



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

Brenda Strafford Centre on Aging:

**2019/2020 Annual Report and
Proposed Activities and Budget for 2020/2021**

Prepared for the Brenda Strafford Centre on Aging Advisory Committee
22 April 2020

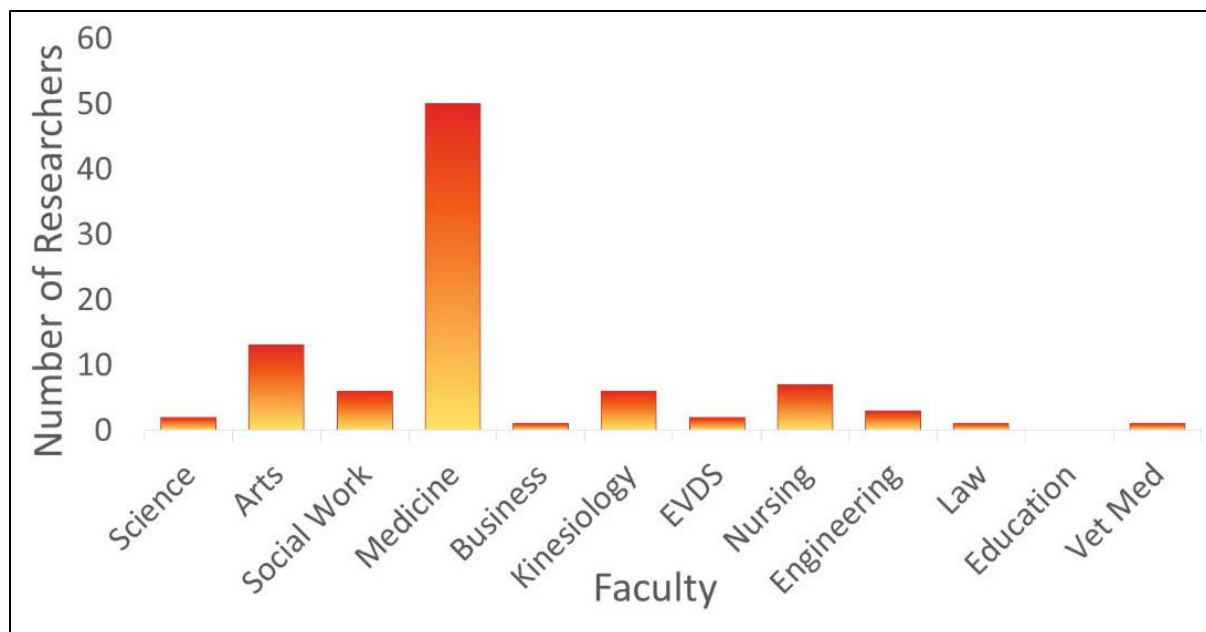
www.obrieniph.ucalgary.ca/aging

I. Message from the Academic Lead, Dr. David Hogan

In the report that follows, we describe and summarize our key initiatives and the programs we delivered over the past year, as well as plans for 2020-2021. As we enter our fourth year as an entity within the O'Brien Institute for Public Health, we are pleased that several of our priority areas align with both O'Brien and wider University interests. These include a focus on the aging experiences of traditionally marginalized populations, such as Indigenous people, as well as considering how the "One Health" initiative, which looks at how people, animals and the environment interact, is relevant to our health and well-being later in life. We also continue to actively lead, support, and promote the Canadian Longitudinal Study on Aging. In all our activities, we look for opportunities to celebrate the resilience and value of older adults to counterbalance an emphasis on frailty and deficits. We support the University of Calgary (UCalgary) community through promoting aging-related scholarly work and we enrich the wider Calgary community in a range of ways that are described more fully within the Report.

II. University Wide Aging-Related Research Activity

The aim of the Centre on Aging is to promote and support interdisciplinary aging research and education undertaken within faculties across the University. While Kinesiology, Medicine, Nursing, and Social Work have been particularly active in this regard, faculty members across the University take part in this work. This was apparent from our 2017 Environmental Scan that sought to identify our researchers at UCalgary engaged in aging-related work:



III. Brenda Strafford Centre on Aging – Vision, Governance and Structure

Vision Statement

By creating the Centre on Aging, the UCalgary’s already significant contributions in the area of aging will have a greater positive impact on the ability of older adults to age well within their communities, whether in Calgary, elsewhere in Alberta, Canada, or abroad. The initiatives of the Centre enhance the health of older adults and better inform public policy with regard to an aging population through coordinated and interdisciplinary research, teaching and learning opportunities, and community outreach efforts.

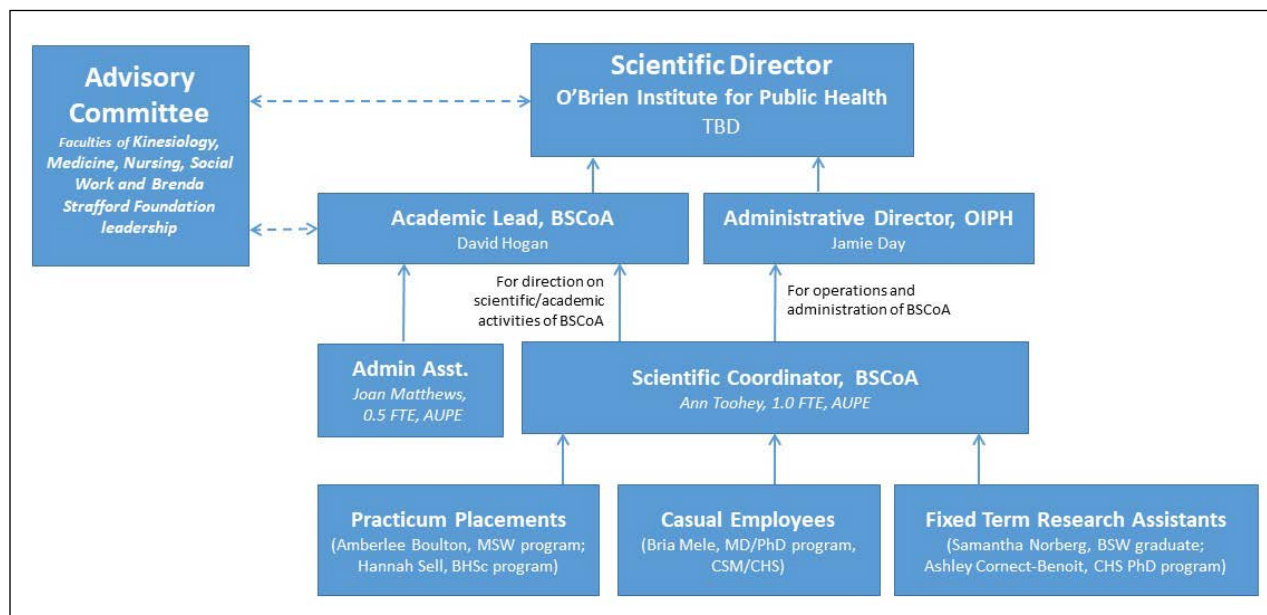
A Centre Within the O’Brien Institute for Public Health

The Centre on Aging was launched in 2011 through a generous donation by the Brenda Strafford Foundation. Since July 1, 2016, the O’Brien Institute for Public Health has served as the administrative host to the Centre. This has strengthened the efforts of the Centre to promote and support interdisciplinary aging research and education in Kinesiology, Medicine, Nursing, Social Work and other University faculties. The move into the O’Brien Institute positioned the Centre to function as a hub that supports the work of UCalgary faculty and students in the area of aging.

Staffing

The Centre on Aging staff consists of the academic Lead (Dr. David Hogan), a 1.0 FTE Scientific Coordinator (Dr. Ann Toohey), and a 0.5 FTE administrative assistant (Ms. Joan Matthews). Several undergraduate and graduate students, through summer studentships, practicum and field placements, graduate assistantships, and casual hires, have contributed to the activities of the Centre.

Organizational Structure



Brenda Strafford Centre on Aging Advisory Committee

Co-chairs:

Dr. Christine Friedenreich, Acting Scientific Director, O'Brien Institute for Public Health
Dr. David Hogan, Academic Lead, Brenda Strafford Centre on Aging

Donor representatives:

Mike Conroy, President & CEO
Norma Jackson, Chair of Brenda Strafford Foundation Board of Directors

Faculty representatives:

Kinesiology: Dr. Meghan McDonough, Associate Professor, Kinesiology
Medicine: Dr. Jon Meddings, Dean, Cumming School of Medicine
Nursing: Dr. Sandra Davidson, Dean, Nursing
Social Work: Dr. Jackie Sieppert, Dean, Social Work

Non-voting members:

Dr. Jamie Day, Administrative Director, O'Brien Institute for Public Health;
Dr. Ann Toohey, Scientific Coordinator, Brenda Strafford Centre on Aging;
Navjot Virk, Research and Innovation Practice Manager, Brenda Strafford Foundation

IV. 2019-2020 Highlights

i. Canadian Foundation for Innovation (CFI) Project "Rethinking Continuing Care"

To foster a thriving research and innovation environment within Cambridge Manor, the new Brenda Strafford Foundation complex located in the University District, the Centre on Aging was instrumental in developing a CFI proposal currently under review, titled "Rethinking Continuing Care: A living research laboratory for redesigning facility-based continuing care." Some details of the proposal and its development include:

- Total cost \$3.1M with \$1.4M from CFI (the remaining funds are requested from the Province or represent local contributions).
- **Dr. Jayna Holroyd-Leduc (Brenda Strafford Foundation Chair in Geriatric Medicine)** is leading a team of 10 UCalgary researchers and 20 local, national and international "users."
- Projects and infrastructure correspond with three thematic areas:
 - Optimizing continuing care environments (led by **Dr. John Brown, Dean of SAPL**),
 - Optimizing functional capacity of residents (led by **Dr. Marc Poulin, Brenda Strafford Foundation Chair in Alzheimer's Research**), and
 - Optimizing the workforce (led by **Dr. Lorraine Venturato, Nursing**).
- Toohey managed the proposal development in the following ways:
 - Key point of connection for the Brenda Strafford Foundation, contractors, Research Development Office, Supply Chain Management, Architecture, IT, Risk Management, Real Estate, MedLegal), and researchers and led budget development;
 - Shared proposal drafting with Holroyd-Leduc; and,
 - Contributed a robotic pets intervention as part of proposal.
- Hogan is a named research team member and has been identified as chair of a research oversight committee.

CFI decisions will be announced in November 2020. If successful, the Centre on Aging will play a key coordination role in implementing the research program. If unsuccessful, alternative sources of funds will be sought for several of the projects included in the submitted proposal.

ii. Age-Friendly University Initiative

In January 2019 the UCalgary was invited to join the Age-Friendly University Global Network, an international initiative that has identified 10 principles of age-friendliness for Universities to adopt. As a member, UCalgary is designated as an Age-Friendly University. The Centre on Aging worked behind the scenes to create the successful application. Since the University has joined, we have led in developing an action plan that will enhance the age-friendliness of the UCalgary and the campus community.

Our **SOWK 696 Advanced Practicum Student, Ms. Amberlee Boulton**, made major contributions to this latter work. Her valuable contributions included conducting an environmental scan of other Canadian Age-Friendly Universities and obtaining data on the current enrolment and support available for mature students at UCalgary. A draft of the action plan based on this and other work was presented to Drs. Sieppert and Ghali in February 2020. As advised by Ghali and Sieppert, we have since submitted a high-level briefing document to the Vice-Presidents Research (Ghali, since 01 Mar 2020), Academic (Dr. Dru Marshall), and Advancement (Nuvyn Peters) for consideration. Key recommendations include:

Short-Range (1-2 years)

- Strike an **AFU Advisory Council** including community members and/or representatives of relevant groups (e.g., Calgary Association of Lifelong Learners; LinkAGES; Age-Friendly Calgary)
- Conduct an **accessibility and age-friendly survey** including a review of UCalgary documents for inadvertent off-putting terminology and an audit for cognitive, sensory and mobility impediments to participation for older adults
- Launch a **Healthy Aging Speaker Series** (2-3 events/year)
- Create a **New Student Orientation Brochure** specifically for older students
- Support **student-led partnerships and intergenerational activities** that increase understandings of aging
- Engage with **retired faculty (including emeritus), staff, and alumni** to investigate areas of mutual interest and opportunities for collaboration
- Explore **multicultural aspects of aging** (e.g., work with ii'taa'poh'to'p to connect AFU initiatives with the UCalgary Indigenous strategy)

Mid-Range (3-5 years)

- Establish opportunities for students to receive **co-curricular credits** for intergenerational and aging-focused program participation
 - Faculties of Kinesiology, Social Work, Nursing, Sociology, Medicine, and others
- Create an **online hub** to assist with:
 - Navigation for older students (e.g., training on D2L and other new technologies; mature student mentoring program)
 - Identify community partnerships (e.g., intergenerational housing opportunities)
- Active **engagement of older adults** in advisory capacities and as prospective research participants, students, and community partners
 - Listing of older adults (50+) with an interest in becoming research participants
 - Develop a robust series of intergenerational activities

iii. Continuation of Our Age-Friendly Calgary (AFC) Partnership

We have maintained a productive and collegial partnership with City personnel implementing the City of Calgary's age-friendly strategy. Examples of this on-going work include:

- Continued **dialogue with the CLSA scientific team** to finalize our 2018 analysis of the representativeness of CLSA data at a municipal level
- Participation in the first annual **Age Friendly Calgary Event** (May 2019)
- Convened on behalf of AFC a **Research Advisory Group** comprising several University and MRU faculty members with interdisciplinary expertise in aging research and policy (Aug 2019)
- Publicized and assisted with recruiting for three **summer student research opportunities** built around AFC research needs to UCalgary faculty (Jan 2020)
 - Developed two of these into project proposals that we matched with BHSc Health & Society students (see below);
 - Dr. Meghan McDonough (Kinesiology) developed the third research project and matched it with a Kinesiology undergraduate student

V. On-Going Activities

i. Building Capacity in Interdisciplinary Research

Opportunities for University of Calgary Faculty Members

- Grants to cover **data access fees for the Canadian Longitudinal Study on Aging (CLSA)** have been awarded to Dr. Meghan McDonough (Kinesiology) and Dr. Yeonjung Lee (Social Work). We also had informational meetings about the CLSA with Dr. Meghan McGhan (Nursing), Dr. Paul Ronksley (CHS), and with Dr. Gavin McCormack's post-doctoral fellow, Dr. Vikram Nichani (CHS)
- We sponsor **Barrie I. Strafford Post-Doctoral Fellowships**:
 - Dr. Veronica Guadagni, a post-doctoral fellow with Dr. Marc Poulin, Brenda Strafford Chair of Alzheimer Research (CSM) in support of her project "Effects of aerobic exercise on cognition and brain structure and function in adults at risk of Alzheimer's disease and related dementias (ADRD): the mediating role of sleep."
 - An encumbrance for a 2-year post-doctoral fellowship position as part of the NSERC BRAIN-CREATE program being co-led by Marc Poulin (CSM)
- No new **catalyst grants** were awarded in 2019/20. Prior catalyst grants have been held by Dr. Ilyan Ferrer (Social Work), Dr. Meghan McDonough (Kinesiology) and Dr. Lara Nixon (CSM).

Centre-led or Coordinated Projects and Activities

- The Centre on Aging continues to support activities related to the management of the **CLSA Data Collection Site**. David Hogan is the Calgary Site Principal Investigator for the study and leads a team of personnel who collect data via telephone interviews, in-home interviews, and on-site at the University of Calgary. Dr. Jacqueline McMillan has joined as a local co-investigator.
- The Centre completed a study titled "**How do natural disasters impact the aging population? Using CLSA data to explore the effects of the 2013 Calgary flood**" and a manuscript was recently submitted to the journal *Aging & Mental Health* for peer review. Another study using CLSA data examining the **representativeness of the Calgary sample** is near completion.
- The Centre has developed two research projects in partnership with Age Friendly Calgary and is hosting two **summer studentships** in 2020 (see below for details)

- CHS doctoral student, Ashley Cornect-Benoit, has been funded to prepare a report (to be completed Spring 2020) on **Indigenous Perspectives on Aging in Southern Alberta** and to help facilitate stronger connections with UCalgary's Indigenous strategy, ii'taa'poh'to'p, organizations that support Indigenous aging, and representatives of the Indigenous community.

Other Research Activities

- The Centre on Aging is a collaborator on a **multi-institutional research project** titled "Aging in the Right Place: Building capacity to improve supportive housing for older people experiencing homelessness in Montreal, Calgary, and Vancouver" that was successful in obtaining a Stage I SSHRC Partnership Development Grant - Collaborative Housing Research Network and has applied for Stage II funding. The project team includes researchers from UCalgary **Social Work and CSM**, and researchers from Simon Fraser University and McGill.
- The Centre has committed support to **Dr. Zahra Goodarzi's** project titled "COPE LTC Study: Long Term Care Pathway for Older Persons with Depression in Long Term Care."
- We are a partner organization in **Dr. Lara Nixon's** Health Canada Substance Use and Addictions Program (SUAP) funded research program titled "Scaling-up Integrated Harm Reduction Health, Housing, and Social Supports for Inner City Older Adults with Addictions and Mental Health Challenges" which is being implemented at Peter Coyle Place in Calgary.
- The Centre is a member of **CIHR Directors of Canadian Research Centres on Aging**, which meets twice annually.

ii. Building Capacity in Interdisciplinary Education

Faculty-based Student-led Initiatives

In 2019, we dispersed \$5,000 grants to support student-led initiatives in the faculties of Social Work (Gulbrandsen), Kinesiology (McDonough), and Sociology (Bierman), and we granted extensions to previous grants held by the faculties of Nursing (Venturato) and Medicine (Riabowol). Highlights of these activities include:

- **Social Work:** Gerontology Interest Group (GIG) activities included: 4 guest presentations, 1 film screening and networking event, and 1 student gathering, with attendance ranging from 6-30 students. The student coordinators receive small stipends and have had opportunities to contribute to peer-reviewed projects and attend national conferences.
- **Kinesiology:** The Faculty group hosted a public research day in May 2019, attended by approximately 60 people, and featuring both student research and keynotes by notable visiting scholars: Dr. Erica Bennett, UBC, in the area of exercise psychology, and Dr. Don Patterson, emeritus professor, in the area of exercise physiology.
- **Nursing, Sociology, and Medicine:** Funds have been used to offset student travel to relevant aging-focused conferences and events that they otherwise could not attend. Students will be asked to contribute to upcoming Centre on Aging student research and networking events.

2019 Summer Journal Club

The Centre coordinated and managed a journal club offering for summer research students whose projects had an aging focus. Approximately 21 undergraduate and graduate students working in CSM, Kinesiology and Sociology attended, and 12 faculty members participated. Students gained critical appraisal skills for literature representing a range of aging disciplines and methodologies, and were provided opportunities to present their works-in-progress.

Scholarship Program

- **2019 Barrie I. Strafford Scholarships in Interdisciplinary Aging Research:**
 - Master's recipient: Chantai Michelle Minet (Supervisor: Dr. Karlee Fellner, Werklund School of Education): "Will Yukon First Nations Culture Continue to Survive: A Response to the Truth & Reconciliation Commission"
 - Doctoral recipient: Danielle Elizabeth Wein Whittier (Supervisor: Dr. Steven Boyd, McCaig Institute for Bone and Joint Health): "Prediction of fragility fractures at the hip using HR-pQCT as a novel tool for diagnosis of osteoporosis"
- **June Rock Memorial Scholarship** (to be managed by the Centre on Aging)
 - The family of June Rock with financial support from Funds Development and the Centre on Aging has created an endowed scholarship to commemorate her. These funds will annually support a student who has been away from full-time studies for 2+ years with a preference given for those 40 years of age and older.

Course Content

HSOC 311 Class on Aging & Society, developed by Centre on Aging practicum student Amberlee Boulton under the guidance of Dr. Melanie Rock, delivered to 2nd year BHSc students in Health & Society.

Professional Development and Research Opportunities with BSCoA

- The Centre on Aging developed two research projects in partnership with Age Friendly Calgary and is hosting two **2020 summer studentships** that have been filled by **BHSc students**: Dylan Viste ("Addressing Ageism in Alberta Through Evidence-Informed Approaches") and Adibba Adel ("Affordable housing models that promote aging-in-place"), whose project will be funded by an O'Brien Centre Summer Studentship award
- For our 2019 summer studentship, the Centre on Aging hosted **2019 BSW Graduate** Samantha Norberg to complete the study titled "How do natural disasters impact the aging population? Using CLSA data to explore the effects of the 2013 Calgary flood"
- In 2018/19 the Centre on Aging provided an **HSOC 408 BHSc field placement opportunity** for 3rd Year BHSc/Health & Society Student Hannah Sell and supported Sell's submission to present her research at the 2019 Canadian Association on Gerontology conference in Moncton NB.
- Throughout 2019, we continued to offer a **Community Health Sciences graduate assistantship** to Community Health Sciences doctoral student Ashley Cornect-Benoit, who has been assessing Indigenous experiences of aging in Southern Alberta (see above).
- Starting in September 2019, we co-supervised MSW student Amberlee Boulton's **SOWK 696 Advanced Practicum** position in the Leadership stream of the MSW, which was dedicated to advancing our Age-Friendly Universities initiative (see above).
- We were able to offer a **casual hire position** to MD/PhD student Bria Mele, who assisted with an environmental scan relevant to the CFI application and assisted with the summer journal club.

iii. Community Engagement

Knowledge Mobilization Events

June 11: **A Town Hall on Frailty and Resilience in an Aging Alberta.** The Centre on Aging organized and facilitated on behalf of the Canadian Frailty Network and Alberta Health Services a half-day meeting/half-day public event attended by over 150. The afternoon included lunch, keynote presentation, an older adult panel session, a poster/networking session, and research presentations.

Oct 16: **People and pets go together: the shared experience of older pet owners and frontline responders in natural disasters of the Blue Mountains, New South Wales, Australia** lunch and learn networking session presented by visiting scholar and public health professional Cheryl Travers, from University of Wollongong. Fourteen guests attended, including representatives from the City's Calgary Emergency Management Agency (CEMA), Calgary Seniors Pet Assist program, the Pawsitive Match shelter, and the University's Office of One Health, as well as students and faculty members.

Nov 15: **Celebrating the Natural Environment and Aging Well** dinner and presentations, featuring Top 7 Over 70 winner Gus Yaki, presented in partnership with the Calgary Chapter of the Alberta Association on Gerontology, with over 75 members of the public, students and faculty members in attendance.

Jan 28: **Beyond Housing: We're Not Ready for the Shelf** public forum on experiencing homelessness later in life event comprising a screening of an evidence-based documentary and a panel discussion involving one of the researchers, the filmmaker, and three persons with lived experiences of homelessness who participated in the project. The event was a partnership between the Centre, the O'Brien Institute, the Faculty of Social Work, and ThirdACTion Film Festival and attracted an audience of 189 practitioners, faculty, students, and members of the public.

Sponsorships

- **\$2200 - Third ACTION Film Festival and 2019 Resiliency in Aging Film Award** (Winner: Steve Oldfield for his film titled Lines of Site, portraying an aging artist who translated post-stroke changes to vision into a new painting technique called Linealism)
- **\$250 - Alberta Association on Gerontology Networking Event and AGM: Celebrating Creative Aging** (Calgary)
- **\$1500 - Vision 2030 for Seniors Services Symposium** presented as a collaboration between the Alberta Association on Gerontology and Alberta Seniors & Housing (Edmonton), with over 300 scholars, practitioners, government employees, and members of the public in attendance
- **\$1000 - 2019 Canadian Gerontological Nurses Association Conference** (Calgary) Educational session featuring the work of University of Calgary researchers and trainees

Other Contributions

The Centre on Aging is actively engaged with aging-focused initiatives taking place in Calgary, with representation at a range of **local events and workshops** (e.g., the 2019 Age Friendly Calgary event; the 2019 Mental Health & Housing workshop; the 2019 Silver Alert working group session; the Aging-in-Place conference, etc.). We also support **relevant community initiatives**, such as providing a letter of support for community researcher Marianne Rogerson's application for New Horizons funding for a project designed to address social isolation for older adults and build community resilience.

iv. Informing Policy

As described above, we continue to work closely with our partners in the City of Calgary's Age-Friendly Calgary team to ensure that policy development is evidence-informed. Hogan remains a member of the Age-Friendly Calgary steering committee, and we are actively engaged in facilitating a Research Advisory Group to provide methodological expertise and insights to the Age-Friendly Calgary Team.

In the past, the Centre on Aging has been involved in consultations with the provincial government on such topics as revising the K-12 public school curriculum as a means of addressing endemic ageism, and visioning services and supports for older adults who identify as LGBTQ+.

VI. 2019/20 Budget Reporting

2019/20 Fiscal Year	Budgeted	Actual	Notes
Revenues	273,000	(320,000)	<i>Endowment income higher than expected (\$109,000 vs \$62,000)</i>
Expenditures			
Salaries	181,500	170,200	<i>Sci Coord job reclassification is still in progress</i>
Annual Funding Programs	190,000	162,000	<i>No catalyst grants (\$20K) – Murias PDF left UC</i>
Sponsorships	5,600	6,600	<i>CGNA conference sponsorship (\$1000)</i>
Centre-led Events	29,000	12,500	<i>Did not have capacity to host Research Day event for students (\$10K)</i>
Other Internal Projects	39,000	28,200	<i>Budgeted \$10K for CLSA data access partnership; were not billed</i>
Travel	10,000	7,000	<i>External travel award/fewer delegates traveled to CAG-Moncton</i>
Equipment and Supplies	7,300	4,300	<i>Two publication fees versus five (@\$800)</i>
Membership Dues	1,500	500	<i>Did not renew AGHE membership (\$1,100 CAD)</i>
Total Expenditures	464,000	391,300	
BALANCE (01 Apr '20)	-	(709,700)	<i>Includes funds carried forward from previous year</i>
<i>In reserve for move to CM</i>	-	250,000	<i>Anticipated costs to furnish and equip Cambridge Manor offices</i>
ADJUSTED BALANCE		(459,700)	

VII. 2020/2021 Budget Allocation and Planned Initiatives

i. Proposed Budget Allocation for 2020/21

2020/21 Fiscal Year	Budgeted	Notes
BALANCE (01 Apr '20)	(709,700)	
Revenues	(402,000)	<i>Estimates based on 2019 endowment interest plus \$300K operating</i>
Expenditures		
Salaries	188,000	<i>MaPS reclass/0.2 CFI Coord (3 months)/0.5 Sci Coord (6 months)</i>
Overhead	21,000	<i>Monthly fees for Cambridge Manor offices, Sept '20-Mar '21</i>
Annual Funding Programs	232,500	<i>Poulin PDF; Rock scholarship; Student positions; Catalysts; CLSA grants</i>
Sponsorships	9,500	<i>CAG20 (Regina) exhibitor; other discretionary</i>
Centre-led Events	18,000	<i>Research Day/Grand Opening at Cambridge Manor</i>
Other Internal Projects	281,000	<i>Includes move to Cambridge Manor (\$250K)</i>
Travel	10,000	<i>CAG20 in Regina SK (3-4 delegates)</i>
Equipment and Supplies	10,300	<i>Publications, posters, swag, hardware, etc.</i>
Membership Dues	1,500	<i>Includes AAG, CAG, AGHE (\$1,100)</i>
Total Expenditures	771,800	
ENDING BALANCE (Apr '21)	(339,900)	<i>Approximately one-year budget in reserve based on 2019-20 and prior budgets</i>

ii. Planned initiatives

Move to Cambridge Manor and (potentially) launch of CFI

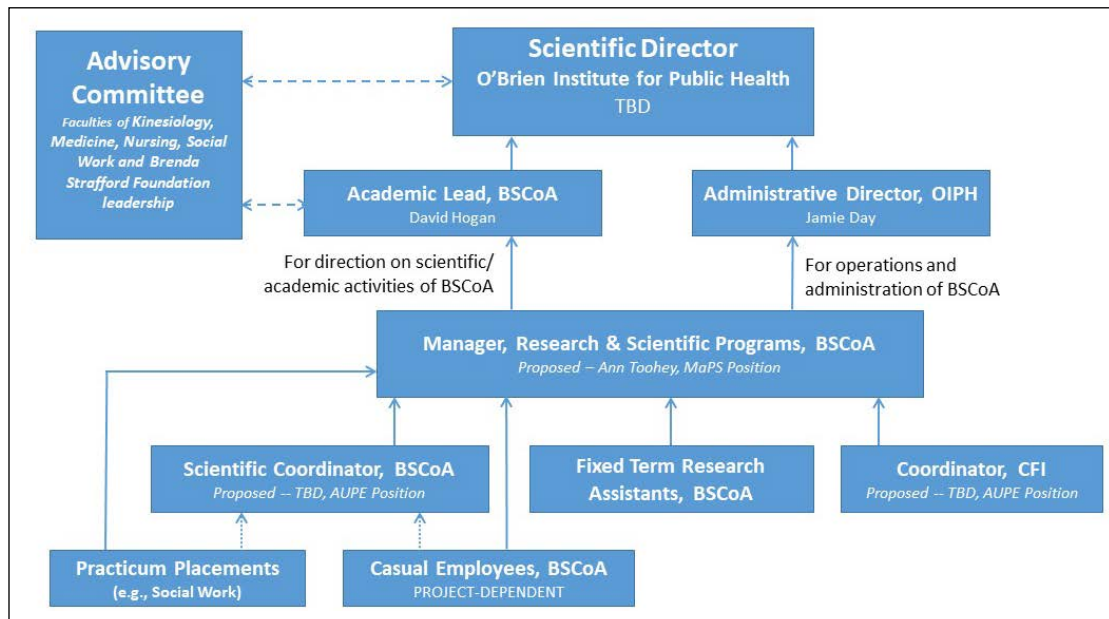
In September 2020, we anticipate our exciting move into dedicated office space generously provided at the new Cambridge Manor continuing care facility located in the University District. The University and the Foundation have finalized and signed a License of Occupation and have submitted a request for furnishings into the University's system. Once we settle into our new space, we will plan to host a **Grand Opening Research and Networking Day** to invite our



campus community into this new interactive space, which has been designed to comfortably and conveniently host faculty, students, and visiting scholars, and which will be the hub for the Rethinking Continuing Care CFI if successful.

Centre on Aging Expansion of Staff (HR)

In order to increase the Centre on Aging capacity, additional human resources are needed. Steps towards this important evolution include the recently approved reclassification of the Scientific Coordinator position to become Manager, Research and Scientific Programs, and the addition of 1 to 2 new coordinator positions (one for BSCoA, one for CFI if successful):



Age-Friendly University Initiative

As described previously, we will continue to advance our Age-Friendly University initiative in the following ways:

- Begin planning an intergenerational speaker series focused on aging-related topics
- Organize stakeholder meetings with the Calgary Association of Lifelong Learners, LinkAGES, Oakridge Seniors, the Emeriti Association (Carole-Lynne Le Navanac) to explore perceptions on characteristics of an age-friendly university
- Explore interest among other Canadian Age-Friendly Universities in presenting an Age-Friendly Universities symposium to take place during the 2020 Canadian Association on Gerontology (CAG) conference in Regina, SK.
- Award the premiere P. June Rock Memorial Scholarship to a mature student seeking higher education

Indigenous Aging in Southern Alberta

We will be exploring ways to implement recommendations documented within the report that our graduate student, Ashley Cornect-Benoit, is preparing for us by the end of May 2020 (see above for further details).