



ARC-NL Annual Newsletter

JUNE 2024

ARC-NL Director Dr. Karen Doody (right) with ARC-NL pillar leads Dr. Kelly Warren (left) and Dawn Pittman (centre) attended the Canadian Association on Gerontology conference in October 2023.

“Our efforts continued over the past year to support and grow aging research for the benefit of Newfoundlanders and Labradorians, and we are happy to share that our status as a Memorial University Research Centre was renewed for a five-year term.

We established new research pillars (pg. 2) and have greatly bolstered our efforts to prioritize community engagement in research on aging. Our Age-Friendly Communities Project (pg. 3) is a great example of fruitful community-academic partnerships.

Please take note of our updated contact information including a new email address and website (pg. 5).

Finally, I wish everyone a Happy Senior’s Month! We look forward to continuing to cultivate research that informs decisions and policy to enable our older adults to live healthy and meaningful lives.”

Our Mission

“To foster collaboration between the Grenfell and St. John’s campuses of Memorial University, other academic institutions, and community organizations and to create a provincial network of researchers studying later life issues in Newfoundland and Labrador. ARC-NL prioritizes knowledge mobilization and engagement with older adults.”

Dr. Karen Doody, ARC-NL Director



**AGING RESEARCH CENTRE –
NEWFOUNDLAND AND LABRADOR**

ARC-NL

Biology of Aging

Lived Experience
of Aging

Aging in Place

Introducing Our Pillars

The activities at ARC-NL are organized by three research pillars to create and support research on topics covering the spectrum of aging.

Biology of Aging

The goal of this pillar is to research the aging process and age-related diseases from a biological standpoint with the aim of promoting health and a better quality of life.

Pillar Co-Leads: Dr. Karen Doody (Environmental Science, Grenfell Campus) and Dr. Sukhinder Cheema (Biochemistry, St. John's Campus)

Lived Experience of Aging

This pillar aims to improve the health and quality of life of older adults with cognitive and mental health issues, promote recognition of the diversity of older adults, encourage positive well-being, and develop inventions for healthier aging.

Pillar Lead: Dr. Kelly Warren (Psychology, Grenfell Campus)

Aging in Place

This pillar is centered around supporting older adults as they age at home and in their communities. It examines the impact of age-friendly policy and programming and engages in community-based research.

Pillar Co-Leads: Dawn Pittman (Western Regional School of Nursing, Grenfell Campus) and Dr. Kelly Vodden (Environmental Policy Institute, Grenfell Campus)

Age-Friendly Communities

Dawn Pittman, a co-lead of the ARC-NL Aging in Place pillar, led a research project on Age-Friendly Communities in partnership with communities in the Great Northern Peninsula (GNP) and the GNP Research Collective. The project identified research priorities for Age-Friendly Communities in the region, inspired new projects, and will serve as a template for future projects in other regions.

ARC-NL has also been working with other communities such as The St. George's Indian Band and Benoit First Nation (Community garden event, pictured right) to identify partner opportunities for 2024-25, including expanding our age-friendly communities survey.



Interested in Aging Research?

Keep an eye on your inbox for information about our upcoming research planning session in Fall 2024. Feel free to email us with any questions or inquiries.

Student Member Spotlight



Fadeelatu Yussif *MA in Environmental Policy*

Fadeelatu is student member of ARC-NL originally from Ghana who is completing her Masters of Environmental Policy in Corner Brook Newfoundland. She is currently working on her thesis which is a project connecting seniors and youth through intergenerational learning initiatives for community and natural resource sustainability in NL. The purpose of this project is to inform policy as well as help sustain the natural resources and communities in NL. ARC-NL has supported Fadeelatu during her research process as well as provided funding to relieve financial burden and help her project run smoothly.

“ARC-NL is doing a great job supporting student research.”

Congratulations 2023-2024 ARC-NL Fellowship Awardees!

Gastonguay Siu, “Integrative Machine Learning Approach for Identifying Differentially Methylated CpG Sites in Age-Related Diseases”

Emily Hurley, “The effect of diet on the aging synapse: a large-scale super-resolution characterization of synaptic nanostructure in the aging mouse brain and the role of dietary intervention”

Olivia Dutton, “The effects of low-gamma (40Hz) multisensory stimulation on clearing of abnormal protein accumulation in brain and the role of dietary intervention”

Fadeelatu Yussif,
“Intergenerational Learning Initiatives for Community and Natural Resource Sustainability in Newfoundland and Labrador”

Sandra Hewitt-Parsons, “Longing to belong: Identity and belonging through the contexts of disability and age in rural Newfoundland communities

Membership Survey

The core leadership team of ARC-NL is completing a survey to assess whether people know about the center, what they know, and if they would like to learn more. **If you are currently completing research that assesses aging, would like to learn more about aging research or the center, or would like to participate in research that assesses aging, please click the link below to complete the survey.** At the end of the survey, people who are interested in learning more will be asked to provide contact information. This information will be kept confidential and will only be used for the purposes indicated in the survey. If you have any questions, please contact Dr. Kelly Warren (Pillar lead for the Lived Experience of Aging Pillar) at Kelly.warren@mun.ca or (709) 639-6511

[**SURVEY LINK**](#)

**INTERESTED IN BECOMING A MEMBER OR
LEARNING MORE?
CONTACT US!**



[**agingresearchcentre@mun.ca**](mailto:agingresearchcentre@mun.ca)



[**https://mun.ca/grenfellcampus/research/aging-research-centre-nl/**](https://mun.ca/grenfellcampus/research/aging-research-centre-nl/)

Community Member Spotlight



Ruby Constantine
St.Johns, NL

Ruby was a registered nurse who worked in many aspects of the health care system before retiring after 37 years of dedication. Since her retirement Ruby has spent time with her 4 grandchildren as well as other activities. She is a busy lady who enjoys yoga, hiking, strength training and other physical activities. Last year she received a 15 year award for completing the Tely10 Road Race. Her interest in volunteering lead her to ARC-NL. Ruby was the community representative in the Health Research Ethics board for a few years, and once that position ended she reached out to ARC-NL to become involved at a different level.