



UNIVERSITY OF CALGARY

O'Brien Institute for Public Health
Brenda Strafford Centre on Aging

2018-19 Report | Plans for 2019-20

Brenda Strafford Centre on Aging Advisory Committee Meeting
Rose Room (TRW 3E47)

18 March 2019

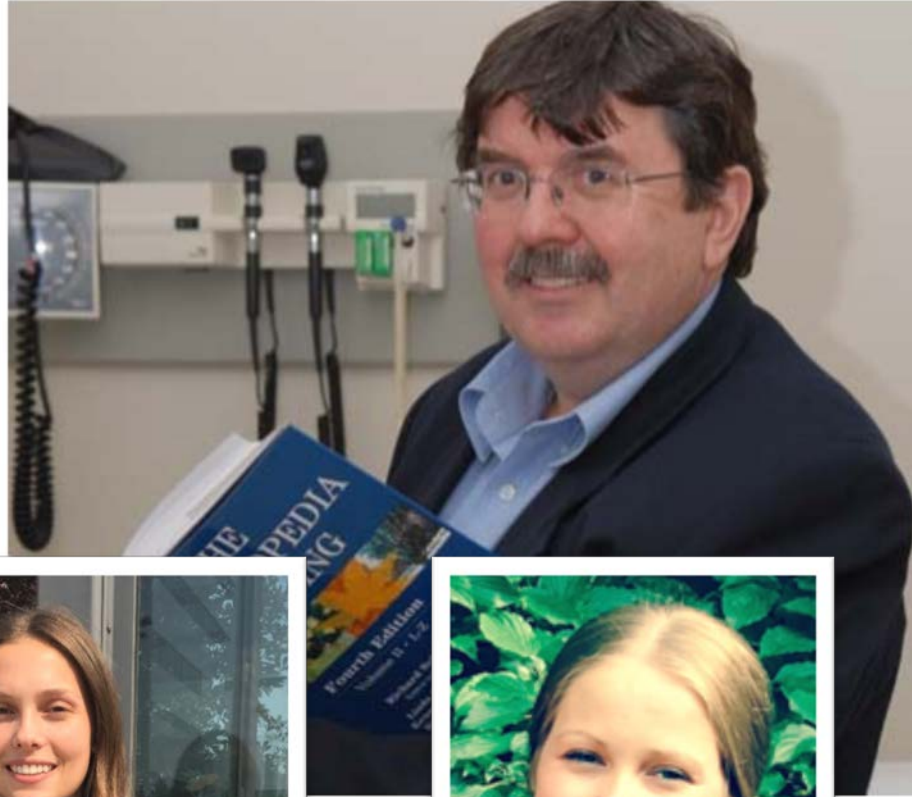
BSCoA Goals and Objectives

By aligning aging-related initiatives within the University and creating opportunities for collaboration, the Centre aims to enhance the health, wellness, and quality of life of older persons.

The Centre's objectives are:

- To build capacity in interdisciplinary aging-related research and education at the University of Calgary,
- To engage in community outreach activities, and
- To inform public policy as it relates to population aging.

Who we are:



Samantha Norberg
Summer RA – CLSA projects (2018/2019)

Ashley Cornect-Benoit
Vuln Pop'n RA - Indigenous (2018/2019)

Bria Mele
CFI RA (ongoing)

Hasnaien Ahmed
Summer RA – Env't'l Scan (2017)

2018-19: Selected Highlights

Online listing of our aging-focused researchers



O'Brien Institute for Public Health
New funding allows Institute member to expand Community Health Navigator program

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University of Calgary Researchers in Gerontology, Geriatrics, and Aging

We are pleased to share with you a listing of University of Calgary faculty with research interesting that include age related research projects. Contact information is for research and training.

[Social Work](#) | [Medicine](#) | [Kinesiology](#) | [Nursing](#) | [Engineering](#) | [Sciences](#) | [Psychology](#) | [Sociology](#) | [Anthropology](#) | [Environmental Design](#) | [Law](#)

To be added to this listing, please contact BSCoA@ucalgary.ca

Social Work		
Victoria Burns	victoria.burns@ucalgary.ca ; (403) 220-4309 Learn More	Social gerontology, poverty, homelessness, addiction, mental health, social policy, social exclusion, and qualitative methodologies.
Ilyan Ferrer	ilyan.ferrer@ucalgary.ca ; (403) 220-6037	Social gerontology: immigrant and refugee issues; intersectionality and life course, and critical and digital methodologies.

<https://obrieniph.ucalgary.ca/aging/researchers>

Latest Studies

Enhanced Health Systems Performance

Improved Population Health

Innovative Tools and Methods for Public Health

Centres, Programs, Research Groups, and Units


Brenda Strafford Centre on Aging

Researchers in Aging

Age-Friendly University Hub

Resilience in Aging Film Award

Home • Future Students • Current Students • Alumni • Community • Faculty & Staff IT • HR • MY U OF C • CONTACTS Search



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In This Issue

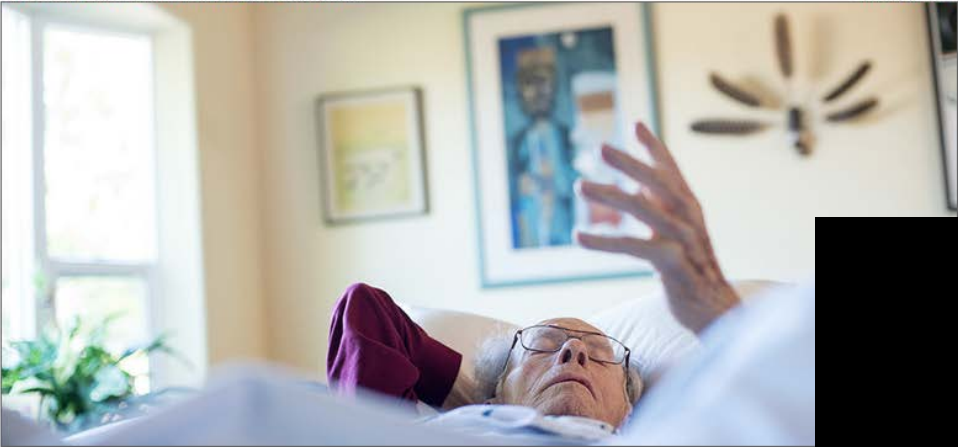
- Class of 2018: Hayley Wickenheiser's journey, from backyard rink to Olympic ice to India
- Centre on Aging acknowledges resiliency in aging through film festival award
- How to keep kids safe from sexual encounters online
- UCalgary researchers show living with a dog helps patients with chronic pain

Centre on Aging acknowledges resiliency in aging through film festival award

Twitter Facebook Pinterest 3

'Such a good fit': UCalgary Brenda Strafford Centre on Aging partners with THIRD ACTION Film Festival

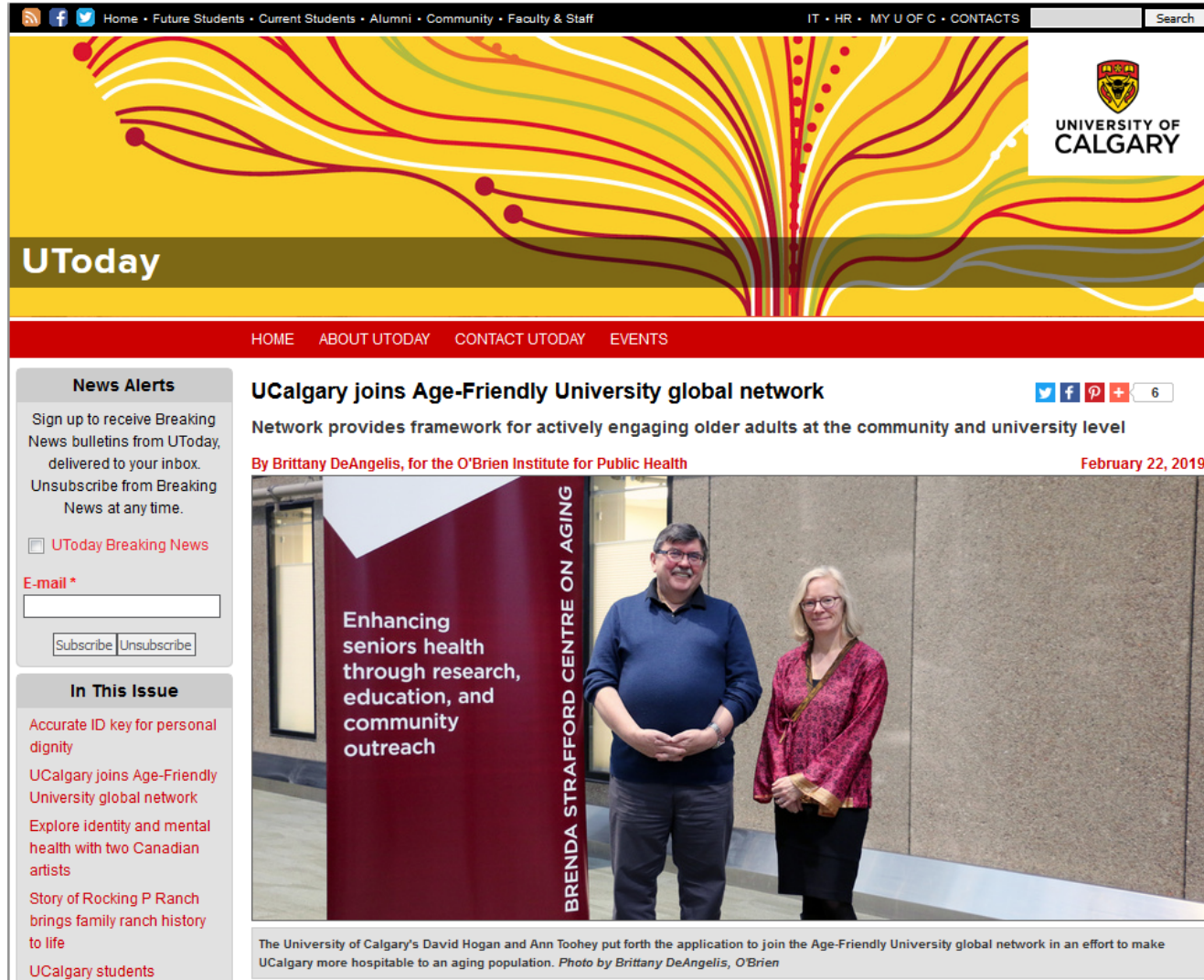
By Michael Wood, O'Brien Institute for Public Health June 20, 2018



The THIRD ACTION Film Festival included more than 30 films, including the Resiliency in Aging award-winner, *Living While Dying*, a story of death and joy along the journey. Photos by Edis Jurcys

THIRD
ACTION | FILM
FESTIVAL

Age Friendly Universities Global Network



The screenshot shows the University of Calgary's UToday website. The header features a navigation bar with links: Home, Future Students, Current Students, Alumni, Community, Faculty & Staff, IT, HR, MY U OF C, CONTACTS, and a search bar. Below the header is a large banner with a colorful, abstract design of flowing lines in red, orange, and yellow, and the University of Calgary logo. The main content area displays a news article titled "UCalgary joins Age-Friendly University global network" with the subtitle "Network provides framework for actively engaging older adults at the community and university level". The article is by Brittany DeAngelis, for the O'Brien Institute for Public Health, dated February 22, 2019. The article includes a photo of David Hogan and Ann Toohey standing in front of a banner that reads "Enhancing seniors health through research, education, and community outreach" and "BRENDA STRAFFORD CENTRE ON AGING". The left sidebar contains a "News Alerts" section with a sign-up form, an "E-mail" field, and a "Subscribe/Unsubscribe" button. Below that is an "In This Issue" section with links to various articles, including "Accurate ID key for personal dignity", "UCalgary joins Age-Friendly University global network", "Explore identity and mental health with two Canadian artists", "Story of Rocking P Ranch brings family ranch history to life", and "UCalgary students".

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In This Issue

[Accurate ID key for personal dignity](#)

[UCalgary joins Age-Friendly University global network](#)

[Explore identity and mental health with two Canadian artists](#)

[Story of Rocking P Ranch brings family ranch history to life](#)

[UCalgary students](#)

UCalgary joins Age-Friendly University global network

Network provides framework for actively engaging older adults at the community and university level

By Brittany DeAngelis, for the O'Brien Institute for Public Health

February 22, 2019

Enhancing seniors health through research, education, and community outreach

BRENDA STRAFFORD CENTRE ON AGING

The University of Calgary's David Hogan and Ann Toohey put forth the application to join the Age-Friendly University global network in an effort to make UCalgary more hospitable to an aging population. Photo by Brittany DeAngelis, O'Brien



Age-friendly
University
Global Network

Support for researchers:

Catalyst Grants - \$40K awarded

<https://obrieniph.ucalgary.ca/CatalystFundingandEventSponsorship>

Successful recipients:

M. McDonough (Kinesiology);

I. Ferrer (Social Work);

V. Burns & L. Nixon (Social Work/Medicine)



CLSA Data Access Funding - \$6K awarded to offset CLSA data access fee

Successful recipients:

M. McDonough (Kinesiology)

Y. Lee (Social Work);

First come, first served. Data access must be granted by CLSA: <https://www.clsa-elcv.ca/>

Internal peer review for grant applications

Through O'Brien Institute for Public Health:

<https://obrieniph.ucalgary.ca/research/internal-peer-review>

Support for trainees:

Barrie I. Strafford MSc and PhD Scholarships

1@\$22.5K and 1@\$32.5 K for a total of \$85K awarded via GAC

<https://grad.ualgary.ca/awards/opportunities/gac>

Julie Gorenko, MSc – Psychology (Candace Konnert, Supervisor);

Devon Boyne, PhD – Medicine (Christine Friedenreich, Supervisor)

Post-doctoral fellowships

\$35K awarded via O'Brien/CSM

<https://obrieniph.ualgary.ca/research/internal-trainee-funding-opps>

Veronica Guadagni (Med);

Helen Tam-Tham (Med; declined due to acceptance in Undergraduate Medicine)

Student-led aging-focused initiatives

\$20K dispersed: Social Work, Nursing, Kinesiology, and Medicine

Gerontology Interest Group (Social Work – poster presentation at 2018 CAG);

Gerontology Research Unit (Nursing);

Professional Development in Cellular Aging (Medicine);

Kinesiology Graduate Students;

Others approached: Psychology; Sociology

Summer students and research assistants

\$4K to top-up \$6K Seniors Health SCN funding; \$20K for new RA

2018 CLSA/Census Project;

2018-19 CFI RA (Casual employee);

2018-19 Vulnerable Populations RA (Indigenous peoples)

Research partnerships, collaborations, projects:

- **“A Tale of 8 Cities, Age Friendliness, and the CLSA”**
(UOttawa, McMaster, McGill, Sherbrooke, UVic, UManitoba, Mount St Vincent, UCalgary – Knowledge Users: PHAC, City of Ottawa, City of Calgary)
- **Age Friendly Calgary** (Seniors Age Friendly Strategy evaluation via CLSA)
- **“Rethinking Continuing Care” CFI Notice of Intent in development**
(Dr. Jayna Holroyd-Leduc; Brenda Strafford Foundation)
- **Access to data awarded for 2019/2020 analysis: Impact of 2013 Flood on Older Calgarians** (CLSA data collection pre/post flood)

Collaborating with number of UCalgary researchers, including:

McDonough/Hewson: *Social support for social participation...for older adults (SSHRC awarded)*

McDonough and partners: *Social support for social participation...for older adults*
(CIHR Healthy Cities submitted)

Burns/Nixon et al.: *Aging in the right place (SSHRC awarded)*

J. Lee: *Smart seniors care homes (AGEWELL application submitted)*

Poulin: *BRAIN CREATE (NSERC CREATE awarded)*

Rock et al.: *Smart technologies for healthy cities (CIHR Healthy Cities submitted)*

Rock/Leduc/Adams: *Aging-in-place with pets: implications for care delivery (Ongoing, CIHR-funded)*

Other activities (examples):

Networking and connecting researchers across disciplines, including via e-mail dissemination of funding, programming, and training opportunities

Connections with older adults and service providers

Seniors Forum, Alberta Seniors & Housing
Exhibitor and other scholarly contributions during the **2018 Canadian Association on Gerontology conference (Vancouver)**

Age-Friendly University Global Network
Designation/Membership.



Photo: Pablo Fernandez

BSCoA Open Houses – January 2019

BSCoA Open Houses - Results

- We **hosted 5 open houses** across the University in January 2019 (Nursing, Medicine, Social Work, Kinesiology, and Arts/Sciences)
- We had from **37 attendees**, representing a mix of faculty, staff, and students
- We presented an overview of our activities, and facilitated interactive discussions. We distilled **five overarching themes** that recurred across all sessions

What we heard – priorities for the Centre on Aging

1. Actively **promote interdisciplinary connections** across the campus community of aging-focused research:
 - explore interdisciplinary aging course or summer school
 - organize Aging Research Days for students
 - host formal research/networking opportunities
2. Realize the vision for Centre on Aging space in Cambridge Manor home as a **“hub” for opportunities to build both capacity and cohesion** across the academic aging-focused community
3. **Raise the profile of the aging agenda** within the University community, and provide opportunities to link in isolated pockets (e.g., biological aging labs)

What we heard – priorities for the Centre on Aging

4. Formalize and strengthen **links with the community**:
 - supporters and prospective advisors
 - prospective research participants/recruitment strategies
 - funders
 - community organizations and agencies
 - help to reduce barriers for the community (e.g., parking fees; wayfinding)
5. Leverage the **Age Friendly University** concept

Age Friendly University Initiative

AFU Global Network – what is it?

The Age-Friendly University (AFU) Global Network consists of institutions of higher education around the globe who have endorsed the 10 AFU principles and **committed themselves to becoming more age-friendly in their programs and policies.**

Other Canadian members of the AFU Global Network:

McMaster
University of Manitoba
Sherbrooke
Ryerson
Trent



AFU Global Network – 10 Principles

1. To encourage the participation of older adults in all the core activities of the university, including educational and research programs.
2. To promote personal and career development in the second half of life and to support those who wish to pursue second careers.
3. To recognize the range of educational needs of older adults (from those who were early school-leavers through to those who wish to pursue Master's or PhD qualifications).
4. To promote intergenerational learning to facilitate the reciprocal sharing of expertise between learners of all ages.
5. To widen access to online educational opportunities for older adults to ensure a diversity of routes to participation.
6. To ensure that the university's research agenda is informed by the needs of an ageing society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.
7. To increase the understanding of students of the longevity dividend and the increasing complexity and richness that aging brings to our society.
8. To enhance access for older adults to the university's range of health and wellness programs and its arts and cultural activities.
9. To engage actively with the university's own retired community.
10. To ensure regular dialogue with organizations representing the interests of the aging population.

Also see <https://www.aghe.org/resources/age-friendly-university-principles>

Strategic approach for addressing principles:

e.g., Principle #1: To encourage the participation of older adults in all the core activities of the university, including educational and research programs.

- **Current state**

Some individual investigators do this, but nothing is happening at an institutional level. To our knowledge, no one is consulting older adults re: education (continuing ed?) ... most involvement is as participants vs. advisory capacity ... Reverse Trade Show, Walk21, Resilience and Aging (planning/panelist/audience)

- **Proposed actions**

1. Strike an advisory committee of older adults, but need to ensure that there are meaningful ways to be engaged?
2. Work with (?) to implement ToR vis. scholarship for mature students
3. Continue to ensure that older adult perspectives are represented within public/academic events
4. Financial support to eliminate barriers (like parking, etc.)
5. Focus groups/surveying the community of older adults to better understand barriers and facilitators
6. Orientation brochure for the mature student

- **Opportunities for alignment**

Nancy Marlett's PACER program.
Manns/James (nephrology/James Lind processes);
SPOR;
Seniors Health SCN/dissemination of their James Lind findings?
UC Senate - What are their roles?
Calgary Association of Lifelong Learners (CALL)?

Sept-Dec 2019: MSW Practicum Student

Amberlee Boulton (Leadership stream MSW) - prospective role and duties related to the Age Friendly University initiative:

- Striking a **multidisciplinary advisory committee**;
- Initiating a **registry of older adults** who are interested in both advising researchers and participating in academic research projects;
- Recruiting and facilitating **focus groups with stakeholders**, including current and past mature students as well as University of Calgary alumni, to assess University accessibility and barriers for older adults;
- Conducting a **review of age-friendly university initiatives** that have been introduced in other institutions that are members of the AFU Global Network, starting with Canadian institutions;
- Developing an outline for a **multidisciplinary course offering** for Gerontological training, to supplement current certificate programs being launched in Faculties of Social Work and Nursing;
- Developing orientation **print materials** to suit older adults interests and needs

2019-2020

Priorities

- Organize and host **Canadian Frailty Network** Town Hall meeting in collaboration with the AHS Seniors Health SCN (11 June 2019)
- Planning for move to **Cambridge Manor** (anticipated Fall 2020)
- **CFI Proposal Development**, if selected by RSO, or else continue to leverage interdisciplinary momentum established via process
- Continue current **funding programs**; explore creating a mature student scholarship (Age Friendly University alignment)
- Strategic planning around **Indigenous aging** based on findings from Indigenous Populations RA (Ashley Cornect-Benoit)
- Plan an **interdisciplinary student research day**
- Continue Centre-led and collaborative **research projects** using CLSA data

Budget overview (2018-2019)

Expenditure	Budget	Actual	Difference	Explanation
Salaries	113,000	133,500	-20,500	Introduced Vulnerable Pop'n RA
Funding programs	231,500	163,420	68,080	Fewer student-led funds dispersed; one post-doc declined
Sponsorships	11,650	9,870	1,780	Fewer requests
Centre-led events	6,000	2,205	3,795	Open houses – no venue charges
Other internal projects	34,500	7,363	27,137	(\$20K CLSA DCS; \$10K CLSA Age Friendly)
Travel	6,500	12,010	-5,510	Budgeted for 1 rep to attend 2018CAG vs. 3 (Hogan, Norberg, Toohey); underestimated costs for US travel (Toohey)
Equipment and supplies	2450	915	1,535	Did not purchase new equipment in 2018-19
Memberships	400	1,710	-1,310	AFU application/AGHE membership
TOTALS:	406,000	330,993	75,007	

Budget – proposed (2019-2020)

Current operating balance: \$645,900

Expenditure	Budget 18-19	Actual 18-19	Budget 19-20	Notes
Salaries	113,000	133,500	176,500	Scientific Coordinator; Vulnerable Pop'ns RA; 0.5 FTE admin assistant
Funding programs	231,500	163,420	191,500	Reduced PDF support (1 vs. 2); reduced student-led initiatives to 4
Sponsorships	11,650	9,870	24,150	CFN Town Hall/public event
Centre-led events	6,000	2,205	14,000	Student Research Day networking event
Other internal projects	34,500	7,363	38,500	Budgeted for CFI development, CLSA DCS expenses
Travel	6,500	12,010	12,000	May have up to 4 travel to CAG (2 students); CAG in N.B. vs. B.C.
Equipment and supplies	2450	915	7,550	Added publication fees
Memberships	400	1,710	1,500	Includes AGHE/AFU
TOTALS:	406,000	330,993	465,700	

Questions and discussion

#1: To encourage the participation of older adults in all the core activities of the university, including educational and research programs.

- Current state
- Proposed actions
- Opportunities for alignment

#2: To promote personal and career development in the second half of life and to support those who wish to pursue second careers.

- Current state
- Proposed actions
- Opportunities for alignment

#3: To recognize the range of educational needs of older adults (from those who were early school-leavers through to those who wish to pursue Master's or PhD qualifications).

- Current state
- Proposed actions
- Opportunities for alignment

#4: To promote intergenerational learning to facilitate the reciprocal sharing of expertise between learners of all ages.

- Current state
- Proposed actions
- Opportunities for alignment

#5: To widen access to online educational opportunities for older adults to ensure a diversity of routes to participation.

- Current state
- Proposed actions
- Opportunities for alignment

#6: To ensure that the university's research agenda is informed by the needs of an ageing society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.

- Current state
- Proposed actions
- Opportunities for alignment

#7: To increase the understanding of students of the longevity dividend and the increasing complexity and richness that aging brings to our society.

- Current state
- Proposed actions
- Opportunities for alignment

#8: To enhance access for older adults to the university's range of health and wellness programs and its arts and cultural activities.

- Current state
- Proposed actions
- Opportunities for alignment

#9: To engage actively with the university's own retired community.

- Current state
- Proposed actions
- Opportunities for alignment

#10: To ensure regular dialogue with organizations representing the interests of the aging population.

- Current state
- Proposed actions
- Opportunities for alignment

McMaster activities for consideration

- Focus groups and surveys of both older persons and students
 - Something to consider - might also consider other groups and the targeting of particular sub-groups
- Campus walkability assessment to examine its accessibility for older persons (report being published)
 - I see this being something we can do - I'm also concerned about how confusing things are even aside from physical barriers
- Inter-generational events
 - Would need to know what is being done already within faculties
- Creation of an inter-generational hub (physical space and programming to encourage inter-generational mixing)
 - Might be something we could plan to do in our Cambridge Manor space

UCalgary/other known resources

- CRDS/conversations with Provost re: online learning
- Nursing/U3A conversations
- SW practicum student Amberlee Boulton (Sep – Dec 2019) – MRock is field supervisor (MSW)