

TRENT CENTRE FOR AGING & SOCIETY NEWSLETTER

FEATURED ARTICLES:

University-Integrated
Seniors Village Update

Introducing Dr. Nadine
Changfoot and Dr. Liana
Brown - Incoming Acting
Directors

Intergenerational
Classroom launched at
Trent



Innovations in Aging

*Elevating local and global perspectives,
research, and scholarship in
interdisciplinary aging studies*

We respectfully acknowledge that we are on the treaty and traditional territory of the Mississauga Anishnaabeg. We offer our gratitude to the First Nations for their care for, and teachings about, our earth and our relations. May we honour those teachings.

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TCAS Newsletter Team (L-R): Avery Hinchcliffe, Tabytha Wells, Elizabeth Russell and Agostina Prigioni

Director's Letter

TCAS is a very special part of Trent.

With aging as one of the pillars of the university, and a fundamental element of the Peterborough community, the role of TCAS going forward cannot be understated. TCAS grew from a small collective of faculty who were studying aging and wanted to bring this important research focus to the forefront, and took the efforts of many people - faculty, staff, students, and community members - to grow to what it is today. As I complete my first term as TCAS Director, and look forward to what will come under the direction of Dr. Nadine Changfoot, I want to personally thank each person who has supported this Centre, in so many ways, past and present. Today, we are a vibrant staff and membership, and our office is an exciting and fun place to be on campus. We have built a legacy of transformation in interdisciplinary aging studies on a strong foundation of solid research, cutting-edge knowledge mobilization, and impactful education in aging. And that's just so far!

I look forward to seeing what is next for TCAS!

Best wishes,

-Elizabeth Russell, Ph.D.

Director, Trent Centre for Aging & Society

TCAS Timeline

2010

- Peterborough region has oldest population in Canada
- Founding of Trent's multidisciplinary Aging Studies Collaborative

2012

- Trent hosts inaugural Age-Friendly Peterborough Seniors Summit
- Trent appoints its first Canada Research Chair in Aging

2013

- TCAS formally established by Senate
- TCAS receives SSHRC Aid to Small Universities Grant

2014

- TCAS welcomes first members
- Aging & Society Seminar Series launched

2015

- TCAS forms external collaborative research partnerships
- Trent offers first course on interdisciplinary aging studies

2016

- TCAS welcomes first cohort of international visiting scholars and students
- Trent appoints its second Canada Research Chair in Aging

2017

- TCAS endows Katz Distinguished Visiting Scholar in Interdisciplinary Aging Studies
- Launches Collaborative Specialization in Aging Studies program

2018

- TCAS moves to newly renovated Bata Library
- Trent joins global network of Age-Friendly Universities

2019

- TCAS hosts 300+ at TrentAging 2019 international conference
- Trent Board of Governors approves vision for University-Integrated Seniors Village

2020

- COVID-19 puts aging care in the global spotlight
- 7 TCAS faculty receive research grants to study COVID-19

2021

- peopleCare Communities awarded 224-bed LTC home at Trent
- Trent appoints its third Canada Research Chair in Aging

2022

- TCAS partners with Chanie Wenjack School to host Indigenous Aging Scholars
- TCAS launches intergenerational Canada HomeShare Peterborough

2023

- TCAS launches new MA in Interdisciplinary Aging Studies graduate program
- TCAS Associate Members participate in global G7 Summit on Healthy Aging

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TRENT CENTRE FOR AGING & SOCIETY



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University-Integrated Seniors Village Update

Development of the University-Integrated Long-Term Care Home and Seniors Village has begun!

Since our last update in the Spring 2023 TCAS Newsletter, progress has been made on the University-Integrated Long-Term Care Home and Seniors Village.

Latest Updates

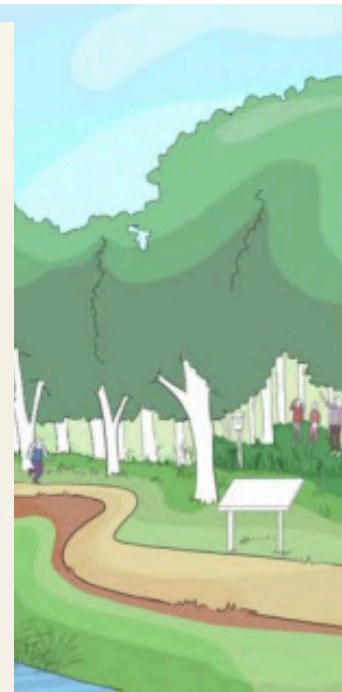
- As of Fall 2023, Stage 1 site plan approval has been granted. This means that over the Winter of 2024, Trent University was able to begin to prepare the site for development.
- The Trent Lands Plan released a video (linked below) with an overview of the University-Integrated Long-Term Care Home and Seniors Village, sharing how the location was selected and revealing the exciting opportunities this project offers.

Project Overview

- The site for the Seniors Village is located at the north-west corner of Water Street and Woodland Drive. This is an ideal location, as it is connected to both transit routes, municipal services, and it is situated in close proximity to the Symons Campus.
- This monumental project builds on Trent's reputation as a globally recognized age-friendly university and advances aging research while helping to support the need for housing in Peterborough.
- A report series about this project, authored by TCAS member **Dr. Laura Poulin**, is available on [our website](#).

Introducing the Seniors Village

Click on the video link to learn more about this project



Lieutenant Governor Edith Dumont visits TCAS

TCAS honoured to be part of Lieutenant Governor of Ontario's visit to Trent University.

Ontario's Lieutenant Governor Edith Dumont stopped by Trent on May 10 as a part of her Peterborough tour, and met with **Dr. Elizabeth Russell**, TCAS Director, and **Dr. Mark Skinner**, TCAS Executive member, to learn more about the innovative aging research being conducted by TCAS members.

The **Honourable Edith Dumont** has had an impressive career in humanitarian work and education, and is a champion of community-oriented schools. She has always promoted diversity as a vital strength in every community, women as indispensable contributors to decision-making tables, collaboration as the foundation of high-performing teams, and la francophonie as a source of pride in all aspects of society.

It was truly an honor to be included in the Lieutenant Governor's tour of Trent, and to share the cutting edge research our members are doing in the aging field.



(L-R): Dr. Mark Skinner, Lieutenant Governor Edith Dumont, and Dr. Elizabeth Russell.



(L-R): Peterborough County Warden Bonnie Clark, Dr. Mark Skinner, Lieutenant Governor Edith Dumont, Dr. Elizabeth Russell, and Peterborough Mayor Jeff Leal.

New Acting Director of TCAS: Dr. Nadine Changfoot

Dr. Nadine Changfoot is a Professor of Political Studies at Trent University and Executive member of the Trent Centre for Aging & Society since 2021.

For over a decade, **Dr. Nadine Changfoot's** engaged and participatory research program has been combining **social science and humanities research arts-based methodologies** to partner with disabled, queer, racialized persons, healthcare providers, Anishinaabe Elders and younger persons, and settler elders.

Related to, and part of her arts-based research and production of research creation, Nadine has curatorial experience which supports **expansion of knowledge mobilization into arts venues.**

Nadine herself is an artist-researcher, artist-facilitator, honing her skills as Senior Research Associate with Re•Vision: The Centre for Art and Social Justice (University of Guelph). A photo of one of her arts research creations. "Agefying and Disrupting Time" (2019) is below.



Agefying and Disrupting Time (2019) performance piece. Clockwise: Andrea Dodsworth, Mary Anne Ansley, Mark Julson (at piano), Nadine Changfoot (Devisor) in performance.



Dr. Nadine Changfoot (with long dark hair and smiling) speaking at ReFrame Film Festival 2024. Photo credit: Esther Vincent.

Nadine is looking forward to serving as **TCAS Acting Director for 2024-25**. In the coming year, she will bring her vision, energy, and impact of her research and teaching, and her commitment to iterative decolonizing, Indigenizing, and access methodologies, trusting and reciprocal relationships, and community partnerships.

"I feel so very honored to take on the role of TCAS Director. I look forward to amplifying research, teaching, and service of TCAS faculty, graduate students, and research associates in the humanities, sciences and social sciences."

– Dr. Nadine Changfoot, Incoming TCAS Director 2024-2025

Please join us in congratulating Nadine on her new role!

New Acting Director of the Master of Arts in Interdisciplinary Aging Studies: Dr. Liana Brown

This July, TCAS will be welcoming [Dr. Liana Brown](#) as the Acting Director of Trent's [Interdisciplinary Aging Studies M.A. Program](#).

Dr. Liana Brown is an Associate Professor in the Psychology and Kinesiology Departments, has been a **TCAS Executive member** since 2021 and has worked closely with the [TCAS Knowledge Mobilization Hub](#) in conducting a multi-year program evaluation of two exercise programs for older adults, including her [On The Move!](#) program.



Much of Liana's research focuses on aging. In 2021, with support from the *Peterborough Parkinson Canada Chapter*, Liana developed the [On The Move! Program](#) – an initiative that encourages physical and social activity for individuals with Parkinson's Disease. Built on evidence-based research, **On The Move!** offers a variety of guided classes, including dance aerobics, spin cycling, and boxing bootcamp. These classes are designed to support participants in safely exercising at high-intensity levels while exploring a developing range of motion, movement complexity, and balance.

This program offers both physical and social benefits to participants, and it provides an opportunity for fourth year undergraduate students to design and offer evidence-based exercise programming to meet the needs of the group as well as individuals. Additionally, students complete research projects designed to evaluate the program.

New Acting Director of the Master of Arts in Interdisciplinary Aging Studies: Dr. Liana Brown

On The Move! is a very special program that benefited both participants and student researchers.

In November of 2023, Liana attended the **Global Royal Society of Canada G7 Research Summit on Healthy Aging** as part of a delegation of TCAS faculty members. Liana represented TCAS at this multi-day event in Niagara Falls where TCAS faculty members contributed to global discussions on the future of supporting healthy aging.



Dr. Liana Brown (far left) is photographed with her students, sporting their On The Move! gear.

Dr. Liana Brown takes on the role of **Acting Director of the Master of Arts in Interdisciplinary Aging Studies** program from **Dr. Elizabeth Russell**. Regarding her role in the M.A. program, Liana shares:

“I’m excited to take on the Interim Director role during this time of growth for the Interdisciplinary Aging Studies M.A. Program. The program plays an important role building our capacity to understand, from many distinct perspectives, how aging impacts our lives and society. I’m looking forward to sharing my enthusiasm for aging studies and to supporting our students’ graduate research and career goals.”

– Dr. Liana Brown, Incoming Acting Director, Interdisciplinary Aging Studies M.A. Program

Please join us in congratulating Liana on her new role!



Dr. Liana Brown is photographed with her colleagues, at the G7 Summit. (L-R): Dr. Liana Brown, Dr. Raheleh Saryazdi, Dr. Elizabeth Russell, Dr. Nadine Changfoot, and Dr. Stephanie Tobin.



(L-R): Dr. Mark Skinner, Dr. Liana Brown, Agostina Prigioni, Dr. Sally Chivers, Dr. Elizabeth Russell, Dr. Stephen Katz, and Dr. Anne Basting at the Katz Lecture, 2023.

New TCAS-based Professional Practice course in Knowledge Mobilization

TCAS-based Professional Practice course in Knowledge Mobilization teaches students to engage and inspire audiences with their research.

Daniel Katey and **Alana Hart**, students in the M.A. in Interdisciplinary Aging Studies program, and **Tabytha Wells**, M.Sc. Psychology student, comprised the inaugural class of this innovative course (AGNG 5003 “Professional Practice in Knowledge Mobilization”). In the course, graduate students engage in knowledge mobilization practices to communicate aging-focused research outcomes to broad audiences.

The course was envisioned and taught by **Dr. Elizabeth Russell**, a staunch advocator of the importance of knowledge mobilization in shaping the future of research, and founder of the TCAS Knowledge Mobilization Hub.



(L-R): Alana Hart, Daniel Katey and Tabytha Wells.

Indeed, gaining hands-on practice in content-creation, filmmaking and public speaking will not only help students advance their careers in academic settings, but also in scenarios where research knowledge needs to be adapted to facilitate uptake and enable real-world impact.

With the outstanding support of **Agostina Prigioni**, TCAS Knowledge Mobilization Coordinator, students had the opportunity to play an active role in the TCAS KM Hub’s weekly activities, learning how to create videos to showcase their research, planning an Intergenerational Coffee Hour event, and exploring professional approaches in academic social media content creation.

After a busy and enriching term, our students created a portfolio where they summarized their experience and reflected on the importance of having a practicum course of this sort as part of their graduate program.

“Our job is not only to share our research within the Academy, but beyond, with relevant stakeholders, knowledge users, and members of the public, in useable, digestible, and practical formats. I believe that this is the future of research – and we at TCAS have championed knowledge mobilization for many years. Our students are the researchers of the future, and these skills will be invaluable in their career. This course is just another example of the forward-thinking and cutting-edge approaches to aging research that are embedded within the fabric of TCAS!”

– Dr. Elizabeth Russell
Director, Interdisciplinary Aging Studies M.A.
Program

New TCAS-based Professional Practice course in Knowledge Mobilization

Daniel Katey challenged himself out of his comfort zone to learn knowledge mobilization skills, such as poster design, social media content creation and filmmaking. When asked about his takeaways in the course, he highlighted, “designing social media content requires a thorough awareness of the audience and their characteristics, which differ highly from the purely academic one. Overall, through all the work I have done in the placement, I learned of the importance of accessibility, which involves a lot of planning to find the most effective way to communicate research”.

“Knowledge mobilization has the power to co-create knowledge, bring awareness to social issues, and create networking opportunities” shares **Alana Hart**. “I am further inspired to see how researchers can include their participants as co-creators of knowledge mobilization projects

that represent how the participants would share the knowledge created, especially giving attention to how diverse communities would traditionally share knowledge”, she concludes.

Tabytha Wells highlights the significant benefit of this training early in her path of becoming a researcher. “Overall, this placement has enhanced my understanding of knowledge mobilization, allowing me to develop my skills through first-hand experience. Given the importance of knowledge mobilization in encouraging practical developments, I recognize the value of possessing such skills, and I am grateful to have gained this experience early on in my academic career. Now that I have learned the basics of knowledge mobilization, I hope to continue to improve my skills as I move forward in my academic journey”.

The Professional Practice Course in Knowledge Mobilization (AGNG-5003H) will be offered again in **Winter, 2026**, and is open to all Trent graduate students as an elective. We cannot wait to welcome another group of students into the TCAS KM Hub!



TCAS Hosts its Second Intergenerational Coffee Hour

By Alana Hart, Daniel Katey, and Tabytha Wells

As part of our goal at TCAS to create intergenerational experiences at Trent, we welcomed older community members and students to an **interactive Intergenerational Coffee Hour** on March 22, 2024. The event was organized by Master's students in the Professional Practice in Knowledge Mobilization course, hosted by the TCAS KM Hub.

Attendees engaged in meaningful conversations about aging and envisioned, together, an intergenerational Trent University campus. Students and community members were paired to go on a scavenger hunt around Bata Library, as an opportunity to connect and explore similarities across people of all ages.

Reflecting on their lived experiences and connections, attendees also discussed the value of intergenerational spaces and interactions, and made important suggestions for **fostering an inclusive Trent University campus**, where people of all ages are welcomed and celebrated.



"I think I learned a lot, especially from the older attendees, about taking a different perspective on life and not sweating the small stuff. In particular, I had a lot of fun participating in the scavenger hunt activity where I got to share stories and laughs with a group of lovely people both younger and older. The stories that one of the older attendees, Bonnie, and I shared especially reminded me that we may be different in age, but we really have a lot in common."

- Colin Henning, TCAS Graduate Associate and Ph.D. Student, Psychology



TCAS Hosts its Second Intergenerational Coffee Hour

"It was heartening to witness the diversity of perspectives and ideas that emerged during our discussions, reaffirming the importance of fostering intergenerational connections and collaboration within the Trent community. I left the event feeling inspired and hopeful for the future of our university, knowing that by embracing intergenerational dialogue and learning, we can create a more inclusive and enriching educational environment for all."

– Daniel Katey, TCAS Graduate Associate and M.A. Student, Interdisciplinary Aging Studies



"As we age and retire, our world tends to narrow to contacts of a similar cohort. It was refreshing to be surrounded by a younger generation and be exposed to their opinions, ideas, and stories. The coffee hour was a chance to explore and converse with a most enthusiastic group."

– Bonnie Kimmet, Community Member



"The intergenerational coffee hour was a wonderful experience. The conversations we had stressed the importance of intergenerational connections and highlighted the value of an intergenerational campus environment, leaving me feeling excited for the future of Trent as we work toward creating a welcoming campus environment for people of all ages."

– Tabytha Wells, TCAS Graduate Associate and M.Sc. Candidate, Psychology



Intergenerational Classroom fosters deep connections among students and community members

Dr. Elizabeth Russell and M.Sc. candidate Tabytha Wells piloted a successful intergenerational classroom at Trent University.

Imagine a campus community where all generations learn together! With the generous support of the RTOERO Foundation and the Trent Teaching Fellowship Program, **Dr. Elizabeth Russell** and **M.Sc. candidate Tabytha Wells** launched an intergenerational classroom pilot project in the Psychology of Aging course (PSYC-3550H).

Undergraduate students had the opportunity to take a course alongside 13 older community members. Lectures, group activities and discussions created the perfect framework for them to engage in meaningful conversations that defied entrenched conceptions about what it is like to age, and what it means to be young today.

Elizabeth and Tabytha share a dream: to create Canada's first truly intergenerational university. "Trent has serious potential to become Canada's first intergenerational university, and this course



Click on the video, created by student and filmmaker **Amelia Heins**, to learn more about the intergenerational classroom.

is just one step of many. We envision a campus where older adults are involved in campus life in innumerable ways, and our students will directly benefit from this! Intergenerational connections break down ageist barriers and humanize people of all ages - and this is something special that we have the tools to do, in a large scale manner, right here at Trent" explains Elizabeth.

Indeed, the Intergenerational classroom course that ran this past winter term is one of the first stones in the path Elizabeth and Tabytha are committed to building. After spending a semester together, both students and community members expressed the positive impact this experience has had on their perception of people of other ages.



Mary Lou and Fay sharing their stories with the group.

Intergenerational Classroom course fosters deep connections among students and community members

"Through this classroom, I learned about many different perspectives from my classmates and the classroom volunteers, as well as I've created strong bonds with my classmates and the volunteers."

– Alysha, Student

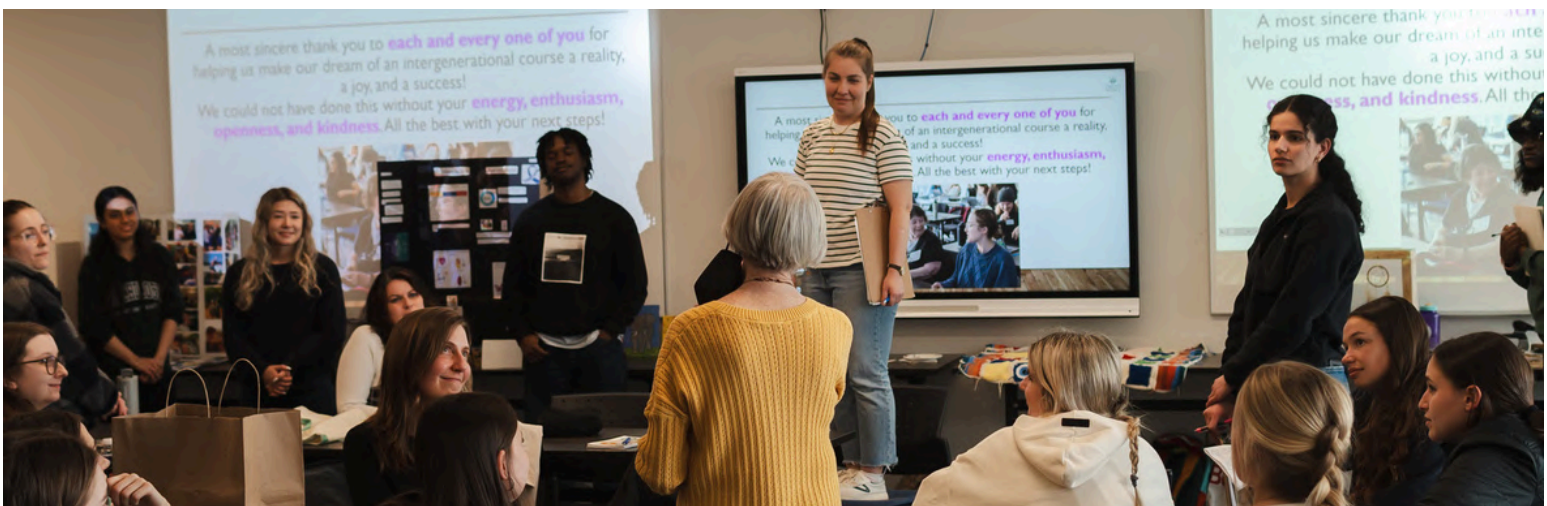


"I'm good friends with Mary Lou now; she taught me that learning is a never-ending process... I look forward to coming to class. It doesn't feel like class because it's something so innovative. It's a great opportunity to meet people, to connect with my peers more and also community members, because I don't get, really, any of that."

– Fay, Student

"It's really critical to me for the success of an organization to have multiple generational ideas. It's amazing, actually. I'm learning that I have a lot more faith in the future of the world."

– Gordon, Classroom Volunteer



Dr. Elizabeth Russell addressing a fully engaged classroom during the final class.

Intergenerational Classroom course fosters deep connections among students and community members



"This course provided an opportunity for students and seniors alike to get to know each other in a warm, non-judgmental, and safe environment. We, the volunteers, decided that the world is going to be a much better place with students such as these coming into the working world. They gave us all such renewed hope for the future."

– Kathryn, Classroom Volunteer

"My parents are older, and because of that, I sort of grew up without grandparents, and so the presence of older adults in my life has been quite limited to the workplace. Having more personal conversations rather than professional conversations with older adults has been a really nice way of connecting on a personal level."

– Chase, Student

"Watching the intergenerational classroom unfold was absolutely incredible. It was so inspiring to see the connections being formed between students and volunteers and to watch as ageist stereotypes faded away throughout the semester. The benefits we saw for both students and volunteers exceeded our expectations, and I can't wait to see the evolution of the intergenerational classroom model as we continue to work towards an intergenerational Trent University campus."

– Tabytha Wells, Research Coordinator



Dr. Nadine Changfoot's Research: Social Change and Impact through Arts-Based Research and Knowledge Mobilization

Dr. Nadine Changfoot has a long career as an innovative Professor and Researcher, bridging connections between social science, humanities and arts-based methodologies.

Dr. Nadine Changfoot's engaged and participatory research combines social science and humanities research arts-based methodologies to partner with disabled, queer, racialized persons, healthcare providers, Anishinaabe Elders and younger persons, and settler elders.

Some of her many projects are: *Mobilizing New Meanings of Disability and Difference: Using Arts-Based Approaches to Advance Health Care Inclusion for Women with Disabilities* (CIHR funded); *Aging Vitalities* and *Wshkiigmong Dibaajmownan/Curve Lake Storytelling* (SSHRC funded as part of the research partnership, *Bodies in Translation, Activist Art, Technology and Access to Life*, for which Nadine serves as Trent Research Lead); and *Accessing the Arts: Intersectional Disability Perspectives on Accessing the Arts (ATA) in Peterborough/Nogojiwanong* (SSHRC funded).



Dr. Changfoot proudly showing her just created "Access Yum!" zine.
Photo credit: Jessica Scott.

Nadine also has curatorial experience which supports the **expansion of knowledge mobilization into arts venues**. In 2018, she partnered with the Chanie Wenjack School of Indigenous Studies, the Trent Colleges, and Public Energy Performance Peterborough to bring award-winning artist **Lara Kramer** (Oji-Cree) and Kramer's first presentation of her performance installation of *Phantom, stills & vibrations* to Artspace Gallery as Trent Ashley Fellow.

Nadine herself is an **artist-researcher**, artist-facilitator, honing her skills as Senior Research Associate with *Re•Vision: The Centre for Art and Social Justice* (University of Guelph).

Building reciprocal and trusting relationships with her research storyteller-filmmaker participant-partners, Nadine and *Re•Vision* support them in the creation of short multimedia documentaries of their lived experience. These stories are significant because they **push back against dominant ableist, ageist, anti-Indigenous, anti-Black, anti-queer narratives** in the social imagination, creating new possibilities. She partners with storytellers-filmmakers in the knowledge mobilization of their films through screenings with different publics, including in classroom, academic, and community presentations.

The films from *Aging Vitalities* and *Wshkiigmong Dibaajmownan/Curve Lake Storytelling* were screened at ReFrame Film Festival in 2020 and 2024, respectively, to hundreds with warm, enthusiastic reception and applause.

Dr. Nadine Changfoot's Research: Social Change and Impact through Arts-Based Research and Knowledge Mobilization

The all-Curve Lake screening and Panel Q&A was the first of its kind at ReFrame 2024. There was incredibly loud, effusive applause after each storyteller-filmmaker spoke.

"I can't remember the last time I saw so many people openly expressing their emotions in an audience. Incredible."

– Film Studies Graduate Student

"The screenings are very tangible acts of reconciliation, building human connection that, in turn, deepens understanding and empathy."

– Deborah Berrill, ReFrame Film Festival Chair

Many in the Indigenous-settler audience were moved to tears. Dr. Changfoot brought knowledge of Curve Lake members' experiences in Peterborough/Nogojwanong into multiple considered and careful discussions with ReFrame staff to create a **decolonizing and Indigenizing curation and experience** for the storyteller-filmmakers. Her efforts, here, have been pathbreaking, creating good will and trust for future opportunities between ReFrame and Curve Lake First Nation.

"It was one of the most impactful screening events. The care and attention Nadine provided, for all collaborators involved in the event, was reflected in the meaningful dialogue that took place in the supportive environment she created."

– Eryn Lidster, ReFrame Film Festival Creative Director



(L-R): Nadine Changfoot, Alice Olsen Williams, Carol Taylor, Marilyn Knott, Missy Knott, Marg Knott, Jonathan Taylor, and Sarah Lewis seated at ReFrame Film Festival during their Panel Q&A, 2024. Photo Credit: Esther Vincent.

Dr. Nadine Changfoot's Research: Social Change and Impact through Arts-Based Research and Knowledge Mobilization

In the project, *Accessing the Arts: Intersectional Disability Perspectives on Accessing the Arts (ATA) in Peterborough/Nogojwanong*, supported by **TCAS Graduate Associate Jessica Scott, Nadine** is partnering with Indigenous and settler persons living with disability to proudly create knowledge of their experiences attending arts presentations in Peterborough/Nogojwanong and leadership in access.

This represents the first project of its kind in the city. Arts organizations *Public Energy Performance Peterborough* and *The Theatre on King (TTOK)* are eager for this information because they want to improve access to culture, this being a human right.

Serving as guest co-editor, **Dr. Changfoot's recent scholarly outputs** include the following collections:

- *Rethinking Artful Politics: Bodies of Difference Remaking Bodyworlds*, Social Sciences 12 (2023),
- *Revisioning aging futures: Feminist, queer, crip and decolonial visions of a good old age*, Journal of Aging Studies 63 (2022), and
- *Community Impacts of Engaged Research, Teaching and Practice*, Michigan Journal of Community Service Learning, 26(1), 2020.

She is currently co-editor of the Routledge collection in-progress, *Critical Methodologies in Dementia Studies* with **Andrea Capstick** (University of Bradford, UK) and **Jami McFarland** (SSHRC Post-Doctoral Fellow, University of Guelph, and TCAS Research Associate).



(Clockwise, L-R): Sioux Lily Dickson, Mary Anne Ansley, Thamer Linklater, Patrick Fuellbeck, and Andrea Dodsworth at PTBO Artspace, seated around table in conversation. Photo credit: Jessica Scott.



Headshot of Jessica Scott (smiling with blonde hair), TCAS Graduate Associate.

Aimée Anctil, TCAS Undergraduate Associate and award-winning student, has been working with Dr. Changfoot for three years. This year they have given presentations on **decolonizing methodology** in the community to Learning and Leisure and to the Anti-Racism Conference at Trent. They are working on a scholarly article on Decolonizing Methodologies that will be presented at the Canadian Political Science Association (CPSA) conference in June at McGill University.

Dr. Nadine Changfoot's Research: Social Change and Impact through Arts-Based Research and Knowledge Mobilization

They are also working on a paper titled, "Leading with Difference," creating new knowledge and understanding of leadership that centers difference at the intersections of Indigeneity, aging, disability, queer, and race.

Also a graphic artist, Aimée has created beautiful, **cutting-edge Access Guides** for Nadine's projects, providing access for all participants (e.g. storyteller-filmmakers, researchers, artist-facilitators) to the venue where research is conducted.

Here's an example of the [Access Guide for Wshkiigmong Dibaajmownan/Curve Lake Storytelling](#). Aimee created also the Access Guide for the Disability and Crip Futurities Graduate Student Conference (October 2023) which was co-organized by **Jessica Scott**, TCAS Graduate Associates **Luka Stojanovic** ([Trudeau Scholar Finalist 2024](#)) and **Megan Hill**.

Aimée is creating an Access Guide for Artspace Gallery, Peterborough/Nogojiwanong, and is heading to Osgoode Law School.

Nadine is sharing/transferring her years of **arts-based research experience** through her undergraduate courses on arts and culture for social change, politics and film, and futurities, undergraduate supervisions in Research Practicums and graduate supervision of MA students - **Jessica Scott** MA 2023, **Charmaine Magumbe** and **Kevanya Simmons** (committee member)- and PhD students/candidates - **Kathleen Donovan**, **Jazmine Raine**, **Luka Stojanovic** ([Trudeau Scholar Finalist 2024](#)), and **Sarah Cullingham** (committee member).



Headshot of Aimée Ancil (smiling with brown hair), TCAS Undergraduate Associate.



ATA Logo: Aimée Anctil.



Front cover of the [Access Guide for Wshkiigmong Dibaajmownan/Curve Lake Storytelling](#), created by Aimée Ancil.

Creating "**Research Care: Community of Practice**" for her graduate students and undergraduate RAs, **Nadine** is known to be a most supportive supervisor and mentor with her award-winning undergraduate students continuing to law school and graduate programs, and her graduate students being awarded SSHRC Canada Graduate Scholarships (MA and PhD), Ontario Graduate Scholarships and University Awards. One of her students sums up her commitment:

"In my time throughout academia, you have been the most supportive, positive, and generous mentor I have ever had the pleasure of working with. Your enthusiasm and dedication to supporting the work of your students is unparalleled."

– Ph.D. Student

Dr. Sally Chivers Featured as Expert Guest on CBC Radio

Dr. Chivers discussed biases and perspectives on aging on CBC Radio.

Dr. Sally Chivers, TCAS Executive member and past TCAS Director, was featured on CBC Radio on “Ontario Today” with Amanda Pfeffer on April 12, 2024. Over the course of an hour, Sally and Amanda discussed aging in the context of the beauty industry. Listeners were invited to call in to share their own experiences surrounding the regrets they have had regarding staving off aging, in their own lives.



The conversation revolved around the idea of chasing youth, and understanding what is behind the fear of aging. According to Sally, this fear has always been around, but it is now being capitalized upon by multi-billion-dollar industries that amplify anti-aging culture. She emphasized that women often experience a sense that they are being rejected by a world that they fit into when they were younger. To feel like they belong, women try to follow beauty standards, which are “always just out of reach” stated Sally; no matter what women do.

Talking about aging and appearance in the context of the COVID-19 pandemic, Amanda and Sally agreed on the idea that it opened a door to a new aesthetic, in which people felt empowered to embrace the signs of aging, for example in their hair. Sally explained that the decision of growing their hair gray is influenced by the culture of a workplace.

They also talked about mid-life crisis in men. Drawing on her expertise in cinema, Sally explained that she sees a crisis of masculinity. Men are also struggling with the pressure of “aging well”.

Listeners called in to share their perspective on the subject, and Sally artfully responded to their diverse perspectives. The show ended with an impactful message from Sally: to live well is to age well. Support others in their choices, and think about how the choices you make about the way you look impact the people around you in terms of them valuing themselves as they grow older.

“The choices you make affect the people around you, in terms of them valuing themselves as they grow older.”

*– Dr. Sally Chivers on “Ontario Today”
with Amanda Pfeffer*

Sally was also featured on CBC Radio on “Alberta at Noon” with Judy Aldous on April 16. On this show, the discussion centered around how to age well.

Sally explained her interest in aging sparked when she was 17 and she read *The Stone Angel* by Margaret Laurence. Later, as a graduate student, she was inspired by *Chorus of Mushrooms* by Hiromi Goto. In her readings a theme stood out to her: aging is not what she had been taught to believe it was by popular culture. There is an interiority in older adults that she became fascinated with, the set of core values and ideas that people develop over a long time. This is how she became interested in learning what it means to age and how beliefs, purposes, and values develop over the lifespan.

Various members of the audience called to share their perspectives on the idea of ‘aging well’. Many of the callers were artists, including a painter, a poet, and a musician. Themes of these conversations ranged from challenging patriarchal views of aging, the benefits and challenges of aging in place, to the language we use to talk about aging. Sally highlighted that many callers emphasized the importance of social connections in aging well.

“We’re all responsible for supporting older people, it’s not just an individual responsibility for people to prevent aging.”

*– Dr. Sally Chivers on “Alberta at Noon”
with Judy Aldous*

It was lovely to listen to Dr. Sally Chivers being interviewed on national radio and recognized as one of the most prominent Canadian researchers and intellectuals in the field of aging research.

To hear more from Dr. Chivers listen to her podcast, **[Wrinkle Radio](#)**.



Listen [here](#) to “Chasing youth. What do you regret now?” on Ontario Today with Amanda Pfeffer.

Listen [here](#) to “How to age well” on Alberta at Noon with Judy Aldous.

Listen [here](#) to Dr. Sally Chivers’ Wrinkle Radio.

TCAS Aging & Society Seminar Series



Dr. Raheleh Saryazdi presenting her research.

On Thursday, February 29, 2024, TCAS hosted an Aging & Society Seminar on "Aging & Dementia Research" at Trent University Durham GTA, led by TCAS Faculty Member **Dr. Raheleh Saryazdi**. A full audience of professors, students, and community members heard speakers share about their emerging research in aging studies.

Dr. Nancie Im-Bolter shared about her Living Lab, which, in collaboration with Ontario Shores Centre for Mental Health Sciences, provides students with intergenerational experiential learning in the context of dementia and psychiatry.

Dr. Raheleh Saryazdi's research focused on leveraging virtual reality as a 'ticket to talk' to facilitate communication between persons living with dementia and their family care partners.

Dr. Mary Chiu presented her interesting research on using virtual reality as a transformative tool to empower dementia caregivers through simulation practice and skill building.

Dr. Scott Henderson captivated the audience with his video presentation on aging, music, and touring, emphasizing the role of live music in promoting well-being for older adults.



(L-R): Dr. Elizabeth Russell, Dr. Raheleh Saryazdi, Dr. Nancie Im-Bolter, and Dr. Mary Chiu.

TCAS Member Dr. Raheleh Saryazdi Awarded Early Career Research Award

By Avery Hinchcliffe,
TCAS KM Hub Assistant

TCAS would like to congratulate TCAS faculty member **Dr. Raheleh Saryazdi**, Assistant Professor of Psychology at Trent Durham GTA, on receiving a 2024 Early Career Research Award. The Early Career Research Award is awarded to promising early career researchers at Trent University to help promising new faculty to develop sustainable research programs.

Raheleh's research centres around cognitive aging and dementia, and she takes an interdisciplinary approach to her work which integrates sensory, cognitive, and social factors. Recently, Raheleh has contributed to virtual reality interventions for individuals with dementia and their caregivers. To date, Raheleh has built an impressive list of publications and she is continuing to stand out in her field through receiving numerous awards and grants. Raheleh has a very impressive list of accomplishments and accolades, especially for a new professor.

The award recipients were celebrated on April 23 at an award ceremony and reception. It is quite clear that Raheleh has built an impressive and productive lab after only a very short period of time at Trent.

Upon receiving the award, Raheleh spoke of her mentors and her time at Trent as an undergraduate student fondly, and she emphasized how important her undergraduate supervisor, Dr. Nancie Im-Bolter, has been in her academic career. She also shared gratitude for the students in her lab and the community partners she works with in her research. As her research has shifted to include more qualitative methodology, she emphasized the importance of her participants in making her research possible.

It was wonderful to celebrate this impressive achievement for one of our TCAS members. It is safe to say that we all look forward to seeing where Raheleh's promising career as a researcher takes her!



Dr. Raheleh Saryazdi was one of three recipients of Trent's prestigious 2024 Early Career Research Awards.

"I began my academic journey as an undergraduate student at Trent University Durham, and it is at Trent where I first learned about research, which makes receiving the Early Career Research Award even more so special. I am thankful to all my mentors, students, community partners, and older adult participants and caregivers for contributing to my research to date."

– Dr. Raheleh Saryazdi

Board of Governors Chair, Debra Cooper Burger, receives the 2024 Norma Rudy Award

This article was originally written by Olivia Flynn for *Trent News*, on April 22, 2024.

Debra Cooper Burger, Trent's Board of Governors Chair, has been awarded the 2024 Norma Rudy Award from AdvantAge Ontario, an association which represents and supports not-for-profit senior care, **in recognition of the impact she has had on the not-for-profit senior care sector.**



"We are grateful to Debra for sharing her talents with us, and we are proud to recognize her with the Norma Rudy Award for her commitment and many years of volunteer service."

- Lisa Levin, Chief Executive Officer of AdvanAge Ontario

Debra Cooper Burger began her career as a registered nurse and has continued to become an important leader in the healthcare community, in both Peterborough and Markham. She has served as Chief Executive Officer for multiple organizations, including the Unionville Home Society in Markham, a non-profit organization for senior housing and care. She has also chaired multiple boards.

The wealth of experience Debra has acquired throughout her career has served her well in her work with AdvantAge Ontario, as she has served as a member of the Association's Education Advisory Group and Board of Directors which she chaired from 2015-17.

Dr. Leo Groarke, president and vice-chancellor of Trent, recounted Debra's strong leadership skills in many aging-related initiatives, through TCAS and the Senior's Village.

Debra's work throughout her career and with AdvantAge Ontario supports the integral pillar of aging at Trent University and in the greater community. She shared:

"I reflect fondly on my time with AdvantAge Ontario and am proud to have been part of a team that supported many projects and initiatives that advanced senior care services in this province."

*- Debra Cooper Burger,
Board of Governors Chair, Trent University*

TCAS wishes to congratulate Debra on this well-deserved accolade!

Dr. Ulla Kribernegg Visited TCAS

TCAS fellow, Dr. Ulla Kribernegg, visited TCAS last fall.

Dr. Ulla Kribernegg is an Associate Professor in the Department of American Studies at the **University of Graz**. She is also the director of the **Center for Interdisciplinary Research on Aging and Care (CIRAC)**. Much of Ulla's research focuses on the portrayal of aging-related care in North American film and fiction. To learn more about Ulla's research, visit the [Age and Care Research Group Graz website](#).

During her visit, Dr. Kribernegg met with TCAS Director **Dr. Elizabeth Russell** to discuss the longstanding relationship between CIRAC and TCAS and future collaborations. She also met with Dean of Humanities and Social Sciences, and founding TCAS Director, **Dr. Mark Skinner**.

While she was here, Dr. Kribernegg also met with **Dr. Sally Chivers**, TCAS Faculty Member,

to co-teach one of Dr. Chivers' classes: Foundations in Interdisciplinary Aging Studies.

Graduate students in the course enjoyed learning from Ulla, and they shared their vision of how our culture treats and cares for people with dementia in the future. TCAS Research Associate and student in the course, **Tabytha Wells**, shared: "I look forward to helping us work towards a culture that 'does dementia differently.'"

It was a pleasure to have Dr. Ulla Kribernegg visit Trent University! We look forward to continued collaboration between CIRAC and TCAS.

Watch a video about this visit [here!](#)



Dr. Ulla Kribernegg with the TCAS Directorate - past and present TCAS directors - Dr. Elizabeth Russell, Dr. Sally Chivers and Dr. Mark Skinner.

Community Connections: Henry Vandendort

By Avery Hinchcliffe, TCAS KM Hub Assistant, and Tiana Vandendort, M.Sc. Candidate; Photos by Amelia Heins, B.A. (Hons) Psychology

Speaking five languages, living on his own, and walking and biking around Lakefield everyday, Henry Vandendort is a force of nature.

In March, I had the pleasure of speaking with Mr. Henry Vandendort who celebrated his 100th birthday, this May. For her final project in Dr. Russell's 2023 Psychology of Aging course, Henry's granddaughter, Tiana Vandendort, created a video about Henry and his life in Lakefield. After seeing this video and learning about Henry, I knew I had to meet him.

In speaking with Henry, I learned about his remarkable journey. Born in the small community of Strijen, Holland, Henry spent his youth working at a dairy. His life quickly changed when he was 15, and he joined the Dutch resistance to fight against the Nazis. Henry came close to death many times as he fought against the Nazis, but he never gave up. When he survived the war, he vowed to live a life in service to God and humankind.



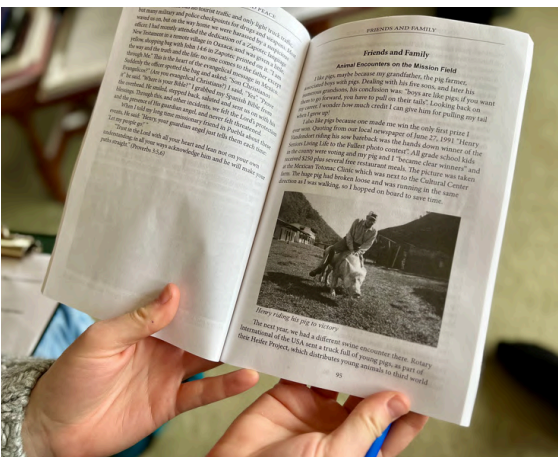
Tiana and Henry, pictured in Henry's living room.



Pictured here is a pair of binoculars surrendered to Henry in WWII.

“These German field glasses were obtained from the German commander who surrendered his company to Henry Vandendort on May 8, 1945. South of Rotterdam, Holland.”

– Henry Vandendort



A photo of Henry riding a pig in Mexico when he was 65. The photo was entered to a contest: “Seniors Living Life to the Fullest”. Henry won and was featured on the front page of the newspaper.

Henry and his wife immigrated to Canada in 1951, where Henry continued dairy farming. For many years after, he moved all over Canada and the United States working as an Instrumentation Engineer for DuPont and later ERCO. In 1983, Henry retired from his engineering career and began dedicating his time to his volunteer mission work across the Southern United States, Mexico, and South America. Henry and his wife would drive their motorhome south, in the winter months, where they would help communities to build schools, churches, and medical facilities. On their way

back to Lakefield they would stop to visit their grandchildren. Tiana recalls coming home from school and seeing the motorhome parked out front and being so excited to visit her grandparents.

Lately, Henry has been very active in his community. The church is a large part of Henry's life, he also serves on the National Speakers Bureau for Historica Canada, and each year he lays the wreath during Lakefield's *Remembrance Day Ceremony*. Henry is known by all of his neighbours, and he considers himself very lucky to have his community looking out for him.



(L to R): Amelia Heins, Avery Hinchcliffe, Tiana Vandendort, and Henry Vandendort.

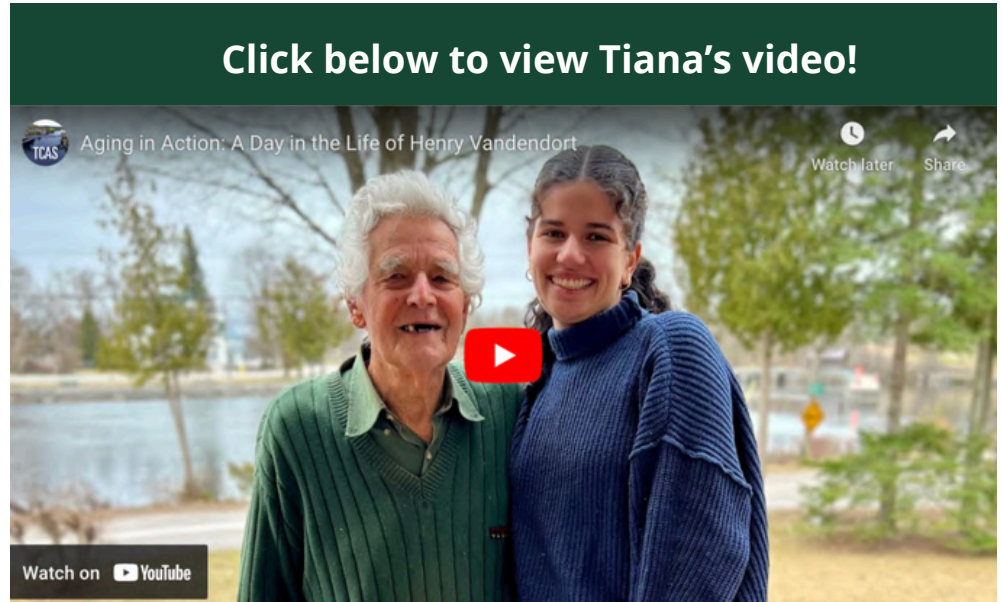


Henry and his granddaughter, Tiana, on his porch overlooking the river.

When asked what advice he would give to others, Henry says to never retire and to have a purpose. He told us to always remember the effect our words and actions have on others, and to feel satisfied with what we have achieved at the end of the day. Needless to say, Henry lives up to this advice every day, and he is an excellent role model for his family and community.

It was a pleasure to speak with Henry and to hear about his inspiring life. See our website to learn more about Henry and view Tiana's video of her grandfather.

-Avery Hinchcliffe



(L-R): Amelia Heins, Avery Hinchcliffe, Henry Vandendort, and Tiana Vandendort.

About the Author:



Avery Hinchcliffe graduated with her B.Sc (Hons) in Psychology from Trent in Spring 2024. In the winter semester

of 2024, she was hired as the TCAS Knowledge Mobilization Hub assistant. Her role includes connecting with the community and promoting research outputs. Through this position, Avery has had the opportunity to meet many wonderful community members and work with the wonderful team at TCAS.

We hope you enjoy this series!

By Jordan Till
TCAS Graduate Associate Member

When I met with Karl Moher, he had just returned from a month-long road trip westward to British Columbia, and Alaska. The drive – which he has done before – is a favorite of his for the scenery, fishing, and the chance to experience the wildlife. “I heard that here was a better chance of seeing grizzly bears up there... there’s a spot that you can view grizzly bears grabbing salmon out of the creek”.

With a passion for travel, Karl has been around the world – recounting many favorite destinations including China (a trip he made with his

grand-daughter) and a Trafalgar War tour in the United Kingdom.

It’s ironic, perhaps, that with such a heart for travel, he currently lives down the street from his childhood home. With all his experience abroad, Karl says Canada is still one of his favorite places to explore.

Aside from the destinations, he also just loves to drive; many of his trips are by road, and the journey is half the fun. “I enjoy driving... driving across Canada; some people look at you and say... ‘did you really do that?’ and I say... ‘yeah!’”



Professionally, Karl began with a career as a manager with Bell Canada. Later, however, he decided to make a change and returned to school at forty-eight years of age to study and get certified as a financial planner. He then set up an office in Lakefield and has been working there ever since, dealing primarily with life insurance and disability insurance investments. During this switch, however, Karl also made the transition into politics, becoming the Deputy Mayor of Douro-Dummer Township – a position he has held for 25 years.

When asked about what brought him into politics,



Drive to Prince Rupert, BC.

Karl says he has a knack for reading people and enjoys the research side of things. He also has a strong passion for helping his community and bringing about positive change.

“People reach out to me... I think I’ve a pretty good mind for strategy, for what people think. People have reached out to help them on their campaign – I seem to have an ear for what’s important.”

-Karl Moher

One of the policies he was most proud of was the impact brought about by the township’s switch to clear plastic garbage bags. Apparently, the community had been doing a poor job of separating garbage from recycling and other forms of waste, and the clear bags brought about a 40% decrease in the amount of waste going to local landfills – an important issue, as Karl says they are limited in spaces for these facilities.

Karl was also instrumental in facilitating the building of the Morton Community Healthcare Centre from his role as a founding director of the Community Medical Support Foundation, which raised millions to allow for the build. Together – between his political, professional, and community work – Karl was awarded the *Citizen of The Year Award* at the Kawartha Chamber of Commerce and Tourism’s 2016 Awards of Excellence. This award is a testament to his many amazing accomplishments and service to his community and peers.

At the time of our conversation, Karl was in the process of stepping down from his mayoral position. When asked why, he just said

he was ready for another change. Despite voicing some minor concerns about changes in the political landscape – mostly in how people seem ever polarized and entrenched in their political views – He also just wants to spend some time doing what he loves. Currently this has taken the form of further supporting his community while utilizing his love of driving by volunteering with Community Care in Lakefield providing transportation for those in need. Additionally, he has discovered an interest in reading non-fiction and documentaries – a newfound past time and passion. “I’m a little bit of a news junkie – I enjoy news.”



Money raised for the Morton Community Healthcare Centre.

Most of all though, at this point in his life, Karl tells me he is ready to just enjoy retirement and focus on traveling; that he's feeling comfortable about the switch. Some of his travel bucket list destinations include Iceland, Peru, Portugal, and then Australia and Thailand for their renowned railroad sightseeing opportunities.

I was thankful for the opportunity to speak with Karl, to learn a bit about the Township and the places he's visited and was inspired by the work he had done to support and improve his community.

...I have also now admittedly been Googling Train tours in Australia.

-Jordan Till

"I'm seventy-six, and I figure if I don't do it this year, who's to know a year from now... two years from now... five... ten years from now... if I'll be able to or not. I plan to do a fair amount of travel; I think it's something I'd like to do."

- Karl Moher

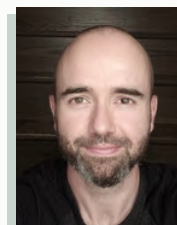


Karl showing me a plaqued photo of the Morton Healthcare Centre.



Meeting at what was then the future site for the Morton Healthcare Centre.

About the Author:



Jordan Till is a master's student in the psychology department at Trent University.

Over the Summer of 2022, he was hired to work for the TCAS Knowledge Mobilization Hub to help and further facilitate community connections and information accessibility. Through this position, Jordan was able to meet many exceptional community members who were actively challenging ageist stereotypes. We hope you enjoy this series!

TCAS Member Updates

Director, **Dr. Elizabeth Russell**, completed an [interview](#) with *PTBO Today* to discuss Trent University's vision of an all-inclusive, intergenerational campus.

TCAS members, **Dr. Sally Chivers**, **Dr. Stephen Katz**, and **Dr. Ulla Kriebner** published an editorial "[What's New is Old: Building Pathways Between the Humanities and Gerontology](#)" in a [Special Issue of The Gerontologist](#). This Special Issue was also featured by the University of Graz, Austria, a TCAS partner.

Dr. Elizabeth Russell and **Tabytha Wells** spoke about their experiences with their Intergenerational Classroom at the Centre for Teaching and Learning's Teaching and Learning from One Another: [2024 Trent SoTL Symposium](#).

A study led by TCAS member **Dr. Stephanie Tobin**, [Move Over Gym: Discovery of Cytokinins in Muscle Cells Could Aid in Fighting Age-Related Muscle Decline](#), has led to important medical discoveries.

Daniel Katey, TCAS Graduate Associate and student in the M.A. Interdisciplinary Aging Studies program recently published [Improving health-seeking behaviours of older adults in urban Africa: A holistic approach and strategic initiatives](#).

Dr. Sally Chivers, TCAS Executive, was featured on an episode of [Amplified: Reimagining the Sound of Scholarship's](#) audio blog, where she discussed her podcast, [Wrinkle Radio](#).

Dr. Nicole Dalmer, TCAS Fellow, published "[When somebody says this is a program for adults, it kind of smacks of pornography](#)": [Older adults' opinions on age labels in the public library](#).

Dr. Nadine Changfoot (TCAS Executive) and **Aimée Anctil** (TCAS Undergraduate Associate) presented "Wshkiigmong Dibaajmownan/Curve Lake Storytelling: Decolonizing Learnings" at the Anti-Racism Conference for student leaders.

Dr. Nadine Changfoot was invited by Curve Lake Chief and Council to present her Wshkiigmong Dibaajmownan/Curve Lake Storytelling project to Curve Lake members at an April Community Meeting.



TCAS Member Updates

TCAS Graduate Associate, **Luka Stojanovic**, is actively seeking members to joining the Aging-Disability Studies Working Group, contact lukastojanovic@trentu.ca to join or participate!

Dr. Sally Chivers was elected as Institutional Representative on the Governing Council of the North American Network in Aging Studies (NANAS) for the 2024-2027 term.

Dr. Raheleh Saryazdi was featured on CBC's Ontario Morning, where she discussed her research on virtual reality-facilitated communication between persons living with dementia and family care partners.

Dr. Elizabeth Russell (TCAS Director) and Dr. Gavin Andrews (TCAS Fellow) recently published chapters in the critically acclaimed Handbook on Aging and Place. Book comments on the back cover were provided by **Dr. Mark Skinner**.

Dr. Nadine Changfoot, Aimée Anctil, and Jessica Scott (TCAS Graduate Research Associate) hosted an art-making workshop for intergenerational Indigenous and settler participant-partners as part of her SSHRC funded project *Accessing the Arts: Intersectional Disability Experiences in Accessing the Arts in Peterborough/Nogojiwanong*.

Dr. Nadine Changfoot gave a presentation on her research Aging Vitalities to the University of California San Diego Alzheimer's Cooperative Study Research Town Hall led by Dr. Howard Feldman. The TCAS produced short film Aging Vitalities (4min) was screened to enthusiastic response.

Emmaleigh Dew, former TCAS Undergraduate Associate, was among 22 national recipients to be awarded the Chief Justice Richard Wagner for Outstanding Pro Bono Service, sponsored by National Law Firm McCarthy Tétrault and Pro Bono Students Canada.

Dr. Suzanne Bailey, TCAS member, wrote an article on nineteenth-century perceptions of aging and the lifecourse for the special issue: A Genealogy of the Life History Album (1884): Gerontology, Genre, and Health Across the Life Span. *The Gerontologist*, Volume 63, Issue 10, December 2023, Pages 1628–1637, <https://doi.org/10.1093/geront/gnad105>

Dr. Suzanne Bailey authored a chapter in the Palgrave Handbook of Literature and Aging.

Dr. Elizabeth Russell spoke at the Rural Living & Dementia Care: Challenges, Solutions & innovations conference in Haliburton.

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