



E-NEWS

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GILBREA NEWS

After a summer full of planning and coordinating, we are excited to kick off another academic year with lots of research and activities this semester.

We are also thrilled to announce that we have officially moved office spaces to **Kenneth Taylor Hall, Room 118**. Our new space has been a project in the works for two years, and involved consultation with our task and finish group of older adults to design a space which incorporates age and dementia friendly considerations, a beautifully designed mural, and a communal space open to our members to conduct group meetings, research, and social/fun networking. We provide a sneak peak of the space on page two which reflects on our open house event from the first week of September. If you were unable to join us then, we invite you to stop in and view the new space!

This issue also looks back on our SHARE network thank you event from June, which included more than 40+ of our members and staff for a nice meal and end of the year wrap-up. Take a look at page two to see some of the highlights from the day.

We invite you to reflect back on the summer months with us in this edition of our newsletter.

We thank you for your continued membership and participation.



IN THIS ISSUE

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

TEAM MEMBER UPDATE & WELCOME

Please join us in welcoming **Yvonne Leblanc** to the Gilbrea Team:

Yvonne is a critical sociologist with a passion for optimizing health and aging in later life. Her scholarly interests include intergenerational engagement, quality of life, and the empowerment of older adults. Yvonne has taught a wide range of courses in the Department of Health Aging and Society at McMaster. Yvonne will be working alongside Mason Mcleod and the rest of the team 3-days a week, on a number of Gilbrea research projects, and supporting some of the assignments of Equity Burke (Gilbrea Research Manager) and Constance Dupuis (Gilbrea Post-Doc) who will be on maternity leave starting this fall. We are lucky to have Yvonne and her extensive experience joining our team.



We are also excited to continue working this year with **Umniyah Gilani** (BPL project, Intergenerational Project, Student Group Chair and Residential Care Facilities Project), **Kyla Kovalik** (BPL project, and Intergenerational Project), and **David Marcuzzi** (Nature Based Project, AVPR RCI funded research).



We are happy to announce new team members on Gilbrea Projects: **Sowmiya Koneswaran**, who was our MIRA funded summer placement student (Dixon Hall Project), **Yasmin Khalaf** (Residential Care Facilities Project), and welcoming back **Belen Miguel** (Intergenerational Project).

GILBREA CENTRE - OPEN HOUSE EVENT

After two long years of planning, consultation, and construction - the Gilbreia Centre was pleased to formally open its doors to the public through an Open House Event on Thursday September 10th. This event had a great turnout and was attended by our SHARE older adult members staff, faculty, and student members of the Centre.

The celebratory day kicked off with a tour of the space and icebreaker game, introductory words by Centre Director, Anthea Innes- who showcased a presentation of the space before, during and after our consultation and construction process. Anthea walked the group through the dementia and age-friendly consultation process and principals that were incorporated into the design.

The Group then had the privilege of hearing a few words by some of the key stakeholders involved in the development of the new space - including: Martin Horn (OVPR), Jerry Hurley (FSS Dean), Michel Grignon (HAS Department Chair), and 2 representatives from the SHARE Task and Finish Group - Phyllis Fehr and Gord Jackson, who shared some special words about their involvement in the co-design process of designing the new space. Their stories and experiences truly enriched the occasion, and reminded us all of the special bond we share as a community network, working together for a common goal.

Thanks to all who participated in this special event. If you were not able to make it or have not yet had a chance to view our beautiful new space, we welcome you to stop by and say hi to the Gilbreia team in our new space at KTH 118.

See below some highlight photos from our open house event:



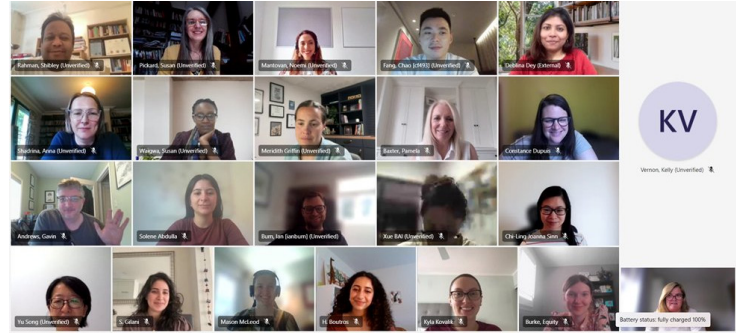
ARMS/GILBREA COLLABORATION

The Advanced Research on Mental Health and Society (ARMS) and the Gilbreia Centre have been holding collaboration sessions over the last to leverage our networks and discuss avenues of partnership. The teams first connected in Jan 2024 and again in Sept 2024. We are excited to be working together in this way!



MCMASTER/LIVERPOOL PARTNERSHIP

In April 2024, the Gilbreia Centre was awarded a partnership grant with the Centre for Ageing and the Life Course at the University of Liverpool. Plans were created to begin working together over the next year.

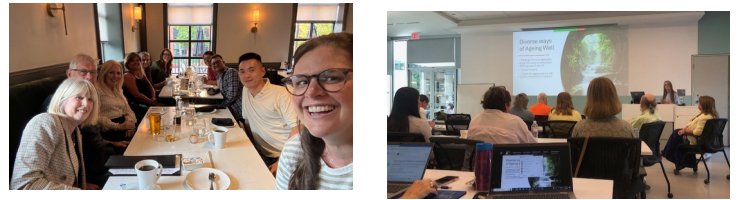


The partnership officially launched in June through a collaborative virtual workshop (pictured above) where representatives from McMaster and the University of Liverpool got to know each other and share their research.

Gilbreia then hosted colleagues from the University of Liverpool at McMaster from September 9-12th for a series of workshops on topics including: frailty, intergenerational learning, intersectionalities and methods, and planning for the next steps of our collaboration.



We hosted a lunch and learn and seminar by visiting colleague Susan Pickard who spoke about "Diverse ways of ageing well: Findings from a longitudinal study into frailty in minoritized ethnic groups in the UK" which included networking opportunities with McMaster academics, researchers, graduate students, early career researchers (ECRs), SHARE network members.



We also facilitated site visits to community partner organizations including the YWCA Ottawa Street and the Burlington Public Library. It was a jam-packed week, well spent building connections and partnerships between McMaster University and the University of Liverpool. Thank you to everyone who participated in the weeks activities and for sharing your research.



The Gilbreia Centre and representatives are looking forward to taking this work forward during our hosted visit to the UK by the University of Liverpool Colleagues in December of this year.

SHARE NETWORK - THANK YOU EVENT

On May 15th, Gilbrea hosted its second annual *SHARE Network Thank You Lunch* at East Side Marios for all older adults involved with Gilbrea this past academic year. The SHARE Network is made up of older adults (55+) who volunteer their time to participate in our SHARE groups, including: the Research and Knowledge Translation (RKT) Group, Intergenerational Advisory Group, Dementia Advisory Group, and Task and Finish Group.

With over 40+ attendees, the lunch was a great way for members to connect with other groups, learn more about other projects at the Centre, and to just enjoy a nice meal together. This was just a small token of gratitude to our valuable members who contribute to the success of the SHARE network and the Gilbrea Centre. They are the reason we do what we do, and we have so much fun doing it together! Thank you to everyone who joined us, and we are so excited for another year of fun, engaging, and impactful research and social activities.



MURAL DESIGN / CONSULTATION

Back in May, our SHARE task and finish group co-designed a mural which would represent our centre and mission and could also be used as a wayfinding element. The group was keen on the idea of seasonal representative images, which were visually appealing but also could be interpreted as “the seasons or transitions through life” which included animals, plants, and people. See below images from the consultation, as well as the final product. A big thank you to the MPS team at McMaster for their design and installation help, as well as all of the older adults part of the task and finish group who provided their time and thoughts to this project!



DEMENTIA ADVISORY GROUP

Gilbrea’s Dementia Advisory Group met for a virtual meeting May 2024 and again in-person on June 19th. The group discussed plans and began co-designing a dementia music-based research project. Stay tuned for details on this project kick-off and how you can get involved.



CO-DESIGN TECH CLUB WORKSHOPS

The Gilbrea Centre 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.

This summer, the project kicked off with two co-design workshops (first in June and second in July) that included people living with dementia, care partners, and community members. The group thought about social connection and knowledge dissemination around technology, and what would contribute to a successful tech club. The co-design workshops provided fruitful information on both enjoying and leveraging technology to develop social connection and wellness for older adults living with dementia. Participants of the co-design workshops were consulted on the final program for the tech club to provide input at all stages of the research process.

The tech club research sessions start on September 26th with 8 weekly 2-hour sessions. Those interested in participating can register [here](#). If you have any questions about the project, or how you can get involved, please contact Mason McLeod (mcleom14@mcmaster.ca)

DEMENTIA NATURE BASED PROJECT

Gilbrea received funding from the Alzheimer Society to conduct a 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 co-designed with Gilbrea’s Dementia SHARE Group.

The projects second session took place at Urquhart Butterfly Garden (pictured right). The group took a beautiful walk along the water, through the gardens, and enjoyed a light lunch together.



The third session included a visit to Gage Park where the group got to visit the greenhouse and try out some of the adaptive bikes hosted by the “Everybody Rides Initiative” (left). It was a fun day.

Our fourth location (right) took us to Cityview park in Burlington. Not even a little rain could stop the fun the group was having on their nature walk around the park.



Our latest session was held at Dundurn Castle (left) in Hamilton, where the group took a nice walk through the historic garden, around the grounds, and played bocce ball.

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: A co-designed tech club for older adults living with dementia and their care partners

Karl Kinanen Undergraduate Student Recipient, **Kyla Kovalik** completed her undergraduate degree with Honours in Aging and Society with a Specialization in Mental Health and Addiction, and a Disability Management certificate at McMaster. She is starting her MA in Health and Aging in September 2024. She is proud to be working as a research assistant with Dr. Anthea Innes, Director of the Gilbrea Centre for Studies in Aging, and Professor in the Department of Health, Aging and Society. 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.

Excerpt from the blog post by Kyla:

"Using technologies and enjoying various activities and games will ultimately help with social connection for older adults living with dementia and their care partners. Whether the social connection happens with their care partners, family members, friends, or grandchildren, it is an important element in later life and technology can act as a method to promote social connection."

Read the full blog post by Kyla Kovalik [here](#)

Deadlines for 2025 applications:

Undergraduate Student Scholarship: October 18th 2024 by 11:59pm
Graduate Student Scholarship: January 17th 2025 by 11:59pm

STUDENT GROUP FALL KICKOFF

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

We are pleased to announce the Chair of the Student Group for the 2024-2025 academic year is, **Umniyah Gilani**.

SAVE THE DATE: The first event of the new semester will be held on **Wednesday September 25th 2024** - this will be a welcome social to connect with current members, and meet new members who are joining the group.

Full fall schedule forthcoming, stay tuned!

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 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/members/> or contact gilbr_sg@mcmaster.ca

2024 gilbrea centre for Studies in Aging 2025 SEMINAR SERIES

All 2024-2025 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](#)

Save the date:

Impact of an early or timely diagnosis of dementia: data from the UK DETERMIND cohort

Ben Hicks, Research Fellow and DETERMIND Programme Manager, Brighton and Sussex Medical School

Date: Thursday November 28th 2024

Time: 2:30-3:30 PM EST

Location: LRW 1003 (Community Room)

[Register for the seminar here](#)

Title forthcoming

Julia Henderson, Assistant Professor, The University of British Columbia
Co-Hosted with the Department of Health, Aging and Society

Date: Wednesday January 29th 2025

Time: 12:30-1:30PM EST

Registration coming soon:

Intergenerational Voices: Exploring the self-reported experiences of South Asian Individuals Living in Multigenerational Homes

Umniyah Gilani, Karl Kinanen Graduate Student Research Recipient

Date: March 11th 2025

Time: 2:30-3:30PM EST

Location: LRW 1003 (Community Room)

Registration coming soon:

In case you missed it:

Diverse ways of ageing well: findings from a longitudinal study into frailty in minoritized ethnic groups in the UK

Susan Pickard, Professor, University of Liverpool

Recorded seminar coming soon

OLDER ADULT OPEN CAMPUS DAY 2024



After a successful Older Adult Open Campus Day last year, 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 our annual "Older Adult Open Campus Day". 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.

SAVE THE DATE - The event will be happening **September, 20th 2024**.

SENIOR KICKOFF EVENT

The Gilbreia Centre team had a table at the annual Senior Kick-off event held at Michelangelo Events & Conference Centre on June 10th. We connected with many new people, and lots of familiar faces. Thanks to everyone who stopped by our booth.



BSG CONFERENCE



Gilbreia Director, **Anthea Innes** attended the British Society of Gerontology conference this year in July. Anthea presented research on veterans and dementia (pictured left), and the Gilbreia Centre's Intergenerational club research.

HAMILTON SENIOR ADVISORY COMMITTEE



Gilbreia attended the Senior Advisory Committee meeting where SHARE Network member, Alex Huang spoke on his work with the Committee, presenting findings from their communication survey and specifically insights into how older adults want to be communicated with. Gilbreia Director, **Anthea Innes**

and SHARE Network Coordinator, **Mason McLeod** also presented to the Hamilton Senior Advisory Committee on Sept 6th.

MEMBER PUBLICATIONS

Dalmer, N. K. (2024). (In) Forming care: negotiating tensions in everyday information work in dementia care. *International Journal of Care and Caring*, 1-21.

Dupuis, C. (2024). Aging with her garden: Mutual care across species and generations. *Journal of Aging Studies*, 69, 101236.

Innes, A., Dal Bello-Haas, V., Burke, E., Lu, D., McLeod, M., & Dupuis, C. (2024). Understandings and Perceived Benefits of Outdoor-Based Support for People Living with Dementia. *International Journal of Environmental Research and Public Health*, 21(8), 1072.

Higgins, R., Spacey, A., & **Innes, A.** (2024). Enablers and barriers to delivering person centred dementia care: Perceptions and experiences of diagnostic and therapeutic radiography practitioners. *Journal of Medical Imaging and Radiation Sciences*, 55(3), 101441.

SUPPORT THE GILBREIA CENTRE

Since the Gilbreia 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 Gilbreia 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 Gilbreia 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!

KNOWLEDGE SYNTHESIS GRANT

The Gilbreia Centre is among one of the teams to receive the inaugural MIRA/Dixon Hall knowledge synthesis grants: led by the St. Joseph's Health System Centre for Integrated Care (Chi-Ling Joanna Sinn, Andrew Costa) and the Gilbreia Centre for Studies in Aging (**Anthea Innes**, MIRA postdoctoral fellow **Constance Dupuis**) seek to identify potential directions for the future design, implementation, and evaluation of Dixon Hall's rooming house initiative.

BECOME A MEMBER

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



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