ALBERTA ASSOCIATION ON GERONTOLOGY

Improving the Lives of Older Albertans

ANNUAL REPORT

2025-26

ALBERTA ASSOCIATION ON GERONTOLOGY

Improving the Lives of Older Albertans

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PRESIDENT'S MESSAGE: 2025–2026

This year marks an important demographic milestone. The first baby boomers are turning 81, and the echo boomers — their children — are now entering their early 60s, only twenty years behind them. Population aging is no longer something we are preparing for in the distant future; it is here now and will continue to shape our communities, health systems, workplaces, and families for decades to come.

At the same time, we are living longer than any previous generation. This unprecedented longevity is one of society's greatest achievements, but it also challenges us to rethink how we support people to live well as they age.

Across Canada and internationally, there is growing recognition that we cannot build our way out of population aging through hospitals and continuing care beds alone. This message was strongly echoed at the International Foundation for Integrated Care (IFIC) Conference in Birmingham, United Kingdom, and again at the 2nd Canadian Hospital at Home Conference in Montreal. Increasingly, leaders are recognizing that the future depends on innovative, connected, community-based approaches that enable people to age in the right place — their homes and communities.

This direction aligns with what older adults themselves consistently tell us they want. More than 95% of Canadians wish to remain in their homes and communities for as long as possible. The challenge before us is not simply how to provide more care, but how to create hospitable communities where people can continue to live meaningful, connected, and supported lives.

The Alberta Association on Gerontology continues to contribute to this important shift by bringing together leaders across community organizations, healthcare, continuing care, housing, research, education, government, and citizen groups to imagine and advance new possibilities for aging well.

Over the past year, AAG's work increasingly focused on the development of connected community ecosystems that support older adults and family caregivers. Our collaborative work with Healthy Aging Alberta and many community partners explored how Alberta communities are creating "woven networks" of support rather than fragmented systems of care. The Alberta Communities in Action case study highlighted how communities across Alberta are building connected services through relationships, collaboration, local leadership, and innovation.

What we heard from communities was both inspiring and hopeful. Communities are demonstrating that meaningful change happens when people come together around shared purpose, relationships, and practical action. Rural and urban communities alike described the importance of trust, collaboration, flexible problem-solving, and "leaving egos at the door." These local networks are helping older adults remain connected, supported, and living in the right place while also strengthening relationships among providers and community organizations.

This work reflects an important shift in thinking. Healthy aging is not created by healthcare systems alone. It is built through connected communities, supportive environments, transportation, housing, social connection, accessible services, family caregivers, volunteers, and opportunities for belonging. As highlighted in the Community Ecosystems work, the

opportunity before us is the creation of “woven networks of services” that connect community, health, and social systems.

This spirit of innovation and transformation was also reflected in this year’s Vivien Lai Changemaker Awards. Vivien believed deeply in creating cultures and communities that support quality of life and healthy aging. The award recipients embody that vision through practical home care and community-focused innovation and leadership. Their work demonstrates that communities across Alberta are already building new approaches that support dignity, independence, and living well.

Throughout the year, AAG continued to create spaces for dialogue, learning, and collaboration through initiatives such as our Still Me Forum, Next Practices Forum, networking events, and collaborative projects with partners across Alberta. These conversations continue to reinforce the importance of moving beyond siloed thinking toward integrated, community-focused approaches that support both older adults and family caregivers.

Transformation of this scale requires courage, partnerships, and imagination. It requires us to think differently about aging, health, caregiving, and community. Most importantly, it requires us to recognize that communities themselves are an essential part of the future care infrastructure.

I remain hopeful because across Alberta we are seeing remarkable leadership emerge from communities, organizations, professionals, volunteers, family caregivers, and older adults themselves. Communities are not waiting for change; they are already leading it.

I would like to extend my sincere gratitude to the AAG Board of Directors for their leadership, commitment, and countless hours of volunteer service over the past year. In particular, I would like to recognize Marlene Raasok for her vision, wisdom, and steadfast leadership in helping advance AAG’s work related to healthy aging, community ecosystems, and collaborative system transformation. Her ability to bring people together around a shared vision has had a profound impact on this work and on AAG.

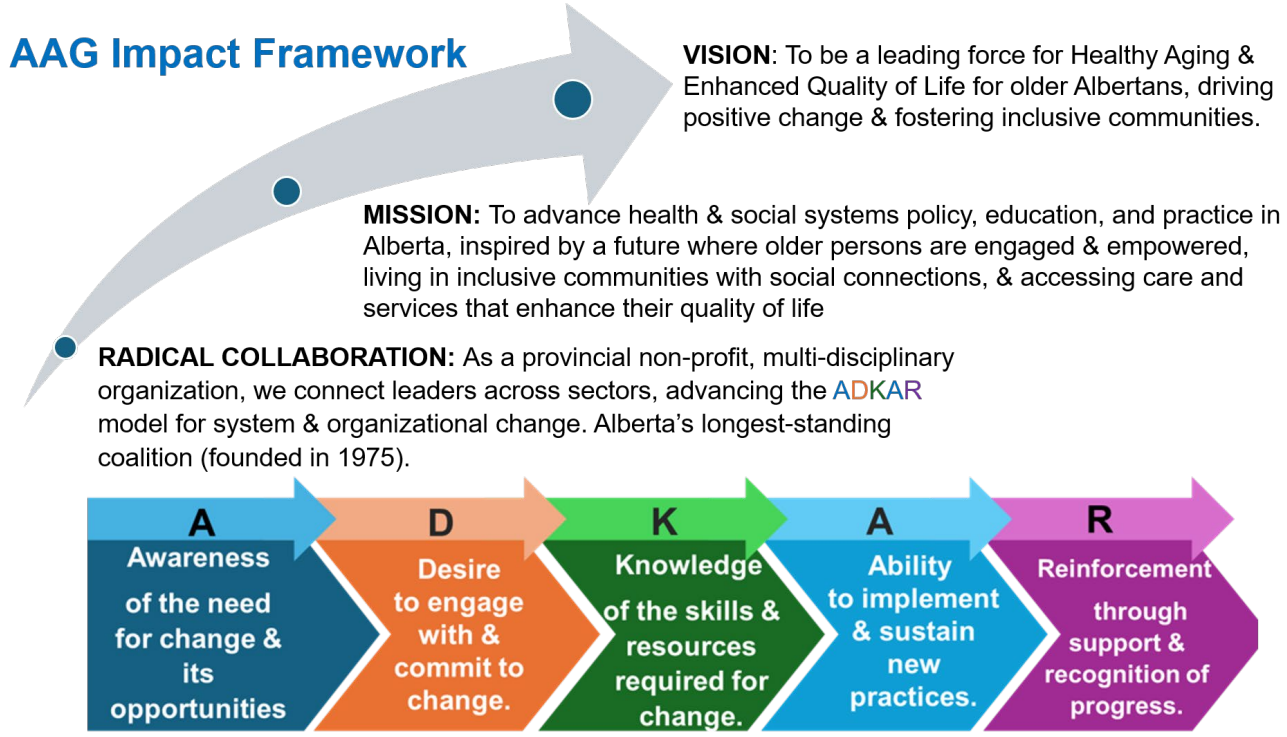
I would also like to thank our members, partners, sponsors, collaborators, and communities across Alberta who continue to contribute their time, ideas, and passion to improving the lives of older Albertans.

As we look to the future, AAG will continue to serve as a convener, connector, and catalyst for innovation — helping Alberta move toward a future where older adults are engaged and empowered, living in inclusive communities with strong social connections and access to supports that enhance quality of life.

Sincerely,

Sharon Anderson, Med, MSc, PhD
President, Alberta Association on Gerontology

AAG IMPACT FRAMEWORK



AAG AT A GLANCE: 50+ Years of Leadership in Healthy Aging

Waves of Impact

1. **1999–2000: Laying Foundations**
   ➔ Catalyzed Alberta's first long-term care reforms (*The Broda Report*).
   ➔ Pivoted aging care toward community-based solutions (*Vision 2030 Symposium*).

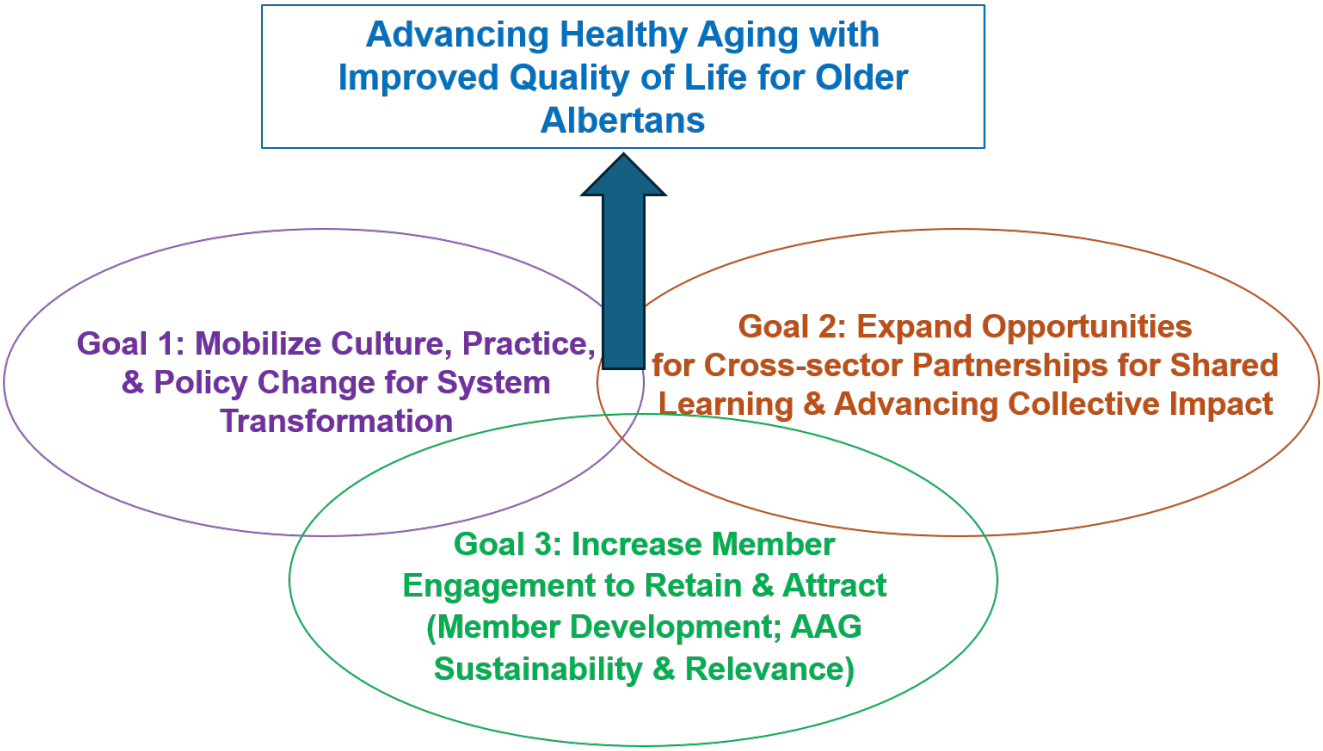
2. **2021–2024: Confronting Gaps; Mobilizing Change**
   ➔ Exposed systemic flaws in continuing care (*MNP Report*).
   ➔ Launched the **Futures Policy Forum**—Alberta's leading platform for cross-sector collaboration.
   - Powered by the Stakeholder Collaborative Committee which has been meeting regularly since January 2022.
   - Nine webinars April 2022 – March 2025 regarding key transformation topics and AAG's first cross- Sector Think Tank on Workforce Development December 2022.

3. **2024–2025: Mobilizing Transformation of Alberta's Health System**
   ➔ Advising Alberta's new **Assisted Living Agency** (SCSS, 2024) to prioritize person-centered care with submissions in 2024/25.
   ➔ Collaborative practice development project with Healthy Aging Alberta – 2025
   ➔ Continuation of the Stakeholder Collaborative Forum.

Why AAG's Work Matters?
For 50 years, AAG has turned vision into action. Now, as Alberta's aging population grows, we are ensuring systems evolve to empower—not isolate—older adults.

STRATEGIC INTENTIONS BROUGHT TO LIFE

Transforming Aging in Alberta: Building Bridges, Driving Change with Year 1 of the New Strategic Plan 2025/26-2028/29



2025/26 Achievements: Strategic Goals in Action

GOAL 1: MOBILIZE CULTURE, PRACTICE & POLICY CHANGE FOR SYSTEM TRANSFORMATION

- **3 INITIATIVES: Check out AAG's Website for Reports**

❖ **Local Community Ecosystem Activation: Collaborative Project with Healthy Aging Alberta: April 2025-Dec 2026**

- Case study with nine communities; eight in rural Alberta and the Chinese Elderly Community Association in Calgary, AB
- *Developed a framework for "Woven Networks of Services" as a guide to integrating services across Alberta's service pillars and identified promising practices, per the Weaving Framework, for engaging citizens and developing connected services* to enhance wellbeing of older adults in communities across the province.
  - Presented at Healthy Aging Summit October 2025, with networking session with communities sharing their work.

- Presented at the International Foundation for Integrated Care in Birmingham, England April 2026—very aligned with shifts in health services in the UK and Europe. Very well received. Much work is being done in these countries to create service hubs to support service connections in communities with different needs.

❖ **Leaders Forum: Still Me, May 22, 2025, in Collaboration with Alzheimer Calgary**

- 150 leaders participated in a thought leadership day with national and international resources and provincial exemplars to identify the importance of three major practice change to enhance quality of living for persons living dementia and their care givers:
  - *Shifts in care approach for living with dignity of risk*, including moving from secured memory care units to environments of inclusion.
  - *Shifts in culture with workforce organized in teams, inclusive of residents and families*, enhances staff satisfaction. Need to address alignment of care hours with increasing care *needs and remove separation of case management in Continuing Care B.*
  - *Designing care environment for living*, with smaller environments encompassing home-like services and access to the outdoors enhance wellbeing.

❖ **Practice Development Forum: Next Practices for Population-Focused Care & Environments for Continuing Care—Communities for Wellbeing, November 24/25, 2025 in collaboration with BSF/CLIQ and Good Samaritan Society**

- 80 leaders from Alta & BC participated in a one-day session focused on mobilizing promising practices for person-centered care, including environments of inclusion for Persons Living with Dementia and complex care for persons with mental health needs. Exemplars spoke to:
  - *Evolving practices for improved quality of care in continuing care*, including inclusive environment for persons living with dementia and focused approaches for persons with complex mental health.
  - Creating environments for living in continuing care, including novel cross-sector collaborations in rural Alberta—*communities for living where institutions once stood!*
  - Me*eting people where they are with a range of community-focused programs.*
  - *Addressing the needs of ALC (alternative level of care) patients.*
- In a novel learning experience, Day 2 had a Study Trip with 50 leaders travelling by bus to Good Samaritan's South Ridge Village to experience GSS's Innovation Initiative—*evolving the small homes concept for added value in creating environments for living and increased flexibility to meet changing needs.*
- Over 50 individuals attended a follow-up webinar on March 9th, by Robert Wrublowski on EASE Assessment Tool.

Policy Implications and Opportunities for Action:

1. Alberta has a Framework for Connected Communities …system learning, framework for cross-sector collaboration, development of Healthy Aging Alberta's Road Map in 2026/27, and rural development enhancing the Rural Health Action Plan.

2. Further development of strategies to enhance dementia care and coordination in Alberta.
3. Continued focus on enhancing enabling conditions for enhanced Community and Continuing Care: Modernizing the Funding Methodology for Continuing Care, developing a multi-sector capacity plan, and evolving policies to support an integrating health system and environments for living.

GOAL 2: EXPAND OPPORTUNITIES FOR CROSS-SECTOR PARTNERSHIPS, FOR SHARED LEARNING & ADVANCING COLLECTIVE IMPACT

- **3 STRATEGIES:**

❖ Stakeholder Collaborative Committee (SCC)

- An average of 35 members from across community, continuing care, housing, education, policy advocacy, voluntary services met seven times (2-hour ZOOM sessions) from September to May.
- Ministry & ALA updates in December and coming in May are examples of the collaborative environment for change in Alberta.
- D*iscussions focused on topics underpinning the transformation journey, with an opportunity to learn from colleagues and provide input re key takeaways for immediate use & future development:*
  - *Developing connected communities (*the Ecosystem Report) + Healthy Aging Alta Priorities
  - Advancing *capital and capacity planning and investment for sector renewal* (Next Practices Report) + priorities from ASCHA & ACCA.
  - *Focusing on Quality Matters*, with Health Quality Alberta sharing their new frameworks & ICN updating on their work re Care Opinion.
  - *Anchoring our future with two sessions, "People Make the Difference*," with sessions related to workforce development and integrating caregiver support initiatives.
  - *Exploring special considerations for Rural Health Care.*

❖ Collaboration with Partners to Advance System-Wide Learning

AAG has been pleased to be a contributor to two provincial initiatives:

- *Healthy Aging Summit*, October 2025 with Healthy Aging Alberta and the Alberta's Elder Abuse Awareness Council.
- *Digital Road Map, Modernizing Community and Continuing Care*, 2025/26, with ACCA and Alberta Innovates, building on early work (webinars) by AAG regarding the importance of digital innovation (one of the recommendations in the MNP Report of April 2021).

❖ AAG Networking Events

- AGM 2025, June 2025, featured a *cross-sector panel with future perspectives for the future we hope for.*
- Dr. Carol Estabrooks provided an information-rich evening March 9th, 2026, in Edmonton: *Workforce Resilience in Continuing Care.*

Learning Enhances Cross-Sector, Grassroots Innovation, and an Environment for Collective Impact:

1. Taken together, AAG members and community colleagues and organizational partners have learning for grassroots change and system development, as well as new connections to support organizational change initiatives. Policy development initiatives will build on this learning.

2. Ministry & ALA Updates at SCC meetings and participation in networking events advance a culture of cross sector & provider/minister collaboration that is envied across Canada!

GOAL 3: INCREASE MEMBER ENGAGEMENT TO RETAIN & ATTRACT (MEMBER DEVELOPMENT; AAG SUSTAINABILITY & RELEVANCE)

- **AAG Communique** was published quarterly, with News & Views based on provincial initiatives and AAG*mag* with scholarly articles of relevance to our changing world.

- **Thought Leadership Forums (2 in Calgary), the Healthy Aging Summit (in Edmonton), and Networking Dinners (2 in Edmonton) were the major strategies for member engagement**—with members attending at reduced rates with virtual participation at no charge.
  - a goal for 2026/27 is to sponsor networking events in Edmonton and Calgary and potentially elsewhere in the province.

- **Membership has been stable.**

- **Donations** in 2025/26 were up—going directly to support scholarships. AAG employed a new approach to enhancing financial sustainability, engaging partners as **financial contributors/sponsors** for events.

A FINAL WORD: LOOKING AHEAD TO 2026/27--YEAR 2 OF THE STRATEGIC PLAN

The past year has proven that collaboration, innovation, and commitment can drive meaningful change for older Albertans. Initiatives for 2026/27 will build on our learning as well as priorities emerging in year 2 of the ALA Framework for Change from government. **We invite you to join us in this transformative journey— as a member, partner, or advocate. Together, we can build a province where every older person thrives.**

Respectfully,

M. Raasok

Marlene Raasok
AAG Policy Lead

PARTNERSHIPS MAKE A DIFFERENCE

PARTNERS ENRICH AAG EVENTS with their participation and contributions which make it possible for AAG to undertake development projects and sponsor events with very affordable registrations, as well ensure that AAG can contribute at least $4,000 each year to scholarships and awards.

LOCAL COMMUNITY ACTIVATION: CASE STUDY PROJECT – 2025/26

AAG acknowledges the support of Healthy Aging Alberta with their partnership in this project.
AND
A grant from the Ministry of ALSS/Continuing Care to complete Phase 2 of the original ecosystem development project.

THE STILL ME LEADERS FORUM was a collaborative initiative by AAG and the Dementia Network Calgary. Contributions made the Forum possible with internationally and nationally recognized speakers and enriched the event with tables of valuable information and student participation as note-takers.

- **Change Maker Contributors:**
  Caregiver-Centered Care, Christian Health Association (CHAA) , Alberta Continuing Care Association (ACCA) , Alberta Seniors & Community Housing Association (ASCHA), Spark Memory Living by Optima, Alberta Blue Cross, Carol Blair & Associates, Lifestyle Options Retirement Communities, Capital Care Foundation, Good Samaritan Society, COURAGE Action for Better Living, Meaningful Care Matters, Bayshore Home Care Solutions, Lisa Poole in Memory of John Poole.

- **Education Contributors:**
  Alberta Gerontological Nurses Association (AGNA) and Mount Royal University Centre for Health & Innovation in Aging

THE FORUM, NEXT PRACTICES FOR POPULATION-FOCUSED CARE & ENVIRONMENTS FOR CONTINUING CARE was a unique collaborative event!

- **Presenting Sponsors with AAG:**
  Brenda Strafford Foundation/CLIQ, our host for Day 1 and the Good Samaritan Society, our host and lead presenters for the Day 2 study trip to their Small Homes Innovation site at South Ridge Village in Medicine Hat.

- **Change Maker Sponsors**:
  AgeCare, Alzheimer Calgary, Bethany, Creating Care Communities, Extendicare

- **Education Contributor:**
  Institute for Continuing Care Education and Research (ICCER)

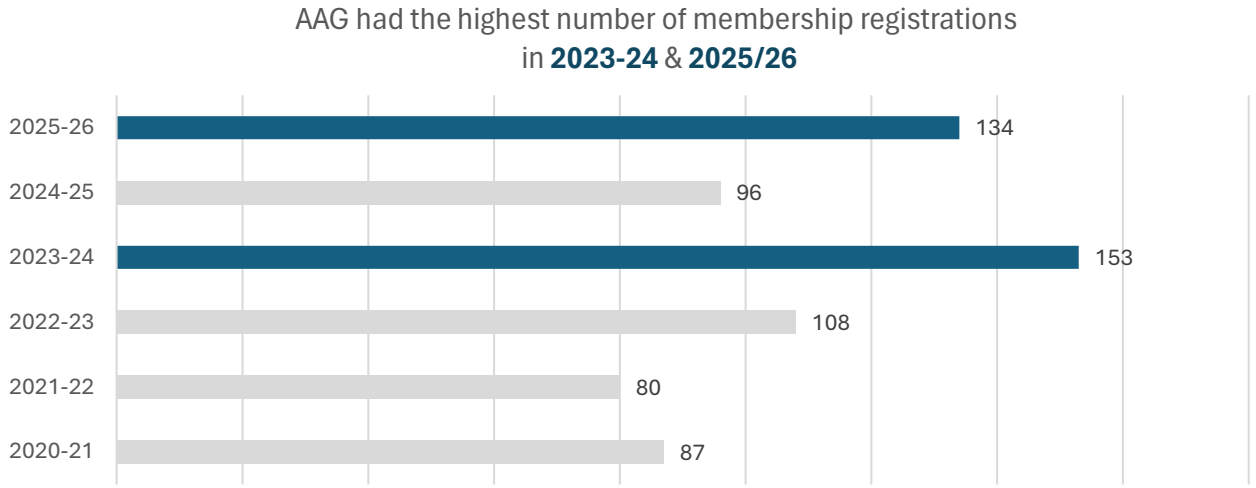
An average of 45 individuals have been able to enjoy **Networking Events held at Chartwell's Westcott Retirement Residence in Edmonton** with a menu that keeps us coming back!
Thanks to Chartwell for hosting the events!

MEMBERSHIP REPORT

Total membership for fiscal year ending 2025/26 was **134.**

AAG Membership Year – 6-Year Comparison						
Type	2020-21	2021-22	2022-23	2023-24	2024-25	2025-26
Individual	20	32	39	53	37	44
Organization	12	17	20	24	23	47
Senior	16	18	28	50	21	17
Student	15	12	11	21	9	16
Lifetime	24	1	10	5	6	10
	87	**80**	**108**	**153**	**96**	**134**

Membership is influenced by opportunities for member gain through partnerships, like free registration to the virtual component of the Healthy Aging Summer in 2023 and in 2025, and lower registration fees for all events.



FINANCIAL REPORT

Alberta Association on Gerontology
Consolidated Statement of Operations and Net Assets
For the Year Ended March 31, 2026

	2026	2025
Revenue		
Memberships	9,714.00	10,505.00
Donations	1,050.00	475.65
Interest	2,442.21	2,532.64
Networking events	13,282.02	7,550.00
Sponsorship	36,000.00	10,000.00
Total Revenue	**62,488.23**	**31,063.29**
Expenses		
Office Administration	1,619.03	771.91
Insurance	2,458.00	2,447.00
Website	4,987.50	5,790.75
Consulting	21,670.50	4,383.00
Travel	2,128.99	356.86
Marketing	-	-
Awards	3,000.00	3,119.88
Networking events	47,157.04	4,972.78
Honoraria	2,825.00	-
Total Expenses	**85,846.06**	**21,842.18**
Excess (Deficiency) of Revenue over Expenses	**(23,357.83)**	**9,221.11**
Net Assets, Beginning of Period	**109,615.44**	**100,394.33**
Net Assets, End of Period	**86,257.61**	**109,615.44**

Submitted by,

French Lau
AAG Treasurer

AUDITOR'S REPORT

ALBERTA ASSOCIATION ON GERONTOLOGY
Improving the Lives of Older Albertans

May 24, 2026

Re: Audited Financial Statements - Year Ended March 31, 2026

We have reviewed the consolidated financial statements of the Alberta Association on Gerontology consisting of the Provincial Association, Still Me Account and Alberta Health Account for the fiscal year April 1, 2025 to March 31, 2026. We find the submitted financial statements to be substantially correct.

Yours truly,

Bruce West
AAG Member

Renate Sainsbury
AAG Member

PROVINCIAL BOARD OF DIRECTORS

The Provincial Board of Directors is composed of a minimum of 10 and a maximum of 16 members. Positions include Officers (President, Vice-President, Secretary, Treasurer), Past President, and Members-at-Large. Officers are elected for two-year terms and Members-at-Large for either one- or two-year terms. Board members can serve a maximum of six years.

Current Board Members:

- Sharon Anderson, President
- Jocelyn Rempel, Vice President
- French Lau, Treasurer
- Lynn Haugen, Secretary
- Marlene Raasok, Policy Chair
- Heather Tomlinson, Scholarships & Awards Chair
- Beth Mansell, Membership & Communications Chair
- Antonio Miguel-Cruz, Member-at-Large
- Yinfei Duan, Member at Large
- Rose Joudi, Member-at-Large
- Jeanine Kimura, Member-at-Large
- Tammy Lautner, Member-at-Large
- Denise Milne, Member-at-Large
- Paige Murphy, Member-at-Large
- Raeesa Kassam, Member-at-Large

SCHOLARSHIPS & AWARDS

Celebrating Warmth, Wisdom, and the Future of Gerontology in Alberta

Each year, the Alberta Association on Gerontology (AAG) has the profound privilege of recognizing individuals and teams whose work embodies the very best of aging care, research, and innovation. These awards and scholarships are not simply honours—they are stories. Stories of legacy, of changemaking, and of the bright future being built by students and caregivers across our province.

Mary Morrison Davis Award

Awarded to: **Dr. Kathleen Hunter**

Mary Morrison Davis was born in Alberta and lived and worked in the province for most of her life. A professional social worker, she served veterans in Edmonton with quiet dedication and is recognized as a compassionate pioneer in gerontological practice. Her name lives on through this award, which honours those who follow in her footsteps—bringing head and heart together in service to older adults.

This year, we are thrilled to present the Mary Morrison Davis Award to Dr. Kathleen Hunter. Dr. Hunter embodies Mary's legacy of skillful, kind, and deeply informed care. Her contributions to gerontological nursing have strengthened how Alberta supports its aging population, and her warmth as a mentor inspires all who are lucky enough to learn from her. Congratulations, Dr. Hunter!

Vivien Lai Changemaker Award

The Vivien Lai Changemaker Award honours Vivien Lai, who contributed significantly to the AAG and enjoyed a long, distinguished career with the Alberta Government in planning and policy development. Her work helped shape the very foundations of Alberta's Continuing Care System. Vivien believed that good policy is not abstract—it changes lives. This award celebrates those who turn that belief into action.

This year's Changemakers have done exactly that.

Recognizing Innovation in:

1. **Innovation in Housing, Continuing Care or Residential Services:**
   Client Directed Care – Invoicing Co-Design Team:
   Dr. Jasneet Parmar, Anita Murphy, Paul Lapointe, Arlene Huhn, Karen McDonald
2. **Innovation in Community Social/Health Services Integration:**
   ***Connecting People & Communities for Living Well* – Helen Lightfoot**

The Client Directed Home Care – Invoicing Co-Design Team --Dr Jasneet Parmar, Anita Murphy, Paul Lapointe, Arlene Huhn, and Karen McDonald-- used co-design and consultation to give home care clients and their family caregivers choice and control of the people providing care in their homes.

Helen Lightfoot, through *Connecting People & Communities for Living Well*, reminds us that health and social services work best when they are woven into the fabric of communities. Her asset-based COMMUNITY development work builds bridges, not silos.

Thank you, Vivien Lai Changemakers, for leading with courage and creativity.

AAG Health Care Aide (HCA) Student Bursary

Awarded to: **Zittali Romero**
HCA student, NorQuest College Workplace HCA Program
HCA Tutor Lead: Stephanie Arthurson, LPN
Also works at Westview Care Community

Caring for older adults in a diversity of settings is an increasingly large part of health and human service provision in Alberta. Health Care Aides are the quiet backbone of continuing care—offering not only clinical support but also comfort, companionship, and consistency.

The AAG HCA Student Bursary supports emerging HCAs who are already making a difference. This year, we are delighted to honour Zittali Romero. As a student at NorQuest College, supported by her tutor lead, Stephanie Arthurson (LPN), she is already contributing her heart and hands at Westview Care Community. Zittali represents the very best of this essential profession. We also extend warm gratitude to Stephanie Arthurson for her mentorship. Congratulations, Zittali!

AAG Provincial Graduate Student Scholarship

Awarded to:

- **Master's Scholarship: Ibadat Warring**
  Master's student in Community Health Sciences (Specialization in Epidemiology), University of Calgary
  AAG member & Supervisor: Dr. Zahinoor Ismail, MD FRCPC
  Research focus: Changes in behaviour among older adults and association with quality of life and function in continuing care

- **PhD Scholarship: Brittany DeGraves**
  PhD student in Nursing, University of Alberta
  AAG member & Supervisor: Dr. Carole Estabrooks

AAG is pleased to sponsor two awards for graduate students in Alberta who have an interest in any aspect of aging. These scholarships assist with costs associated with coursework, research, or attendance at a workshop or conference—because investing in emerging scholars is investing in the future of gerontology itself.

Ibadat Warring is pursuing a Master's in Community Health Sciences at the University of Calgary, with a specialization in Epidemiology. Under the supervision of Dr. Zahinoor Ismail, Ibadat is studying behavioural changes in older adults and how those changes relate to quality of life and function in continuing care. This work has the power to reshape how we understand and respond to the complex needs of aging Albertans.

Brittany DeGraves is a PhD student in Nursing at the University of Alberta, supervised by Dr. Carole Estabrooks—a giant in the field of knowledge translation and continuing care. Brittany's

doctoral research will build on this legacy, deepening our understanding of how care systems can truly support both residents and staff.

To Ibadat and Brittany: you are the future of gerontology, and it looks exceptionally bright.

Every award, every scholarship, every name listed here represents someone who has chosen to care deeply about aging—not as a problem to solve, but as a life to honour. The Alberta Association on Gerontology is proud to celebrate you, to support you, and to walk alongside you in this essential work.

Congratulations to all award recipients, on behalf of the Alberta Association on Gerontology Board!