

Action

Collaboration

Knowledge

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

**ANNUAL REPORT
2022-2023**

Prepared by:

Dr. Kathy Kortés-Miller, Director

Dr. Elaine Wiersma, Associate Director



Lakehead
UNIVERSITY

Centre for
Education and Research
on Aging & Health

HUMAN RESOURCES

Core Staff Members

Name	Title	Date
Ide Costa, Ph.D.	Interim Director	January 1, 2022 - present
Kathy Kortés-Miller, MSW, Ph.D.	Director	July 1, 2021 - present
Elaine Wiersma, Ph.D.	Associate Director	July 1, 2021 - present
Carol Bold, BEd, HBA	Knowledge Broker Assistant	September 2, 2019 - March 31, 2023
Kassandra Fernandes, MPH, Ph.D. (Cand.)	Curriculum Developer	May 1, 2021 - 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
Debbie Riddell	Education Initiatives Assistant	August 21, 2001 - April 30, 2023
Emily Shandruk, BA, MA	Project Manager	September 19, 2019 - April 30, 2023
Jessica Wyatt, BEd., MA, PMP	Knowledge Broker	May 6, 2008 - present

Other Staff Members

- Margaret Bannon, 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 - present
- Emilie Gaudet, Dementia Café Coordinator – October 2020 - May 17, 2023

- Katrina Graham, Palliative Care Education Facilitator - April 1, 2023 - present
- Sherri Henderson, Palliative Care Education Facilitator - April 1, 2021 - present
- Sydney Hunt, Dementia Café Coordinator - May 28, 2023 - present
- Jill Marcella, Palliative Care Education Facilitator - September 24, 2020 - present
- Kimberly Ramsbottom, Palliative Care Education Facilitator - September 24, 2020 - present
- Melissa Stevenson, Palliative Care Education Facilitator - April 1, 2023 - present
- Joanna Vautour, Palliative Care Education Facilitator - September 24, 2020 - present
- Caitlin Watkins, Dementia Cafe Program Assistant - January 15, 2023 - present
- Lindsay Watt, Dementia Cafe Program Assistant - November 1, 2020 - January 8, 2023

Students

- Aseel Hashim, Masters of Public Health (September 2021 - April 2023)
- Seunghyum Kim, Masters of Health Sciences (September 2022 - present)
- Maydena Remenda, Masters of Social Work (May 1 2023 – present)
- Bailey Vandorp, Masters of Public Health (September 2021 - April 2023)

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

EDUCATIONAL INITIATIVES (APRIL 1, 2022 - MARCH 31, 2023)

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 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 palliative care for Indigenous community's education emerged from Dr. Kelley's CIHR work and earlier work done at CERAH by Dr. Kelley, Dr. Kortés-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 Summit 2022, Online:
 - End of Life Doulas - Enhancing Care for All, November 3, 2022
 - Culturally Safe-r Palliative Care Education for those Caring for Indigenous Peoples, November 10, 2022
 - Dignity and New Opportunities in Palliative Care, November 17, 2022
 - Racism in the Healthcare System, November 24, 2022

Workshops/Courses

Multi-Day Workshops

- *Palliative Care for Front-Line Workers in Indigenous Communities (PCFLWIC)*, 2 days x 4 workshops for Ontario region (all virtual)
- *Palliative Care for Front-Line Workers in Indigenous Communities (PCFLWIC)*, 2 days x 2 workshops for Manitoba region (1 virtual, 1 in-person)
- *Palliative Care for Front-Line Workers in Indigenous Communities (PCFLWIC)*, 2 days x 2 workshops for British Columbia region (1 virtual, 1 in-person)
- *Palliative Care for Front-Line Workers*, 2 days x 1 workshop (in-person)

One Day Workshops

- *Learning Essential Approaches to Palliative Care (LEAP) Oncology*, 8 hours (in-person)
- *Learning Essential Approaches to Palliative Care (LEAP) Core*, 8 hours (in-person, day 1 of 2)
- *Transitional Care Planning for those Working with Indigenous People*, 6 hours (virtual, in collaboration with the North West Regional Palliative Care Program)
- *When the Well is Dry Workshop*, 7 hours (virtual, in collaboration with the North West Regional Palliative Care Program)

Half-Day Workshops

- *Learning Essential Approaches to Palliative Care (LEAP) Core Online*, 2 x 3.5 hour sessions
- *Learning Essential Approaches to Palliative Care (LEAP) Core Hybrid*, 2 x 3.5 hour sessions (in-person)

Webinars/Videoconferences

- Advance Care Planning for Healthcare Providers Working in First Nations Communities, October 6, 2022
- CERAH Speaker Series:
Centre for Education and Research on Aging & Health Annual Report

- The Pandemic Grief Pivot: In Search of Grief Ritual Alternatives, June 8, 2022
- Webinar #1: Researching MAiD in Canada, September 14, 2022
- Webinar #2: Exploring Dementia through the French Language Lens, November 16, 2022
- Webinar #3: I am still the queen - The experiences of women living with dementia, January 26, 2023
- Webinar #4: Community-Engaged Work Leads to Community-Wide Results - How Community Collaborations are Making Meaningful Impacts on Older Adults in Thunder Bay, March 16, 2023
- Webinar #5: Creating Culturally Safe-r Palliative Care Education for Indigenous Communities, May 23, 2023
- Compassionate Communities Town Hall Meeting, 3.5 hours, May 25, 2022 (in collaboration with Hospice Northwest and the North West Regional Palliative Care Program)
- Green Care Farms, March 13, 2023
- HPCO Rural Community of Practice Presentation: Palliative Care ECHO Project - Palliative Care in Rural and Underserved Communities, May 25, 2022
- Indigenous People's Health & Aging Webinar Series, 1.5 hour sessions:
 - Webinar #1: Walking Alongside Indigenous Peoples who are Seriously Ill: Education for Community Caregivers, June 28, 2023
 - Webinar #2: Difficult Conversations is the Heart of Caring, October 5, 2023
 - Webinar #3: Relearning Our Ways to Grieve, December 8, 2023
 - Webinar #4: Caring for Ourselves: The Importance of Making US a Priority, March 8, 2023
- Palliative Care ECHO Series: Supporting Journeys to the Spirit World - Embracing a Two-Eyed Seeing Approach to Caring for Indigenous Peoples, 1.5 hour sessions:
 - Webinar #1: Creating Opportunities for Culturally Safer Care, September 27, 2022
 - Webinar #2: Journey to the Spirit World: Indigenous Approaches to Caregiving for those who are Seriously Ill, October 4, 2022
 - Webinar #3: Journey Home: Understanding the Grief Experience of Indigenous People, October 11, 2022
 - Webinar #4: Palliative Care: Westernized Approaches to Caregiving, October 25, 2022
 - Webinar #5: Transitioning Between Systems of Care: Discussing the Discharge Planning Process, November 1, 2022
 - Webinar #6: Patient and Community Centred Decision-Making and Care, November 8, 2022
- Palliative Care Education Series (in collaboration with NOSM U):
 - Tackling Grief from a Cultural Perspective, May 19, 2022
 - Pain Assessment and Management in Palliative Care (Part 2), December 8, 2022
 - Palliative Sedation, January 12, 2023
- Palliative Care Lunch & Learns, 45 min. - 1 hour sessions:
 - Webinar #1: FAQs for an Advance Care Planning Champion - Part 2, April 14, 2022
 - Webinar #2: Pain Assessment and Management in Palliative Care, October 12, 2022
 - Webinar #3: The Difference between the 3 Ds - Dementia, Delirium and Depression, January 18, 2023

- Webinar #4: The Role of Retirement Homes Regulatory Authority, February 15, 2023
- Stroke, Aging, & Cognition Series in partnership with SJCG, NW Stroke Network:
 - Webinar #1: Overview of Executive Function, Memory and Functional Performance, January 18, 2023
 - Webinar #2: The Interplay Between Aging, Neurological Events and Vascular Health, March 29, 2023
- The Case for Engaging People with Dementia In Community Support Efforts, November 15, 2022
- Walking Alongside Indigenous Peoples who are Seriously Ill - Pallium Canada National ECHO Session, January 19, 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, and has grown in numbers since.

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, 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, 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.

Taking Control of Our Lives - February 16, 2023 - April 13, 2023

“Taking Control of Our Lives” is an 8- week self-management education program for people living with early dementia. Topics over the eight weeks include:

- Memory tips and strategies
- Keeping a positive outlook
- Finding purpose and meaning
- Adapting to changes in dementia
- Building Resilience
- Problem solving

- Communication strategies
- Finding my voice
- Having difficult conversations
- Building and keeping connections
- Stigma & Creating inclusive spaces
- Emotional wellness
- Transforming with grief and loss
- Managing stress and anxiety
- Understanding and lowering risk
- Working with your health care provider(s)
- Maintaining a healthy lifestyle

This program is for people living with dementia. Taking Control of Our Lives is intended to help individuals develop skills, increase confidence and feel empowered to take control of their life by talking with and learning from others that may be experiencing some of the same things that they are.

Dissemination of Information

- CERAH Monthly E-Blasts, April 2022-present
- Dementia Dialogue Podcast often features people living with dementia, their care/life partners, and supporters sharing experiences. Through the interviews, guests demonstrate their capacity to live fully. Other episodes include conversations with researchers and advocates. This PHAC Dementia Community Investment Fund project funding concluded March 31st, 2023, with a possible extension.
 - Episode 45: Communication Through Improv (Arts & Dementia Series)
 - Episode 46: Young-Onset Dementia: Changing the Narrative (Young Onset Series)
 - Episode 47: Dementia in the Media (Arts & Dementia Series)
 - Episode 48: Have a Good Day, Every Day (Young Onset Series)
 - Episode 49: Friendship
 - Episode 50: Facing a Family History (Young Onset Series)
 - Episode 51: Celebrate Life (Young Onset Series)
 - Episode 52: Genetic Testing – To Test or Not to Test? (Young Onset Series)
 - Episode 53: Building Capacity Project
 - Episode 54: 2SLGBTQI+ & Dementia – Ruth & Maggie’s Story
 - Episode 55: Offering Certainty – Biomarkers, Diagnosis and Dementia
 - Episode 56: Seeking Clarity – Biomarkers, Diagnosis and Dementia
 - Episode 57: Community Engagement – Safety in Numbers
 - Episode 58: Community Partners and their Journey of Discussion and Inclusion
- Disrupting Death Podcast features conversations about Medical Assistance in Dying in Canada. Hosts, Kathy Kortés-Miller and Keri-Lyn Durant lead with curiosity as they interview a wide range of guests who know M.A.i.D. intimately.
 - Episode 1: Welcome to Disrupting Death – Conversations about Medical

Assistance in Dying in Canada ○ Episode 2:
Disrupting Death with Sandra Martin ○ Episode 3:
Disrupting Death with Jill Bodak

- Through Our Eyes, presentation by people living with dementia and care partners (NWDWG), March 23, 2023 (In person presentation in Conmee, ON)

Curriculum/Teaching Manuals

- *Palliative Care for Front-Line Workers Course*, updates completed to PowerPoint slides for all 8 course modules

Plans for 2023-2024

Continual education initiatives planned:

Conferences:

- Living Well with Dementia Conference, October 15-16, 2023
- Northwestern Ontario Palliative Care Conference: Navigating the Journey Together: Providing Care for Ourselves & Others, October 3-5, 2023

Workshops/Courses/Series:

- *Learning Essential Approaches to Palliative Care (LEAP)* x 2 courses
- *Learning Essential Approaches to Palliative and End-of-Life Care (LEAP) Core for Indigenous Communities (LEAP IC)*, 2 days x 2 for Ontario region
- *Palliative Care for Front-Line Workers* course
- *Palliative Care for Front-Line Workers in Indigenous Communities (PCFLWIC)*, 2 days x 1 workshop for Atlantic Canada region (in-person)
- *Palliative Care for Front-Line Workers in Indigenous Communities (PCFLWIC)*, 2 days x 1 workshop for British Columbia region (in-person)
- *Palliative Care for Front-Line Workers in Indigenous Communities (PCFLWIC)*, 2 days x 5 workshops for Ontario region (in-person)

Seminars:

- Advance Care Planning & Goals of Care Initiatives in collaboration with the North West Regional Palliative Care Program

Webinars:

- Stroke, Aging, & Cognition Series in partnership with SJCG, NW Stroke Network x 1 webinar
- Indigenous Peoples' Health & Aging Webinar Series, 1.5-hour x 4 sessions
- Palliative Care Lunch & Learns, 45 min. x 6 sessions
- Advance Care Planning and Person-Centred Decision-Making Education (in collaboration with Indigenous Services Canada) x 2 sessions
- Palliative Care Education Series (in collaboration with NOSM U) x 2 sessions

Centre for Education and Research on Aging & Health Annual Report

Dissemination of Information:

- CERAH website, monthly e-blast, social media, articles
- Dementia Dialogue Podcast
- Disrupting Death Podcast

Curriculum/Teaching Manuals:

- Update *Facilitator Companion Tool for the delivery of Culturally Relevant LEAP Education for Indigenous Communities*
- Update *Palliative Care for Front-Line Workers in Indigenous Communities* curriculum for Manitoba, Ontario, and Atlantic Canada
- Update *Walking Alongside Indigenous Peoples who are Seriously Ill: Education for Community Caregivers* curriculum

PUBLICATIONS (JULY 1, 2022 – JUNE 30, 2023)

Refereed Journal Articles

- Alarilla, A., Mondor, L., Knight, H., Hughes J., **Koné, A. J.**, Wodchis, W. P., & Stafford, M. (2023) Socioeconomic gradient in mortality of working age and older adults with multiple long-term conditions in England and Ontario, Canada. *BMC Public Health*, 23(1). 1-13. <https://doi.org/10.1186/s12889-023-15370-y>
- Camargo-Plazas, P., Robertson, M., Paré, G. C., **Costa, I. G.**, Alvarado, B., Ross-White, A., & Duhn, L. (2023). Diabetes self-management education for older adults in Western countries: a scoping review protocol. *JBI Evidence Synthesis*, 21(5), 993–1000. <https://doi.org/10.11124/JBIES-22-00254>
- **Costa, I.G.** (2022). Are nurses being heard? The power of Freirean dialogue to transform the nursing profession. *International Health Trends and Perspectives*, 2(2), 217-222. <https://doi.org/10.32920/ihtp.v2i2.1651>
- **Costa I.G.** (2023). Foot skin and nail care for people with diabetes: Are we prioritizing or neglecting it? *Wound Care Canada*, 21(1): 20-27. <https://doi.org/10.56885/WQAJ65342>
- **Costa, I. G.**, & Camargo-Plazas, P. (2023). The impact of diabetic foot ulcer on individuals' lives and daily routine: A qualitative study informed by social constructivism and symbolic interactionism frameworks. *Journal of Wound, Ostomy and Continence Nursing*; 50(1), 73-77. <https://doi.org/10.1097/WON.0000000000000941>
- **Costa, I.G.**, & Camargo-Plazas, P. (2022). The meaning of diabetes for individuals who developed diabetic foot ulcer: A qualitative study informed by a constructivist framework. *World Council of Enterostomal Therapy - WCET® Journal*, 42(4), 41-47. <https://doi.org/10.33235/wcet.42.4.41-47>
- **Costa, I. G.**, & Camargo-Plazas, P. (2023). The processes of engagement in information-seeking behavior for individuals with diabetes who developed diabetic foot ulcer: A constructivist grounded theory study. *Digital health*, 9. <https://doi.org/10.1177/20552076231177155>
- **Costa, I.G.**, & Levine, D. (eds.) (2022). Our Voices, Our Stories: A patient journey initiative. *Wound Care Canada*, 20, Suppl:11–12.
- **Costa, I.G.**, Levine, D., & Rosenthal, S. (2023). Advancing wound care in Canada: Using infographics to disseminate key insights of the first Patient's Journey conference. *Wound Care Canada*, 21(1), 56-60. <https://doi.org/10.56885/JOPZ2101>

- **Costa, I.G.,** & Schoales, C. (2022). Conducting grounded theory studies in times of pandemic: challenges, benefits, and practical strategies, *New Trends in Qualitative Research*, 10, 1-12. <https://doi.org/10.36367/ntqr.10.2022.e561>
- **Costa, I. G.,** Tregunno, D., & Camargo-Plazas, P. (2022). Patients' perceptions of reasons contributing to delay in seeking help at the onset of a diabetic foot ulcer: A grounded theory study. *Journal of wound, ostomy, and continence nursing: official publication of The Wound, Ostomy and Continence Nurses Society*, 49(5), 481–487. <https://doi.org/10.1097/WON.0000000000000913>
- Dean, T., **Kone, A., Martin, L.,** Armstrong, J., & Sirois, C. (2022). Understanding the extent of polypharmacy and its impact on outcomes among persons with cancer and multimorbidity. *Journal of Pharmacy Practice*, (online ahead of print). <https://doi.org/10.1177/08971900221117105>
- Durant, K. L., & **Kortes-Miller, K.** (2023). “And Then COVID Hit”:(Re) flexibility of Digital Storytelling in Qualitative Health Research. *International Journal of Qualitative Methods*, 22, 16094069231170953. <https://doi.org/10.1177/16094069231170953>
- Hansford, R., Ouellette-Kuntz, H., & **Martin, L.** (2022). COVID-19 precautions experienced by a sample of adults with IDD. *Annals of Epidemiology*, 75, 10-15. <https://doi.org/10.1016/j.annepidem.2022.08.041>
- **Koné, A. P.,** Scharf, D., & Tan, A. (2023). Multimorbidity and Complexity Among Patients with Cancer in Ontario: A Retrospective Cohort Study Exploring the Clustering of 17 Chronic Conditions with Cancer. *Cancer Control*, 30. <https://doi.org/10.1177/10732748221150393>
- **Kone, A. P., Martin, L.,** Scharf, D., Gabriel, H., Dean, T., **Costa, I.,** Saskin, R., Palma, L., & Wodchis, W. P. (2023). The impact of multimorbidity on severe COVID-19 outcomes in community and congregate settings. *Dialogues in health*, 2, 100128. <https://doi.org/10.1016/j.dialog.2023.100128>
- 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 [preprint]. <https://doi.org/10.21203/rs.3.rs-3110814/v1>
- **Marchese, C.,** Dubois, S., **Martin, L.,** Weaver, B., & Bédard, M. (2022, online). Distraction impairs drivers of all ages: a cross-sectional analysis of fatal crashes in the United States. *Traffic Injury Prevention*, 23(8), 465-470. <https://doi.org/10.1080/15389588.2022.2123221>
- 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. *Journal of Geriatric Psychiatry* (Minor revisions).
- 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), 1-12. <https://doi.org/10.1186/s12904-022-01124-x>
- **Sutherland, N.,** St. Amant, O., Dupuis, S., Kontos, P., **Wiersma, E.,** & Brennan, M. (2022). Just and inclusive end-of-life decision-making for long-term care home residents with dementia: A qualitative study protocol. *BMC Palliative Care*, 21(1), 202. <https://doi.org/10.1186/s12904-022-01097-x>

4.2 Book Chapters

- **Costa, I.G.** (2022). Nursing care for the skin, nails, and feet of people with diabetes. In E. S. Brandão & M. H. S. Mandelbaum. *Nursing in Dermatology in the Life Cycle (Portugues)*. Publisher CRV: Curitiba, Brazil.

- Fries, B.E., Hirdes, J.P., Declercq, A., Morris, J.N., Vereker, N., Betini, R., Berg, K., ...**Martin, L.**, Meehan, B., Smith, T.F., Stewart, S., Szczerbinska, K., & Topinková, E. (2023). interRAI self-report of carer needs (SCaN) assessment and user's manual version 10.0. Washington, DC: interRAI.
- **Prince, H., Kortés-Miller, K.**, Stajduhar, K. I., & Marshall, D. (2022). Public health palliative care, equity-oriented care, and structural vulnerability. *Oxford Textbook of Public Health Palliative Care*, 197.
- **Wiersma, E.C., Sutherland, N., Marchese, C., Watt*, L., Linton*, C., & Vandorp*, B.** (Accepted). The freedom to be and the freedom to do—Creating leisure environments for people living with dementia. In K. Gray, C. Russell, & J. Twigg (Eds.). *Considering Leisure in the Context of Dementia*.

Technical Reports

Conference Presentations and Posters

- Bachynski, J.C., Duhn, L. **Costa, G.C.**, & Camargo-Plazas, P. (2023). Kidney Supportive Care in Canada: A Constructivist Grounded Theory of Dialysis Nurses' Practice Engagement. International Conference on Palliative Care and Supportive Care (ICPCSC: XVII), June 19-20.
- Camargo-Plazas, P, Pare, G., Robertson, M., **Costa, I.G.**, Alvarado, B., & Duhn, L. (2023). Diabetes Self-Management Education for Older Persons in Western Countries: A Scoping Review [Poster Presentation]. International Conference of Nurses (ICN), Montreal, Quebec. July 1-5.
- Camargo-Plazas, P., Robertson, M., Paré, G., **Costa, I.G.**, Alvarado, B., & Duhn, L. (2023). Diabetes self-management education for older persons in Western countries: A scoping review. 7th World Conference on Qualitative Research (WCQR). Paper accepted for presentation on Oct 2022. <https://wcqr.ludomedia.org>
- **Costa, I.G.** (2022). Using Digital Technology to Facilitate Access to Wound Care Specialists in Times COVID-19 Pandemic in Northwestern Ontario Communities, Canada [Poster]. Wounds Canada National Conference, Virtual and on-site, Toronto, Ontario. October 14-16.
- **Costa, I.G.**, & Brandão, M.G.S.A, Rabeh, S.A.N. Evaluation of the microbial population and treatment with photodynamic therapy in feet ulcers of people with diabetes [Poster]. Wounds Canada National Conference, Virtual and on-site, Toronto, Ontario. October 14-16.
- **Costa, I.G.**, Levine, D., Spadoni, M.A., Botros, M., Camargo-Plazas, P., & Phillips, C. (2022). Patients' Voices, Stories and Journeys of Navigating Social Life while Having and Managing Complex Wounds: A Knowledge Mobilization Project [Poster]. Wounds Canada National Conference, Virtual and on-site, Toronto, Ontario. October 14-16.
- Dosani, N., **Prince, H.** & Arya, A. (2022). Health care inequities and social justice [Invited keynote panel presentation]. The Teresa Dellar Community Development Seminar: Caregiving, Community, Advocacy and Volunteers. McGill International Palliative Care Congress. October 19.
- **Fernandes, K.**, & Angus, N. (2023). Places & Faces: Gathering Older Adults' Stories of Connecting, Belonging, Placemaking in Thunder Bay [Oral Presentation]. CommunityCollege-University Exposition (C2U Expo), Lakehead University. June 6.

- **Fernandes, K., Hendrickson, S., Marchese, C.,** Kok, C., Remenda*, M., Bezanson, S., Marcella, J., **Sutherland, N., Wiersma, E., Wyatt, J., Prince, H., & Kortés-Miller, K.** (2023). Centre for Education and Research on Aging & Health: Working with Community for Meaningful Outcomes [Panel Presentation]. Community-College-University Exposition (C2U Expo), Lakehead University. June 8.
- **Fernandes, K., Wyatt, J., & Prince, H.** (2023). Learning by Doing Together: Developing and Delivering Palliative Care Education with Indigenous Communities [Poster Presentation]. Community-College-University Exposition (C2U Expo), Lakehead University. June 7.
- Gratzer, P.F., Glazebrook, M., Lu, S., McLaren, A. & **Costa, I.G.** (2022). Overcoming tissue decellularization deficits: A balanced approach provides best results in the lab and clinic. Termis America: Annual Conference and Exhibition, Theme: Synergizing the New Heights in Health, Toronto, Ontario. July 10-13.
- Kelley, M. L., & **Kortés-Miller, K.** (2022). “Let’s Talk About It” Compassionate Ottawa (CO) presents three resources for community engagement and empowerment in compassionate community work. Public Health Palliative Care International Conference, Bruges, Belgium. September 20-23.
- **Kortés-Miller, K.** (2023). Using Digital Story-Telling to Capture Untold Stories of Medical Assistance in Dying. 7th World Conference on Qualitative Research (WCQR2023). Faro, Portugal. January 25-27.
- **Kortés-Miller, K., & Cadell, S.** (2022). Saying goodbye in the age of physical distancing. Public Health Palliative Care International Conference, Bruges, Belgium. September 2023.
- **Kortés-Miller, K., & Durant, K.** (2022). Deepening our Understanding of MAID through Digital Storytelling. Word Federation of Right to Die Society Bi-Annual Conference, Toronto, Ontario. November.
- **Kortés-Miller, K., & Durant, K. L.** (2023). (Re)flexibility of Digital Storytelling in Qualitative Health Research. 11th International Digital Storytelling Conference. Radical Listening: Story Work for a Just Future. University of Maryland, Baltimore. June 20-23.
- **Kortés-Miller, K., & Durant, K.** (2022). Untold Stories; Accompanying someone who used medical assistance in dying at the end of life. McGill International Palliative Care Congress, Montreal, Quebec. October 15-18.
- **Kortés-Miller, K., & Durant, K.** (2022). Untold Stories; Accompanying someone who used medical assistance in dying at the end of life. Public Health Palliative Care International Conference, Bruges, Belgium. September 20-23.
- **Marchese, C., Vandorp*, B., Sutherland, N., Wiersma, E., North West Dementia Working Group,** Phinney, A. (2023). I may have dementia, but it does not have me [Panel Presentation]. Community-College-University Exposition (C2U Expo), Lakehead University. June 7.
- **Prince, H.** (2022). A critical gap: Improving palliative care for Indigenous peoples [Workshop Presentation]. McGill International Palliative Care Congress. October 20.
- **Prince, H.** (2023). Addressing the need for culturally safe-r care at the end of life for Indigenous peoples [Invited Presentation]. North Okanagan Hospice Society, University of British Columbia. February 15.
- **Prince, H.** (2023). Walking alongside Indigenous peoples who are seriously ill:

Addressing the need for culturally safe-r palliative care [Invited Keynote Presentation]. Advance Learning in Palliative Medicine. May 4.

- **Prince, H., Kortes-Miller, K.,** Stajduhar, K. I., & Marshall, D. (2022). Equity-oriented care and Structural Vulnerability - the ABCs of its application to our work in public health palliative care. Public Health Palliative Care International Conference, Bruges, Belgium. September 20-23. <https://doi.org/10.1177/26323524221119941>
- **Prince, H., Wyatt, J., & Fernandes, K.** (2022). Creating culturally safe-r palliative care education for Indigenous communities [Workshop Presentation]. McGill International Palliative Care Congress. October 20.
- **Prince, H., Wyatt, J., & Fernandes, K.** (2022). Creating culturally safe-r palliative care education for providers caring for Indigenous peoples [Workshop Presentation]. 2022 Northwestern Ontario Palliative Care Online Summit. November 10.
- **Prince, H., Wyatt, J. & Fernandes, K.** (2023). Palliative care ECHO project: Walking alongside Indigenous peoples who are seriously ill: Education for community caregivers. Pallium Canada. January 19.
- **Sutherland, N.,** Kontos, P., Dupuis, S., **Wiersma, E.,** Brennan, M., & St. Amant, O. (2023). End-of-life decision-making for long-term care home residents with dementia: Family care partners' perspectives [Oral Presentation]. British Society of Gerontology Conference, Norwich, England. July 5-7.
- **Sutherland, N.,** Wheeldon*, K., **Marchese, C.,** Watt*, L., **Wiersma, E.,** St. Amant, O., Kontos, P., Dupuis, S., & Brennan, M. (2022). Family members' involvement in end-of-life decision-making for LTC home residents living with dementia. Canadian Association on Gerontology 2022 Conference, Regina, Saskatchewan. October 20-22.
- **Vandorp*, B., Wiersma, E., Marchese, C., Sutherland, N., North West Dementia Working Group,** & Phinney, A. (2023). Discovering Dementia Café: A Place to Belong. Panel Presentation. Community-College-University Exposition (C2U Expo), Lakehead University. June 7, 2023.
- **Wyatt, J., Fernandes, K., & Prince, H.** (2022). Developing accessible and culturally relevant education and resources for Indigenous communities to enhance palliative care delivery [Poster Presentation]. McGill International Palliative Care Congress. October 20.

Other scholarly activities

- **Costa, I.G.** (2022). People's Choice Award: Using Digital Technology to Facilitate Access to Wound Care Specialists in Times COVID-19 Pandemic in Northwestern Ontario Communities, Canada [Poster]. Wounds Canada National Conference, Virtual and on-site, Toronto, Ontario. October 14-16.
- Bachynski, J.C. (Presenter), Duhn, L., **Costa, I.G.,** & Camargo-Plazas, P. (2023). Best Presentation Award: Kidney Supportive Care in Canada: A Constructivist Grounded Theory of Dialysis Nurses' Practice Engagement. International Conference on Palliative Care and Supportive Care XVII (ICPCSC), Toronto, Ontario. June 19-20.

Kortes-Miller, K. (2023-2025). Lakehead University Research Chair in Aging and End of Life.

- **Kortes-Miller, K.** (2022). Grief Is Everyone's Business [Invited Presentation]. Social Work Hospice Palliative Care Network, United States. November.
- **Kortes-Miller, K.** (2022). Grief Literacy Presentation [Invited Presentation]. Canadian Virtual Hospice. November.
- **Kortes-Miller, K.** (2023). MAiD in Canada [Invited Presentation from Prof. Hector Maldonado, Provost Academic Affairs]. Gerontology Research Seminar, University of Columbia. April.
- **Kortes-Miller, K.** (2023). Researching MAiD in Canada: Where we are and where we're going [Invited Presentation from Dr. Naomi Richards]. End-of-Life Studies Group, University of Glasgow. January.
- **Kortes-Miller, K.** (2022). Talking About Death Won't Kill You [Invited Presentation]. Humanities 101, Lakehead University. November.
- **Kortes-Miller, K.** (2023). Using Digital Story-Telling to Capture Untold Stories of Medical Assistance in Dying [Invited Presentation from Dr. Kelli Stadjuhar]. Canadian Research Chair Talks, University of Victoria. April.
- **Martin, L., & Ouellette-Kuntz, H.** (2023). A discussion on aging and developmental services [Interactive Webinar and Discussion; requested by Ontario Ministry of Children, Community, and Social Services]. Real Xchange, Knowledge Translation and Transfer Network, Professional Learning and Development webinar series.
<https://realxchange.communitylivingsex.org/courses/professional-developmentlearning-webinar-series/>
- **Prince, H.** (2023). Carmelita Lawlor Lectureship 2023 Recipient: Family and Community Medicine. University of Toronto. June 11.
- **Prince, H.** (2023). Denise Brooks Health Equity Champion Award, 2023: Transformative Change Awards from the Alliance for Healthier Communities. June 7.
- **Prince, H.** (2023). Inclusion Vanguard Award. WXN Canadian Equity, Diversity and Inclusion Summit, Toronto, Ontario. June 1.
- **Sutherland, N., Gaudet, E., Watt*, L., Marchese, C., Wilford, R., Wiersma, E.,** (2022) Experiencing stigma and making change: A virtual Special Issue [Editorial]. *Dementia: The International Journal of Social Research and Practice*.
<https://journals.sagepub.com/page/dem/experiencing-stigma-and-makingchange?pbEditor=true> (non-refereed)
- **Wiersma, E., Sutherland, L., Marchese, C., & North West Dementia Working Group members.** (2023). Community Engaged Research Award. Community-College-University Exposition (C2U Expo), Lakehead University. June 7.

CONTRIBUTIONS TO THE COMMUNITY (JULY 1, 2022 – JUNE 30, 2023)

In 2022-2023, CERAH staff and research affiliates were involved in the community in the following ways:

Local

- Age-Friendly Executive Thunder Bay

- Compassionate Thunder Bay Committee
- Dementia Café: A Place to Belong Advisory Committee
- Places & Faces: Gathering Older Adults' Stories of Connecting, Belonging, Placemaking in Thunder Bay
- Roots Community Food Centre Board
- 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
- Centre for Health Care Ethics
- FNIMul Palliative Care Partners
- North West Dementia Working Group
- North West Regional Geriatric Education Collaborative
- North West Regional Palliative Care Program Advisory Committee
- Regional Behavioural Supports Ontario Committee
- Regional Cancer Care Indigenous Cancer Care Committee
- Regional Palliative Care Advisory 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
- 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
- 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)
- Innovation in Aging Journal (Dr. Elaine Wiersma - Deputy Associate Editor, Qualitative Research)
- International Public Health and Palliative Care

FINANCIAL REPORT

6.1 Expenditures

The majority of expenditures are on human resources. During 2022-2023, CERAH employed nine core staff on annual contract renewal. The funds for salaries come from education contracts. CERAH also employs research assistants, project assistants and education facilitators staff on a fixed-term basis, depending on the project or research grant.

All office and program delivery expenditures are paid for from external grants and contracts. Accounting is done project by project. Audits are done on MOHLTC and Ontario Health contracts annually. Funding for release time for the CERAH Director's administrative role or funds for key activities such as travel or meeting expenses costs are supported by identified budget line allocation or by overhead generated by grants and contracts.

6.2 Revenues

CERAH receives no operating budget from Lakehead University. The university provides in-kind support in the form of office space, Information Technology services, accounting, human resources and research administration. CERAH highly values this in-kind support. The Director of CERAH is a full-time senior faculty member and is not financially compensated. The Director receives one full course buy-out through non-university revenues of the Centre.

The primary ongoing revenue for CERAH is from the Ministry of Health and Long-Term Care and Ontario Health, to provide education to health care professionals. These contracts have been ongoing since 1992, and 1997 respectively. Annual services plans are made for each contract, regular financial statements are provided, and annual audits are submitted. All funds are allocated to staff salary and benefits and program expenses. Additionally, CERAH received money from Thunder Bay Medical Society to plan their CME Events. This work concluded in 2023.

Many CERAH staff members are part-time or hired on a fixed-term basis to accommodate additional contracts. Generating income is quite difficult to do as most CERAH contracts are with non-profit organizations or government-funded groups who do not, or cannot, pay any overhead fees.

7. MOVING FORWARD

2022/2023 was a year of movement and growth for our Centre with the return of Centre staff and research affiliates to campus and more in-person educational offerings. It has been

rewarding to watch the CERAH team adapt and thrive within their programs and continue work in an ever-changing environment. Some highlights from this year include: expansion of palliative care education delivery to Indigenous communities in Canada with the addition of communities in British Columbia, and celebrating the 5th Anniversary of the Dementia Café. Also of note is the work and contributions to health equity by Holly Prince, Lead - Indigenous Peoples' Health & Aging division, being honoured with a number of awards including the Denise Brooks Health Equity Champion award and the Inclusion Vanguard Award from the Women's Executive Network. Lakehead University also recognized Dr. Elaine Wiersma, CERAH Associate Director, alongside the North West Dementia Working Group with the Community-Engaged Research Award. This past year the CERAH team also said good-bye to two long-standing staff members, Ruth Wilford and Deb Riddell, who have both retired. They will both be missed and we are grateful for their contributions to our Centre. Personally, I wish to give Dr. Ide Costa a shout out and much gratitude for taking on the role of Acting Director while I was on sabbatical.

I'm confident that our Centre will continue to grow and thrive due to the continued hard work and efforts of our dedicated staff, research affiliates and students. I look forward to another successful year ahead.