



Welcome

...to the fall 2016 edition of the Geriatric Health Systems Research Group (GHS) Bulletin, which contains recent events and accomplishments of the GHS Group, as well as updates on ongoing projects. We hope that you find the bulletin informative and that it provides material to stimulate dialogue and generate new ideas. For more frequent updates on our work, follow us on Twitter [@GHS_UW](#) or like the Geriatric Health Systems Research Group - UW [Facebook page](#). If you would like to be included in our email distribution of the bulletin or would like further information on the material presented, please complete our Contact Us form on our website. If you no longer wish to receive emails from the GHS group or be included on the bulletin distribution list, please contact us at information.ghs@uwaterloo.ca directly.

GERIATRIC HEALTH SYSTEMS RESEARCH GROUP

- Geriatric Health Systems Research Group home
- ▶ About Geriatric Health Systems Research Group
- ▶ Current Research
- Publications and presentations
- ▶ Knowledge translation
- ▶ Opportunities
- Seniors Helping As Research Partners (SHARP)
- News
- Events
- Contact us
- ▶ Past Research



[Our history](#) »
See the developments behind the Geriatric Health Systems research group (formerly known as the InfoRehab team)

Welcome to Geriatric Health Systems Research Group

Inside this Issue

Cover

- Welcome
- Network for Aging Research Leadership Change & Event

Page 1

Inside

- Looking Back: Conferences & Presentations
- Fall Events
- Publications
- Awards & Nominations
- Successful Student Milestones
- Welcome New Members
- Co-op Students

Page 2-6

Back

- Seniors Helping as Research Partners
- Healthy Recipe

Page 7

Network for Aging Research Leadership Change

In September 2016, Dr. Paul Stolee was appointed the director of the University of Waterloo Network for Aging Research (NAR). Dr. Stolee and members of the GHS group will be playing an active role in the further development of the NAR in the upcoming months.

The NAR was formed as an outcome of a strategic plan from the University of Waterloo, where aging as a research focus area was set as a priority. It was created as a networking tool to connect new and seasoned researchers who are interested in or are currently conducting research in aging. The NAR will continue to foster aging-focused research through different funding opportunities, including a seed grant program, and by supporting events related to aging research.

NAR Guest Speaker Event

Watch for the NAR event run at the University of Waterloo on December 15, 2016! Guest speaker Dr. Julie Robillard of the University of British Columbia will be giving a talk called "Aging in a technological world: bridging disciplines to tackle the dementia epidemic." [Click here](#) for more information!

Looking Back: Conferences & Presentations

CAG Conference



Fostering Innovation in Research on Aging

On October 20-22, 2016, Dr. Stolee, Dr. Jacobi Elliott, Melissa Koch, Maggie MacNeil, Heather McNeil, Arsalan Afzal, Jeanette Prorok, Katherine Pauloff, Paige Fernandes, and Dr. Chiranjeev Sanyal attended the Canadian Association on Gerontology (CAG) Conference in Montreal, QC. The conference is a yearly multidisciplinary conference for those interested in individual and population aging. This year the theme for the meeting was innovation in research and practice in aging. We are very proud of our team for having several entries in the Poster Competition. Special congratulations to Dr. Elliott, who won the CAG Postdoctoral Poster Award and to Heather McNeil, for winning the Schlegel-University of Waterloo Research Institute for Aging Scholarship by the Canadian Association for Gerontology.

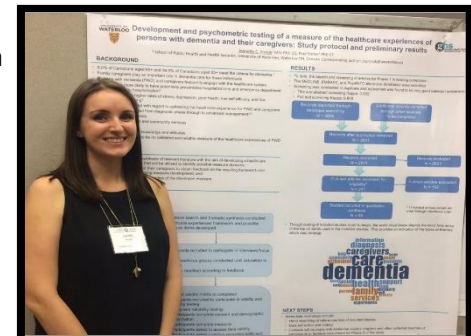


The oral presentations are as follows:

1. McMurray, J., McNeil, H., Sixsmith, A., Waldbrook, N., Stolee, P., Sveistrup, H. Lessons from Innovation Boulevard: A case study of a regional innovation ecosystem to support the development of technologies in health and aging.
2. Moreno, S., Battersby, L., McMurray, J., Mihailidis, A., McNeil, H., Moreno, L., Sixsmith, A. The innovation hub: mechanisms for innovation in aging and technology

The poster presentations are as follows:

1. Afzal, A., Stolee, P., Heckman, G., Khan, D. A 'Discharge Link Meeting' to improve Transitional Care for Stroke Survivors.
2. Elliott, J., Stolee, P., Heckman, G., Boscart, V., Giangregorio, L. Implementing a Process of Risk-Stratified Care Coordination for Older Adults in Primary Care. **Winning Poster.**
3. Fernandes, P., Elliott, J., Stolee, P. Engaging Older Community Clients in Healthcare Decision-Making.
4. Koch, M., Kuspinar, A., MacNeil, M., Juzwishin, D., Stolee, P. Facilitators and Barriers of Aging-Related Technologies: Innovators' Perspectives
5. MacNeil, M., Koch, M., Kuspinar, A., Juzwishin, D., Stolee, P. Enabling Health Technology Innovation and Adoption for Canadian Older Adults: Policymaker & Stakeholder Perspectives.
6. Main, S., Stolee, P., Boscart, V., Meyer, S., Wheeler, J., Kress, M. "It reminds me that I'm still me": Social programs for younger persons with dementia.
7. McNeil, H., McMurray, J., Byrne, K., Grindrod, K., McKinnon, A., Stolee, P. "...And then of course we will involve the community": Lessons on meaningful engagement of older adults in innovation ecosystems.
8. Pauloff, K., Elliott, J., Stolee, P. Engaging Older Adult Patients in Primary Care Settings.
9. Prorok, J., Stolee, P. Development and psychometric testing of a measure of the healthcare experiences of persons with dementia and their caregivers: Study protocol and preliminary results.



AGE-WELL

Annual Conference and Annual General Meeting

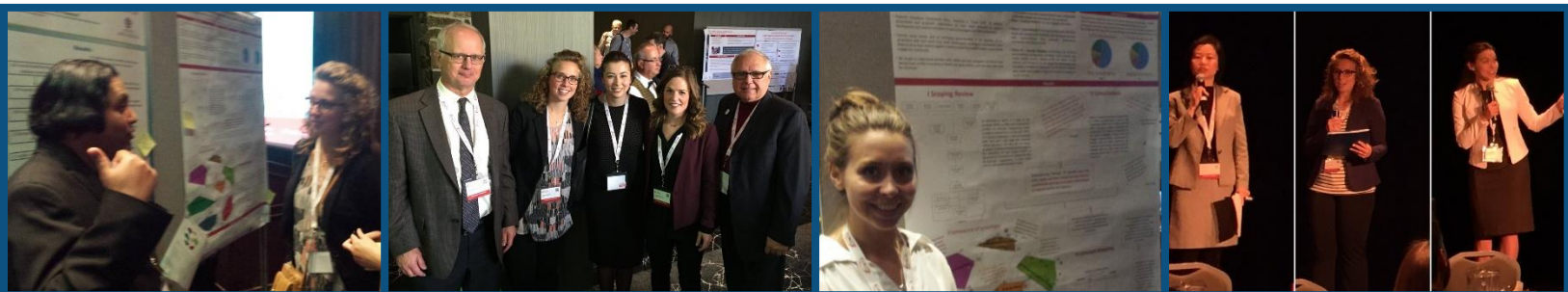


On October 18-20, Dr. Stolee, Dr. Don Juzwishin, Heather McNeil, Maggie MacNeil, Dr. Sanyal, Dr. Ayse Kuspinar, and Melissa Koch attended the AGE-WELL Annual Conference and General Meeting in Montreal, QC. Members from the GHS group were given the opportunity to participate in the poster competition, a product demonstration and networking session, and in a "Minute Madness" oral presentation this year.

During the conference, GHS members participated in the AGE-WELL "Drinks and Demos" Networking Reception. They presented a manual and process maps that have been developed by our team for innovators who are part of the AGE-WELL network. The manual was written as a guide to help innovators navigate the different policy and regulatory requirements for health technologies in Canada to ultimately improve consumer access to health technologies.

The presentations were as follows:

1. McNeil, H., Juzwishin, D., Ahn, J., Cicchetti, A., Chen, Y. Y., Kume, N., Stolee, P. Health Technology Assessment and aging: An idea whose time has come. Poster presentation.
2. Sanyal, C., Stolee, P., Juzwishin, D., Husereau, D. Aging-related health technologies: Challenges and opportunities for economic evaluation. Poster presentation.
3. McMurray, J., McNeil, H., Sixsmith, A., Stolee, P., Sveistrup, H. Building capacity for health and aging innovation in Canada: Of regions, relationships & risk. Poster presentation.
4. "Minute Madness" presentations on our AGE-WELL projects were given by Melissa Koch, Heather McNeil and Rena Yang. Dr. Stolee and Dr. Josephine McMurray gave an oral presentation overview of our work. Stolee, P., McMurray, J. WP7: Policy-Tech.



Fall Events

Technology Adoption and User Engagement Workshop



On November 9, our group was involved in a fun and interactive AGE-WELL workshop open to innovators and community members at Communitech in Waterloo, ON. During the workshop, there were many interactive activities designed to help in understanding technology adoption in older adults. Older adults had the opportunity to share how they felt about both commercially available and developing technology. Thanks to all GHS Group members who helped out on the day, and congratulations to Heather McNeil who played a key role in organizing the successful event!

On November 8, Heather McNeil did an excellent job representing AGE-WELL and the Workshop in an interview on 570 News Radio.

Roundtable Discussion on Seniors' Health Priorities

On October 18, Dr. Stolee was invited to attend a Roundtable Discussion on priorities for seniors' health in Canada by Jane Philpott, Minister of Health, and Jean-Yves Duclos, Minister of Families, Children and Social Development, in Ottawa, ON. Dr. Stolee and other experts in the field discussed the most pressing challenges and opportunities facing seniors, the priorities that should be addressed in relation to seniors' health by the Government of Canada, and what could help the Government of Canada remain engaged and informed about current issues related to seniors' health.

St. Joseph's Health Care



Care Transitions for Older Adults: Beyond discharge planning

On October 18, Dr. Elliott helped to organize the St. Joseph's Health Care London Symposium on care transitions for older adults in Stratford, ON. Dr. Stolee gave a keynote presentation on care transitions research. This was followed by presentations from other experts with different lenses in the field and a final presentation by Dr. Elliott. She introduced a draft of patient, health care provider and literature-informed guidelines for safe and effective care transitions. Health care providers were then invited to provide feedback on the guidelines to assist in creating a final version of feasible and realistic guidelines. The final guidelines will be available in January 2017.



Grand River Hospital Event at Luther Village

Advancing Exceptional Care: Healthy Aging Now and in the Future

On September 29, Dr. Elliott, Kathleen Pauloff and Paige Fernandes attended an event at Luther Village, hosted by Grand River Hospital in Waterloo, ON. They engaged with community members on health-related topics, discussed current research undertaken by GHS, and promoted older adult involvement in the research design and implementation process through participation in the GHS-run SHARP group.



Publications

Armstrong, J., Sims-Gould, J., Stolee, P. (2016). Allocation of Rehabilitation Services for Older Adults in the Ontario Home Care System. *Physiotherapy Canada*. 68(4);346-54. Doi: 10.3138/ptc.2014-66.

This qualitative study aimed to develop an understanding of the factors influencing decisions to allocate rehabilitation therapy services to older adults. Provision of rehabilitation services was driven by functional needs and postoperative care, and challenged by limited home care capacity.

Awards and Nominations

Congratulations to Heather McNeil for winning the Schlegel-University of Waterloo Research Institute for Aging Scholarship at the CAG 2016 Conference in Montreal this year!

Congratulations to Dr. Elliott for winning the CAG Postdoctoral Poster Award at the CAG 2016 Conference in Montreal this year!

Congratulations also to UW colleague **Kimberly Lopez** who won the CAG Donald Menzies Bursary.



Successful Student Milestones

Congratulations to Sarah Main on graduating with her MSc in Health Studies & Gerontology and on her entry into the UW Collaborative PhD program in Aging, Health and Well-Being.



Welcome New Members



Paige Fernandes is a first year Master's of Science student in the School of Public Health and Health Systems program and is working under the supervision of Dr. Stolee. She obtained a Bachelor's of Science in the Health Studies program at the University of Waterloo. After completing her undergraduate studies and volunteering in long-term care settings, she realized her interest in older adult health and health policy related issues. She will contribute to research to understand and improve patient engagement strategies within primary and home care settings through the CHOICE project (Choosing Healthcare Options by Involving Canada's Elderly).



Kathleen Pauloff is currently working to complete Master's of Science in the School of Public Health and Health Systems under the supervision of Dr. Stolee. She has completed two undergraduate degrees: the first in Psychology at the University of Waterloo, and her second in Social Work at Renison University College. She has a strong interest in seniors' issues, healthcare technology, and social and health policy. She is drawn to research on seniors' health management and to exploring patient engagement strategies for older adults with chronic illness. She aspires to advance research as it relates to improving the quality of life and empowering adults in later-life and end-of-life care.



Dr. Sospeter Gatobu is a research associate with Dr. Stolee in the School of Public Health and Health Systems. Sospeter has a PhD in Health Studies and Gerontology from the University of Waterloo, a Master's of Arts in Communication from Daystar University, and a Bachelor of Education from Kenyatta University, Kenya. He is experienced in project and program evaluation, qualitative and quantitative research and knowledge translation and implementation. Sospeter has worked with local and international organizations to translate knowledge into practice to improve health, food security, nutrition and community development especially for the rural poor in Africa. In addition, he has extensive training and experience in program and project management and has used these skills both in Canada and Africa. Sospeter is also a trained teacher.



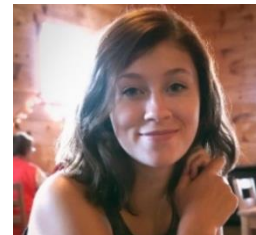
Dr. Chiranjeev Sanyal is an AGE-WELL post-doctoral research fellow with Dr. Stolee at the School of Public Health & Health Systems, University of Waterloo. Chiranjeev received his PhD from McGill University and MSC from Dalhousie University. His research interests include evidence synthesis, economic evaluation of health technologies, epidemiology and medication management. Chiranjeev is working on projects funded by the AGE-WELL (Aging Gracefully across Environments using Technology to Support Wellness, Engagement and Long Life), Network of Centres of Excellence (NCE), where his research focuses on the adoption and reimbursement of aging related technologies.

Co-op Students

Alicia Gordon is completing her Honours BSc. in Health Studies with a minor in Gerontology. Previously, Alicia worked for the University of Waterloo Professional Development program as a Teaching Assistant for a Critical Reflection and Report Writing course. She also worked at Grand River Hospital, where she wrote over 70 reports on Physical Demands Assessments of staff. Alicia enjoys volunteering at Freeport Hospital in the Hospital Elder Life Program (HELP), as well as at Region of Waterloo Public Health as an Ambassador for Health Promotion, and for the Cochrane Collaboration on their EMBASE project.



Jessica Wood is pursuing her Honours BPH in public health with a minor in Gerontology. Jess believes that government policies and actions play a key role in shaping the health of our communities, specifically in the growing gerontology field. Jess previously worked for the Ministry of Research and Innovation where she played a major role in creating the new Ontario-China Young Scientists Exchange Program as well as furthering the Early Researcher Award. She also assisted in organizing the Higher Education Institutions for Premier Wynne's 2016 Mission to India, earning considerable recognition for her leadership.



Seniors Helping As Research Partners

Our goal is to learn from seniors and their families, to develop a sustainable network, and to advance the development of research priorities and collaborations with the ultimate objective of improving the health care system for older adults.

If you are **55+** and interested in more information or volunteering with the SHARP network, please contact the GHS research group through **Jacobi Elliott** at **519-888-4567 ext. 38982**.

Check out the following video where we collaborated with SHARP members to find out why they chose to volunteer with SHARP: <http://uwaterloo.ca/ghs/sharp>



Puy lentils bulk out this low-calorie vegetarian bake with mozzarella cheese, tomato and basil sauce and roasted eggplants

Serves: 4

Preparation Time: 15 min

Cooking Time: 45 min

Level: Easy

This recipe was borrowed from:
<http://www.bbcgoodfood.com/recipes/layered-aubergine-lentil-bake>

Layered Eggplant & Lentil Bake

Ingredients:

2	Eggplants, cut into ½ cm slices lengthways
3 tbsp.	Olive Oil
140g	Puy lentils
2	Onions, finely chopped
3	Garlic cloves, finely chopped
300g	Cooked butternut squash
400g	Can of chopped tomato
½ pack	Basil Leaves
125g	Ball of Mozzarella, torn

Nutrition Information

Amount Per Serving

Calories 359

Total Fat 16g

Saturated Fat 6g

Salt 0.4g

Total Carbohydrate 34g

Sugar 14g

Fiber 10g

Protein 19g



Gluten Free



Vegetarian

Preparation:

1. Heat oven to 220°C (425°F). Brush both sides of the eggplant slices with 2 tbsp. of olive oil, lay on baking trays, season and bake for 15-20min until tender, turning once. Cook the lentils following pack instructions.
2. Heat remaining oil in a large frying pan. Add onions and garlic to oil and cook until soft. Stir in the squash and tomatoes, plus ½ can of water. Simmer for 10-15 min until sauce thickens. Stir in the lentils, basil and seasoning.
3. Spoon a layer of lentils into a small baking dish. Top with eggplant slices and repeat, finishing with a layer of eggplant. Scatter with mozzarella and bake for 15 min until cheese is golden and bubbling.

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