

THE LOOP

The Foundation's Quarterly Update



Summer 2024



[Women at the forefront of aging report](#)

Article courtesy of Dr. Paula Rochon

Canada is witnessing a major demographic shift with the aging population, particularly among women. Despite their growing numbers, older women often face unique health challenges that are overlooked in research, health care and policymaking.

Women's Age Lab at Women's College Hospital has issued a report highlighting the health and well-being challenges that older women face daily and on a systemic level. It aims to shed light on these issues, propose solutions and call for action to improve the quality of life for older women.

Many issues related to older women's health are not visible. Women's health is often seen as limited to reproductive health, and aging is often associated solely with frailty. The reality is older women have far more unique health needs that go unrecognized, and we have not fully understood the challenges they face in navigating the health and social care system.

It's crucial to acknowledge that many of these health challenges extend beyond clinical settings. Older women, like most older adults, live at home in their communities and want to remain there. While this is not always possible, finding innovative solutions to support older adults to remain safely in the community enables independence and provides a sense of social connectedness.

Empowering older women requires a concerted effort from government, health care providers and community organizations. Prioritizing their needs is paramount to ensuring equitable access. By recognizing the contributions and addressing the challenges older women face, Canada can pave the way for a more inclusive sustainable future for all older adults.

Please visit us at <http://www.bit.ly/4aSdoOI> to read the full report for free.

Dr. Paula Rochon's student trainee program update

In 2022, we brought you a four-part series on Dr. Rochon's Women's College Hospital student trainee program. We introduced you to five innovative minds and gave you a sneak peek at not only their research initiatives but also what inspires them to pursue the field of geriatrics and where their future aspirations lie. This year, we bring you an update on where these bright students are today.



Nickrooz had the wonderful opportunity to work with Dr. Rochon and her team at Women's College Hospital (WCH). He researched sex and gender-based differences in health, economic and social systems that marginalize older women in Canada and around the globe. The team was very fortunate to publish their work in the Journal of the American Geriatrics Society in March 2022 and help develop the foundation for the Women's Age Lab at WCH.

Nickrooz is deeply grateful for this research experience and Dr. Rochon's invaluable mentorship that helped guide him along his career path. Nickrooz was recently matched to the University of Toronto's Internal Medicine Residency Program. This is a perfect match as he has found immense joy working with older adults in the acute care setting.

While clinical work will be busy, particularly early on in residency, Nickrooz knows that the lessons he learned through his work and partnership with Dr. Rochon and her team will set him up for success as he moves forward in his career. Like Dr. Rochon, Nickrooz hopes to integrate research into his practice and is excited to collaborate with her team in the future as a prospective clinician-investigator.

50/50 Raffle Winner!



Thank you to all who participated in our Spring 50/50 cash raffle. The raffle closed on May 3, 2023. Congratulations to Janice N. who had the winning ticket, # C-2236 and took home \$20,660!

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The proceeds of the raffle will be invested in programs, research and training to support healthy active aging for all Canadians. The activities aim to improve seniors' health care, end social isolation and combat ageism.

Thank you to everyone who participated in the raffle and are helping us create a society in which all seniors live with dignity and respect.

Our next 50/50 raffle will be held in **July, 2024**. Watch your email for information on how you can purchase tickets for your chance to take home the jackpot. **What would you do with the winnings?**

The Foundation's *Better Care* campaign

At the heart of the RTOERO Foundation is a unique granting program dedicated to making a lasting impact on the lives of older adults across Canada. We focus on funding projects that provide valuable research and create practical tools for seniors to use every day.

Research is crucial, but we believe the true impact of research is unlocked when the knowledge it generates is made available to everyone. When we share knowledge, we're supporting healthy aging in a real way – for you and your loved ones. We're here to get these resources into the hands of those who need them.

Here's how our granting program works: funding actual research projects is the first step. But there's a second step, which we feel is equally important, and not something many other foundations do; we apply additional funds to activities that convert research knowledge into resources that we can share with you. These activities include:

- **Translation:** to create French language resources
- **Editing:** to ensure our resources are relevant to seniors across Canada
- **Printing:** turning electronic resources into printed booklets for those who prefer print
- **Communications:** developing and hosting webinars with a variety of experts

All these activities are only possible with your generous donations. **This year, we have a goal of raising \$75,000 through our Better Care Campaign. But we won't reach that goal without your support!**

Two of our most recent grant outputs required adaption for broader appeal.

- The Schlegel-UW Research Institute for Aging's booklet, [Supporting your neighbours, a community conversation guide](#)
- University of Alberta's recipe book, [Cooking up calm](#)

Moving forward, our foundation will be focusing even more on sharing the results of the research projects we fund and creating outputs that can be utilized by all RTOERO members.

Let's make sure that we get the tools and resources we've funded into the hands of those who need them.

Thank you for considering supporting the Better Care Campaign with a donation to our Foundation.

RTOERO Foundation Webinars



If you missed our recent webinar: Identifying opportunities to understand health outcomes in older adults with experiences of homelessness with Peter Hoang, it's now available to view. Peter is a trainee with Women's Age Lab at the Women's College Research Institute under the guidance of RTOERO Chair in Geriatric Medicine, Dr. Paula Rochon.

Visit <http://www.bit.ly/3vngB9M> to watch the webinar for free.

RTOERO Foundation webinars are archived online within RTOERO's [Learning Management System](#). Once you have logged into the portal, navigate to the RTOERO Foundation section to catch up, or re-watch, any Foundation webinar. All videos are captioned in English and French for your viewing pleasure.

For more information about the work of the RTOERO Foundation, please visit us on the [web](#).

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