

Aging Research Centre- Newfoundland and Labrador

NEWSLETTER | Volume 2 Issue 2
December 2021



Our Mission

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



Message from the Director

As the year ends, it provides us with opportunity to reflect on what has happened and wonder of the opportunities ahead. Unfortunately, the COVID-19 pandemic continues and while there were times when we believed we were close to having our lives return to normal, there remains much unpredictability. Even in recent days our concerns have been heightened. The best we can do for each other is heed public health measures. As you are aware, my term has ended and I will step down from my position February 1, 2022. It has been a wonderful experience leading ARC-NL over the past three years. I am optimistic for the future as ARC-NL heads into the year where much will happen to advance the importance of aging-related research. I wish you all the best for this holiday season!

-Dr. Veronica Hutchings

ARC-NL 2021 AWARD WINNERS

Research Grants - \$25,000 each

Dr. Janna Andronowski, Assistant Professor of Clinical Anatomy, Faculty of Medicine – *Age- and Sex-related Changes in the Bone's Cellular Network: Impacts on Aging Bone Health*

Dr. Vishaal Rajani, Post-Doctoral Fellow, Faculty of Medicine – *The Role of Calcium Signaling in Memory Impairment During Aging and in Alzheimer's Disease*

Dr. Susan Mercer, Assistant Professor, Faculty of Medicine, and Clinical Chief, Eastern Health – *An Interprofessional Model of Care for Frail Older Adults in Newfoundland and Labrador*

Development Grant - \$7,500

Dr. Susan Mercer, Assistant Professor, Faculty of Medicine, and Clinical Chief, Eastern Health - *The Implementation and Evaluation of an Interprofessional Model of Care for Frail Older Adults in Newfoundland and Labrador*

Graduate Fellowships

Joshua Taylor (Master's student) – *Determining the Relationship of Age and Sex on the Cellular Network of Bone* - \$6,000.

Vahid Salehi (PhD student) – *A Systematic Approach for Investigating and Enhancing Health-Related Issues of Frail Older People During Hospital to Home Transition Processes* - \$12,000.

Mr. Salehi is the first recipient of the ARC-NL and AGE-WELL Fellowship that will see his total award valued at \$24,000. As Canada's technology and aging network, AGE-WELL brings together researchers, older adults, caregivers, partner organizations and future leaders to accelerate technology-based solutions that make a meaningful difference in the lives of Canadians.

MEET A STUDENT MEMBER



Lauren Harris
Bachelor of Science in Nursing
(Collaborative)

Lauren is originally from London, ON, but made the move to Corner Brook to pursue post-secondary education. She is currently enrolled in her second year of nursing at Western Regional School of Nursing (WRSON) on the west coast of the island. Lauren works for ARC-NL through the MUCEP student position, and has held this position since Fall 2019. Lauren has various interest areas including the nursing care of elderly patients, Parkinson's disease, and cognitive disorders. She is a current member of the Patient Advisory Council (PAC) for Newfoundland and Labrador, a student representative on her nursing school's society and is involved with the Canadian Association on Gerontology.

“ ARC-NL has granted me so many opportunities, and allowed me to discover my passion for nursing care of the elderly population. Newfoundland and Labrador finds itself in a unique position of having the majority of the population in the aging category. Organizations such as the ARC-NL are needed to help facilitate and peak interests of researchers in the province, and foster inspiration in up and coming researchers. »

STRATEGIC SESSION

ARC-NL is a pilot research centre within Memorial University to March 31, 2023. Prior to the end of the timeframe for the pilot, ARC-NL must submit a proposal to Memorial University to achieve permanent status that is renewable every five years.

The Core Leadership Team (CLT) held a strategic session on October 21, 2021, to set direction as ARC-NL starts to development its proposal in late 2022/early 2023. The purpose was to reflect on the question:

What are we applying to become?

The session provided the opportunity to identify progress, accomplishments and challenges. Among some of the key points: adjust the criteria for research funding to ensure more community-based aging research, create research pillars or themes based on areas of expertise of Memorial researchers, simplify the governance structure, and broaden awareness of ARC-NL.

As ARC-NL prepares its proposal, those issues will be taken into consideration as we talk to our stakeholders and determine the future of ARC-NL.

OUR GOALS

As a pilot research centre, ARC-NL's priority is to achieve status as a permanent research centre within Memorial University. To that end, between now and March 31, 2023, ARC-NL will be guided in its work by the following goals:

- Secure long-term funding
- Increase aging-related research and education at Memorial University
- Increase knowledge mobilization, communication, and engagement

MEET A RESEARCH MEMBER



Dr. Susan Mercer
Faculty of Medicine
Geriatric Medicine, Eastern Health

Dr. Mercer is a Care of the Elderly trained Family Physician in Geriatric Medicine at Eastern Health. Dr. Mercer sees patients who have declining health and function and makes recommendations about interventions to help improve their quality of life and function.

Dr. Mercer is now researching *An Inter-professional Model of Care for Frail Older Adults in Newfoundland and Labrador* through an ARC-NL grant. This project takes on three different aspects: 1) a literature review to look at models of care for frailty that exist across the country and around the world ; 2) an environmental scan of the aspects of frailty care that currently exist for outpatients in the Eastern Health region ; and 3) the compilation of local and national expert opinions on the gaps, strengths, and challenges of developing this model. The end goal is to work on a larger grant proposal to fund a project for the implementation of the frailty model

« This project would not be possible without the funding support from ARC-NL and the research support from the Department of Research and Innovation at Eastern Health. The funding opportunity brought the research team together to explore areas of interest and need, determine the research question, and develop a proposal for the work. We are very grateful to have received the funding to see the work through. »

2022 CALL FOR RESEARCH GRANTS

ARC -NL announced its call for research grants and adjusted its approach from previous years to encourage more research in social sciences/population-based research to align priorities with our major funder -the Department of Children, Seniors and Social Development (CSSD). For the 2022-23 Research Grants, ARC-will fund two research grants of up to \$25,000 each as follows:

- The top overall proposal from any discipline that meets the criteria
- The top proposal in the area of social sciences/population-based research

Letters of Interest are due January 4, 2022 with full proposals due March 1, 2022. Further details are available at www.grenfell.mun.ca/arc

Information regarding Graduate Fellowships will be announced January 2022.

BECOME A MEMBER!

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

WHAT'S HAPPENING AT ARC-NL

- **ANNOUNCING** – ARC-NL is planning its provincial conference May 5-6, 2022, Grenfell Campus, Corner Brook. We are optimistic this will be an in-person event and required precautions will be in place. More details will be released early in 2022.
- **November 25, 2021:** ARC-NL held a Research Talk as part of Memorial's Research Week. Watch a recording of the event [here](#).
- **Fall 2021:** The Research Exchange Group on Aging held a number of presentations on research related to aging. Check those out here : https://www.nlcahr.mun.ca/Research_Exchange/AgingREG.php

KEEP IN TOUCH WITH US !



arcnl@grenfell.mun.ca



www.grenfell.mun.ca/arc



FC4022, 20 University Drive,
Corner Brook, NL A2H 5G4



(709) 639-4872 (please leave message)



@MUN_ARC



@ARCNewfoundlandLabrador