

RIA RESEARCH
INSTITUTE
for AGING

Schlegel • UWaterloo • Conestoga

Enhancing Life



Impact report:
Partnering for aging
breakthroughs

2022-23





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Letter from the Executive Director



It is with great pleasure and gratitude that I address you in this Impact Report to reflect on our achievements and express our deepest appreciation to all who have supported the Schlegel-UW Research Institute for Aging (RIA).

Our research continues to advance the quality of life for older adults in all communities. Through evidence-informed resources and education, such as the Virtual Music Therapy Guides and Forward with Dementia website, we are bringing research into the real world to enhance the well-being and independence of seniors.

I would like to extend our appreciation to our core partners (University of Waterloo, Conestoga College, and Schlegel Villages), as well as all the organizations and individuals who have worked closely with us. Together, we have been able to address critical issues related to aging, challenge conventional wisdom, and effect meaningful change in the lives of countless individuals.

I also want to thank our donors, whose unwavering support has been instrumental in fueling our progress. Your generosity has allowed us to undertake vital research, develop innovative programs, and attract world-class talent to the RIA.

As we prepare to embark on a new strategic plan, I am excited about the opportunities that lie ahead to build on our achievements and strive to make an even greater impact on the lives of older adults. Together, we can create a future where aging is viewed not as a burden, but as an opportunity for growth, connection, and fulfillment.

A handwritten signature in black ink that reads "Tina Mah".

Tina M. Mah, PhD, MBA, BScOT
Executive Director,
Schlegel-UW Research Institute for Aging



Letter from the Chair of the Board



I am delighted to present the 2022–23 Impact Report of the Schlegel-UW Research Institute for Aging. As the Chair of the Board, it is my privilege to reflect on our remarkable accomplishments and share our vision for the future.

The RIA has remained committed to its mission of advancing research and innovation in aging. We have made significant strides in enhancing the quality of life for older adults and promoting healthy aging practices.

I extend my sincere gratitude to our researchers and passionate team members. Your commitment to improving the lives of older adults and promoting healthy aging is truly inspiring, and we are immensely grateful for all your contributions and dedication.

Thanks to these teams, the RIA has explored innovative approaches to dementia care, falls prevention, and the impact of technology on aging populations. These endeavours not only contribute to the body of knowledge in gerontology but are translated into practical interventions that positively impact the lives of older adults.

I know that the RIA remains committed to driving positive change in the culture of aging. We are determined to foster a society that values and supports healthy aging as we forge ahead.

Ronald Schlegel, O.C., Ph.D., LL.D., F.C.A.H.S
Director and Chair,
Schlegel-UW Research Institute for Aging

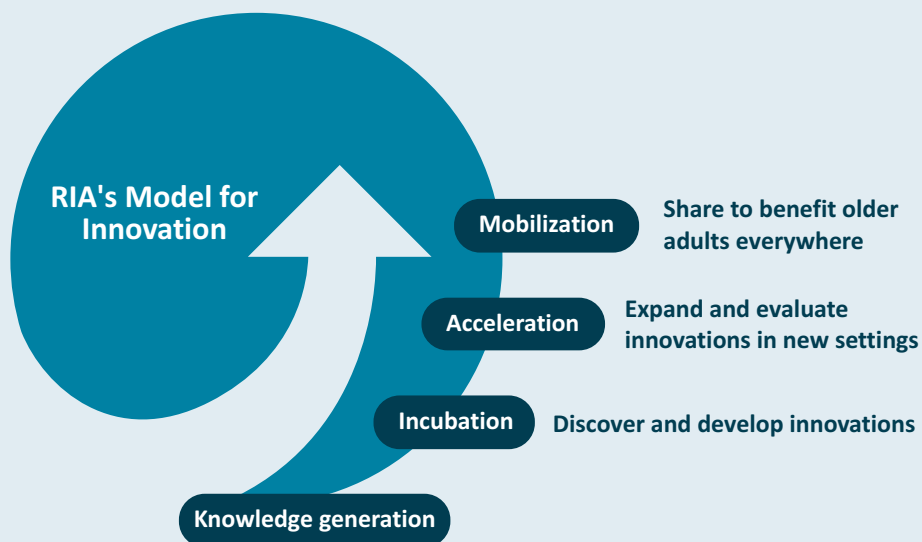
About the RIA

The RIA was founded in 2005 and is a product of the philanthropic spirit and vision of Ronald Schlegel and the Schlegel family.

The RIA is a charitable, non-profit organization that enhances the quality of life and care of older adults through partnerships in research, education, and practice. We tackle some of the biggest issues facing our aging population.

Our unique partnership model allows our evidence to move into the real world faster than traditional research. Not only are our research questions shaped by the realities of older adults and those who care for them, but we work together to use what we've learned and develop resources, programs and education. **We find solutions that truly work and share them to benefit older adults everywhere.**

Ultimately, we drive innovation. We find solutions that truly work and share them to benefit older adults everywhere.



We have core partnerships with the University of Waterloo, Conestoga College, and Schlegel Villages, and we collaborate with many other academic institutions and organizations. The RIA's annual operating budget of more than \$40 million is supported by contracts, grants and generous donors.

RIA by-the-numbers



170

Researchers, specialists,
scientists, trainees



\$18.4M

Research grant funding*



29

New grants received*



116

New publications**



29

New research projects
started in 2022



380+

provincial, national and
international collaborators



5

New Living Classrooms
opened in 2022

* Held at various institutions and the RIA

** Chairs/Specialists' publications in the 2022 calendar year



Notable Awards

RIA founder and board chair Dr. Ron Schlegel was selected as a Canadian Academy of Health Sciences (CAHS) 2022 Fellow in recognition of the excellence of his work as a leader in Canadian health sciences. The CAHS Fellowship is considered one of the highest honours for members of the Canadian health sciences community.

Heather Keller: 2022 Earle Willard McHenry Award for Distinguished Service in Nutrition from the Canadian Nutrition Society

George Shaker: \$2.1M Mitacs awarded for Democratizing Radar Sensing for Healthcare Applications

Dr. Joanne Ho: Canadian Geriatrics Society Peter McCracken Physician Innovator in Education Award

Lora Giangregorio: Osteoporosis Canada 2022 Backbone Award

Richard Hughson: Inducted as a Fellow of the Royal Society of Canada for his remarkable contributions to the sciences.

2022-23 Year in review



May: The RIA hosts its **first virtual conference with 350 older adults, care partners, educators, policymakers, students and researchers** from all over the country. Walk with Me 2022 provided the post-pandemic forum needed to reconnect, reimagine, and recommit to changing the culture of aging in Canada.



July: Living the Dementia Journey expands their Train the Trainer education to Alberta and British Columbia and organizations outside long-term care.

June: Cosmin Munteanu is appointed the **new Schlegel Research Chair in Technology for Healthy Aging**, bringing a new and rapidly expanding research topic to the RIA. Munteanu explores meaningful and safe interactions between older adults and digital media devices.

August: The RIA reopens its doors for tours at the **Centre of Excellence for Innovation in Aging**. We hosted more than 100 visitors in Fall/Winter, including the Ontario Minister of Long-Term Care and Federal Minister of Seniors.





November: Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, is inducted as a **Fellow of the Royal Society of Canada**. Hughson, also a Distinguished Professor Emeritus at the University of Waterloo, conducts award-winning research on human cardiorespiratory responses to exercise and physical inactivity.



February: The RIA resumes the first in-person engagement sessions for more than **75 secondary school students and educators** since the pandemic, as part of the Ontario CLRI’s initiatives to address workforce retention and recruitment for long-term care.

January: Andrew Costa’s vaccine research is published in the **Journal of the American Medical Directors Association**.

The study was among the first in the world to show evidence for a fourth vaccine dose and to report on the need for equivalent vaccination policies across long-term care settings, a lifesaving contribution by Costa (Schlegel Research Chair in Clinical Epidemiology) and colleagues in the fight against COVID-19.



March: The Preceptor Resource and Education Program in Long-Term Care enrolls **81% of all long-term care homes in Ontario** and thus supports an estimated 10,000 preceptors to orient, advise, guide and evaluate nearly 6,500 students.



Our people

Researchers

The Schlegel Research Chairs and Specialists are leaders in their fields and collaborate with RIA research scientists as well as researchers from around the world.

Schlegel Research Chairs



Dr. Allen Power, Schlegel Chair in Aging and Dementia Innovation

Dr. Power challenges the status quo to find innovative approaches for supporting people living with dementia.



Andrew Costa, Schlegel Research Chair in Clinical Epidemiology and Aging, McMaster University

Costa uses health data and technology to develop and evaluate better models of care.



Carrie McAiney, Schlegel Research Chair in Dementia, University of Waterloo

McAiney works with people living with dementia and care partners to improve quality of life and care experiences.



Cosmin Munteanu, Schlegel Research Chair in Technology and Aging, University of Waterloo

Munteanu explores the intersection of aging and technology to create meaningful interactions between older adults and digital media devices.



Dr. George Heckman, Schlegel Research Chair in Geriatric Medicine, University of Waterloo

Dr. Heckman develops and assesses novel primary care and long-term care processes to improve outcomes for frail older adults.



Heather Keller, Schlegel Research Chair in Nutrition and Aging, University of Waterloo

Keller researches how food and the experience of mealtimes enhance the health and quality of life of older adults.



Dr. Joanne Ho, Schlegel Chair in Geriatric Pharmacotherapy, McMaster University

Dr. Ho researches drug safety in complex older adult patients and supports clinicians to prevent drug-related harm.



Dr. Linda Lee, Schlegel Research Chair in Primary Care for Elders, McMaster University

Dr. Lee improves access to specialized care for persons living with dementia and their care partners.



Lora Giangregorio, Schlegel Research Chair in Mobility and Aging, University of Waterloo

Giangregorio investigates ways of increasing safe and effective physical activity in older adults.



Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health

Hughson tests ways to improve brain blood flow to reduce the risk of falls and cognitive decline in older adults.



Veronique Boscart, CIHR/Schlegel Industrial Research Chair for Colleges in Seniors Care
(Term concluded October 2022)
Conestoga College

Boscart guides the implementation of best practices and education to support competent and collaborative care teams.

Schlegel Specialists



Jane Kuepfer, Schlegel Specialist in Spirituality and Aging, Conrad Grebel University College

Kuepfer supports the well-being of older adults and care partners through attention to spiritual needs and resources.



Kate Dupuis, Schlegel Innovation Leader in Arts and Aging, Sheridan College

Dupuis explores how the arts can affect the health and well-being of older adults and their care partners.



Linda Sheiban Taucar, Schlegel Associate Research Chair
(Term concluded October 2022)
Conestoga College

Sheiban Taucar focuses on improving care for older adults and workforce education.

The work and success of the RIA relies on the expertise of our staff team: More than 50 dedicated team members bring their talents to support the mission of the RIA and its research.

Board of Directors

These are the members of the RIA Board of Directors at the close of March 2023.

Chair of the Board:

Ronald P. Schlegel, O.C., PhD, LL.D., F.C.A.H.S, Founder

Members:

- **Dr. Cathy Morris, MD, Community Representative**
- **Elizabeth Witmer, BA, Community Representative**
- **Geoff Fernie, PhD, P.Eng, Emeritus Scientist, Toronto Rehab Institute University Health Network; Professor, University of Toronto**
- **Heather Keller, PhD, RD, Professor & Schlegel Research Chair in Nutrition and Aging, University of Waterloo**
- **James Schlegel, MAcc, CPA, CA, President & CEO, R B J Schlegel Holdings Inc.**
- **John Milloy, DPhil, Community Representative**
- **John Tibbits, PhD, President & CEO, Conestoga College Institute of Technology and Advanced Learning**
- **Lili Liu, PhD, Dean, Faculty of Health, University of Waterloo**
- **Michelle Chrétien, PhD, Associate Vice President, Research, Innovation & Entrepreneurship, Conestoga College**
- **Paul Brown, Chief Operating Officer, Schlegel Villages Inc.**
- **Dr. Samir K. Sinha, MD, DPhil, FRCPC, FCAHS, AGSF, Director of Geriatrics, Sinai Health System**
- **Dr. Sidney Kennedy, MD, FRCPC, FRC Psych, Executive Director, Homewood Research Institute; Professor, University of Toronto**
- **Steven Mock, PhD, Associate Professor, University of Waterloo**
- **Tina M. Mah, PhD, Executive Director, Schlegel UW Research Institute for Aging**
- **Dr. Tom Stewart, MD, FRCPC, Community Representative**

Our donors drive our impact



▲ Kerry Townson is a recurring donor to the RIA in honour of her parents.

A legacy of participation and giving

It started with a simple research participation certificate.

The certificate arrived in the mail shortly before Kerry Townson’s mother passed away in 2015. As a resident of a retirement home in Kitchener, Ontario, Joyce Townson participated in an RIA research project that focused on blood flow and balance. Research students visited her regularly to test her balance and complete a questionnaire. Joyce loved working with the young students, and giving back through research in her final years meant a great deal to her.

The certificate was the simple acknowledgement that inspired her daughter Kerry to begin giving to the RIA. She continues to give today in honour of her parents. Her mom, Joyce, was a hairdressing teacher with artistic talent who loved crafts, fashion and, jewelry. Her dad, Don, was a vital and outgoing accountant who worked until he was 85. He passed away in 2013. Kerry remembers them both with much love.

A retired psychology professor, Kerry remains an active volunteer. Among her many roles, she participates in a research study on osteoporosis, studies proper nutrition, and assists with caregiving to older relatives.

As an older adult, Kerry believes that we should strive to live as well as we can for as long as we can. She firmly believes in the importance of RIA research and the many ways research findings can be used to tackle issues faced by an aging population.

According to Kerry, “Research can make us more aware of what being healthy means, and what we can do to stay healthy as we age.” The RIA is grateful to Kerry for her generous support and her commitment to aging research and its application in real-world settings.

Thank you to all donors who support the mission to enhance the quality of life and care of older adults. Because of you, the way we age in Canada is changing.

Our sincere thanks to the friends and family who donated in memory of the following individuals:

Aileen Ridley	Mike Sharratt
Barbara Schlegel	Nellie Martin
Derek Southren	Ora Babcock Power
Don & Joyce Townson	Pamela Phair
James & Elizabeth Muir	Reta Baechler
Jimmy Murphy	Sharon Cooke
Joan Ruby Doyle	
Lorraine Cheverie	
Martin Hartmann	

What our donors say

“

The long list of benefits this organization has to assist and improve the quality of life, both mentally and physically, for our seniors is truly a blessing.

– Bob McCauley

The RIA plays a dominant role in the aging population by being available to assist seniors to ensure their senior years are quality years.

– David & Susan Seyler

I saw a great need to participate in educational research for older adults and to donate so one can live a more productive and fuller life. We are never too old to learn as we journey on in life.

– R. Jane Laman

Impact stories

Engaging in meaningful co-design



▲ Tom Kane, a senior advisor in Munteanu's lab, presenting on the legacy project at the AGE-WELL conference. The background shows Tom's virtual reality space representing the Winnipeg Folk Festival.

Making meaning with technology with and for older adults

Tom Kane has been a part of the Winnipeg Folk Festival crew – or in his words, family – for 36 years. The 79-year-old describes the place as “our family home,” fondly reminiscing of the people who gather at the festival, tirelessly working to prepare for the event and maintain the grounds. Kane lives in Vancouver, British Columbia, but despite being over 2,000 km away, he visits the festival all the time – through virtual reality (VR).

As a co-design partner for the Technology for Aging Gracefully (TAG) Lab, Kane has been heavily involved in research with Cosmin Munteanu, Schlegel Research Chair in Technology for Healthy Aging. Among other projects, Kane is advising Munteanu and PhD student, Sho Conte, on a project to build virtual reality spaces that help older adults leave a digital legacy that captures spaces and places important to an adult's life story.

“The VR space brings me to a familiar world,” said Kane, describing the place as a family album. “I can now share this special place with anyone.” His immersive experience replicates the festival ambiance with an accurate layout and includes over 150 photos that Kane has taken over the years, reflecting his cherished memories and passion for photography. Kane regularly tests the VR space, gives feedback, and gives Conte new ideas to add to the space.

Munteanu involves as many older adults as possible in his lab where he designs intelligent applications and devices that improve access to information, support learning, and reduce digital marginalization for older adults.

“Applied engineering research needs to incorporate authentic involvement of older adults in the conceptualization and design stages if the expectation is the adoption of the new technologies by older adults,” explains Munteanu. The scientific process of co-design helps ensure that new technologies are created meaningfully with and for older adults. “I don’t want processes to forget about older adults any longer.”



▲ A retirement home resident explores virtual reality technology at a research open house.

“

I’ve never felt like such a central part of something big. It’s given me a new purpose in life.

– Tom Kane, senior advisor,
Aging Gracefully Lab

We are all getting older, and technologies will continue to expand into various parts of everyday life. We must ensure that present and future technologies are created with and for older adults so that these innovations contribute to an elevated quality of life for all.

- Cosmin Munteanu, Schlegel
Research Chair in Technology for
Healthy Aging

Honouring resident voices in long-term care resources and education

The ‘a-ha’ moment that informed a training approach: Lisa Hughes, education manager at the RIA, was developing a new eLearning course on residents’ rights as part of a series of courses aimed at bolstering the orientation of new staff into long-term care (LTC) spaces. She had asked LTC resident advisors for examples of each right and received something unexpected.

“I was reading the rights as a list, but the resident advisors view their rights in the context of their environments. They associate where they are in their LTC home with how their rights are being upheld,” says Hughes, who changed her entire course approach and positioned residents’ rights within an LTC home floor plan.



As shared by one resident,

When team members take the time to introduce themselves and wear their name tags, I feel comfortable and I feel I can develop trusting relationships.




▲ Older adults are key contributors to the development of our resources, including eLearning courses

This co-design approach informs the way we work at the RIA. For our education development team, co-design involves collaborating with people who are experts in the course topic, people with lived experience, and people who represent the learners taking the course. The team works with residents and staff because it makes good education great: learning scenarios are more realistic, strategies recommended are more relevant, and the voices of those that the education is ultimately meant to benefit – the residents – are more present.



Orientation e-Learning courses were developed as part of the Ontario Centres for Learning, Research and Innovation in Long-Term Care (Ontario CLRI) and can be found at learn.clri-ltc.ca.



eLearning continues to be a practical and accessible resource for ongoing education to those working in senior living settings.

- The **Orientation eLearning courses** were completed more than 3,000 times last year.
- Our **Ontario CLRI eLearning hub**, co-hosted with Baycrest and Bruyère, has more than 20,000 registered users.

Impact stories

Bridging the gap in education and knowledge sharing

From research to social media: a CHOICE+ mobilization success story

In April 2022 the **CHOICE+** Instagram account was launched with the mission of providing free education and access to knowledge mobilized from RIA researchers in the area of nutrition and aging.

More than 225 educational snippets, stories, and interactive features shared best practices gleaned from the research of Heather Keller, Schlegel Research Chair in Nutrition and Aging. In 12 months, **@choice.ria** gained more than 600 followers from around the world who engaged with our posts more than 1,500 times.

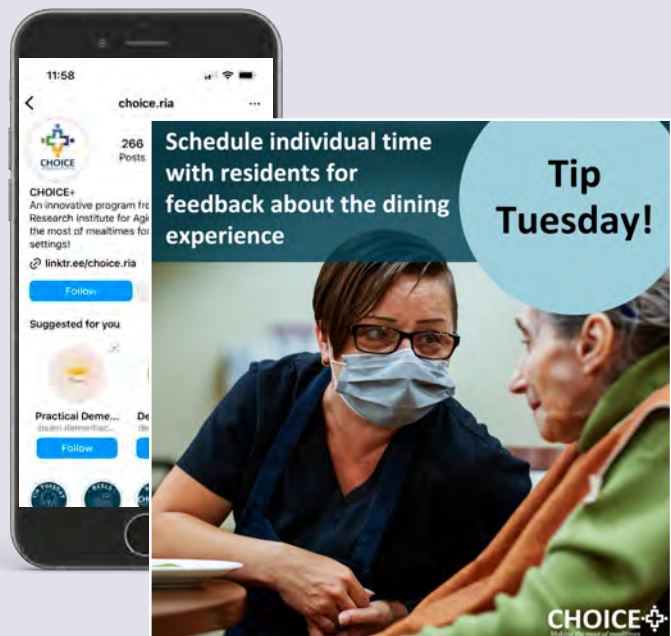
Instagram allows us to develop ongoing relationships with our audience and leads to a better understanding of what problems the sector needs to solve.

This unique education tool is helping to foster connections amongst individuals who may otherwise not be able to interact with each other and share their knowledge, including PSWs, dietary aides, dietitians, long-term care and retirement organizations, and home care agencies.

“This is such a useful tool and creative way to engage the dining professional sector especially in a time of labour shortage and low morale.”

– *@choice.ria Instagram follower*

CHOICE+ also launched an eLearning course for leaders who want to implement lasting changes in their senior care settings around meaningful dining experiences and enhanced nutrition.



CDLRN’s Annual Forum prepares projects for future planning

The Canadian Dementia Learning and Resource Network (CDLRN) hosted its first hybrid Annual Forum in 2022–23, bringing together more than 70 attendees from across Canada.


The event was hosted at our Centre for Excellence for Innovation in Aging in Waterloo, Ont., and provided an opportunity for Dementia Community Investment (DCI) project teams, including researchers, service providers, people living with dementia, and care partners, to learn about sustainability and knowledge mobilization.

Participants were encouraged to connect and grow their network to reach a common goal of enhancing the well-being of people living with dementia and care partners. Most importantly, people living with dementia were actively involved and able to openly talk about their experiences through a panel presentation of people with lived experience.

“This kind of knowledge and development opportunities for us [people living with dementia] is really important. It means that we can fully participate not as participants, but as co-constructors of our sustainability process.” – DCI project participant

The event was instrumental in preparing DCI projects for the future through sustainability planning so that their impact can endure.

“Many moments over the day and a half remain at the forefront of my mind when showing up every day to work. I feel like participating in the forum has made me a stronger ally and advocate for those with lived experience.” – DCI project participant



The Canadian Dementia Learning and Resource Network (CDLRN) is a knowledge hub that facilitates collaboration between community-based projects across Canada and amplifies their successes. Led by the RIA, CDLRN and the community-based projects are funded by the Public Health Agency of Canada under the Dementia Community Investment (DCI).

Training the next generation of gerontology researchers

There are unique practices that come with conducting research with and for older adults that are not always taught in a classroom. Practices such as exploring co-design opportunities, recruitment, and sharing research findings can look different for those focused on aging research. To help bridge the gap between the classroom and the lab, RIA researchers lead interactive sessions for students, post-doctoral fellows, and other research staff and colleagues.

“Being a part of this program and listening to others’ experiences and methodologies helps me reflect on my research and gives me new ideas on how I can improve on my methods,” said Safura Syed, a PhD candidate. “I had the opportunity to lead one of the discussions on co-design, which opened up a lively discussion on best practices, common issues, and how to avoid those issues.”

RIA-sing Stars meets monthly to foster shared learning and collaboration. Guided by a predetermined topic, RIA researchers steward open discussions and facilitate opportunities for shared learning, collaboration, and networking.

One session welcomed 10 residents from a long-term care home to give researchers and students a chance to ask questions and gain insight through residents’ personal experiences. A testament to its innovative approach, the successful “collision” of these valued perspectives emulates the RIA’s commitment to inclusivity and the engagement of older adults.

Impact stories

Influencing best practices in the care of older adults



New research underscores the value of MINT Memory Clinics in alleviating health-care pressures

A new study exploring the cost-effectiveness analysis of MINT Memory Clinics has found a net cost savings of \$51,500 per patient, compared to those in Ontario without the service, with improvement in quality of life for those living with dementia.

The study, titled “Cost-utility analysis of a multispecialty interprofessional team dementia care model in Ontario, Canada,” was published in *BMJ Open* and underscores the potential of MINT to alleviate the strain on Ontario’s health-care system and improve the quality of care for those living with dementia by offering family doctors improved access to expertise and care.

“This study is significant because it demonstrated that the MINT model is associated with reduced cost AND with improved quality of life for those living with dementia,” explains Dr. Linda Lee, founder of MINT Memory Clinics, Schlegel Chair in Primary Care for Elders.

As of yet, no other Canadian dementia care intervention in primary care has shown these outcomes. The MINT (multispecialty, interprofessional team) Memory Clinic model has grown to more than 100 clinics across Canada. The MINT team is seeking funding to open additional MINT clinics and expand the services of existing clinics to neighbouring communities.

“Funding support for MINT Memory Clinics will allow us to build a system that will save money, reduce the pressures on the health-care system, and improve quality of life. The status quo cannot meet the needs of our aging population,” says Dr. Lee.

The study was led by health economist **William W. L. Wong** (University of Waterloo) with **Dr. Linda Lee** and co-authors **Andrew Costa** (Schlegel Research Chair in Clinical Epidemiology), **Dr. Samir Sinha** (Director of Health Policy Research at the National Institute on Ageing), and **Tejal Patel** (Schlegel Specialist in Medication Management and Aging).



“

MINT Memory Clinics are a solution to help address our strained health-care system and the barriers facing people living with dementia and their families. All that’s needed is consistent government funding and support to enable them. These primary care led-clinics can be implemented quickly, and effectively deliver better patient, provider and system outcomes.

– Dr. Samir Sinha, director of health policy research at the National Institute on Ageing and the director of geriatrics at Sinai Health and the University Health Network.



Preventing adverse drug events from medication list discrepancies

As we age, our bodies change, and so does the way we process medication. Combine this with the fact that older adults often have to manage multiple medications for various health conditions, and it's easy to see how things can get tangled up. While accurate medication lists are necessary to prevent these events, the accuracy of the lists shared during eConsults or asynchronous virtual care for older adults has been unexplored until now.

Dr. Joanne Ho, Schlegel Chair in Geriatric Pharmacotherapy, studied the frequency and nature of discrepancies on the medication lists provided by the referring clinicians during GeriMedRisk consultations for older adults. Dr. Ho's research revealed that almost all older adults in the study had a discrepancy on their medication list, exposing them to potential adverse drug events – the medical term for

unwanted and potentially harmful medication mishaps. The results strongly indicate the need to incorporate the use of pharmacist-conducted medication histories to prevent, identify, or manage discrepancies for older adults who receive virtual care.

“Maintaining accurate records of medication use isn't just a tedious task to be overlooked – it's a crucial part of making sure older adults can manage their chronic diseases as smoothly and as safely as possible. This applies to patients in all care settings, even virtual,” says Dr. Ho.

“Medication discrepancies in older adults receiving asynchronous virtual care,” was published in the prestigious *Journal of the American Geriatrics Society*.

Shaping guidance on the management of osteoporotic spine fractures

Spine fractures, the most frequent osteoporotic fracture, can cause severe chronic pain, spinal deformity, and functional disability, leading to a diminished quality of life and increased mortality. They are also associated with psychological distress like depression, anxiety, and low self-esteem. Early detection and proper management by health-care professionals are crucial to enhancing patient outcomes.

Lora Giangregorio, Schlegel Research Chair in Mobility and Aging, was a key contributor to The Royal Osteoporosis Society’s new guidance for health-care professionals to improve the management of spine fractures. Giangregorio’s research in managing osteoporosis with exercise informed this work, including a recent consensus process on the non-pharmacological management of spine fractures, led by her former PhD student Matteo Ponzano, in collaboration with Heather Keller, Schlegel Research Chair in Nutrition and Aging.

The guidance promotes a multidisciplinary approach and stresses the importance of early detection, proper treatment, comprehensive pain management, nutrition, and exercise. The implementation of the guidance will hopefully lead to improved outcomes for patients, including reduced pain and increased mobility.

Giangregorio said she and the research team will build upon this progress to improve quality of life for more people. “Our next step is to work with the Fragility Fracture Network to develop a model of care for people with spine fractures, and to improve care in countries all over the world.”



Financials

Statement of Financial Position as at March 31, 2023

Assets	April 1, 2022 – March 31, 2023	April 1, 2021 – March 31, 2022
Current		
Cash	\$ 2,700,399	\$ 1,881,767
Short-term investments	35,475,980	15,011,979
Short-term investments - endowment	217,900	210,774
Accounts receivable	502,930	3,016,356
Government remittances recoverable	34,440	45,196
Prepaid expenses	90,758	61,801
	39,022,407	20,227,873
Capital assets	280,064	278,993
Research facility deposit	13,235,039	13,235,039
	13,515,103	13,514,033
	\$ 52,537,510	\$ 33,741,905
Liabilities	April 1, 2022 – March 31, 2023	April 1, 2021 – March 31, 2022
Current		
Accounts payable and accrued liabilities	\$ 22,322,096	\$ 14,896,376
Amount repayable to Ministry of Long-Term Care	13,251,707	2,686,583
Deferred revenue	631,047	634,975
	\$ 36,204,850	\$ 18,217,935
Fund balances		
General Fund	2,782,387	1,821,128
Restricted Fund	268,089	263,486
Restricted Ministry Fund	60,971	174,898
MAREP Endowment Fund	217,900	210,774
Capital Fund	12,980,625	13,032,519
Federal Fund	22,868	21,166
	\$ 16,332,660	\$ 15,523,971
	\$ 52,537,510	\$ 33,741,905

Summarized Statement of Operations for the Year Ended March 31, 2023

Revenue	April 1, 2022 – March 31, 2023	April 1, 2021 – March 31, 2022
Program and research	\$ 38,294,046	\$ 21,352,119
Donations	1,563,787	7,629,902
Training, product sales & redevelopment	278,654	270,167
Rental	246,075	246,554
Investment income	114,782	15,969
	40,497,344	29,514,711
Expenses	April 1, 2022 – March 31, 2023	April 1, 2021 – March 31, 2022
Program	\$ 32,217,716	\$ 16,863,658
Wages and benefits	3,971,530	3,367,628
Consulting, research fees, professional services	2,678,921	2,078,317
Office	408,946	374,556
Amortization	89,252	83,481
Professional development & conferences	105,034	39,335
	39,471,399	22,806,975
Net revenue (expense)	\$ 1,025,945	\$ 6,707,736

RIA research and programs are supported by several funding agencies, including:

- AGE-WELL
 - Canadian Consortium on Neurodegenerative Aging
 - Canadian Frailty Network
 - Canadian Institutes of Health Research
 - Canadian Space Agency
 - Centre for Aging + Brain Health Innovation
 - Government of Ontario
 - Mitacs
 - National Research Council of Canada
 - Natural Sciences and Engineering Research Council
 - Public Health Agency of Canada
 - Social Sciences and Humanities Research Council
- ... And many more

A look ahead

The RIA is looking forward to welcoming **three new Research Chairs** and **one new Specialist** in 2023–24 that will expand our aging research portfolios in dementia, mental health, enabling technologies, and medication management. **Look for announcements on our website!**



There is a need for support for people living with dementia that is culturally inclusive. With new funding from the Public Health Agency of Canada for the Forward with Dementia initiative, Schlegel Research Chair in Dementia, **Carrie McAiney**, will work with others impacted by dementia to co-design resources and develop strategies to better reach and engage people living with dementia, care partners, and community members from Chinese, South Asian, Italian, and Hispanic communities.

A new sponsored research partnership by RIA research scientist and Adjunct Associate Professor at the University of Waterloo, **George Shaker**, will study the impact of radar technology for privacy-preserving health monitoring of older adults in a new RIA space: The **MIRADA (Monitoring, Intervention, and Response for Aging Demo Apartment)**. The new suite will be a state-of-the-art demonstration facility to share advancements in technology development and showcase how we redefine the possibilities for aging, independence, well-being and quality of life.



CREATEMORE is a new program of research by **Kate Dupuis**, Schlegel Innovation Leader in Arts and Aging. With **CREATEMORE**, Dupuis is investigating how arts and creativity can support long-term care team members in their recovery from the distress and trauma experienced during the COVID-19 pandemic and how music, self-expression, and relaxation techniques can help build resiliency.

We're back!

Walk with Me, RIA's signature culture change conference, will return to an in-person format **May 1–3, 2024** at the **Ottawa Conference and Events Centre**.

The 2024 program will deliver quality interactive sessions to allow leaders in senior living settings and communities to share knowledge and learn evidence-based practices to nurture social models of care in all settings.

▶ Register online at the-ria.ca/WalkWithMe


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