

# TRENT CENTRE FOR AGING & SOCIETY NEWSLETTER

## FEATURED ARTICLES:

University-  
Integrated Seniors  
Village Update

Aging in Place or  
Stuck in Place?

Aging in Prison with  
Community Support

TCAS Member  
Updates



TRENT CENTRE FOR AGING & SOCIETY

## Innovations in Aging

*Elevating local and global perspectives,  
research, and scholarship in  
interdisciplinary aging studies*

We respectfully acknowledge that we are on the traditional territory of the Michi Saagig Anishinaabeg. We offer our gratitude to the First Nations for their stewardship of the land and their teachings.  
May we honour these teachings.

We at TCAS commit to Truth and Reconciliation.

Trent Centre for Aging & Society  
Bata Library, 4th floor, BL404  
Trent University  
Peterborough, Ontario, K9L 0G2  
Phone: 705.748.1011 ext. 6440  
Email: [aging@trentu.ca](mailto:aging@trentu.ca)

**[trentu.ca/aging](https://trentu.ca/aging)**

#### **OUR TEAM**

Dr. Kirsten Woodend, Co-Director  
Dr. Suzanne Bailey, Co-Director  
Matthew Dishaw, Knowledge Mobilization Hub Coordinator  
William Rizza, Administrative Assistant

#### **CONTRIBUTORS IN THIS EDITION**

Benjamin Darkwa & Brooke Ambury

#### **PHOTOGRAPHY**

Matt Dishaw, Trent Communications,  
member-submitted photos, Unsplash

**Follow us on social media!**





# Table of Contents

- 01** Director's Letter
- 02** TCAS Timeline
- 03** University-Integrated Seniors Village Update
- 04** Aging in Place or Stuck in Place? Housing Insecurity and Aging Well in Rural Canada
- 08** Aging in Prison with Community Support
- 11** TCAS Member Updates

**Top to Bottom:** Benjamin Darkwa in rural Ontario, rural Ontario roads in winter, Brooke Ambury with Trent diploma, an image of a rural Ontario community, Rev. Stephen Ambury (B.Mus., M.Div., OM)

# TCAS Staff



Matt Dishaw



Dr. Suzanne Bailey



William Rizza



Dr. Kirsten Woodend

## Director's Letter

Dear TCAS members and supporters,

It is a pleasure to be working with the Trent Centre for Aging & Society this year and to witness the continued growth of aging studies in our region and beyond. We hope the Centre helps showcase the work of the entire TCAS community, from students and faculty to community members, while drawing attention to the many ways aging, in all its diversity, can be seen, understood, and celebrated.

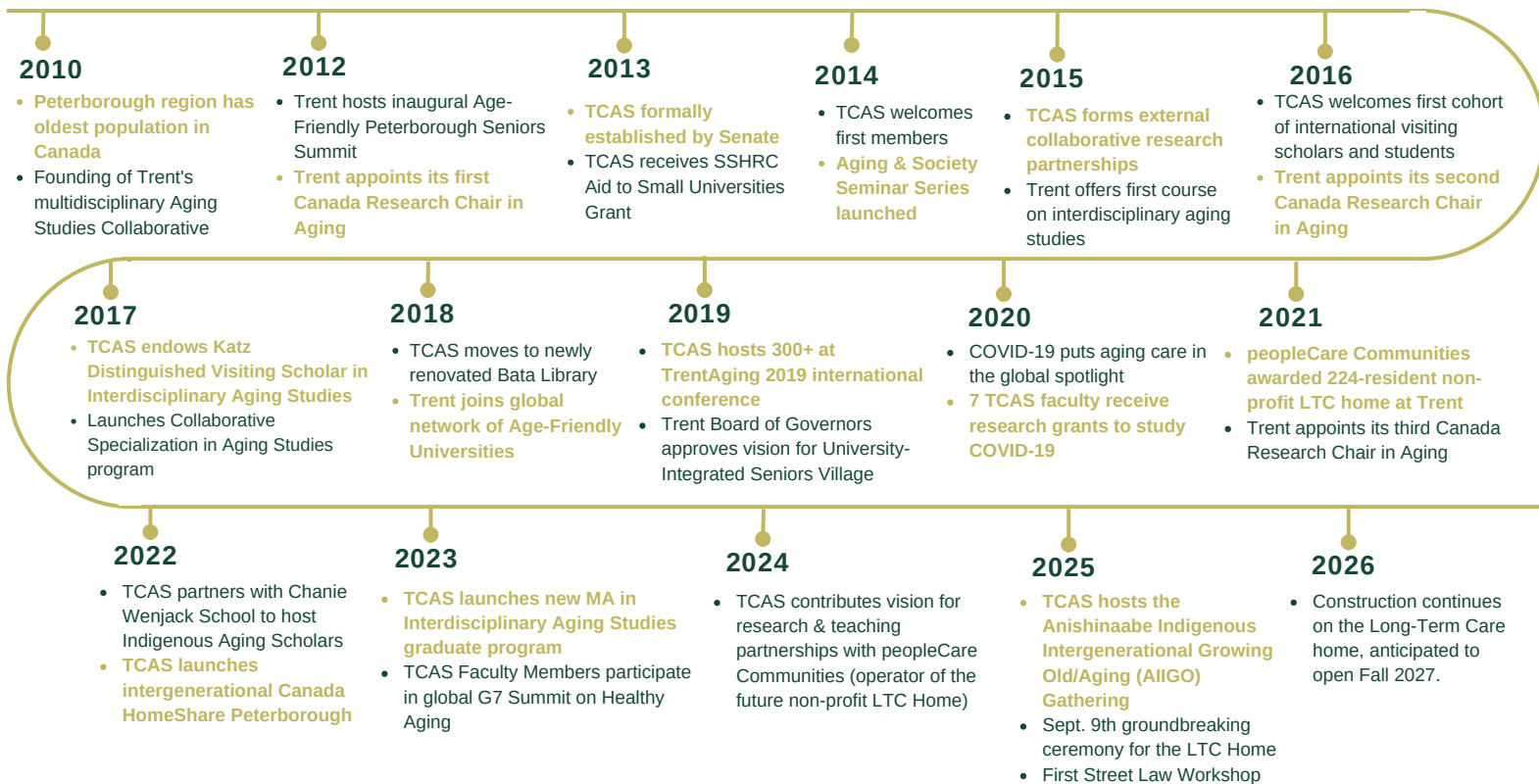
One of the highlights of 2025 was the groundbreaking ceremony for the new long-term care home on Trent University grounds in September. Construction on this collaborative project between the University, peopleCare, and the municipality is progressing quickly, and we look forward to the learning opportunities it will create for Trent students and faculty when the building opens.

We were also proud to host Dr. Julia Henderson from UBC as the 2025 Stephen Katz Distinguished Visiting Lecturer. Her innovative research demonstrates how the humanities and social sciences can be combined to foster new forms of research and community activism while inviting us to “unscript age.” We are equally pleased to welcome Dr. Annette Leibing as the 2026 Stephen Katz Distinguished Visiting Lecturer. On November 10, 2026, Dr. Leibing will present What Can We Learn from Dementia as Preventable? Thoughts, Debates, Provocations.

We hope you enjoy reading about the many accomplishments of our remarkable TCAS community.

Suzanne Bailey, PhD & Kirsten Woodend, PhD  
Co-Directors (2026-2027) of the Trent Centre for Aging & Society

# TCAS Timeline



Phone: 705-748-1011 ext. 6440  
 Email: [aging@trentu.ca](mailto:aging@trentu.ca)  
 Facebook: TrentAging  
 Instagram: @TrentAging  
 YouTube: Trent Centre for Aging & Society

[www.trentu.ca/aging](http://www.trentu.ca/aging)



TRENT CENTRE FOR AGING & SOCIETY

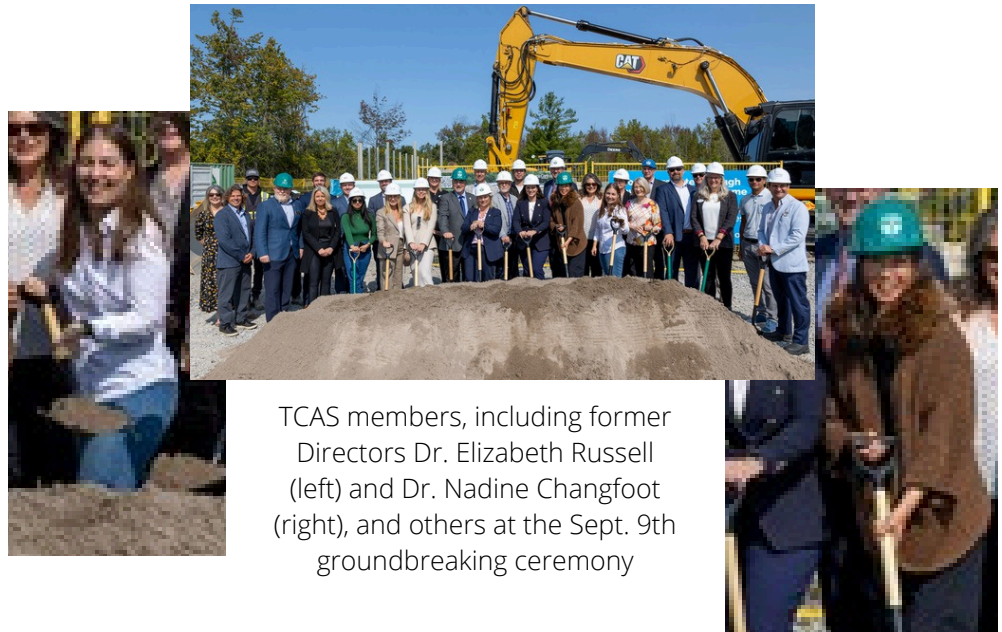
# University-Integrated Seniors Village Update

## Latest Updates

- Construction continues on the Long-Term Care home, anticipated to open Fall 2027.
- In May 2025, **Jack Hoggarth** and **Barbara Moktthewenkwe Wall** held a deeply moving Anishinaabe Haudenosaunee blessing ceremony for the land and building of the non-profit Long-Term Care Home, to be operated by **peopleCare Communities**.
- A Trent News article, ***Trent University Pursues Creative Solutions to Support Local Housing Needs***, includes comments from Trent president & vice-chancellor, **Dr. Cathy Bruce**
- On Sept. 9<sup>th</sup> 2025, an official groundbreaking ceremony was attended by **Ontario Minister of Long-Term Care Natalia Kusendova-Bashta**, and articles discussing the Seniors Village were published on **Trent News** & **KawarthaNow**.

## Project Overview

- The site for the Seniors Village is located at the **north-west corner of Water Street and Woodland Drive**. This is an ideal location, as it is connected to transit routes and municipal services, and in close proximity to the Symons Campus. Construction is in progress!
- There will be exciting research and teaching opportunities with **90+ student placements**.
- A report series about this project, authored by TCAS member **Dr. Laura Poulin**, is available on **our website**.



TCAS members, including former Directors Dr. Elizabeth Russell (left) and Dr. Nadine Changfoot (right), and others at the Sept. 9th groundbreaking ceremony

Click to hear Dr. Bruce discuss the project with Megan Allen-Lamb, President of peopleCare Communities



# Aging in Place or Stuck in Place?

## Housing Insecurity and Aging Well in Rural Canada

**Benjamin Darkwa** is a graduate student in the Interdisciplinary Aging Studies program. His supervisor is **Dr Kirsten Woodend**. This newsletter was created as part of the Knowledge Mobilization course taught by **Dr Elizabeth Russell**.



**Benjamin** (Author) in rural Ontario

### The Promise of Aging in Place

For many **older adults**, home is much more than a physical space; it is a symbol of memory, identity, routine, and independence. In Canada, the idea of **“aging in place”**, living in one's own home and community as one ages, has become not only a significant personal value, particularly in later life, but also a guiding principle in policy development. Studies have demonstrated unequivocally that the vast majority of older adults wish to **“age in place”** in familiar surroundings for as long as possible.

***“Older persons prefer to age in place or stay put in their current dwellings and move less frequently than any other age group.” - Stephen M. Golant<sup>5</sup>***

### What Does Aging in Place Really Mean?

Aging in place has been characterized as the capacity to live in a secure, independent, and comfortable manner in one's residence as needs change. For many people, aging in place means a sense of dignity, continuity, and belonging, especially in rural settings, as the house is a significant component in the history of the family. **Stephen Golant**, however, highlights the fact that the decision to stay or go is based on a wide range of factors, as the decision is not simply based on the physical aspects. Emotions, as well as familiarity, are significant components in the decision. This is characterized as the maintenance of residential normalcy, or the ability to make sense of the world, even as the situation changes. However, as **Janine Wiles** points out, aging in place is not just a housing concern, as the place itself is a significant component.

***Aging in place reflects how people experience their homes and communities over time, not just where they live. - Janine Wiles<sup>1</sup>***

Nonetheless, these theories often assume that housing, services, and supports will change with people, a basic assumption that is especially relevant in rural contexts.



Rural home and belonging

## Lived Experience: When Staying Put Gets Hard

Aging in place is not static. Over time, older adults make changes, decrease their activities, and find ways to manage their changing abilities. For rural older adults, these changes are influenced by distance, weather, and availability of services. **Norah Keating**, a renowned Canadian gerontology expert on rural aging, points out that rural older adults display great resilience, adapting their daily lives to live independently. But don't equate resilience with **'no need.'**

***Rural older adults often adapt in order to remain independent, but those adaptations can mask growing vulnerability. - Keating<sup>2</sup>***



**Claude** - Rural Road in Winter

These adaptations reflect resilience, but they also remind us that independence in later life can coexist with increasing vulnerability and unmet need.



Rural roads and access

Distance is a key factor in rural aging, and the ability to obtain healthcare, grocery shopping, housing services, and social activities depends on having transportation. The old housing stock may not be easily or affordably made accessible, and alternative housing choices are limited. **Dr Elizabeth Russell** points out the importance of housing for aging in place, noting, "If the base is not strong, staying at home becomes increasingly difficult, regardless of preference."

***"Safe, affordable, and appropriate housing underlies the ability to age in place." - Dr Elizabeth Russell<sup>3</sup>***

This is where the experience of aging in place begins to shift. What once felt like stability and independence can become harder to sustain when housing is unsafe or inaccessible. In rural communities, staying at home changes meaning when the home no longer provides the support needed for aging well.

## From Aging in Place to “Stuck in Place”



Aging rural housing

**Russell** employs the term “**stuck in place**” to illustrate situations where older adults stay in their places of residence even when their environment is not meeting their needs anymore. **In rural Canada**, older adults may not have alternatives, making relocation unrealistic even when their stay is not safe or is isolating.

***“A transition to becoming ‘stuck in place’ is a common by-product of rural housing challenges.” - Dr Elizabeth Russell<sup>3</sup>***

What appears to be independence may sometimes hide isolation, risk, and limited alternatives. In rural communities, aging in place can become less about choice and more about housing shortages, service gaps, and distance. This shows that place can support aging, but it can also restrict it.

**Golant** explains that “staying put is not about a lack of awareness, it is about a desire to retain control, identity, and continuity.” **Dr Mark Skinner**, whose work is specifically concerned with rural aging and services, also points to the role of gaps in structure that place burdens on the individual and communities.

***In many rural communities, aging in place can become a necessity rather than a fully supported choice - Dr Mark Skinner<sup>4</sup>***

Being “stuck in place” is not a sign of personal failure, but a reflection of uneven systems of support. It reveals how limited housing options, distance from services, and weak community resources can shape the experience of aging in ways that reduce choice and increase vulnerability.



Distance shapes rural aging

## What Aging in Place Could Look Like



Reimagining rural housing

Researchers suggest rethinking support systems for aging in place rather than dismissing the idea entirely. **Russell's** research on rural housing alternatives, such as co-housing and homesharing, illustrates the potential for aging in place to better represent rural realities by combining independence and socialization.

***"Alternative rural housing models offer an opportunity to revisit the spirit in which aging in place was originally considered." - Dr Elizabeth Russell<sup>3</sup>***

These housing alternatives show that aging in place can be strengthened when independence is supported by connection and care.

The **World Health Organization's** model of an age-friendly community stresses that good aging outcomes are not just an individual effort. The environment that an individual is in is also important. Moreover, **Golant** states that we do not just want to age well; we want to age in the right place.

***Aging well depends on whether homes and communities continue to support people as they age - Golant<sup>5</sup>***

Aging in place should not mean that one is aging without options. For rural Canadians, housing is a key factor that determines the experience of late life with **dignity, safety, and independence**. Bridging the gap between **policy vision and rural reality** is important to sustain the meaning of **aging in place**.



Supportive rural communities

*Selected images in this newsletter were sourced from Unsplash.*

# Aging in Prison with Community Support

By Brooke Ambury  
M.A. Interdisciplinary Aging Studies Student  
TCAS Graduate Associate Member

The Canadian population is aging rapidly, and **this does not exclude those in prison**. Older adults are more prone to complex health issues, and prisons are not able to adequately meet the health needs of incarcerated older adults; this results in incarcerated older adults having poorer health than their community-dwelling counterparts.

Due to harsh living conditions and minimal access to health care services, inmates experience **accelerated aging**. This means that they appear 7-15 years older than their actual age. As a result, non-Indigenous inmates are considered older adults at the age of 50, and Indigenous inmates are considered older adults at the age of 45.



Stock Image of prison from Canva Image Gallery

In 2019, **25% of Canadian inmates were over the age of 49 years**. This was the first time the 50-and-older population reached one-quarter, and this number is expected to continue rising. As of 2021, **the average age of federal inmates in Canada rose to over 40 years old**, and it is also predicted to continue rising. These statistics provided by the **Government of Canada** challenge the common misconception that inmate populations are predominantly younger individuals.

In 2020/21, the daily average cost to incarcerate an individual at a Canadian federal penitentiary was **\$408 per day, totalling an average of \$148,920 per year**. This cost increases with age-related health care needs.

Aging behind bars is emotionally expensive for the inmate, and financially expensive for the state. Prison does not ensure a comfortable or accessible environment to age in. Awareness must be brought to the forefront to support inmates in their aging process.



Brooke Ambury, Graduate Student

Here, we talk to **Reverend Stephen Ambury**, who supports a **72-year-old inmate** at a Canadian Prison. He shares his experience of watching someone age behind bars and provides second-hand insights on what it is like to age in prison. He draws on his own work experiences and those of the inmate he supports.

**"It's interesting, when I mention the inmate I support to some people, they never think of older people in prison. They think they are all 28 year old men"**

**Rev. Ambury** has been supporting this older inmate since June 2019. Throughout this time, the older inmate has been incarcerated in Canada and the United States and has been out in the community in Canada. **Rev. Ambury** has been a consistent support.

**Rev. Ambury** has provided crucial support to this inmate. This includes but is not limited to: visiting the inmate in prison, being his power of attorney, getting the inmate moved from the United States to Canada, and picking up his personal belongings from an American prison. Had **Rev. Ambury** not stepped up to the task, the prison would have thrown away all his personal property, including his passport (which he needed to return to Canada one day). With the help of **Rev. Ambury**, the inmate returned to Canada in March of 2025. **Rev. Ambury** regularly attends visitation hours and aims to go three times a month.

While this is only a small portion of **Rev. Ambury and the older inmates' story**, it highlights the importance of having a strong community support system.

**Rev. Ambury** holds an open and accepting mindset towards all individuals.

**Reverend Ambury's Philosophy: "Come as you are. In your wholeness or brokenness, joy or sorrow, pain or healing, just come. " He carries this forward in his support of older inmates.**

The **United Church of Canada** asked **Rev. Ambury** to be a support person and a chaplain to the older inmate he now supports. **Rev. Ambury** stepped up in more ways than the older inmates or he himself could have ever imagined. While the older inmate was incarcerated in the United States, **Rev. Ambury** became quite worried about his safety. There was uncertainty in the inmate's location, a lack of communication, difficulty getting money to the inmate, and an international border that separated the two. Over the years, the two have formed a strong connection, that has blossomed into friendship.

The support provided by **Rev. Ambury** highlights the value of community support systems for older inmates. Throughout his time supporting the older inmate, **Rev. Ambury** has learned the importance of helping inmates create community. He aims to get his church approved as a location for inmates to go on temporary absences from the prison. This would allow the inmate he supports and any other inmate in Canada to attend his church with permission from the **Correctional Services of Canada (CSC)**. The inmate may or may not be escorted by CSC staff. He believes this will allow inmates to foster a sense of community before their release, which will ultimately aid in their rehabilitation into society.



Rev. Stephen Ambury B.Mus., M.Div., OM

**“In my role as a chaplain, I try not to judge. I think I’ve done that here. It helps me see inmates in another light. I never want to be judged on my worst day or a bad decision. For some of these guys, they made a bad choice, and it’s not who they are, but they are paying the price for it”.**

**Pittsburgh Institution** is a minimum security prison, located near **Kingston, Ontario**. There is a unique architectural design to this prison, as it is based on a residential model of living. The inmates live in small houses, as opposed to traditional cell blocks. There are approximately 42 houses, 5 of which are fully accessible and designated for older inmates. There is a grocery store, which allows inmates to cook their own food in their homes. There is a medical center and spirituality center, which provide the inmates access to diverse services and offerings for their physical, mental and spiritual health. Pittsburgh Institution is one of the few Canadian prisons to consider aging bodies.

Inmates have access to an array of medical services, including a dentist, an eye doctor, a physiotherapist and nurses. While this model shines in many ways, older inmates still face some accessibility challenges. As a result of the residential model, inmates typically have to walk outside to get between buildings. The distance can feel far. This can be particularly challenging for inmates with mobility aids such as a walker. Institutional and community support are crucial for the well-being of older inmates.

We need more people like Reverend Stephen Ambury.

-Brooke Ambury

### About the Author:



Brooke Ambury is a master's student in the Interdisciplinary Aging Studies program at Trent University. She

started in the program in September of 2025. Brooke completed a Bachelor of Arts Honours in Criminology from Trent University in April 2025. Bringing a criminological background to aging studies, her thesis work on focuses aging in Canadian prisons. Combining criminological and aging studies theories and key terms provides a strong interdisciplinary foundation for her research.



Satellite image from Google Maps of Pittsburgh Institution and Joyceville Institution. Located North-East of Kingston, Ontario.

# TCAS Member Updates

TCAS Executive member, **Dr. Bharati Sethi (pictured)**, returned from Spain where she presented a paper titled ***A Photovoice Study of International Students' Perceptions of Climate Change in Ontario, Canada*** at the **10th World Conference on Qualitative Research (WCQR)** in Madrid, Spain.



The **Rural Aging Research Program** is thrilled to share their new publication, ***Rural insights into the contested spaces of older voluntarism***. **Elizabeth Russell, Mark Skinner, Erika Snowden, and Amber Zapletal** focus on three volunteer-based programs in rural Ontario (**Buckhorn Community Centre, Lang Pioneer Village Museum, and New Canadians Centre Peterborough**). This article explores how contested spaces of older voluntarism are constituted and what they mean for ageing in rural environments. **Click here to access the article!**



TCAS Executive Member and former Director, **Dr. Sally Chivers**, has been hard at work recording and releasing 3 new episodes of her podcast, ***Wrinkle Radio***! Click the episode titles to listen!

## ***Episode 17 - That's the limit!***

- What are the limits of care? We hear a lot about caregiver burnout. What could we learn from women who exit care roles? **Dr. Janna Klostermann** (University of Calgary) shares research from her new book, ***At the Limits of Care***

## ***Episode 18 - Hot Flashes & Brain Frog***

- Menopause gets the comic, candid, and deeply feminist treatment it deserves in this podcast episode, with poet and professor **Dr. Susan Holbrook** (University of Windsor) discussing her new book, ***Steamy***

## ***Episode 19 – Back to School***

- **Dr. Elizabeth Russell** (Trent University) talks about inviting local older adults to join her undergraduate class for an entire semester, and how meaningful intergenerationality can change how we live and thrive.



**Dr. Chivers** also delivered the annual **Distinguished Lecture on Aging** at the **University of Regina**. Following a Q&A (Pictured left), Sally took to the stage to share findings from her research and the joy of turning those into popular podcast *Wrinkle Radio*. Sally's talk featured audio clips from leading researchers at TCAS, **Professor Stephen Katz, Barb Marshall, Ulla Kriebnernegg, and Albert Banerjee**, offering a showcase of the scholarly work on Aging and Society that sparked the creation of the Trent Centre and the increasing importance of communicating our research to broader publics.

# TCAS Member Updates

In collaboration with **Elder Abuse Prevention Ontario**, **Dr. Nadine Changfoot** (TCAS Executive) and **Alice Olsen Williams** (D.Litt. Trent) of **Trout Lake and Oshkiigmong Curve Lake First Nation** explore the concept of aging, taking into consideration the ongoing impact of settler colonialism and the various systemic problems caused by settler institutions. Through this podcast episode ***Stitching Stories: An Anishinaabek View on Aging Well (60min)***, one learns that Indigenous aging is directly linked with relational connections, intergenerational bonds, and narratives. **Click this link to hear the full episode.**



**Lexie Northey** (2026, Biomedical Science) will be beginning graduate studies into the effect of exercise on Parkinson's disease this Fall at the **University of Guelph**. Lexie was introduced to Parkinson's disease through her participation in the **On The Move! program** directed by TCAS Executive member, **Dr. Liana Brown**.

**"Before being a part of this program, I knew relatively little about Parkinson's," says Lexie. "I met amazing people, and it genuinely brought me so much joy seeing the seniors every week. Getting to know their life stories and seeing them show up every week to fight for their health really put things into perspective. It helped me narrow my focus to pursue a career in Parkinson's research."**

**Click here to read more!**

**Benjamin Darkwa** (pictured below in Winneba) is currently a master's student in the **Interdisciplinary Aging Studies** program at Trent, who recently concluded fieldwork for his research titled ***The Meaning of Home: Exploring the Experiences of Older Adults Aging in Place in Gentrifying Neighbourhoods in Ontario, Canada and Winneba, Ghana***. Benjamin's fieldwork took place in **Winneba, Ghana**, where he interviewed 15 older adults about their experiences of home, aging in place, and neighbourhood changes.



**Drs. Kirsten Woodend** (TCAS Co-Director) and **Nadine Changfoot** (TCAS Executive and former Director) visited the **Kawartha Centre: Redefining Healthy Aging** in July. They were welcomed by **Jill MacPhee, Director of Clinical Operations**, who shared that the history of the Kawartha Centre started with longtime TCAS member **Dr. Jenny Ingram** and her vision for care for persons living with dementia and Alzheimer's disease

TCAS Executive member and past Director, **Dr. Sally Chivers**, appeared as an expert guest on **Saskatchewan CBC's** call in noon hour show, **Blue Sky**. Together with Pamela Anderson from **Saskatchewan Seniors Mechanism**, Sally responded to ideas about what gets better and what could be improved for older adults. Callers talked about the difference between rural and urban aging in Saskatchewan, about how few services exist for people in their 50s who have lived hard lives, and the relief they find from the legalization of cannabis. **Click here to listen to the full episode!**

# CHALLENGE THE WAY YOU THINK



Phone: 705-748-1011 ext. 6440

Email: [aging@trentu.ca](mailto:aging@trentu.ca)

Website: [www.trentu.ca/aging](http://www.trentu.ca/aging)

Facebook: TrentAging

BlueSky: [@TrentAging](https://bsky.app/profile/@TrentAging)

Instagram: @TrentAging

YouTube: Trent Centre for Aging & Society