



# AGING & GEROPSYCHOLOGY NEWSLETTER

Fall 2025 Edition II  
November 2025



AGING

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[HTTPS://CPA.CA/SECTIONS/AGINGANDGEROPSYCHOLOGY/](https://cpa.ca/sections/agingandgeropsychology/)



CANADIAN  
PSYCHOLOGICAL  
ASSOCIATION  
SOCIÉTÉ  
CANADIENNE  
DE PSYCHOLOGIE

November 25, 2025



## Welcome back to the Aging & Geropsychology Newsletter!

We are pleased to share this new edition with our growing community of now **93 members strong!** Together, we continue to strengthen connections among professionals, researchers, and students dedicated to advancing psychological research and practice for older adults.

In this issue, you will find section **updates, upcoming events, training and funding opportunities, and highlights of innovative research and practice across Canada and beyond.** As our network expands, we look forward to celebrating members' contributions and continuing to foster collaboration, learning, and advocacy in the field of aging and geropsychology.

### What to expect in this edition?

1. **Building Connections:** Mentorship Program and Aging Professionals List
2. Meet the **Team**
3. **Submit your** CPA conference abstracts by December 4
4. **Spotlight on Practice:** Highlighting Professional Members
5. **Student Voices:** Featuring Student Members and Their Work
6. **Advancing the Field:** Special Topics in Aging Research
7. **Apply Now:** Student Funding Opportunities

**REMINDER:** Submit your CPA conference abstracts by **December 4, 2025 (23:59 EST)**

<https://secure.cpa.ca/Apps/Membership?returnUrl=%2Fapps%2FPages%2Fabstract-submissions>

Thank you for being part of this community!

-The Editors (Student Representatives)

Li-elle Rapaport, University of Manitoba

Michael Ruderman, York University

Jennifer Meszaros, University of Victoria



# MEET THE TEAM

We'd like to introduce the individuals supporting the Aging & Geropsychology section 2025-26:

## Dr. Natasha Gallant (Chair)

Natasha.Gallant@uregina.ca  
Assistant Professor and Canada Research Chair in Aging and Long-Term Care, Department of Psychology, University of Regina



## Dr. Colleen Millikin (Past-Chair)

cmillikin@sbggh.mb.ca  
Clinical psychologist & neuropsychologist, Winnipeg, MB; Assistant professor, Dept. of Clinical Health Psychology, Rady Faculty of Health Sciences, University of Manitoba



## Dr. Katherine Buell (Secretary)

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Clinical & Counselling Psychologist, M.K. Buell Psychology Professional Corporation, Kingston, ON



## Dr. Marla Morden (Treasurer)

Marla.Morden@viu.ca  
Professor, Vancouver Island University, tiwšemawtxw Campus, Powell River, BC



## Dr. Sandra Belfry (Member-At-Large)

sbelfry@lifespanspsych.ca  
Clinical Neuropsychologist & Psychologist  
Director Healthy Aging & Dementia Clinic  
Director Women's Menopause & Brain Health Clinic  
Lifespan Psychological & Neuropsych Services  
Founder, Menolink: Connecting the Dots



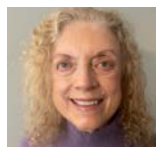
## Dr. Marnin Heisel (Member-At-Large)

Marnin.Heisel@lhsc.on.ca  
Professor, Departments of Psychiatry and of Epidemiology & Biostatistics, Schulich School of Medicine & Dentistry, Western University



## Dr. Peggy Koopman (Member-At-Large)

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Retired UBC professor, Psychology; Private practice in Forensic Psychology (Family Law and Criminal Law), Vancouver, BC



## Ms. Li-elle Rapaport (Student Rep)

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Doctoral Candidate, Department of Psychology, Faculty of Arts, University of Manitoba



## Ms. Jennifer Meszaros (Student Rep)

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Undergraduate Student, Faculty of Social Sciences/ Psychology, University of Victoria



## Mr. Michael Ruderman (Student Rep)

ruderman@yorku.ca  
Doctoral Candidate, Department of Psychology, Faculty of Health, York University



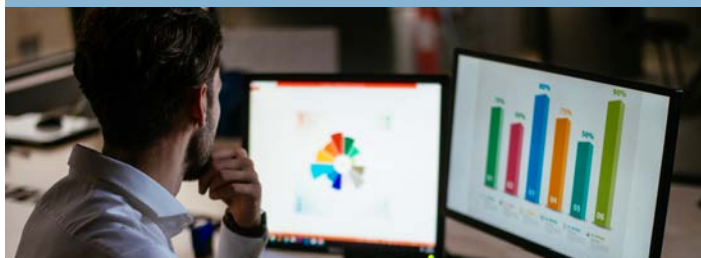
# New this Year: Compiling a List of Aging Researchers & Clinicians

We are creating a comprehensive list of aging researchers across Canada.

This resource could be used to foster research collaborations, find dissertation committee members, and suggest external reviewers during journal submissions.

Please add your name to the spreadsheet, and circulate to those in your networks:

Click [HERE](#) to add your name!



## Special Announcement

- **Post-doc position available NOW** (or at the end of the academic year), for 1 year, with opportunity to extend
- **Meaningful Living Lab**, Western University, with **Dr. Marnin Heisel**
- Inquire at [Marnin.Heisel@lhsc.on.ca](mailto:Marnin.Heisel@lhsc.on.ca)



# Introducing our new Mentorship Program!

If you are planning to attend this year's 2026 CPA meeting in Montréal, we warmly invite you to participate in our new CPA Geropsychology **Mentorship Program**—an initiative designed to **strengthen connection, collaboration, and growth** across the diverse landscape of geropsychology.

We are seeking mentors to share their expertise, insights, and guidance with the next generation of psychologists and researchers. Your participation would help foster an inclusive community that bridges disciplines and career stages!

## Expectations for Participation

**Mentors (and mentees) are encouraged to:**

- Meet at least once before the conference, in person or virtually.
- Attend an in-person mentoring social event at the CPA conference

## Mentor–Mentee Matching

Pairings will be made based on shared interests, strengths, and goals. We strive to ensure meaningful and productive connections!

**Your involvement as a mentor can have a lasting impact**—both for your mentee and for the vitality of our professional community.

If you are interested in serving as a mentor, please email **Jennifer Meszaros** at [jmeszaros@uvic.ca](mailto:jmeszaros@uvic.ca)

**Thank you for helping us make this inaugural year of the CPA Mentorship Program a success.** We look forward to your participation in this exciting new chapter of CPA mentoring!

## Who Can Be a Mentor?

**We welcome anyone with a PhD or equivalent:**

- Postdoctoral fellows
- Faculty members
- Clinicians
- Industry professionals
- Senior researchers

## Program Goals

**The CPA Geropsychology Mentorship Program aims to:**

- Promote cross-disciplinary connections and mentorship within the geropsychology community
- Support trainees and early-career members in navigating their professional paths
- Build peer support and belonging among mentees
- Foster equity, inclusion, and sustained professional growth for all participants



# Upcoming Funding & Scholarship Opportunities

The Aging & Geropsychology Section offers Student Presentation Awards to recognize student achievements and promote sharing student research. Each year, three awards of \$250 are available to student members presenting work related to aging and geropsychology. One of these awards is reserved for presentations accepted by the Aging & Geropsychology Section. Students are eligible for one award per year and a maximum of two awards during their academic career.

To apply, students must email the section chair by June 2, 2026 with their attendance confirmation, student membership status, and university affiliation. Presentation award applicants should also include proof of presentation acceptance. Awards are reimbursed after the convention. Applications should be sent to **Dr. Colleen Millikin (past-chair)** at [cmillikin@sbgh.mb.ca](mailto:cmillikin@sbgh.mb.ca).

**For more information, please visit this link:**

<https://cpa.ca/sections/agingandgeropsychology/aging-and-geropsychology-section-studentpresentation-awards/>  
**We look forward to reviewing your applications!**

## Special Announcement

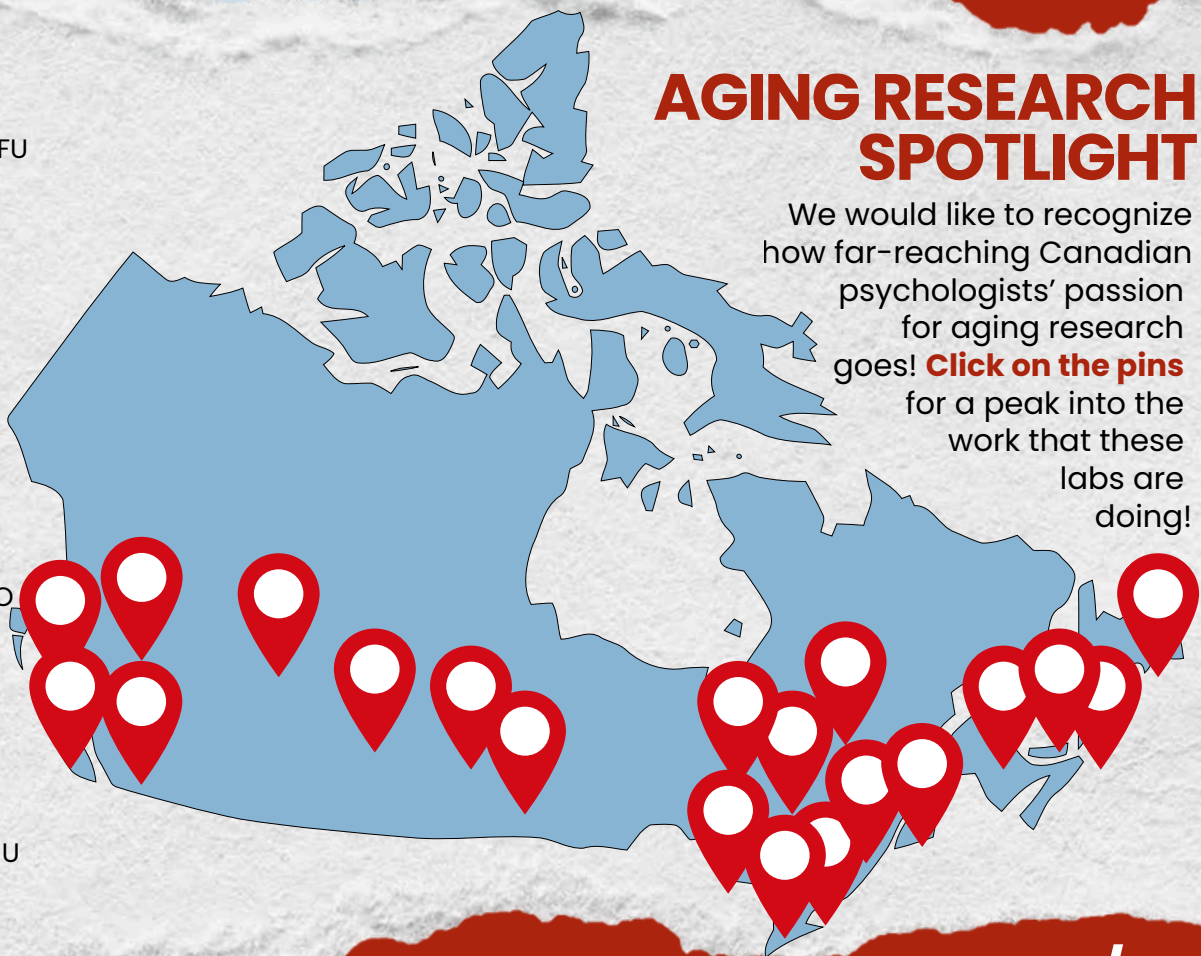
- A Section on Suicide Prevention is in development!
- Those interested in supporting this important cause, **click the petition link below to support!**
- <https://cpa.ca/machform/view.php?id=157914>



## AGING RESEARCH SPOTLIGHT

We would like to recognize how far-reaching Canadian psychologists' passion for aging research goes! **Click on the pins** for a peak into the work that these labs are doing!

- BC:** Cognitive Aging Lab - SFU  
UPLIFT Health Lab - UBC  
Amer Lab - UVic  
IALH - UVic
- AB:** VLS Lab - UA
- SK:** ARC Lab - UR
- MB:** Aging & MH Lab - UM  
Health Info Exchange - UM
- ON:** Geras Centre for Aging Research - McMaster  
Schlegel - UW RIA - UW  
Cognitive Aging Lab - TMU  
StAR Lab - TMU  
Zwar Lab - BrockU  
Meaningful Living Lab - UWO
- QC:** Douglas Research Centre - McGill  
Centre for Research on Aging - Concordia
- NB:** Aging in NB - STU
- NS:** Nova Scotia Centre on Aging - MSVU
- NL:** Aging Research Ctr. - MU  
CAAN Lab - MU
- PE:** AgeStrong Lab - UPEI





Got an idea for our next newsletter, have news to share, OR want your aging research to be featured? **Send us a note** at [rapaporl@myumanitoba.ca](mailto:rapaporl@myumanitoba.ca), [jmeszaros@uvic.ca](mailto:jmeszaros@uvic.ca), or [ruderman@yorku.ca](mailto:ruderman@yorku.ca)

## Special Topics in Geropsychology

Recent Aging and Geropsychology research has highlighted key topics including:

- **Disability and rethinking successful aging:** The concept of successful aging has been criticized for criteria of success that overlook those aging with and into disability. Work with older adults aging with disability explores how they understand success in aging, and how it coincides with and differs from academic understandings.
- **Social robots and ethics:** Social robots are increasingly being used in long-term care to support older adults with mental health challenges. Engaging important ethical questions, researchers advocate for an equity-focused approach to facilitate the appropriate use of social robots.
- **Improving community research for Black older adults:** Researchers are exploring how cognitive training programs and lifelong learning activities may help older adults maintain brain health. Engaging in mentally stimulating activities and education programs may slow down cognitive aging and improve emotional well-being among seniors.
- **Posttraumatic growth in older adults:** Older adults are vulnerable to challenging life experiences, including loss and challenges with physical health. Researchers are exploring what characterizes and leads to posttraumatic growth in older adults, finding diversity of experiences and importance of social processes.
- **Wellbeing and memory function longitudinal study:** In a 16-year study, higher wellbeing was linked to better subsequent memory performance, but memory did not predict later wellbeing, suggesting wellbeing may help protect memory in aging.
- **Physical activity and religiosity moderates resilience and mental health in older adults:** Higher resilience has been linked to better mental health, with physical activity and religiosity jointly moderating this relationship.
- **Mixed method intervention for older adults' loneliness using a social connectivity app:** A 4-week trial of a social-awareness app use for older adults showed significantly reduced depression by promoting positive re-appraisals of social relationships, though more research is needed to determine effects on loneliness and anxiety.
- **Internet usage and depression in older adults:** In high-income countries, a comprehensive study found that internet use reduces depression among older adults, primarily by enhancing social interaction, physical activity, intergenerational contact, and educational access. Stronger effects were found in urban and 'well-connected' internet regions.

Click each heading to read the full article