



July Updates from the Global Network

For many of us, this e-mail will arrive about a month before a new academic year starts. As we approach the upcoming academic year, I am excited not only to welcome our students of all ages back to campus but also for what this new academic year means for the Age-Friendly University Global Network.

It has been one year since the Secretariat relocated to Arizona State University, and our new governance framework was launched. We accomplished much during that time, including welcoming 24 new institutions to the Global Network. But we have a lot more to do and a lot more planned.

What have we been up to this summer?

In June, we finalized the development of our first official outreach and recruitment program – the details of which will start to roll out in September. In July, we welcomed the University of Queensland and PUC-Campinas to the Executive Council as Regional Leads. We also began developing a three-year plan for the AFU GN and will seek your input soon.

August will see the official launch of our Working Groups, which aims to develop the tools, resources, and policies to support our movement towards age-friendliness and inclusiveness.

The theme for our 2024-2025 is GROWTH – growth in those endorsing the principles, growth in the tools and resources we can make available, growth in connections, and growth in recognition. We look forward to working with all of you over the next year as we continue to advance the Global Network.

I'd be remiss if I did not highlight that volunteers support the work of the Global Network and that there is financial support from donors. [We welcome and appreciate your support.](#)
- Aaron Guest, AFU GN

A few additional updates, as well:

- We welcome institutions to invite their colleagues to sign up for the AFU GN Newsletter. You can do so by visiting our [website](#).
- The Global Secretariat is welcoming applications for virtual internship and practicum students over the 2024-2025 AY. For more information, e-mail

Secretariat@AFUGN.org.

- The Executive Council has restructured its meeting times. It will now meet every six weeks as opposed to every two months.

Welcome New Members to The Executive Council

The Executive Council is pleased to welcome two regional leads: The University of Queensland ([Oceania](#)) and PUC-Campinas ([South America](#)) to the Executive Council of the Age-Friendly University Global Network.



Update from the United Kingdom and European Union Region



The University of Strathclyde serve as the Vice-Chair of the AFU GN and as the European Regional Lead.

UALL Conference 2024 : 4-7 July, School of African and Oriental Studies, University of London, UK The annual Universities Association of Lifelong Learning conference was held earlier this month and included a showcase session presented by *Alix McDonald, Head of the Centre for Lifelong Learning, University of Strathclyde, Glasgow, Scotland*. Strathclyde is the Area Lead for the AFU GN's activities in the UK and Europe and Alix has been involved with flying the AFU GN flag since 2014. The purpose of the showcase was to present the Age-Friendly University concept to delegates with a view to increasing participation in the UK. Many of those attending expressed interest in joining and this will be followed up.

In other activity, Strathclyde's Centre for Lifelong Learning (CLL) will be launching it's 24/25 [Learn 50+](#) programme mid-August. This programme is aimed at those aged 50+ and offers a wide range of learning opportunities with the emphasis on social interaction

as much as academic study. This work is complemented by our [Learning in Later Life Students' Association](#) (3Ls) which provides informal learning, lectures and trips as well as 15 different clubs. Building on its worldwide reputation as a centre for excellence in family history research, CLL was excited to launch the new Strathclyde Institute for Genealogical Studies (SIGS) in Spring 2024 and we look forward to hosting our first Summer School in 2025 for budding and keen genealogists who wish to follow their Scottish routes and experience Scotland. You can sign up for alerts [here](#). Please share with your networks if you can – it is appreciated!

We continue to further discussions with several interested institutions - watch this space!

Updates and Announcements from Members

University of Calgary Brings Academic and Broader Community Together for Aging Research Event



On June 4th, 2024, the Brenda Strafford Centre on Aging at the University of Calgary hosted a research engagement event during Calgary Seniors' Week titled, "Engaging Together: Exploring Current and Future Research on Aging." The event brought together researchers focused on aging and older adult issues from across the University of Calgary with community and healthcare professionals, as well as members of the public.

During the course of two and a half hours, attendees were not just passive listeners but active participants. They heard a keynote presentation from the Centre's manager and engaged in three roundtable research discussions. The discussions were facilitated by 11 faculty members spanning 10 research areas across 5 disciplines, stimulating meaningful research conversations with attendees. The interactive format allowed for a diverse range of aging research topics to be showcased and discussed, from the consequences of financial strain on older adult wellbeing to Indigenous approaches towards brain health imaging. Participants also provided input around future research directions members could undertake.

A significant highlight of the event was the first public presentation of the Centre's recent assessment of the University of Calgary's age-friendliness, which aimed to educate the campus and broader community about the Age-Friendly University (AFU) movement and the University's commitment to age inclusivity. It also served as a great opportunity to

address some of our prioritized AFU principles, including ensuring that the University's research agenda is informed by the needs of an aging society and ensuring dialogue with organizations representing the interests of the aging population.

The Centre received overwhelmingly positive feedback from attendees, with members of the public expressing their appreciation for the opportunity to engage directly with researchers and learn about the impactful work being done at the Brenda Strafford Centre on Aging and the University of Calgary more broadly. Researchers also appreciated the opportunity to hear from older adults and professionals working in the field of aging. The Centre plans to continue fostering a culture of collaboration and knowledge sharing to improve the health and well-being of the older adult population.

Related Links:

[UCalgary AFU research webpage](#)

[Event webpage](#) (includes resources shared with attendees)

Correspondence can be sent to the Brenda Strafford Centre on Aging at aging@ucalgary.ca

Students 50+ Trained to Combat Fake News

In February 2024, students 50+ from Pompeu Fabra University (UPF) in Barcelona (Spain) participated in specialized training sessions as part of the [FLECSLAB](#) project within the [EUTOPIA](#) Alliance.

The [training sessions](#), conducted by UPF's Department of Communication professors, Chris Tulloch and Aleix Martí, alongside journalists Cristina Figueras and Irene Tortajada from Verificat.cat, were designed to equip the [UPF Senior](#) programme students with the skills to detect false information and fake news online. This effort is part of the broader [SUM](#) (Seniors United against Misinformation) project, which develops tools to help older people navigate the overwhelming amount of information on the internet and social media.

During the workshops, attendees discussed the various ways they receive information, highlighting WhatsApp as a primary source. They also noted the prevalence of phishing messages that attempt to steal confidential information, such as passwords and financial data. The program not only focuses on identifying dubious claims but also empowers individuals to train their peers in fake news detection. After the sessions, participants were encouraged to volunteer in community centers, public institutions, and among their social circles and friends to spread their newfound knowledge and tools.

The training sessions were part of the FLECSLAB project - a roadmap for a more inclusive approach in meaningful international learning processes. This initiative acknowledges the limitations of current higher education models to accommodate lifelong learning students and expands the work of learning communities towards international connectedness of best practices in active learning and aging. The FLECSLAB project falls within the broader EUTOPIA Alliance that involves 10 European universities that aim to shape the future of higher education in Europe through academic freedom, excellence, sustainability, responsibility, cooperation, and openness.

Correspondence can be sent to Ieva Stončikaitė, PhD ieva.stoncikaite@upf.edu



THE UNIVERSITY
OF BRITISH COLUMBIA
Okanagan Campus



NIMBL & Age Friendly UBC Okanagan celebrates Brain Awareness Week 2024

On March 15, 2024, The Neuroplasticity, Imagery, and Motor Behaviour Laboratory (NIMBL), under the leadership of Dr. Sarah Kraeutner within the Department of Psychology at UBC Okanagan, orchestrated a series of impactful events dedicated to advancing on-campus brain health research initiatives. These events were designed to underscore the importance of community-based involvement and knowledge dissemination.

The agenda featured an array of activities, including open-house lab tours showcasing the diverse research endeavors of 14 on-campus research groups. This initiative served to spotlight the breadth and depth of ongoing research endeavors at UBC Okanagan. Additionally, the keynote address by Dr. Daryl Wile from the Southern Medical Program at UBC Okanagan centered on the pivotal role of exercise in bolstering brain health, particularly in the context of addressing conditions such as Parkinson's Disease.

The event drew an impressive attendance of over 200 individuals and garnered notable coverage from local media outlets, thereby amplifying its reach and impact. Notably, the event was tailored with a focus on the aging population, recognizing their heightened vulnerability to many of the neurological conditions under discussion.

In summation, the NIMBL-hosted UBC Okanagan Brain Awareness Week event exceeded expectations, serving as a catalyst for heightened awareness, engagement, and collaboration with the older adult demographic. This concerted effort aligns seamlessly with the overarching objectives of promoting brain health and well-being while upholding the principles of Age Friendly University initiatives.

Relevant Links

<https://thenimbl.com/> <https://smp.med.ubc.ca/>
<https://ok.ubc.ca/> <https://aginginplace.ok.ubc.ca/>

Call for Updates and Content

We invite faculty, staff, and students from institutional members to contribute short pieces of 500 words or less for inclusion in our newsletter. This is a great opportunity to share insights, experiences, and news with our community. Whether you have a research highlight, a personal story, or an announcement, we welcome your submissions and look forward to featuring diverse voices and perspectives in our upcoming edition. E-Mail Info@AFUGN.Org for more information.



Be sure to follow the [AFU GN](#) on LinkedIn.

Want to engage with others in this space? Join our [AFU GN Group](#) on LinkedIn.

Updates from the Secretariat

News To Share?

Updates To Share? We welcome Material for the Monday Member Minute. Submit updates by the 18th of each Month.

[Submit Updates](#)

The Age-Friendly University Global Network Secretariat has available a host of resources to assist your journey as an Age-Friendly University. These include:

- [Updates and Revised Logos](#)
- [Style Guide](#)
- [Institutional Member Member Resource Page](#)
- [Zoom Backgrounds](#) & more.

Is there something missing? [Let us know!](#)



Are Your AFU Champions Up To Date?

We welcome institutions to invite their colleagues to sign-up for the AFU GN Newsletter. You can do so by visiting our [website](#).

The Age-Friendly University Global Network relies on volunteers and your generous support. [Donate Today](#) to help us make 2024 our best year yet.

Secretariat Services: The Secretariat is available to meet regarding questions relating to the Age-Friendly University Global Network, including meeting with prospective member institutions, providing quotes for news stories, and presentations/webinars. [Reach out today.](#)

The [Age-Friendly University Global Network](#) is committed to promoting and supporting an inclusive approach to healthy and active aging across the lifespan. The Ten Principles of an Age-Friendly University set a framework for higher education institutions to embrace age-friendly practices. Since 2012, over 110 universities across five continents have embraced the principles.

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