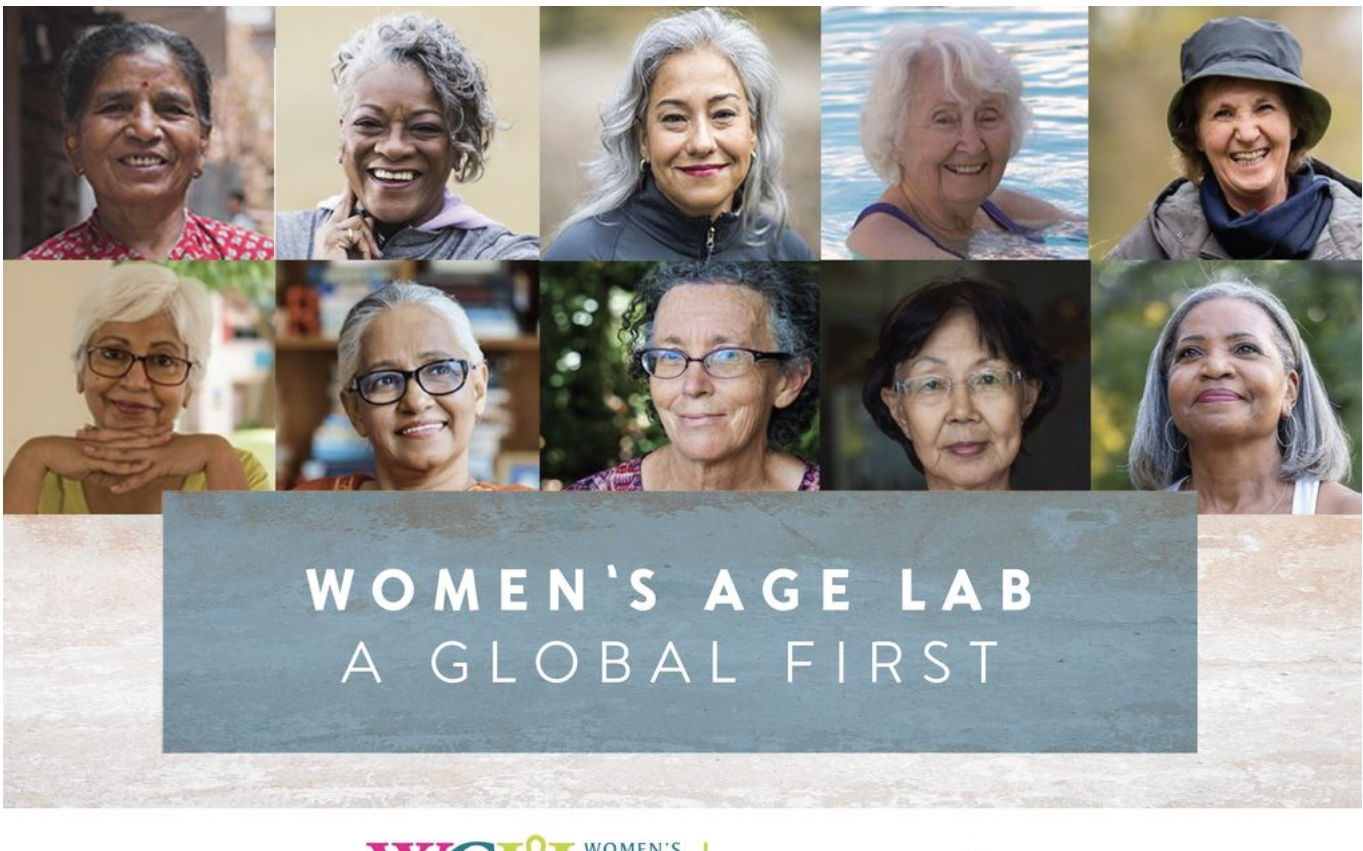


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Welcome, from our Founding Director

Dear Readers,

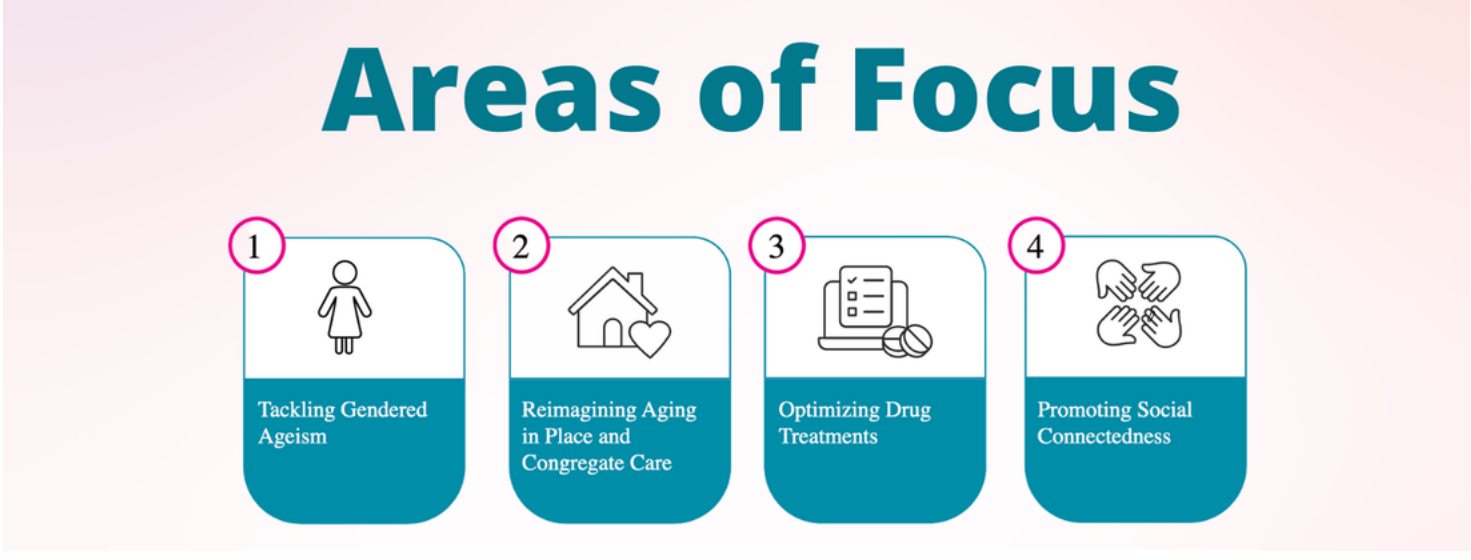
For the past year, we have worked hard to launch and build the first and only centre of its kind in the world, Women's Age Lab. Since its launch in October 2021, it has created a space for exploration and collaboration on science-driven system and social change that will improve the lives of older women.

We envision that by 2030, the unique needs of older women will be recognized, and our social and health care system will provide tailored supports and care to older women.

In its first year, Women's Age Lab has already had immense impacts on healthcare, research and the community. We are here to keep you updated with our new quarterly newsletter. Keep an eye out for our IMPACT REPORT 2021-22 coming in October 2022 to see the great work we have achieved thus far!

Thank you,

Paula Rochon, MD, MPH, FRCPC
Founding Director, Women's Age Lab,
Senior Scientist, Women's College Hospital
Professor, Department of Medicine and Dalla Lana School of Public Health,
RTO/ERO Chair in Geriatric Medicine, University of Toronto



Featured Project: Naturally Occurring Retirement Communities (NORCs)

Many older women live in buildings or neighbourhoods that have a high concentration of older people, called Naturally Occurring Retirement Communities, or NORCs. NORCs with enhanced services enable older adults to stay socially connected and in their homes longer and support an upstream public health approach to aging that prevents many problems from occurring in the first place, rather than the status quo of reacting downstream with costly and unsustainable healthcare. Canada has not fully tapped into leveraging and enhancing NORCs to improve the quality of life for older adults.



Women's Age Lab, with partners like UHN OpenLab, City of Barrie and Toronto, is striving to implement and evaluate the effectiveness of NORC models at seven sites in two Canadian cities, seeding the development of NORC enhancements across Canada. This first-of-its-kind project will reimagine aging in place and deliver practical tools to support the successful and equitable spread and scale of this model across Canada and internationally to ultimately benefit older adults including women everywhere.

Gendered Ageism Campaign



Women's Age Lab is leading the way in joining a global first campaign on eliminating gendered ageism. We promote equity and inclusion by making a compelling, science-based case for the importance of valuing the lived experiences and contributions of all older women. **This October, join our campaign on combatting Gendered Ageism.** Through advocacy and raising awareness, you can help make a difference for older women worldwide. Use the Gendered Ageism Campaign Toolkit to get started.

You can tag us at @WCHospital and use the hashtag #EndGenderedAgeism

Mark Your Calendar

New Module! What Gets Counted Counts

Historically, most health research has not considered disaggregating sex and age data. Women's Age Lab has recently launched a self-paced one-of-a-kind learning module to educate individuals on the importance of disaggregating sex and age data in health research. This module will help address this gap and make it a standard research practice. This is crucial to advancing health and socioeconomic equities.



Access Module

Highlights

[Prescribing cascades: we see only what we look for, we look for only what we know.](#) Age and Aging

[Addressing Gendered Ageism: A better retirement for all women.](#) OECD

[Excess Mortality in Long-Term Care Residents With and Without Personal Contact With Family or Friends During the COVID-19 Pandemic.](#) JAMDA

[Loneliness among older adults in the community during COVID-19: a cross-sectional survey in Canada.](#) BMJ

In the News

[Dr. Rochon leads the future of geriatric medicine: Part 2.](#) RTOERO

[Canada needs a national aging strategy that includes older women.](#) Toronto Star.

[The World's First Women's Age Lab And Why We Need It: Covid-19, Sex And Death.](#) Forbes

[In Conversation With.. Womens Age Lab, WCH Foundation](#)



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