as part of Gilbrea and the McMaster's Institute for Research on Aging's (MIRA) joint intergenerational project, we were able to establish an Intergenerational Advisory Group. The group was initially comprised of older adults, but the older adults decided it would benefit from the added inclusion of student members. This group worked together to discuss and brainstorm future activities at group meetings. They also participated in various intergenerational outings including: an Intergenerational Retreat at Dundurn castle (last semester), bowling, a visit to the Maple Syrup Festival, and a thank you lunch at the end of the project.

Despite this project coming to a close at the end of March, this group will continue to meet as part of Gilbrea's SHARE network and advise on intergenerational opportunities for our members and the Centre.



## DEMENTIA ADVISORY GROUP

This semester, the Dementia Advisory Group met both in-person and piloted virtual meetings (as per the group's request). The group welcomed new members and worked together to redefine their mission and motivation for getting involved. The group is now working together to co-design a music-based project. Watch out for updates in future newsletters!



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

## PHYSICAL SPACE CONSULTATION

The Gilbrea Centre's new space in Kenneth Taylor Hall (KTH) is still under development with a move-in date fast approaching. The Centre has been consulting with our older adult members to design our new space based upon dementia and age-friendly principles.

During our last consultation, the group discussed final floor plans and assisted with selecting paint colours, materials and furnishings. The group tried out various chair options to confirm which would be most age friendly. We are so excited to share our new space with everyone.



## 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 community engagement activities including attending different Hamilton Public Library Branches to offer individualized tech support and guided painting sessions. The Student Group also initiated other intergenerational programming including an embroidery event, an intergenerational journal club and story writing.

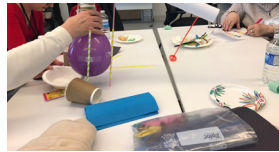


Everyone is welcome to join in on the conversation! Keep an eye on the Gilbrea Student twitter page ([@GilbreaStudent](#)) for dates and times of the next meeting. You can also follow the Gilbrea Student group on their new Instagram page [@gilbreastudentgroup](#)

Interested in joining the student group? Learn more about the Centre and its current student members by visiting [our website](#) or contact [gilbr\\_sq@mcmaster.ca](mailto:gilbr_sq@mcmaster.ca)

## INTERGENERATIONAL CLUB RESEARCH

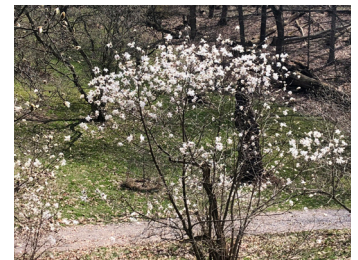
Following our successful pilot Intergenerational Café in the Spring of 2023 we have hosted a year long Intergenerational Club research project. This semester, the project concluded with some fun activities including: building together, planting, writing stories, and a show and share where everyone got to share a hobby or interest. This research explored the impact of intergenerational programming on the social well-being of students and older adults, aimed to explore aspects such as inclusion and views on aging. Thanks to everyone who participated!



## DEMENTIA NATURE-BASED PROJECT

The Gilbrea Centre is excited to announce that it has received funding from the Alzheimer Society of Brant, Haldimand, Norfolk, Hamilton, Halton to conduct a year-long nature-based project for older adults living with dementia and their care partners. This project includes 9 sessions, once per month for two hours between April-December 2024 at various locations in Hamilton/Burlington. This project is based on a pilot project conducted between Sept-Dec 2023 that was co-designed with Gilbrea's Dementia SHARE Group.

The project kicked off in April with our first session at the Royal Botanical Gardens Arboretum. The group had a great walk near the water and on the beautiful RBG grounds.



## DEMENTIA TECH CLUB HOSTED AT BPL

The Gilbrea Centre is excited to formally announce that it has received funding from the New Horizon's for Seniors in Canada to conduct a tech club at the Burlington Public Library for people living with dementia and their care partners. The tech club will run from Sept-Dec 2024 with 8 bi-weekly 2-hour sessions.

This summer, the project will kick-off with two participatory co-design sessions facilitated by the Gilbrea Centre and the Burlington Public Library with older adult participants to explore their views of different technologies, and what they would like to learn more about during the tech club.

More to come on this project!

## OVPR FUNDING AND ACTIVITIES

The Gilbrea Centre successfully 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. Last semester, Gilbrea conducted 2 of our proposed activities (thematic area workshop, and away day). This semester, we have conducted another 2 activities:

- An overnight retreat at Niagara on the Lake for Gilbrea's core team (including staff, research assistants, and research theme leads). The team participated in creative research method sessions, visualizing exercises, team building activities as well as discussing publications, and grant writing.

- An intergenerational workshop including a panel of 3 intergenerational trailblazers, our core team, and faculty in the Department of Health, Aging and Society who are conducting Intergenerational work. This important session offered the chance for those involved in intergenerational work at McMaster to come together to discuss possible avenues for collaboration and action items to ensure that programming is able to continue.



## 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.

Gilbrea is excited to announce the 2024 Karl Kinanen Graduate Student Research Award Recipient: **Umiyah Gilani**

Umiyah is currently an MA candidate in the Department of Health, Aging and Society working under the supervision of Dr. Anthea Innes. Umiyah earned a HBSc from the University of Toronto with a double major in Psychology and History of Religions.

Umiyah's research focuses on the impact of intergenerational relationships and social support on the emotional and psychological well-being of individuals, particularly older adults. More specifically, exploring the benefits and challenges of living in South Asian multigenerational households, and how the virtue of filial piety shapes family caregiving and intergenerational solidarity when sharing the same spaces.



## MEMBER PUBLICATIONS

**Dalmer, Nicole K.**, Bull, Amanda, and Mitrovica, Bria. (2024). "When somebody says this is a program for adults, it kind of smacks of pornography": Older adults' opinions on age labels in the public library. *The Gerontologist*. <https://doi.org/10.1093/geront/gnae011>

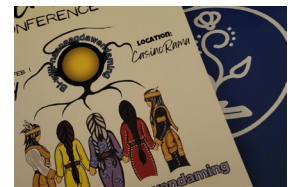
**Dupuis, C.**, Sethi, B., & Williams, A. (2024). Exploring arts-based methods in unpaid caregiving contexts: a scoping review. *New Trends in Qualitative Research*, 20(1), e1013-e1013.

Morris, L., **Innes, A.**, Williamson, T., Wyatt, M., Smith, E., & McEvoy, P. (2024). 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*.

Hussain, N., Clark, A., & **Innes, A.** (2024). Cultural myths, superstitions, and stigma surrounding dementia in a UK Bangladeshi community. *Health & Social Care in the Community*, 2024.

## INDIGENOUS DEMENTIA CONFERENCE

Gilbrea Centre Director, Anthea Innes was a keynote presenter at the inaugural Indigenous Dementia Conference in Rama, ON sharing her work on dementia and social inclusion.



## ALZHEIMER DISEASE INTERNATIONAL



In April 2024, Director Anthea Innes and Post-Doc, Constance Dupuis (pictured right, presenting co-design project work) attended the Alzheimer Disease International conference in Krakow, Poland.

## 2023 gilbrea centre for Studies in Aging 2024 SEMINAR SERIES

The 2023-2024 series is now complete! The Centre would like to give a big thank you to all of the speakers who presented this year. We look forward to next years series starting in Fall 2024. Stay tuned for the next series lineup.

### In case you missed it...

#### Agency of Older Adults in the Food Justice Movement

Andrew Sweetnam, Karl Kinanen Graduate Recipient, McMaster University  
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  
Watch the recorded session [here](#)

#### Transforming aged care: Innovations from Down Under

Irene Blackerry, Professor, La Trobe University  
Watch the recorded session [here](#)



#### Intergenerational dialogues on gender, care and aging

Wendy Harcourt, Professor, Erasmus University Rotterdam  
Co-hosted by the Department of Health, Aging and Society  
Watch the recorded session [here](#)

## MCMASTER-LIVERPOOL PARTNERSHIP

In April 2024, the Gilbrea Centre was awarded a partnership grant with the Centre for Aging and the Life Course at the University of Liverpool, and we will begin working together over the next year to share our research ideas. Watch this space!

## YWCA MACNAB - HEARTY POTLUCK

On February 14th, the Gilbrea Centre team attended the Hearty Potluck hosted by the YWCA MacNab Street. We enjoyed some delicious snacks and conducted a consultation activity to hear from the older adults members on their experiences and priority research areas. We look forward to continuing to work with the YWCA, Active Living Centre 55+, MacNab Street Branch.



## SACKVILLE HILL WELLNESS FAIR

The Gilbrea Centre was excited to have an exhibit booth at the Sackville Hill Seniors Centre Wellness Fair in March. It was a great way to share Gilbrea Centre Programming updates and meet older adults in the community.



## YWCA WINTER WELLNESS FAIR

The Gilbrea Centre had a booth at the well-attended Winter Wellness Fair in February at the YWCA Hamilton Active Living Centre, Putman Family YWCA. We met and connected with many familiar and new faces.



## AGE-FRIENDLY HAMILTON - HCOA

The Gilbrea Centre attended the annual "Creating our Inclusive Age-Friendly Hamilton" hosted by the Hamilton Council on Aging in April. It was a great way to connect with other organizations and hear about all of the great age-friendly work being conducted in Hamilton.



## SUPPORT THE GILBREA 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](mailto:richak29@mcmaster.ca) or 905-525-9140 ext. 21236. Thank you!

## KICK OFF MEETING OF THE JPND



In April 2024, Anthea Innes participated at the kick off meeting of the JPND (Joint Programme for Neuro-Degenerative Disease) funded PANEUCARE meeting at the DZNE in Bonn, Germany attended by colleagues representing 17 countries -16 European countries and Canada!

## BECOME A MEMBER

Interested in learning more about becoming an Associate member of the Gilbrea Centre? Please e-mail [gilbrea@mcmaster.ca](mailto: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](mailto:gilbrea@mcmaster.ca)



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## CONTACT US

Gilbrea Centre for Studies in Aging  
L.R. Wilson Hall, Room 2026  
McMaster University  
1280 Main Street West  
Hamilton, Ontario, L8S 4K1

T: (905) 525 9140 ext. 24449

E: [gilbrea@mcmaster.ca](mailto:gilbrea@mcmaster.ca)

W: <http://gilbrea.mcmaster.ca/>

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