



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

Annual Report – 2020/2021
Proposed Activities and Budget for 2021/22

Prepared for the Brenda Strafford Centre on Aging Advisory Committee
01 April 2021

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

As we move into the 2021/22 fiscal year, we are pleased to summarize several achievements from 2020/21 in our efforts to realize the vision and goals of the Brenda Strafford Centre on Aging (BSCoA). Like all others around the globe, our activities this past year were impacted by the COVID-19 pandemic. This public health crisis shone an unfortunate light on how older adults remain undervalued in society, an observation that continues to fuel our commitment to improving the lives of older adults.

As examples of our work this year, we hosted two public events dedicated to addressing the needs of residents, families, and staff of long-term care settings during the COVID-19 pandemic. We also conducted student-led research into issues around ageism, as perpetuated by newspaper reporting during the first wave of the pandemic. Individually, our staff contributed to this dialogue via published commentaries, media interviews, and most recently an invited book review of Andre Picard's exposé and prescription to address the shortcomings of Canada's long-term care system.

Several of our Centre's initiatives and priorities were advanced, as highlighted below. In all that we have done and continue to do, we honour the value of older lives and the need to include the voices of older people in the activities and decisions that shape their health, well-being and, ultimately, quality of life. We look forward to the coming year which we anticipate will be a productive and important one. It will include planning for the 2022 CIHR Institute on Aging Summer Program on Aging that we will have the honour of hosting. This national meeting will attract graduate students and postdoctoral fellows either working on or interested in learning more about research on dementia.

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

i. Vision Statement

The initiatives of the Centre will enhance the health of older adults and better inform public policy with regard to the aging population through coordinated and interdisciplinary research, teaching and learning opportunities, and through community outreach efforts.

ii. 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 (OIPH) 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 undertaken by the faculties across the University, including but not limited to Kinesiology, Medicine, Nursing, and Social Work.

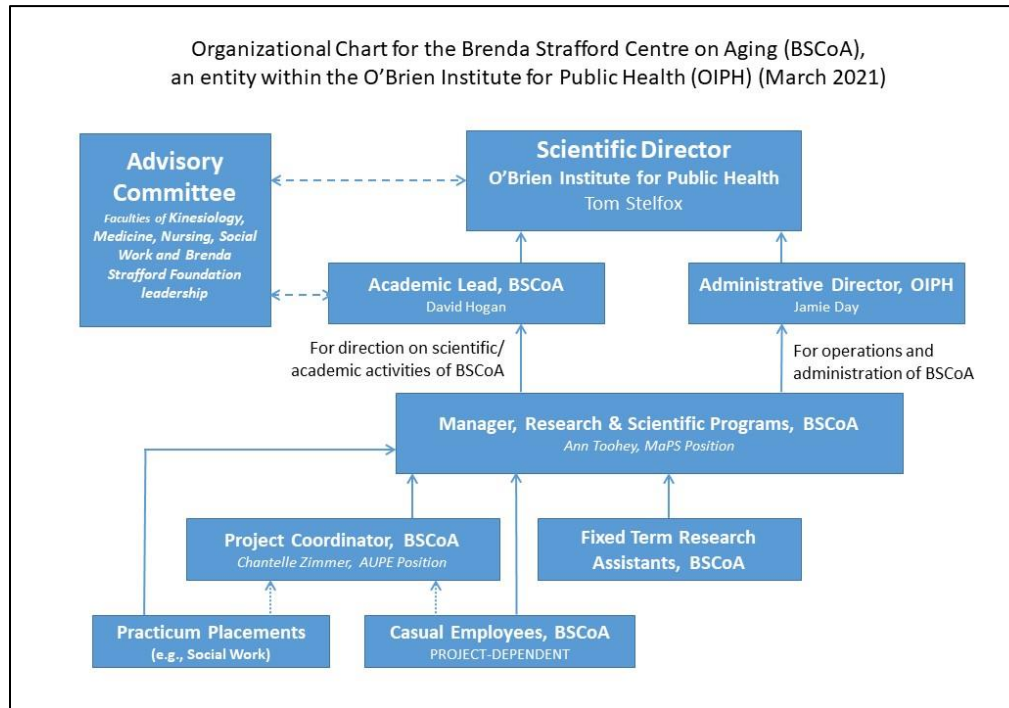
iii. Staffing

The BSCoA staff consists of the Academic Lead (Dr. David Hogan) who spends 0.2 FTE fulfilling his Centre-related duties, a 1.0 FTE Manager (Dr. Ann Toohey), and a 0.6 FTE Project Coordinator (Dr. Chantelle Zimmer). Several undergraduate and graduate students in summer studentships, practicum and field placements, graduate assistantships, and casual hires contributed to the activities of the Centre. We benefit from the resources available within the OIPH.

In 2021/22, Dr. Zimmer will move into a 1.0 FTE position. Next year, as an exciting development, a research coordinator will be hired using funds provided by Dr. Jayna Holroyd-Leduc who holds the

Brenda Strafford Foundation Chair in Geriatric Medicine. This latter position will report to the BSCoA Manager and will focus on coordinating research activities taking place at Cambridge Manor and supporting the development of a Canadian Foundation for Innovation (CFI) resubmission. Both will strengthen the links between the Centre and the Brenda Strafford Foundation.

iv. Organizational Structure



v. Brenda Strafford Centre on Aging Advisory Committee

Co-chairs:

Dr. Tom Stelfox, Scientific Director, O'Brien Institute for Public Health

Dr. David Hogan, Academic Lead, Brenda Strafford Centre on Aging

Donor representatives (n = 2):

Mike Conroy, President & CEO

Note: the second representative is selected by the Brenda Strafford Foundation

Faculty representatives (Dean or delegate):

Kinesiology: Dr. Meghan McDonough, Associate Professor

Medicine: Dr. Jon Meddings, Dean

Nursing: Dr. Sandra Davidson, Dean

Social Work: Dr. Ellen Perrault, Dean

Non-voting members:

Dr. Jamie Day, Administrative Director, O'Brien Institute for Public Health

Dr. Ann Toohey, Manager, Brenda Strafford Centre on Aging

Dr. Chantelle Zimmer, Project Coordinator, Brenda Strafford Centre on Aging

III. Operational updates for the BSCoA

i. Adapting to COVID-19

We have been able to move our BSCoA activities online. In addition to daily operations, we accommodated two virtual summer research projects and hosted or partnered in four online events of varying size and purpose. Our summer journal club was presented via an online platform. We continue to follow the University's work-from-home policy, which will be in place through to the end of June 2021 and possibly longer (see below).

ii. Move to Cambridge Manor

Cambridge Manor opened its doors to residents in July 2020, and our License of Occupation agreement came into effect on September 1, 2020. However, our anticipated move timeline has been subject to delays related to the pandemic. These began with production delays in having our furniture orders filled, and then we faced challenges scheduling access to Cambridge Manor throughout the fall and early winter due to facility closures arising from COVID-19 outbreaks.

As of February 2021, our offices are furnished, and we continue to work with UC-IT and the Brenda Strafford Foundation to solve challenges around connectivity between our new space in Cambridge Manor and the University of Calgary's secure network. We have been paying a monthly service charge since October 2020, which is subject to adjustment as our arrangement normalizes. We have also welcomed Cambridge Manor staff to use our office space in our absence. We plan to occupy our Cambridge Manor office space with increasing frequency once the University of Calgary lifts its work-from-home restrictions, which is anticipated to occur by the fall of 2021 if not sooner. We continue to work towards occupying and equipping the space to support UC research based in Cambridge Manor and other BSCoA activities.

iii. New Project Coordinator and Administrative Advances

Our Project Coordinator, Dr. Chantelle Zimmer, was hired this past year. This new role has extended our capacity in several ways that are described throughout this report. Some specific administrative duties have included (i) updating the BSCoA web site that was migrated into Drupal 8.0 with little prior consultation (note that a full overhaul is pending), and (ii) migrating our administrative files and data into Salesforce, a contact management platform that was implemented by the O'Brien Institute for Public Health. This effort will help to ensure that BSCoA affiliates¹, activities and impacts are documented consistently and in ways that will permit efficient production of reports.

iv. Equity, Diversity, and Inclusion

We are aligned with the University of Calgary's commitment to redress systemic racism. Concurrently we are ensuring that systemic ageism is also recognized and over time eliminated. BSCoA staff are actively participating in University-sponsored training and education linked to issues of systemic racism and complying with the institutional Indigenous strategy, *ii'taa'poh'to'p*. We also bring awareness about Indigenous methodologies and scholarship to our student training activities.

¹ Affiliates are broadly defined as University of Calgary faculty, most of whom are members of the OIPH, and students who have an interest in aging research, education and/or public policy, as well as all recipients of financial, supervisory, or collaborative support from the BSCoA.

v. One Health at UCalgary

The BSCoA supports the University of Calgary's crosscutting One Health initiative via representation on its Community Health working group. Dr. Ann Toohey's research on companion animals and aging is featured on the UC One Health Web site. She has also been a guest speaker alongside Calgary Seniors personnel as part of the online One Health Circle series as well as being an invited panelist in official launch event for One Health hosted by Jay Ingram, bringing attention to the health promoting potential of companion animals for older adults and their relationship with efforts to promote aging-in-place.

IV. Building Capacity in Interdisciplinary Research

Our BSCoA staff continue to act as a key point of connection for University researchers seeking interdisciplinary or multi-sectoral partnerships for projects with an aging focus. These efforts are ongoing and important though challenging to capture in substantive ways. They are a key dimension to our functioning as the University's hub for capacity-building in interdisciplinary approaches to studying aging-related issues. As we become aware of relevant faculty members and research activities that have not sought our support or involvement, we pro-actively reach out to them to introduce ourselves and develop mutually beneficial bonds. Throughout the year, we actively disseminate information regarding relevant funding competitions, training opportunities, and special events to BSCoA affiliates.

i. Funding Opportunities for University of Calgary Faculty Members

Catalyst grants (~\$10,000/project):

- **Awarded:**
 - Dr. Yeonjung Lee (Social Work): *Aging in Community: A Perspective from Older Adults on Accessibility to Necessary Resources*. Co-applicants: Dr. Ilyan Ferrer (Social Work, UCalgary), Dr. Kwangyul Choi (SAPL, UCalgary)
* Note that BSCoA provided a catalyst grant of \$10,000 and the O'Brien Institute for Public Health provided a top-up of \$2,500.

- **Completed:**
 - Dr. Meghan McDonough (Kinesiology): *Social Participation, Physical Activity, and Resilience among Older Adults Living Alone*. Co-applicant: Dr. Jennifer Hewson (Social Work, UCalgary).

Outcomes: Dr. McDonough leveraged her catalyst project to achieve success in obtaining Tri-Council research support from both SSHRC (Insight Development and Partnership Engage competitions) and CIHR (Planning & Dissemination and Catalyst Grant competitions). Both applicants have peer-reviewed manuscripts under development and/or review, and both have had components of their projects presented at national conferences. Dr. McDonough presented her findings at the O'Brien Institute/Community Health Sciences Webinar series on Friday, May 1, 2020, to an audience of 29.

- Dr. Ilyan Ferrer (Social Work): *Digital Storytelling and Dementia Care for Intergenerational, Racialized and Immigrant Families in Calgary*. Co-applicants: Paul Bartel (Alzheimer's Society of Calgary), Yahya El-lahib (Social Work, UCalgary), Dr. Carla

Hilario (Nursing, UAlberta), Dr. Yeonjung Lee (Social Work, UCalgary).

Outcomes: Dr. Ferrer submitted a successful application for a SSHRC Insight Development Grant to extend his digital storytelling methodology for people living with dementia. Dr. Ferrer presented his findings at the O'Brien Institute/Community Health Sciences Webinar series on Friday, March 12, 2021, to an audience of 71.

Canadian Longitudinal Study on Aging (CLSA) grants (\$3,000 to cover CLSA data access fees):

- **Awarded in 2020/21:** *None to report*
- **Completed projects supported by grants:**
 - Dr. Meghan McDonough (Kinesiology); *Social Factors and Physical Activity in Older Adults: Identifying Predictors Across Vulnerable Populations.*

Outcomes: Dr. McDonough's project led to a peer-reviewed publication currently in press, as well as peer-reviewed presentations accepted at two international conferences. McDonough was able to leverage her application for BSCoA funding for success with the CIHR Catalyst fund competition as well as the O'Brien Institute/CSM Post-Doctoral Scholar competition, enabling her to hire a post-doctoral fellow (Dr. Chantelle Zimmer, who has now joined the BSCoA).

- Dr. Yeonjung Lee (Social Work); *Improving Informal Caregivers' Health: Understanding the Role of Social Engagement and Health Behaviours in Influencing Multiple Health Outcomes.* Co-applicant: Dr. Alex Bierman (Sociology, UCalgary)

Outcomes: Dr. Lee's project involved a doctoral student as a research assistant and led to a peer-reviewed publication and a peer-reviewed conference presentation at an international conference (postponed due to COVID-19).

ii. Other Forms of Research Support Provided by BSCoA

Letters of support and/or collaborations

- BSCoA is regularly approached to support external funding applications through in-kind contributions and/or affirmation of alignment with institutional resources and priorities. This is done after careful review of the proposals and consideration on how we could best support those applications that align with our interests. In 2020/21 we supported the following applications of UCalgary faculty:
 - Dr. Zahra Goodarzi (Medicine), CIHR 2020/21 Project Grant: *Care Pathway for Depression in Persons with Dementia in Long Term Care (COPE LTC) Study* – **Funded**
 - Dr. Zahra Goodarzi and Dr. Jayna Holroyd-Leduc (Medicine), Implementation Science Teams: Supporting Pandemic Preparedness in Long-Term Care Funding Opportunity (multiple sponsors): *Development & Implementation of a Clinical Care Pathway for Frail Older Adults in LTC* – **Funded**
 - Dr. Larry Katz and Sofia Backaberg (Kinesiology), CIHR 2020/21 Project Grant: *Using Technology to Enhance Competence, Confidence, and Mobility in Physical Activities of Daily Living Amongst Older Adults* – **Not funded**

- Dr. Larry Katz and Sofia Backaberg (Kinesiology), SSHRC 2021 Connections Grant: *Innovative Solutions for Healthy Aging: Research Symposium* – **Funded**

Support for grant development

- Dr. Deirdre McCaughey (W21C) and Dr. Gwen McGhan (Nursing) – BSCoA provided guidance to the development of a three-phased project exploring support for family caregivers of people living with dementia during the pandemic. The first phase (survey of local caregivers) was completed and led to the development of a framework that has been endorsed by Alzheimer’s Society of Calgary and others. The findings from this first phase of research have been shared with the provincial government. The second phase (a province-wide survey of caregivers) is underway and being guided by a pan-provincial advisory group of researchers and stakeholders, including caregivers. A third, national phase was submitted to the 2020/21 CIHR Project Grant competition, but the application was unsuccessful. Resubmission is not anticipated.
- Dr. Sander Hitzig (UToronto)/Dr. Katrina Milaney (Medicine)/Dr. Myles Leslie (School of Public Policy) – BSCoA offered contact points for community agencies (Kerby Centre, Trinity Place Foundation, Silvera for Seniors) who were requested to provide letters of support and agree to join the research team as knowledge users in a CIHR 2020/21 Project Grant: *An Implementations Science Approach for Enhancing Urban Solutions to the COVID-19 Pandemic for Vulnerable Seniors*. The submission was unsuccessful, but reviews were positive. A resubmission is expected.

iii. BSCoA-led Research Projects and Activities

International and national collaborations

- Multi-species dementia: International research network, funded by Wellcome Trust Small Grants in Humanities and Social Science. BSCoA personnel, together with several affiliated researchers, was selected to contribute to a multi-species care and caring book project that will include original research. The proposed study is titled *Forging human-animal bonds? Robotic pets in care settings for people living with dementia*. Our team includes researchers from the Cumming School of Medicine (Dr. Melanie Rock and Amberlee Boulton), and the Faculties of Social Work (Dr. Jennifer Hewson) and Veterinary Medicine (Dr. Cindy Adams).
- CIHR Directors of Canadian Research Centres on Aging. We are an active member of this group, which meets twice annually. Most recently, through this group, BSCoA personnel took part in an Institute of Aging priority setting activity for dementia-related research.
- Age-Well and the Canadian Frailty Network (CFN) National Centres for Excellence (NCEs). Dr. Hogan represents the University of Calgary at the annual meetings of both NCEs. Dr. Hogan also co-authored with W21C colleagues the 2020 AGE-WELL position paper on mobile technology and data-informed approaches for healthy aging and aging-in-place (see <https://agewell-nce.ca/wp-content/uploads/2017/11/Mobile-technology-and-data-informed-approaches-WP7.3.pdf>).

BSCoA publications

Note: this list does not include faculty/student publications made possible through BSCoA capacity-building scholarships and project grants

- Norberg, S. J., Toohey, A. M., Jones, S., McDonough, R. A., & Hogan, D. B. (2021). *Examining the municipal-level representativeness of the Canadian Longitudinal Study on Aging (CLSA) cohort: An analysis using Calgary participant baseline data*. Health Promotion and Chronic Disease Prevention in Canada: Research, Policy and Practice, 41(2), 48–56.
- Norberg, S. J., Toohey, A. M., & Hogan, D. B. *How do non-catastrophic natural disasters impact middle-aged to older persons? Using baseline Canadian Longitudinal Study on Aging (CLSA) data to explore psychological outcomes associated with the 2013 Calgary flood*, Canadian Journal on Aging, accepted January 2021 (in press).
- Toohey, A. M., & Hogan, D. B. *More than an urgent need*. Invited book review of *Neglected No More* by Andre Picard, to be published in the April/May 2021 issue of the Canadian Centre for Policy Alternatives bimonthly journal, *The Monitor* (in press).

Unpublished reports

- Adel, A., Toohey, A. M., & Hogan, D. B. (2020). *Aging in Place: Exploring Older Adults' Housing Needs and Preferences, Age-Friendly Principles, and Adaptable Housing Options*. <https://obrieniph.ucalgary.ca/groups/brenda-strafford-centre-aging/reports>
- Viste, D., Toohey, A. M., & Hogan, D. B. (2020). *Tools for Eradicating Structural Ageism: A Rapid Review with Recommendations*. To be posted on our website once sign-off is received from the City of Calgary.
- Cornect-Benoit, A. (2020) *Indigenous Aging in Southern Alberta*. This report was reviewed and accepted by the advisory committee in December 2020. It has since been reviewed and endorsed by Dr. Michael Hart, the Vice-Provost of Indigenous Engagement, with some helpful refinements recommended and a commitment to connect BSCoA with appropriate Indigenous community members.

Elder Doreen Spence, a Cree Elder who contributed to the report, was appointed to the Order of Canada in 2020 for her internationally recognized advocacy of Indigenous human rights.

V. Building Capacity in Interdisciplinary Education

i. Faculty-based Student-led Initiatives

In 2020 BSCoA provided a \$5,000 grant to support student-led initiatives in the Faculty of Kinesiology, under the supervision of Dr. Meghan McDonough. This group, called “Aging PEEPs” (Physiological Experiences and Exercise Psychology), hosted a virtual public research day on March 29, 2021. In addition to student research presentations, two keynote speakers were featured:

- Dr. Cassandra Phoenix, Durham University, *Creating Space for the Affective Dimensions of Physical Activity in Older Age*.

- Dr. Shilpa Dogra, University of Ontario Institute of Technology: *Can You Out-Exercise All That Sitting?: A Review of Research on Sedentary Behaviour in Older Adults.*

Other faculties requested permission to spend down balances that remained from previous student-led initiative grants, with COVID-19 impacting travel and gathering opportunities, including Social Work (Gerontology Interest Group or GIG – Dr. Cari Gulbrandsen), Sociology (Dr. Alex Bierman), Nursing (Dr. Lorraine Venturato) and Medicine (Dr. Karl Riabowol).

ii. Summer 2020 Journal Club

Based on student evaluation obtained on the inaugural 2019 summer journal club, the BSCoA revised its offering for 2020 and shifted to a virtual platform due to COVID-19. Between May and August, all undergraduate students with an interest in aging working on a summer project with a BSCoA affiliated researcher were invited to attend weekly sessions that alternated between a faculty member presenting on their area of expertise and the critical appraisal of recommended readings. During the final three weeks of the session, students had the opportunity to deliver research-in-progress presentations.

On average, 14 students from diverse disciplines attended the sessions. Topics covered included: critical appraisal skills and approaches; normal aging; frailty; delirium and dementia; active aging; and technology and aging. Most students indicated that they were satisfied or very satisfied with most dimensions of the program. Several insightful recommendations were made, and many of these will be incorporated into the 2021 offering, as described below.

iii. Scholarship Program

- 2020 Barrie I. Strafford Scholarships in Interdisciplinary Aging Research (administered through the Graduate Awards Committee's open scholarship competition). Graduate Awards Manager, Cathie Stiven, noted the following:

Scholarship funding is critical to maintaining UCalgary's reputation as a top global research institution. We compete nationally and internationally to attract and retain world-class students and scholarships and awards are a determining factor for students when selecting UCalgary for graduate studies. The Strafford scholarships are among the top valued awards at UCalgary.

- 2020 Master's recipient: Kayla Marie Atchison (Supervisor: Dr. Zahra Goodarzi, Medicine): *Understanding anxiety disorders in older adults living in long-term care: A mixed methods study* – \$22,500 for 1 year of study (includes a \$2,500 research allowance)

Kayla wrote that "The Barrie I. Strafford Scholarship that I received enhanced my academic training in the field of aging by allowing me the opportunity to participate in a range of academic and professional training activities...including an internship, a course on leadership, and scientific programming modules where I have learned both technical and transferable skills that I will be able to apply in my aging focused research going forward. From my project, I aim to produce a total of three publications."

- 2020 Doctoral recipient: Kelsey Cnudde (Supervisors: Dr. Penny Pexman/Dr. Andrea Protzner, Psychology): *Neuroplasticity in lexical processing: A comparison between younger and older adults* – \$32,500 per year for 2 years of study (includes a \$2,500

research allowance per annum)

Kelsey noted that “The Barrie I. Strafford Doctoral Scholarship has had a very positive impact on my training during the first year of my PhD. This has been a challenging year, as I have been unable to conduct in-person research. The funding I have received has allowed me to focus my time on my research [literature review] and on completing course requirements, rather than losing time to teaching assistantships. Without support from the Barrie I. Strafford Scholarship, I would be much further behind on my research than I am today.”

- NSERC BRAIN-CREATE (co-lead Dr. Marc Poulin, Medicine) post-doctoral fellowship was activated. The selected candidate, Dr. Veronica Guadagni, received matching funding of \$25,000/year for Sept 2020-Aug 2022.
- P. June Rock Memorial Scholarship: Terms of Reference for the award to a mature student were finalized in 2020 and the inaugural scholarship was included in the 2021 Open Scholarship competition. The winner is to be announced in the spring of 2021.

iv. Student Opportunities with BSCoA

Summer studentships

- BSCoA hosted two BHSc summer students who worked on projects developed in partnership with City of Calgary’s Age-Friendly Calgary team.
 - Dylan Viste received MITACs funding (\$6,000) to support a 4-month project titled, *Addressing Ageism in Alberta Through Evidence-Informed Approaches*.
 - Adibba Adel received O’Brien Centre Summer Studentship funding (\$3,000) to support a 2-month project titled, *Affordable Housing Models that Promote Aging-in-Place*.
- Both studentships produced reports as described above. BSCoA continues to collaborate with Dylan to develop a manuscript for submission to a peer-reviewed journal, anticipated for July 2021.

Graduate assistantships

- Ashley Cornect-Benoit received support from BSCoA to complete her report on Indigenous experiences of aging in Southern Alberta. Ashley remains employed on a casual student basis in order to help implement the recommendations contained in the report (see above).
- Amberlee Boulton received support from the BSCoA to continue to advance our Age-Friendly University initiative and to assist with our project exploring robotic pets for people living with dementia.

Initiative update: The Age-Friendly University initiative and short-term recommendations have been endorsed by the VPs of Research, Academic, and Advancement. Amberlee is currently finalizing a report on older adult participation in UCalgary’s Continuing Education programming.

Other student opportunities offered by BSCoA

- MD/PhD student Bria Mele (casual student hire). Bria coordinated the 2020 interdisciplinary journal club and has assisted with other short-term projects, which included participating in the peer-review of 2021 CIHR Summer Program in Aging (CIHR SPA) applicants (see below for further information).
- 4th Year BHSc student Dylan Viste. Through his BHSc honours thesis project (Drs. Hogan and Toohey provided supervision and support for this), Dylan explored virtual balance training programs for fall prevention with the Calgary Falls Prevention Clinic (CFPC).

VI. Community Engagement

i. Knowledge Mobilization Events

- **July 2020: “Rapid Solutions for COVID-19 in Continuing Care” (Reverse Tradeshow event)**

The event was co-hosted by the Brenda Strafford Foundation; the University of Calgary’s W21C, O’Brien Institute for Public Health, and Biomedical Engineering department; and the Glenrose Rehabilitation Hospital. Representatives of several Alberta-based long-term care facilities presented problems that arose during the pandemic that could benefit from technology-based solutions. This event connected 200 innovators, researchers, health care providers, and other stakeholders. Examples of promising connections made during the afternoon event included discussions of portable ante rooms for donning and doffing personal protective equipment and tailored scheduling software to support coordinated family visitation during the pandemic. Resources related to this session are available online at <https://obrieniph.ucalgary.ca/rapid-solutions-for-COVID-19-in-continuing-care>.

- **November 2020: “Infection Control vs. Isolation – Striking a Balance for Long-Term Care Residents During COVID-19” (OIPH Anatomy of a Pandemic series)**

Over 280 attended the evening virtual event, which featured keynote addresses offered by infectious disease expert Dr. Craig Jenne and dementia advocate and family member Lisa Poole. Responding panellists included representatives from the Alberta Continuing Care Association and Alberta Health Services. A recording of the session and related resources are available online at https://obrieniph.ucalgary.ca/news-and-events/obrien-institute-events#!view/event/event_id/187855.

- **March 2021: “Piano to Zanskar” film screening and expert panel discussion**

Presented in partnership with the THIRD ACTION Film Festival and the Instrumental Society of Calgary. The panel, facilitated by Dr. Ann Toohey, featured both an older professional musician (Gianetta Baril, a local concert harpist) and a doctoral candidate from Nursing, Jon Parr Vajinski. Vajinski is an accomplished pianist and composer whose doctoral research is investigating music as a communication tool for people living with dementia and their caregivers. Over 153 people attended the screening, and 53 moved from the screening platform over to Zoom® for the panel discussion.

ii. Sponsorships

- **\$2,200 - THIRD ACTION Film Festival and 2020 Resiliency in Aging Film Award**

The THIRD ACTION Film Festival was able to shift to an online format and was rescheduled from the first week of June, to correspond with Seniors Week, to mid-October. Over 550 individual tickets or passes were purchased, yet attendance was likely much higher as multiple persons in households were able to view films through a single ticket purchase.

We were especially pleased with the 2020 Resiliency in Aging film award winner, a documentary called *Never Too Old* filmed by Marcia Connelly and featuring the academic journey and policy-relevant research of PEI's Dr. Olive Bryanton, who was in her early 80s when she graduated from her gerontology-focused doctoral program. An edited version of the documentary is available for public viewing on CBC Gem (<https://www.cbc.ca/cbcdocs pov/episodes/never-too-old>). The film addresses the challenges that older students face, while also exploring the challenges that older women face as they age-in-place within rural settings.

Through the film festival, BSCoA has strengthened its relationship with Dr. Bryanton, who will be a guest speaker during our 2021 summer program in interdisciplinary aging offering (see below). Dr. Bryanton has been recognized internationally for her ongoing contributions, including by the WHO in their Decade of Healthy Ageing Baseline Report (<https://www.who.int/publications/m/item/decade-of-healthy-ageing-baseline-report>).

iii. Other Contributions

Letters of support

- Alberta Health Services: Establishing an Alberta-based MEDTEQ Quality Aging Beachhead™ Center: **Proposal is now under consideration in the second review round**
- THIRD ACTION Film Festival: New Horizons for Seniors funds to support expansion of the festival: **Funded.**
- Calgary Seniors: Committee of 10,000 Grant application: **Not funded.**

Consultations

- Kerby Centre: BSCoA met with Kerby Board members and senior administration to discuss closer ties between UCalgary researchers and the Kerby Centre. BSCoA supported Kerby Centre's strategic planning exercise by circulating a questionnaire to key UCalgary researchers and compiling findings into a summary report for the Kerby Centre.
- LinkAGES: Through meetings and review of documents, BSCoA supported the development of an application submitted by LinkAGES to the Public Health Agency of Canada's Dementia Community Investment fund competition. This was to support the Music2LINK project, an intergenerational music and art-based initiative that mobilizes youth volunteers to provide knowledgeable, caring, and positively stimulating experiences and opportunities for persons living with dementia and their care partners to experience in order to enhance their quality of

life. Funding results have not yet been announced, at the time of preparing this report.

- Silvera for Seniors: BSCoA personnel have been sharing information with Silvera's research lead regarding housing needs of older Calgarians and potential research projects. This has included sharing the report on Age-Friendly Housing prepared by summer research assistant Adibba Adel, as noted previously. We have also provided advice on approaches to evaluating Silvera's pet-friendly housing pilot program, implemented in early 2021.

VII. Informing Public Policy

i. Age-Friendly Calgary/City of Calgary

We continue to work closely with the Age-Friendly Calgary team to ensure that municipal policy development is evidence-informed. Dr. David Hogan remains a member of the Age-Friendly Calgary steering committee. In addition to hosting two summer research assistants and matching a third with Dr. Meghan McDonough's lab, BSCoA is attempting to foster a partnership between City of Calgary personnel and SAPL to develop a project addressing age-friendly housing.

ii. Additional Policy-Relevant Activities

Reinstatement of Alberta's Seniors Advocate

- Canadian Association of Retired Persons (CARP), Calgary: BSCoA provided a letter of support for CARP-Calgary's movement to re-establish a legislated Seniors Advocate. The dedicated Seniors Advocate office was discontinued by the United Progressive Conservative government in 2019. Discussions with government are underway.

Alberta Association on Gerontology (AAG) Reports

- Dr. Ann Toohey and Dr. David Hogan contributed to the AAG-led document *Older Albertans Living Well: A Call to Action to Enhance Care and Services*, which was circulated to government Ministers, policy makers, health and social service agency leaders.

Dementia Network Calgary

- Dr. Hogan contributed to the Dementia Network Calgary Continuing Care Legislative Review Submission (February 12, 2021).

WHO Decade of Healthy Aging Baseline Report

- As part of the CLSA team, Dr. Hogan supported the development of this report (<https://www.who.int/publications/m/item/decade-of-healthy-ageing-baseline-report>).

VIII. 2020/21 Expenditure Report*

2020/21 Fiscal Year	Budgeted	Actual	Notes
Starting Balance		(\$510,370)	<i>Primarily used as reserve to cover approximately one year of operations funding</i>
Revenues	(\$302,000)	(\$311,200)	<i>\$200,000 operating funds (rec'd Dec 2019) plus endowment interest calculated in early 2020</i>
Expenditures			
Salaries	\$188,500	\$156,670	<i>J. Matthews opted for early retirement</i>
Overhead	\$21,000	\$11,900	<i>Estimated maintenance fees are subject to further minor adjustment</i>
Annual Funding Programs	\$233,793	\$109,480	<i>Amount budgeted for MSc/PhD scholarships reduced due to award winners obtaining external funding; other expenditures reduced primarily due to pandemic</i>
Sponsorships	\$9,200	\$2,400	<i>Reduced sponsorship opportunities due to COVID-19</i>
Centre-led Events	\$18,000	\$2,300	<i>Virtual events have lower overhead; Cambridge Manor opening event postponed.</i>
Other Internal Projects	\$281,000	\$65,980	<i>Furnishing/equipment costs overestimated plus some moving expenses moved into 2021/22; CLSA DCS expenditures nil due to COVID-19 (no participant visits took place)</i>
Travel	\$10,000	\$660	<i>Travel cancelled due to COVID-19</i>
Equipment and Supplies	\$5,800	\$4,500	<i>Purchased logo face masks to distribute</i>
Membership Dues	\$1,525	\$420	<i>No longer paying AGHE membership fee (\$1,100)</i>
Total Expenditures	\$768,818	\$354,300	
BALANCE (01 Apr '21)		(\$467,270)	<i>Note: Minor expenses for 2020/21 still to be reconciled.</i>

* As of 01 April 2021

IX. 2021/2022 Planned Initiatives and Proposed Budget Allocation

i. Planned initiatives

- 2022 CIHR Summer Program in Aging (CIHR SPA):** BSCoA has been selected to host the 2022 CIHR SPA on the topic of dementia. The CIHR will provide the BSCoA with a budget of up to \$75,000 to cover the costs of the virtual event. BSCoA personnel will attend the 2021 CIHR SPA being hosted virtually by McMaster University.
- BSCoA Review:** BSCoA is conducting a formal review of its activities that will be completed by the end of 2021. We have hired an external consultant (Dr. Gail MacKean) to conduct a qualitative analysis via focus group interviews with key stakeholders and support our reviewers (Dr. Anne Martin-Matthews, UBC, and Dr. Paul Arnold, Mathison Centre, Hotchkiss Brain Institute) in creating the report. The review will examine our prior activities so we can learn from them and guide the creation of our strategic and business planning for the next 3-5 years.
- 2021 Summer Program on Interdisciplinary Aging:** BSCoA continues to evolve its summer program offering for interdisciplinary undergraduate students with an interest in aging-related research and careers. The 2021 program will provide a broader introduction to the aging landscape and enable students to learn from older adults and experts from outside of academia.
- CLSA-related Activities:** In addition to continuing to support data collection, BSCoA will apply for access to longitudinal CLSA data to build on the cross-sectional analyses of age-friendly indicators we conducted in 2018. BSCoA personnel are also exploring a project using CLSA data

to create a *Thriving Index* for older adults. This project will be led by BSCoA (Dr. Chantelle Zimmer will be the lead) in collaboration with Drs. Meghan McDonough, Jennifer Hewson, Jacqueline McMillan, and Bonnie Lashewicz.

- **Closer alignment with the Brenda Strafford Chair in Geriatric Medicine and the Brenda Strafford Foundation:** BSCoA personnel are working closely with Dr. Jayna Holroyd-Leduc to build on the momentum generated by the 2020 CFI application and rekindle interest in projects linked to the Cambridge Manor Continuing Care Unit of the Future. Proposed plans include using Chair funds to hire a research coordinator who will report to the BSCoA Manager.

ii. Proposed Budget Allocation for 2021/22

2020/21 Fiscal Year	Budgeted	Notes
BALANCE (01 Apr '20)	(\$467,270)	<i>This was mainly the reserve fund described above</i>
Projected Revenues	(\$187,400)	<i>Estimates of endowment income based on 2020 amounts plus 2022 CIHR SPA funding (\$75,000); the operating component of the December 2020 gift agreement installment was withheld by the Foundation because it was felt that we should spend down our reserve funds</i>
Projected Expenditures		
Salaries	\$206,100	<i>1.0 FTE MaPS Manager; 1.0 FTE AUPE Project Coordinator; Casual students</i>
Overhead	\$20,500	<i>Monthly fees for Cambridge Manor offices, Apr'21-Mar '22</i>
Annual Funding Programs	\$185,500	<i>Scholarships, studentships, catalysts, student-led initiatives, CLSA, etc.</i>
Sponsorships	\$5,250	<i>THIRD ACTion Film Festival – Award + Speaker series</i>
Centre-led Events	\$87,100	<i>2022 CIHR SPA (\$75,000); summer program on interdisciplinary aging; Cambridge Manor opening event once possible</i>
Other Internal Projects	\$59,600	<i>Final expenditures for move to Cambridge Manor and Centre-led initiatives</i>
Travel & Conference fees	\$1,000	<i>In-person travel is not anticipated in 2021/22 but reduced registration fees are still charged for certain virtual events</i>
Equipment and Supplies	\$4,600	<i>Publications, posters, swag, hardware, etc.</i>
Membership Dues	\$430	<i>AAG, CAG</i>
Total Expenditures	\$570,070	
ENDING BALANCE (Apr '22)	(\$84,600)	<i>To deal with contingencies that might arise</i>