

You are receiving this newsletter because you have expressed interest in news about the MIRA | Dixon Hall Centre. We're excited to share what we've been up to over the last 6 months!



## A Message from the MIRA | Dixon Hall Centre's Scientific Director and Dixon Hall's Director of Seniors Services

Over the past six months, the MIRA | Dixon Hall Centre has continued to thrive as a unique partnership, bringing together interdisciplinary aging research and community connections to optimize the well-being of older adults in Toronto's Downtown East. As we reflect on our recent progress, we are especially proud to celebrate a major milestone: the five-year anniversary of our Centre, established in 2021 to bridge the gap between research expertise and deep community experience. This milestone year has been marked by significant growth, collaboration and community engagement.

Our Snacks and Science series remain a cornerstone of our community engagement and knowledge mobilisation efforts. Recent sessions featured Dr. Anthony Levinson who led an impactful session on anxiety and depression in older adults, and Dr. Luciana Macedo for a timely and well received session on living well with chronic pain. This spirit of learning and collaboration extended to the MIRA & Labarge Knowledge Exchange in Hamilton, where our team joined researchers and community partners to celebrate a decade of progress in aging research and knowledge mobilization at McMaster.

The Community Advisory Group (CAG) continues to be at the heart of our work. Over the last six months, they have been instrumental in engaging with researchers, voicing critical concerns, and providing valuable feedback grounded in their lived experiences. We are excited to have officially launched the Moving Together program at 585 King St E this past March. This MIRA | Dixon Hall-led initiative which combines fitness, education, and social connection has had a strong start thanks to the support of our dedicated peer leaders. Additionally, our "Setting Priorities for Research on Aging Project" held its first steering committee meeting in November, generating valuable insights that will help inform our future focus groups.

Another exciting achievement has been the completion of the first final three-year follow-ups for participants in the MacM3 study. This marks a major milestone for our wearable technology and mobility project, and we look forward to sharing more about the study's progress and impact later this year at a public event. We also launched the HCP@clinic at a Toronto Seniors Housing building in Toronto. Residents are accessing an on-site nurse, health assessor and peer workers. They are also benefiting from referrals to other programs and services.

Thank you for your continued curiosity, partnership and commitment to building communities for aging better. We are honored to have you on this journey with us!

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## About the MIRA | Dixon Hall Centre

**5**  
Years of Partnership  
between MIRA & Dixon Hall  
(est. 2021)

By the  
numbers

**550+**  
study participants  
recruited for studies like  
MacM3, EMBOLDEN  
and HCP@Clinic



**65+**  
MIRA researchers  
connected with the Centre  
through research studies  
and presentations

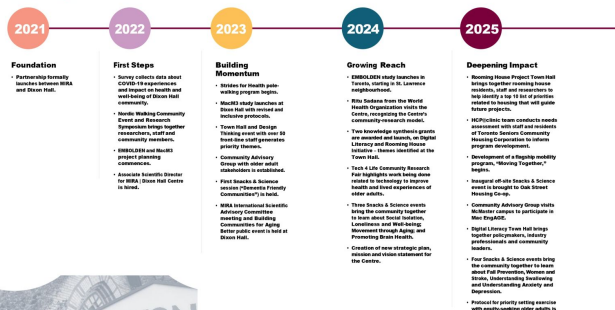


**12**  
Community Advisory  
Group (CAG)  
members  
co-designing projects and  
guiding priorities



**850+**  
Attendees  
at public outreach events  
such as Snacks & Science  
and Town Halls

#### MIRA | Dixon Hall Centre Timeline of Impact



## MIRA | Dixon Hall Centre Projects

### EMBOLDEN Study

On November 20, 2025, the EMBOLDEN research team held a community event at Dixon Hall. This was a great opportunity to report back research results to EMBOLDEN participants and general community members who attended. There were over 40 people in attendance. Participants who were in the EMBOLDEN program experienced:

- Improved physical activity
- Health literacy
- Improved mobility
- Increased socialization and social interactions

### McMaster Monitoring My Mobility (MacM3) Study

We reached a significant milestone for the MacM3 study in March, with the first few participants completing their 3-year (final) follow-up assessment. We are so grateful to all the 345 MacM3 participants from MIRA | Dixon Hall who have made this project such a success! We look forward to hosting an event to report some early results to the participants in the second half of this year.

### HCP@Clinic

HCP@clinic is an adaptation of the community paramedicine at clinic (CP@clinic) program – an evidence-based chronic disease prevention, management, and health promotion program that seeks to improve older adults' health and quality of life, reduce social isolation, and connect them with community resources. The HCP@clinic launched on April 16th in a Toronto Seniors Housing building in the Downtown East. As part of this clinic, participants can visit a nurse, health assessor and peer workers within their own building to get help with:

- Blood pressure monitoring
- Managing diabetes
- Building social connections
- Accessing transportation
- Food access and community resources
- Opportunities for social interaction and engagement with others

## Moving Together



We are pleased to announce that we've officially launched our Moving Together program at King Street East, Toronto. Moving Together is MIRA | Dixon Hall Centre's flagship mobility program designed and implemented with the help of peer leaders from the community. It is a 12-week program that includes exercise, health education, and a healthy snack. Thank you to our dedicated volunteer peer leaders, Femmie, Faye and Hilde, whose support has contributed to the success of the program so far!

## Setting Priorities for Research on Aging



On November 17, 2025, we held our first steering committee meeting for the "Setting Priorities for Research on Aging" project. Our group of 14 members reviewed the Terms of Reference and engaged in a lively discussion regarding concerns and challenges faced by older adults in the Downtown East Toronto community. The conversation generated valuable insights into key topics and areas of focus, which will directly inform the development of questions for upcoming focus groups.

## Spotlighting the Community



Eileen



Stacey



Marien



Faye



Cynthia



Tracy



Hilde



Fennie



Angelina



Angela



Liz

## MIRA | Dixon Hall Centre Updates

### The Community Advisory Group

The Community Advisory Group (CAG) is made up of 11 older adults and 2 Dixon Hall staff who help shape the work of the MIRA | Dixon Hall Centre. Over the past six months, the group has been busy reviewing projects like Moving Together and Priority Setting, helping plan Snacks and Science, raising concerns about public transit, meeting with McMaster researchers, and supporting the Centre's outreach efforts.

We're excited to welcome Liz Greaves as our newest member! Liz will be a great addition as we continue to grow our projects and research.

The CAG plays a key role in making sure our work reflects what really matters to the community. We're so grateful for their time and input, and proud of what we've built together. Here's what our members have to say:

- An overwhelming 88% of members shared that they feel "valued" through their involvement in the CAG and the work they contribute.
- Over three-quarters of members (78%) feel they have a "direct say" in shaping research projects at the Centre.
- "Communication" and "Community-building" are the top skills our members have developed through their time with the group.

When reflecting on what the CAG is doing particularly well, members highlighted:

- "Sharing ideas, opinions and suggestions"
- "Giving the opportunity to hear and share ideas that affects us at CAG and being able to relay information of what is going on in our community"

When reflecting on areas for improvement:

- The major theme revolved around accessibility, ensuring clear and thorough communication in CAG interactions.

We value their input and are dedicated to fostering a more inclusive environment through clearer and more intentional communication.

### Research Contacts Database

The MIRA | Dixon Hall Centre is creating a list of individuals who may be interested in participating in future research studies, either at Dixon Hall or in collaboration with McMaster University. By giving your consent, you agree to be contacted by a Dixon Hall or MIRA staff member to see if you'd like to take part in a research study. Joining the list does not mean you're automatically enrolled in any study. You'll simply be contacted if an opportunity arises, and you're always free to say no.

Your personal information will remain confidential and will not be shared outside of McMaster or Dixon Hall. There is no cost or payment involved, and being on the list won't impact any services you currently receive. Participation is entirely voluntary, and you can ask to be removed from the list at any time. Even if you decide to opt out later, your information will continue to be handled with full confidentiality.

If you are interested in joining this list, please [click here](#) to fill out the form or use this link:

<https://macreal.mcmaster.ca/surveys/?s=NPWRR9XDPWTF9K3J>

Or Feel free to reach out to **Tajwar Arnab** at [miradh@mcmaster.ca](mailto:miradh@mcmaster.ca) or **647-598-2119** for a paper copy of the form.

## MIRA | Dixon Hall Centre Events

### MIRA & Labarge Knowledge Exchange 2025



On December 4, the Loft at McMaster University hummed with connection and shared purpose as researchers, trainees, and community partners gathered for the annual MIRA & Labarge Knowledge Exchange. The event marked a decade of progress in aging research and looked ahead to the next chapter for the McMaster Institute for Research on Aging (MIRA).

A highlight of the gathering was Carol Lee's presentation alongside Joanna Sinn, where they shared insights from the MIRA | Dixon Hall Rooming House Project with an interdisciplinary audience of experts, sparking thoughtful discussion and engagement.

### Snacks & Science

Snacks & Science events are engaging learning and discussion sessions for the community, led by experts from the McMaster Institute for Research on Aging (MIRA). Each session focuses on a different aging-related topic, chosen based on community interests and needs.

These events create a welcoming space for community members (older adults, caregivers, service providers and staff) to learn, connect, and engage with research and each other. The events begin with snacks and mingling, followed by a presentation from a McMaster researcher. Attendees are encouraged to ask questions and participate in discussions that support a deeper understanding of how to age well.

### Understanding Anxiety and Depression in Older Adults



On November 26, community members gathered at the MIRA | Dixon Hall Centre for Snacks & Science, "Understanding Anxiety and Depression in Older Adults." The afternoon began with snacks and friendly conversation before a helpful talk from Dr. Anthony J. Levinson, psychiatrist and Professor at McMaster University.

Dr. Levinson spoke about how anxiety and depression can show up in older adults, why the signs are sometimes missed, and what can help. He shared simple, practical information about recognizing symptoms, understanding possible causes, and finding the right support, including free online programs at [UnderstandingAnxiety.ca](https://www.understandinganxiety.ca) and [UnderstandingDepression.ca](https://www.understandingdepression.ca).

The recording of this event is available at the link provided [here!](#)

## Living With Chronic Pain



On April 16, community members gathered at the MIRA | Dixon Hall Centre for one of our most well-attended and successful Snacks & Science events, focused on understanding and managing chronic pain. Over 85 participants joined us, enjoying snacks and conversation before an engaging talk by Luciana Macedo, physical therapist and professor at the McMaster University School of Rehabilitation Science.

Luciana shared insights on musculoskeletal pain and offered practical approaches to support everyday function and independence. The session explored ways to better understand pain, manage symptoms, and stay active over time, with helpful strategies that participants could apply in their daily lives.

## Community-Engaged Research Conference



On March 26th, 2026, Tajwar Arnab, Research Assistant at the MIRA | Dixon Hall Centre, attended the Community-Engagement Research Conference held at McMaster Centre for Continuing Education in Downtown Hamilton. This was an amazing opportunity to share about our Snacks and Science initiative and all its positive impacts in our community, while learning about other similar initiatives that work to strengthen and connect community members.

**Pitch Your Project Event: Share why your research matters—and who it's for**



The CAG attended a “Pitch Your Project” event in Hamilton, which is an annual, three-minute thesis-style event hosted by the McMaster Institute for Research on Aging (MIRA) Trainee Network. It challenges undergraduate, graduate, and postdoctoral trainees to communicate their aging-related research in plain language. The event brings together students, researchers, and older adult community members to foster networking, knowledge exchange, and science communication.

## UPCOMING SNACKS AND SCIENCE: Finding Online Health Information You Can Trust



**Public talks on healthy aging**

**Finding Online Health Information You Can Trust**

Join **Dr. Milena Head**, Professor of Information Systems at **McMaster University** for a **discussion on:**

- The science behind misinformation
- How to know what information to trust
- Tips for safe, confident internet use

**June 4, 2026 | 1:00 – 3:00 p.m.**  
**Toronto Reference Library**  
**789 Yonge St, Beeton Hall**

**Special location!**

|             |                                         |                                                                                                               |
|-------------|-----------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <b>1:15</b> | <b>Presentation begins</b>              | Snacks and refreshments are provided for all participants. Ingredient lists will be available at the program. |
| <b>2:15</b> | <b>Q&amp;A</b>                          |                                                                                                               |
| <b>3:00</b> | <b>Snacks &amp; mingling (optional)</b> |                                                                                                               |

Live or automated closed captioning, sign language interpretation, intervenor services, or attendant services are available upon request. **Please submit your request at least 2 weeks in advance by scanning the QR code below.**

**It is VERY IMPORTANT TO REGISTER for this event because space is limited.**

**To register, choose one option:**  
**Scan the code with your phone's camera app >>**  
**Call 647-598-2119 or**  
**Email [miradh@mcmaster.ca](mailto:miradh@mcmaster.ca)**









Building Communities for Aging Better

In partnership with



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Join the MIRA | Dixon Hall Centre and Milena Head for a talk about:

- The science behind misinformation
- How to know what information to trust
- Tips for safe, confident internet use

Dr. Milena Head is a Professor of Information Systems, Wayne C. Fox Chair in Business Innovation and Director of the McMaster Digital Transformation Research Centre and Executive MBA program at McMaster University's DeGroote School of Business. Her research focuses on digital transformation and human-computer interaction, with an emphasis on how people use—and sometimes misuse—technology.

Her work advances equity and inclusion in the digital age, exploring how marginalized groups, including older adults, engage with technology to help bridge digital divides.

Live or automated closed captioning, sign language interpretation, intervenor services, or attendant services are available upon request. Please submit your request at least 2 weeks in advance to: [tpl.ca/accessibility-events](http://tpl.ca/accessibility-events).

Snacks and refreshments are provided for all participants. Ingredient lists will be available at the program.

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We'd love to connect! Feel free to reach out to **Tajwar Arnab** at [miradh@mcmaster.ca](mailto:miradh@mcmaster.ca) or [647-598-2119](tel:647-598-2119).

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*Living and working on the [traditional territory](#) of the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples among others*