



Lakehead
UNIVERSITY

Centre for
Education and Research
on Aging & Health



CENTRE FOR
**Education and Research
on Aging & Health**

Knowledge | Collaboration | Action

ANNUAL REPORT
2023-2024

Prepared By:
Dr. Kathy Kortés-Miller, Director

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1. HUMAN RESOURCES

1.1 Core Staff Members

Name	Title	Date
Kathy Kortes-Miller, MSW, Ph.D.	Director	July 1, 2021 - present
Kassandra Fernandes, MPH, Ph.D. (Cand.)	Curriculum Developer	May 1, 2021 - present
	Knowledge Broker	August 15, 2023 - present
Stephanie Hendrickson, MSW	Knowledge Broker	December 15, 2011 - present
Carlina Marchese, MHSc	Research Coordinator & Research Manager	June 24, 2019 - July 13, 2022
	Knowledge Broker	August 29, 2022 - present
Holly Prince, MSW, Ph.D. (Cand.)	Project Manager	September 1, 2007 - present
Maydena Remenda, MSW, Specialization in Gerontology	Project Assistant	October 2023 - March 2024
	Knowledge Broker	March 4, 2024 - present
Jessica Wyatt, BEd., MA, PMP	Knowledge Broker	May 6, 2008 - present

1.2 Other Part-Time Staff

CERAH also employs research assistants, project assistants and education facilitators on a fixed-term basis, depending on projects and research grants:

- Margaret Bannon, Palliative Care Education Facilitator - April 1, 2021 - present
- Leonard Benoit, Palliative Care Education Facilitator - April 1, 2021 - present
- Marlene Benvenuto, Palliative Care Education Facilitator - April 1, 2021 - present
- Shauna Fossum, Communications Coordinator - May 1, 2023 - August 30, 2023
- Emilie Gaudet, Dementia Café Coordinator – October 2020 - May 2023
- Sherri Henderson, Palliative Care Education Facilitator - April 1, 2021 - present
- Seunghyun Kim, Dementia Café Program Assistant – October 2023 - Present
- Jill Marcella, Palliative Care Education Facilitator - September 24, 2020 - present
- Kimberly Ramsbottom, Palliative Care Education Facilitator - September 24, 2020 - present
- Maaja Sepa, Dementia Café Coordinator – April 2024 - Present
- Melissa Stevenson, Palliative Care Education Facilitator - April 1, 2023 - present
- Caitlin Watkins, Dementia Cafe Program Assistant - January 15, 2023 - September 2023

- Joanna Vautour, Palliative Care Education Facilitator - September 24, 2020 – present

1.3 Students

- Kay-Lynn (KC) Craig, Honours Bachelor of Social Work (January 2024 - June 2024)
- Aseel Hashim, Master of Public Health (September 2022 - April 2023)
- Seunghyum Kim, Master of Health Sciences (September 2022 - present)
- Maydena Remenda, Master of Social Work (May 2023 - September 2023)
- Maaja Sepa, Master of Health Sciences (September 2023 - present)

1.4 Research Affiliates

The following individuals are listed as CERAH Research Affiliates:

- Kristen Jones-Bonofiglio, PhD School of Nursing
- Ide Costa, PhD School of Nursing
- Anna Koné Péfoyo, PhD Department of Health Sciences
- Kathy Kortés-Miller, PhD School of Social Work
- Lynn Martin, PhD Department of Health Sciences
- Ian Newhouse, PhD Department of Kinesiology
- Nisha Sutherland, PhD School of Nursing
- Elaine Wiersma, PhD Department of Health Sciences (also Dementia and Seniors' Mental Health Division Lead)

2. EDUCATIONAL INITIATIVES (APRIL 1, 2023 - MARCH 31, 2024)

2.1 Education Contracts

Since 1993, CERAH has organized and delivered gerontology education related to aging, seniors' mental health, palliative care, and other aging-related issues. Annual funding from the Ontario Ministry of Health and Long-term Care (MOHLTC) and the North West Local Health Integration Network (LHIN) (now Ontario Health) has been allocated to CERAH since the 1990s as base funding, meaning that while funding contracts are annual, CERAH does not need to reapply for this funding.

In addition to this annual funding, in 2023-2024, CERAH received additional base funding from Ontario Health for two programs - Community Behavioural Supports funding (\$18,000 annually) and Dementia Café (\$25,658 annually). An ongoing agreement also continues with St. Joseph's Care Group to organize and facilitate education for the Regional Behavioural Supports Program (recently increased to \$50,000 annually).

The following outlines project and education contracts held at CERAH from April 1, 2023 – March 31, 2024:

- 2023-2024 Ministry of Health/Long-term Care
(Palliative Care Education - base funding)
- 2023-2024 Ontario Health
(Community Behavioural Supports funding)
- 2023-2024 Ontario Health
(Dementia Café: A Place to Belong)
- 2023-2024 Ontario Health
(Geriatric Mental Health Education - base funding)
- 2023-2024 St. Joseph's Care Group
(Regional Behavioural Supports Education contract)

One-Time Special Project Funding

In terms of special project funding, 2023-2024 saw contracts from Indigenous Services Canada's Ontario and Saskatchewan Regions to deliver palliative care education to front-line health and social care providers working in Indigenous communities. A contract was also secured from the First Nations Health Authority to deliver palliative care education to First Nations in British Columbia. CERAH also completed an education service agreement with the North West Regional Palliative Care Program, St. Joseph's Care Group, for the coordination and delivery of additional palliative care education in the North West.

The following outlines project and education contracts held at CERAH from April 1, 2023 – March 31, 2024:

- 2023-2024 SE Health
(Indigenous Palliative Care Knowledge Care Knowledge Exchange)
- 2023-2024 Champlain Hospice Palliative Care Program/
Bruyere Continuing Care Inc.
(Palliative Care Education for Indigenous Communities: A Proposal to the Champlain Hospice Palliative Care Program)
- 2023-2024 Indigenous Services Canada, Atlantic Region
(Palliative Care Education for Indigenous Communities: A Proposal to Support Capacity Development for Palliative Care Services in Atlantic Canada)
- 2023-2024 Indigenous Services Canada, Saskatchewan Region
(Palliative Care Education for Indigenous Communities: A Proposal to Support Capacity Development for Palliative Care Services in Saskatchewan)
- 2023-2024 First Nations Health Authority
(British Columbia: Palliative Care Education for Indigenous Communities: Supporting Capacity Development for Palliative Care Services contract)

- 2022-2025 Indigenous Services Canada
(Ontario Region: Palliative Care Education for Indigenous Communities: Supporting Capacity Development for Palliative Care Services contract)
- 2023-2024 St. Joseph's Care Group (NW RPCP)
(Coordination and delivery of Palliative Care Education in the North West)

2.2 Overview of Education Initiatives

CERAH works diligently to respond to educational needs by making educational events accessible via videoconference and/or by delivering education in regional communities. Planning for education activities is done in conjunction with community partners, and the types of education provided are a direct result of our community collaborations.

Planning for seniors' mental health and aging is conducted in partnership with the North West Dementia Working Group, the North West Regional Geriatric Education Collaborative, St. Joseph's Care Group, the Regional Behavioural Supports Program and other collaborative initiatives.

Planning for palliative care education is conducted in partnership with the North West Regional Palliative Care Program and the lead agency for the program - St. Joseph's Care Group. CERAH co-leads the Palliative Care Education Collaborative, a working group of the Regional Palliative Care Program made up of individuals and organizations with palliative care education as part of their mandate.

The Indigenous Peoples' Health & Aging division responds to community needs by developing, implementing, and evaluating curricula and resources through culturally and contextually relevant research and knowledge translation. The planning is led by Anishinaabe scholar Holly Prince in collaboration with Indigenous Elders and Knowledge Carriers, Indigenous organizations and communities and government and organization program funders.

The various educational initiatives that CERAH organizes and delivers are listed below:

Conferences

- *Northwestern Ontario Palliative Care Conference - Navigating the Journey Together: Providing Care for Ourselves & Others*, Thunder Bay, Ontario, October 3-5, 2023
 - Indigenous Teachings of Health, Wellness, and Balance
 - Opening Keynote - Hope for the Best, Plan for the Rest: 7 Keys to Navigating a Life-Changing Diagnosis
 - Keynote Presentation - Tender Conversations: The Art at the Heart of Palliative Care
 - Keynote Presentation - Palliative Care and MAiD: State of the Relationship
 - Equity-Oriented Approaches to Palliative Care
 - Caring at the Bedside: Benefits and What you Need to Know

- Supporting the Journey Home: A Co-Designed Palliative Care Education Program for First Nations Communities
- From the Ashes of Grief: Healing and Hope After Devastating Loss
- Cultural Care Practices & Awareness
- Let's Talk About Kid's Grief
- Expressive Art Self-Care
- Self-Care BINGO
- Public Evening Event: Walking Two Roads with Drs. Hsien Seow and Sammy Winemaker, October 4, 2023 (in collaboration with Hospice Northwest)
- Keynote Panel - Palliative Care Post-COVID: What have we learned?
- Flash Talks: Caring for Ourselves - Healing Bowls, Vagal Breathing & Yoga
- *Living Well with Dementia: Creating Dialogues of Resilience*, Thunder Bay, Ontario, October 15-16, 2023
 - Dementia Café
 - North West Dementia Working Group Presentation
 - Opening Keynote: Myrna Norman, Advocate
 - Panel Presentation: Stories of Resilience
 - Afternoon Keynote: Rebekah Churchyard, CEO of Green Care Farms Inc.
 - Dementia Gardens: A Place to Grow, Elaine Wiersma and Dementia Gardens Planning Committee

Workshops/Courses

Multi-Day Workshops

- *BSO Retreat: Importance of Understanding Personality, Personhood, and Personal Expressions: The Foundation of Behavioural Supports*, Thunder Bay, Ontario, June 13-14, 2023
- *Learning Essential Approaches to Palliative Care (LEAP) Core*, 2 days x 1 workshop in Thunder Bay, Ontario
- *Learning Essential Approaches to Palliative Care (LEAP) Core*, 2 x 3-hour sessions (online)
- *Learning Essential Approaches to Palliative Care (LEAP) Long-Term Care*, 2 x 3-hour sessions (online)
- *Learning Essential Approaches to Palliative Care (LEAP) for Indigenous Communities*, 2 days x 1 workshop in Thunder Bay, Ontario
- *Learning Essential Approaches to Palliative Care (LEAP) for Indigenous Communities*, 2 days x 1 workshop in Toronto, Ontario
- *Learning Essential Approaches to Palliative Care (LEAP) for Indigenous Communities*, 2 days x 1 workshop in Sioux Lookout, Ontario
- *Palliative Care for Front-line Workers*, 2 days x 2 workshops in Thunder Bay, Ontario
- *Palliative Care for Front-Line Workers in Indigenous Communities*, 2 days x 1 workshop in Williams Lake, British Columbia
- *Palliative Care for Front-Line Workers in Indigenous Communities*, 2 days x 1 workshop in Moncton, New Brunswick

- *Palliative Care for Front-Line Workers in Indigenous Communities*, 2 days x 1 workshop in Sault Ste. Marie, Ontario
- *Palliative Care for Front-Line Workers in Indigenous Communities*, 2 days x 1 workshop in Little Current, Ontario
- *Palliative Care for Front-Line Workers in Indigenous Communities*, 2 days x 2 workshops in Ottawa, Ontario
- *Palliative Care for Front-Line Workers in Indigenous Communities*, 2 days x 1 workshop in Thunder Bay, Ontario
- *Palliative Care for Front-Line Workers in Indigenous Communities*, 2 days x 1 workshop in Peterborough, Ontario
- *Palliative Care for Front-Line Workers in Indigenous Communities*, 2 days x 2 workshops in Saskatoon, Saskatchewan

One Day Workshops

- *Learning Essential Approaches to Palliative Care (LEAP) Core*, 8 hours (day 2 of 2), Thunder Bay, Ontario
- *Learning Essential Approaches to Palliative Care (LEAP) Facilitator Training*, Thunder Bay, Ontario

Half-Day Workshops

- *Let's Talk About MAiD*, 3-hour workshop in Thunder Bay, Ontario (hybrid), January 20, 2024

Seminars

- *Unwelcome news: tender conversations in medical practice* with Dr. Kathryn Mannix, in Thunder Bay, Ontario (hybrid) in collaboration with NOSM University, Sudbury campus, and the UME Palliative Care Interest Group, October 2, 2023
- *The Safari Concept: Ubuntu Philosophy and African Perspectives on End-of-Life Care* with Christian Ntuzimira, Thunder Bay Ontario (hybrid) in collaboration with Thunder Bay Palliative Care Associates, Hospice Northwest, North West Regional Palliative Care Program, October 23, 2023
- *A Conversation About MAiD - DieAlogues*, Thunder Bay, Ontario, in partnership with Hospice Northwest, February 8, 2024

Webinars/Videoconferences

- CERAH Speaker Series, 45 min. x 3 sessions:
 - Webinar #1: Essential Caregivers in long-term care homes: an examination of caregiving experiences during COVID and perspectives on end-of-life, September 20, 2023
 - Webinar #2: Moral Distress During the Pandemic: Impacts on the Mental Health of Long-Term Care Home Staff in Northwestern Ontario, December 13, 2023

- Webinar #3: Being and Doing Together in a Naturally Occurring Retirement Community: Pandemic Experiences of Older Adults, March 20, 2024
- Indigenous People's Health & Aging Webinar Series, 1.5 hours x 3 sessions:
 - Webinar #1: Creating Culturally Safe-r Palliative Care Education for Indigenous Communities, May 23, 2023
 - Webinar #2: Journey to the Spirit World: Indigenous Approaches to Caregiving for Those Who Are Seriously Ill, October 19, 2023
 - Webinar #3: Wise Practices in Relational Engagement with Indigenous Peoples, January 31, 2024
- Palliative Care ECHO Lunch & Learns, 1 hour x 2 sessions:
 - Webinar #1: Healing Through Storytelling: How healthcare providers can support patients and families with grief and bereavement, November 21, 2023
 - Webinar #2: Supporting Patients who Identify as 2-Spirit-LGBTQ+ Who Could Benefit from a Palliative Approach to Care, February 21, 2024
- Palliative Care Lunch & Learns, 45 min. - 1 hour x 3 sessions:
 - Webinar #1: New Active Offer Training: Culturally Appropriate Care for Francophones in Long-Term Care Homes, April 19, 2023
 - Webinar #2 (hybrid): SPA-LTC Strengthening a Palliative Approach in Long-Term Care, Thunder Bay, Ontario, in collaboration with the North West Regional Palliative Care Program, September 11, 2023
 - Webinar #3 (hybrid): Decolonizing Palliative Care: End of Life Care in Rwanda and Indigenous Communities in Canada in Thunder Bay, Ontario, in collaboration with Thunder Bay Palliative Care Associates, Hospice Northwest, North West Regional Palliative Care Program, October 23, 2023
- Advance Care Planning for Healthcare Providers Working in First Nation Communities, 1 hour, in collaboration with ISC and NW RPCP, May 18, 2023
- Person-Centred Decision Making and Goals of Care Conversations for Healthcare Providers in First Nation Communities, 1 hour, in collaboration with ISC and NW RPCP, June 1, 2023

Centre Programs

Dementia Café

Dementia Café: A Place to Belong was created as a space to foster and maintain a safe and inclusive social environment with opportunities for social connection and interaction for people with dementia, regardless of age or stage, and their care partners. It is a social program that provides a safe and inclusive environment for social interaction and provides opportunities to decrease social isolation that can occur with a diagnosis of dementia. Specifically, the goals of Dementia Café: A Place to Belong include:

- To create and maintain a safe and inclusive social environment with opportunities for social connection and interaction for people with dementia (regardless of age or stage of dementia) and their care partners
- To engage and involve willing people with early dementia and care partners on the advisory committee and as volunteers with the Dementia Café: A Place to Belong

- To provide resources and information to people with dementia and care partners

The Dementia Café continues to be held in-person post-pandemic (3 times per month) and has grown in numbers since. The Dementia Café ran 34 times over the 2023 - 2024 period.

North West Dementia Working Group

The North West Dementia Working Group (NWDWG) is an independent Northwestern Ontario grassroots advocacy group and has been in existence since 2014. Comprised of people living with dementia and care partners, the group is supported by the CERAH. The mission and vision of the NWDWG is to be a voice for people living with dementia to ensure they are treated with respect and dignity and afforded their human rights. As a group, they work to challenge stigma and advocate for meaningful inclusion of people living with dementia by promoting awareness, and education and influencing policies and services. Post-pandemic, they have resumed their monthly meetings to be in-person, and the group has since grown to be just over 20 people living with dementia and their care partners. In 2024, the NWDWG celebrated their 10-year anniversary.

During the 2023 - 2024 period the NWDWG had 10 meetings, 1x per month for 2.5 hours each.

Dementia Gardens: A Place to Grow

The NWDWG's newest initiative is 'Dementia Gardens: A Place to Grow'. Dementia Gardens: A Place to Grow is a visionary project that aims to provide a sanctuary, where individuals living with dementia and their families can find solace amidst native plant gardens. Following a Green Care Farm model, we will provide a dignified outdoor day program for those living with dementia, along with family and community programs, all while fostering connections within our community. A committee of community members, native gardeners, people living with dementia and care partners has been formed, along with support from CERAH staff.

Goals of Dementia Gardens

- Community Garden: A garden where people living with dementia and their families, along with student groups and community partners can enjoy purposeful and enjoyable outdoor activity together.
- Gardening Day Program: A weekly day program that will run from May to September that will provide respite for care partners.
- Native Plant Nursery: The long-term development of a native plant nursery that will benefit the city of Thunder Bay and support the Dementia Garden.
- Education & Recreation: A program that will involve people living with dementia, care partners, students and community partners – all working and having fun together!
- Biodiversity: Native plant gardens benefit local wildlife, including pollinators, and prevent the spread of invasive plants which might harm the environment.

The committee has been very busy drafting plans, fundraising, and applying for funding grants. The project has been approved by the university executives, and the committee continues to work towards breaking ground.

Dissemination of Information

- CERAH Monthly Newsletter E-Blasts, CERAH Website, Social Media
- CERAH Booth Displays:
 - *Northwestern Ontario Palliative Care Conference - Navigating the Journey*

Together: Providing Care for Ourselves & Others, Thunder Bay, Ontario, October 3-5, 2023

- *Chartwell Senior Living Expo*, West Thunder Community Centre, Thunder Bay, Ontario, November 4, 2023
 - *Journey Through Grief Conference* (Hospice Northwest), Thunder Bay, Ontario, November 14, 2023
 - *Advancing Indigenous Policy and Practice*, Calgary, Alberta, February 6-8, 2024
 - *55 Plus Spring Health and Wellness Expo*, 55 Plus Centre, Thunder Bay, Ontario, March 23, 2024
- Disrupting Death Podcast features conversations about Medical Assistance in Dying in Canada. Hosts Kathy Kortez-Miller and Keri-Lyn Durant lead with curiosity as they interview a wide range of guests who know MAiD intimately.
 - Episode 4: True Choice and Advanced Requests: Disrupting Death with Senator Pamela Wallin
 - Episode 5: Death Positive Approach to Children and MAiD: Disrupting Death with Cynthia Clark
 - Episode 6: Disrupting Death with Bridge C-14 (Lauren Clark & Chelsea Peddle)
 - Episode 7: Disability and MAiD: Disrupting Death with Rose Finlay
 - Episode 8: Dying with Dignity Canada: Disrupting Death with Helen Long
 - Episode 9: Clinician's Perspective: Disrupting Death with Dr. Stefanie Green
 - Episode 10: Shamanism and MAiD: Disrupting Death with Gaye Hanson
 - Episode 11: Track Two: Disrupting Death with Tania Stilson
 - Episode 12: Theatre and MAiD: Disrupting Death with Simon Malbogat & Catherine Frid
 - Episode 13: I want to ____ until I die: Disrupting Death with Kathy Kastner
 - Episode 14: Advance Requests and MAiD's Relationship with Palliative Care: Disrupting Death with Dr. Jeff Myers
 - Episode 15: One-Year Anniversary of Disrupting Death

Curriculum/Teaching Manuals

- Audit of 2016 version of *Palliative Care for Front-Line Workers* curriculum

2.2 Plans for 2024-2025

Continual education initiatives planned:

Conferences:

- *2024 Northwestern Ontario Palliative Care Conference Booster - Beyond Diagnosis: Journey through the Palliative Care Continuum* in Thunder Bay Ontario (hybrid), October 2, 2024
- *North West Geriatric Care Conference 2024* in Thunder Bay, Ontario, September 24, 2024
- *North West Behavioural Supports Ontario Retreat 2024* in Thunder Bay, Ontario, September 25, 2024

Workshops/Courses/Series:

- Grief Workshop for Healthcare Providers
- *Learning Essential Approaches to Palliative Care (LEAP) Core* (in-person, region)
- *Learning Essential Approaches to Palliative Care (LEAP) Long-Term Care* (in-person, region)
- *Learning Essential Approaches to Palliative Care (LEAP) Mini* (in-person, Thunder Bay)
- *Learning Essential Approaches to Palliative Care (LEAP) Heart* (online)
- *Learning Essential Approaches to Palliative Care (LEAP) Oncology* (online)
- *Learning Essential Approaches to Palliative Care (LEAP) Paramedic* (in-person, region)
- *Learning Essential Approaches to Palliative Care (LEAP) in Indigenous Communities* (in-person, Thunder Bay)
- *Palliative Care for Front-Line Workers x 3* (in-person Thunder Bay, in-person region, online)

Videoconferences (Zoom):

- CERAH Speaker Series
- Palliative Care ECHO Series, 1 hour x 6 sessions

Dissemination of Information:

- CERAH website, monthly e-blast, social media, articles
- Compassionate Thunder Bay Book Study - Thunder Bay Public Libraries, Waverly Branch, May 6, 2024
- Palliative Care Education Expo - Thunder Bay Regional Health Sciences Centre, May 10, 2024
- CERAH Booth Displays:
 - Palliative Care Education Expo, Thunder Bay Regional Health Sciences Centre in Thunder Bay, Ontario, May 10, 2024
 - Rural Health Fair - NorWest Community Health Centres, Kakabeka Legion (Royal Canadian Legion Branch 225), Kakabeka Falls, Ontario, May 29, 2024
 - Palliative Care Everywhere, Hospice Palliative Care Ontario, Toronto, Ontario, June 9-11, 2024
 - Roaming Education for Staff (REFS), Thunder Bay Regional Health Sciences Centre in Thunder Bay, Ontario, July 9, 2024
 - *2024 Northwestern Ontario Palliative Care Conference Booster - Beyond Diagnosis: Journey through the Palliative Care Continuum* in Thunder Bay Ontario (hybrid), October 2, 2024
 - *CAG2024 - Agents of Change: Unraveling Complexity and Advancing Transformation*, Canadian Association of Gerontology, Edmonton, Alberta, October 24-26, 2024
- Disrupting Death Podcast
- Compassionate Thunder Bay Death Cafes
- Compassionate Thunder Bay Meet the Authors - Thunder Bay, October 1, 2024

Curriculum/Teaching Manuals:

- Complete update to the *Palliative Care for Front-Line Workers* curriculum

3. RESEARCH CONTRIBUTIONS (JULY 1, 2023 – JUNE 30, 2024)

In 2023-2024, CERAH researchers were involved in the following project(s):

3.1 Research Grants received this year in partnership with CERAH

Date of Grant	Name and Role of Faculty Member	Granting Body	Research Title	
2023 - 2025	Dr. Ide Costa Principal Applicant	SSHRC Insight Development Grant	Digital storytelling: A tool for promoting critical reflection, advancing inclusivity and creating trauma informed wound care	
2023 - 2025	Dr. Ide Costa Co-Primary Investigator	Canadian Institute of Health Research (CIHR), Planning and dissemination Grant - Institute Community Support	Reimagining Diabetes Self-Management Education for Seniors in rural Ontario through a Participatory Knowledge Exchange Process: Leveraging Lived Experiences for Current Priorities, Strategies for Change & New Directions	
2023-2025	Dr. Kathy Kortés-Miller Co-Investigator	CIHR (Project Grant)	Grief and Grief Support Needs in Canada	
2023-2027	Dr. Kathy Kortés-Miller Co-Investigator	CIHR (Project Grant)	Supporting Vulnerable and Marginalized Older Adults to be Cared for and to Die at Home	
2023-2025	Dr. Kathy Kortés-Miller Principal Investigator	Lakehead University Research Chair	The Experience of MAiD in Northwestern Ontario; A Qualitative Research Study	
2023 -2027	Dr. Lynn Martin Principal Investigator (Nominated)	Health Canada (Health Care Policy and Strategies Program)	Improving Access and Facilitating System Change for Palliative Care Among Underserved Populations	

2023-2025	Drs. Elaine Wiersma & Nisha Sutherland Co-Investigator	Public Health Agency of Canada	Building Capacity for Meaningful Participation by People Living with Dementia	
2023-2024	Dr. Elaine Wiersma Principal Investigator	Employment and Social Development Canada: New Horizons for Seniors Program (Community Based Projects)	Living Well with Dementia: Creating Dialogues of Resilience Post Covid	
2023-2024	Dr. Nisha Sutherland Primary Investigator	EPID@Work	Moral Distress During the Pandemic: Impacts on the Mental Health of Long-Term Care Home Staff	
2024-2026	Dr. Elaine Wiersma Principal Investigator	CIHR	Dementia in the Outdoors: Exploring the Mechanisms of Engagement	

4. PUBLICATIONS (JULY 1, 2023 – JUNE 30, 2024)

4.1 Refereed Journal Articles

- Bachynski, J. C., Duhn, L., **Costa, I. G.**, & Camargo-Plazas, P. (2023). “We’re not there yet”: Exploring contextual factors shaping Canadian dialysis nurses’ engagement in kidney supportive care. *New Trends in Qualitative Research*, 16, e789. <https://doi.org/10.36367/ntqr.16.2023.e789>
- Bachynski, J.C., Duhn, L., **Costa, I. G.**, & Camargo-Plazas, P. (2024). The current state of kidney supportive care in nephrology nursing practice: A literature review. *Nephrology Nursing Journal*, 51(1), 25-46. <https://doi.org/10.37526/1526-744X.2024.51.1.25>
- Blanchette, V., Todkar, S., Brousseau-Foley, M., Rheault, N., Weisz, T., Poitras, M. E., Paquette, J. S., Tremblay, M. C., **Costa, I. G.**, Dogba, M. J., Giguere, A., de Mestral, C., & Légaré, F. (2023). Collaboration and Partnership in a 5-Level Engagement Framework for Diabetic Foot Ulcer Management: A Patient-oriented Scoping Review. *Canadian Journal of Diabetes*, 47(8), 682–694.e17. <https://doi.org/10.1016/j.jcid.2023.07.002>
- Camargo-Plazas, P., Alvarado, B., Pare, G., Robertson, M., **Costa, I.**, & Duhn, L. (2023). If you are diabetic, you might pick some things differently: Diabetes self-management for seniors in Ontario, Canada. *Diabetes Research and Clinical Practice*, 197S. <https://doi.org/10.1016/j.diabres.2023.110521>
- Camargo-Plazas, P., Robertson, M., Alvarado, B., Paré, G. C., **Costa, I. G.**, & Duhn, L.

(2023). Diabetes self-management education (DSME) for older persons in Western countries: A scoping review. *PloS one*, 18(8), e0288797.

<https://doi.org/10.1371/journal.pone.0288797>

- **Costa, I. G.** (2023). Foot skin and nails care for people with diabetes: Are we prioritizing or neglecting it? *Wound Care Canada*, 21(01)20-27.
<https://doi.org/10.56885/WQAJ65342>
- **Costa, I. G.**, Strachan, R., Everett, E. (2024). An alternative approach: decellularized dermal matrices for pilonidal sinus when standard care falls short. *Wound Care Canada*, 22(1): 10-14. <https://doi.org/10.56885/LKQU7921>
- **Costa, I. G.**, Strachan, R., Schoales, C. (2024). Steer clear: inadvertent use of antimicrobials can cause unintentional harm to wound healing. *Wound Care Canada*, 22(1): 68-77. <https://doi.org/10.56885/OPYU8295>
- De Jong, A., Swerhun, K., Brink, P. & **Martin, L.***. Use of Palliative Care Services Among LGBTQ+ Individuals: A Scoping Review. [Manuscript submitted for publication]. *BMC Palliative Care*. May 27, 2024.
- Dookie, S.P., & **Martin, L.** Palliative care in linguistic minorities: a scoping review. [Manuscript submitted for publication]. *Canadian Journal of Public Health*. June 14, 2024.
- Ma, G. W., Williams, T., Botros, M., & **Costa, I. G.** (2024). Key performance indicators to inform evaluation of wound care programmes for people with complex wounds: a protocol for systematic review. *Journal of Wound Care*, 33(Sup5), S4–S8.
<https://doi.org/10.12968/jowc.2024.33.Sup5.S4>
- Matthew, M., Bainbridge, D., Bishop, V., Sinding, C., Winemaker, S., Kilbertus, F., **Kortes-Miller, K.** & Seow, H. (2023). Implementing palliative care education into primary care practice: a qualitative case study of the CAPACITI pilot program. *BMC Palliative Care*, 22(1), 143. <https://doi.org/10.1186/s12904-023-01265-7>
- Phinney, A., Macnaughton, E., **Wiersma, E.**, **Sutherland, N.**, **Marchese, C.**, Cochrane, D., & Monteiro, A. (2023). Making space at the table: Engaging participation of people with dementia in community development. *International Journal of Geriatric Psychiatry*, 38(8), e5984. <https://doi.org/10.1002/gps.5984>
- Seow, H., Bainbridge, D., Winemaker, S., Stajduhar, K., Pond, G., **Kortes-Miller, K.**, ... & Pereira, J. (2023). Increasing palliative care capacity in primary care: study protocol of a cluster randomized controlled trial of the CAPACITI training program. *BMC Palliative Care*, 22(1), 2. <https://doi.org/10.1186/s12904-022-01124-x>
- Shipton, N., Luctkar-Flude, M., Tyerman, J., Ross-White, A., **Costa, I.G.**, Woo, K. (2023). The use of clinical simulation in wound care education for nurses: A scoping review protocol. *British Journal of Nursing*, 32:15, S26-S32.
<https://doi.org/10.12968/bjon.2023.32.15.S26>
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publication]. *Journal on Developmental Disabilities*. March 29, 2024.

- Thompson, D., Arantes, V. M., Brandão, M. G. S., Bruggeman, V., Rabeh, S. A. N., & **Costa, I. G.** (2023). An international partnership between a Canadian and Brazilian University: A descriptive report. *International Health Trends and Perspectives*, 3(3), 375–382. <https://doi.org/10.32920/ihtp.v3i3.1944>

4.2 Book Chapters & Books

- **Costa, I. G. & Jones-Bonfiglio, K.** (Editors). *Supporting Older Persons on Their Aging Journey: An Emancipatory Approach to Nursing Care*. Canadian Edition. Canadian Scholars: Toronto, Canada.
- **Costa, I. G.**, Rodrigues, S. (2024). *Holistic Perspectives on Older Persons' Needs, Part 3: Nutrition, Elimination, Mobility, and Safety*. In: Costa, I. G., Jones-Bonfiglio, K. (Editors). *Supporting Older Persons on their Aging Journey*. Canadian Edition. Canadian Scholars: Toronto, Canada.
- **Costa, I. G., Jones-Bonfiglio, K.**; (2024). *Aging Population and the Core Principles of an Emancipatory Approach*. In: Costa, I. G., Jones-Bonfiglio, K. (Editors). *Supporting Older Persons on their Aging Journey*. Canadian Edition. Canadian Scholars: Toronto, Canada.
- **Costa, I. G.** (2024). *Engaging Older Persons in Self-Management of Illness*. In: Costa, I. G., Jones-Bonfiglio, K. (Editors). *Supporting Older Persons on their Aging Journey*. Canadian Scholars: Toronto, Canada.
- **Costa, I. G.** Adduono, K., **Jones-Bonfiglio, K.**; (2024). *Biopsychosocial Needs and the Intersection of Mental Health and Aging*. In: Costa, I. G., Jones-Bonfiglio, K. (Editors). *Supporting Older Persons on their Aging Journey*. Canadian Edition. Canadian Scholars: Toronto, Canada.
- Rochon, A., **Costa, I.G.**, Jin, S. (2024). *Safe and Appropriate Medication Practices with Older Persons*. In: Costa, I.G., Jones-Bonfiglio, K. (Editors). *Supporting Older Persons on their Aging Journey*. Canadian Scholars: Toronto, Canada.
- **Wiersma, E.C.**, Clarke, C., & Heibein, B. (2023). *Power, authority, and voice: Democratizing research with people with dementia*. In Liamputtong, P. (Ed), *Handbook of Social Inclusion: Research Practices in Health and Social Sciences*. Springer Publications.
- **Wiersma, E.C., Sutherland, N., Marchese, C., Watt*, L., Linton*, C., Vandorp*, B.** (2023). *The freedom to be and the freedom to do—Creating leisure environments for people living with dementia*. In Gray, K., Russell, C., & Twigg, J. (Eds.). *Leisure and Everyday life with Dementia*. Open University Press.

4.3 Conference Presentations, Papers, and Posters

- Bachynski, J. C., Duhn, L., **Costa, I. G.**, & Camargo-Plazas, P. (2024, May). *Breaking Through the Glass Ceiling—Having That Conversation: A Constructivist Grounded Theory Study Exploring the Experiences of Nephrology Nurses’ Practice in Kidney Supportive Care in Canada*. Queen’s University Graduate Student Research Day, Kingston, ON, Canada.
- De Jong, A., Swerhun, K., & **Martin, L.** (2024, February 9). *Use of Palliative Care Services Among LGBTQ+ Individuals: A Scoping Review*. [Poster Presentation]. 2024 Showcase of Health Research, Centre for Applied Health Research at St. Joseph’s Care Group. Thunder Bay, ON, Canada.
- Dosani, N. & **Prince, H.** (2024, June 9-11). *Empowering Equitable Palliative Care Implementation for Structurally Vulnerable Populations: Practical Insights from a Pan-Canadian Collaborative*. [Workshop presentation]. Hospice Palliative Care Ontario Annual Conference, Richmond Hill, ON, Canada.
- **Kortes-Miller, K.** (2023, September 21-22). *Talking About Death Won’t Kill You* [Opening Keynote]. Manitoba Provincial Palliative Care Conference, Winnipeg, MB, Canada.
- McMillan, K., Kumar, J. S., Bainbridge, D., **Kortes-Miller, K.**, Winemaker, S., Kilbertus, F., Marshall, D., & Seow, H. (2024, June 9-11). *The CAPACITI education program increases interprofessional collaboration in community-based palliative care* [Oral Presentation]. Hospice Palliative Care Ontario Annual Conference, Richmond Hill, ON, Canada.
- **Prince, H.** (2024, May 31). *Walking Alongside Indigenous Peoples who are Seriously Ill: Addressing the Need for Culturally Safe-r Palliative Care*. [Invited workshop presentation]. Advance Learning in Palliative Medicine, Calgary, AB, Canada.
- **Prince, H.** (2024, June 9-11). *There is Medicine in Diversity: Creating Spaces and Places to Honour Indigenous Knowledges in Palliative Care*. [Keynote presentation]. Hospice Palliative Care Ontario Annual Conference, Richmond Hill, ON, Canada.
- **Prince, H.** (2023, October 12-14). *Improving Equity and Access to Palliative Care*. [Invited Panel presentation]. Canadian Hospice Palliative Care Association, Ottawa, ON, Canada.
- **Prince, H.** (2023, October 12-14). *“Creating that safe, sacred space for them to do what they need to do...” Improving Access to Equitable Palliative Care for Indigenous Peoples*. [Workshop presentation]. Canadian Hospice Palliative Care Association, Ottawa, ON, Canada.
- **Prince, H.** (2023, September 11-15). *Creating culturally safe-r palliative care education*

for *Indigenous communities*. [Workshop presentation]. Healing our Spirits Worldwide, Vancouver, BC, Canada.

- **Prince, H.,** Ward, A., & Bruno, G. (2023, November 7). *Caregiving in Indigenous communities and decolonizing care*. [Invited Keynote Panel presentation]. Canadian Caregiving Summit, Ottawa, ON, Canada.
- **Prince, H., Wyatt, J. & Fernandes, K.** (2023, October 12-14). *Walking Alongside Indigenous Peoples who are Seriously Ill: Addressing the Need for Culturally Safe-r Palliative Care*. [Workshop presentation]. Canadian Hospice Palliative Care Association, Ottawa, ON, Canada.
- **Prince, H., Wyatt, J., & Fernandes.** (2023, October 12-14). *Developing Accessible and Culturally Relevant Education for Indigenous Communities to Support Palliative Care Delivery*. [Poster presentation]. Canadian Hospice Palliative Care Association, Ottawa, ON, Canada.
- **Prince, H. Wyatt, J. & Fernandes, K.** (2024, February 6-8). *Palliative Care Education and Resources to Support Caregivers in Indigenous Communities*. [Invited Panel presentation.] Advancing Indigenous Policy and Practice: Supporting the Journey Home When Seriously Ill, Calgary, AB, Canada.
- Sabotig, C., & **Sutherland, N.** (2024, February 9). *“Nothing Made Sense”: Long-Term Care Home Staff Experiences of Moral Distress During the Pandemic*. [Poster Presentation]. 2024 Showcase of Health Research, Centre for Applied Health Research, St. Joseph’s Care Group, Thunder Bay, ON, Canada.
- Seow, H., Winemaker, S., Marshall, D., Pereira J., Kilbertus, F., **Kortes-Miller, K.,** & Bainbridge, D. (2024, May 16-18). *Increasing patient identification and provider competency in early palliative care with the CAPACITI education intervention* [Oral Presentation]. European Association of Palliative Care, Barcelona, Spain.
- Swerhun, K., De Jong, A., & **Martin, L.** (2024, February 9). *Palliative Care and People with Intellectual and Developmental Disabilities: A Scoping Review*. [Poster Presentation]. 2024 Showcase of Health Research, Centre for Applied Health Research, St. Joseph’s Care Group, Thunder Bay, ON, Canada.
- Thompson, D., Harvey, A., **Sutherland, N.,** Cameron E., & **Newhouse, I.** (2023, November 6-9). *Creating learning space in rural interprofessional research: Incorporating opportunities for health students to participate in distributed mentored research assistantships*. [Refereed, Read]. All Together Better Health Conference, Qatar University, Doha-Qatar.
- Thompson, D., Harvey, A., **Sutherland, N.,** Cameron E., & **Newhouse, I.** (2023, November 6-9). *Navigating with a Kaleidoscope: Challenges of Using Social Material Theories to Study Interprofessional Education and Collaboration*. [Refereed, Read]. All

Together Better Health Conference, Qatar University, Doha-Qatar.

- Thompson, D., Harvey, A., **Sutherland, N.**, Cameron E., & **Newhouse, I.** (2023). *Opening the Black Box of Rural Interprofessional Collaboration: A Multiple-Case Study Examining the Relationships between Health Workers and Environments in Rural Settings*. [Refereed, Read]. All Together Better Health Conference, Qatar University, Doha-Qatar.
- **Wyatt, J., Fernandes, K & Prince, H.** (2024, June 9-11). *Walking Alongside Indigenous Peoples who are Seriously Ill: Addressing the Need for Culturally Safe-r Palliative Care*. [Workshop presentation]. Hospice Palliative Care Ontario Annual Conference, Richmond Hill, ON, Canada.

4.4 Other scholarly activities

- **Kortes-Miller, K.** (2023). *Caregiving Essentials: Talking About Death Won't Kill You, Conversations about MAiD* [Community Webinar]. McMaster University. October 18.
- **Kortes-Miller, K.** (2023). *Conversations that Matter: Talking About Dying and Dementia*. Dementia Dialogues [Podcast Interview]. Season 5 - Episode 66. <https://www.dementiadialogue.ca/episode-66>
- **Kortes-Miller, K.** (2023). *Talking About Death Won't Kill You* [Invited Presenter]. PSW Training Webinar - Life and Death Matters. April.
- **Kortes-Miller, K.** (2024). *Let's Talk About MAiD* [Organizer and Panel Moderator]. Centre for Education and Research on Aging & Health (CERAH), Lakehead University. January 24.
- **Kortes-Miller, K.** (2024). *Die-alogues: A Conversation about MAiD* [Organizer and Panel Moderator]. Hospice Northwest. February 8.
- **Kortes-Miller, K.** (2024). *Disrupting Death, the Podcast* [Invited Presenter]. Dying with Dignity, Edmonton Chapter. June 20.
- **Sutherland, N.** (2023). *Moral Distress During the Pandemic: Impacts on the Mental Health of Long-Term Care Home Staff in Northwestern Ontario*. [Invited Presenter]. CERAH Speaker Series. Centre for Education and Research on Aging & Health (CERAH), Lakehead University. December 13.
- **Sutherland, N.** (2024). *Decision-Making Towards Palliative Care Goals for LTC Home Residents Living with Dementia*. [Invited Presenter]. Encounters in Bioethics. Centre for Health Care Ethics. May.
- **Sutherland, N.** (2023/2024). "Through Our Eyes" presentations to 3 Older Adult classes in the Nursing Program, Lakehead University. October 20, May 23, & June 19.
- **Sutherland, N.** (2023). "Through Our Eyes" presentation to the Thunder Bay Rotary Club. July 9.

- **Sutherland, N.** (2023). Moderator for North West Dementia Working Group (NWDWG) Conference - *Living Well with Dementia: Creating Dialogues of Resilience*, Thunder Bay, Ontario, October 15-16.
- **Sutherland, N.** (2024). Moderator for NWDWG 10th Anniversary with 100 in attendance at Dementia Café. Media: https://www.lakeheadu.ca/about/news-and-events/news/archive/2024/node/201185?utm_campaign=campusconnection&utm_source=newsletter&medium=email&utm_content=News%3A+Dementia+support+group+celebrates+key+milestone

5. CONTRIBUTIONS TO THE COMMUNITY (JULY 1, 2023 – JUNE 30, 2024)

In 2023-2024, CERAH staff and research affiliates were involved in the community in the following ways:

Local

- Age-Friendly Thunder Bay Partnership Committee
- BIG Stories: Age on Stage
- Compassionate Thunder Bay Committee
- Dementia Café: A Place to Belong
- Dementia Gardens: A Place to Grow
- Palliative Advocacy Care Team (PACT)
- Oasis (Senior Supportive Living) Thunder Bay
- Roots Community Food Centre Board of Directors
- Thunder Bay Counselling Board

Regional

- Behavioural Supports Ontario for the Northwest Region
- Care Partner Coffee and Chat Facilitator
- Caregiver Support Committee
- Caring Connections Chronicle newsletter (included in CERAH e-blast)
- Centre for Health Care Ethics
- Community Hospice Planning Group
- FNIMul Palliative Care Partners
- North West Dementia Working Group
- North West Regional Geriatric Education Collaborative
- North West Regional Seniors' Care Program Advisory Committee
- North West Regional Palliative Care Program Advisory Committee
- Regional Behavioural Supports Ontario Committee
- Regional Cancer Care Indigenous Cancer Care Committee
- Regional Palliative Care Education Collaborative

Provincial

- Behavioural Supports Knowledge to Practice Community of Practice

- Behavioural Supports Ontario Knowledge Translation and Communications Advisory Committee
- Behavioural Supports Ontario Provincial Advisory Committee
- Hospice Palliative Care Ontario
- MAiD Death Oversight Committee
- MAiD MD-SUMC Provincial Advisory
- Ontario Palliative Care Network Partnership Advisory Council
- Quality Hospice Palliative Care Coalition of Ontario (QHPCCO)
- Regional Geriatric Programs of ON Education Planning Committee
- Seniors Health Knowledge Network

National

- Age-Friendly Communities Hub, Canadian Association on Gerontology, SSHRC Grant
- Canadian Association on Gerontology
- Canadian Grief Alliance Executive
- Canadian Hospice Palliative Care Association
- Don Green Palliative Care Advocacy Team Advisory Committee, Canadian Cancer Society
- Health Canada Palliative Care Team and Marketing Division Advisory

International

- BMC Health Services Research - journal article reviewer
- BMC Palliative Care - journal article reviewer
- British Society for Gerontology
- Citizenship & Dementia International Research Network
- Global Qualitative Nursing Research - journal article reviewer
- Innovation in Aging Journal (Dr. Elaine Wiersma - Deputy Associate Editor, Qualitative Research)
- International Public Health and Palliative Care
- McGill International Palliative Care Conference
- Qualitative Health Research - journal article reviewer