

**Ottawa Branch Working with Dr. Glen P. Kenny, PhD (Med), FCAHS, FACSM
Director, Human and Environmental Physiology Research Unit
University of Ottawa**

Ottawa Branch is proud to be working with Dr. Glen Kenny at uOttawa to help advance his research on seniors' health and heat stress.

We first met Dr. Kenny in 2020 when he advised us that COVID-19 has made heat stress an urgent health issue for long-term care residents who must isolate in their rooms. In addition, population aging and global warming are contributing to increasing heat event exposures in vulnerable populations such as older adults.

Ottawa Branch readily agreed to share a call for local research study participants on behalf of Dr. Kenny's. Our Branch has over 33,000 members living in the Ottawa area and both those with and without chronic health conditions were invited to apply.

Health Canada and the uOttawa Research Ethics Board approved Dr. Kenny's study with requirements to implement the highest level of protection for study volunteers. For more information on Dr. Kenny's study, visit: www.hepru.ca.

Our members responded enthusiastically. In appreciation, Dr. Kenny offered us a webinar on dealing with heat stress: [Live, work and play safely in the summer heat](#). Ottawa Branch provides free webinars on financial literacy and healthy aging every week. In 2021, we offered 55 webinars to over 3,500 members and their guests.

Fifty attended Dr. Kenny's heat stress webinar in May 2021 on a day when Ottawa temperatures hit 30 degrees Celsius, or the low 40's, in terms of the humidex. You can watch the webinar recording on the Ottawa Branch website at: <https://nafrottawa.com/>.

Since then, Ottawa Branch has continued to send out calls for study participants and Dr. Kenny reports that 175 of our members stepped forward to help last fall. Dr. Kenny's first major clinical paper with Health Canada (work conducted in partnership with HC and involving many of our members) will be submitted to *Lancet*, the world's premier medical journal. On December 9, 2021, Dr. Kenny received the uOttawa Research Excellence Award, and we congratulate him wholeheartedly.

Dr. Kenny also continues to provide our members with excellent, informative webinars. Coming up in April, Dr. Kenny will give us a webinar on ***Fitness, health and heat safety***. Last December, 55 members attended the webinar, [Designing self-directed exercise programs: science, sustainability and safety](#) with Dr. Kenny and Emily Tetzlaff, a PhD student at the uOttawa Human and Environmental Physiology Research Unit (HEPRU) and Morgan McManus BSc, Human Kinetics, currently completing his master's degree at the HEPRU. Please visit the Ottawa Branch website to watch the webinar recordings <https://nafrottawa.com/>.



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