3 - 4  RECRUITMENT & COMMUNICATIONS
An update on our recruitment numbers, the implementation of new mailing lists and the launch of a NAR newsletter.

5 - 7  EVENTS
An update on our funded events, including NAR-hosted events, new presentation opportunities, and our SoAR-partnered event.

8 - 9  FUNDING
An update on funding outcomes from previous terms, followed by interim outcomes of current grants and funding notes.

9  NEXT STEPS
Recruitment emails were sent to all UW researchers who identified an interest in aging research on their faculty website. Network invitations are sent to all grant fund applicants.

A total of 82 aging-focused researchers are network members.

- Promotional videos developed: 3
- New email sign-ups: 63
- Mailing list streams introduced: 2

Communications can be targeted to researchers only, or to the entire network mailing list which includes students, community members and other stakeholders.
Twitter followers

Following the implementation of a NAR twitter account.

New NAR Logo
In 2016, the NAR launched a new logo for brand recognition, which has all faculty colours joined with a circle around the NAR acronym. This is meant to symbolize our ongoing commitment to support interdisciplinary collaboration and unity of faculties across the university to expand the field of aging research.

Aging-focused Researchers Booklet
Booklets profile aging-focused researchers within the NAR. Research interests and projects are summarized. 120 copies have been distributed. A new, updated version is in production.

NAR Brochure
200 copies have been distributed at 4 events.

NAR Email Newsletter Implemented

Winter 2018 Newsletter
Funding Opportunities
2018 Winter Catalyst Grant

The Network for Aging Research has launched a call for the 2018 Winter Catalyst Grant. NAR invites qualified researchers from the University of Waterloo to submit applications for exploratory research or new aspects of current research, across a variety of aging-related domains. In June 2017, faculty members, including those who work with volunteer older adults, and researchers at a symposium involving an aging research priority setting activity. For this call, NAR is strongly encouraging researchers to propose projects that are aligned with one of the identified priorities. Applicants are also required to show that receipt of catalyst funding will contribute to an external funding application within two years. Funds of $120,000 are available to fund multiple catalyst grants up to a maximum of $10,000 each. To encourage cross-disciplinary collaboration, applications involving co-PIs and significant involvement from two or more faculties may request up to $30,000 in funding.

Applications are due to Sheila Rodeman no later than January 15, 2019 at 4:00 PM.

For more information, and to access the application forms, visit the Catalyst Grant page on our website. Find it here: https://uwaterloo.ca/network-for-aging-research/funding-opportunities/catalyst-grant

NAR Event Grants
If you are planning an event that highlights aging research, you may apply for...
December 15, 2016 - Lecture by Dr. Julie Robillard
Dr. Robillard is an Assistant Professor of Neurology in the Faculty of Medicine at the University of British Columbia. Dr. Robillard presented "Aging in a technological world: Bridging disciplines to tackle the dementia epidemic." The event was held in the new AHS lecture theatre space, followed by a networking reception with refreshments.

The event was attended by 36 participants.

June 26, 2017 - NAR Spring Symposium; Keynote by Olive Bryanton
Olive Bryanton (now Dr. Bryanston), 82 year old from Nova Scotia, presented her work that utilized PhotoVoice. This was followed by a presentation on older adult engagement by members of the Seniors Helping as Research Partners group, and finally a priority setting partnership. The priority setting partnership helped determine the NAR's research priorities.

249 survey respondents; 1029 votes on priorities; 83 participants in the activity

April 6, 2018 - Lecture by Dr. Anne Martin-Matthews
Dr. Martin-Matthews is the Acting Vice-President, Research, Knowledge Translation, and Ethics of CIHR. Her lecture was given in honour of William F. Forbes, who was the founding Director of the Gerontology program at the University of Waterloo, Canada's first English-language graduate program in Gerontology. 114 audience members (faculty, staff, students, and community members) were in attendance and we received 80 email sign-ups

A recording of the lecture and pictures from the event can be found on the NAR website.
November 22, 2018 - How to win grants and influence reviewers

25 participants, including faculty, staff and students from a variety of disciplines, heard from an expert panel (Dr. Heather Keller; Dr. Ruth Knechtel and Dr. Thomas Willett) on how to incorporate an interdisciplinary approach and knowledge translation methods into grant proposals. Participants with similar research interests then formed groups to develop and submit a research question and corresponding plan for knowledge translation and an interdisciplinary approach. Groups focused on priority research areas previously identified through the network. The winning group received a $2000 prize to support the completion and submission of a grant proposal for the NAR January 2019 Catalyst grant call.

June 18, 2019 - Lecture by Dr. Alex Mihailidis

On June 18, 2019, NAR hosted the second annual William F. Forbes lecture with keynote speaker Alex Mihailidis. Alex Mihailidis is a professor and the Barbara G. Stymiest Chair in rehabilitation technology at the University of Toronto and Toronto Rehab Institute. He is also the Scientific Director of the AGE-WELL Networks of Centers of Excellence.

Over 100 people were in attendance to hear his talk, 'Technology and Aging: Supporting our current and future selves'. Attendees were also able to learn about new research and innovations from 22 poster presentations and 8 tech industry booths.

A recording of the lecture and pictures from the event can be found on the NAR website.
EVENT OPPORTUNITIES

Beginning in October, 2017, the NAR began hosting Lunch 'n' Learns for aging-focused researchers in the network. The Lunch 'n' Learns are advertised to both the University community and the public. The NAR provides space, refreshments and advertising. A form is available on our website to register to present.

To date, we have had:

<table>
<thead>
<tr>
<th>Presentations Hosted</th>
<th>Average Attendance</th>
<th>Total Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>18</td>
<td>53</td>
</tr>
</tbody>
</table>

SOAR EVENTS

January 25, 2018 - Winter Speed Networking
February 7, 2019 - Winter Speed Networking

The NAR partnered with the Symposium on Aging Research (SoAR) group to provide $2500 in funding to host two winter speed networking events for students and faculty.

During these events, students were offered:
- Networking workshops
- Free professional headshots
- Speed networking and open networking

100% Interested in attending a similar future event
83% Felt networking confidence & skills improved

Symposium on Aging Research Event Grant:
$4500 funded by NAR over three years
$300 in NAR sponsored prizes (Best oral presentation and best poster presentation)
# Funding Outcomes

## Emerging Scholar Mentorship Grant 2015

- **10** Manuscripts published
- **$80k** 8 grants funded
- **34** Presentations (oral and poster)
- **$220.5k** External funds granted
- **12** External Application/Awards
- **18** HQPs Supported: BSc (9), MSc (5), PhD (4)

*Other KT products (1 press release, 1 prototype, 1 patent application, 1 external partnership, 1 assessment instrument, 1 invitation to co-edit journal special issue

## Catalyst Grant Winter 2016

- **9(4)** Manuscripts published (in preparation)
- **$90k** 10 grants funded
- **29** Presentations (oral and poster)
- **15** External Applications/Awards
- **$558k** HQPs Supported: BSc (9), MSc (8), PhD (8), PDF (1), Other (2)

*Other KT products (7 including scientific reports, protocols, assessment tools)

## Catalyst Grant Spring 2017

- **4(3)** Manuscripts published (in preparation)
- **$90k** 8 grants funded
- **18** Presentations (oral and posters)
- **10** External Applications/Awards
- **778k** External funds granted

## Catalyst Grant Winter 2018

- **7(1,1)** Manuscripts published (under review; in preparation)
- **$238K** In funding; 16 NAR grants funded
- **19** Presentations (oral and Posters)
- **7** External Grant/Award Applications
- **$1.49M** HQPs supported: BSc (2), MSc (6) PhD (9), Other (1)

*These numbers are only based on the interim outcomes of 5 of the 16 projects. These numbers will continue to increase as we receive updates from the other 11 funded projects.
FUNDING NOTES

- Outcomes of prior funding are based on grants which have now concluded their study period. Researchers were given the option to indicate "no further updates" or to continue updating the group. More than 50% of recipients have chosen to continue providing updates regarding their work. Many are still developing external grants and manuscripts based on their NAR-funded work.
- Specific information on all grants can be found here: S:\Network for Aging Research\Grants\Grants Researcher Requirements & Return on Investments Tracking.

NEXT STEPS

- Exploring options for ongoing sustainability of NAR.