

THE LOOP

The Foundation's Quarterly Update



Winter 2024



Why paying attention to sex and age in health research matters

[Article courtesy of Women's Age Lab](#)

No two snowflakes are alike - and neither are our health needs as we age. Whether you're 65 or 95, male or female, our bodies respond to health conditions and treatments in unique ways.

Research shows that risk factors, symptoms and treatments can differ between males and females and across different age groups. Understanding these differences leads to more accurate diagnoses and better treatments.

The practice of separating data helps researchers understand the biological, social and psychological impacts on health, illness and access to health care, ensuring both men and women receive appropriate care across all stages of life. Historically, older adults have been treated as a homogenous group, but the needs of a 65-year-old differ from those of a 95-year-old.

Men and women can experience health problems differently with age. Conditions like cardiovascular disease and dementia are examples of ailments that impact both women and men, but may affect women differently from men. For more information on this, see our *Women at the Forefront of Aging Report* online at bit.ly/4gEtcbx.

Women make up 68% of those over 90, but research often fails to focus on their unique health needs. Without sex and age-specific data, we're missing opportunities to help older women thrive. Until we have separated data, it will be difficult to optimize the way we treat older women and men.

Women's Age Lab has created an online module, **What Gets Counted Counts**, to help researchers integrate sex and age considerations into their studies. Access it online at bit.ly/3zdILY0.

Creative experiences and inspired self-expression funded by the Foundation

The RTOERO Foundation recently funded a research project through its donor-supported granting program called *Using visual arts to address social isolation in older adults*. This research project was brought to life by the Sheridan Centre for Elder Research in collaboration with [Artfull Enrichment](#).

The intent of the project was to identify the barriers to creative programming for older adults living at home and, at the same time, to address social isolation. The project aimed to empower older adults through creative self-expression and skills development.

Anyone who is interested in art, even with no prior experience or skill, can enjoy [Artfull Enrichment](#) and learn to paint or draw! Art is extremely helpful for relaxation and cognitive health and learning a new skill is extremely satisfying at any age.

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.



Part 4: Hana Brath

In 2022, Hana led a project under the guidance of Dr. Rochon which explored the importance of designing nursing homes with older women in mind. Hana and Dr. Rochon's work positively impacts the health and well-being of all nursing home residents.

Since then, Hana graduated from medical school, and this past summer she started her medical residency in Psychiatry at the University of British Columbia. Dr. Rochon's mentorship influenced Hana's choice of practice. Dr. Rochon uses her clinical expertise and research to advocate for older women's health and well-being. Hana was drawn to psychiatry because of opportunities to advocate for underserved patients and to work with older adults.

In her research with the Women's Age Lab, Hana learned to critically reflect on how intersectional factors such as sex, gender, age and design impact health. This has continued to support her psychiatric practice, where Hana routinely considers how biological, psychological, and social factors influence someone's mental health. Overall, Hana's time with the Women's Age Lab and under Dr. Rochon's mentorship will continue to shape how she practices medicine and advocates for change at a health systems level.

Donating to the RTOERO Foundation is easy and tax deductible

Did you know that 31% of annual charitable giving occurs in December and 12% of all charitable donations are made in the last three days of the year? It's hard to believe we are already thinking about the end of 2024.

If you've considered donating this year, and haven't yet done so, now is the time to think about your year-end giving plans – and consider these important facts about the RTOERO Foundation when doing so.



Our programs are sustained through fundraising

It is through the generosity of RTOERO members that we are able to deliver on the promise of our mission to invest in programs, research and training to support healthy, active aging for all Canadians.

The continuation of our granting program relies on the generous contributions we receive from individual donors and corporate partners' support. The Foundation's annual budget, including all funds available for granting, is directly linked to the success of our fundraising efforts.

Your donation is tax-deductible

The RTOERO Foundation is a registered Canadian charity – our charitable registration number is #848662110RR0001. We issue a tax receipt for every individual donation of \$20 or more.

Your charitable donation receipt is applied against your income tax so it can be used to reduce what you owe the government. Giving to the RTOERO Foundation not only benefits aging Canadians, it also maximizes your tax credits. Both cash gifts and gifts of securities qualify for tax credits.



- Our granting program is sustained through your generous donations
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If charitable giving is still on your 2024 to-do list, please donate online by clicking the button below. Or calling the office at **416-962-9463** or toll free at **1-800-361-9888** and making a gift over the phone with one of our staff.

Thank you in advance for your generosity.

Women's Age Lab releases their Year 3 Impact Report



Year 3 Impact At a Glance

<p>Invited to speak at</p>  <p>18 provincial and national events</p>	<p>Trainees and early career researchers received many prestigious national & international awards, some include:</p> <p>CIHR Early Career Investigator Prize in Research in Aging <i>Rachel Savage, PhD</i></p> <p>AGS Scientist-in-Training Research Award <i>Dr. Christina Reppas-Rindlisbacher</i></p> <p>Temerty Medicine Emerging Leader Alumni Award <i>Dr. Nathan Stall</i></p>	<p>Featured on the UN DECADE OF HEALTHY AGING platform as a case study</p> 
<p>Published a policy brief</p> <p>Recommendations for Action to Tackle the Loneliness Epidemic Among Older Adults in Canada, led by Rachel Savage, PhD</p>  <p>4 media interviews</p>  <p>meeting with the Minister of Labour & Seniors</p> <p>& messaging reaching Over 6,000 people</p>	<p>Published 5 opinion editorials across Canada and USA highlighting our work</p>  <p>20million people reached through readership</p> <p>Presented posters, symposiums, & presentations</p>  <p>at 5 prestigious conferences nationally & internationally</p>	<p>Worked in 10 buildings & 2 cities</p>  <p>to evaluate the implementation of UHN's Ambassador program for older adults living in Naturally Occurring Retirement Communities with partners including:</p>  
 <p>Translated the "What Gets Counted Counts" educational module to French</p> <p>with the help of Francophone patient partners to connect with a larger audience</p>	<p>Partnered with SE Health as a Canadian contributor for Global Intergenerational Week 2024 by Generations Working Together</p>   <p>Launched Facebook and Instagram to reach community</p> 	 <p>Partnered with RBC Wealth Management on a webinar for older adults on aging alone and well.</p> <p>Over 1,000 registrations</p>  <p>Over 600 live attendees</p>
<p>Continue to provide education to thousands of RTOERO members</p>  <ul style="list-style-type: none"> Contributions to newsletter series Presentation by trainee Dr. Peter Hoang for webinar series <p>91% increased their knowledge about topic presented as result of attending</p>	<p>Published first-ever comprehensive report on Women at Forefront of Aging in Canada</p> <p>33,000 reached</p> <p>To celebrate launch of report,</p> <p>Hosted first ever virtual launch event</p>  <p>bringing together academia, community & healthcare</p>	<p>Primary peer-reviewed publications published in high-impact journals JAMA IM & JAGS</p>  <p>receiving over 50 media pickups including <i>NYTimes, Globe & Mail & more</i></p> <p>10.7million reached</p>

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Women's Age Lab, founded by RTOERO Chair in Geriatric Medicine, [Dr. Paula Rochon](#) has released their [Year 3 Impact Report](#). Take a look at the incredible progress they have made over the past year in advancing research to support healthy aging. You can find regular updates about Women's Age Lab in the RTOERO Foundation's [newsletter](#) and [webinar series](#).

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

P 416-962-9463
TF 1-800-361-9888

Email: foundation@rtoero.ca
Web: rtoerofoundation.ca

18 Spadina Rd
Toronto, ON M5R 2S7



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