

# Aging Research Centre- Newfoundland and Labrador

NEWSLETTER | Volume 1 Issue 1  
June 2020



## *Our Mission:*

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



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

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



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

## ORGANIZATIONAL STRUCTURE OF ARC-NL

ARC-NL Management Board



ARC-NL Advisory Council

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### ARC-NL Core Leadership Team :

**ARC-NL Director**

Dr. Veronica Hutchings



**AVP Research, Engagement,  
Graduate Studies(Grenfell)**

Dr. Kelly Vodden



**ARC-NL Research Chair, CRC  
Aging and Auditory  
Neuroscience**

Dr. Ben Zendel



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

Dr. Stephen Bornstein



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### ARC-NL Coordinators :

**Coordinator**

Dr. Karen Doody



**Coordinator (St. John's)**

Dr. Sharon Buehler



## MEET A STUDENT MEMBER

**Name: Mayra Sanchez Alvarez**

**Program: Master of Arts in  
Environmental Policy**

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

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



## OUR HIGHLIGHTS SO FAR

**December 11, 2018** : ARC-NL is launched !

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

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

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



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

**September 20 & 24, 2019** : ARC-NL Director Dr. Veronica Hutchings gives talks on dementia at the Corner Brook Public Library

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

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

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

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



**November 13, 2019** : ARC-NL attends OlderWorkersNL summit (St. John's)



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

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

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



Database of **95** potential research participants to date

## MEET A RESEARCH MEMBER



**Dr. Michael Grant**

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

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

## 2019 ARC-NL FELLOWSHIP RECIPIENTS

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

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

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

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

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

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



**\$50,000**

in fellowships to fund Masters and PhD students in our first year

## 2019 ARC-NL RESEARCH GRANT RECIPIENTS

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

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

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

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

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

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

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

**\$68,047**



in research grants awarded in our first year



## SEEKING MEMBERS FOR THE ARC-NL ADVISORY COUNCIL !

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


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

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

## MEET A COMMUNITY MEMBER

**Name: Karen Gale**

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

**62** research members  
 **community members**  
**28** student members  
...and counting!

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

**200+**



Phone calls, emails, and visits from the public

## COMING UP

- ARC-NL is working in collaboration with the Harris Centre and Alumni Affairs on a project to help seniors in Newfoundland and Labrador navigate long-term care. Stay tuned for more information!
- ARC-NL's inaugural conference, "ARC-NL2020: Building the ARC" which was scheduled for May 7-8, 2020, was postponed due to the current pandemic. The goal of this event is to promote interactions between researchers and older adults in Newfoundland and Labrador in order to address important issues around aging in our province as well as to share some of the exciting research currently taking place. Details will be announced as soon as they are available. Please follow us on our website ([www.grenfell.mun.ca/arcnl2020](http://www.grenfell.mun.ca/arcnl2020)) or on Twitter @MUN\_ARC for announcements to follow.

**12** public talks  
and events  
to date



## MEET OUR GROWING LIST OF PARTNERS

Newfoundland & Labrador Centre for  
**APPLIED  
HEALTH  
RESEARCH**  
[www.nlcahr.mun.ca](http://www.nlcahr.mun.ca)



**AGEWELL**  
Canada's technology and aging  
network AGE-WELL

**SeniorsNL**  
RESOURCES • INFORMATION • CONNECTION



## KEEP IN TOUCH WITH US !



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