



Solutions for today.
Innovations for tomorrow.

Enabling people to age with dignity and independence.





GERAS celebrates **five years of collaboration, innovation and improved interventions and therapies for our aging population**

TABLE OF CONTENTS

4	Letter from Director
6	Mission, Vision, Values GERAS: Five year highlights
7	Addressing the biggest healthcare challenge of the 21st century
8	Areas of Focus
10	Program Highlights: <ul style="list-style-type: none">◦ Research◦ Patients, Family and Caregivers◦ Interprofessional Education
27	GERAS Team Members: <ul style="list-style-type: none">◦ Executive Advisors◦ Core Researchers◦ GERAS Operations
30	Trainees
32	GERAS Partners



Meaning of “Geriatrics”

Derived from the Greek words:

‘Geras’ - old age

‘Iatrikos’ - relating to the physician



Dear Supporters, Partners and Friends,

The GERAS Centre for Aging Research is five years old! Since the first day, we have been working hard towards our goal to enable people to age with dignity and independence. Our anniversary is an opportunity to reflect on how our passion and commitment have made a real difference for seniors in Ontario, Canada and beyond.

In five short years, GERAS has built a reputation for practical, intervention-focused research that reaches the front lines of care quickly and can be implemented across different settings. GERAS research embodies the person-centred holistic approach that is characteristic of geriatric medicine, and harnesses the passion and dedication of a multidisciplinary team of health professionals.

We are incredibly proud of our contributions to the health care system,

and more importantly to the older adults in our community and beyond. As our healthcare system strives to keep up with the challenges of an aging population, innovations in health care are essential. GERAS is leading the way in practical innovations, new models of care, and clinical interventions and tools for older adults who are at-risk, their family caregivers, and healthcare professionals.

In many ways, what sets GERAS apart is our ability to bring research knowledge to the front lines much faster than traditional research. This is due to our commitment to the rapid learning health system model. Projects like Artful Moments, GERAS DANCE, FitJoints, iGeriCare, Frailty Rehabilitation and are all illustrations of the practical and important changes that our work has made.



Hamilton has one of the fastest-growing aging populations in Canada. It is also home to a strong mix of healthcare, academic, start-up technology, and social services organizations, creating the ideal eco-system to do senior-friendly research. GERAS is committed to being a major contributor to this eco-system. We will continue to partner with a large network of geriatricians and specialized geriatric teams to lead the way in designing, testing, and implementing innovations now and in the future with a focus on:

- **Integrating frail older adults in research programs:** creating practical and timely resources to support our fastest-growing patient population
- **Research and clinical care** that enables at-risk older adults and their caregivers to participate fully in life
- **Solutions for real life:** Access to patient populations to test new innovations for older adults

The future looks bright. We could not have done this without the support of our partners, collaborators, members, advisors, funders, and most importantly, the patients and family caregivers. Thank you to each person who has believed in us, partnered with us, supported us financially, and promoted our work along the way.

Sincerely,

Alexandra Papaioannou

Dr. Alexandra Papaioannou,
BScN, MD, MSc, FRCPC, FACP
Executive Director,
GERAS Centre for Aging Research
Professor of Medicine,
McMaster University



Our why:

Making life better for older adults by bringing the best research to the frontlines of care as quickly as possible.

Our vision:

Enabling people to age with dignity and independence.

Our values:

- Research Excellence
- Innovation
- Collaboration
- Compassion
- Maximizing participation for older adults in everyday life

Five Year Highlights

2013 - 2018 GERAS Highlights



17

Core
Researchers



34

Affiliate
Researchers



48

Grants from
different funding
organizations



15

Post Doc
Fellows/Clinical
Scholars



146

Journal Articles



400

Presentations



35

Partner
Organizations



140

Trainees

The GERAS Centre for Aging Research at Hamilton Health Sciences was established five years ago to advance research, innovation and learning in geriatric care.

Today, as a clinical research centre affiliated with McMaster University, GERAS is leading the way in practical innovations, new models of care and clinic interventions and tools for at-risk older adults, caregivers, and healthcare professionals that can be used in our community and around the world.

As our population ages - including a rapid increase in the oldest 'old' - being able to bounce back from illness, injury or the natural consequences of aging is critical in supporting older adults to live a healthy and active life longer in the community. No matter how you look at the work that GERAS is doing, everything we do tackles one of the biggest challenges facing seniors and our healthcare system today - dementia, frailty, social isolation,

fracture prevention, independence and empowering patients and caregivers. Over the past five years, the innovative therapies and interventions that GERAS has developed have been beneficial to more than 35,000 older adults.

We are incredibly proud to showcase the impact that GERAS has had in our short start-up phase in research, interprofessional education and working with patients and families.

“Over the past five years, the innovative therapies and interventions that GERAS has developed have been beneficial to more than 35,000 older adults.”

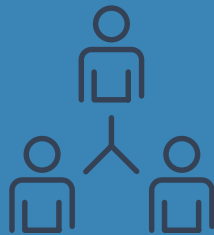


■ Areas of Focus



Research

Frailty and Dementia Prevention and Interventions
Fracture and Fall Prevention
Solutions for Real Life



Patients and Family Caregivers

Meaningful Connections to Improve Health



Interprofessional Education

Empowering Healthcare Professionals to Care
for Older Adults





Frailty and Dementia Prevention and Interventions

ABLE: Arts-Based therapies enabling LongEvity for geriatric outpatients, known as the ABLE project, is a technology that translates the movements of older adults into an artistic expression, such as a virtual painting or a digital music creation. This project is an excellent example of the power of collaboration with non-medicine related disciplines, such as Communication and Media Studies and Engineering, to create new and interesting ways to encourage older adults to exercise or move while playing an interactive game with others.

Fit-Frailty App: An innovative digital health solution for the prevention and management of frailty using mobile technologies. The Fit-Frailty App will be a customizable, interactive tool that guides health care professionals in recommending interventions based on identified risks. Having an enhanced ability to treat frailty at an early stage is essential to improve patient outcomes.

Fit-Joints: Frail adults are at a higher risk for complications, longer hospital stays and discharge to assisted living following a joint replacement. GERAS developed a customized program to set up frail adults for recovery after joint replacement and showed that getting fit before surgery significantly reduces this risk and leads to less discomfort and better mobility after surgery.

GAIT-mat: Given the importance of preventing falls, our goal is to demonstrate that simple yet highly predictive technology is beneficial to both research and clinical practice. We will utilize the ProtoKinetics Zeno Walkway to better understand the relationship among mobility, balance and falls. An initial study will involve in-depth biomechanical investigation of the relationship between dance, gait and falls-risk in older adults.

GERAS DANCE: GERAS Dancing for Cognition & Exercise (DANCE), provides high-quality programming for older adults who have early cognitive and mobility limitations. It's a program built on research that shows that exercising your mind and body together has benefits for physical and cognitive health. GERAS DANCE is offered in partnership with local YMCAs across Southern Ontario and has the added benefit of keeping older adults connected to their communities.

GERAS Frailty Rehabilitation Trial: This randomized controlled trial is one of the first large frailty intervention studies around the world. GERAS Frailty Rehabilitation is an innovative program that aims to reduce frailty, one of the major factors that reduce the quality of life in older adults, and improve physical function in older adults who are frail.

Improve HCU: Improving Medication Prescribing for Ontario's Vulnerable Elderly High Cost healthcare Users IMPROVE-HCU is testing the feasibility of a comprehensive medication optimization and de-prescribing intervention with virtual post-discharge telemedicine follow-up. With full

integration into a new innovative electronic medical record system that is now becoming widely adopted across Canada, the IMPROVE-HCU intervention serves as a potential prototype for a network of leading medical centres across North America and has the potential to improve health and transitions in care for this vulnerable group.





Pre-surgery program for better post-surgery results

Age hasn't slowed Annette Atwood down. She's never been one to sit around in front of the TV, even now in her 70's, unless perhaps if Wimbledon is on.

When she started to notice a dull constant pain in her hip, she chalked it up to getting older. But when her hip started to frequently give out causing her to fall, she realized it was more than just old age. Annette needed a hip replacement.

Being the outgoing person that she is, Annette wasn't going to let the wait for surgery slow her down. She still went out and about, making sure to always bring a walker or cane with her.

When she went for an appointment with her surgeon, he told her about a research study called Fit Joints that's exploring whether participation in a pre-surgery program, which includes exercise, nutrition, medication review and goal setting, can help patients undergoing hip and knee replacements recover better. It's well-known that the healthier a person is before surgery, the more likely they are to have a positive outcome. Researchers at the GERAS

Centre for Aging Research at Hamilton Health Sciences (HHS) and McMaster University are applying that same concept through the Fit Joints study.

“Since many patients in need of hip or knee replacements are frail, surgery may not be as effective,” says Dr. Alexandra Papaioannou, Fit Joints study lead. “But, there’s growing evidence showing that frailty can be treated through proper diet and exercise. This means our study could not only better prepare our patients for surgery, but also improve their frailty and reduce their chance of falling. The goal is to help patients get back to the life that they enjoy.”

Study participants are given an exercise plan, a food intake log and vitamin D and protein supplementation. With help from the Les Charter YMCA, participants can attend aquatic classes and receive coaching in the gym. They’re also given exercises to complete at home. The program continues as long as patients have to wait for their surgery.

“As healthcare providers, it’s not just about ensuring our patients get the surgery they need, but ensuring it improves their quality of life,” says Dr. Papaioannou. “Regardless of the complexity, surgery can be hard on the body. So, we’re hoping this program can help patients’ recover well and enjoy the

benefits of their new hip or knee.” As for Annette, one-year post hip replacement, she’s still swimming at the YMCA twice each week.

“I loved the program as soon as I started it before my surgery,” she says. “But now, it’s not just exercise, it’s a social outing.”



Fracture and Fall Prevention

Gaining Optimal Osteoporosis Assessments in Long-Term Care

(GOAL): GERAS implemented this quality improvement program in 50 long term care (LTC) homes across Ontario, to increase awareness of the new LTC guidelines to improve osteoporosis prescriptions. The study showed that prior osteoporosis diagnosis and/or clinical vertebral fractures triggered the use of osteoporosis medications in high-risk LTC residents.

Primary Care EMR Tool: This project created a clinical decision support tool for osteoporosis and fall care for integration into electronic medical record (EMR) systems. The tool was developed to assist family physicians with using the clinical practice guidelines for osteoporosis care in Canada. Features included comprehensive risk factor and fracture risk assessment and treatment decision aids. The tool was developed in collaboration with family physicians, PS Suite (Telus Health) and OSCAR Plus.

VIDOS: The Vitamin D and Osteoporosis (VIDOS) in Long-Term Care (LTC) randomized controlled trial in 40 LTC homes, showed that GERAS' knowledge translation intervention significantly improved the prescribing rates for vitamin D. The intervention was aimed at interdisciplinary teams to reduce and prevent osteoporosis and falls in the vulnerable older adult population.





DANCING TO BETTER HEALTH

Drs. Alexandra Papaioannou, Patricia Hewston, Courtney Kennedy and their teams at HHS and McMaster developed i.e. McMaster developed Dancing for Cognition & Exercise (GERAS DANCE).

“It’s an adaptive ballroom dance with many different styles like the Tango and the Fox Trot. When we learn new things, like dance steps, we are exercising our minds” says Dr. Kennedy. “However, it is the synergy of exercising the mind and body together, at the same time, that results in the greatest health impacts.”

Participants also benefit from the social aspect of the program. Research indicates that isolation can have negative physical and cognitive impacts on older adults. Many new friendships have already formed that extend

outside of the dance classes. This was especially evident in the last class when participants stated: **“we started 23 complete strangers in the group, and we finished 23 great friends with more skills, improved mobility and awesome dance moves.”**

“Ultimately we are trying to inspire a culture change – the idea that older adults of all abilities should take opportunities to exercise both the mind and body. GERAS DANCE is really about maximizing the participation of older adults in daily life” says Dr. Kennedy.

90% of participants rated GERAS DANCE as excellent. 100% would recommend GERAS DANCE to family member or a friend.



Solutions for Real Life

Solutions for Real Life: The GERAS Centre provides a real-life environment where we can work together with patients, families and community industry partners to co-create innovative solutions to improve patient care and quality of life. GERAS is uniquely positioned to offer a dynamic and controlled environment where product and innovation testing and evaluation happens seamlessly. Through access to real clinical settings, GERAS collaborates with industry and innovators to rapidly develop and adapt prototypes and approaches. The most important benefit is that innovations can have a positive impact on patient care more quickly.

Ably Bed Study: The GERAS Centre in partnership with Ably Medical, a Norwegian medical innovation company, is redefining what a hospital bed can be from the ground up. The bed has sensors built in to monitor the patient's health data and designed to model the human spine to assist with patient movements. The hope is that the Ably Bed will improve the quality of care for patients and reduce costs.

Improving the Caregiver Experience: GERAS has partnered with a local innovator, Blue Orchid Care, to provide

feedback and to further develop the ORCHIDLift, which is a manual all-in one mobility assist device. The device enables caregivers to lift and transport individuals who lack the strength or mobility to stand. The goal of the innovation is to improve the caregiver experience and enhance the quality of life of patients.

Using Analytics to Predict Alzheimer's Disease: The GERAS Centre has partnered with Darmiyan, an innovation company based out of San Francisco, USA, to assess a new magnetic resonance imaging (MRI) analysis software platform for detecting Alzheimer's disease. The study will collect brain MRI scans from seniors with cognitive impairment and process them using specialized software. The early detection of Alzheimer's disease can facilitate early interventions, help with patient management and delay the disease progression.





Norway partners with GERAS to test its Aply Bed in a real clinical setting

The GERAS Centre is leading a research study to pilot one of the world's first "smart" hospital beds and assess its impact on patient care and the work of health care providers.

The GERAS Centre partnership is with Norwegian company, Aply Medical, to test their innovative hospital bed. This wireless bed has sensors built in to monitor the patient's health data. Upon changes to the data, the system predicts possible outcomes and provides insights for early intervention. On top of that, the bed's design models that of the human spine and moves to provide better mobility and stability.

Aply Medical and four hospitals in the Ontario region have together secured funding from the Centre for

Aging + Brain Innovation (CABHI) for a 24-month project. The Aply Bed is the bed that learns, knows, mobilises and collaborates. It combines innovative and state-of-the-art technology with:

- non-intrusive patient monitoring
- novel bed frame construction that allows high-fidelity movement of the patient
- machine learning capacity that learns from patient behaviour
- collaborative integration into medical care routines and procedures

GERAS will lead the research project, with the objective to demonstrate and validate results of reducing the impact of fall injuries, pressure ulcers and nurse-load, which are three main cost-drivers. Ultimately, the hope and expectation is that the Aply Bed will reduce costs, improve quality of care for patients, and improve the use of resources in modern health care systems.

Creating Meaningful Connections to Improve Health



AGE-ON: An iPad education course that helps older adults become familiar with their iPad. The 6-week course covers everything from turning the iPad on, to navigating the internet, to sharing photos with family and friends. The program also aims to reduce and/or prevent social isolation and loneliness by older adults through more interactions.

Artful Moments: In a partnership with the Art Gallery of Hamilton, Artful Moments is all about using the power of art to create meaningful connections between people living with dementia and their family members and keep them actively connected to the community.

GERAS to Go: GERAS shares our information on living and aging well with community clinical practitioners, with a focus on those working with senior communities, so that more seniors and their family caregivers can benefit from the latest evidence-informed interventions. Peer to peer counseling can motivate older adults to make positive lifestyle changes that can impact on their health.

iGeriCare: This is an online resource for patients, families and caregivers who are living with a diagnosis of dementia. iGeriCare is a practical learning program that offers virtual lessons developed by

experts in geriatrics and mental health; easy-to-access resources to support the journey; and online connections with experts and others who are facing the same challenges through discussions and live events. From the essentials of ‘What is Dementia?’ to other important topics such as promoting brain health, understanding how dementia is treated, safety concerns, and caregiver wellness. iGeriCare reached over 50,000 users, in nine months and successfully launched over 10,000 lessons.

Too Fit to Fracture: Although research reinforces the need for muscle strengthening and balance training, regular participation in both of these activities among older adults is as low as 5%.

Too Fit to Fracture is a series of exercise recommendations and incentive tools for people with osteoporosis and fractures. Over 50,000 individuals have used these sources to guide their exercise and reduce their risk of fractures and falls.

Drawing on Memories

For Joyce Brown and her husband George, it was a chance to connect and enjoy time together. For a couple of hours in a sun-filled room at St. Peter's Hospital (SPH), they painted, talked and sipped coffee. George was a patient in the Behavioural Health Program and took part in Artful Moments, an interactive class offered in partnership with the Art Gallery of Hamilton (AGH).

Each class begins with a discussion led by AGH staff members. Patients, supported by a family member or volunteer, look at prints and talk about them.

“It gives them a way to converse. Sometimes the pictures spark memories about past experiences,” says Crissie Leng, a therapeutic recreationist at SPH. “They get quality one on one time with a volunteer or family member, and the discussion helps them think and focus.”

“He liked to look at the pictures,” says Joyce, noting that her husband studied art independently after retirement. “The stimulation was really nice.”

After the discussion, patients work in tandem with their partners to recreate a famous work of art. For patients in the Behavioural Health Program, this process is both recreation and therapy. Many of them experience responsive behaviours related to their dementia,



for example shouting or repeating words and rhymes. The opportunity to focus on an activity like painting helps them channel their energy into something positive.

“It decreases responsive behaviours,” Leng says. “It engages them for two full hours and helps them forget what they’re worried about.”

Painting helps them channel their energy into something positive.



GRANDMA'S GOT GAME

When Dr. Paula Gardner and her now-PhD student, Stephen Surlin, tested out their new interactive software with older adults at Toronto's Baycrest geriatric hospital a couple of years ago, they got concerned after 20 minutes.

The software was working well - a little too well.

"We were using an interface that allowed the older adults to either digitally paint or create a piece of music by moving their hands," explains Gardner. "A number of them with fairly low mobility were so enthralled with ABLE that they just kept playing and playing.

Potential muscle aches aside, encouraging older adults to move more is exactly the aim of ABLE.

Gardner and Surlin teamed up with GERAS' Dr. Caitlin McArthur and Dr. Papaioannou. Dr. McArthur brings expertise in physiotherapy for older adults with mobility impairment. The study team, which spans five McMaster faculties, is developing ABLE further and pilot testing it with geriatric outpatients from St. Peter's Hospital with the help of a Catalyst grant from the McMaster Institute for Research on Aging (MIRA) and its Labarge Centre for Mobility in Aging. ABLE uses technologies such as a wireless wearable sensors that connect with a tablet to encourage older adults to be more active by creating art and music with their movement.



McArthur describes: "ABLE makes exercise fun. It's a way to help increase exercise adherence, and help older adults improve their mobility, which can mean the difference between living at home and requiring long-term care."

There's also a mind-body connection, Gardner explains: "This platform can be used with specific rehab exercises, or just to encourage movement generally and, in doing that, can also help reduce social isolation and enhance mood through physical activity."

"ABLE makes exercise fun."





GERAS to Go – Positive Aging Series

“It wasn’t just the opportunity to use my knowledge and skills, although I really liked that, it was also the learning I did.” said Ruthanne Cameron about her experience as a workshop facilitator.

Ruthanne is one of the eight women, over the age of 55 with a background in healthcare and/or education, recruited by the Hamilton Council on Aging (HCoA) to volunteer as peer facilitators for these workshops. The facilitators led four 6-week series for older adults in the greater Hamilton region. It was a great opportunity to utilize their knowledge and skills and help others and make a positive contribution to the community.

“As a peer and as someone who is also aging myself, I learned a lot from participants about strategies for creating healthy habits.” explained Ruthanne.

“I see how well received the information is and feel the benefits myself to be reinforcing my own efforts to be the best possible me physically, emotionally, spiritually and mentally.” added Cheryl Fenn, another facilitator.

GERAS to Go educational modules were developed and delivered as workshops focusing on normal changes of aging, physical activity, socialization, mental fitness and home safety. The interactive learning series promoted self-care and improved access to community resources and opportunities for social participation. A behavioural change model also added support for participants in planning for and structuring habits in their daily lives.

Overall, participant feedback is very positive. “Attending this series has made me more motivated to be active and to age well”.

“Attending this series has made me more motivated to be active and to age well”.



Empowering Healthcare Professions to Care for Older Adults

Annual Update in Geriatrics: This course has become the premier course for physicians and health care professionals and includes international speakers and GERAS members speaking on such topics as health promotion in our aging population, frailty prevention and management, delirium and dementia management. There have been over 2,000 attendees.

Fractures and Falls Toolkits: Fractures are a leading cause of health decline in seniors. Being frail increases the risk of falls, health decline and makes it harder to live independently. Knowing that prevention is the best medicine, GERAS develops toolkits that clinicians, patients and caregivers can use to stay healthy and live independently longer.

Geriatric Skills Day: The Geriatric Skills Day workshop is aimed to enrich a student's exposure to the nuances of the healthcare of aging patients, through learning on the aging process and specialized care strategies in a multidisciplinary environment. The

students learn to work as a team and to interview older adults. Hamilton Health Sciences staff are passionate about this program, volunteering their time to lead the educational seminar.

Geriatric Certificate Program (GCP): Dr. Sharon Marr, Chair in Aging and GERAS clinician, developed and launched the Geriatric Certificate Program, which is a set of core educational courses offered through well-known healthcare organizations and clinician educators. GCP is open to both regulated and non-regulated healthcare professionals, with courses offered in-person across Canada, through online distance platforms around the globe. GCP has continued to grow and succeed over the past six years, with enrollment growing from 75 students in 2013, to presently over 865+ students. The GCP is consistently seeing the demand increase for comprehensive geriatric education for healthcare professionals across Canada – and internationally.

“Through the GCP, I became more confident and competent in recognizing the unique characteristics and needs of the Geriatric population and how best to manage their individual health care needs through validated and effective approaches from the leading experts in Geriatrics.”

International GCP Student
Location: Philippines



Osteoporosis and Fracture Prevention Guidelines: GERAS Executive Director Dr. Alexandra Papaioannou is known across Canada for being a leader and innovator, especially in the creation of the Canadian Clinical Practice Guidelines for Osteoporosis. The 2010 and 2015 guidelines continue to be in the top 10 articles read in CMAJ and is a top 7 download article. Dr. Papaioannou also developed the first recommendations to prevent fractures in long term care. These standards were highlighted internationally due to the involvement of family and resident participation in the development, priority setting and knowledge translation.





The Presence of Pain and Undiagnosed Osteoporosis and Fractures

Devora Greenspon vividly recalls slipping and breaking her ankle; it may have happened more than 40 years ago, but that kind of pain isn't easy to forget. A simple slip, a quick fall, then months of agony. The break took forever to heal, it seemed, and Devora says it got to the point where it felt like bone constantly rubbing on bone every step she took.

“You talk about pain,” Devora says, “Holy moly.”

And she's no stranger to pain. Years later, it would eventually dominate her waking life as age and disease, along with the aftermath of several other bone fractures, conspired against her. She suffered another serious break in her shoulder when she fell on her 65th birthday and yet, she still didn't think it overly odd, these broken bones. She never considered there was a reason her bones were frail. The fact is: a simple slip and fall should not result in a broken

bone in a healthy person's body; if it does, red flags should fly.

“I really didn't know I had osteoporosis,” Devora says, looking back. “I thought I had back problems.”

“The pain is not imaginary,” she says, “that's for sure. I never had a minute with no pain; it was constant.”

Devora decided she needed the support of a long-term care home in North York, Ontario as her mobility was compromised.

“I can't live life in a bubble,” she says, with a smile. “I have to take some risks.”



Devora is as active as she's ever been, supporting the Ontario Association of Residents' Councils as a board member, while working to raise awareness of the realities those living with osteoporosis face every day. She participates in active physiotherapy sessions three times a week, and she tries to get out

and around town whenever she can, she hates to turn down an opportunity to get out, even though the thought of falling terrifies her, let alone breaking another bone.

“I can’t live life in a bubble,” she says, with a smile. “I have to take some risks.”

If she had any advice to offer, she’d tell people to take care of themselves, eat well and take a few minutes to reflect on past experiences with broken bones. It’s likely many people are living with osteoporosis without knowing it, and suffering as a result.

Devora Greenspon is a different person for having done so.

“A fracture should result in an assessment to prevent the next fracture by using appropriate medications and lifestyle modifications. Fractures can be prevented.”

Dr. Alexandra Papaioannou



DEMENTIA CARE AT YOUR FINGERTIPS

When a person is diagnosed with dementia, processing new information about the condition can be overwhelming for patients and families.

Thanks to the support of the HHS Foundation gala funding, Drs. Richard Sztramko, Anthony Levinson and their team developed an online portal called “iGeriCare,” where geriatricians can “prescribe” relevant educational modules. The website is designed to enable patients, families and caregivers to access simple lessons and helpful resources that allow individuals to learn about all aspects of dementia at their own pace in their own home.

New online resources are regularly added to the site as it continues to develop. Interactive Live Events are one of the more recent additions to iGeriCare. These scheduled online sessions provide the public with an opportunity to discuss and interact with experts in dementia.

“A diagnosis of dementia can be overwhelming,” says Dr. Sztramko. “Such diagnoses often leave people in search of answers, which is what iGeriCare provides in a platform that is easy to access and understand.” (iGeriCare.ca)



“A diagnosis of dementia can be overwhelming,” says Dr. Sztramko. “Such diagnoses often leave people in search of answers, which is what iGeriCare provides in a platform that is easy to access and understand.”



Executive Advisors

In five short years, GERAS has become a global leader in older adult research and clinical interventions. This wouldn't have been possible without the support and collaboration of many partner organizations, funders, advisors.



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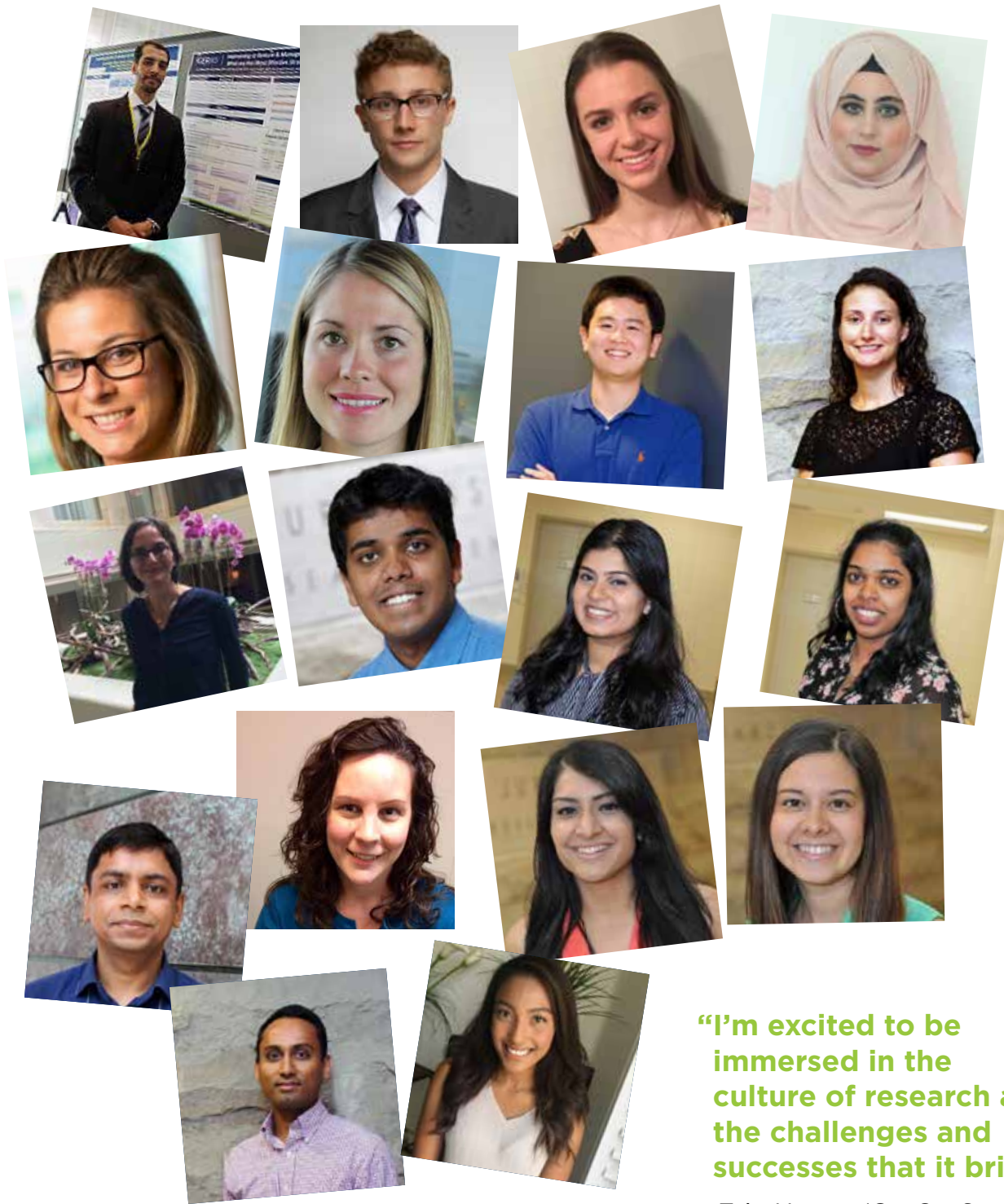
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Trainees

“I am grateful to be a part of a team that applies multimodal research to improve the quality of life and promote independence in older adults.”

- Alicia Hanman (Co-op Student)





“I’m excited to be immersed in the culture of research and the challenges and successes that it brings.”

- Erin Haney (Co-Op Student)

GERAS Partners

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Thank you ...



McMaster University Multidisciplinary students attending Geriatric Skills Day



Department of Medicine, Division of Geriatrics, McMaster University



Rob Maclsaac, President and CEO of Hamilton Health Sciences, Sharon Pierson, VP Community Medicine and Population Health, Hamilton Health Sciences & the GERAS Team





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