

Action

Collaboration

Knowledge

**CENTRE FOR EDUCATION AND
RESEARCH ON AGING & HEALTH**

**ANNUAL REPORT
2019 – 2020 & 2020 – 2021**

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Lakehead
UNIVERSITY

Centre for
Education and Research
on Aging & Health

Table of Contents

1.	HUMAN RESOURCES	3
1.1	Core Staff Members	3
1.2	Other Staff Members	3
1.3	Students	4
1.4	Research Affiliates	4
2.	EDUCATIONAL INITIATIVES (APRIL 1, 2019 - MARCH 31, 2021)	4
2.1	Education Contracts	4
2.2	Overview of Education Initiatives	6
	Conferences	6
	Workshops/Courses	7
	Webinars/Videoconferences	8
	Centre Programs	9
	Dissemination of Information	10
	Curriculum/Teaching Manuals	11
2.3	Plans for 2021-2022	11
3.	RESEARCH CONTRIBUTIONS (JULY 1, 2019 – JUNE 30, 2021)	12
3.1	Project Summaries	12
3.2	Research Grants	13
4.	PUBLICATIONS (JULY 1, 2019 – JUNE 30, 2021)	15
4.1	Refereed Journal Articles	15
4.2	Book Chapters	17
4.3	Technical Reports	17
4.4	Conference Presentations and Posters	18
4.5	Other scholarly activities	20
5.	CONTRIBUTION TO THE COMMUNITY (JULY 1, 2019 – JUNE 30, 2021)	20
		21
		21

1. HUMAN RESOURCES

1.1 Core Staff Members

Name	Title	Date
Elaine Wiersma, PhD	Director	July 1, 2016 – June 30, 2021
Kathy Kortés-Miller, MSW, PhD	Assistant Director	July 2019 - June 2021
Carol Bold, BEd, HBA	Knowledge Broker Assistant	September 2, 2019 - present
Stephanie Hendrickson, MSW	Knowledge Broker	December 15, 2011 - present
Carlina Marchese, MHSc	Research Coordinator & Research Manager	June 24, 2019 - present
Holly Prince, MSW, PhD (Cand.)	Project Manager	September 1, 2007 - present
Debbie Riddell	Education Initiatives Assistant	August 21, 2001 - present
Emily Shandruk, BA, MA	Project Manager	September 19, 2019 - present
Ruth Wilford, HBA	Knowledge Broker	November 10, 1997 - present
Jessica Wyatt, BEd., MA, PMP	Knowledge Broker	May 6, 2008 - present

1.2 Other Staff Members

- 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
- Christine Dobson, Palliative Care Education Facilitator - September 24, 2020 - present
- Kassandra Fernandes, Knowledge Broker Assistant - May 1, 2021 - present
- Shauna Fossum, Dementia Café Coordinator- July 2019 - October 2020
- Emilie Gaudet, Dementia Café Coordinator – October 2020 - present
- Sherri Henderson, Palliative Care Education Facilitator - April 1, 2021 - present
- Heather MacDonald, Palliative Care Education Facilitator – April 1, 2021 - present
- Jill Marcella, Palliative Care Education Facilitator - September 24, 2020 - present
- Kimberly Ramsbottom, Palliative Care Education Facilitator - September 24, 2020 - present
- Joanna Vautour, Palliative Care Education Facilitator - September 24, 2020 – present
- Lindsay Watt, Dementia Cafe Program Assistant - October 2020 - present

1.3 Students

- Emilie Michelle Gaudet, Masters of Health Sciences Program (July 2019 - June 30, 2021)
- Kristy Routhier, Masters of Arts in Social Justice Program (October, 2019 - April 30, 2021)
- Cole Taylor, Honours Bachelor of Social Work Student (January 2020 - April 2020)
- Lindsay Watt, Master of Public Health (September 2020 - present)
- Katelyn Wheeldon, Masters of Health Sciences Program (July 2019 - June 30, 2021)

1.4 Research Affiliates

The following individuals are listed as CERAH Research Affiliates:

- Kathy Kortés-Miller, PhD School of Social Work
- Elaine Wiersma, PhD Department of Health Sciences
- Anna Koné Péfoyo, PhD Department of Health Sciences
- Lynn Martin, PhD Department of Health Sciences
- Ide Costa, PhD School of Nursing
- Nisha Sutherland, PhD School of Nursing

2. EDUCATIONAL INITIATIVES (APRIL 1, 2019 - MARCH 31, 2021)

2.1 Education Contracts

Since 1993, CERAH has received annual funding from the Ontario Ministry of Health and Long-term Care (MOHLTC) and the North West Local Health Integration Network (LHIN) to organize and deliver gerontology education related to aging, seniors' mental health, palliative care, and other aging-related issues. This funding has been allocated to CERAH for several years as base funding, meaning that while funding contracts are annual, CERAH does not need to apply for this funding.

In terms of special project funding, 2019-2021 saw contracts from Indigenous Services Canada's (ISC) Ontario Region, Manitoba Region and Atlantic Region to deliver palliative care education to for front-line health and social care providers working in Indigenous communities across Ontario, Manitoba, and Atlantic Canada Home and Community Care programs. CERAH also receives a small amount of funding from the Thunder Bay Medical Society for assisting with the organization and delivery of their annual CME events.

The following outlines project and education contracts held at CERAH from April 1, 2019 – March 31, 2021:

2019-2020	Ministry of Health and Long-term Care (Palliative Care Education - base funding)
2019-2020	North West LHIN (Geriatric Mental Health Education - base funding)
2019-2020	North West LHIN (Community Behavioural Supports funding)
2019-2020	North West LHIN (Dementia Café: A Place to Belong)
2019-2020	St. Joseph's Care Group (Regional Behavioural Supports Education contract)
2020-2021	Ministry of Health and Long-term Care (Palliative Care Education - base funding)
2020-2021	North West LHIN (Geriatric Mental Health Education - base funding)
2020-2021	North West LHIN (Community Behavioural Supports funding)
2020-2021	North West LHIN (Dementia Café: A Place to Belong)
2020-2021	St. Joseph's Care Group (Regional Behavioural Supports Education contract)

One-Time Special Project Funding

2019-2020	Indigenous Services Canada (Ontario Region: Palliative Care Education for Indigenous Communities: Supporting Capacity Development for Palliative Care Services contract)
2019-2020	Indigenous Services Canada (Manitoba Region: Palliative Care Education for Indigenous Communities: Supporting Capacity Development for Palliative Care Services contract)
2019-2020	Indigenous Services Canada (Atlantic Region: Palliative Care Education for Indigenous Communities: Supporting Capacity Development for Palliative Care Services contract)
2019-2020	New Horizons Grant (Living Well with Dementia: Creating Dialogues of Hope)

2019-2020	North West LHIN (Share, Network and Learn: Adult Day Programs and Assisting Living Programs in northwestern Ontario) Creativity and Imagination: Enriching the Lives of People Living with Dementia and/or Frailty
2020-2021	Indigenous Services Canada (Ontario Region: Palliative Care Education for Indigenous Communities: Supporting Capacity Development for Palliative Care Services contract)
2020-2021	North West LHIN (Technology Enhancement)

2.2 Overview of Education Initiatives

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. CERAH has worked diligently to respond to educational needs by making educational events accessible via videoconference and/or by delivering education in regional communities.

Planning for seniors' mental health and aging is conducted in partnership with the North West Dementia Network, the North West Regional Geriatric Education Collaborative, St. Joseph's Care Group and the Regional Behavioural Supports Program and other collaborative initiatives. Planning for palliative care education is conducted in partnership with the North West LHIN 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 palliative care for Indigenous community's education emerged from Dr. Kelley's CIHR work and earlier work done at CERAH by Dr. Kelley, Dr. Kortes-Miller, and Holly Prince. The delivery of educational initiatives for Indigenous communities is done in collaboration with 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 Booster 2019 –Teaming Up for Whole Person Care, (2 half-days) + Primary Care Leaders Meeting with Dr. Bob Sauls + Public Evening Event: 'Dialogues: Don't Duck the Conversation,' in collaboration with Hospice Northwest. October 24-25, 2019
- Living Well with Dementia: Creating Dialogues of Hope Conference. September 23-24, 2019
- Frailty in Seniors: Supporting Independence
- Creativity and Imagination: Enriching the Lives of People Living with Dementia and/or

Frailty. March 11, 2020

- Northwestern Ontario Palliative Care Online Summit 2020: A Palliative Approach to Care in Our New Normal (1-day event). October 21, 2020

Workshops/Courses

Multi Day Workshops

- 2 two-day Palliative Care for Front-line Workers in First Nations Communities workshops in Ontario (2019-2020)
- 9 two-day Palliative Care for Front-line Workers in Indigenous Communities workshops across Manitoba (2019-2020)
- 1 two-day P.I.E.C.E.S. Supporting Relationships for Changing Health and Health Care (2019-2020)
- 1 two-day Gentle Persuasive Approach in Dementia Care (2019-2020)
- Palliative Care for Front Line Workers (15-hour course) x 1 (2019-2020)
- Learning Essential Approaches to Palliative and End of Life Care (LEAP) Core Course (14 hours) x 2 (Geraldton & Fort Frances) (2019-2020)
- Learning Essential Approaches to Palliative and End of Life Care (LEAP) for Long Term Care Course (14 hours) x 1 (Pioneer Ridge) (2019-2020)
- Hospice Northwest Volunteer Training (partial subsidy support) (2019-2020)
- Palliative Care for Front Line Workers Course - Online (15-hour course) x 2 (2020-2021)
- Learning Essential Approaches to Palliative and End of Life Care (LEAP) Core Online Course (12 hours) x 2 (2020-2021)
- Learning Essential Approaches to Palliative and End of Life Care (LEAP) for Long Term Care Online Course (12 hours) x 2 (2020-2021)
- Complicated Grief and Trauma – Skills Building Education (10-part series hosted by HPCO; CERAH provided support for health care providers in NWO to attend) (2020 - 2021)
- Hospice Northwest Volunteer Training (partial subsidy support) (2020-2021)
- 1 twelve-hour Palliative Care for Front-line Workers in Indigenous Communities (virtual) workshops – Atlantic Canada (2020-2021)
- 2 twelve-hour Palliative Care for Front-line Workers in Indigenous Communities (virtual) workshops – Ontario (2020-2021)
- DementiAbility Methods (16 hours) X 2 (2020-2021)
- CERAH coordinated the Thunder Bay Medical Society Virtual Summer School September 2020
- CERAH coordinated the Thunder Bay Medical Society Virtual Spring School April 2021

One Day Workshops

- LEAP Mini (Thunder Bay) (1 day) (2019-2020)
- Kenora Rainy River Hospice Volunteer Conference (partial subsidy support) (2019-2020)
- LIVING the Dementia Journey X 4 (2019-2020)

- U-First! (2019-2020)
- Share, Network and Learn: Connecting the North- Assisted Living Programs (2019-2020)
- Share, Network and Learn: Connecting the North- Adult Day Programs (2019-2020)
- Application Clinic: Birth Certificate and Social Insurance Numbers Application Clinic for Older Indigenous Adults (2019-2020)
- Communication Tips and Techniques for Those Living with Dementia (2020-2021)

Half-Day Workshops

- Palliative Care Education Community of Practice Event - Getting it Right: A Skills-based Approach to ACP/HCC (Red Lake) (2019-2020)
- The Benefits of Being Physically Active When Living with Dementia (2019-2020)
- The Transforming Power of Stories: Seeing Dementia Differently (Dryden) January 14, 2020
- Community Forum: A Voice for People Living with Dementia (Dryden) January 15, 2020
- Optimizing the Integration of Geriatric Medicine and Geriatric Psychiatry Services (RGP's)

Webinars/Videoconferences

- CERAH Lunch & Learn - Spring Series (in collaboration with the Palliative Pain and Symptom Management Program and GMH Program) (2019-2020):
 - Advance Care Planning
 - The Regional Referral Service for Medical Assistance in Dying
 - Patients Journey Toward Engagement in Self Management of Diabetic Foot Ulcers
- CERAH Lunch & Learn - Fall Series (in collaboration with the Palliative Pain and Symptom Management Program and GMH Program) (2019-2020):
 - Teams Working with the Palliative Care Framework
 - Palliative Care in Northwestern Ontario
 - North West Dementia Working Group: A Voice for People Living with Dementia
- Palliative Care Lunch & Learn – Winter Series (in collaboration with the Palliative Pain and Symptom Management Program and GMH Program) (2019-2020):
 - Hospice Northwest - What's New?
 - Ontario Caregiver Organization
- Palliative Care Education Series (in collaboration with NOSM) - Palliative Care in First Nations Communities in Ontario (2019-2020)
- Palliative Care Workshop Series (in collaboration with NOSM) GI (2-hour session) (2019-2020)
- Building Capacity Project Webinar Series (2020-2021):
 - Webinar #1 Supporting People with Dementia & Care Partners Online: Lessons Learned from Dementia Café, April 27, 2020
 - Webinar #2: COVID-19 and Family Perspectives on Living with Dementia – A

- panel discussion on understanding and working through the challenges of community lockdown, while staying active, connected, and safe, May 11, 2020
 - Webinar #3: Through Our Eyes – A presentation by people living with dementia, May 25, 2020
 - Webinar #4: Programming Without Walls: How to get outside safely, June 15, 2020
 - Webinar #5: Creativity & Arts Programs for People Living with Dementia – Adapting During the COVID-10 Pandemic, July 20, 2020
- Palliative Care Lunch & Learn – Fall Series (in collaboration with the Palliative Pain and Symptom Management and Dementia and Mental Health Division (2020-2021):
 - Palliative Care for the Vulnerably Housed in Thunder Bay - An Update and a Work in Progress
 - Palliative Care of Congestive Heart Failure in the Home
 - Palliative CareLink
 - Geriatric Mental Health in Northwestern ON: One Program's Response to COVID-19
 - Advancing Patient and Family Centred Care During End of Life for Indigenous Persons and their Families at Nipigon District Memorial Hospital
- Palliative Care Lunch & Learn – Winter Series (in collaboration with the Palliative Pain and Symptom Management & Dementia and Mental Health Division) (2020-2021):
 - Palliative Care: How to better serve Francophones and their families in their most vulnerable times
 - Oral Palliative Care
- Advance Care Planning for Health Care Providers in First Nations Communities (in collaboration with Indigenous Services Canada) x 2 (2020-2021)
- Goals of Care and Person-Centered Decision Making for Health Care Providers in First Nations Communities (in collaboration with Indigenous Services Canada) x 2 (2020-2021)
- Palliative Care Education Series (in collaboration with NOSM/CEPD) (2020-2021):
 - Expected Death at Home: Addressing Symptom Burden with the Symptom Management Kit
 - Indigenous People and Access to Culturally Relevant Palliative Care
- Palliative Care Education Community of Practice Events (PC Ed CoP) (2020-2021):
 - Providing Palliative Care Virtually in the North
 - COVID-19 and Compassion Fatigue: Self Care for Health Care Providers
- Innovative Behavioural Support Practices to Support Long Term Care during COVID-19 Pandemic Panel Discussion (2020-2021)

Centre Programs

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.

The Dementia Café: A Place to Belong 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

In 2019-2020, the Cafe met three Sundays a month with the exception of July and August. Since March 2020, with the exception of a few weeks in the Fall of 2020, the Café has been held virtually every week except for monthly meetings in the summers of 2020 and 2021. Attendance numbers went down during this time as many of our participants and volunteers were experiencing Zoom fatigue and burnout. On October 3, 2021, we resumed weekly in-person cafés.

Dissemination of Information

- Stories of Social Isolation During COVID-19 As Experienced by Older Adults, Presentation by the Gerontology Graduate Class, November 27, 2020
- Through Our Eyes, Presentation by people living with dementia and care partners (NWDWG) for students in health fields such as nursing or PSW, February 12, and October 22, 2020
- COPE Education Day - Booth Display
- Schreiber Health and Wellness Fair – Booth Display
- Fort William First Nation Health Fair – Booth Display
- Health and Wellness Expo - 55 Plus Centre - Booth Display
- Weekly COVID-19 Palliative Care Education and Resources Update Emails distributed to over 1300 healthcare provider contacts
- CERAH Website – Palliative Care COVID-19 Specific Resource Pages
- Grief & Bereavement Resource Listing Project – Housed on HNW Website <https://www.hospicenorthwest.ca/grief-resources/> (in collaboration with Hospice Northwest, North West Regional Palliative Care Program)
- Resource Inventories shared with 211 – Caregiver & Grief and Bereavement Resources
- Francophone Engagement Project – Palliative Care French Resources Directory (in progress)
- Palliative Care for Front-Line Workers in Indigenous Communities" participant and facilitator manuals and resources (virtual edition).
- Dementia Dialogue Podcast - currently in its third season, <https://www.dementiadialogue.ca/>
- CERAH website, social media, articles

Curriculum/Teaching Manuals

- Palliative Care for Front-line Workers in Indigenous Communities participant and facilitator manuals and resources (virtual edition).

2.3 Plans for 2021-2022

Continual education initiatives planned:

Summit:

- Northwestern Ontario Palliative Care Summit 2021: Growth & Resilience: Spotlight on Our Region – Thursday, October 28, 2021, Thunder Bay.

Workshops/Courses/Series:

- Learning Essential Approaches to Palliative Care (LEAP) online 3-4 courses
- Palliative Care for Front Line Workers (15-hour course) 2 open online courses, 1-2 closed courses for SJCG staff
- CERAH Speaker Series - 8 sessions
- Palliative Care ECHO Project in collaboration with St. Joseph's Care Group - 6 sessions
- Advance Care Planning & Person-Centred Decision-Making Education in collaboration with Indigenous Services Canada & RPCP (2 sessions)
- Palliative Care Education Series sessions/workshop (in collaboration with NOSM) - 2
- Continue to participate in Francophone Engagement Strategy Initiatives (E.g., create a list of existing education & training opportunities available in French; create a list/inventory of patient & caregiver resources available in French)
- Hospice Northwest - support and collaboration on education initiatives; participation on working groups for palliative care
- 6 twelve-hour Palliative Care for Front-line Workers in Indigenous Communities (virtual) workshops – Manitoba
- 8 twelve-hour Palliative Care for Front-line Workers in Indigenous Communities (virtual) workshops – Ontario
- 1 twelve-hour Palliative Care for Front-line Workers in Indigenous Communities (virtual) workshop - Yukon Territory
- Speakers Series in collaboration with Caregiver Support Committee, Thunder Bay, Ontario (virtual)
- Continue to coordinate provincially mandated programs throughout northwestern Ontario including DementiAbility, Gentle Persuasive Approach, PIECES, U-First and LIVING the Dementia Journey.
- North West Geriatric Education Collaborative - continue to co-facilitate with St. Joseph's Care Group

Seminars:

- Palliative Care for Front-Line Workers in Indigenous Communities – various topics

Videoconferences (OTN/Zoom):

- CERAH Speaker Series
- Caregiver Support Committee Speakers Series

Dissemination of Information:

- CERAH website, social media, articles
- Three conference presentations accepted to the Canadian Association on Gerontology Conference, October 2021
- Dementia Dialogue Podcast, continuing with podcasts looking at people with lived experiences and care partners of those living with dementia:
<https://www.dementiadialogue.ca/>

Curriculum/Teaching Manuals:

- Caregiver's Curriculum

3. RESEARCH CONTRIBUTIONS (JULY 1, 2019 – JUNE 30, 2021)

In 2019-2021, CERAH researchers were involved in the following project(s):

3.1 Project Summaries***Study: Exploring and promoting end-of-life decision-making for people with dementia living in long-term care homes***

Dr. Nisha Sutherland, assistant professor in the School of Nursing and research affiliate at the Centre for Education and Research on Aging & Health, is receiving \$195,075 to spend three years exploring and promoting end-of-life decision-making for people with dementia living in long-term care homes.

This study is important to point to new ways of including residents with dementia and the people who care for them in making decisions towards palliative care. We will partner with long-term care home partners and people with dementia in the community to create a video that sheds light on fair practices and policies. This study is essential for residents with dementia to have a fair chance to receive quality palliative care and die in the way they wish. This study is led by Dr. Nisha Sutherland; Carlina Marchese is the Project Manager; and Katelyn Wheeldon is a Masters student working on the project.

Study: Building Capacity for Meaningful Participation by People Living with Dementia

The Building Capacity Project, also known as Building Capacity for Meaningful Participation by People Living with Dementia, is a cross-Canada partnership between researchers at the University of British Columbia and Lakehead University, and members of the Westside Seniors Hub (WSH) in Vancouver and the North West Dementia Working Group (NWDWG) in Thunder Bay. The Building Capacity Project aims to make communities more dementia-inclusive by creating sustainable opportunities for meaningful participation by people living with dementia. This multi-year project is a part of the Dementia Community Investment strategy funded by the Public Health Agency of Canada. This project in Thunder Bay is led by Dr. Elaine Wiersma; Carlina Marchese is the Research Coordinator; and Emilie Gaudet and Lindsay Watt are graduate students working on the project.

3.2 Research Grants

Date of Grant	Name and Role of Faculty Member	Granting Body	Research Title	
2020-2021	Dr. Ide Costa Co-Applicant	Funding from Investigator Research program and Mitacs support for student		
2020-2021	Dr. Kathy Kortés-Miller Principal Investigator	SSHRC Partnership Engagement Grant	COVID-19 #Not Just A Visitor: Caregiving in long-term care during lockdown	
2020-2022	Dr. Kathy Kortés-Miller Co-Investigator	Canadian Frailty Network	Caring, Sharing, and Preparing: Let's talk about later life!	
2020-2021	Dr. Kathy Kortés-Miller Principal Investigator	SSHRC SIG Community-Engaged Research Grant	Compassionate Communities; Building Capacity for Death Literacy	
2019-2022	Dr. Kathy Kortés-Miller Principal Investigator	SSHRC Insight Development Grant	The Untold Stories of MAiD in Ontario: Family and loved one's experiences	
2019-2022	Dr. Kathy Kortés-Miller Co-Investigator	SSHRC Partnership Development Grant	Deconstructing normativity in gerontology: Focus on sexual orientation & gender identity.	
2019-2022	Dr. Kathy Kortés-Miller Co-Investigator	Canadian Institutes of Health Research Project Grant	Improving palliative care in the home and community: Building CAPACITI (Community Access to Palliative Care via Interprofessional Primary Care Teams Intervention)	

2021-2026	Dr. Anna Koné Péfoyo Co-applicant with PI Dr Lana Ray	Canadian Institutes of Health Research Team Grant: GACD Primary and Secondary Prevention of Cancer (Indigenous Pool).	The Waasegiizhig Nanaandawe'iyewigamig Mino-Bimaadiziwin Project: Cancer Prevention through Traditional Healing	
2020-2021	Dr. Lynn Martin Co-Investigator	Lakehead University	Impact of multimorbidity and other characteristics on COVID-19 susceptibility and clinical outcomes: analysis of northwestern Ontario regional health data	
2019-2023	Dr. Lynn Martin Co-Investigator	Public Health Agency of Canada	Building capacity for meaningful participation by people with dementia	
2018-2021	Dr. Lynn Martin Principal Applicant	Canadian Institutes of Health Research	Enhancing dissemination and uptake of the international consensus statement on supporting adults with IDD who are frail	
2017-2022	Dr. Lynn Martin Co-Principal Applicant	Canadian Institutes of Health Research	EUREKA! An electronic decision aid for empowering individuals with concurrent mental health and substance use conditions	
2019	Dr. Nisha Sutherland Co-Investigator	VPRI Strategic – International Partnership Award	Dementia Across the Borders: Exploring Opportunities for Collaboration	
2016	Dr. Nisha Sutherland Co-Investigator	Lakehead University Senate Research Committee Research Development Fund	Frontline Staff Perceptions of their Role in Facilitating End- of-life Decision Making for Long-term Care Residents Living with Dementia and their Family Caregivers	
2019-2022	Dr. Nisha Sutherland Co-Principal Investigator	CIHR, Project Grant	Promoting Just and Inclusive End-of-life Decision-making for Long-term Care Residents with Dementia and their Care Partners	
2019-2023	Dr. Nisha Sutherland Co-Investigator	The Public Health Agency of Canada	Building Capacity for Meaningful Participation by People Living with Dementia	
2019	Dr. Nisha Sutherland Co-Investigator	SSHRC, Insight Development Grant	Opening the Black Box of Rural Interprofessional Collaboration: A Multiple Case Study Examining the Relationships between Health Workers and Environments in Rural Settings.	
2019-2020	Dr. Nisha Sutherland Co-Investigator	Employment and Social Development Canada: New	Changing Melodies: A Declaration of Independence	

		Horizons for Seniors Program-Community-Based Projects		
2018	Dr. Nisha Sutherland Co-Principal Investigator	Local Health Integration Network (LHIN)	Process Evaluation of Behavioural Supports Ontario Program	
2016-2019	Dr. Nisha Sutherland Co-Applicant	SSHRC/Tri-council	Student Placements Abroad and in Canada's Northern Communities: A Critical Analysis of the Integration of 'Global' and 'Local' Knowledge in Nursing Pedagogy	
2019-2023	Dr. Elaine Wiersma Co-Principal Investigator	Public Health Agency of Canada	Building Community Capacity for Meaningful Participation of People Living with Dementia	
2019-2023	Dr. Elaine Wiersma Principal Investigator	Public Health Agency of Canada	Dementia Dialogue Podcast Project	
2019-2022	Dr. Elaine Wiersma Co-Investigator	Canadian Institutes of Health Research	Inclusive and Just End-of-Life Decision-Making in Long-Term Care [Dr. Nisha Sutherland - PI]	
2019-2020	Dr. Elaine Wiersma Principal Applicant	North West Local Health Integration Network	Creativity and Imagination in Residential and Assisted Living Services: A Learning and Sharing Event (one-time funding)	
2019-2020	Dr. Elaine Wiersma Principal Applicant	North West Local Health Integration Network	Behavioural Supports Ontario funding	
2019-2020	Dr. Elaine Wiersma Principal Investigator	SSHRC	Aging in Place in a Rural Northern Community "Enhancing Innovation and Creativity in Social and Recreational Programs for People Living with Dementia" (one-time funding)	

4. PUBLICATIONS (JULY 1, 2019 – JUNE 30, 2021)

4.1 Refereed Journal Articles

- Amargo-Plazas, P., **Costa, I.G.**, Alvarado, B., Duhn, L., & Tregunno, D. (2021). Adapting Paulo Freire's Participatory Education to Develop Self-Management Education Programs for Seniors with Diabetes. *Canadian Journal of Diabetes*, 45(6), 575-578. <https://doi.org/https://doi.org/10.1016/j.jcjd.2020.10.017>
- Barabash, T., Ouellette-Kuntz, H., & **Martin, L.** (2021). From premise to practice: applicability of a consensus statement for supporting adults with IDD who are frail. *Journal of Applied Research in Intellectual Disabilities*, 34(1), 670-674. doi:

- 10.1111/jar.12825.
- Broders, K., & **Wiersma, E.C.** (online first). Creating change: The experiences of women living with young-onset dementia. *Disability & Society*.
 - Camargo-Plazas, P., **Costa, I.G.**, Pare, G., Alvarado, B., & Duhn, L. (2021). Conducting research in the time of COVID-19: Re-visioning a PAR project about diabetes self-management education for seniors in rural Ontario, Canada. *New Trends in Qualitative Research*, 8, 554–561. <https://doi.org/10.36367/ntqr.8.2021.554-561>.
 - **Costa, I. G.**, Plazas, M. P.C., & Tregunno, D. (2020). I cannot afford offloading boots: Perceptions of socioeconomic factors influencing engagement in self-management of diabetic foot ulcer. *Adv. Nur Sci.* 43(4). DOI: 10.1097/ANS.0000000000000328.
 - **Costa, I. G.**, Tregunno, D., & Camargo-Plazas P. (2020). The constructivist grounded theory methodology: Considerations on its use in the area of nursing in wound care. *Qualitative Research in Health: Advances and Challenges*, 3, 858–869.
 - **Costa, I. G.**, Tregunno, D., & Camargo-Plazas, P. (2021). Patients' journey toward engagement in self-care management of diabetic foot ulcer in adults with type 1 and 2 diabetes: A constructivist grounded theory study. *Can J Diabetes*, 45(2), 108–113. DOI:<https://doi.org/10.1016/j.jcjd.2020.05.017>
 - Dupuis, S.L., McAiney, C., Loisel, L., Hounam, B., Mann, J., & **Wiersma, E.** (online first). Use of participatory action research approach to develop a self-management resource for persons living with dementia. *Dementia: the international journal of social research and practice*.
 - Durant, K. L., & **Kortes-Miller, K.** (2020). Physician snapshot: the forming landscape of MAiD in northwestern Ontario. *Palliative Care and Social Practice*, 14, 2632352420932927.
 - Garrod, M.J., Vafaei, A., & **Martin, L.** (2020). The link between difficulty in accessing health care and health status in a Canadian Context Canadians, *Health Services Insights*, 13. doi: 10.1177/1178632920977904.
 - Herring, M. G., **Martin, L.**, & Kristman, V. (2021). Characteristics and needs of persons admitted to an inpatient psychiatric hospital with workers compensation coverage. *Frontiers of Psychiatry, Public Mental Health*, 12: 673123. doi: 10.3389/fpsy.2021.673123.
 - Hiebert, A., & **Kortes-Miller, K.** (2021). Finding Home in Online Community: Exploring TikTok as a Support for LGBTQ+ Youth Throughout COVID-19. *Journal of LGBT Youth* (accepted with minor revisions).
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- Stinchcombe, A., **Kortes-Miller, K.**, & Wilson, K. (2021). "We Are Resilient, We Made It to This Point": A Study of the Lived Experiences of Older LGBTQ2S+ Canadians. *Journal of Applied Gerontology*, 0733464820984893.
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4.2 Book Chapters

- **Kortes-Miller, K.** (in press). Offering Social Work Care for Spiritual Needs at the End of Life. In J. Vis & H. Boyton (eds) *Trauma, spirituality and post-traumatic growth in clinical social work practice*.
- **Prince, H.**, **Kortes-Miller, K.**, Stajduhar, K and Marshall, D. (in press). Public Health Palliative Care, Equity-Oriented Care, and Structural Vulnerability. In J. Abel & A. Kellehear (eds) *Oxford Textbook of Public Health Palliative Care*. Oxford University Press.
- Rabeh, S. A. N., **Costa, IG.**, Valdebenito, P., Nogueira, P.C & Salazar, M. E. (2020). Evaluation and care of the skin of the older adults in primary care. In: R. A. P. Rodrigues, *Attention to older adult care in the community in times of COVI-19*. Panamerican Health Organization.
- **Wiersma, E.C.**, Clarke, C., & Heibein, B. (in press). 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.

4.3 Technical Reports

- **Wiersma, E.C.**, & **Shandruk, E.** (July 2020). Supporting aging in place in Terrace Bay, Ontario. Thunder Bay, ON: CERAH, Lakehead University.

4.4 Conference Presentations and Posters

- Camargo-Plazas, P., **Costa, I.G.**, Pare, G., Alvarado, B., Duhn, L. (2021). Investigando en los tiempos de COVID-19: Re-inventando un proyecto participativo sobre el autocuidado de la diabetes en adultos mayores de Ontario, Canada [Spanish]. 10th Congreso Iberoamericano en Investigacion Cualitativa – Video Conference Online. (Read), July 13 – 16.
- Camargo-Plazas, P., Duhn, L., **Costa, I.G.**, Pare, G., Tregunno, D. (2021). Conducting Research in the Time of COVID-19: Re-visioning a PAR Project about Diabetes Self-management Education for Seniors in Rural Ontario, Canada. 17th International Congress of Qualitative Inquiry. (Read) May 18–22.
- **Costa, I.G.**, Camargo-Plazas, M. P. (2021) I thought I could fix it myself: Understanding the reasons why patients delay seeking help at the onset of diabetic foot ulcer. 40th National NSWOC Virtual Conference: Plugged in & Charged Up. (Read), May 12–14.
- **Costa, I.G.**, Camargo-Plazas, M. P. (2021). "It was Only a Tiny Hole": Understanding the Reasons why Patients Delay Seeking Treatment at the Onset of a Diabetic Foot Ulcer. 17th International Congress of Qualitative Inquiry. (Presenter - Read) May 18-22.
- **Costa, I.G.**, Camargo-Plazas, M. P. (2021). Sense of Life Change: The Impact of Diabetic Foot Ulcer on Patients' Quality of life. 17th International Congress of Qualitative Inquiry. (Presenter - Read) May 18-22.
- Dean, T., **Koné Péfoyo, A., & Martin, L.** (2021). Prevalence of and factors related to polypharmacy among persons with cancer in Ontario. CSEB Virtual Conference, (Poster presentation), June.
- Dean, T., **Koné Péfoyo, A., & Martin, L.** (2021). Impact of polypharmacy on health service utilization and death of persons with cancer, accounting for MMB. CSEB Virtual Conference, (Poster presentation), June.
- Hansford, R., Ouellette-Kuntz, H., & **Martin, L.** (2021). COVID-19 test results among a high-risk sample of adults with IDD in Ontario. Ontario Association on Developmental Disabilities, Research Special Interest Group 29th Annual Research Day, April 22.
- Hansford, R., Ouellette-Kuntz, H., & **Martin, L.** (2021). COVID-19-related restrictions among adults with IDD in Ontario. Virtual COVID-19 and Public Health Forum, April 21-22.
- Ouellette-Kuntz, H., & **Martin, L.** (2021). The impact of congregate living on positive COVID-19 tests among adults with IDD in Ontario. *Canadian Society for Epidemiology and Biostatistics 2021 Virtual Conference*, June 13.
- **Koné Péfoyo, A.**, Gabriel, H., **Costa, I.**, Scharf, D., **Martin, L.** & Wodchis, W. (2021). COVID-19 leads to higher mortality regardless of other risk factors: a population-based retrospective cohort study. CSEB Virtual Conference, (Oral presentation), June.
- **Koné Péfoyo, A.**, Gabriel, H., **Costa, I.**, Scharf, D., **Martin, L.** & Wodchis, W. (2021). Multimorbidity is associated with COVID-19 positivity in Ontario, and some pre-existing conditions increase the risk even more. CSEB Virtual Conference, (Poster presentation), June.
- **Koné Péfoyo, A.**, Gabriel, H., **Costa, I.**, Scharf, D., **Martin, L.** & Wodchis, W. (2021). Early COVID-19 Pandemic Reinfection Rates in Ontario, Canada: Evidence from Population Healthcare Administrative Data. CSEB Virtual Conference, (Poster presentation), June.
- **Koné Péfoyo, A.**, Kozik, J., Hawkins, J., Scharf, D., Alani-Verjee, T. (2020). Care experience of patients with cancer and multimorbidity. CPHA conference 2020 online, October.
- **Koné Péfoyo, A., Martin, L., Gabriel, H., Costa, I., Scharf, D., & Wodchis, W.** (2021).

COVID-19 leads to higher mortality regardless of other risk factors: a population-based retrospective cohort study. Canadian Society for Epidemiology and Biostatistics 2021 Virtual Conference, June 13.

- **Kortes-Miller, K.** & Durant, K. (2020). The untold stories of MAiD in Ontario: Family and loved ones' experiences. CAMAP Research Conference. (zoom presentation), October.
- **Kortes-Miller, K.**, McLeod, A., & Freeman, C. (2021) Addressing the Needs of those who Identify as Two-Spirit and LGBTQ+ People and are Living with Advanced Illness. Hospice Palliative Care Ontario Annual Conference, April (zoom presentation), April 19.
- **Marchese, C.**, **Sutherland, N.**, Wheeldon, K., St. Amant, O., Dupuis, S., Kontos, P., **Wiersma, E.**, Brennan, M. (2021). "They need us": COVID-19 highlights the crucial role of family carers of LTC home residents living with dementia. British Society of Gerontology Conference, Virtual [Oral presentation].
- **Marchese, C.**, **Wiersma, E.**, **Sutherland, N.**, **Gaudet, E.**, Wheeldon, K. (2020). Northwest Dementia Working Group. An Evaluation of "Living Well with Dementia: Creating Dialogues of Hope" Conference". St. Joseph's Care Group Showcase of Health Research, Thunder Bay, ON.
- McLeod, A. & **Prince, H.** (2020). A critical gap: Improving palliative care for Indigenous people.. Manitoba Palliative Care Conference. (Workshop), September 17-18.
- **Prince, H.** (2019). Maawandoonan: Integrating philosophies of care in the development of culturally relevant education for Indigenous peoples. World Indigenous Cancer Conference. (Workshop Presentation), September 19.
- **Prince, H.** (2019). Supporting palliative care capacity in First Nations communities: Lessons learned from northwestern Ontario, Canada. World Indigenous Cancer Conference. (Workshop Presentation), September 19.
- **Prince, H.** (2019). Improving end-of-life care in indigenous communities: Embracing the concept of two-eyed seeing in the delivery of culturally relevant education. Canadian Hospice Palliative Care Association. (Workshop Presentation), September 20.
- **Prince, H.** (2019). Nowiigeway "I want to go home..." Improving end-of-life care in First Nations communities in Canada. Invited presentations to the New Zealand Palliative Care Organization and Elders Council, Wellington, New Zealand. October 10-11.
- **Prince, H.** (2019). Maawandoonan: Integrating philosophies of care in the development of culturally relevant education. International Public Health and Palliative Care Conference. (Workshop Presentation), October 13.
- **Prince, H.** (2019). Developing palliative care programs in Indigenous communities: Lessons learned from Canadian First Nations communities. International Public Health and Palliative Care Conference (Oral Presentation), October 15.
- **Prince, H.** (2020). A critical gap: Improving palliative care for Indigenous peoples. International Congress on Palliative Care (Accepted for Workshop Presentation), October 12-16.
- **Prince, H.** (2020). The Teresa Dellar community development seminar: Caregiving, community, advocacy, and volunteers. International Congress on Palliative Care. (Invited Keynote Panel Presentation), October 12-16.
- Scharf, D., Noël, C.A., Armiento, C., **Koné Péfoyo, A.**, Klein, R., & Bédard, M. (2021). Mental Health Needs of Thunder Bay and District Injured and Ill Workers in the WSIB Process. CPA's 82nd Annual National Convention (Poster presentation), June 7-25.
- Wheeldon, K., **Sutherland, N.**, St. Amant, O., **Wiersma, E.**, Dupuis, S., Kontos, P., Brennan, M., **Marchese, C.** (2021). From the outside looking in: Family care partners' experiences of end-of-life decision-making regarding long-term care home residents with dementia during COVID-19. Hospice Palliative Care Ontario Conference, Virtual (Poster presentation).

4.5 Other scholarly activities

- **Kortes-Miller, K.** (2020). Canadian Hospice Palliative Care Association Learning Institute Invited faculty "Communication at the End of Life" (Psychosocial Stream Lead). October.
- **Wiersma, E.C.** (2020). Keynote: We are what we create: Story work and resilience. Alzheimer Society of British Columbia: virtual. October 20.

5. CONTRIBUTION TO THE COMMUNITY (JULY 1, 2019 – JUNE 30, 2021)

In 2019-2021, CERAH staff and research affiliates were involved in the community in the following ways:

Local

- Age-Friendly Executive Thunder Bay
- Caregiver Support Committee
- Dementia Café: A Place to Belong Advisory Committee

Regional

- Behavioural Supports Ontario for the Northwest region
- Care Partner Coffee and Chat Facilitator
- Caring Connections Chronicle newsletter
- Centre for Health Care Ethics
- FNIM Palliative Care Partners
- North West Dementia Working Group
- Caregiver Support Committee
- North West Regional Geriatric Education Collaborative
- North West LHIN Regional Palliative Care Program Advisory Committee
- Palliative Care Education Community of Practice (PCEdCoP)
- Regional Behavioural Supports Ontario Committee
- Regional Cancer Care Indigenous Cancer Care Committee
- Regional Palliative Care Education Collaborative
- Regional Seniors' Care Advisory Committee
- Thunder Bay Medical Society - Continuing Medical Education Planning Committee

Provincial

- Behavioural Supports Knowledge to Practise Community of Practise
- Behavioural Supports Ontario Knowledge Translation and Communications Advisory Committee
- Behavioural Supports Ontario Provincial Advisory Committee
- Hospice Palliative Care Ontario
- Ontario Hospice Palliative Care Association
- Ontario Palliative Care Network Partnership Advisory Council

- 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
- Canadian Hospice Palliative Care Association

International

- British Society for Gerontology
- Citizenship & Dementia International Research Network
- Dementia: The International Journal of Social Research and Practice (Dr. Elaine Wiersma - Co-Editor)
- Public Health and Palliative Care International
- Innovation in Aging Journal (Dr. Elaine Wiersma - Deputy Associate Editor, Qualitative Research)

Moving forward:

Like all areas of society, CERAH struggled to pivot and adjust to the challenges that COVID-19 presents us. As the leadership team of CERAH, we would like to acknowledge staff members' hard work and dedication to their work and the contributions they make to our communities and the university.

This past year also was Dr. Wiersma's final year of leading our Centre in the role of Director. The staff of CERAH is grateful for her leadership and guidance throughout her tenure, particularly during the challenges of COVID. We are so thankful for all she has taught us and the contributions she has made to the CERAH, scholarship and our community. We are grateful that she will continue to be closely involved in the work of the Centre and provide continued support and leadership in the role of Associate Director.