

TRENT CENTRE FOR AGING & SOCIETY NEWSLETTER

FEATURED ARTICLES

**TCAS delegation attends
G7 Royal Society Research
Summit on Aging**

**First cohort of
Interdisciplinary Aging
Studies M.A. students
welcomed to Trent**

**Celebrating the 2023
Stephen Katz Distinguished
Visiting Scholar in
Interdisciplinary Aging
Studies program**



Innovations in Aging

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

We respectfully acknowledge that we are on the 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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Agostina Prigioni, Tabytha Wells.

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TCAS Newsletter Team (L-R): Agostina Prigioni, Elizabeth Russell, Tabytha Wells, Erika Snowden

Director's Letter

The summer and fall of 2023 were busy for TCAS! We hosted community and scholarly events (our reach is truly local to global!), welcomed our very first cohort of our new M.A. program, were invited to send a delegation of faculty to a prestigious G7 Research Summit on Healthy Aging, and of course, our individual members have done amazing things with their aging-focused research. We have welcomed new members, and said goodbye to student members who have moved on to their next phase (read on about one of our recent alum who is doing great things in her now-established career in aging!).

I want to acknowledge our staff, past and present, for supporting TCAS and helping us to grow and evolve. We could not do this without you! TCAS is a small but mighty operation, and we work together as a team to produce the best possible product or experience that we can for our members and supporters.

In this newsletter, you will read about exciting things that have happened over the last six months at TCAS, but I particularly invite you to read about our new M.A. in Interdisciplinary Aging Studies graduate program and its first students - creating a graduate program in aging at Trent has been a labour of love by many people across the last several years, and to be welcoming and now celebrating our first cohort of students feels awesome. We know they are learning lots, but we hope they are having fun too!

Wishing you a restful and happy holiday season,

-Elizabeth Russell, Ph.D., Director, Trent Centre for Aging & Society



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G7 Royal Society Summit on Aging

Five TCAS faculty members participate in global G7 summit on healthy aging

In November, 2023, five TCAS faculty members formed a delegation to the global Royal Society of Canada G7 Research Summit on Healthy Aging. **Dr. Liana Brown, Dr. Raheleh Saryazdi, Dr. Elizabeth Russell, Dr. Nadine Changfoot, and Dr. Stephanie Tobin (pictured below, L-R)** attended the multi-day event in Niagara Falls, where they had the opportunity to highlight and contribute to global discussions on the future of supporting healthy aging. Being invited to this prestigious event demonstrated the strong leadership and excellence in aging research underway, every day, by TCAS members.

Thank you to the Office of Research and Innovation, the Dean of Humanities and Social Sciences and the President's Office for their

support of our attendance at this significant event, and a special shout out to **Brianne Lisinski** and **Jamie Elcombe** in the Research Office for their logistical support. **Read the Trent news story [here!](#)**

"Trent is proud to be at the forefront of advancing knowledge and solutions in healthy aging in Canada. Participating in, and supporting, events like the G7 Summit further demonstrates Trent's dedication to research excellence and innovation that turns our understanding of aging on its ear. Researchers at Trent are framing aging research as multi-faceted, community-based and collaborative."

-Dr. Cathy Bruce, VP, Research and Innovation, Trent University



M.A. in Interdisciplinary Aging Studies

The first cohort of the new M.A. in Interdisciplinary Aging Studies welcomed to Trent and TCAS this Fall!

Daniel Katey, International Student from Ghana and **Alana Hart**, Trent University alumna, are the protagonists of the story, becoming **the first students in this innovative research-based program**. The founding graduate program director is Dr. Elizabeth Russell, and Agostina Prigioni is the Academic Administrative Assistant (AAA).

As an interdisciplinary program, this M.A. program welcomes students from varied academic backgrounds. **Alana Hart '19** graduated from Trent with a Bachelor of Arts in Sociology with a Specialization in Health Studies. It was one of her Professors, Dr. Mary Jane Hande, who interested her into pursuing this interdisciplinary program. "This program appealed to me while applying to graduate school due to its interdisciplinary approaches to the study of aging," shares Alana.

The program, Alana highlights, combines research and experiential learning through a placement. "My research interests include **thinking of socially, culturally, and economically appropriate care for aging immigrants**. I especially look forward to working with my supervisor Dr. Mary Jean Hande as I research with Filipinos and their experiences with care as they age and think about ways we can turn my thesis into a knowledge mobilization project."

The M.A. program emphasizes the importance of developing skills in critical analysis of contemporary aging issues and practical approaches to



Core AGNG course, taught by Dr. Sally Chivers, Fall 2023



L-R: Daniel Katey, first (ever!) AGNG student; and Agostina Prigioni, AAA for AGNG, at the Fall 2023 grad expo

M.A. in Interdisciplinary Aging Studies

aging-related challenges across different contexts. “I think approaching aging studies from various disciplines offers a well-rounded understanding to thinking about aging” – explains Alana. “As population ages, this field of study is becoming increasingly important and relevant. Thus far, my courses have taught me to think critically about the social, political, and cultural factors that contribute to how people experience aging”.

Daniel Katey holds a B.A. in Geography and Rural Development from the Kwame Nkrumah University of Science and Technology. After his undergrad, he developed a passion for research focused on rural aging and was thrilled when he received a letter of admission to work under the supervision of Dr. Mark Skinner and Dr. Elizabeth Russell, experts in the field. “The program’s emphasis is in the understanding of the true meaning of aging and seeks to **challenge entrenched approaches to aging populations**. My dream is to work as a researcher and Professor, so finding myself here is the stepping stone in that path”, expressed Daniel.

He reveals that so far, he has truly enriched his knowledge as a student and future researcher. “In particular, I was surprised with the concept of successful aging, something completely new to me. Having this kind of understanding of aging will make me a useful resource to the African continent after I graduate”.

Elizabeth Russell, program Director explained “this new graduate program is a natural outcome of 12+ years of research and community-building

momentum generated by TCAS.” When asked about the emphasis of interdisciplinarity, Elizabeth highlighted that **this program has been created for students interested in studying aging from perspectives among the humanities, social sciences and sciences.**



L-R: Daniel Katey, Jose Botero Restrepo, Sally Chivers, Alana Hart, Yusi Chang and Tabytha Wells celebrating the last day of the Foundations in Interdisciplinary Aging course. December, 2023.

Communities all over Canada are aging - we are all aging - and so we must deepen our understanding of the realities of growing older and challenge ageist ideas about older adults.

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

Staffing changes at TCAS!

Erika Snowden has been an incredible TCAS Administrative Assistant during the past few months! Erika is now focusing on her work as a Research Assistant for the **Rural Aging Research Program**.

We want to thank Erika for all her hard work and dedication to TCAS, and in particular, to her amazing organization of the **2023 Katz lecture event**.

Erika is also an Honours thesis student in Psychology, and we are excited to share the findings of her important work in the Spring! Thank you and best wishes Erika!



“I am very grateful for my time at TCAS and the opportunity to connect with such a vivid community of researchers, students, and community members. I have truly enjoyed getting to be a part of the Centre's day to day activities, and I look forward to continuing my connection with TCAS and Aging in a research capacity with the Rural Aging Research Program.”

- Erika Snowden, TCAS Administrative Assistant



We are excited to welcome **Tabytha Wells '16** as our new **TCAS Administrative Assistant!**

Tabytha is a TCAS graduate associate and is working on her M.Sc. in Psychology, studying the impacts of a pilot intergenerational classroom at Trent.

Tabytha has years of administrative, research, and teaching experience at Trent, having recently worked in the Trent-Fleming School of Nursing as an Office Administrative Assistant, and in the Department of Psychology as an RA, Marker, and now Research Coordinator.

“I am thrilled to be working with TCAS in this capacity! I look forward to encouraging a positive impact on our community by supporting our members' meaningful contributions to aging research.”

- Tabytha Wells, TCAS Administrative Assistant

Staffing changes at TCAS!

This summer, we welcomed **Agostina Prigioni** to two new roles at TCAS! Agos is the Academic **Administrative Assistant (AAA) for the new M.A. AGNG program**, and is the **TCAS Knowledge Mobilization Hub Coordinator**.

She holds a B.A. (Hons.) degree in Literature and has a background in Digital Communications, Content Creation and Photography.

In a few short months, TCAS has already benefitted hugely from Agos' photography, writing, and administrative talents!



“I feel incredibly lucky to be part of the TCAS team, a wonderful hub where I get the opportunity to deepen my understanding of aging and play a key role in the communication of impactful research”.

- Agos Prigioni, TCAS KM Hub Coordinator and MA AGNG AAA



In January, we will be welcoming **Avery Hinchcliffe** to the TCAS KM Hub, where she will primarily focus on supporting our communications outputs.

Avery is working on her Honours thesis in Psychology, with Dr. Laura Summerfeldt. Her thesis explores the trait of incompleteness in families with autism. In other words, it looks at the connection between OCD and ASD.

She has a background in communications and social media content creation, recently completed a course in qualitative research methods with Dr. Russell, and is a certified Yoga instructor! Welcome Avery!

“I am thrilled to be taking on this role with TCAS! I look forward to challenging biases about aging through sharing knowledge in an accessible way. I believe that research should be accessible to all, and the TCAS KM Hub exemplifies this value.”

-Avery Hinchcliffe, TCAS Knowledge Mobilization Hub Assistant

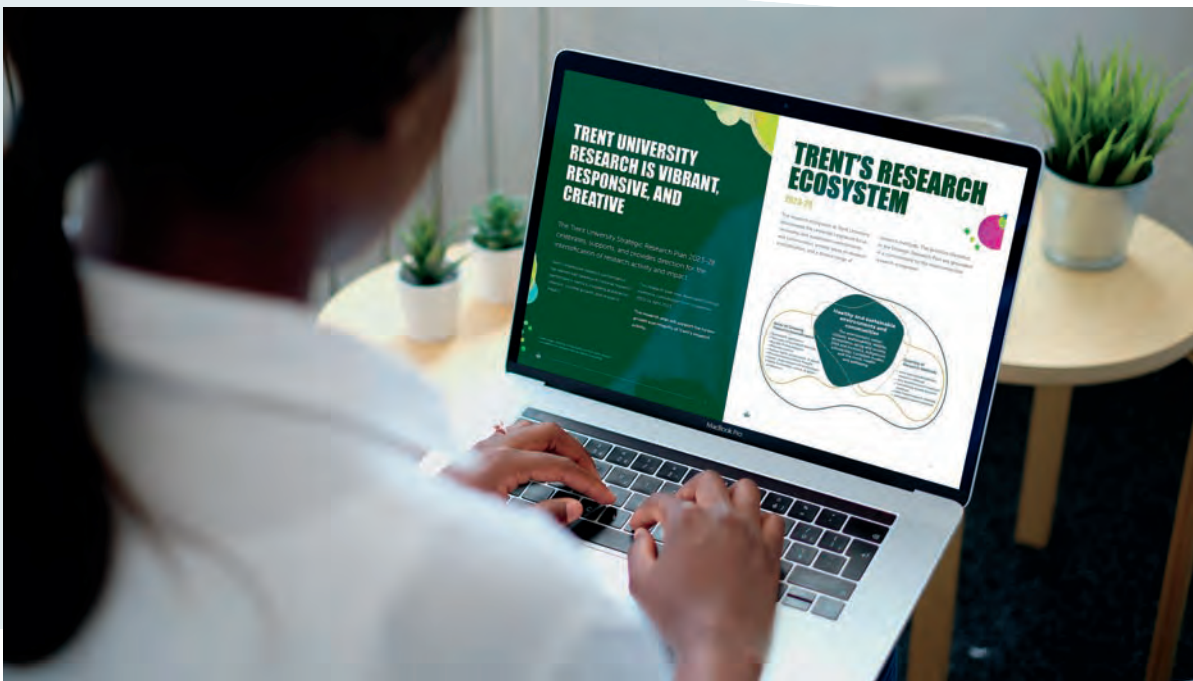
Aging research featured in Trent's new Strategic Research Plan

Aging Studies is in the forefront of Trent University's Strategic Research Plan.

The 2023-2028 document describes and highlights the impact of age-related research projects.

The **"Aging, health and society research at Trent's Seniors Village"** is listed as one of the nine "transformative spaces on the horizon" in cultivating research activity and impact in the (very important) 2023-28 strategic plan for the university.

Trent is committed to create a **vast and interconnected research ecosystem**. Within the University's signature focus on healthy and sustainable communities, aging studies is listed as one of the areas that represents an opportunity for further growth and research intensification.



Read the [Trent University Strategic Research Plan 2023-2028](#) here!

The 2023 Stephen Katz Distinguished Visiting Scholar in Interdisciplinary Aging Studies Program

A look back at the 2023 Katz Lecture in Interdisciplinary Aging Studies, on November 6th, 2023.

Our visiting scholar, **Dr. Anne Basting** - writer, artist, Professor of English (University of Wisconsin, Milwaukee) and founder of *Timeslips.org* - offered a comprehensive lecture about the power of art in social services and healthcare systems.

Dr. Basting shared stories of her work over 2 decades to **bring meaning-making techniques into daily care relationships and to aging and health systems as a whole**. These include infusing "Beautiful Questions" into meal delivery and senior companion programs, transforming stigmatized nursing homes into cultural centers, and creating student artists in residence programs where arts students receive room and board for a year to live as a neighbor to elders.



Dr. Anne Basting at the 2023 Katz Lecture in Interdisciplinary Aging Studies, November 6th, 2023.



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



Dr. Basting and Dr. Katz share a long-lasting friendship and mutual admiration for their work in the field of aging studies.

The 2023 Stephen Katz Distinguished Visiting Scholar in Interdisciplinary Aging Studies Program

“It was an honour to meet Dr. Anne Basting in person at TCAS at the Stephen Katz lecture. A trailblazer in arts-based dementia care, Dr. Basting's work has inspired confidence in many practitioners to creatively adapt to communication challenges, even in the most institutionalized of settings. Her talk challenged us to understand how radical acceptance of the moment is enough - that neither memory nor its improvement are required - to create meaningful connections.”

-An Kosurko
TCAS Graduate Associate



“Dr. Anne Basting's talk was brilliant! It was heartwarming to see how Dr. Anne Basting uses art to bring people together and create communities while providing comfort and creating opportunities for emotional healing.”

- Mariana Castelli Rosa
TCAS Graduate Associate

“Soon into Dr. Basting's lecture, we were confronted by the idea that ‘if we wait long enough, dementia finds us’. Her mother was diagnosed recently. She boldly and joyfully demonstrates how hope is sparked by creative, respectful ideas. Communities can be rebuilt to encircle people with dementia, their families, friends and healthcare professionals.”

- Lorelei Wilkinson '84
Senior Development Officer, Humanities and Social Sciences, Trent University

The 2023 Stephen Katz Distinguished Visiting Scholar in Interdisciplinary Aging Studies Program



Dr. Stephen Katz introducing Dr. Basting at the 2023 Katz Lecture



L-R: Dr. Jim Struthers, Dr. Mark Skinner, Dr. Stephen Katz

“It’s inspiring to learn from those who actively push back against convention to redefine areas of research and growth. Dr. Basting’s work transcends perceived boundaries of art, culture, and science through interactive opportunities, with practical and tangible benefits for all involved.

A touching and immersive presentation with a profound yet simple takeaway message: there is power and beauty in prioritizing and defending the importance of purposeful meaning-making – at every age.”

*-Jordan Till,
TCAS Graduate Associate*



Click on the image to watch the video of the 2023 Stephen Katz Distinguished Visiting Scholar in Interdisciplinary Aging Studies Program.

This video was produced by TCAS KMHub.

Honorary Doctorate of Science

Dr. Jenny Ingram '23 (Hon.)

This article was written originally by Danielle Britton for Trent News.

TCAS member Dr. Jenny Ingram, M.D., is a specialist in Internal and Geriatric Medicine, a Trent University adjunct professor, and an accomplished community leader, who in the very best of Trent's mission, has spent more than three decades 'challenging the way we think' about aging and dementia. She is the founder of the Kawartha Centre – Redefining Healthy Aging, a community-based senior's medical clinic and clinical research site.

Over the years, **she has worked tirelessly to increase health care capacity to serve complex seniors and those with dementia** including working with primary care locations to develop the skills and capacity of family health teams in diagnosing and managing dementia and Alzheimer's at their medical home.

She was instrumental in the development, funding and implementation of 12 interdisciplinary Geriatric Assessment and intervention teams and the Seniors Care Network that regionally serve 6,000 seniors living at home annually.

She has also become the resource for Geriatric Medicine residents wishing to learn how to develop programs in underserved communities. As a result of her efforts, the Central East region now has 11 geriatricians, whereas a decade ago there was only one. **Thanks to Dr. Ingram, the Peterborough region is now a provincial leader in caring for seniors through specialized geriatric outpatient and community services and is at the forefront of age-friendly community initiatives in Canada.**



Dr. Ingram continues to inspire Trent University in embracing Aging and Dementia in curriculum, research, credentialing and community engagement through her ongoing work with students and faculty in the Trent/Fleming School of Nursing, Psychology graduate program, and TCAS.

We were proud to host Dr. Ingram at a recent TCAS Aging & Society Seminar Series event in November, 2023! Thank you Dr. Ingram for your ongoing dedication to TCAS!

Listen [here](#) to Dr. Ingram after receiving her Honorary degree at Trent, June 2023

Read more [here](#) about her outstanding achievements and contributions to the region.

Featured Member Research: Aging Activisms

Project by Dr. May Chazan, TCAS Faculty Member

In April and May of 2023, we held **Youth Stories of Reworlding**, an intergenerational arts-based research workshop in partnership with the Youth Climate Action Club. Over two days, changemakers ages 10-100 gathered in beautiful Michi Saagiig Anishinaabe territory, at Sadleir House, to imagine beautiful, socially just futures by listening, dreaming, and being creative together. We shared in drama games, group discussions, creative writing exercises, vision boarding, and storytelling. With active support from past storytellers, seven youth activists shared and recorded their own stories of contributing to social change.

This was the final research workshop of Stories of Resistance, Resurgence, and Resilience in Nogojiwanong/Peterborough, a ten-year project that set out to explore diverse stories of social change in this community, and to come together in creative ways to envision futures that are sustainable and socially just.

Deep thanks to all who participated in this workshop and to those who have helped build and guide Aging Activisms since 2013.

As a project led by settlers in this territory, we are extremely grateful to live and gather on Michi Saagiig land and to the Elders and knowledge-holders in this territory who have continually shaped our learning; the land, water, and life here sustains us and shapes the knowledge we produce. We acknowledge the contributions of Alice Williams, Dorothy Taylor, and Anne Taylor in this workshop.

Learn more about Aging Activisms [here!](#)



TCAS Aging & Society Seminar Series

Communications support for these events is provided by the TCAS Knowledge Mobilization Hub



TCAS Aging & Society Seminar Series

Dr. Stephanie Tobin Presents:

Aging From a Cellular Perspective

May 23rd, 1-2pm
Bata Library, Room 411

To register, please email aging@trentu.ca

TRENT UNIVERSITY
TRENT CENTRE FOR AGING & SOCIETY

On May 23rd, 2023, **Dr. Stephanie Tobin**, Assistant Professor of Integrative Biology at Trent University, spoke to us about aging from a cellular perspective. Stephanie's presentation highlights and describes the process and findings of three distinct studies that explore aging through a biological lens.

Watch the seminar recording [here!](#)

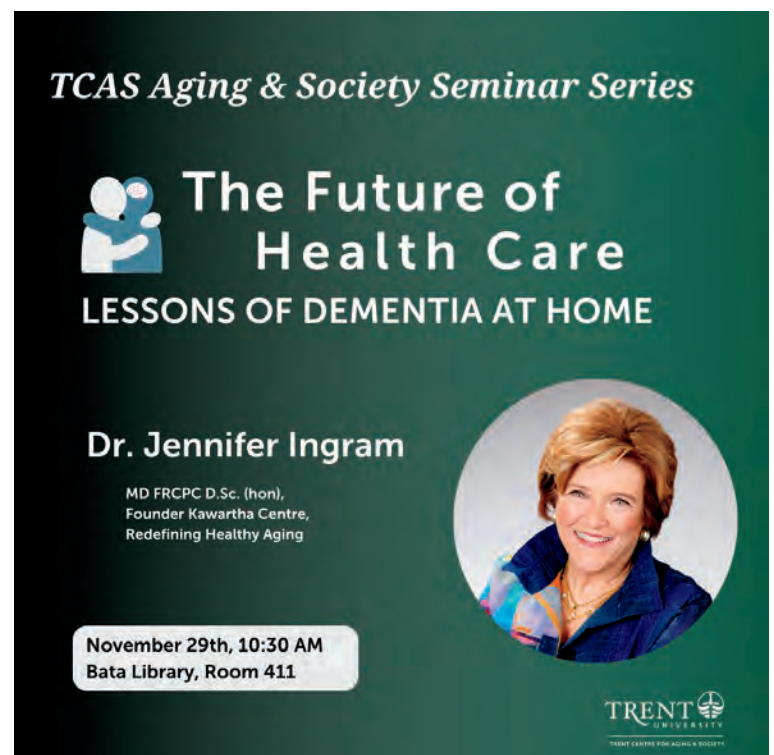
“There’s a difference between lifespan and health-span. I’m interested in addressing this gap and understand its causes by researching cardiovascular disease, muscle loss in heart failure and longevity in nutrient deprivation.” - Dr. Stephanie Tobin

November 29th, 2023, marked the final event of the Fall semester at TCAS with “The Future of Health Care: Lessons from Dementia at Home” by TCAS member and local geriatrician, **Dr. Jenny Ingram '23 (hon)**. A full room listened to Jenny analyzing the challenging landscape of health care for people with dementia in Canada.

Watch the seminar recording [here!](#)

“Dementia is a family centered disease. Family support is essential especially for persons with dementia. In that sense, Person Centered Care needs to follow the person and the family throughout”.

- Dr. Jenny Ingram



TCAS Aging & Society Seminar Series

The Future of Health Care
LESSONS OF DEMENTIA AT HOME

Dr. Jennifer Ingram

MD FRCPC D.Sc. (hon),
Founder Kawartha Centre,
Redefining Healthy Aging

November 29th, 10:30 AM
Bata Library, Room 411

TRENT UNIVERSITY
TRENT CENTRE FOR AGING & SOCIETY

TCAS New Faculty Member Profile: Dr. Raheleh Saryazdi

By Thomas Bodrug,
M.Sc. Candidate, Psychology

TCAS is so excited to welcome our newest faculty member, **Dr. Raheleh Saryazdi '11**! She is situated at the Trent Durham GTA campus, and we are already excited to be working with her to host our first-ever Aging & Society Seminar Series at Trent Durham! An Assistant Professor in the Psychology Department, Raheleh completed her B.Sc. in Psychology at Trent Durham, where she quickly fell in love with research. This passion led her to pursue a joint M.A.-Ph.D. program in Psychology at the University of Toronto under the supervision of Dr. Craig Chambers. Her Ph.D. research focused on exploring age-related differences in language abilities in the context of interactions between humans and between humans and artificial agents (e.g., social robots). Raheleh also completed a postdoctoral fellowship at KITE-Toronto Rehabilitation Institute with Dr. Jennifer Campos. Her postdoctoral research was a virtual reality at-home intervention aimed at

facilitating communication between persons living with dementia and their family care partners. Raheleh continues to work on this project in her new role as an affiliate scientist at Toronto Rehabilitation Institute.

Raheleh is also a member of the Canadian Consortium on Neurodegeneration in Aging, AGE-WELL, and a fairly new member of TCAS. She shares, **“I am excited to be a member of TCAS and looking forward to collaborating with other members to make a difference in the lives of older adults.”**

Raheleh is working to create her CHAT Lab (Cognition, Health, Aging, and Technology), where she will work with students on cognitive aging research using immersive technology-based environments to investigate changes in language and memory in both healthy and clinical populations. Raheleh is currently teaching courses in aging, cognition, and behaviour modification.



Dr. Raheleh Saryazdi, Assistant Professor, Psychology, and TCAS faculty member

*Dr. Raheleh Saryazdi was one of five TCAS faculty delegates to attend the **G7 Research Summit on Healthy Aging**! Thank you for your enthusiasm for TCAS and important contributions to the future of healthy aging!*



Participants of Dr. Saryazdi's research
Consent was obtained for photo release.

TCAS Alumni Profile:

Emily Mullins

Connections with Trent and TCAS help support Emily Mullins on her aging-focused career path

In high school, **Emily Mullins '17**, former TCAS undergraduate associate member, was first inspired to pursue her work in gerontology and public health through the experience of supporting and caring for her grandfather. Due to space limitations in long-term care homes at the time, and with declining health concerns, Emily recalls that he was placed in a hospital-based living situation that was not able to provide an appropriate level of ongoing care. The deficits in available support their family experienced motivated Emily's later academic and professional goals and inspired her to drive change for aging populations. "It inspired me to think of ways this could be changed and how I could make a difference for other families going through this."

Emily enrolled at Trent University in the Psychology program; a match she later recalls as serendipitous. In her third year, she crossed paths with Dr. Elizabeth Russell, Director of the Trent Centre for Aging and Society, initially taking courses with Elizabeth and becoming

actively involved with TCAS as a student associate. This would prove to be a strong dynamic pairing as Emily continued under Elizabeth's supervision for both a practicum placement, and then her cumulative honour's thesis project, in which she explored the impacts of participating in a collective kitchen program for single older adults. After graduating from Trent with her Honours B.A., Emily completed her Master's degree in Public Health at Queen's University and later worked in the charitable sector for the Canadian Cancer Society and HelpAge Canada. Emily attributes the qualitative research training she received through Trent's Psychology program as helping her to secure employment after graduation.

In her current position, Emily works as a knowledge broker for the [Centre for Studies in Aging and Health at Providence Care](#) based in Kingston, Ontario. Here, she is primarily responsible for working with the [Ontario Age-Friendly Communities Outreach Program](#), which she describes as a provincial knowledge translation and exchange initiative.



Overseeing 70+ communities across Ontario, her organization strengthens the capacity of age-friendly community initiatives to plan, implement, evaluate, and sustain their age-friendly activities.

"It inspired me to think of ways this could be changed and how I could make a difference for other families going through this."

Emily supports the development of resources, facilitates access to best-practice research and information, and fosters collaboration through network building. Recently, Emily completed the Knowledge Translation Professional Certificate program at Sick Kids Learning Institute to further her education in knowledge translation methodologies.

TCAS Alumni Profile:

Emily Mullins

While most of her work is focused on the provincial level, Emily has also supported her local age-friendly community initiative serving as a member of the Kingston Age-Friendly Working Group and participates as a member on the Pan-Canadian Age-Friendly Communities Reference Group, helping to advance age-friendly community development across Canada. Her work enriches the development of communities in ways that support aging residents.

When asked about what advice she would leave to undergraduates, Emily suggests choosing topics for assignments that are relevant to future professional or academic interests. Utilizing opportunities to explore these topics will be more enjoyable and will help to build your knowledge around a certain issue or population. Relatedly, Emily references the mentorship and networking opportunities provided to her through the Trent Centre for Aging & Society as instrumental to her career development.

"I continue to draw on the connections that I've made through TCAS."

The success that Emily has achieved is a testament to her hard work and perseverance. Trent University and the Trent Centre for Aging & Society are proud to have her as a TCAS alum, and look forward to following and supporting her future endeavors.



Emily (far right) and Elizabeth (far left) chat at a 2019 TCAS early career event.

"Emily is a shining example of the foundational training in interdisciplinary aging studies that we offer here at TCAS. She was an active student member of TCAS, taking advantage of our many educational and professional development opportunities for early-career scholars."

We are incredibly proud of the career path she has chosen and enjoy interacting with her professionally through her work with the Ontario Age-Friendly Communities Outreach Program, helping to advance age-friendly communities here in Ontario."

Emily's highly successful career trajectory is a testament to the importance of highlighting the value of academic training in age studies for the next generation of aging scholars and practitioners."

-Dr. Elizabeth Russell, TCAS Director

By Jordan Till
TCAS Graduate Associate Member

As CEO of the Community Training and Development Center (CTDC), a board member of Habitat for Humanity, a member of the Community Employment Resource Partnership, and the Northumberland Learning Advisory, Madelaine Currelly is a certifiable powerhouse. I had the pleasure of speaking with Madelaine, alongside her close friend and work colleague Suzanne Aldis Routh to hear more about their work with the CTDC, and the unique stories and perspectives that brought them to where they are now.

The Community Training and Development Center is a multi-award-winning not-for-profit organization that provides training and development opportunities – through various specialized programs and services – that are designed to support community typically, in ways that target facilitating and fostering employment opportunities and financial autonomy.

The organization has helped over 40,000 patrons and continually pushes to innovate and fulfill their mandate of providing communities with resilient solutions that add value to the lives of their residents. Some examples of previous programs that Madelaine told me about included the creation of a nutritional training initiative which taught members how to create nutritionally dense meals in a commercial kitchen setting and provided meal creation and delivery to aging community members in need; and the creation of other diverse online training programs, including personal care, childcare, and culinary assistance courses, that were utilized by the community. These programs have been incredibly successful, boasting a 90% employment rate for members who take part.

Much of Madelaine's work focuses on supporting aging populations and she mentioned to me that while



we know our bodies decline over time, there are things we can do maximize our health and productivity. Here, she raised the importance of having a purpose – a topic she returned to many times throughout our conversation.

“If you don't have a sense of purpose when you get up in the day, it becomes a psychological problem, which will then become a physical problem.”

When it comes to her personal purpose, many of her goals have revolved around supporting others through teaching and education. After completing two Psychology degrees –one in Childhood Development, and the other in Child Psychology– Madelaine has been working in education and training roles for most of her professional life. After helping to support her former spouse’s farming business, Madelaine decided to start her own business by creating and running a nursery, which later developed into a full daycare. After years developing her business, and two subsequent terms as a school board trustee, Madelaine broadened her scope again with the CTDC. Together with Suzanne –whom she met serendipitously while teaching her children in daycare, and who has previous experience in corporate and artistic industry –they have co-developed and run many of the community-level training programs that the CTDC is now known for. Madelaine tells me that she believes strongly in educating young people about the realities of aging; what to watch out for, and how to plan for a life of longevity. She fights hard to bring awareness to issues of ageism and sexism, and combats these issues head on, providing quality

education and knowledge resources.

“We still think we have to accomplish everything at fifty-five and then it’s over. We better have some plan in place; emotionally, socially, intellectually, and financially.”

Much of what she says is presented through the lens of economics. She told me that economic issues are often brought up within the focus of growth, that many areas are growing and continuing to expand; technology, industry, etc. Consequently, she is far more interested in aspects of stability, which seem to not be holding up in many of the same ways. While growth trajectories are important, Madelaine worries that by undervaluing areas like our creative economies, we are not supporting growth in a way

that fosters stability long term. For example, as our population is aging and living much longer lives than ever before, the old expectation of retiring at sixty becomes less and less tenable, as it leaves many out of work (and for many, without a sense of purpose) for almost half of their lives. Madelaine worries that as our society continues to age, economic problems will arise as we will not have adequate people to fill opening jobs. Aging populations still have useful and valuable resources to provide, and if we continue to discount those resources, we do everyone a disservice.



Suzanne Aldis Routh, Madellaine’s close friend and business colleague.

"[People] don't know what [agism] means in the economy, and they don't understand that people born today will live to be over 100... either your productive years are lengthened, or you better earn a hell of a lot of money in a very short amount of time... enough to go from age 60 to 100".

True to the mandate of the CTDC to bring innovation, Madelaine is always looking for new ways to evolve and bring knowledge to communities. Some of her current projects include the creation of a new aging-related podcast which is playing on her local radio station, as well as the development of a phone app which aims to bring their programming to mobile devices. When asked about her future plans, she told me that she wants to support developments in Ontario agriculture, as she believes we are a well-situated nation to demonstrate productive sustainability.

Madelaine kept me on my toes throughout our talk with her incredible insight and playful sarcasm, and I had such an enjoyable and enlightening conversation with her and Suzanne that our planned hour-long interview quickly became a four-hour conversation that covered many aspects of work and life. The infrastructure and resources facilitated through their work with the CTDC have made an unquestionable impact on so many communities here in Ontario and their accomplishments are, truly, nothing short of amazing.

We need more people like Madelaine Currelly.

-Jordan Till

About the Author:



Jordan Till is a second-year 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!



Madelaine (left) and Suzanne sharing a laugh after our talk .

By Jordan Till
TCAS Graduate Associate Member

One of the more adventurous outings I had the pleasure of participating in for this community connections project was joining a line dancing class at the Legion in Havelock. The class was one of many weekly opportunities organized and facilitated by Community Care Peterborough. Having zero prior formal experience with line dancing, I enlisted my work colleague and dear friend Kalyca Hebert to join me on this outing for moral support and to take pictures – as there was absolutely no way I was going to just sit and watch from the sidelines.

“I love to dance, I always have, so this is my perfect scenario.”

-Class Member

Upon arrival, we had the chance to meet and mingle with many of the participants prior to class.

The energy in the room was jovial and inviting; we were immediately made to feel at home and welcomed by everyone there. Many people shared with me their reasons for attending – their love for the physical benefits of the class, along with the social and communal aspects.

“I think it’s wonderful... how many people care about their health, to come and attend this and stay active... and it’s social.”

-Class Member

I also learned that this class was one of many for the day. After the hour-long line dancing class, there would be a weights and cardio class and then a balance class, and many people said they stay for all three!



Line dancing at the Havelock Legion

The group was seemingly a mix of drop-ins, regulars, newer attendees, and class veterans alike; with one member saying she had been line dancing with this program for ten years. Everyone seemed eager to have us join and were so supportive despite my ‘newbie’ status.



Kalyca (second from left) getting the hang of it!

One pro-tip I got – which I highly suggest for anybody trying their hand (foot?) at line dancing for the first time – was to stand in the middle of the group so that no matter which way you are facing, you always have someone to follow. Brilliant! And much needed, so thank you!

“I’m an older lady, and people don’t think that, because I’m old, I can do the things I do.”

-Class Member

Community Care Peterborough is an organization of volunteers and staff who aim to support health and well-being of individuals, caregivers, and communities. The organization services the Peterborough area through various facets and programs and promotes and presents its mandate across four identified pillars of respect, collaboration, accessibility, and leadership. Classes like the one we attended are only a small example of the many services provided by Community Care,

with others including transportation, food delivery, social and community events, other health and wellness opportunities, home and living supports, hospital-to-home services, and communal safety services.

We enjoyed our opportunity to attend this class, and I can even say that I picked up a few steps along the way. We must have been doing something right as some of the class members were very flirtatious! My sincerest thanks to all the members of the Havelock line dancing class and to Community Care Peterborough for welcoming Kalyca and I into your family for the day. We were fortunate to spend the time with you, hear your stories, and join you in having so much fun!

-Jordan Till

“I think because people are living longer, and we’re more fit than we ever were and trying to stay fit, that age is becoming a thing of the past.”

-Class Member



Custom member shirts had everyone laughing!

About the Author:



Jordan Till is a second-year 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!

Mnoominkewin gathering

By Heidi Burns, TCAS Graduate Associate



Photo credit: Nadya Kwandibens

The fourth annual Mnoominkewin gathering took place on September 23rd, 2023, in Michi Saagiig Territory on the Pow Wow grounds at Curve Lake First Nation. Mnoominkewin is central to ecological wellbeing and to inter-generational Anishinaabeg way of life on Turtle Island (North America) in the Great Lakes region. The practise of Mnoominkewin has been interrupted by ongoing colonization which has caused devastating decline of Mnoomin in the territory, covered by Treaty 20 and the 1923 Williams Treaties. Most all of the original Mnoomin beds, including in Pimadashkodeyong (Rice Lake), have been drowned as a result of the construction of the Trent Severn Waterway and damaged or removed to allow for rapid development of industry and cottages along shorelines of the waterway over the past 100 years.



Still, the practise of gathering, reseeding, and processing Mnoomin into food annually has remained a continuous and central part of life in the region. Michi Saagiig harvesters have found ways to continue to gather what little Mnoomin remained here as well as at nearby communities such as in Ardoch First Nation where Pimadashkodeyong seeds were planted by Alderville Michi Saagiig and Ardoch Omàmìwinini families in the Mississippi River at Ardoch for preservation during early colonization. The restoration of Mnoomin beds in Michi Saagiig territory by Mnoomin caretakers in recent decades has enabled a growing resurgence of Mnoominkewin in the Nogojiwanong (Peterborough) area.



Mnoominkewin gathering

The Mnoominkewin gathering brings Elders, Knowledge Holders, harvesters and supporters of all ages from across the Great Lakes region to learn and celebrate together through story telling, planting Mnoomin seeds to rehabilitate the beds in Chemong Lake, and to participate in roasting, dancing and winnowing the seeds for food. Throughout the day, participants also indulged in Mnoomin inspired breakfast, lunch, and dinner prepared by Anishinaabe-Jewish chef Shawn Adler and team of dedicated helpers and volunteers. The event was fully sponsored and open to everyone who wanted to attend.



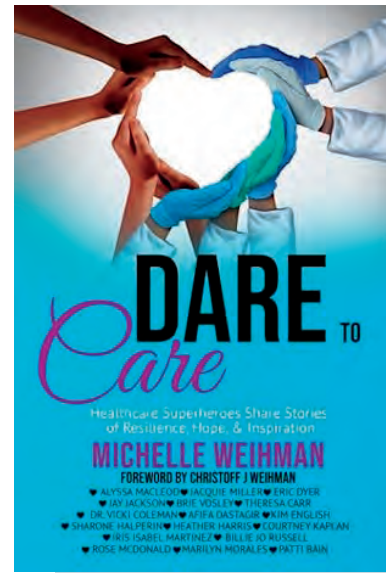
For many, including myself, it has been these very community harvesting events that offer the opportunity to learn about our shared histories and to rebuild our relationships with important Indigenous foods, like Mnoomin. I got in a canoe and riced for the first time in 2013, at the age of 30, on Little Bald Lake at a small community gathering held by Black Duck Wild Rice and I have been bringing my children to assist in gathering and reseeded Mnoomin every year since. My eldest riced for the first time when he was 4, and my youngest was breastfed while ricing in the Mnoomin beds at Ardoch. This year I had the great privilege of assisting the Mnoominkewin organizing committee with the event. My children, now 12, 9 and 5 years, were also there to help out and enjoy the day with me. Grandparents, parents, children and folks from communities and First Nations near and far attended. It was a great joy for all of us to be there celebrating in support of the restoration of Mnoomin, and the re-indigenization of food in this territory and beyond. As historian and Mnoomin Knowledge Holder Brittany Luby shared in CBC coverage of the event, “the gift of the Mnoomin is a reminder [from earlier generations and other than human relations] that we are loved”. I could not agree more.

TCAS Member Updates

TCAS is pleased to welcome **12 new members**: Yusi Chang, Angela Easby, Dr. Neil Fournier, Alana Hart, Colin Henning, Daniel Katey, Dr. Raheleh Saryazdi, Dr. Alice Sedziafa, Erika Snowden, Leah Steinke, Luka Stojanovic, and Tabytha Wells.

TCAS Executive **Dr. Sally Chivers'** Wrinkle Radio podcast has been in the news! After the Globe and Mail article we shared, Dr. Chivers was interviewed on CBC's The Current with Matt Galloway. KawarthaNow also followed up with a feature article previewing season 2 of the podcast.

TCAS member **Dr. Raheleh Saryazdi** presented her work, *One size does not fit all: Variability in device and content preferences of persons living with dementia and their family carers*, at the AGE-WELL Conference in Toronto.



TCAS member **Kim English** co-authored and published *"Dare to Care: Healthcare Superheroes Share Stories of Resilience, Hope & Inspiration"*.

TCAS members **Drs. Barb Marshall, Stephen Katz, Kirsten Ellison, and Nicole Dalmer** have developed a three-part video showcase, *Aging and Digital Culture Explained*

TCAS member, **Ann MacLeod**, recently published *Social isolation of older adults, family, and formal caregivers during the COVID-19 pandemic: Stories and solutions through participatory action research* in the Canadian Journal on Aging.

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TCAS Member Updates

TCAS was well-represented at the 2023 Canadian Association on Gerontology conference!

Alana Hart presented *“Towards just care: Mapping Ontario's home care system”* on behalf of TCAS members **Drs. Bharati Sethi** and **Mary Jean Hande**.

Dr. Elizabeth Russell presented *“Do psychology of aging-focused courses reduce ageism among undergraduate students: A quasi-experimental study”*.

Dr. Bharati Sethi presented *“Exploring Indigenous carers experiences during COVID-19 through community-based and arts-informed methods”* and *“Building the evidence for carer-inclusive workplaces: A community-engaged partnership for societal care reform”*.

Dr. Kim Ritchie presented *“Canadian long term care employees' intention to leave and associated mental health profiles during the COVID-19 pandemic”* and *“Potentially morally injurious events in long-term care providers during COVID-19”*.

Adebayo Makanju presented *“Who counts?: A case for datafication of aging and its implication on noncommunicable diseases health outcome in Nigeria”*.

Dr. Mary Jane Hande presented *“How approaches to communication affected family and staff experiences with COVID-19 family visitation programs: A comparative case study of three longterm care homes”*.

Ann MacLeod presented *“Lessons learned from participatory action research with people with dementia, their care partners, and health care providers on hospital-to-home care transitions”*.

Dr. Stephen Katz chaired the *“Cultural Gerontological Perspectives on Old Age and Vulnerability”* symposium and presented *“Older adult loneliness as a new ‘geriatric giant?: Problems of datafication within an ageist emotional economy.”*

Drs. Barbara Marshall and **Nicole Dalmer** presented *“Aging with technology: Unpacking the ‘technogenarian”*.

Dr. Nadine Changfoot presented *“Older adults' artistic, digital, and social engagement in Southwestern Ontario: Findings from a collaborative, community- and arts-driven study”*.

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TCAS Member Updates



TCAS Executive **Dr. Mark Skinner** along with members **Tabytha Wells** and **Daniel Katey** represented TCAS during a visit from the Ontario Deputy Minister of Universities and Colleges, David Wai.

TCAS Director **Dr. Elizabeth Russell** was a keynote speaker at the Wyoming Conference on Aging: Rural Age-Friendly Innovation.

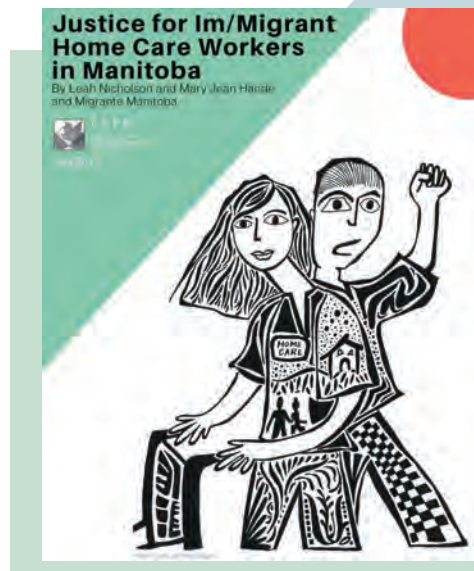
TCAS Executive **Dr. Suzanne Bailey** took on a new role at Trent University as the Assistant Dean of Graduate Studies.

TCAS Executive **Dr. Bharati Sethi** was featured in Trent News for her participation in the SSHRC ICF Ideas Lab.

TCAS member **Dr. Stephanie Tobin** was awarded an NSERC Discovery Grant & Supplement for her project "*Mechanisms of inflammatory memory in skeletal muscle*".

TCAS sponsored **Abbeyfield Lakefield's** annual Walk for Seniors Housing.

TCAS Executive **Dr. Bharati Sethi** presented at the Canadian Caregiving Summit in Ottawa.



TCAS member **Dr. Mary Jean Hande** published Justice for Im/Migrant Home Care Workers in Manitoba.

CHALLENGE THE WAY YOU THINK



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