



UNIVERSITY OF CALGARY

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

Brenda Strafford Centre on Aging Annual Report for 2022-23 Proposed Activities and Budget for 2023-24

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**UNIVERSITY OF
CALGARY**



BRENDA STRAFFORD CENTRE ON AGING ANNUAL REPORT 2022-23

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VISION, MISSION & VALUES

VISION

Optimal health and well-being for older adults driven by evidence and in an inclusive manner.

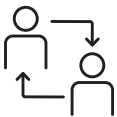
MISSION

To create an ecosystem for innovation in age-inclusive environments, practices, and policies. We will catalyze networks and lead collaborative innovations centered on older adults through education, research, and community engagement.

VALUES



Inclusivity - working with compassion, integrity, and humility to promote an age-positive and age-inclusive culture guided by the needs and interests of diverse older adults.



Collaboration - establishing intergenerational, interdisciplinary, and cross-sectoral partnerships to build capacity in education and research in the field of aging.



Innovation - developing and translating evidence on age-inclusive environments, practices, and policies to improve the health and well-being of older adults, in a sustainable manner.



Leaders - being recognized as a valuable hub within our institution, our community, and beyond for catalyzing networks and advancing innovations to better serve the aging population.

OPERATIONAL UPDATES

LOCATION

The Brenda Strafford Centre on Aging (BSCoA) is now well settled into its new home in the Brenda Strafford Foundation's (BSF) Cambridge Manor continuing care facility, located at 253 Smith Street NW in the University District. The Centre furnished the offices to support research and other University of Calgary activities during the early months of 2021. Since that time, the BSF's investment into their own research and innovation capacity has grown, and the space is now being shared with BSF team members. In addition to dedicated drop-in space, UCalgary researchers can access a qualitative lab for research interviews, including shared equipment to support qualitative activities. The Centre also has basic amenities including a kitchenette and locked storage cabinets available to support UCalgary research staff. The Centre has a UCalgary wireless signal as well as printing and scanning.

STAFFING

The BSCoA has grown to support increased operations. University funded staff members include the following:

- Academic Lead (0.2 FTE)
- Manager, Research & Scientific Programs (1.0 FTE, MaPS R4)
- Senior Project Coordinator (1.0 FTE, AUPE SPA3)
- Research Coordinator (1.0 FTE, AUPE SPA2, funded by the BSF Chair in Geriatric Medicine)
- Communications & Events Coordinator (started in November 2022; 0.5 FTE, AUPE SPA2, shared with OIPH and W21C)

We have been able to provide project-based training opportunities to undergraduate trainees with an interest in aging research and initiatives that support the aging population. These are described in the "Education" section of this document.

ORGANIZATIONAL STRUCTURE

In 2022-23, the BSCoA welcomed a new Academic Lead. Dr. David Hogan stepped down after 11 years of service in this role, and Dr. Jayna Holroyd-Leduc became the Centre's second Academic Lead. Our Centre also created a new 0.5 FTE Communications and Events Coordinator position to support our growing communications needs and the anticipated development of a communications strategy.

The BSCoA is currently working with the BSF towards a new strategic collaboration between UCalgary and the BSF. This includes changing the Centre's organizational structure to combine University and BSF employees working collaboratively within the Centre.

ADVISORY COMMITTEE

- Co-chairs: Scientific Director - O'Brien Institute for Public Health, Academic Lead - BSCoA
- Donor Representatives: President & CEO - BSF, Vice-President, Service Excellence, Quality & Innovation - BSF
- Faculty Representatives (Dean or delegate): Kinesiology, Medicine, Nursing, Social Work
- Non-voting Members: Administrative Director - O'Brien Institute for Public Health, Manager - BSCoA, Senior Project Coordinator - BSCoA

ACTIVITY HIGHLIGHTS

CANADIAN INSTITUTES OF HEALTH RESEARCH-INSTITUTE OF AGING (CIHR-IA) SUMMER PROGRAM ON AGING (MAY 2022)

Between May 9-20, 2022, the BSCoA hosted the CIHR-IA Summer Program on Aging (SPA). Thirty-nine Canadian trainees competitively selected by CIHR and 6 Senior Global Brain Health Institute (GBHI) Atlantic Fellows for Equity in Brain Health attended.

SPA 2022 was held virtually and organized around the topic of Neurodegenerative and Cerebrovascular Diseases in Aging. The educational program consisted of small group project work facilitated by a pair of interdisciplinary mentors, panels, and presentations covering diverse topics relevant to the SPA 2022 theme, a lively debate about biomarkers for Alzheimer's disease, an Arts-Based Opportunities to Understand and Transcend (ABOUT) Dementia series, personal and professional development sessions, and networking opportunities with both persons with lived experience and colleagues from low- to middle-income nations. Attendees were introduced to the CIHR, Canadian Consortium for Neurodegeneration in Aging (CCNA), and the Canadian Longitudinal Study on Aging.

A key element of SPA 2022 was including people with lived experience of dementia and their care partners in the program. Roger Marple and Lisa Poole represented both groups on our Planning Committee. Dr. Jennifer Bethell, who represented the CCNA on the Planning Committee and the CCNA Engagement of People with Lived Experiences of Dementia (EPLED) Advisory Group, also provided invaluable input. People with lived experience served as panelists and presenters. They were invited to attend all sessions. Finally, through the good graces of Dementia Network Calgary, we were also able to secure a panel of citizen reviewers who provided feedback on the lay titles and abstracts developed by the trainees for their small group project.



Two other cross-cutting themes integrated within the SPA 2022 program were Equity, Diversity, and Inclusion (EDI) and interdisciplinarity. The first was addressed in multiple ways, including dedicated sessions on the topic, the involvement of Îyârhe Nakoda Nation Elder Alice Kaquitts in opening our program each week, a GBHI-hosted session on global dementia research, and providing trainees with opportunities to create their own personal EDI statement as well as incorporating EDI considerations into their group project. Promotion of interdisciplinarity in dementia research was explicitly addressed in an early SPA 2022 session and was implicit in all other aspects of the program, which featured over 45 faculty with expertise ranging from animal models exploring basic biological mechanisms to public health.

Dr. David Hogan (the BSCoA's outgoing Academic Lead) was the Chair of the Planning Committee and held the CIHR-IA grant for the project. Centre staff members were integral to supporting all aspects of delivering this complex program. This involved creating agendas and facilitating appropriate Zoom configurations for 41 curriculum sessions as well as multiple small group work and networking opportunities. Centre staff coordinated approximately 60 faculty members and mentors, including people with lived experience. The CIHR-IA commended the Centre on its impeccable organizational skills and ability to deliver a seamless program that, notably, set a new standard for future SPA offerings in terms of involvement of people with lived experience. Centre staff went above and beyond expectations to ensure success in this visible and prestigious national endeavour.

ACTIVITY HIGHLIGHTS CONT.

WELCOMING NEW ACADEMIC LEAD, DR. JAYNA HOLROYD-LEDUC (JULY 2022)

Dr. Tom Stelfox, the Scientific Director of the O'Brien Institute for Public Health (OIPH), led the recruitment process for selecting a new Academic Lead for the Centre. Dr. David Hogan had been the inaugural Academic Lead, appointed in 2011, and had served two terms in this role. Dr. Stelfox worked closely with members of the Advisory Committee to create a search and selection strategy. Dr. Holroyd-Leduc was the successful applicant and began to serve the Centre as Academic Lead on July 1, 2023.

Since taking on this new leadership role, Dr. Holroyd-Leduc initiated a comprehensive and collaborative strategic planning process for the Centre, coordinated a new Memorandum of Understanding between the BSF and UCalgary for the Centre, and led the submission of both a Canadian Foundation for Innovation (CFI) (\$1,069,901.00) and College of Physicians and Surgeons Association Healthier Albertan proposal (\$105,615.00). She also used her BSF Chair in Geriatric Medicine funds to support the salary of the Centre's Research Coordinator and the implementation of three research projects at Cambridge Manor (robotic pet therapy, virtual reality reminiscence therapy, and outdoor gardening programming), with a fourth pending (PAIN study on care worker back health). She has quickly become the public face of the Centre, by moderating public events and preparing and presenting a policy case for investment in long-term care as part of an O'Brien Health Policy Institute panel discussion on provincial election topics. She continues to build key relationships with local and national stakeholders. The BSCoA welcomes Dr. Holroyd-Leduc's impactful leadership, commitment to EDI issues, and highly regarded expertise in geriatric medicine and other dimensions of optimizing health for the aging population.



ACTIVITY HIGHLIGHTS CONT.

RETHINKING CONTINUING CARE CFI AND ALBERTA RESEARCH CAPACITY ALIGNMENT (AUGUST 2022)

Centre staff supported Dr. Holroyd-Leduc, the CFI project lead, in finalizing the Rethinking Continuing Care proposal for submission. This involved close coordination with 10 members of the research team and their staff as well as central UCalgary staff in Research Services, Real Estate, Risk Management, and other units. The Research Coordinator managed vendor relations to obtain quotes on behalf of the research team and calculated matching and in-kind contributions. Institutional matching funds in the form of equipment investments in select projects were provided by the BSF Chair in Geriatric Medicine, the BSCoA, and the School of Architecture, Planning, and Landscape (for a total of \$429,000), while the BSF was able to procure in-kind support of \$100,000 linked to the HealthTech Home/Maple condominium investment. Although the CFI submission was unsuccessful, the Centre will continue to move forward with the priority areas proposed within the application, as funding permits.

The Rethinking Continuing Care project will focus on: (1) Optimizing the Continuing Care Environment: To design and iteratively evaluate and implement innovative architectural features and industrial products in order to optimize the (indoor and outdoor) living and working environments within continuing care; (2) Optimizing Functional Capabilities: To apply and study technological innovations that focus on evaluating and optimizing physiological and psychosocial aspects of aging in continuing care; (3) Optimizing Workforce and Resident Experiences: To develop and evaluate evidence-informed innovative models of care and professional practice in order to optimally deliver care, while also considering the work environment for providers.

As the pandemic highlighted, continuing care is challenged on many levels including optimizing resident quality of life and providing person-centered living environments that meet complex care needs. In collaboration with the BSF, a team of UCalgary's aging-focused researchers will work with end-users to design and evaluate innovative approaches to rethinking continuing care. The goal is to create a continuing care experiential ecosystem for innovation that will create opportunities to rethink continuing care.

GROWING OLDER, GROWING SMARTER: EXPLORING TECHNOLOGIES AND INNOVATIONS SUPPORTING OLDER ALBERTANS (SEPTEMBER 2022)

The BSCoA led the planning and delivery of a major public event on behalf of the Canadian Frailty Network and AGE-WELL, both National Centres of Excellence (NCE). The half-day event was designed around technologies and innovations and featured exhibition booths, research poster presentations, and keynote presentations by researchers. The event attracted an audience of over 200 people including members of the public, researchers, students, healthcare providers, and administrators.

The overarching objective of the event was to hear from leading researchers who are exploring how accessible and smart technologies are influencing our aging experiences. The free, in-person public event took place at the University's Red & White Club. It began with a lunch and networking session, followed by an afternoon of interactive talks. As a novel dimension of the event, it was publicized as being a dementia-friendly event, thanks to the Centre's ongoing partnership with the Dementia-Friendly Network. In creating a dementia-friendly environment, audience members were encouraged to move around if needed, take advantage of a quiet breakroom, and be prepared for the possibility of encountering caregiver/carer dyads within the facility's washrooms.

ACTIVITY HIGHLIGHTS CONT.

LAUNCH OF STRATEGIC PLANNING (JULY 2022 - APRIL 2023)

Upon taking on the Academic Lead role in July, Dr. Holroyd-Leduc led the BSCoA team through an exercise to develop vision, mission, and value statements, considering both the direction provided in the 2021 Reviewer's Report part of our Centre's comprehensive review as well as future directions and interests. This work was circulated among key stakeholders and served as the starting point for a strategic planning retreat involving the Centre's UCalgary and BSF staff. Participants considered the three overarching areas of research, education, and community engagement and brainstormed potential priorities and goals, while also considering resources needed to achieve goals. Alignment with both the OIPH and BSF strategic research priorities were considered. The draft plan was then circulated to close stakeholders for feedback and updated accordingly.

STRATEGIC PLAN PRIORITY AREAS

1

Demonstrate leadership in rethinking facility-based continuing care through establishing an experiential ecosystem for innovation.

2

Catalyze transdisciplinary aging research and scholarship with a focus on creating age-inclusive innovations, environments, practices, and policies that also consider intersecting health inequities.

3

Enhance the age-friendliness of UCalgary and the City of Calgary, including addressing ageism and promoting age-inclusivity.

ACTIVITY HIGHLIGHTS CONT.

AGE-FRIENDLY UNIVERSITY (ONGOING)

The Centre previously identified a need to assess UCalgary's age-friendliness to determine core institutional areas where the University excels as well as can improve to inform future work that will foster an age-inclusive culture and environment. The BSCoA conceptualized and carried out two research projects to achieve this goal. The Centre completed an environmental scan of methods for assessing age-friendliness in post-secondary institutions, which was started in 2021-22. This project was conducted to guide our approach to comprehensively and rigorously evaluate UCalgary's age-friendliness. It resulted in two presentations and a peer-reviewed publication, mentioned elsewhere in this report. It also provided a training opportunity to an undergraduate student. An interdisciplinary research team including faculty members from Social Work (Dr. Jennifer Hewson), Kinesiology (Dr. Meghan McDonough), and Nursing (Dr. Gwen McGhan) was convened for the second project. The team adapted a research instrument developed in the United States to assess age-friendliness within higher education for a Canadian and UCalgary-specific context. The project was endorsed by the University's Executive Leadership Team. Data collection was completed prior to the end of the fiscal year. Data analysis will occur in the early part of 2023-24. The findings from this research will inform an action plan to enhance UCalgary's age-friendliness. The Centre's experience with the instrument will also provide valuable guidance for other Canadian post-secondary institutions interested in using it to undertake this work.

As a UCalgary entity that advocates for age-inclusive policies, practices, and environments, we were pleased to learn of the University's plan to develop an Equity, Diversity, Inclusion and Accessibility Strategy. We submitted a letter to the Co-chairs of the Task Force to request that older persons be considered an equity deserving group in the development of this plan. Ageism is still a socially accepted form of discrimination that often intersects with other forms, such as sexism, ableism, and racism. The Centre continues to raise awareness within our institution and beyond about the negative health implications of ageism through educational and community engagement activities.



BUILDING CAPACITY IN INTERDISCIPLINARY RESEARCH

Our Centre is viewed by both internal staff and faculty and external entities as a key hub for catalyzing interdisciplinary and cross-sectoral connections linked to research on aging. We support the academic community and continue to work with external stakeholders like Unison-Kerby Centre and Age-Friendly Calgary to identify shared interests to support research activities. Our team has provided infrastructure support and coordination for key research projects being delivered in the BSF's Cambridge Manor facility (see below), and we continue to work collaboratively with the BSF to hone a feasible and rigorous research proposal intake and review process that will help the BSF and the BSCoA align and coordinate all research activities taking place across BSF facilities.

INTERDISCIPLINARY RESEARCH COORDINATION

In addition to coordinating the compilation of the CFI proposal described above, the Centre led the College of Physicians and Surgeons Association Healthier Albertan grant submission (February 2023). The BSCoA developed a proposal to fund three resident-oriented, practical research projects linked to the 2022 CFI submission, and which have received infrastructure investments via the BSF Chair in Geriatric Medicine held by Dr. Holroyd-Leduc. The grant submission titled, "Rethinking continuing care: Exploring non-pharmacological interventions to enhance the quality of life for older Albertans living in long-term care settings," brought together researchers from Nursing (at UCalgary and Mount Royal University) and Medicine, and also evolved the ongoing partnership with BSF research and recreation therapy staff. Unfortunately, this proposal was not selected for funding but all three projects are moving ahead, albeit scaled back where needed, with support from other funding sources. The projects include robotic pet therapy (led by Dr. Ann Toohey), virtual reality reminiscence therapy (led by Dr. Linda Duffet-Leger), and outdoor gardening therapy (co-led by Drs. Dallas Seitz and Sonya Jakubec).

Throughout 2022-23, the Centre also continued to acquire research infrastructure to support several projects (including those described above) and to equip our qualitative laboratory. An equipment check-out list was created and is maintained by Centre staff.

OTHER FORMS OF RESEARCH SUPPORT PROVIDED BY BSCOA

LETTERS OF SUPPORT AND/OR COLLABORATION (ONGOING)

The 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 of how we can best support those applications that align with the Centre's priorities. In 2022-23 we supported the following applications of UCalgary faculty:

Primary Investigator	Project	Competition
Dr. Pamela Roach	InnoVatiOn for Indigenous-led Dementia Care to Enhance Safety (VOICES)	CIHR Project Grant – Winter 2022
Dr. Sayeh Bayat	Investigating the effectiveness of everyday mobility behaviours as a digital biomarker to identify preclinical Alzheimer disease	CIHR Project Grant – Fall 2022 CIHR Project Grant – Winter 2023
Dr. Dallas Seitz	Assessing the mental health of older adults in Canada: Data, partnerships, and opportunities	CIHR Planning & Dissemination – Winter 2022
Dr. Lara Nixon	Aging successfully: Exploring the lived experience of late-life homelessness	SSHRC Insight Development – Winter 2023
Dr. Marcello Tonelli	Identifying and removing communication barriers for hospitalized people with hearing loss	CIHR Project Grant - Spring 2023

BUILDING CAPACITY IN INTERDISCIPLINARY RESEARCH CONT.

CATALYST FUNDING (APRIL 2022)

While the Centre made a strategic decision to discontinue participating in the OIPH-led catalyst grant program, a final catalyst grant of \$10,000 was awarded to Dr. Prism Schneider for a project titled, “Evaluating the provincial implementation of a timely hip fracture care pathway for patients on pre-injury oral anticoagulation” in Spring 2022. Dr. Schneider is an Orthopaedic Trauma Surgeon and an Associate Professor of Orthopaedic Surgery and Community Health Sciences at UCalgary and is also a member of both the McCaig Bone & Joint Institute and the OIPH. She is leading a multidisciplinary team through the pilot stage of this work, which is highly relevant for older adults due to their heightened, age-associated risk of experiencing hip fractures.

SCHOLARLY RESEARCH PROJECTS AND ACTIVITIES

CIHR-CLSA CATALYST GRANT SUBMISSION (SEPTEMBER 2022)

In mid-August, the Centre was approached by the City of Calgary’s Age-Friendly Calgary team, with a renewed interest in mining the longitudinal data available on Calgary-based participants of the Canadian Longitudinal Study on Aging (CLSA), as a means of informing future policy decisions. Centre staff quickly pulled together a team of experts and developed a proposal titled, “Assessing the impact of municipal age-friendly policy implementation over time in Calgary, Alberta using data for Calgary-based participants in the CLSA.” While the proposal was not selected for funding, charting out the methodology of a future collaborative research project poised to inform policy decisions was a valuable exercise. The proposal is appropriate for resubmission directly to the CLSA’s data access portal, should there be rekindled interest in pursuing this project and funds available to support the analysis.

In addition to Centre-led initiatives and projects, BSCoA staff sit on several research teams via respective adjunct appointments. While these activities are generally separate from Centre duties, they nonetheless enhance networking and knowledge mobilization opportunities for the Centre.



BUILDING CAPACITY IN INTERDISCIPLINARY RESEARCH CONT.

PROGRAM EVALUATION FOR CALGARY SENIORS' RESOURCE SOCIETY'S "SENIORCONNECT" CRISIS RESPONSE PROGRAM (APRIL 2022 – MARCH 2023)

OIPH Associate Scientific Director Katrina Milaney was approached to oversee a program evaluation of the Calgary Seniors' crisis response program, SeniorConnect, and invited the Centre to be involved in an advisory capacity given staff expertise in gerontology and aging-in-place. Two external consultants were hired to join the research team. The Centre ultimately took on the project management role to ensure deliverables were on track and conducted one of four evaluative research components. This decision was made due to the sensitive nature of the data collected and a historic collaborative relationship between Dr. Toohey and Calgary Seniors' via prior research involving their Pet Assist program. The Centre also managed the synthesis and finalization of the report, which was delivered, along with a companion presentation slide deck, within the timeframe requested by Calgary Seniors. The evaluation will be used for both strategic organizational decision-making linked to crisis response activities and to advocate for continued funding to fill a gap in support services in the city.

DEVELOPMENT AND IMPLEMENTATION OF A CLINICAL CARE PATHWAY FOR FRAIL OLDER ADULTS IN LONG-TERM CARE (ONGOING)

Residents living in long-term care are often living with functional and cognitive impairments, and nearing end-of-life. However, there are several barriers to providing supportive end-of-life care within this setting such as high workloads and limited palliative care knowledge and skills. Building on research led by Dr. Holroyd-Leduc focused on developing a supportive end-of-life care strategy for long-term care, Drs. Goodarzi and Holroyd-Leduc co-led a CIHR/HEC funded implementation science team to develop a clinical care pathway for long-term care residents living with frailty. This pathway is focused on delaying frailty progression, managing symptoms, and providing supportive end-of-life care as appropriate within BSF and other long-term care facilities.



BUILDING CAPACITY IN INTERDISCIPLINARY RESEARCH CONT.

BSCOA-SUPPORTED PUBLICATIONS AND CONFERENCE PRESENTATIONS

PEER-REVIEWED ABSTRACT AND MANUSCRIPT PUBLICATIONS

- McLennan, K., Rock, M.J., Mattos, E., & Toohey, A.M. (2022). Leashes, litterboxes, and lifelines: Exploring volunteer-based pet care assistance programs for older adults. *Frontiers in Psychology*, 1617.
- Hogan, D.B., Zimmer, C., Beselt, L.J., & Selouani, G. (2022). Working group 11: Older adults' perspectives of falls. *Age and Ageing*, 51(9), Appendix 2, 104-111. doi: 10.1093/ageing/afac205 [Recommendations as part of the "World guidelines for falls prevention and management for older adults: A global initiative"]
- Zimmer, C., Goerzen, M., Hogan, D.B., & Toohey, A.M. (2022). An environmental scan of methods for assessing age-friendliness in post-secondary institutions. *Gerontology & Geriatrics Education*. Latest articles, doi: 10.1080/02701960.2022.2143358
- Goerzen, M., Zimmer, C., Hogan, D.B., & Toohey, A.M. (2022). An environmental scan of methods for assessing age-friendliness in post-secondary institutions. 2023 Canadian Association on Gerontology Conference (poster presentation)
- McMillan, J., Hogan, D.B., Zimmer, C., Sohel, N., Wolfson, C., Kirkland, S., Griffith, L., Basta, N., & Raina, P. (2022). Predictors of reported alcohol intake during the first and second waves of the COVID-19 pandemic in Canada among middle-aged and older adults: Results from the Canadian Longitudinal Study on Aging (CLSA). *Canadian Journal of Public Health*, 113(5), 665-677. doi: 10.17269/s41997-022-00661-5
- Atchison, K., Wu, P., Toohey, A., McMillan, J., Kaasalainen, S., Grinman, M., Ewa, V., Simon, J., Silvius, J., Sinnarajah, A., Gorchynski, B., Hogan, D., Holroyd-Leduc, J., & Goodarzi, Z. (2023). Barriers and facilitators to care of frail older adults in the long-term care setting. 2023 Canadian Geriatric Society 42nd Annual Scientific Meeting (poster presentation)
- Wu, P., Holroyd-Leduc, J., Simon, J., Kaasalainen, S., Sinnarajah, A., Hogan, D. B., Grinman, M., Gorchynski, B., Tanuseputro, P., Slobogian, V., Vig, C., Morishita, W., Mckinley, G., Fox, L., McMillan, J., Sidhu, N., Toohey, A. M., Shankel, M. J., Silvius, J. L., Ewa, I. V., & Goodarzi, Z. S. (2023). Development and implementation of a clinical care pathway for frail older adults in long-term care: Results of a modified delphi procedure. 2023 Canadian Geriatric Society 42nd Annual Scientific Meeting (poster presentation)
- Tsang, C.C., Holroyd-Leduc, J.M., Ewa, V., Conly, J.M., Leslie, M.M., & Leal, J.R. (2023). Barriers and facilitators to the use of personal protective equipment in long-term care: A scoping review. *Journal of the American Medical Directors Association*, 24(1), 82-89.

UNPUBLISHED REPORTS FOR STAKEHOLDERS

- Toohey, A., Tunstall, L., McKinnon, A., & Milaney, K. (March 22, 2023). Evaluation of Calgary Seniors' Resource Society (Calgary Seniors') SeniorConnect Program. Presented to the SeniorConnect Program Evaluation Steering Committee.

BUILDING CAPACITY IN INTERDISCIPLINARY EDUCATION

As described earlier in this report, the fiscal year began with hosting the CIHR-IA SPA. Due to the scale of this undertaking, a decision was made not to host our own summer program on interdisciplinary aging topics and research day, as we had done in the past. Additionally, in 2022, the Centre wrapped up its student-led initiative program. This funding opportunity created some notable professional development opportunities – including Social Work’s Gerontology Interest Group and Kinesiology’s Aging PEEPs group – and strengthened the Centre’s ties with departments like Sociology. Overall, however, it was felt that the Centre itself could facilitate more robust interdisciplinary opportunities, such as including trainee poster presentation opportunities within public events. The final grant, held by Dr. Alex Bierman, will end on August 31, 2023.

SCHOLARSHIP PROGRAMS

2022 Barrie I. Stafford Scholarships in Interdisciplinary Aging Research (administered through the Graduate Awards Committee’s open scholarship competition): Award recipients are required to apply for external awards, which could lead to reductions in the amount of funds they ultimately receive from the Centre.

Master’s Recipient: Nicole Boisvert

(Supervisor: Dr. Patricia Doyle-Baker; Faculty of Kinesiology): “Familial Resemblance, Reproductive History, and Lifestyles Effect on Bone Mineral Density and Microarchitecture in Mother-Daughter Pairs - (FRALE MD) Study” – \$22,500 for 1 year of study (includes a \$2,500 research allowance).

Doctoral Recipient: Seema King

(Supervisors: Drs. Jayna Holroyd-Leduc and Jessica Simon; Department of Community Health Sciences): “Improving support of substitute decision-makers: Journey mapping decision-making needs and support tools for caregivers of people living with dementia” – \$32,500 per year for 2 years of study (includes a \$2,500 research allowance per annum).

“This scholarship has advanced me to near completion... I have expanded my knowledge and skills in statistics, computer science, data analytics, and even Excel, through traditional (university) and non-traditional (online educational resources) [avenues]. I shared my knowledge with other students and even a plethora of Alberta’s exercise professionals. During this funding I have fallen in love with data analysis, and just what one can learn from it. Not only do I enjoy numbers and just what they can tell us, but I love sharing it.”

“This scholarship has provided me with the funding for my stipend, allowing me to focus my efforts on applying for funding the project work for which I was successful. Beyond its monetary aid, this award has allowed me to be recognized as a student who is committed to interdisciplinary research and improving the lives of seniors and their families. Gerontology and improving the quality of life for seniors and their family members is my career goal and having the support and recognition of Brenda Stafford Centre on Aging through this scholarship is beyond measure.”

BUILDING CAPACITY IN INTERDISCIPLINARY EDUCATION CONT.

SCHOLARSHIP PROGRAMS

2022 P. June Rock Memorial Graduate Scholarship:

The Centre was instrumental in helping to set up this scholarship as an endowed award for its alignment with our Age-Friendly University initiative, but does not continue to invest funds.

In 2022, Alexander Wentzell became the first recipient of the scholarship. Alexander returned to full-time studies two years after completing an undergraduate honours degree in philosophy. During his time away he published a paper with his previous supervisor to position himself for success when he could return to his studies again. He has a firm commitment to lifelong learning and was elated to begin his Master's program in Philosophy at UCalgary in 2020.

"Now nearing the completion of my degree, I plan to pursue a PhD beginning in the next academic year. This will position me to continue working in academia, and hopefully pass on my love of philosophy to generations of students to come."

AGE-WELL/BSCoA Graduate Scholarships in

Technology & Aging: The Centre was invited by AGE-WELL to launch a joint scholarship program to support Master's and Doctoral students, as well as Post-Doctoral Fellows, doing work in the area of technologies and innovations that support aging. The funding would specifically support UCalgary trainees whose applications received high scores and whose research focus aligned with the objectives of the funding. In 2022, we were pleased to fund two UCalgary Master's students, providing each with \$7,500 that was matched by AGE-WELL, for a final funding level of \$15,000. The two inaugural recipients were:

Kelly Long (Supervisor: Dr. Sayeh Bayat; Schulich School of Engineering): "Predicting A/T/N biomarkers with machine learning modeling of naturalistic driving in aging adults with and without preclinical Alzheimer's disease"

Meagan Ody (Supervisor: Dr. Pamela Roach; Department of Community Health Sciences): "InnoVatiOn for Indigenous-led dementia Care to Enhance Safety (VOICES)"

NSERC BRAIN-CREATE Matching Funds: With the unexpected resignation of BRAIN-CREATE Post-Doctoral Fellow Veronica Guadagni, Dr. Marc Poulin – one of the BRAIN-CREATE leads – approached the Centre to use the remaining funds to invest in a Master's student working on sleep technologies and aging projects. The Centre agreed to do this, and funds were transferred, thus completing a 2018 commitment to invest \$50,000 in matching funds into the program to support highly qualified trainees selected by the project's team leads.

BUILDING CAPACITY IN INTERDISCIPLINARY EDUCATION CONT.

STUDENT OPPORTUNITIES

The BSCoA supervised two undergraduate **Research Assistants**.

4th Year BHSc student Maya Goerzen supported the Centre with its Age-Friendly University initiative from May 2022 - April 2023. Goerzen contributed to an environmental scan of methods for assessing age-friendliness in post-secondary institutions, in which she acquired review methodology knowledge and skills including academic and grey literature searching, abstract screening, full-text reviewing, and extracting and analyzing data. This scan was performed to develop a primary study to examine UCalgary's age-friendliness. Goerzen presented this work at the Growing Older, Growing Smarter event as well as the 2022 Canadian Association on Gerontology Conference held in Regina, SK. She also contributed to a peer-reviewed publication. Goerzen subsequently contributed to our primary study, supporting the preparation for data collection and analysis.

4th Year BSc student Brooklynn Fernandes received competitive funding from the Provincial Seniors Health and Continuing Care summer studentship competition, combined with a grant from the BSF Chair in Geriatric Medicine, to support delivery of the practical component of the robotic pet study focused on the introduction of robotic pets into Cambridge Manor's recreation programming by the recreation therapy team. Fernandes was able to acquire qualitative method skills, including preparing semi-structured interview guides, conducting group interviews, conducting ethnographic field observations, preparing field notes, transcribing and anonymizing data, and thematically analyzing data. She presented the results at the poster session linked to the Growing Older, Growing Smarter event and at the 2023 UCalgary Faculty of Social Work Research Day held in March. She also had an abstract accepted to present at the 2023 Canadian Geriatrics Society conference held in Vancouver, BC in April. She will be starting her Master's degree in Community Health Sciences at UCalgary in September 2023 under the supervision of Drs. Toohey and Holroyd-Leduc.



COMMUNITY ENGAGEMENT

There are several ways that the BSCoA advances its community engagement interests and priorities. We regularly host or co-host knowledge mobilization events that attract a wide and diverse audience, including members of the public, practitioners, researchers, trainees, and government representatives. We also offer select sponsorships that align with our mandate as well as consider involvement in other projects and initiatives as requested by community organizations.

KNOWLEDGE MOBILIZATION EVENTS

In addition to the Growing Older, Growing Smarter event described above, the Centre co-hosted with the BSF in March 2023 a simulcast screening of a portion of the documentary titled, “Golden: End of Ageism.” The pan-provincial simulcast was coordinated by Age-Friendly Calgary and Healthy Aging Alberta, with support from the THIRD ACTION Film Festival. Following the screening, a facilitated discussion about ageism was held with attendees. Issues and insights that arose during the discussion were summarized and shared with the organizers, who consolidated and presented them to the Government of Alberta to inform initiatives to redress endemic ageism across the province.

Dr. Holroyd-Leduc was also invited to present at the following public events:

- “Rethinking Continuing Care,” ATCO Space Lab Speaker Series, Calgary, AB (October 2022).
- “Improving Supportive End-of-Life Care in Long-Term Care,” Alzheimer Society of Alberta and NWT Café Webinar, Virtual (February 2023).

SPONSORSHIPS AND OTHER PROJECTS

For the 5th year, the Centre sponsored the annual **THIRD ACTION Film Festival**. The \$2,750 sponsorship supported the delivery of the **Reel Research Speaker Series** which has expert researchers, practitioners, and filmmakers discuss the content of the films following their screenings, and the **2022 Resiliency in Aging Film Award** which is given to the film entry deemed to best represent resiliency as an asset-focused framing of older age. The winner of the film award was *Beloved*, a documentary that illustrates how the resiliency enacted by the subject, 82-year-old Firouzeh, was also a lifelong attribute of this remarkable, independent, and widowed Iranian cattle herder.

The Centre provided a \$500 sponsorship for the **Alberta Association on Gerontology’s Futures Policy Forum**. The sponsorship supported the delivery of a monthly webinar series hosted by the interdisciplinary provincial organization. The series aimed to engage academics, service providers, and the public around topics critical for transformative change to occur within Alberta’s seniors-serving sector.

Innovation4Health: The Centre was pleased to offer a \$1,500 sponsorship to this student-led movement to drive innovation in healthcare and bridge the gap between healthcare professionals, innovators, and the community. The focus of the 2022 Innovation4Health hack-a-thon was Seniors & Aging. Our Centre advocated for the involvement of older adults in (developing innovations and judging the projects).

The Centre supported the **2022 Canadian Association on Gerontology’s Annual Scientific Meeting and Conference** by hosting an exhibitor’s booth, where our staff was able to introduce the new Academic Lead, promote our Age-Friendly University initiative, and discuss other strategic priorities.

OTHER PROJECTS

Program Evaluation Research – Calgary Seniors’ Senior Connect Program Evaluation: As described above, Centre members were invited by OIPH Associate Scientific Director – Public & Population Health to co-lead a community-engaged project for the Calgary Seniors’ Resource Society. This initiative continued to raise the Centre’s credibility and commitment to community engagement within Calgary’s seniors-serving sector.

INFORMING PUBLIC POLICY

The BSCoA nurtures relationships and leverages opportunities to provide evidence-informed guidance to policymakers. We have an enduring relationship with the City of Calgary, as the entity that leads the Age-Friendly Calgary initiative. This year there was also an opportunity for the Centre's new Academic Lead, Dr. Jayna Holroyd-Leduc, to author a policy brief directed at party candidates for the 2022 provincial election. Both initiatives are described below.

AGE-FRIENDLY CALGARY / CITY OF CALGARY

Our Centre continues to work closely with the Age-Friendly Calgary team from the City of Calgary to ensure that municipal policy and program development is evidence-informed and aligns with relevant public health trends and population interests related to the aging population. In addition to developing specific research projects together, as was the case for the CIHR-CLSA catalyst grant project, the Centre has offered support in the following ways:

- **Steering Committee Membership:** A representative of the Centre attends quarterly meetings, contributing to the agenda for selecting and championing initiatives that enhance the age-friendliness of Calgary communities.
- **Framework for Geographic Analysis of Mobility as an Age-Friendly Indicator:** The Centre was able to leverage an opportunity to connect a visiting scholar from Brazil's Federal University of Santa Catarina, Professor Claudia Flemming-Colussi, with the City's Age-Friendly Calgary team to create a tool that can evaluate age-friendliness at a geographic level (i.e., by quadrant, census tract, or community). The geographic model can be used to assess mobility in terms of the transportation system and socio-economic considerations, in addition to health and well-being measures, and is limited only by the type and quality of relevant data that is available at an appropriate geographic level. The model continues to be refined and has relevance for City priorities around equity and sustainability, in addition to age-friendliness.

LONG-TERM CARE POLICY BRIEF AND PANEL PRESENTATION

As campaigning for Alberta's provincial election began to gain momentum, the OIPH's Centre for Health Policy invited our Academic Lead, Dr. Jayna Holroyd-Leduc, to author a policy brief that could be used to generate non-partisan political dialogue around issues of importance to the aging population and those who work in the field. The policy brief titled, "Supporting the Alberta population living in continuing care," was written and distributed by the Centre for Health Policy. Later in the spring, Dr. Holroyd-Leduc presented the key points at a pre-election public panel hosted by the Centre for Health Policy.

2022-23 FINANCIAL REPORT

2022-23 Fiscal Year	Budgeted	Actuals	Notes
Starting Balance	\$164,388.17	\$164,388.17	Surplus from 2021-22 fiscal year
<u>Revenues</u>	\$319,150.00	\$630,480.47	Two operating installments from BSF (budgeted for one installment), endowment interest, 2022 SPA registration fees, AHS undergraduate summer studentship grant
<u>Expenses</u>			
Salaries & Benefits	\$261,603.04	\$233,013.62	2.5 FTE staff members
Operating	\$38,968.00	\$28,423.44	Fees to occupy Cambridge Manor office space, other operating and meeting expenses
Membership Dues	\$1,775.00	\$2,039.89	Organizational memberships with gerontology associations
Internal Projects	\$15,900	\$19,634.77	BSCoA-led research projects, undergraduate research assistant stipends
Funding Programs	\$142,750.00	\$70,339.74	Catalyst grants, graduate student scholarships. Note that the actuals are lower due to recipients obtaining external funding
Events	\$4,000.00	\$1,685.70	BSCoA-led and partnered events
Event Sponsorships	\$11,950.00	\$5,427.67	Community events that align with BSCoA's mandate
Conferences	\$7,500.00	\$1,143.36	Canadian Association on Gerontology Conference. Note that the BSF Chair in Geriatric Medicine covered most conference expenses
Total Expenses	\$484,446.04	\$361,440.41	
BALANCE (31 Mar 2023)	(\$907.86)	\$433,696.01	Note: The 2 nd year of the Barrie Strafford Doctoral Scholarship and the Barrie Strafford Post-Doctoral Scholarship to be paid in 2023-24

2023-24 PROPOSED INITIATIVES AND BUDGET

OVERVIEW OF PLANNED INITIATIVES

COMMUNITY ENGAGEMENT ACTIVITIES, INCLUDING BUT NOT LIMITED TO:

- Co-sponsor a Cumming School of Medicine Science in the Cinema event, featuring the film “Robot & Frank” (May 2023)
- Support the CIHR-IA’s Engaging on Aging Tour by hosting a Calgary-based event to promote their 2023-28 strategic plan (May 2023)
- Promote Seniors’ Week (June 2023)
 - UToday story highlighting research focused on supporting age-friendly communities.
- Present at Alberta Health Services’ Shades of Grey Conference, Calgary, AB (June 2023)
- Present at the SE Health Event, Calgary, AB (June 2023)
- Sponsor and participate in Healthy Aging Alberta’s Provincial Summit, Calgary, AB (October 2023)
- Present at the Canadian Association on Gerontology Conference, Toronto, ON (October 2023)
- Co-sponsor a Cumming School of Medicine Science in the Cinema event with the OIPH Centre for Health Policy, film to be determined (2024)

2023-28 BSCOA STRATEGIC PLAN - TO BE FINALIZED AND DISTRIBUTED IN FALL 2023

- Focus on supporting research that aligns with the new strategic plan
 - Continue to support research focused on rethinking facility-based continuing care
 - Launch and expansion of the outdoor gardening pilot project
 - Ongoing projects: robotic pets, memory lane, PAIN, frailty pathway
- Explore opportunities to catalyze transdisciplinary aging research and scholarship
- Enhance the age-friendliness of UCalgary and the City of Calgary
 - Complete the Age-Friendly University study and develop an action plan
 - Continue to participate on the City’s Age-Friendly Calgary Steering Committee
- Finalize the Memorandum of Understanding between the BSF and UCalgary - develop a new collaborative relationship moving forward to support research and innovation activities through the BSCoA



2023-24 PROPOSED INITIATIVES AND BUDGET CONT.

BUDGET

2023-24 Fiscal Year	Budgeted	Notes
Starting Balance	\$433,696.01	Surplus from 2022-23 fiscal year
Projected Revenues	\$372,400.00	One final operating installment from BSF (end of the original gift agreement), endowment interest
Projected Expenses		
Salaries & Benefits	\$265,087.26	2.6 FTE staff members. Note that Communications & Events Coordinator position will increase to 0.6 FTE in early 2023-24 fiscal year
Operating	\$11,381.76	Operating and meeting expenses. Note that fees to occupy Cambridge Manor office space will be reduced due to the new Memorandum of Understanding
Membership Dues	\$1,515.00	Organizational memberships with gerontology associations
BSCoA/BSF Projects	\$60,000.00	BSCoA contribution to collaborative research projects
Internal Projects	\$15,894.40	BSCoA-led research projects, research assistant stipends
Funding Programs	\$98,995.00	Graduate student scholarships, special project funding
Events	\$4,000.00	BSCoA-led and partnered events
Event Sponsorships	\$1,000.00	Community events that align with BSCoA's mandate
Conferences	\$2,100.00	Canadian Association on Gerontology Conference
Total Projected Expenses	\$459,973.42	
BALANCE (31 Mar 2024)	\$386,622.59	Note: Surplus will allow for continued operations in 2024-25 while a new funding arrangement is determined.