

Aging Research Centre-
Newfoundland and Labrador

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Our Mission:

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



ARC-NL

Message from the Director

This month marks 2 years since ARC-NL was launched! Although the pandemic has made us postpone in-person activities, we hosted a virtual open house last month; you can view the recording on our [website](#). The Honourable Minister Brian Warr gave pre-recorded remarks where he announced a \$100,000 contribution to ARC-NL from Budget 2020. We are so appreciative of the support that our provincial government has shown towards research in aging. We will use a portion of these funds to hire our first post-doctoral fellow to explore aging within the NL context in the new year. I wish you all a very safe, happy, and healthy festive season and new year!

-Dr. Veronica Hutchings, Director, ARC-NL



Photo by Joe Bowden

Happy Holidays from ARC-NL !

ARC-NL ADVISORY COUNCIL

The mandate of the Advisory Council is to: help connect the Centre and its community stakeholders and to ensure equitable regional coverage; to help the Core Leadership Team (CLT) develop effective community outreach activities; to advise the CLT on possible external funding opportunities; and to provide input from stakeholders about the priorities and activities of the Centre.

2020 ARC-NL Advisory Council:

- Ms. Karen Gale, *Representative of caregivers*
- Mr. Mike Kehoe, *Representative of older adults*
- Ms. Linda Oldford, *Chair, Provincial Advisory Council on Aging and Seniors*
- Mr. Robert Rogers, *President, NL 50+ Federation*
- Ms. Mary White, *Indigenous Representative (island of NL)*
- *Indigenous Representative (Labrador – under recruitment; contact us if you are interested!)*
- Dr. Sharon Buehler, *Researcher with experience in aging research*
- Ms. Kelli O'Brien, *VP People, Quality and Safety, Western Health*
- Dr. Anne Martin-Matthews, *Researcher with expertise on aging; former Scientific Director of CIHR Institute on Aging*
- Dr. Elaine Wiersma, *Director, Centre for Education and Research on Aging & Health, Lakehead University*

MEET A STUDENT MEMBER

Name: Ryan Batten
Program: PhD, Clinical Epidemiology

Ryan's research looks at the prescribing patterns of benzodiazepine, a commonly prescribed drug used for anxiety and sleep problems, between rural and urban residents of Newfoundland and Labrador. He has found ARC-NL to be an excellent resource for his research, and he recently completed a course on aging offered by Dr. Ben Zendel, ARC-NL Research Chair. Ryan is also a valued member of the ARC-NL Management Board as graduate student representative.

“Always keep an open mind. Discussing your research with other disciplines and people can help create new perspectives that you hadn't previously considered” – Ryan Batten



2020 ARC-NL FELLOWSHIP RECIPIENTS

Mr. Kazeem Adefemi; PhD (Community Health and Humanities); *Do age and co-morbidity status affect colorectal cancer screening among the elderly NL population?*

Mr. Tristian Critch; Masters (Neuroscience); *Different Roles of L-Type Calcium Channels in Different Learning Models*

Ms. Dalainey Drakes; Masters (Experimental Psychology); *Anxiety and Depression in Rheumatoid Arthritis Across the Lifespan*

Ms. Tiffany Fillier; PhD (Environmental Science); *Brain health consequences of gut microbial metabolites*

Mr. SM Zia Hasan; PhD (Neuroscience); *The effects of early life events in a rat pretangle tau model*

Mr. Abdullah Saif; PhD (Community Health and Humanities); *Exploring the Role of the Arts in Improving the Quality of Life Among Older Adults Living with Diabetes*

Ms. Sarah Torraville; Masters (Neuroscience); *Role of Environmental Factors on Progression of Alzheimer's Disease in a Rat Model*

2020 ARC-NL RESEARCH GRANT RECIPIENTS

Dr. Fabien Basset (School of Human Kinetics and Recreation); *Physical health assessment program for older adults*

Dr. Zhiwei Gao (Clinical Epidemiology); *Burden and Predictors of Gender-Specific Multimorbidity Among Seniors in Canada*

Dr. Deborah Kelly (School of Pharmacy); *Taking an In-Depth Look at Seniors and Their Medication Use with an Aim to Reduce the Cost Burden*

Dr. Brian Staveley (Department of Biology); *Living Better Longer and Living Longer Better: Lessons from Fruit Flies*

Dr. Robert Wilson (Faculty of Medicine, Memorial University); *Understanding the healthcare process for the vulnerable elderly surrounding the Comprehensive Geriatric Assessment*

MEET A RESEARCH MEMBER



Dr. Kelly Warren

Associate Professor and Program Chair, Psychology Program, Grenfell Campus

« While estimates suggest 10% of Canadians aged 65 or older experience maltreatment, only 20% of those who are victimized report it. I am interested in uncovering the barriers that exist to reporting in hopes of helping those who suffer from maltreatment ». Dr. Warren's 2019 ARC-NL Research Grant Recipient supported data collection and helped establish partnerships with community members that are involved in the research process. If you are interested in learning more, participating in research, or would like to share research ideas, please contact Dr. Warren at kwarren@grenfell.mun.ca

MEET A COMMUNITY MEMBER

Name: **Dr. Suzanne Brake, Seniors' Advocate, NL**

Suzanne is the inaugural Seniors' Advocate of Newfoundland and Labrador, and works tirelessly to identify systemic issues and potential solutions. She also enjoys knitting, gardening, and spending time with her grandchildren. Suzanne has been a long-time proponent for an aging research centre in NL, and has been involved in ARC-NL from its very beginning.

"It is important to engage seniors or soon to be seniors in decision-making processes including research" – Dr. Suzanne Brake



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

WHAT'S HAPPENING AT ARC-NL

- November 24, 2020 : ARC-NL held a live virtual open-house. Watch a recording of the event here : <https://www.youtube.com/watch?v=Vo6Y8874yRs>
- November 24, 2020 : CSSD Minister Warr announced an additional \$100k contribution to ARC-NL
- December 17, 2020 : REG on Aging presentation on « *The Experienced Workers Program* ». Check out the full calendar of upcoming events and RSVP information here : <https://www.nlcahr.mun.ca/events.php>
- See 360° tours of our labs here : <https://www.grenfell.mun.ca/academics-and-research/Pages/Aging-Research-Centre/Resources/facilities.aspx>

KEEP IN TOUCH WITH US !



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