Aging Research Centre-Newfoundland and Labrador

NEWSLETTER | Volume 1 Issue 1 June 2020



Our Mission:

To foster collaboration between the Grenfell and St. John's campuses of Memorial University and create a provincial **network of researchers** studying late life issues in Newfoundland and Labrador. ARC-NL prioritizes **knowledge mobilization** and **engagement** with older adults. MEMORIAL UNIVERSITY ARC-NL

Message from the Director

Happy Seniors' Month! I am thrilled that the first edition of ARC-NL's newsletter is coming out during the month that celebrates older adults in our province. ARC-NL would not be here without the hard work of many individuals – some of whom are seniors themselves ! I thank Drs. Les Cake, Sharon Buehler, Gail Wideman, Carla Wells and so many more who kept the idea of this centre alive. I also thank YOU for your interest in ARC-NL by reading our newsletter. I encourage you to become more involved either as an ARC-NL member, participant in research, or by attending one of our future talks/events.



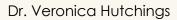
December 11, 2018 ARC-NL launched its three-year pilot phase with support from Grenfell Campus, Memorial University, and the Department of Children, Seniors, and Social Development (CSSD, Government of NL).

ORGANIZATIONAL STRUCTURE OF ARC-NL

ARC-NL Management Board ARC-NL Advisory Council

ARC-NL Core Leadership Team :

ARC-NL Director



AVP Research, Engagement, Graduate Studies(Grenfell)



Dr. Kelly Vodden

ARC-NL Research Chair, CRC Aging and Auditory Neuroscience



Director, Newfoundland and Labrador Centre for Applied Health Research (NLCAHR)



Dr. Stephen Bornstein

ARC-NL Coordinators :

Coordinator Dr. Karen Doody

Coordinator (St. John's) Dr. Sharon Buehler



MEET A STUDENT MEMBER

Name: Mayra Sanchez Alvarez Program: Master of Arts in Environmental Policy

Mayra is originally from Mexico City but Newfoundland (Corner Brook) has become her new home. Mayra is studying the accessibility of natural area trails in the Gros Morne National Park and its enclaves and how that affects the wellbeing of older adults.

"Through talking to community members, I have realized how much NL needed an organization like ARC-NL. There are so many topics to study that have risen in the periphery of my own research. I hope that more people take an interest in seniors as there is so much that needs to be done in planning for a more inclusive future." – Mayra Sanchez Alvarez



OUR HIGHLIGHTS SO FAR

December 11, 2018 : ARC-NL is launched !

April 19, 2019 : Deadline for 2019 ARC-NL Research Grant and Fellowship competitions

June 7, 2019 : Presentation to the Corner Brook Rotary Club

August 14, 15, 2019 : ARC-NL hosts hearing loss workshops in Corner Brook by audiologist Anne Griffin



September 10-13, 2019 : NL 50+ Federation Annual Convention in Gander, NL

September 20 & 24, 2019 : ARC-NL Director Dr. Veronica Hutchings gives talks on

dementia at the Corner Brook Public Library

September 30, 2019 : ARC-NL welcomes Walter Reich, riding across Canada for Parkinsons Disease awareness

October 15, 2019 : ARC-NL attends launch of Assets Enhancement: Seniors and NL Public Libraries' (St. John's, Deer Lake)

October 24-26, 2019 : ARC-NL attends Canadian Association on Gerontology annual conference in Moncton, NB

November 12, 2019 : ARC-NL Awards Ceremony (Corner Brook and St. John's); SaferMedsNL information session (Corner Brook)





OlderWorkersNL summit (St. John's)

February 14, 2020 : Deadline for 2020 ARC-NL Research Grant competition

February 21, 2020 : Deadline for 2020 ARC-NL Fellowships competition

March 8-10, 2020 : ARC-NL attends What's Next Canada ? CABHI conference (virtually!)



MEET A RESEARCH MEMBER



Dr. Michael Grant

Professor of Immunology and Associate Dean of BioMedical Sciences, Faculty of Medicine, Memorial University

Grant is a **2019 ARC-NL** Dr. **Research Grant Recipient** for his project, Vaccination to Reduce Age-Related Morbidity. He Savs ARC-NL funding lets that researchers produce the evidence to support grant applications for innovative research. Dr. Grant aims to train the immune system to recognize and kill the unhealthy cells that accumulate with aging thus avoiding drug treatments that may be less effective and come with side effects.

2019 ARC-NL FELLOWSHIP RECIPIENTS

Ms. Samantha Carew PhD, Neuroscience, MUN; Calcium Signaling in the Aged Brain – Is the Distribution of Learning and Memory Related Receptors and Channels in the Synapse Relevant to the Normal Aging Process?, Supervisor: Dr. Qi Yuan

Ms. Tiffany Fillier PhD, Environmental Science, MUN; The Role of Microbial Metabolites in Spatially Altering Brain Lipid Metabolism and the Associated Changes in Behavioral Functions, Supervisors : Dr. Raymond Thomas & Dr. Sukhinder Cheema

Mr. Abhinaba Ghosh PhD, Neuroscience, MUN; Pathogenesis and prognosis of agingrelated cognitive decline with pretangle human tau in the locus coeruleus: Identifying the differential roles of brain's noradrenergic activity patterns in a novel rat model through optogenetics, Supervisor: Dr. Qi Yuan

Ms. Emily Hurley Masters, Biology, MUN; Amyotrophic Lateral Sclerosis, Parkinsons Disease and Ageing Models in Drosophila melanogaster, Supervisor: Dr. Brian Staveley

Ms. Alana Tumber Masters, Gender Studies, MUN; Death Becomes Them: Death Doulas, Gender and the Commodification of Care, Supervisors : Dr. Carol Lynne D'Arcangelis & Dr. Sonja Boon

Ms. Marie-Ann Wasef Masters, Experimental Psychology, MUN; Targeting the Earliest Asymptomatic Stages of Alzheimer's Disease Using a New Animal Model of Alzheimer's Disease, Supervisors : Dr. Darlene Skinner and Dr. Susan Walling



2019 ARC-NL RESEARCH GRANT RECIPIENTS

Dr. Sukhinder Cheema Department of Biochemistry, MUN ; Omega-3 Fatty Acids in Maintaining Brain Health from Birth through Aging

Dr. Roberta DiDonato Department of Psychology and Discipline of Anaesthesia, Faculty of Medicine, MUN; Efficacy of the Discretized Analog Scale (DISCAN) Methods for Assessing the Subjective Experience of Pain Intensity Levels During Post-Operative Care in Older Adults

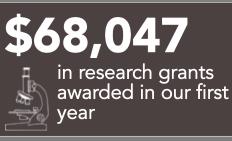
Dr. Michael Grant BioMedical Sciences, Faculty of Medicine, MUN ; Vaccination to Reduce Age-Related Morbidity

Dr. Gerald Mugford Clinical Epidemiology, Faculty of Medicine, MUN; Evaluating the Association with Benzodiazepine Use and Adverse Outcomes in Seniors

Dr. Karen Parsons Faculty of Nursing, MUN; Engaging Seniors with Early Dementia to Improve Awareness of and Access to Supportive Community Services: A Pilot Project in Three Areas of Eastern Newfoundland and Labrador *Co-funded by Harris Centre Population Project

Dr. Roza Tchoukaleyska Environmental Policy Institute, Grenfell Campus, MUN; Planning for Older Tourists: Infrastructure Provisions, Economic Development, and Gros Morne Tourism ***Co-funded by Harris Centre Population Project**

Dr. Kelly Warren Department of Psychology, Grenfell Campus, MUN ; Understanding Barriers to Reporting and Facilitating Disclosure of Maltreatment Among Older Adults



SEEKING MEMBERS FOR THE ARC-NL ADVISORY COUNCIL!

ARC-NL is establishing an Advisory Council comprised of community members and representatives of stakeholder organizations to ensure our activities and initiatives are not only appropriate as a research centre, but relevant to the older adults of Newfoundland and Labrador. We are seeking at least two individuals to serve on the council: one to represent older adults of NL and the other to represent family care givers of older adults.

The council will meet twice per year for 1-2 hours each (total anticipated hours required would be between 10-15 per year). If you are interested in serving on this council, please forward your name, address, preferred gender, and a brief paragraph (500 words max.) as to why you would like to represent older adults and/or family caregivers to arc@grenfell.mun.ca by July 15, 2020.

A selection committee will review the applications and select representatives based on the answers provided and to diversity (geographical maximize and gender). We hope to have the first meeting of the Advisory Council in August of 2020 via teleconference or videoconference and a second meeting in January/February of 2021. In order to keep the size of the council (and its meeting times) managable, we will not be able to offer everyone who expresses an interest a spot on the council this year. We encourage you to keep an eye on our website, Facebook, and Twitter feeds for additional opportunities to become involved with ARC-NL. For additional information on the council please email us at arc@grenfell.mun.ca.

MEET A COMMUNITY MEMBER

Name: Karen Gale

Karen is a retired social worker and MUN alumna living in Gillams, NL. She became involved in ARC-NL because she enjoyed working in long term care and also wanted to be involved and have input in research on aging that affects older adults of this province. Karen has been a regular at our Research Exchange Group on Aging sessions and as well as other ARC-NL activities. Thank you, Karen, for being a valuable member of ARC-NL!



Are you interested in becoming a member of ARC-NL? Please visit us at www.grenfell.mun.ca/arc and click on "Membership"!



COMING UP

- ARC-NL is working in collaboration with the Harris Centre and Alumni Affairs on a project to help seniors in Newfoundland and Labrador navigate long-term care. Stay tuned for more information!
- ARC-NL's inaugural conference, "ARC-NL2020: Building the ARC" which was scheduled for May 7-8, 2020, was postponed due to the current pandemic. The goal of this event is to promote interactions between researchers and older adults in Newfoundland and Labrador in order to address important issues around aging in our province as well as to share some of the exciting research currently taking place. Details will be announced as soon as they are available. Please follow us on our

website (www.grenfell.mun.ca/ arcnl2020) or on Twitter @MUN ARC for announcements to follow.



MEET OUR GROWING LIST OF **PARTNERS**







Canada's technology and aging network

Seni



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KEEP IN TOUCH WITH US!



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