



Your Impact in Action

GERIATRICS & HEALTHY AGING

Our thanks

Dear friends,

It is a privilege to write to you in my first year as Geriatrics Site Lead at Sinai Health. Canada is on the cusp of becoming a “super-aged” society and the work we do here — supported by your generosity — is shaping how we meet that challenge.

Our geriatrics program is built on a proud legacy of innovation and excellence. I am deeply grateful to Dr. Samir Sinha, whose more than a decade of visionary leadership strengthened our reach, impact and global reputation. I am also honoured to lead our Section of Geriatric Medicine with my colleague Dr. Richard Norman, who is Site Lead for Geriatric Medicine at the University Health Network. I look forward to building on this foundation, working alongside our extraordinary team to ensure older adults receive the compassionate, expert care they deserve.

This report shares highlights from the past year in care, research and education — from advancing research on caregivers’ needs and well-being, to expanding clinical capacity, to training the next generation of leaders in geriatric medicine. Your generosity is behind every achievement, making it possible for us to improve the lives of older adults and their families every day.

Thank you for your trust and support as we continue to push the boundaries of what’s possible in care for older adults.

Sincerely,

Dr. Nathan Stall
Geriatrics Site Lead, Sinai Health

P.S. If you’d like to learn more about my vision for the future of geriatric care at Sinai Health, you can [read my interview here](#).



Leading excellence in care

Philanthropy is helping transform how we deliver care for older adults — from creating bright, accessible clinical spaces to embedding innovative care models across our programs. These advances ensure every patient receives care that is personalized, coordinated and delivered with dignity.

Dr. Paula Rochon joins Sinai Health as new Research Chair

This year marked a major milestone for our geriatrics program with the appointment of **Dr. Paula Rochon** as the inaugural **Dr. Barry J. Goldlist Chair in Geriatric Medicine**. This achievement was made possible by the generosity of donors whose support completed the fundraising for this prestigious position — one of only a handful of endowed chairs in geriatric medicine in Canada.

The Chair honours the remarkable career of Dr. Barry J. Goldlist, a pioneer in Canadian geriatrics whose leadership shaped the field nationally and internationally. Dr. Goldlist retired at the end of June 2025 after decades of service as a clinician, leader, teacher and mentor at Mount Sinai Hospital and the University of Toronto, leaving an enduring legacy of innovation and excellence in care for older adults.

Dr. Rochon is an internationally recognized clinician-scientist with a special research focus on improving health outcomes for older adults, particularly women. She has published more than 400 peer-reviewed papers in leading medical

journals, including *The Lancet*, *BMJ*, *Annals of Internal Medicine*, *JAMA* and *JAMA Internal Medicine*. She is also one of Canada's top 500 cited researchers in medicine. Her work has been instrumental in shaping more inclusive, evidence-informed health systems for older adults across Canada and beyond.

In addition to her role as Chair, she is the inaugural Research Director of the **Weston and O'Born Centre for Mature Women's Health**, where she will be transforming how health care is delivered to older women.

As Chair, Dr. Rochon will have the dedicated time and resources needed to focus fully on her research, mentor emerging leaders in geriatric medicine, and foster collaborations across disciplines and institutions. Her leadership will accelerate innovative research, inform health policy and ensure that older adults, especially women, receive the compassionate, evidence-based care they deserve.

[Learn more here.](#)



New Ambulatory Care Centre transforming the patient journey

Last year, we were pleased to welcome patients and caregivers to the new **Ambulatory Care Centre**, which is transforming outpatient care with state-of-the-art facilities made possible through donor support. The new space begins with an efficient check-in process, designed for a smooth start to patient care.

“These new ambulatory pods are truly patient-friendly – designed for older adults, their caregivers and family members who accompany them to clinic,” says Dr. Nathan Stall, Geriatrics Site lead at Sinai Health.

The reconfigured space offers a one-stop location for lab tests, doctors’ appointments and follow-up care across Geriatrics, Respiriology, Inflammatory Bowel Disease, Obstetrical Medicine, General Internal Medicine and more – making care easier to access, with services centred around the patient’s needs.

“These are bright spaces, they have wide thoroughfares, and they have fully accessible equipment, which is really important for older adults who often come with mobility, cognitive or sensory issues,” Dr. Stall explains.

Part of Renew Sinai, the transformation of Ambulatory Care – where the Geriatrics program provides many of its services – was made possible by philanthropy.

Geriatrics outpatient care in 2024

- **458** unique patients supported
- **843** patient appointments/ interactions – including phone follow-ups by geriatric clinical nurse specialists
- New appointments last **1.5–2 hours**; follow-ups last **45–60 minutes**
- Comprehensive, individualized assessments designed to address the complex needs of older adults and their families and caregivers

Caring for caregivers

Thanks to philanthropy, the **Cyril & Dorothy, Joel & Jill Reitman Centre for Alzheimer's Support and Training** is transforming how caregivers are supported. Its award-winning CARERS Program gives caregivers the skills and confidence to help people living with dementia remain at home longer. The Centre's innovative models have been replicated across Canada, reducing isolation and strengthening community connections for older caregivers.

[Learn more.](#)

MAUVE volunteers enrich care for older patients

Thanks to donor generosity, the **Maximizing Aging Using Volunteer Engagement (MAUVE)** program is transforming the hospital experience for older inpatients. Developed in partnership with geriatrics, nursing, social work, occupational therapy and volunteer services, MAUVE trains volunteers to provide specialized support to those who are most vulnerable or living with complex health needs.

Since its relaunch during the pandemic, MAUVE has grown to more than 170 volunteers supported by dedicated staff. Volunteers now provide bedside visits, structured activities to help prevent delirium, mealtime support, music and pet therapy, and even weekly painting groups in collaboration with the University of Toronto.

These efforts not only brighten the hospital stay, they also help older patients recover faster and return home safely. Twice honoured with the **Ada Berney Award**, MAUVE demonstrates how volunteer energy, paired with donor support, can meaningfully improve the lives of patients and their families.





Inventing the future of geriatric care

Thanks to donor generosity, Sinai Health's geriatrics program is leading research that addresses the most pressing challenges of aging — from improving caregiver well-being and advancing health equity to preparing older adults for the impacts of climate change.

A record-breaking year for research funding

The geriatrics research program achieved a record year for grant funding, leveraging the foundational support of donors to secure more than **\$12 million** in competitive research funding. This exceptional success reflects the calibre and innovation of our team, whose work spans the full spectrum of aging-related health challenges.

In addition to their research achievements, Sinai Health's geriatrics experts are highly sought after as thought leaders, delivering **261 presentations, receiving 48 awards and publishing 292 peer-reviewed papers** in leading journals. This national and international recognition underscores the program's influence and its role in shaping the future of geriatric care. Philanthropic investment directly supports this research.

Advancing research in caregiving

Our team is expanding its research on **unpaid family caregiving**, recognizing it as essential to supporting older adults and sustaining families. Current projects focus on **dementia caregiving**, addressing the needs of **health-care providers who also provide unpaid care**, and developing **innovative palliative care models in rural settings** to better support caregivers and those they care for.

By studying both patient and caregiver experiences, our researchers are identifying strategies that can reduce stress, improve care coordination, and ensure caregivers receive the recognition and resources they need. These insights will guide new programs and policy recommendations, creating a stronger and more sustainable system of care for Canada's aging population.

Championing equity in geriatric care

Sinai Health's geriatrics researchers are advancing projects that address the unique needs of underserved populations. Current studies explore **HIV and aging**, **language barriers in dementia care**, **heart failure in unhoused populations**, and the development of an **anti-discrimination-informed curriculum** for geriatric training.

This work addresses barriers that prevent some older adults from getting the care they need. By generating evidence and translating it into clinical practice, the team is working to ensure older adults receive care that is inclusive, culturally responsive and free from discrimination – regardless of background, identity or socioeconomic status.

Protecting older adults in a changing climate

Climate change poses unique risks for older adults, from heat-related illness to the impact of extreme weather on mobility and access to care. Sinai Health's geriatrics researchers are leading an international review that examines how older adults are represented – or overlooked – in national climate strategies.

This work highlights the urgent need for policies that recognize older adults as a vulnerable population in the face of environmental change. By integrating aging considerations into climate planning, our researchers aim to improve preparedness, guide public health interventions and protect the well-being of older adults in Canada and around the world.

Celebrating excellence on the international stage

Sinai Health's Division of Geriatrics continues to shine on the international stage, thanks to donor-supported opportunities to share our work with the world. Our faculty and trainees earned top honours at the 2025 American Geriatrics Society conference in May 2025 in Chicago.



Gabrielle M. Katz, a third-year medical student at the University of Toronto, received the *Clinical Student Research Award* for her study on how air conditioning can save lives during extreme heat in Ontario nursing homes. Her research will help shape how we protect older adults in care settings as climate change makes extreme heat events more frequent in geriatric medicine.

Sinai Health's Geriatrics Site Lead **Dr. Nathan Stall** was honoured with the prestigious *Health in Aging Foundation New Investigator Award* for his research on family caregivers of people living with dementia, which showed that across the Province of Ontario, caregiver distress has nearly doubled over the past decade and is linked to earlier nursing home placement and greater use of psychotropic medications – underscoring the urgent need for better support for families. His was one of three plenary presentations selected from a pool of 1,198 abstracts submitted.





Training future leaders in geriatrics

As Canada's population ages, the need for clinicians skilled in the care of older adults has never been greater. Sinai Health — home to one of the largest international geriatric fellowship programs in the country — is training physicians, researchers and allied health professionals who will help meet that need. Donor support helps us attract top talent from around the world, equipping them to make a lasting difference in the lives of older adults and their families. Our program is currently hosting fellows from Australia, the Philippines, Israel, India and Singapore.

Summer Scholars lead the way in healthy aging research

Supported by donors, our Summer Scholars Program offers an immersive introduction to geriatric medicine and research for learners at various stages of their education. This year, 12 participants — from first-year undergraduate students to first-year residents — each pursued an independent project aligned with shared program goals. Since 2011, the program has helped more than 100 students explore research and clinical opportunities in aging and geriatric medicine.

Under the mentorship of Sinai Health's geriatrics faculty, students examined topics ranging from dementia caregiving and age-related cognitive changes, to ethical questions around the use of artificial intelligence, heart failure in unhoused older adults, medication use and climate change policy for aging populations. Weekly seminars and peer feedback sessions fostered collaboration and critical thinking, while final presentations allowed participants to share their findings.

By engaging future health professionals early, the Summer Scholars program builds knowledge, skills and commitment to improving care for older adults.



“As a physician from the northern periphery, I deeply understand the importance of strengthening medical services in underserved areas. I am proud to return home equipped with new tools and perspectives to help improve care for older adults in my community.”

Dr. Nitzan Segal

Bringing geriatrics where it's needed most

Philanthropy helps Sinai Health prepare future leaders in geriatric medicine at a time when they are scarce and the population of older adults is growing worldwide. Sinai Health is home to one of the largest geriatric fellowship programs in Canada, having hosted more **than 30 Canadian and international clinical fellowships** since 2016.

Among them is **Dr. Nitzan Segal**, who came to Sinai from an under-resourced region in northern Israel. Thanks to donor support for our fellowship program, she will return home with specialized skills and training to help lead a new rehabilitation centre, and launch specialized programs in geriatric oncology and preoperative assessment.

20 **geriatricians**, the largest number in any Geriatrics program in Canada

4 **fellows** trained annually, enhancing care at Sinai Health and around the world

12 **students** attend our Summer Scholars Program each year, fostering commitment to caring for older adults at an early age

Thank you

Thanks to you, the past year has been one of transformation for Sinai Health's geriatrics program – from welcoming patients into bright, accessible spaces to advancing research and preparing the next generation of geriatric leaders. Your support fuels every step forward, ensuring older adults receive the care, respect and innovation they deserve. Together, we're building a future where healthy aging is possible for all.



See what care can do.

For more information, please contact:

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