



E-NEWS

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GILBREA NEWS

Happy 2025! The Gilbrea Centre for Studies in Aging hopes you, your family and friends, had a safe and relaxing winter break! As we enter a new year filled with lots of optimism and anticipation for the future, we want to take a moment to explore the previous year's growth, activities, research, initiatives and guests.

In this issue, we reflect upon the last semester (September-December) research, intergenerational activities, new collaborations, academic activities and visiting colleagues. We are excited to welcome some new members of our research team, share photos from our many events we hosted including Older Adult Open Campus Day (OAOCD), Public and Patient Involvement (PPI) Lunch and Learn Workshop and book launch with our Irish colleagues, Gilbrea Student Group events and showcase exciting new co-designed research projects with our Gilbrea SHARE Network members.

We are also excited to give some updates on ongoing and completed research projects including our Dementia Nature Based Project and Dementia Tech Club. Join us in looking back on the last semester! Thank you for your continued support and participation.



IN THIS ISSUE

- Gilbrea Centre News and Team Member Updates
- Conference Attendance
- Student Group and Intergenerational Activities
- Member Research Publications

TEAM MEMBER UPDATE & THANK YOU'S

The Gilbrea Centre would like to thank our 4 placement students who joined the Centre from Sept-Dec 2024 from the course HLTHAGE 3EE3. They participated and assisted in a wide range of activities. From being student volunteer guides at the second older adult open campus day, attending lunch and learns with guest lectures, PPI workshops, and actively contributing, planning and co-designing the Intergenerational Kitchen Pilot Project with other older adult and student member of the Intergenerational Advisory SHARE Group. These students were: **Jess Downer, Kaitlin Junio, Kai Chen and Jorinde Van Den Ancker** (Pictured Below):



We are happy to announce new team members on Gilbrea Projects: **Diana Singh** and **Sarah Masri** (NSERC Projects), **Leora Sas van der Linden** (Support for Gilbrea Centre SHARE Network and EMPOWRd Project) and **Rachel Gallagher** (PACIFIC Project).

Older Adult Open Campus Day (OAOCD)

On September 20th over 70 older adults and 60 students came to McMaster campus for the second annual “Older Adult Open Campus Day (OAOCD)” to explore the wonderful opportunities McMaster has to offer. The day was filled with intergenerational discussion, connections and fun!

This event was made possible thanks to funding from the Government of Canada’s New Horizons for Seniors Program and organized by the McMaster Institute for Research on Aging (MIRA), the Gilbrea Centre for Studies in Aging, with supported by many amazing campus partners.

The event started in McMasters new [MSU Hub](#) where both older adults and students could mingle before exploring and participating in a wide range of on campus activities, such as the McMaster Nuclear Reactor, W.J. McCallion Planetarium, Ivor Wynne Centre’s Physical Activity Centre for Excellence (PACE) and the new Gilbrea Office in Kenneth Taylor Hall. The groups were led by members of the Student Volunteer Committee and students volunteer guides. The event concluded with a wonderful lunch and seminar by Dr. Anthony Levinson on Brain Health back at the HUB.

The event provided many positive intergenerational experiences and interactions. As one second year Health, Aging and Society student, Maya shared “Last year’s experiences was so positive and beautiful that it drew me back in again this year. Last year I was 14 days into my university experience, and I was so nervous of what the older adults would think about me. I sat next to a woman named Beth at the planetarium, and we both shared our histories. I felt so warm and connected to a person for the first time since beginning my university journey. This opportunity helped me to understand on an undeniable level that connection with older adults is deeply fulfilling to the heart and soul. At next year’s event I hope to be volunteer that guides the groups.”

Theresa, an older adult participant who attended the event has this to say, “Absolutely awesome day for older adults at [the] University. I love being on campus in new and exciting ways and the offerings were pretty terrific. This is wonderfully organized. Thank you for always opening the door”.

You can read more about the [Older Adult Open Campus Day](#) and the Student Volunteer Committee experiences on [Gilbrea’s Website](#) .

Thanks to all who participated in this special event. Special thank you to the amazing McMaster campus partners, MIRA and student volunteers who helped showcase



and facilitate a wonderful

Public Patient Involvement (PPI Workshop)

In November 2024, the Gilbrea Centre hosted two colleagues from Ireland. **Helen Rochford Brennan**, a person living with dementia who is an international ambassador and advocate for people living with dementia and **Carmel Geoghegan** a former primary carer for her mother who lived with mixed dementia. Carmel is an advocate and supporter of campaigns that keep the spotlight on dementia and end-of-life care.

We hosted a lunch and learn Public Patient Involvement (PPI) Workshop delivered by Helen, Carmel and Anthea Innes (Director of Gilbrea), at the Gilbrea Office. The lunch and learn workshop introduced the concept of Public Patient Involvement, the importance of PPI in Dementia research policy and practice. Hosts also shared their own lived experiences with PPI and the practical application and importance of PPI in research. Participants included older adults living with dementia, their care partners, McMaster academics, Gilbrea staff and students.



Gilbrea Book Launch

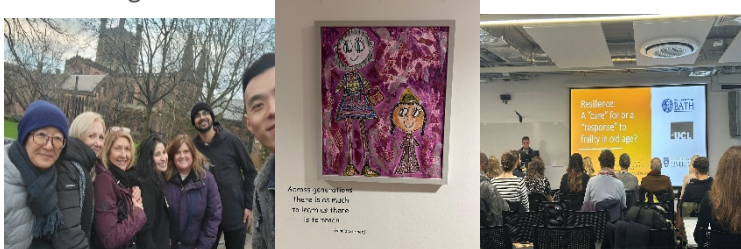
On November 14th, the Gilbrea Centre (event co-hosted with McMaster Alumni) launched a book called “*How to Live Well with Dementia: Expert Help for People Living with Dementia and their Family, Friends, and Care Partners*” the book is authored by **Anthea Innes** (Gilbrea’s Director), **Carmel Geoghegan** (Co-author and visiting colleague), **Megan O’Connell** (clinical psychologist) and **Phyllis Fehr** (a person living with dementia who is a member of the Gilbrea Dementia Advisory SHARE Group amongst other advocacy roles).

The authors (Anthea, Carmel and Phyllis) were joined by Helen Rochford Brennan who chaired an insightful and engaging panel discussion and Q&A. With over 60 people attending in person and additional 600+ registered virtually, the event was a massive success! Special thank you to Dean Jerry Hurley from the Faculty of Social Science who provided the introductory welcome, and Christine Kennedy and Nina Cammalleri from McMaster Alumni for support and help organizing the event and Chris Pickles for your wonderful photographs of the event.

Read more about the PPI Workshop and book launch [HERE](#).

McMaster/ Liverpool Partnership

Seven colleagues from McMaster were hosted by our colleagues from the Centre for Ageing and the Life Course at the University of Liverpool in December as part of a McMaster-Liverpool Partnership grant lead by Anthea Innes from McMaster and Susan Pickard from Liverpool. A service site visit to an intergenerational nursery with interactive sessions with nursery aged children and older adults were a real highlight! Also, Gilbrea's Dr. Anthea Innes and Dr. Yvonne LeBlanc and MIRA's Dr. Lauren Griffith and Jasdeep Dhillon presented at the Foundation for Sociology of Health and Illness Frailty symposium held during the visit on different aspects of the 4-year programme grant funded via the MIRA Labarge Centre for Mobility. McMasters' Dr. Sharon Kaasalainen presented at the British Sociological Association Death and Aging annual symposium that was also held during the visit.



Gilbrea Intergenerational Advisory Group

From September to November 2024 the Gilbrea Intergenerational Advisory SHARE Group met to co-design the next round of intergenerational research conducted by the Centre. The group consisted of older adults who have previously participated in Gilbrea's intergenerational research and McMaster students (pictured below)



The group met monthly at the Gilbrea Centre to discuss all aspects of the project. The intergenerational kitchen pilot project will involve 2 hour cooking social sessions every 3 weeks at McMaster University's Community Kitchen. This project will be evaluated by Kyla Kovalik as part of her Master Thesis.

For those interested in participating or have any questions about the project, or how you can get involved please contact Kyla (kovalikk@mcmaster.ca)



Gilbrea Dementia Advisory Group: Musical Memoires a co-designed pilot project

The Gilbrea Centre Dementia SHARE Group, a group of older adults living with dementia, current and former care partners and older adults who are passionate about supporting individuals living with dementia have been working with Gilbrea since February 2024 to co-design a new pilot dementia research project.

All major decisions were decided by the group, from the music focus, purpose, research question, guest facilitators, session design and assessment tools used in data collection.

Musical Memories: A Co-Designed Pilot Study is set to launch in early 2025! Interested in participating? Or if you have any questions about the project, or how you can get involved please contact Umniyah Gilani (gilans6@mcmaster.ca)

DEMENTIA NATURE BASED PROJECT

On December 4th, the Gilbrea Centre concluded the fieldwork on our year-long dementia nature-based project for older adults living with dementia and their care partners funded by the Alzheimer Society of Brant, Haldimand, Norfolk, Hamilton & Halton. This project built upon a pilot project conducted between Sept-Dec 2023 co-designed with Gilbrea's Dementia Advisory SHARE Group part of Gilbrea's SHARE Network.

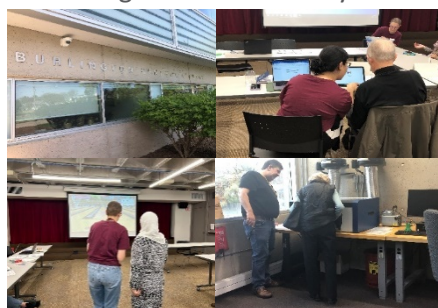
The final session included a visit to Spencer Smith Part in Downtown Burlington (below). The walk was cold but filled with beautiful festive lights followed by a nice meal together. It was a wonderful end to such a fun project!



Dementia Tech Club Project

The Gilbrea Centre received funding from the New Horizon's for Seniors in Canada and in partnership with the Burlington Public Library to run an 8-week dementia tech club for people living with dementia and their care partners.

Based upon the two co-designed workshops (June and July 2024) Gilbrea ran a successful 8 week, 2-hour tech session at the Burlington Public Library from September to November.



Gilbrea Student Group

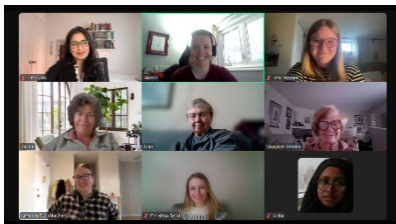
The Gilbrea Centre student group welcomes students with an interest in social studies of aging. The group has been busy over last semester (September-December). Hosting many wonderful student and intergenerational events! The term started off strong with a collaboration with GeriActive Outreach the last week of September for "[Taking it to the Streets: Reimagining Dementia](#)". The event was held outside in Kenneth Taylor Hall courtyard to gather McMaster students' thoughts, experiences and feelings with dementia. The responses were compiled into a video which was later shared on social media.



The Gilbrea Student Group also organized two successful intergenerational events (October and November). A fun afternoon of conversation and painting a fall-themed water colour painting, led by a Gilbrea Student Group member, Christina.



Facilitated an engaging conversation between students and older adults for the first virtual intergenerational journal club of the 24-25 academic year.



To wrap up 2024 the group hosted a drop-in holiday de-stress social in December. For a fun event filled with food, holiday games and festive karaoke!

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

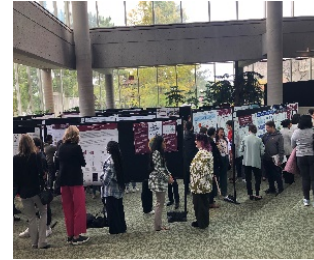
IDOP Event

The Gilbrea Centre team had a table at the annual International Day of Older Person (IDOP) event held at Sackville Senior Centre on October 1st (pictured left). We connected with many new people, and lots of familiar faces. Thanks to everyone who stopped by our table.



MIRA and Labarge Knowledge Exchange

Gilbrea attended the MIRA and Labarge Knowledge Exchange Event at the Royal Botanical Gardens (RBG) (Pictured right). It was great to network, learn more about the different aging research being done and foster connections for potential future collaborations.



YWCA Fall Wellness Fair

The Gilbrea Centre had a table at the MacNab Wellness Fair held at the YWCA Active Living Centre 55+ MacNab street on September 27th (Pictured left). The event included presentations, lunch, door prizes, fun activities and lively conversations. The fair was a blast to attend!



Conference Presentations

Gilbrea Centre Team members have presented at a wide range of conferences this past semester across the globe from Jyväskylä, Finland to Winnipeg, Manitoba Canada! We are excited to continue sharing our work and research.

In the News

- Gilbrea Centre Director **Dr. Anthea Innes**, along with colleagues Carmel Geoghegan and Hellen Rochford Brennan presented to JPND (EU Joint Programme Neuro-Degenerative Diseases) Management Board in Montreal
- Gilbrea Centre Associate Director, **Dr. Nicole Dalmer** was a keynote speaker in the Canadian Urban Library Council Library Features Speakers Series
- Gilbrea Centre Director Dr. Anthea Innes and SHARE Coordinator Mason McLeod pretend the various SHARE Network activities to the Hamilton Senior Advisory Committee (SAC)

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: “Intergenerational Voices: Exploring the self-reported experiences of South Asian individuals in multigenerational homes”



Karl Kinanen Graduate Award Recipient: **Umniyah Gilani** (Pictured left), MA candidate in the Department of Health, Aging and Society working under the supervision of Dr. Anthea Innes, Director of the Gilbrea Centre for Studies in Aging, shared her blog post.

Excerpt from the blog post by Umniyah:

“Migrating to an individualist society can alter gender roles, parent-child relationships, expectations and communications, ultimately affecting family structure. By examining self-reported experiences, I hope to shed light on the unique challenges and benefits faced by South Asian families in multigenerational households.”

Read the full blog post by Umniyah Gilani [HERE](#)

Gilbrea is excited to announce the 2024-2025 Karl Kinanen Undergraduate Student Research Award Recipient: **Jess Downer** (Pictured below)



Jess is in her 3rd year combined honours degree in Health & Society and Aging & Society, with a Disability Management Certification from Mohawk College.

She is deeply interested in exploring how intergenerational relationships influence personal growth, effects social isolation and contribute to the social health and wellbeing of both generations. Jess will be working alongside Dr. Anthea Innes, Dr. Gavin Andrews and MA student Kyla Kovalik on the Intergenerational Kitchen Pilot Project

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:

ART Against Ageism: Portraits of Inclusivity

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

[Register for the seminar here](#)

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) [Register for the seminar here](#)

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
Watch the recorded seminar, coming soon

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
Watch the recorded seminar, coming soon

Member Publications

Andrews G J and Read M (2024). An ‘all-world ageing’ perspective and its wider ethics of care: an empirical illustration. *Social Science & Medicine* 357, 11718.

Andrews G J. (2024). Bjork to Morton to Aphex Twin: music as a positive hyper object. *New Zealand Geographer* 80, 2, 117-122.

Andrews G J, Griffin M, & Phoenix C (2024) Speed as an expression and texture of space: theory at play in a movement activity *Environment and Planning F* 3, 3, 134-16.

Bailey, K.A., **Griffin M.**, Lopez, K.J., Fayyaz, N., Habib, S., & Leighton, J. (2024). (Re)claiming subversive spaces on TikTok: The complexities of body activism within physical activity cultures. *Qualitative Research in Sport, Exercise and Health*, 16(5), 471-486. <https://doi.org/10.1080/2159676X.2355238>

Member Publication Continued

Dalmer, N. K., Newman-Griffis, D., Ibrahimi, M., Jia, X., Allhutter, D., Amelang, K., & Jarke, J. (2024). Configuring data subjects. In J. Jarke & J. Bates (Eds.), *Dialogues in data power shifting response-abilities in a datafied world* (pp. 10-30). Bristol University Press.

Griffin, M., Bailey, K. A., & Mazrouei, S. (2024). Rethinking the 'Fit' in Fitness: Misfitting (Loudly) to Transform Physical Activity Futures. *Leisure Sciences*, 1–19.
<https://doi.org/10.1080/01490400.2024.2432660>

Innes A, O'Connell M, Geoghegan C, Fehr C. (2024). Working title: *How to Live Well with Dementia: Expert Help for People with Dementia and their Family Friends and Carers* London: Routledge and British Psychological Society.

Kalu, M.E., Dal Ballo-Hass, V., **Griffin, M.**, Boamah, S., Harris, J., & Rantanen, T., (2024). What mobility factors are critical to include in a Comprehensive Mobility Discharge Assessment Framework for older adults transitioning from hospital-to-home in the community? An international e-Delphi study. *Disability & Rehabilitation*, 46(13), 2808-2820. Doi:10.1080/09638288.2023.2232293

Ojembe, B., Kapiriri, L., **Griffin, M.**, & Fudge Schormans, A., (2024). "You're not understood, and you're isolated": A narrative account of loneliness by Black older adults in Ontario, Canada. *Canadian Journal on Aging*, 43 (2), 203-216.

Smith-Turchyn, J., Sinclair, S., O'Loughlin, E.K., **Innes, A.**, Vani, M.F., Beauchamp, M., Phillis, S.M., Richardson, J., Thabane, L., Sabiston, C.M., (2024) A pilot randomized controlled trail of a virtual peer-support exercise intervention for female older adults with cancer. *BMC Geriatrics*. 24:887.
<https://doi.org/1086/s12877-024-05495->

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 or 905-525-9140 ext. 21236. Thank you!

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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