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Welcome to our Quarterly Newsletter!

Women's Age Lab is the first and only center of its kind, aimed at improving healthy aging for 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 for older women. To achieve this, we plan to advance equity and diversity within our research, put our research into practice, and leverage our collaborators and communities to be catalysts for change.

In case you missed it, our 2021-22 Impact Report demonstrates our impact on transforming the aging experience thus far. This newsletter contains some highlights of our exciting national and international work.

Women's Age Lab

FOUR AREAS OF FOCUS

- First and only centre of its kind, we aim to improve the lives of older women by building on the best evidence
- Addressing Research Agenda
- Reimagining Age in Place and Long-term Care
- Optimizing Therapies
- Preventing Social Consequences

FOLLOW US FOR OUR LATEST WORK!
www.womensagelab.ca
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Brief to Healthcare Providers on Optimizing Pharmacotherapy and Preventing Prescribing Cascades in Older Adults

As the world's population ages and the prevalence of multimorbidity rises, inappropriate drug prescribing for older persons is becoming a greater concern. Our team continues to build on our world-renowned research on prescribing cascades. In working towards addressing the preventable harm that disproportionately affects the health of older women everywhere, we are excited to share our recent evidence brief offering recommendations for healthcare professionals in preventing and recognizing inappropriate prescribing cascades to ultimately improve patient outcomes.

Click [here](#) to read more:

Canadian Geriatrics Society Annual Scientific Meeting 2023

Drs. Rochon and Reppas-Rindlisbacher recently presented at The Canadian Geriatrics Society Annual Scientific Meeting. Their presentation titled "The Time for Change is Now: Promoting the Health and Well-being for Older Women" explored the inequities that exist for older women and why it's important to consider the unique needs of older women. They honed in on the inequities in delirium for older women, and introduced the mission and vision of Women's Age Lab.

Women's Age Lab would like to congratulate Dr. Christina Reppas-Rindlisbacher on receiving the Edmund V. Cowdry Award for her impactful work, "Changes in Delirium Rates and Antipsychotic Use Among Hospitalized Older Adults in Ontario After the Onset of the Covid-19 Pandemic".

Join us in congratulating Dr. Reppas-Rindlisbacher!

Virtual Workshop Series: Digital Literacy

Through the New Horizons for Seniors Program project "Narrowing the digital divide: Promoting virtual care and social participation", Women's Age Lab scientists recently hosted 11 in-person workshops on digital literacy, to help older adults improve their technological skills and promote social connections. Participants shared they felt more comfortable using their devices, felt they were more equipped to use the internet safely and protect themselves online, knew how to search the internet effectively, and felt comfortable using social media and apps.

To complete the project, the team also hosted 12 virtual workshops online to extend the reach of the in-person program. These workshops were open to older adults interested in improving their digital literacy skills. Topics included internet safety, social media, staying connected online and more. Participants indicated they found the workshops relevant and useful.

Click [here](#) to learn more about the series.

Trainee Spotlight

Maya Sheth is a second-year Master of Public Health in Epidemiology student at the Dalla Lana School of Public Health. Under the supervision of Rachel Savage PhD, she is exploring the factors that place older adults living in naturally occurring retirement communities (NORCs) at risk for being on the long-term care waitlist. By characterizing these factors, we can enhance the development and implementation of social supports and health services in NORCs, allowing older adults to stay socially connected and in their homes longer, and reduces unnecessary burden to the health system.

Paneet Gill is a practicum student supervised by Dr. Rochon. She is completing her Master of Public Health in Health Promotion, at the Dalla Lana School of Public Health, University of Toronto. Her work involves creating knowledge mobilization products, such as [infographics](#) and evidence briefs, to bridge the gap between research and practice related to aging, sex and gender, and pharmacology. Most recently, she is working on an annotated bibliography to collate articles that discuss the conceptualization or application of gender-related variables to use in health research for when explicit gender data may not be readily available.

[Learn More](#)

In Case You Missed it: Check out what some of our Women's Age Lab collaborators have been working on...

Our collaborators at SE Health recently launched [The Future Age podcast](#), which explores bold ideas, innovations and creative solutions in reimagining what life could look like as we get older. New episodes airing every other Wednesday – Check them out!

Upcoming Events

Together with partners, Women's Age Lab, What's neXT?!, the Centre for Industrial Relations and Human Resources at the University of Toronto, and the National Institute on Ageing, we are bringing together a multi-disciplinary group of local and global thinkers, influencers and decision-makers to explore the many opportunities that greater longevity offers to employers, governments, learning institutions and society at large.

The day will start with a Keynote address by the Rt. Hon. Adrienne Clarkson, Canada's 26th Governor General and followed by presentations, panel discussions, breakout sessions and plenty of opportunities to network with experts and your peers.

Participants who attend the event in-person will receive a complimentary breakfast, lunch and networking cocktail, plus a copy of Andrew J. Scott's book The New Long Life.

Please visit www.futureofworth.ca for full agenda and registration details.

We look forward to seeing you on June 14th.

[Learn More](#)

Highlights: In the Media & Recent Awards

[Drs Rochon and Stall have been awarded the University of Toronto's President's Impact Award for their work on the Ontario COVID-19 Science Advisory Table](#)

[On Aging: Canadian Conversations. On gendered ageism and climate change with Dr. Paula Rochon, HelpAge Canada](#)

[Wisdom at Work: Older Women, Eldermen and Grandmothers on the move! Dr. Rochon: Women's Age Lab, A Global First!](#)

[They had families, worked hard and grew old. Now they face their final years in poverty. Why are we failing older women in Canada? Toronto Star](#)

[Older women in Canada are facing a heavy burden of poverty. A new plan could be a start. Toronto Star](#)

[Delirium: Follow-up questions with Dr. Christina Reppas-Rindlisbacher, RTOERO Foundation Blog](#)

Recent Publications

[A retrospective cross-sectional study examining the association between loneliness and unmet health care needs among middle-aged and older adults using the Canadian Longitudinal Study of Aging \(CLSA\) BMJ Open](#)

[Psychotropic substitutions: Out of the frying pan and into the fire. Journal of American Geriatrics Society](#)

[COVID-19 vaccine antibody responses in community-dwelling adults to 48 weeks post primary vaccine series. JScience](#)

Women's Age Lab

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