

# Aging Research Centre- Newfoundland and Labrador

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## *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.



## ***Message from the Director***

As Seniors' Month draws to a close, I am pleased to share with you our latest newsletter. At this time, I reflect on how COVID-19 has affected our lives and our work. While we all acknowledge the impact the pandemic has had on many of our older citizens, it has also shed light on many of the issues we face as we age. From improving the long-term care environment to addressing social isolation, much research is happening that will hopefully lead to changes that will better our lives as we enter our later life stage. For now, my wish is that you will soon embrace those loved ones who have been far from you for far too long. Have a safe, healthy, and happy summer.

**-Dr. Veronica Hutchings**

## ARC-NL MANAGEMENT BOARD

The Management Board oversees the activities of the Director and the Core Leadership Team and approves decisions on key administrative, strategic, policy, granting of awards, and financial matters.

### Management Board Members

- Dr. Ian Sutherland (Chair), Vice-President (Grenfell), pro tempore
- Ms. Kendra Wright, Assistant Deputy Minister, Department of Children, Seniors and Social Development
- Dr. Kelly Vodden, Associate Vice-President (Grenfell), Research and Graduate Studies
- Dr. Reza Tabrizchi, Associate Dean Research and Graduate Studies, Faculty of Medicine
- Dr. Brenda Wilson, Associate Dean Community Health and Humanities, Faculty of Medicine
- Dr. Stephen Bornstein, Director for the NL Centre of Applied Health Research
- Dr. Leslie (Les) Cake, Honourary Research Professor Grenfell Campus
- Dr. Gail Wideman, Associate Professor, School of Social Work
- Ms. Kelly Heisz, Executive Director, SeniorsNL
- Mr. Ryan Batten, PhD student, Clinical Epidemiology

**ARC-NL would like to acknowledge and thank Dr. Jeff Keshen, former Vice-President (Grenfell), for his contribution as the chair of the Management Board and wish him well in his new position at the University of Regina.**

## MEET A STUDENT MEMBER



**Alicia Follett, BSc**  
**BSc – Biology (Honours)**  
**MSc – Medicine (Neurosciences)**

Alicia graduated with her Bachelor of Science Honours degree in Biology in the Spring of 2021. Her thesis focused on gene expression in fruit fly models associated with aging and neurodegenerative disease, completed under the supervision of ARC-NL member Dr. Brian Staveley. She will begin her masters of science in September where her research will investigate environmental and genetic factors of hearing loss and neurodegenerative disease co-supervised by Dr. Ben Zendel and Dr. Terry-Lynn Young. A resident of Mount Pearl, Alicia recently worked as a research assistant with ARC-NL on an age-friendly communities project. That work has allowed her to explore the sociological and political aspect of the aging process, where her previous research experience had focused on the cell and molecular level.

*“ARC-NL provides an avenue for understanding the unique strengths and challenges associated with aging. As the province with the oldest demographic, it is important we make an honest commitment to age-related research and inclusivity within our communities.”*

## BECOME A RESEARCH PARTICIPANT

The Aging Research Centre- Newfoundland and Labrador encourages older adults across Newfoundland and Labrador to participate in our research. The Research Participant Database provides an easy way to connect people who are interested in taking part in research with local researchers.

By joining, you'll receive information about research studies that may interest you. By participating you will contribute to scientific knowledge, learn about local research, and in some studies you may receive payment or other incentives. You are never obligated to take part in any of the study opportunities that are sent to you, and you're welcome to leave the participant pool at any time. All research study opportunities will have been reviewed and approved by ethics boards.

Visit our website [www.grenfell.mun.ca/arc](http://www.grenfell.mun.ca/arc) to find out more information and to access the participant form. You can also email [participate@grenfell.mun.ca](mailto:participate@grenfell.mun.ca)

## MEET A RESEARCH MEMBER



**Dr. Roza Tchoukaleyska**  
Assistant Professor  
School of Science and the Environment,  
Grenfell Campus, MUN

Dr. Tchoukaleyska's research, completed with MA student Mayra Sanchez, focused on older adult tourists visiting Gros Morne Park and what they needed to support their hiking/walking activities and what the park needed to support accessible outdoor tourism. With the advent of COVID she pivoted to consider how local organizations were supporting older adults during the pandemic.

See <https://theconversation.com/local-meals-on-wheels-program-helps-rural-seniors-cope-with-covid-19-isolation-152871>.

***“ARC funding was important in supporting the hiring of a student and it has given her opportunity to form important, long lasting links with western communities around the issues involved in aging in place.”***

## MEET A COMMUNITY MEMBER



*“I love working for the betterment of older people through research.”*

Ms. Linda Oldford  
ARC-NL Advisory Council

Originally from Burnside, NL, Linda worked in Gander for 35 years with Service Canada. Since retiring, Linda continues to be active in the community serving as chair of the Provincial Advisory Council for Aging and Seniors, first vice-president with the 50 Plus Federation, a community member for Health Accord NL, and is on the board of SaferMeds NL. After attending the Canadian Gerontology meeting in 2019, Linda now serves as a member of the ARC-NL Advisory Council.

Are you interested in becoming a member of ARC-NL? Please visit us [www.grenfell.mun.ca/arc](http://www.grenfell.mun.ca/arc) and click on “Membership”!

## WHAT'S HAPPENING AT ARC-NL

- **June 29, 2021:** ARC-NL held a Virtual Open House. A link to the recording of the event will be on our website in early July 2021, visit : [www.grenfell.mun.ca/arc](http://www.grenfell.mun.ca/arc) (click on about, then select news and events on the left hand side)
- **Winter/Spring 2021:** The Research Exchange Group on Aging held a number of presentations on research related to aging. Check those out here : [https://www.nlcahr.mun.ca/Research\\_Exchange/AgingREG.php](https://www.nlcahr.mun.ca/Research_Exchange/AgingREG.php)
- **See 360° tours** of our labs here : <https://www.grenfell.mun.ca/academics-and-research/Pages/Aging-Research-Centre/Resources/facilities.aspx>

## KEEP IN TOUCH WITH US !



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