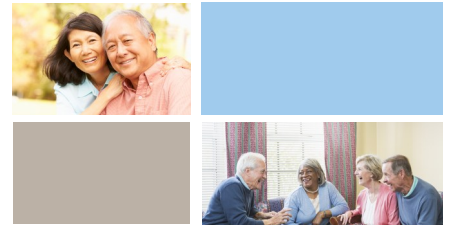


Nova Scotia Centre on Aging

Fall 2026 Newsletter



Shining a Light on Collaboration in Atlantic Canada - Stronger Together!

The research arena is filled with buzzwords such as “team work,” “partnership,” “alliance,” and “collaboration”. While these words may mean different things in terms of roles and responsibilities of those involved, they all reflect the strength of bringing together different perspectives and interest holders to reach a common goal. Funding agencies are calling for more collaborative and partnership-based initiatives, often to leverage shrinking resources across broader groups, but also recognizing that initiatives that draw on diverse perspectives can lead to more relevant and effective outcomes.

Atlantic Canada is rich in examples of successful collaborative initiatives. Nearly 20 years ago, we were involved in the Atlantic Seniors Housing Research Alliance. This alliance of over 100 representatives from universities, seniors’ organizations, government departments, housing developers and service providers led to rich data sources, an enhanced understanding of housing needs, and strategies to address the future housing needs of our aging provinces. More recently, we have been leading an Atlantic Canada research collaboration on long-term care. Like the housing alliance, this collaboration involves academics from different disciplines, and representatives from government and the long-term care sector across the region. Collectively, the group has identified knowledge gaps regarding the workforce and ways to address them, while benefitting from cross-jurisdictional sharing of insights. We have close to 20 academic manuscripts published or in progress and have delivered several knowledge exchange initiatives. This collaboration

is an example of how working together can foster shared learning, create efficiencies and strengthen the long-term care sector.

Collaboration is also gaining momentum within the caregiving sector in the region. Several Atlantic Canadian provinces have established or are in the process of establishing a provincial association to support family and friend caregivers. While the scope and work of each association may differ, newer associations are benefiting from the knowledge and experience of more established ones, further demonstrating the value of collaboration.

These and other collaborative initiatives will be showcased at the upcoming annual conference of the Canadian Association on Gerontology being held in Charlottetown: *Crossing Currents: Navigating Aging through Collaboration and Coordinated Action*. The planning of this year’s conference is itself a great example of regional collaboration. Dr. Jessica Strong (UPEI) and I are co-chairing the conference, marking our first collaboration in this capacity. We have also benefitted from the collaboration of others in the region including academics, government representatives and members of the older adult community. Through our efforts, we are very pleased to offer a top-notch national event in the field of aging, the first in Atlantic Canada since 2019, and the first ever for PEI.

Atlantic Canada may be small in population relative to other parts of Canada, but we are rich in skills, knowledge and experience that, when harnessed collectively, can contribute to innovative practices and policy. In sum, we are stronger together! *Janice*



NSCA Director,
Dr. Janice Keefe

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Our Mission

Through research, education and community engagement, the Nova Scotia Centre on Aging advances knowledge on aging to inform social policy and practice and enhance the quality of life of older people and their families.



Centre
on
Aging
Nova Scotia

Advancing Aging Research. Enhancing Lives of Older Adults.

MSVU.CA/NSCA

What's Happening...

Sharing Study Results to Strengthen the Long-term Care Sector

The ARC LTC team continues to analyze survey data collected from more than 2000 staff working across 53 LTC homes in Atlantic Canada. Study findings are being shared broadly through workshops, academic publications and presentations, short videos, and briefs – helping to extend their reach to different audiences and strengthen impact across the sector.

Our project's key academic paper [Who is looking after mom and dad in Atlantic Canada?](#) is now published, as

well as a 2-page brief available that offers a reader-friendly synthesis of the manuscript.

This paper provides the first representative look at the care aide workforce in Atlantic Canada and offers insights about their wellbeing and quality of work life.

Three additional papers exploring factors that contribute to job satisfaction and higher problem solving have been published, and over 20 others have been submitted to academic journals, or are in development.

We are continuing our work with resident assessment (InterRAI) data in NB, NL and NS to understand if there is a relationship between staff's work environment and resident outcomes.

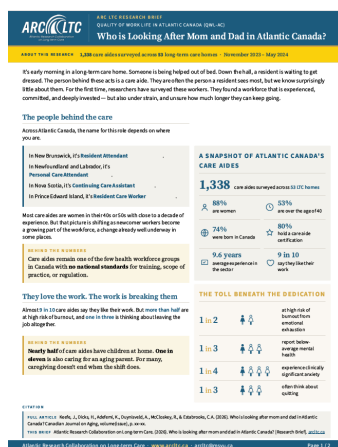
This past spring/summer, we had 9 presentations at 6 national and international conferences. We are very excited about our strong presence at the Canadian Association of Gerontology conference in Charlottetown. ARC LTC is hosting a pre-conference workshop exploring research and initiatives to support LTC managers' wellbeing, and will have more than 10 research presentations. If you are attending CAG come find ARC LTC at the Nova Scotia Centre on Aging exhibit.

Keep up to date at: www.arcltc.ca

Instagram: [@ARC.LTC](#)

Facebook: [Atlantic Research Collaboration on Long-Term Care](#)

LinkedIn: [Atlantic Research Collaboration on Long-Term Care](#)



NSCA to have Strong Presence at CAG2026



NSCA is pleased to be strongly involved in the national conference on aging being held in Charlottetown, October 15-17, 2026. The Centre's Director's Dr. Janice

Keefe is Co-Chair with Dr. Jessica Strong (UPEI), and Associate Director Pamela Fancey has been part of the local conference planning committee. In addition to our role in planning the 3-day event, we are pleased to be able to financially support this important conference through the Dr. F.R. MacKinnon Endowment Fund, a fund that supports initiatives of our Centre.

Further, we have more than 10 staff, students and researchers attending the conference who will be sharing their work through oral and poster presentations, symposia and a workshop. Both our Centre as well as MSVU's Department of Aging and Family Science will have an exhibit at the conference where the more than 700 conference participants from across Canada can learn about our academic programs in aging, our research and other initiatives.

This is the first time this national event has been in the region since 2019, and the first time ever to be held in PEI. We are very pleased to be supporting this important national knowledge mobilization event. For more information go to www.cag2026.ca

Animating Evidence: Sharing Research Findings Through Short Videos



ARC LTC Animating Evidence: Wellbeing of Newcomer Care Aides in Atlantic Canada Long-Term Care Homes

Five animated videos have been created to share key research findings from the Long-Term Care Quality of Work Life study.

The videos focus on:

- Staff Retention
- Immigrant Staff Well Being
- Burnout
- Well-being Over Time
- Care Aide Workforce

We have had thousands of viewers. Our evaluation tells us the videos are an effective and appropriate tool for sharing research findings. We also heard that the videos could be strengthened if released alongside the corresponding manuscript, brief, or by providing links to additional resources, practical actions.

Check them out www.arcltc.ca.



Age Reconsidered Podcast Launches



CHECK OUT OUR NEW PODCAST SERIES

WHAT: A program of audio podcasts exploring research about aging and turning it into conversations, stories and ideas from people who are rethinking what it means to grow older.

WHY: Change the narrative about aging.

WHEN: Launched in September with new episodes dropping until March 2027.

HOW: Subscribe anywhere you get your podcasts or go to agereconsidered.ca

Out and About



Dr. Janice Keefe and Dr. Heather Dicks with colleagues at the International Association of Gerontology & Geriatrics conference, Amsterdam.

NSCA Now on LinkedIn

The NSCA is now on LinkedIn. Connect with us! 

Have you Heard...

New Partnership on Carer-Employees



A new 7-year research partnership has launched involving an interdisciplinary team of 73 researchers, partner organizations and collaboration across Canada and internationally. The partnership will undertake several research projects

focused on better understanding the needs of carer-employees and developing evidence-informed workplace policies and supports. Dr. Allison Williams, CRC in Care Economy, Aging and Policy at McMaster University is the lead investigator, and Dr. Janice Keefe and Dr. Heather Dicks are co-applicants. NSCA is a partner on the project. For information on the initiative, visit [Gender Health & Caregiver Friendly Workplaces](https://genderhealth.ca)

2026-27 SHANNEX Scholarship Recipients



Pictured above: Claire MacIntyre (left) and Danielle Gagne (Right)

Leading the way to a healthier future for aging adults, Shannex Incorporated established the Shannex Scholarship in Aging and Nutrition to enhance research capacity related to long-term care. A \$10,000 scholarship is awarded annually to two new students in either Aging and Family Science or Applied Human Nutrition whose research is related to long-term care. Congratulations to this year's Scholarship recipients:

Claire MacIntyre-Master of Arts in Aging and Family Science. Claire's research will explore how stress and anxiety experienced by LTC workers may influence the time and level of care they provide to residents, and how these factors may, in turn, affect their understanding and experience of autonomy.

Danielle Gagne-Master of Arts in Aging and Family Science. Danielle's research will investigate the perspectives of recreation therapy professionals working in LTC and their abilities to provide culturally responsive care towards queer older adults with dementia.

Presentations & Publications

Publications

Dicks, H., Keefe, J., Duynisveld, A., Hubley, E., Tucker, R., Daigle, A., McCloskey, R., & Estabrooks, C. (2026). Job satisfaction of managers, nurses & allied health workers in long-term care. *Journal of Applied Gerontology*. doi.org/10.1177/07334648261476743

Keefe, J., Mitchell, L., Kuryk, K., Stevens, S., Mah, J., & Poss, J. (2026). Exploring home client trajectories by examining help received with personal support needs over time. *Home Health Care Management & Practice*. doi.org/10.1177/10848223261487

Onyeso, O.K., Robertson, C., Adefemi, K., Dicks, H., Keefe, J., & McCloskey, R. (2026). Sociodemographic, occupational, and organizational predictors of problem-solving skills among long-term care nursing staff in the Atlantic region of Canada. *Canadian Journal of Nursing Research*. doi.org/10.1177/08445621261467256

Hipel, I, Keefe, J., Duynisveld, A., Song, Y., , Duan, Y., Estabrooks, C., Norton, P., Packiam, P. & Squires, J. (2026). Changes in nurses' quality of work life prior to and during COVID. *International Journal of Nursing Studies Advances*. doi.org/10.1016/j.ijnsa.2026.100614

Duynisveld, A., Adefemi, K., Hubley, E., & Keefe, J. (2026). Factors associated with care aide job satisfaction in Atlantic Canadian long-term care homes. *Journal of the American Medical Directors Association*, 27(8). doi.org/10.1016/j.jamda.2026.106345

Presentations

Hodgins, M., Keefe, J., & McArthur, C. (2026, July 16-18). Effect of personal, organizational, and work attributes on long-term care nurses' intent to stay. [Oral]. 37th International Nursing Research Congress, Toronto.

Dicks, H., & Keefe, J. (2026, July 5-8). The double burden carried by immigrant long-term care workers. [Oral] 23rd IAGG World Congress of Gerontology and Geriatrics, RAI Amsterdam.

Kuryk, K., Martin-Matthews, A., & Keefe, J. (2026, June 10-13). Muted agency in the medicalized home: Experiences of home care clients and family/friend caregivers. [Oral]. 2026 Canadian Sociological Association Annual Conference, Halifax.

Dicks, H., & Keefe, J. (2026, June 10-13). Migrant long-term care aides and the global care economy. [Oral]. 2026 Canadian Sociological Association Annual Conference, Halifax.

Adefemi, K., Rutledge, E., Weeks, L., O'Brien, K., Boudreau, D., & Keefe, J. (2026, May 25-28). "Caught in the Middle": Factors associated with intention to leave among long-term care managers in Atlantic Canada [Oral]. Canadian Association for Health Services and Policy Research Conference, Ottawa.

Opportunities to Support NSCA

Dr. F.R. MacKinnon Endowment Fund

If you would like to support the efforts of the NSCA, contributions can be made to the Dr. F.R. MacKinnon Fund through the Mount's University Advancement Office at giving@msvu.ca

News from the Global Aging and Community Initiative



The Global Aging and Community Initiative (GACI) is directed by **Dr. Zachary Zimmer, Tier 1 Canada Research Chair**. It is located within the Dr. Rosemarie Sampson Centre on Aging and affiliated with the Nova Scotia Centre on Aging.

Honors and recognitions:

Zachary Zimmer received the Social Sciences Visiting Fellowship Award, Hong Kong University, 2026.

Grants:

Cognition After Armed Conflict: Creation of a Harmonized Cognitive Assessment Protocol (HCAP) an Examination of AD/DRD Risks Related to War Exposure in the Vietnam Health and Aging Study. Principal Investigator: Kim Korinek (University of Utah). Co-Principal Investigator: Zachary Zimmer (Mount Saint Vincent University). Award period 2026-2031. National Institutes of Health (NIA), \$3,265,106 USD.

Published papers:

-Sara I. Hamm, Deborah Norris, Tran Khanh Toan and Zachary Zimmer. Forthcoming. Beyond conflict: A bioecological perspective on health and resilience among North Vietnamese war survivors. *Ageing and Society*.

· Zachary Zimmer, Kim Korinek, Kakada Kuy, Yvette Young and Tran Khanh Toan. Forthcoming. Post-traumatic stress mediates the association between early-life war exposure and late-life disability: A study of Vietnamese war survivors. *Journal of Aging and Health*.

· Rahul Malhotra, Hanzhang Xu, Haolin Li, Meagan Goh Yijing, Leila Marie Magno, Huashuai Chen, Dararatt Anantanasuwong, Hideki Hashimoto, Zachary Zimmer, Halimah Awang, Yaohui Zhao, Vivian W.Q. Lou, Wenqian Xu, Yunhwan Lee, Lijing L. Yan, Grace T. Cruz, Chenkai Wu. 2026. Community-based health-focused longitudinal aging studies in East and Southeast Asia: Landscape and future directions. *The Lancet Regional Health – Western Pacific*. Available online <https://doi.org/10.1016/j.lanwpc.2026.101867>.

For more information go to:

www.globalagingandcommunity.com

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