

McMaster Optimal Aging Portal and Canadian Association of Retired Teachers partner to promote healthy, active aging

A new partnership between [McMaster's Optimal Aging Portal](#) and the [Canadian Association of Retired Teachers](#) (ACER-CART) will help to ensure that Canadians have access to high-quality information that can help them to remain healthy, active and engaged as long as possible, and to manage their health conditions.

"I'm very proud to announce this new partnership," said Suzanne Labarge, Chancellor of McMaster University and funder of the Labarge Optimal Aging Initiative. "Both McMaster University and the Canadian Association of Retired Teachers have a strong interest in supporting life-long learning and healthy aging."

"As former educators, we have a commitment to public education and supporting trustworthy sources of information," said JoAnn Lauber, President of ACER-CART. "Over the next year, we plan to ensure that the thousands of retired teachers in Canada are made aware of this valuable resource, and that they in turn can share this knowledge with their communities."

"The Portal has a wealth of content for the general public, including consumer-friendly evidence summaries drawn from high quality research articles, web resources ratings, blog posts, and much more" said John Lavis, Director of the McMaster Health Forum and one of the Portal Leads. "We are pleased to partner with the Canadian Association of Retired Teachers as we share a common goal — helping Canadians to live healthy, active lives."

"The richness of evidence-based resources for citizens resonated with our members," said Lauber. "The Portal is a valuable resource for our members – and all Canadians. As such, we have encouraged each of our thirteen provincial associations to likewise endorse and become active partners with the McMaster Optimal Aging Portal."

The [McMaster Optimal Aging Portal](#) is part of McMaster's Labarge Optimal Aging Initiative, which has been funded by a donation from retired businesswoman Suzanne Labarge who is personally committed to improving the lives of older adults by offering access to trusted informational resources for Canadians, as well as by funding a series of research projects on optimal aging. The Portal is an online resource that provides Canadians with easy to understand scientific evidence about how to stay healthy, active and engaged as they grow older. The Portal:

- **Makes sense of the science:** Experts identify key messages from scientific research that's relevant and ready to be acted on.
- **Provides information you can trust:** There are many free online health resources, but it's hard to know which are worth a closer look. The Portal offers expert evaluation to tell users whether those sites are based on scientific research.
- **Puts the research in context:** Experts provide commentary on what the scientific research on a topic actually means and why good science matters.
- **Shares important health news on the site and twitter.** @Mac_AgingNews tweets about emerging health news, evidence and related information from the Portal.

The Portal also provides customizable email alerts about new evidence and resources added to the site.

This new partnership marks a new commitment to making evidence-based health information publicly accessible. As part of the partnership, the Portal and ACER-CART plan to collaborate on informing and engaging citizens and stakeholders on issues related to optimal aging. At a recent board meeting, ACER-CART also unanimously passed a resolution to support the McMaster Optimal Aging Portal as part of their platform for the development of a National Seniors Strategy.

Labarge Optimal Aging Initiative

<http://optimalaging.mcmaster.ca>

The aim of the Labarge Optimal Aging Initiative is to keep older adults healthy and active for as long as possible. The initial research focus will be on maintaining mobility, slowing chronic disease and fighting deadly infections as well as developing a resource of information for aging Canadians with the [McMaster Optimal Aging Portal](#).

McMaster Optimal Aging Portal

<http://www.mcmasteroptimalaging.org/>

McMaster's Optimal Aging Portal aims to ensure that Canadians know about and have access to high-quality information that can help them remain healthy, active and engaged as long as possible, and to manage their health conditions. Users can [register](#) for free and gain easy access to search the full content of the Portal and stay up to date with email alerts of the latest evidence about how to stay healthy, active and engaged as they grow older. Users can also follow [@Mac_AgingNews](#) or the Portal on [Facebook](#) for news and evidence about optimal aging.

Canadian Association of Retired Teachers (ACER-CART)

<http://acer-cart.org/>

Association Canadienne des enseignantes et des enseignants retraités, Canadian Association of Retired Teachers (ACER-CART) has been in existence since 1991. It is the national voice of retired teachers. It is a national bilingual association of member associations representing over 128,000 retired teachers from Canada's ten provinces and Yukon Territory.

It operates in the interests of its members, facilitating liaison and mutual assistance among them, and promoting and supporting public education.

It advocates for national policies that are necessary in building a strong social and economic fabric that responds to the needs of aging Canadians.