



Hôpital général juif  
Jewish General Hospital

**ANNUAL REPORT**

**DIVISION OF GERIATRIC MEDICINE**

**JEWISH GENERAL HOSPITAL**

**January 1 – December 31, 2020**

**Ruby Friedman, MD, FRCPC**  
**Associate Director**  
**Division of Geriatric Medicine**  
**Jewish General Hospital**

**José A. Morais, MD, FRCPC**  
**Director**  
**Division of Geriatric Medicine**  
**Jewish General Hospital**  
**and**  
**McGill University**

**May 2021**



HÔPITAL D'ENSEIGNEMENT  
DE L'UNIVERSITÉ MCGILL | A MCGILL UNIVERSITY  
TEACHING HOSPITAL

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**Annual Report  
Division of Geriatric Medicine  
Department of Medicine - Jewish General Hospital  
January 1 - December 31, 2020**

**SUMMARY**

The Division of Geriatrics cares for 58 patients on Ward CD6. This includes the 31 bed acute care unit on D6 and the 27 bed NSA (Niveau de soins alternatif) unit on C6.

The COVID-19 pandemic in March 2020 has resulted in a marked reduction of our clinical activities (see enclosed). The outpatient department was closed for several months. There was limited access to the acute care ward, as well. The Division has adapted to telemedicine and 2/3 of our outpatient visits were by telemedicine. In the previous 5 years, the clinical activities increased markedly. (See enclosed)

Responding to the high number of geriatric patients admitted to the hospital with COVID-19, the Division established a 28-bed GERICOVID unit from April 27 until June 11, 2020. The unit was under the leadership of Dr. Elise Levinoff. A dedicated multi-disciplinary team was formed. Patients were transferred from other units in the hospital after they had completed the acute care phase of their illness. The goal of care was to improve the patient's level of cognition and functioning to their preadmission level so that they could return to their home. The unit was a great success. The average age of the population was 88 years old and 88% returned to their home. The model of care was presented by Dr. Levinoff at the Jewish General Hospital's Internal Medicine Grand Medical Rounds on October 26, 2020.

We continue to fulfill the mandate of 1) delivering high-quality care to our elderly patients, 2) providing excellent teaching milieu to medical students and residents, 3) performing relevant clinical research on aging by our division members and 4) innovating in services to the elderly population. We are particularly proud of the success of the Elderly Friendly Hospital implementation program at the JGH (Approche adaptée pour personnes âgées, AAPA). We received an excellent review of the program from the Minister of Health.

The Division continues to be jointly run by Dr. José A. Morais, Director, McGill Division of Geriatric Medicine and by Dr. Ruby Friedman, JGH Associate Director.

**1. Research and publications:**

Dr Elise Levinoff's research on the prevalence and management of hospitalized orthopedic patients with delirium continues to progress.

Research in neurobiology and dementia, health services, frailty, pharmacoepidemiology, long term care, and education continue to represent the existing strengths of the Division with programs that

cross hospital, department and university lines and in some cases integrate bench-to-bedside-to population. Oncology and older persons, as well as empowering primary care to manage elderly patient with chronic diseases are emerging interests. There is increasing collaboration with colleagues from Quebec, Canada and internationally. Members of the Division lead major research programs with funding from the Canadian Institutes of Health Research (CIHR) and the Fonds de la recherche du Québec – Santé (FRQS). We continue to collaborate with Dr. Howard Chertkow, senior scientist at the Rotman Research Institute at Baycrest, and scientific director of the Canadian Consortium on Neurodegeneration and Aging(CCNA). This program coordinates the research across memory clinics in Canada and is based at the Jewish General. The list of publications and grants for our Division members are included in Section II.

## **2. Teaching and learning (undergraduate and graduate):**

*Number of degrees awarded; particular initiatives and achievements and innovations related to teaching programs; initiatives with respect to graduate supervision; and extraordinary student success stories should be included.*

Geriatrics is a mandatory rotation during the 4<sup>th</sup> year of medical clerkship. Our teaching responsibilities have increased markedly since we have 50% more medical students on rotation. This year, we had 10 residents in the Geriatric Fellowship program and in the Care of the Elderly Program (Family Medicine stream) rotating at the JGH. We also have many Family Medicine residents spending a month rotating in the Division. The student evaluations have been very good to excellent and an increasing number of students have expressed interest in geriatric medicine as a career. Those of the Residents are also very positive. These positive evaluations are a testimony to the hard work and dedication of all the teachers in our Division. An annual Prize is given to a Medical Student with a superior performance in the rotation during the Graduation Day in May of each year.

## **3. Involvement in the community:**

*Involvement in both the academic field of the unit and involvement in the larger non-academic community by either the unit or individuals (faculty, staff, and students) should be included.*

*Examples are: conferences organized; outreach programs (local, national, and international) related to the academic mission of the unit as well as volunteer activities not directly related to teaching and research.*

Some of our physicians act as consultants at Long Term Care Institutions and Rehabilitation Centers of the CSSS Cavendish and de la Montagne, in particular Donald Berman Maimonides Geriatric Centre and The Jewish Eldercare Centre.

## **4. Partnerships:**

Isabelle Lamontagne is the coordinator of the H.E.L.P. Program (Hospital Elder Life Program). This program, developed at Yale University, utilizes specially trained volunteers to assist the elderly in maintaining cognition, mobility and nutrition. This program has been in over 200 hospitals in the USA for the last 20 years. The program has been shown to reduce the incidence of delirium and to reduce length of stay. The JGH is the first hospital in Quebec and the second in Canada to implement this program. Our gratitude to the JGH Auxiliary for supporting this

program.

## **5. Milestones:**

### **Major Developments**

- H.E.L.P. Program (Hospital Elder Life Program)  
The H.E.L.P. Program has been expanded to 4 Wards in the hospital. Since the fall of 2020, students from the McGill School of Physical and Occupational Therapy are in regular attendance as part of their curriculum. Significant private funding has been requested to develop and expand the H.E.L.P. Program to every ward in the hospital.
- Formal opening of our new OPD – *The Susan and Aron Lieberman Wellness in Aging Geriatric Clinic* (January 2021)  
The clinic space is significantly expanded which will assist us in reducing wait times. We will also be able to review more cases with students and residents. We now have an important opportunity to redefine and update all of our outpatient clinics – Geriatric Assessment Clinic, Memory Clinic, Geriatric Oncology Clinic and Mobility Clinic.

## **6. New hires, promotions, and retirements:**

Dr. Elise Levinoff has assumed the role of Program Director for the Internal Medicine Residents at the Jewish General Hospital.

Dr. Olivier Beauchet has assumed a position at the Université de Montréal. Dr. Beauchet will still be attending the Falls and Mobility Clinic one day per week at the Jewish General Hospital.

The Division welcomes Dr. Cyrille Launay and Dan Liberman. Dr. Launay is undertaking a research career related to the management of older adults in the Emergency Room while providing care and teaching. Dr. Liberman has much experience in Geriatric rehabilitation and in teaching students, residents and fellows.

## **7. Honours, awards, and prizes:**

NA

## **8. Fundraising:**

We are grateful to the many donors who continue to support Division activities. We are most grateful to the Lieberman family for funding our new outpatient department which is called the Susan and Aron Lieberman Wellness in Aging Center. The Center opened partially in January 2021 with full completion in June 2021.

The Division gratefully acknowledges the support provided to the AAPA program by the Gustav Levinschi foundation. The Division mourns the loss of Anita David who through the Levinschi organization supported the AAPA program for a number of years. Many donors have supported the H.E.L.P. program (Hospital Elder Life Program) that has been expanding significantly throughout multiple wards in the hospital in the past year.

## **SECTION I - DIVISION STATUS UPDATE**

### **1. Mission and objectives of the Division**

The Mission of the Division is to provide comprehensive, compassionate, client-centered care to frail older persons and their caregivers to enhance their health and quality of life.

Our objectives are:

- To provide exemplary geriatrics comprehensive assessment, consultation and direct care to our inpatient and outpatient elderly population
- To provide excellent education and training of students and residents to enhance their capacity to take care of future older persons
- To provide leadership in ongoing research to advance knowledge of aging and aging related diseases and their management

### **2. A nominative list of academic staff, their academic rank**

Dr. José A. Morais, Director, McGill Division of Geriatric Medicine, Jewish General Hospital and McGill University Health Centre, Professor, Active

Dr. Ruby Friedman, Associate Director, JGH, Division of Geriatric Medicine, Assistant Professor, Active

Dr. Nacera Belkhous, Faculty Lecturer, Active

Dr. Susan Gold, Assistant Professor, Active

Dr. Paul Heilpern, Assistant Professor, Active

Dr. Cyrille Launay, Assistant Professor, Active

Dr. Elise Levinoff, Assistant Professor, Active

Dr. Dan Liberman, Assistant Professor, Active

Dr. Johanne Monette, Assistant Professor, Active

Dr. Sanda Popescu-Crainic, Active

Dr. Susan Vaitekunas, Faculty Lecturer, Active

Dr. Haibin Yin, Faculty Lecturer, Active

#### **Associate Members**

Dr. Olivier Beauchet, Active

Dr. François, Béland, Active

Dr. Howard Bergman, Active

Dr. Shek Fung, Active

Dr. Francine Gaba Idiaméy, Active

Dr. Gary Inglis, Active

Dr. Vladimir Khanassov, Active

Dr. Hyman Schipper, Active

Dr. Patrice Tremblay, Active

Dr. Doreen Wan-Chow-Wah, Active

## SECTION II - GRANTS, PUBLICATIONS, AND SERVICE OUTSIDE OF MCGILL

### 1. Grants and awards received

#### *Honours and Awards*

##### **Beauchet, Olivier**

Clinical research award, Department of Medicine, Jewish General Hospital

##### **Levinoff, Elise**

Clinical research award, Department of Medicine, Jewish General Hospital

#### *Grants*

##### **Beauchet, Olivier**

Geriatric Intervention for Frail Heart Failure patients: The GIF-HF Trial. Afilalo J, Afilalo M, Beauchet O (PIs). CIHR. \$428,000. 2019-2023

Co-développement et déploiement d'un cycle de visites muséales pour lutter contre l'isolement social des personnes âgées montréalaises. Beauchet O (PI). FRQSC, Programme Actions concertées / Action sur le vieillissement actif de la population au Québec / Projet de recherche-action. \$173,137. 2020-2023

##### **Bergman, Howard**

Évaluation de l'implantation de l'accès adapté et de ses effets dans les groupes de médecine familiale universitaires. Breton M, Duhoux A, Landry G, Maillet L (PIs) et al. Bergman H (Knowledge user). CIHR. \$520,000. 2018-2022

CO-designing dementia diagnosis AND post-diagnostic care (COGNISANCE). Vedel I (PI), McAiney CA, Bergman H (co-investigators). CIHR Institute of Aging-Joint Programme Neurodegenerative Disease (JPND) transnational call: "Multinational research projects on Health and Social Care for Neurodegenerative Diseases". \$350,000. 2019-2021

Co-designing Dementia Care in New Brunswick: Building the Future Together. Doucet S (PI), Bergman H (co-investigator). Government of New Brunswick, Healthy Seniors Pilot Project Operating Grant. \$495,259. 2019-2021

Assessing care models implemented in primary health care for persons with Alzheimer's disease and related disorders. Bergman H & Vedel I (Lead investigators) et al. CIHR - Canadian Institutes of Health Research - Canadian Consortium for Neurodegeneration and Aging (CCNA). \$1,520,000. (Full application \$49,000,000-NPI: H Chertkow) 2019-2024

Xi-Care: eXplainable intelligent system for Cardiovascular disease management among women in primary Care; NPI: S Abbasgholizadeh-Rahimi, Co-Investigators: P Pluye, R Grad, R Rodriguez, H Bergman, I Vedel, MP Gagnon, SH Yousefi, P Ghadiri; CIHR-Strategy for Patient-Oriented Research (SPOR). \$100 + \$152,500 (in-kind) 2020-2021

**Monette, Johanne**

The PREvention Program for Alzheimer's Related Delirium (Prepared) Cluster Randomized Trial. Wilchesky M (PI), Champoux N, Ciampi A, Lungu VO, McCusker J, Monette J, Vu TTM, Voyer P. CIHR. \$439,826. 2016-2020

Clinical and cost-effectiveness of a comprehensive geriatric assessment in Canadian elders receiving chemotherapy: the 5C study. Puts M (PI), Alibhai S, Amir E, Beland F, Bergman S, Elser C, Emmenegger U, Hsu T, Jang R, Koneru R, Kozlowski N, Krahm M, Krzyzanowska M, Lemonde M, Mariano C, Mehta R, Monette J, Papadakos J, Prica A, Szumacher E, Wan-Chow-Wah D. Canadian Cancer Society \$900,816. 2017-2021

The DEPRESsion Screening Data (DEPRESSD) Project: Continuous Updating of Databases for Individual Participant Data Meta-analyses of Depression Screening Test Accuracy. Boruff J, Patten SB, Levis B, Wu Y et al. Health Services and Policy Research. CIHR \$100,000. 2020-2021

**Morais, José A.****Grants as Principal Applicant**

Microgravity Research Activity: Understanding the health impact of inactivity for the benefit of older adults and astronauts Initiative. PI: Morais, JA. Canadian Space Agency. \$1 785,000. 07/2020 – 12/2021

Personalized Prehabilitation for Older Patients with Colorectal Cancer Surgery and Low Physical Performance: Understanding Which Factors Influence Functional Capacity. PI: Morais JA and Carli F. Co-Applicants: S Liberman, Boutros M, Levinoff E. Rossy Cancer Network (RCN), Cancer Quality & Innovation Program (CQI). \$91,847. 06/2020 – 05/2021

NuAge: une cohorte unique pour l'étude des trajectoires de vieillissement selon une perspective globale et multidimensionnelle. Nominated PI : Presse N. Co-PIs: Morais JA, Gaudreau P, Chevalier S. FRQS - Plateforme de financements de la recherche intersectorielle sur le vieillissement. \$1 500,000. 06/2019 – 05/2022

Investigating the contributions of mitochondrial dysfunction and impaired neuromuscular junction integrity to the aging-related loss of muscle mass and function in humans. Nominated PI: Gouspillou G. Co-PIs: Morais JA, Bélanger M, Aubertin-Leheudre M, Gaudreau P, Robitaille R. CIHR - Operating Grant: Geroscience Demonstration Grants. \$450,000. 6/2019 – 05/2022

Unraveling the mechanisms underlying bed rest-induced muscle atrophy and of an exercise countermeasure. PI: Morais JA. Co-Investigators: Chevalier S, Churchward-Venne T, Ferron M, Gouspillou G, Hussain S, Wing S. CIHR – Canadian Space Agency – Canadian Frailty Network: Understanding the Health Impact of Inactivity Operating Grant. \$200,000. 12/2018 – 12/2021

Understanding the cellular mechanisms sustaining functional capacity improvement with prehabilitation in colorectal cancer patients. PI: José A. Morais. Co-Applicants: Franco Carli and Gilles Gouspillou. MITACS Accelerated proposal. \$90,000. 2018/01 - 2020/12

Quebec Network for Research on Aging (RQRV). PI: Pierette Gaudreau, José A. Morais, Co-applicants: 15 investigators from various Quebec institutions. FRQS Provincial Network Funding

Program. \$800,000/yr. 2017/04 – 2021/03

### **Grants as Co-investigator**

Optimizing the aging Brain? Situating Ethical Aspects of Dementia Prevention (BEAD). PIs: Silke Schicktanz (Allemagne), Annette Leibing(Canada), Alessandro Blasimme (Suisse). Co-Investigators: Friendland RP, Marier P, Morais JA, Prak M. <https://www.neuron-eranet.eu/en/918.php>. 2020 NEURON call on “ELSA of Neuroscience”, CIHR and FRQSC. 765 992 Euros (\$ 1,175,843 CA) (06/2021 – 05/2024)

A novel multimodal intervention for surgical prehabilitation of patients with lung cancer. PI: Chavalier S. Co-investigators: Carli F, Mazurak V, Morais JA, Scheede-Bergdahl C. CIHR Project Grant. \$612,000. 2020/09 – 2024/08

Low Protein-High Carbohydrate Diets: Does Protein Source Affect Lipid Metabolism and Dietary Safety? PI: Vuckovic D, Santosa S. Co-investigator: Morais, JA. PERFORM Centre Call for Multidisciplinary Research Proposals in Preventive Health. \$30,000. 2020/09 – 2021/08

Role of dairy products in prevention of type 2 diabetes: Effect of dairy fat content and food matrix on insulin sensitivity in obese people with prediabetes. PI: Burgos S. Co-Applicants: Morais JA, Weiler H, Wishart D. Dairy Research Cluster. \$1 200,000. 06/2020 – 05/2026

Ketone bodies as therapeutic agents to reduce the harmful effects of bed rest on muscle mass and metabolic health in older adults. PI: Churchward-Venne T. Co-Applicants: Chevalier S, Gouspillou G, Morais JA. CIHR – Project Grant. \$420,751. 2020/05 – 2023/04

A novel multimodal intervention for surgical prehabilitation of patients with lung cancer PI: Chevalier S. Co-Applicants: Carli F, Mazurak V, Morais, JA, Scheede-Bergdahl C. \$ CIHR – Bridge Funding. \$100,000. 2020/05 – 2021/04

Real-time Auditory Feedback for Improving Gait and Walking in People with Parkinson’s Disease. PI: Mayo N. Co-PIs: Morais JA, Fellows KL, Sharp M. Healthy Brains for Healthy Lives (HBHL) Innovative Ideas Competition 2 Application. \$200,000. 2019/05 – 2021/04

Protein and Exercise to Reverse Frailty in Older Men and women undergoing TAVR: The PERFORM-TAVR Trial. PI: Afilalo, J. Co-Applicants: Morais JA, Beauchet O, Grover S, Janaudis-Ferreira T, Joseph L, Lauck S, Lowensteyn I, Madden K, Piazza N, Webb J. CIHR – Project Grant. \$1,082,476. 08/2017 - 7/2021

Motor, Exercise and Cognition Team (MEC), Canadian Consortium on Neurodegeneration in Aging (CCNA). Synchronizing exercises and remedies on gait and cognition (SYNERGIC) trial PI: Montero M O. Co-Applicants: Bherer L, Almeida Q, Camicioli R, Doyon J, Li K, Liu-Ambrose T, Middleto L, Morais JA, McIlroy W. CIHR. \$1,300,000 (04/2014 – 04/2019); \$924,000 (05/2019 – 04/2024)

### **Schipper, Hyman**

Role of heme oxygenase-1 in aging and parkinsonian neural tissues (IV). PI: H. Schipper Canadian Institutes of Health Research. \$481,950. 2018-2021



## 2. Scholarly works published in the 2020 calendar year

### **Beauchet, Olivier**

**Beauchet O**, Sekhon H, Cooper-Brown L, **Launay CP**, Gaudreau P, **Morais JA**, Allali G. Motoric cognitive risk syndrome and incident dementia in older adults from the Québec NuAge cohort. *Age Ageing*. 2020. PMID: 33206941

**Beauchet O**, Cooper-Brown L, Ivensky V, **Launay CP**. Telemedicine for housebound older persons during the Covid-19 pandemic. *Maturitas*, 2020; DOI: 10.1016/j.maturitas.2020.06.024. PMID: 33158491

**Beauchet O**, Bastien T, Yan Ho AH, Vilcocq C, Galery K, **Launay CP**. Long-term effects of the Montreal museum of fine arts participatory activities on frailty in older community dwellers: results of the A-Health study. *Eur Geriatr Med*, 2020 Oct 13. doi: 10.1007/s41999-020-00408-w. PMID: 33051855

**Beauchet O**, Lafleur L, Remondière S, Galery K, Vilcocq C, **Launay CP**. Effects of participatory art-based painting workshops in geriatric inpatients: results of a non-randomized open label trial. *Aging Clin Exp Res*, 2020 Dec;32(12):2687-2693. doi: 10.1007/s40520-020-01675-0. Epub 2020 Aug 13

**Beauchet O**, Sekhon H, **Launay CP**, Gaudreau P, **Morais JA**, Allali G. Relationship between motoric cognitive risk syndrome, cardiovascular risk factors and diseases, and incident cognitive impairment: Results from the "NuAge" study. *Maturitas*, 2020 Aug;138:51-57. doi: 10.1016/j.maturitas.2020.05.007. Epub 2020 May 16

**Beauchet O**, Sekhon H, **Launay CP**, Rolland Y, Schott A-M, Allali G. Motoric cognitive risk syndrome and incident dementia: results from a population-based prospective and observational cohort study. *Eur J Neurol*, 2020 Mar;27(3):468-474. doi: 10.1111/ene.14093. Epub 2019 Oct 20.

### **Bergman, Howard**

Karunanathan S, Sourial N, **Bergman H**. The challenge of implementing frailty into clinical practice. *Translational Medicine of Aging*. 2020; Vol 4: 35-37

Arsenault-Lapierre G, Sourial N, Hardouin M, Pakzad S, Couturier Y, **Bergman H**, Vedel I. Validation of a questionnaire for family physicians: knowledge, attitude, practice on dementia care. *Canadian Journal of Aging* (2021) *Canadian Journal on Aging*, Volume 40, Number (2).

Vedel I, McAiney C, Couturier Y, Pakzad S, Arsenault-Lapierre G, Godard-Sebillotte C, Sourial N, Simmons R, **Bergman H**, Research on the Organization of healthcare Services for Alzheimer's Team. Assessing care models implemented in primary health care for persons with dementia: a mixed methods study protocol. *BMJ Open* 2020;10:e035916. doi: 10.1136/bmjopen-2019-035916

Béland F, Julien D, Galand C, Fletcher J, **Bergman H**, Payette H, Wolfson C, Gaudreau P, **Morais JA**, Fülöp T, Hébert R, Verreault R, Desrosiers J, Kergoat M-J, Zunzunegui M-V, Shatenstein B. Revisiting the hypothesis of syndromic frailty: a cross-sectional study of the structural validity of

the frailty phenotype. BMC geriatrics 20 (1), 1-13, 2020. doi.org/10.1186/s12877-020-01839-7

Arsenault-Lapierre G, Godard-Sebillotte C, Sourial N, Couturier Y, Bouchard P, Pilon C, Rojas-Rozo L, **Bergman H**, Vedel I. Le Plan Alzheimer Québécois, un plan basé sur les soins primaires. The Quebec Alzheimer Plan, a Plan Based in Primary Care. La revue de Santé Publique. 2020. In Press

**Launay, Cyrille P.**

**Launay CP**, Cooper-Brown L, Ivensky V, **Beauchet O**. Frailty Phenotype of Homebound Montreal Older Community Dwellers During the COVID-19 Pandemic: Results of a Cross-Sectional Population Study. J Frailty Aging, 2020 Dec 22 : 1–2. doi: [10.14283/jfa.2020.69](https://doi.org/10.14283/jfa.2020.69) [Epub ahead of print]

**Launay CP**, Joshua Lubov, Kevin Galery, Christine Vilcocq, Marc Afilalo, **Beauchet O**. Prognosis tools for short-term adverse events in older emergency department users: result of a Québec observational prospective cohort. BMC geriatrics (In Press)

**Morais, José A.**

Monnerie S, Comte B, Gaudreau P, Ziegler D, **Morais JA**, Pujos-Guillot E. Metabolomic and Lipidomic Signatures of Metabolic Syndrome and its Physiological Components in Aging: A Systematic Review. Scientific Reports. 2020; 10(1):669. <https://doi.org/10.1038/s41598-019-56909-7>

Afilalo J, Mottillo S, Xue X, Colacone A, **Morais JA**, Delaney JS, Afilalo M. Frailty and Adverse Outcomes in Older Adults Being Discharged from the Emergency Department: A Prospective Cohort Study. CJEM 2020;22(1):65–73. DOI 10.1017/cem.2019.431

Tam TB, **Morais JA**, Santosa S. Obesity and Aging: Two-Sides of the Same Coin. Obesity Reviews 2020 Apr;21(4):e12991. doi: 10.1111/obr.12991

Coussa A, Bassil M, Gougeon R, Marliss EB, **Morais JA**. Glucose and protein metabolic responses to an energy- but not protein- restricted diet in type 2 Diabetes. Diabetes Obes Metab. 2020;1-8. doi: 10.1111/dom.14026. [Epub ahead of print]

Dulac MC, Pion CH, Lemieux FC, Carvalho LP, El Hajj Boutros G, Bélanger M, Gaudreau P, Chevalier S, **Morais JA**, Gouspillou G, Aubertin-Leheudre M. Effects of slow versus fast protein supplementation combined with mixed power training on muscle function and functional capacities in elderly men. Br J Nutr. 2020 Jun 5:1-17. doi: 10.1017/S0007114520001932.

D’Amico D, Parrott MD, Greenwood CE, Ferland G, Belleville S, Gaudreau P, Laurin D, Anderson ND, Kergoat MJ, **Morais JA**, Presse N, Fiocco AJ. Sex differences in the relationship between diet pattern adherence and cognitive function among older adults: Findings from the NuAge study. J Nutr 2020 Jun 20;19(1):58. doi: 10.1186/s12937-020-00575-3.

Tam BT, Murphy J, Khor N, **Morais JA**, Santosa S. Subcutaneous adipose tissue acetyl-CoA regulation, mitochondrial integrity and histone modification are different in individuals with childhood vs adult development of excess adiposity. Endocrinology. 2020 Nov

1;161(11):bqaa142. doi: 10.1210/endo/bqaa142.

Pawelec G, Bronikowski A, Cunnane AC, Ferrucci L, Franceschi C, Fülöp T, Gaudreau P, Gladyshev VN, Gonos ES, Gorbunova V, Kennedy BK, Larbi A, Lemaître J-F, Liu G-H, Maier AB, **Morais JA**, Nóbrega OT, Cohen AA. The conundrum of human immune system “senescence”. *Mech Ageing Dev.* 2020 Dec;192:111357. doi: 10.1016/j.mad.2020.111357

Delaney KZ, Dam V, Murphy J, **Morais JA**, Pescarus R, Garneau PY, Santosa S. A reliable, reproducible flow cytometry protocol for immune cell quantification in human adipose tissue. *Anal Biochem.* 2020 Sep 11:113951. doi: 10.1016/j.ab.2020.113951

Parrott MD, Carmichael PH, Laurin D, Greenwood CE, Anderson ND, Ferland G, Belleville S, Gaudreau P, **Morais JA**, Kergoat MJ, Fiocco AJ. The Association between Dietary Pattern Adherence, Cognitive Stimulating Lifestyle, and Cognitive Function Among Older Adults From the Quebec Longitudinal Study on Nutrition and Successful Aging. *J Gerontol B Psychol Sci Soc Sci.* 2020 Oct 16:gbaa178. doi: 10.1093/geronb/gbaa178

Burgos S, Chevalier S, **Morais JA**, Lamarche M, Kellett S, Marliss E. Acute hyperaminoacidemia does not suppress insulin-mediated glucose turnover in healthy young men. *Appl Physiol Nutr Metab.* 2020 Oct 20. doi: 10.1139/apnm-2020-0495.

Minnella EM, Ferreira V, Awasthi R, Charlebois P, Stein B, Liberman AS, Scheede-Bergdahl C, **Morais JA**, Carli F. Effect of two different pre-operative exercise training regimens before colorectal surgery on functional capacity: A randomised controlled trial. *Eur J Anaesthesiol.* 2020 Nov;37(11):969-978. doi: 10.1097/EJA.0000000000001215

Murphy J, Delaney KZ, Dam V, **Morais JA**, Tsoukas M, Santosa S. Sex affects regional variations in subcutaneous adipose tissue T cells but not macrophages in young adults with excess adiposity. *Obesity (Silver Spring).* 2020 Nov 11. doi: 10.1002/oby.23039

### **Book Chapter**

**Morais JA.** La compliance thérapeutique chez le patient avec le diabète souffrant de troubles cognitifs. IN : Déclin cognitif, obésité, diabète et autres troubles métaboliques. Eds Tillement JP, Hauw JJ. Lavoisier éditeur, Paris 2020.

### **3. Academic and community engagement service outside of McGill by individual members of the unit**

#### **Committee Work**

##### **Beauchet, Olivier**

Expert COVID-19 personnes âgées auprès du ministère de la santé et des services sociaux. March 2020

Executive Committee, McGill Division of Geriatric Medicine

Chair of the “Quebec Caregiving Observatory”

Chair of the Special interest group of the Canadian Geriatric society on Emergency Department and older adults

Member of Division of Experimental Medicine, Department of Medicine, McGill University, Montreal, Quebec, Canada

Member of the McGill Research Center for Physical Activity and Health

Member of the Canadian Falls and Memory Impairment Network

Member of the Committee Art and Health of the Fine Arts Museums of Montreal

**Friedman, Ruby**

Policy Committee and Clinical Services Committee, Department of Medicine, Jewish General Hospital

Executive Committee, McGill Division of Geriatric Medicine

Co-Chair, Approche adaptée à la personne âgée (AAPA) Committee, Jewish General Hospital

**Levinoff, Elise**

Site Program Director, Internal Medicine, Jewish General Hospital

Fall Prevention Committee, Jewish General Hospital

Membership committee, Canadian Geriatrics Society

**Yin, Haibin**

Program Director: Undergraduate Geriatrics Clerkship program at McGill

Member, Restraint Committee, Jewish General Hospital

**Morais, José A**

Director of the MUHC Division of Geriatric Medicine

Lead of the McGill Dementia Education Program

Director of the McGill University Division of Geriatric Medicine

Chair of the Executive Committee of the Division of Geriatric Medicine

Chair of the Education & Training Committee of the Division of Geriatric Medicine

Member of the Undergraduate Committee of the Division of Geriatric Medicine

Member of the Department of Medicine Division Directors Committee

Member of the scientific committee of the CIFGG – 2022 Montreal, Canada

Co-Director, Quebec Network for Research on Aging

**Schipper, Hyman**

Founding director and Chair of the Alzheimer Risk Assessment Clinic (ARAC) at the Jewish General Hospital (2009-present)

### SECTION III - CONFIDENTIAL INFORMATION

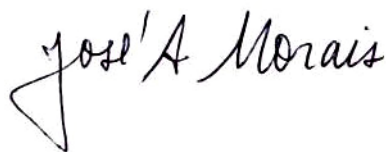
#### 1. Consulting activities:

Name of Faculty Member	Private Sector Consulting (# of days)	Public Sector Consulting (# days)	Other (# of days – please explain)	Total
Friedman, Ruby		Maimonides Geriatric Centre 2 days/month		
Levinoff, Elise		Jewish Eldercare 2 days/month		

Submitted by:



Ruby Friedman, MD, FRCPC  
Associate Director, Division of Geriatric Medicine  
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José A. Morais, MD, FRCPC  
Director, Division of Geriatric Medicine  
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