



Looking forward to aging in a post-pandemic world

Virtual 38th Annual Spring Research Symposium

May 3 | Online streaming starting at 9 am

May 4 | Online streaming starting at 1 pm

Centre on Aging |  **UM**

May 3 Symposium presentations at a glance

May 3 YouTube streaming link: https://youtu.be/IVH4J1_sFZA

Time scheduled	Presenter
Part 1: Symposium presentations	
9–9:15 am	Opening remarks: Michelle Porter , PhD, Director Centre on Aging Honourable Heather Stefanson , Minister of Health and Seniors Care, Province of Manitoba University greetings: Digvir Jayas , OC, PhD, DSc, PAg, PEng, Vice-President (Research and International)
9:15–10 am	Presentation 1
9:15–9:45 am	Corey S. Mackenzie , Mental health in later life: Is it the best of times or the worst of times?
9:45–10 am	View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)
10–10:15 am	Health break UM Recreation Services exercise break
10:15–11 am	Presentation 2
10:15–10:45 am	Cornelia (Kristel) van Ineveld , Lessons from the pandemic—Older adults, their health and their health care
10:45–11 am	View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)
11–11:15 am	Health break UM Recreation Services exercise break
11:15 am–12 pm	Presentation 3
11:15–11:55 am	Michael Yellow Bird , The Mindful Elder: The healing power of Indigenous contemplative and mindfulness practices
11:55 am–12 pm	In memoriam: Norma Drosdowech
11:50 am	Session conclusion
12–1 pm	Break
1–4 pm	Part 2: Student, post-doctoral fellow, researcher poster session Poster session online viewing link: https://umanitoba.ca/centre-on-aging/research/spring-symposium/poster-presentations Complete online evaluation survey by May 7

This document is available in alternate formats, upon request. Contact Centre staff by email at coaman@umanitoba.ca in advance if you require any accessibility accommodations to participate.

Cover photo credit: Centre for Ageing Better, Peter Kindersley

May 4 Symposium presentations at a glance

May 4 YouTube streaming link: <https://youtu.be/sQBKGS4FOpU>

Time scheduled	Presenter
9 am–12 pm	Part 1: Student, post-doctoral fellow, researcher poster session Poster session online viewing link: https://umanitoba.ca/centre-on-aging/research/spring-symposium/poster-presentations
12–1 pm	Break
	Part 2: Symposium presentations
1–1:15 pm	Opening remarks: Michelle Porter , PhD, Director Centre on Aging Honourable Heather Stefanson , Minister of Health and Seniors Care, Province of Manitoba University greetings: Digvir Jayas , OC, PhD, DSc, PAg, PEng, Vice-President (Research and International)
1:15–2 pm	Presentation 4
1:15–1:45 pm	Christine Kelly , Life after COVID: Opportunities and challenges for home care
1:45–2 pm	View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)
2–2:15 pm	Health break UM Recreation Services exercise break
2:15–3 pm	Presentation 5
2:15–2:45 pm	Verena Menec , Social isolation and loneliness: Can lessons learned during the pandemic help in the future?
2:45–3 pm	View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)
3–3:15 pm	Health break UM Recreation Services exercise break
3:15–4 pm	Presentation 6
3:15–3:45 pm	Phil St. John , Lessons from the pandemic—Health policy
3:45–4 pm	View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)
4 pm	Symposium conclusion Conclusion Day 2: Symposium Complete online evaluation survey by May 7

Centre on Aging staff

Michelle Porter, PhD
Director

Nicole Dunn, MA
Associate Director

Rachel Ines, Dipl., BA
Administration and
Communications
Coordinator

Ruheena Sangrar, PhD
Research Associate/
Post-doctoral Fellow

Dallas Murphy
Student Research
Assistant

Laurel Martin
Research Assistant

May 3: Online presentations

9:00–9:15 am Welcome and greetings

Michelle Porter, Ph.D., Director, Centre on Aging; Professor, Faculty of Kinesiology and Recreation Management, University of Manitoba

Honourable Heather Stefanson, Minister of Health and Seniors Care, Province of Manitoba

Digvir Jayas, OC, PhD, DSc, PAg, PEng, Vice-President (Research and International), University of Manitoba

9:15–10 am Presentation 1

9:15–9:45 am Session introduction: **Dallas Murphy**, Centre on Aging student research assistant; Undergraduate honours student, Psychology.

Mental health in later life: Is it the best of times or the worst of times?

Corey S. Mackenzie, Ph.D., C. Psych., Professor, Psychology and Psychiatry; Clinical Associate, Centre on Aging

This presentation will review two hypotheses about how mental health changes with age. The first is that aging is a difficult, sad process associated with many negative outcomes. The second is that aging is associated with positive changes that result in numerous mental health benefits. This presentation will review what a large and growing body of scientific evidence has to say about which of these hypotheses appears to be most accurate, and we will review several theoretical models that help us understand why mental health changes as we age. Finally, we will discuss how the information covered in this talk applies to ways in which people of different ages have been coping during the global pandemic.

9:45–10 am View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)

10–10:15 am Health break

UM Recreation Services exercise break

Symposium attendees can use this time to take their own health break, or take part in the short exercise session led by UM Recreation Services staff.

10:15–11 am Presentation 2

10:15–10:45 am Session introduction: **Courtney Addison**, Master's student, Faculty of Kinesiology and Recreation Management

Lessons from the pandemic—Older adults, their health and their health care

Cornelia (Kristel) van Ineveld, MD, MSc, FRCP(C), Associate Professor, Department of Internal Medicine, Rady Faculty of Health Sciences

The COVID-19 pandemic has not only directly impacted the health of those older adults infected with the virus, but also led to social isolation, loneliness, functional decline and the destabilization of chronic comorbidities for many. The heavy toll of the pandemic in long term care highlights the need to plan across the continuum of care. Lessons learned tell us that we must advocate for: the improved availability of technology; the vital role of essential caregivers and family; public health adapting their outreach to target at-risk populations; consistent rapid access to ambulatory care that is more tightly integrated with primary care.

10:45–11 am

View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)

11–11:15 am

Health break

UM Recreation Services exercise break

Symposium attendees can use this time to take their own health break, or take part in the short exercise session led by UM Recreation Services staff.

11:15 am–12 pm

Presentation 3

11:15–11:55 am

Session introduction: **Lisette Dansereau**, Doctoral student, Community Health Sciences, Max Rady College of Medicine

The Mindful Elder: The healing power of Indigenous contemplative and mindfulness practices

Michael Yellow Bird, MSW, PhD, Dean and Professor, Faculty of Social Work

This presentation discusses the healing power of traditional Indigenous contemplative and mindfulness practices and the implications for building a community of Mindful, healthy, and resilient Indigenous Elders. Contemplative research and traditional knowledge have found that contemplative practices help to build cognitive resilience, cultivate compassion and tolerance, heal emotions, improve the brain, slow aging, and alleviate trauma. The talk will include a discussion of the effects that trauma has on the brain and body and how contemplative practices can restore health and well-being even down to the genetic and molecular levels.

11:55 am–12 pm

On behalf of the Centre on Aging, Dr. Michelle Porter will pay a short tribute to Ms. Norma Drosdowech, long time supporter and friend of the Centre on Aging.

12—1 pm

Break

1–4 pm

Poster session

View posters audio narrated by students, post-doctoral fellows, and research affiliates

May 4: Online presentations

9 am–12 pm	Poster session View posters audio narrated by students, post-doctoral fellows, and research affiliates
12–1 pm	Break
1–1:15 pm	Welcome and greetings Michelle Porter, Ph.D. , Director, Centre on Aging; Professor, Faculty of Kinesiology and Recreation Management, University of Manitoba Honourable Heather Stefanson , Minister of Health and Seniors Care, Province of Manitoba Digvir Jayas, OC, PhD, DSc, PAg, PEng , Vice-President (Research and International), University of Manitoba
1:15–2 pm	Presentation 4
1:15–1:45 pm	Session introduction: Lisette Dansereau , Doctoral student, Community Health Sciences, Max Rady College of Medicine <i>Life after COVID: Opportunities and challenges for home care</i> Christine Kelly, PhD , Associate Professor, Community Health Sciences, Max Rady College of Medicine During the pandemic, media coverage focuses on residential care facilities because of the alarmingly high rates of severe and deadly cases of COVID-19 and the social isolation that residents are experiencing. Yet, the vast majority of older people who need care receive it at home, and this group is also often at higher risk of contracting severe cases of the disease. This commentary draws on material found in the public domain to present some of the impacts of COVID-19 on home and community care services considering the perspectives of clients, unpaid caregivers, and paid care workers. The presentation considers the potential of carrying forward lessons learned as we enter the late stages of the pandemic.
1:45–2 pm	View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)
2–2:15 pm	Health break UM Recreation Services exercise break Symposium attendees can use this time to take their own health break, or take part in the short exercise session led by UM Recreation Services staff.

2:15–3 pm Presentation 5

2:15–2:45 pm

Session introduction: **Dallas Murphy**, Centre on Aging student research assistant; Undergraduate honours student, Psychology

Social isolation and loneliness: Can lessons learned during the pandemic help in the future?

Verena Menec, PhD, Professor, Community Health Sciences, Max Rady College of Medicine

Decades' worth of research shows that social isolation and loneliness increase older adults' risk of physical and mental health problems. With the social distancing required during the COVID-19 pandemic, more people are experiencing social isolation and loneliness. This presentation will focus on how people and organizations have been affected by, and have adapted to the pandemic, and how the lessons learned might help in the future in reducing social isolation and loneliness, and associated health risks.

2:45–3 pm

View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)

3–3:15 pm Health break

UM Recreation Services exercise break

Symposium attendees can use this time to take their own health break, or take part in the short exercise session led by UM Recreation Services staff.

3:15–4 pm Presentation 6

3:15–3:45 pm

Session introduction: **Courtney Addison**, Master's student, Faculty of Kinesiology and Recreation Management

Lessons from the pandemic—Health policy

Phil St. John, MD, MPH, FRCPC, Professor, Internal Medicine, Rady Faculty of Health Sciences

The COVID-19 pandemic has highlighted many policy issues relevant to the delivery of care to ageing populations. It has reinforced the importance of social connections, social engagement, and social supports. It has also put a spotlight on social determinants of health, and on longterm care. Ongoing attention to improve social situations and health care delivery will be needed to improve health and reduce health inequalities amongst older populations.

3:45–4 pm

View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)

4 pm Day 2 conclusion

Submit your feedback on this year's Spring Research Symposium by May 7 using the evaluation links found on page 14.

Presenter biographies

May 3 presenters



Corey Mackenzie, Ph.D., C. Psych.

Dr. Mackenzie is a Clinical Psychologist, Professor and Director of Clinical Training in the Department of Psychology, Adjunct Professor in Psychiatry, and research affiliate with the Centre on Aging at the University of Manitoba. He has published 76 peer-reviewed articles and 11 book chapters focusing on older adults' mental health. Using both primary quantitative and qualitative methods, and secondary analyses of national population surveys, research in his Aging & Mental Health Lab aims to: understand how age affects mental health, enhance older adults' access to mental health services, and help individuals cope with stress when caring for older adults with dementia.

Cornelia van Ineveld, MD, MSc, FRCP(C)



Dr. Cornelia van Ineveld is an Associate Professor in the Section of Geriatric Medicine. She graduated from medical school at the University of Manitoba, then completed specialty training at McMaster University, and a Masters in Community Health Sciences at the University of Manitoba. Her clinical practice is primarily based at St. Boniface Hospital in Winnipeg, as site medical lead for the Geriatrics Program. As a consultant geriatrician, her clinical focus is on outpatient care and outreach. In 2008 Dr. van Ineveld was honoured with the Alzheimer Society of Manitoba, Distinguished Member Award. She has held multiple administrative and teaching roles within the University, WRHA, and nationally. She is a member of the Centre on Aging's Advisory Board.

Michael Yellow Bird MSW, PhD



Dr. Yellow Bird is Dean and Professor of the Faculty of Social Work at the University of Manitoba, and a Centre on Aging research affiliate. He is an enrolled member of the MHA Nation (Mandan, Hidatsa, and Arikara) in North Dakota, USA. His research focuses on the effects of colonization and methods of decolonization, ancestral health, Indigenous contemplative and mindfulness practices, and the cultural significance of Rez dogs. He has been practicing meditation for over 45 years and has taught mindfulness approaches to many national and international Indigenous communities, organizations, and groups. He has received his mindfulness training through the Prison Mindfulness Institute's Path of Freedom and the Engaged Mindfulness Institute which provides specialized training to professionals supporting individuals in at-risk situations and underserved communities. He is a senior advisor and consultant to various BIPOC mindfulness organizations and groups and is presently engaged in the creation of a Centre for Mindful Decolonization and Reconciliation in the Faculty of Social Work at the University of Manitoba. He is the author of numerous scholarly articles, book chapters, research reports, and the co-editor of four books.

May 4 presenters



Christine Kelly, PhD

Dr. Kelly is an Associate Professor in the Department of Community Health Sciences and a research affiliate with the Centre on Aging at the University of Manitoba. Dr. Kelly is nationally and internationally recognized for her expertise on directly-funded home care in Canada and is presently leading a second CIHR-funded study on this topic. More broadly, informed by feminist and critical disability scholarship, Dr. Kelly uses qualitative methods to explore the continuing care policy, aging, and Canadian disability movements. She is co-editor of the collection *The Aging —Disability Nexus*, co-editor of *Mobilizing Metaphor: Art, Culture and Disability Activism in Canada*, and author of *Disability Politics and Care*, all published by UBC Press.



Verena Menec, PhD

Dr. Verena Menec is a Professor in the Department of Community Health Sciences, Max Rady College of Medicine, at the University of Manitoba. Dr. Menec is a research affiliate and past Director of the Centre on Aging. Her main research interests lie in the areas of healthy aging, social isolation and loneliness, and age-friendly communities as a way to promote healthy aging.

Phil St. John, MD, MPH, CCFP, FRCP(C)



Dr. St. John is a Professor in the Section of Geriatric Medicine, Department of Internal Medicine and is the Head of the Section of Geriatric Medicine. He did his MD at the University of Manitoba, a Rotating Internship at Memorial University of Newfoundland, Internal Medicine training at the University of Manitoba, geriatric subspecialty training at the University of Ottawa, and a Masters in Public Health (Epidemiology) at Johns Hopkins University. Dr. St. John's research interests are in rural health, and the epidemiology of cognitive loss and depression. He is a Centre on Aging research affiliate, co-investigator with the Manitoba Follow Up Study, and is the co-lead of the Manitoba site of the Canadian Longitudinal Study of Aging. His clinical practice is as a Consultant Geriatrician sited at Health Sciences Centre and Deer Lodge Centre.

Spring Research Symposium poster session

The posters session will be available for viewing online from 1–4 pm on May 3 and 9 am–12 pm on May 4. All posters include audio narration.

Twenty posters have been submitted and are presented in a traditional academic format or five short slides. Presenters summarize their research orally. Posters are organized by general themes and can be viewed on demand from the Centre's Web site in any order. Poster session link: <https://umanitoba.ca/centre-on-aging/research/spring-symposium/poster-presentations>.

***Presenters' names who are providing audio narration are bolded**

COVID-19

1. *Older adults' interpretations of age-related COVID-19 messaging: Exploring experiences of perceived vulnerability*

Ruheen Sangrar, PhD¹, Michelle Porter, PhD^{1,2}, & Stephanie Chesser, PhD^{1,2}

¹Centre on Aging, University of Manitoba; ²Faculty of Kinesiology and Recreation Management, University of Manitoba; ²Centre on Aging, University of Manitoba

2. *News media coverage of home care for older adults during the COVID-19 pandemic: Qualitative analysis protocol*

Yamamoto, C.¹ MSc, MOT, OT Reg(MB); Ethier, A. ^{2,3}, BA, MA; Funk, L.¹PhD; Carrier, A.^{2,3} OT, PhD; Stajduhar, K.^{4,5} RN, PhD, FCAHS, FCAN; Contandriopoulos, D.⁵, MSc, PhD & Bitschy, A.^{4,5} MSc

¹University of Manitoba; ²Centre de recherche sur le vieillissement, CIUSSS de l'Estrie—CHUS; ³Faculte de medecine et des sciences de la sante, Universite de Sherbrooke (QC); ⁴Institute on Aging & Lifelong Health (IALH); ⁵University of Victoria

3. *Recreation during a pandemic and beyond*

Michelle Porter, PhD^{1,2}, Nicole Dunn, MA², **Ravneet Brar²**, **Liam O'Brien²**

¹Faculty of Kinesiology and Recreation Management, University of Manitoba; ²Centre on Aging, University of Manitoba

4. *Stresses and biggest challenges experienced by recreation staff in Manitoba during the COVID-19 pandemic*

Samantha Steele-Mitchell¹, Stephanie Chesser, PhD^{1,2}, & Michelle Porter, PhD^{1,2}

¹Centre on Aging, University of Manitoba; ²Faculty of Kinesiology and Recreation Management, University of Manitoba

Health related

5. *Home care pathways project: Care constellation stream—Preliminary analysis*

Kaitlyn Kuryk¹, Rosanne Burke², Laura Funk¹, Pam Irwin², Michelle Lobchuk¹, Marilyn Macdonald³, Julie Repel¹, Janice Keefe², Susan Stevens⁴, Grace Warner³

¹University of Manitoba, ²Mount Saint Vincent University, ³Dalhousie University, ⁴Nova Scotia Health Authority

6. *Physical activity intervention for diabetes management in primary care: A literature review*

Carly Proctor, Cara L. Brown, PhD

College of Rehabilitation Sciences, Rady Faculty of Health Sciences

7. *The Canadian Longitudinal Study on Aging: Rurality and obesity, a cross-sectional study*

Samuel Quan, MD ¹, Verena Menec, PhD ², Megan O'Connell, PhD, RD Psych³, Denise Cloutier, PhD⁴, Nancy Newall, PhD⁵, Robert Tate, PhD², Phil St. John, MD, MPH, CCFP, FRCPC ¹

¹Max Rady College of Medicine, University of Manitoba; ²Community Health Sciences, University of Manitoba; ³Psychology, University of Saskatchewan; ⁴Geography, University of Victoria; ⁵Psychology, Brandon University

Social engagement

8. *Engaging Nigerian older persons in neighbourhood environment assessment and improvement for physical activity promotion: A Festac town neighbourhood citizen science project*

Emmanuel Odeyemi

Faculty of Kinesiology and Recreation Management, University of Manitoba

9. *Finding memories through music and movement in dementia*

Courtney Addison, BKin^{1,2}, Cheryl Glazebrook, PhD¹

¹Faculty of Kinesiology and Recreation Management, ²Centre on Aging (Students Targeting Aging Research (STAR))

10. *Older adults, close others and banking: An ongoing exploration*

Murray Cumbers¹, Ronnie D'Souza², **Celine Latulipe**²

¹Philosophy, University of Manitoba; ²Computer Science, University of Manitoba

11. *Social relationships and community end of life care in Hong Kong*

Wing-sun Chan

Sociology and Criminology, University of Manitoba

Biology/Psychology

12. *Changes in extracellular vesicle characteristics according to frailty status*

Benjamin Bydak^{1,2,3}, Shivam Chadha^{2,4}, Taiana M. Pierdoná^{1,2,3}, Samira Seif^{1,2,3}, Patience O. Obi^{1,2,3,5}, James Ducas⁶, Meaghan Jones^{2,4}, Todd A. Duhamel^{1,6}, & Ayesha Saleem^{1,2,3}

¹ Faculty of Kinesiology and Recreation Management, University of Manitoba; ² Children's Hospital Research Institute of Manitoba; ³ Diabetes Research Envisioned and Accomplished in Manitoba (DREAM) Theme; ⁴ Biochemistry and Medical Genetics, University of Manitoba; ⁵ Faculty of Applied Health Sciences, University of Manitoba; ⁶ Institute of Cardiovascular Sciences, St. Boniface Hospital Albrechtsen Research Centre

13. *Epigenetic age acceleration can predict frailty in older women*

Shivam Chadha^{1,2}, Benjamin Bydak^{2,3}, James Ducas⁴, Todd Duhamel^{3,4}, Ayesha Saleem^{2,3}, Meaghan Jones^{1,2}

¹Biochemistry and Medical Genetics, University of Manitoba; ²Children's Hospital Research Institute of Manitoba; ³Faculty of Kinesiology and Recreation Management, University of Manitoba; ⁴Institute of Cardiovascular Sciences, St. Boniface Hospital Albrechtsen Research Centre

14. *The effects of implicit motor imagery in normal aging using the hand laterality task*

Aneet K. Saran & Jonathan J. Marotta

Perception and Action Lab, Psychology, University of Manitoba

Policy

15. *Amending the Canada Health Act to improve Canada's rapidly changing long-term care sector*

Kyle Wilfer

Robson Hall Faculty of Law, University of Manitoba

16. *Older adults' engagement in democratic governance in Manitoba: A qualitative study of older adults' involvement in advisory councils and committees*

Danielle Cherpako¹, Laura Funk², Andrea Rounce¹

¹Political Studies, University of Manitoba; ²Sociology and Criminology, University of Manitoba

17. *Under reporting of abuse of older adults in the prairie provinces*

Kerstin Roger, PhD¹, Christine A. Walsh, PhD², Donna Goodridge, PhD³, Stacey Miller, MSW⁴, M. Cewick¹, C. Liepert²

¹Community Health Sciences, University of Manitoba; ²Faculty of Social Work, University of Calgary; ³College of Medicine, University of Saskatchewan; ⁴A&O Support Services for Seniors Inc., Manitoba

Research project updates

18. *Attendee experiences with a workshop about aging-related communications*

Stephanie Chesser, PhD^{1,2}, **Michelle Porter**, PhD^{1,2}

¹Faculty of Kinesiology and Recreation Management, University of Manitoba;

²Centre on Aging, University of Manitoba

19. *Engaging students in STAR (Students Targeting Aging Research)*

Courtney Addison, BKin¹, **Megan Campbell**, MSc², & **Lisette Dansereau**, PhD(c)²

¹Faculty of Kinesiology and Recreation Management, ²Rady Faculty of Health Sciences

20. *Winter walk team update*

Ruth Barclay¹, **Nancy Salbach**², **Jacque Ripat**³, **Sandra Webber**¹, **Shaelyn Strachan**⁴, **Gina Sylvestre**⁵, **Hal Loewen**⁶, **Connie Newman**⁷, **Sue MacKenzie**⁸, **Olayinka Akinrolie**⁹, **Becky Schorr**⁹

¹Physical Therapy, Rady Faculty of Health Sciences, University of Manitoba;

²Physical Therapy, University of Toronto; ³Occupational Therapy, Rady Faculty of Health Sciences, University of Manitoba; ⁴Faculty of Kinesiology and Recreation Management, University of Manitoba; ⁵Geography, University of Winnipeg; ⁶Libraries, University of Manitoba; ⁷Manitoba Association of Senior Centres; ⁸Active Aging in Manitoba; ⁹University of Manitoba

Join our mailing list!

Every two weeks the Centre publishes an electronic newsletter delivered directly to your inbox.

Our biweekly updates provides information on the Centre's upcoming events. Additional information includes upcoming conferences, funding and job opportunities, aging related resources, and more. To sign up for our list, email coaman@umanitoba.ca to be added.



Get social with us!

During the Symposium, we encourage you to stay in touch with us via our social media accounts.

Use the hashtags **#srs38** **#centreonagingUM** to allow us to find your social messages.

You can tweet us directly by using our twitter handle **@UM_coaging** in your tweets.



Symposium reminders

Tell us what you think

At the conclusion of our Symposium, complete the online survey by **May 7**, to provide feedback on this year's Symposium presentations:

- May 3 sessions:
<https://www.surveymonkey.com/r/BQ65K9B>
- May 4 sessions:
<https://www.surveymonkey.com/r/BRXC55D>



Health break reminder

If you are taking part in the health break exercises, make sure you are using a stable chair. **Do not use a chair with wheels** to complete the exercises.



Thank you

This year's 38th Annual Spring Research Symposium would not be possible without the assistance and support from the following people:

- Dr. Digvir Jayas for bringing virtual greetings on behalf of the University
- Honourable Heather Stefanson for bringing greetings on behalf of the province virtually
- Our presenters for their virtual presentations: Drs. Corey Mackenzie, Cornelia van Ineveld, Michael Yellow Bird, Christine Kelly, Verena Menec, and Phil St. John
- Our STAR students for the presenter introductions: Lisette Dansereau, Courtney Addison, and Dallas Murphy.
- Centre staff for helping to organize the Symposium: Rachel Ines and Nicole Dunn.
- Audiovisual and Multi-media Services staff for assisting us with our online Symposium and virtual posters: David Wilder, Nathaniel Rollo, and Clara Russo.
- Recreation Services for creating the health break videos
- All the students, post-doctoral fellows, and research affiliates who submitted their virtual posters.