The University of Calgary  Academic Year 2022-2023
Bachelor of Community Rehabilitation
Cumming School of Medicine

CORE 475
Community Rehabilitation and the Aging Process

Instructor:
Dr. Alan Martino
Email: alan.martino@ucalgary.ca

Office Hours/Policy on Answering Student Emails
Office Hours: Wednesdays 10:00-11:00 am (online via Zoom or in person)

Email Policy: Please note that all course communications must occur through your @ucalgary email, and I will respond to emails sent via students’ @ucalgary emails during office hours.

Time and Location:
Synchronous (via Zoom)
Wednesdays, 6:00-7:30 pm MT

This course will take place online via Desire2Learn (D2L) and Zoom. To best succeed in the course, students are encouraged to participate in the asynchronous learning tasks using the D2L learning environment and synchronous Zoom sessions. When unable to participate live due to the time difference or unforeseen circumstances, inform the instructor in advance and propose and implement an alternative participation activity (e.g., watch the recordings, submit a brief reflection, and actively contribute to the follow-up online discussion).

Prerequisite/Co-Requisite:
24 units including at least one of Community Rehabilitation 205 and 207, or admission to BCR or BCR-C.

Course Description:
Theoretical and practical issues as they relate to rehabilitation and community services for seniors with disabilities.

Overarching Theme
This online course explores the complex intersections of aging and disability. In this course, students will be introduced to interdisciplinary theories and practices in relation to community rehabilitation and services for seniors with a range of physical, mental, and sensory impairments. A variety of approaches will be used to encourage critical thinking and collaborative learning as students examine research, theories, and practices on aging and disability, including a critical reflection paper, critical research paper, quizzes, and weekly online discussion posts. This course, in line with the principles and values of CRDS, engages students in ways that integrate disability theory, advocacy, and social justice in community practice to improve the well-being of disabled people.

Global Objectives
This course will focus on the following major topics:
• Theories and processes of aging
• Myths and realities of aging
• Aging as context: social, political and economic implications for societies
• Aging in context: culture, gender, race, socio-economic status, disability
• Social justice: ageism, elder maltreatment, disability oppression
• Trends in research on aging
• Social support: informal and formal support, research and practice frameworks
• Social policy and aging
• Ethical issues and decision making

Course Learning Outcomes

By the end of this course, students will be able to:
• Demonstrate knowledge of aging processes, identify and synthesize critical issues, and propose areas for future knowledge building
• Translate theories of aging into practice and understand experiences of aging from a variety of perspectives
• Engage with peers in the critical examination of practices to support seniors with disabilities
• Critically evaluate current policy, practice, and programming on aging and disability
• Examine current research and design models with a critical lens

Transferable Skill Development:

Many of the skills and abilities that you are developing in your coursework are transferable to the workforce, graduate and professional studies and other facets of life. Employers seek applicants with transferable skills because they can be an asset in the workplace, regardless of industry or sector. Transferable skills are core skills for your success in building your future career.

The work that you will do in CORE 475 will help you build the following transferable skills:

• **Collaboration**: Work respectfully with others from different backgrounds, cultures, and countries.
• **Verbal Communication**: Learn and share information by presenting, listening, and interacting with others.
• **Creativity and Innovation**: Find different and better ways to do things, being curious, thinking imaginatively.
• **Critical Thinking**: Actively and skillfully conceptualize, apply, analyze, synthesize, and/or evaluate information (data, facts, observable phenomena, and research findings) to make a reasoned judgement or draw a reasonable conclusion.
• **Project Management**: Conceptualize, initiate, plan and execute a plan to achieve a predetermined goal (project) by effectively prioritizing activities and meeting deadlines.
• **Written Communication**: Share ideas and information by using words, images, and symbols.

Learning Resources

**Week 1:**


**Week 2:**


**Week 3:**


**Week 4:**


**Week 5:**


**Week 6:**


**Week 7:**

**Week 8:**


**Week 9:**


**Week 10: Fall Term Break - No Readings**

**Week 11:**


**Week 12:**


**Week 13:**


**Week 14:**


**A Note regarding readings**

A list of required readings will be outlined on D2L and links and documents will be made available, where possible. Required readings have been chosen carefully to inform you and enhance the lecture material. **Students are REQUIRED to complete assigned readings BEFORE each lecture.** Instructor will proceed in class on the assumption that students have read completely the assigned readings. Students should be aware that many of the readings they will be assigned may be of an unfamiliar nature and style. **Students should allot sufficient time to allow for several reads of the assigned material.**

**Learning Technology Requirements**

Brightspace (by D2L) is located on the University of Calgary server and will be used extensively for communication with students. **It is the student’s responsibility to ensure that they receive all posted communications and documents and that they receive emails sent by instructors or fellow students through D2L.**

Only your @ucalgary.ca email address may be linked to D2L. Please ensure that you are regularly checking your @ucalgary.ca account.

To successfully engage in learning experiences at the University of Calgary, students taking online, remote and blended courses are required to have reliable access to the following technology:

- A computer with a supported operating system, as well as the latest security and malware updates;
- A current and updated web browser;
- Webcam (built-in or external);
- Microphone and speaker (built-in or external), or headset with microphone;
- Current antivirus and/or firewall software enabled;
- Broadband internet connection;

Most current laptops will have a built-in webcam, speaker and microphone.
A laptop, desktop, tablet or mobile device is required for D2L access. If you need help accessing or using D2L, please visit the Desire2Learn resource page for students: http://elearn.ucalgary.ca/d2l-student/.

Evaluation
The University policy on grading and related matters is described in section F of the 2022-2023 Calendar.

In determining the overall grade in the course, the following weights will be used:

1. **Newsletters (Group and Individual Components) – 25%**
   
   Due: October 5, 2022, by 11:59 pm

   Newsletters can be powerful tools to inform the general public about important social issues. For this assignment, students will co-produce a newsletter on a specific topic related to the class (e.g., “successful aging,” aging and gender, intellectual disability and aging). Newsletters should include a collection of short articles with relevant research (including in-text citations). Each team member will write their own short article with a focus on a specific aspect of the chosen larger topic. Make sure to identify which section you wrote by adding your name to it. Altogether, all the pieces in the newsletter should be complementary. Please use Canva.com to create your newsletter and make sure to give the instructor access to the document.

2. **Quizzes (Individual) – 20% (5 quizzes x 4% each)**
   
   (Weeks: Sept 14, Sept 28, Oct 12, Oct 26, Nov 23)

   Quizzes will be available in D2L between Monday (8 am) to Wednesday (5 pm) in particularly assigned weeks. Students may take it at any point within that window. The questions will focus on the readings for the upcoming weekly discussion, so make sure to complete the readings prior to taking the quiz.

3. **Screenwriting (Group) - 25%**
   
   Due: November 2, 2022, by 11:59 pm

   Disability studies is all about connecting theory and practice. It is about beginning at the lived experience level to highlight social processes of inequality. Time to activate your creative minds! This assignment will involve developing a 3-to-4-page scene with a beginning, middle and end. The scene should contain at least 2 characters. The scene should highlight some aspect of the intersection of ableism and ageism. Intersectional perspectives are, of course, highly encouraged. Groups will present their scripts to the class after completion.

4. **Critical Research Essay (Group) – 30%**
   
   Due: December 9, 2022, by 11:59 pm

   Groups will write a 2,000 to 2,500-word (single-spaced) essay on a topic of their choosing, proposing a hypothetical study to contribute to research on their chosen topic. Topics will be related to understanding and supporting older adults with pre-existing disability conditions (e.g., developmental disabilities, spinal cord injury acquired at a young age, early-onset visual impairment) or disability conditions acquired with aging (e.g., stroke, Alzheimer’s Disease, hearing impairment, other physical or mental illness). Choice of topics is driven by student interest and experience. Students will be required to use a minimum of eight sources; of these, at least six must be in the form of original research studies (i.e., research studies published in academic journals). Students will be required to write a literature review, presenting the “state of current evidence” on their chosen topic. The remaining 2 sources must
be on research methods (e.g., academic articles about methods, books/book chapters about methods), as students will use these sources to propose a research method for their hypothetical study. In addition, students can also supplement their reference list with non-scholarly sources such as news articles, television, radio or movie portrayals of aging/disability (optional). APA format is required.

**PLEASE NOTE:**
- More details about each assignment, including rubrics, will be available on D2L.
- APA citation style is required for all assignments.
- This course learning is largely based on group work: participation in group work and discussions is essential.

*There is no final exam in this course.*

*A student’s final grade for the course is the sum of the separate assignments. It is not necessary to pass each assignment separately in order to pass the course.*

**A Note regarding Writing Assignments:**

Writing skills are important to academic study in all disciplines. In keeping with the University of Calgary’s emphasis on the importance of academic writing in student assignments (section E.2 of 2022-23 Calendar), writing is emphasized, and the grading thereof in determining a student’s mark in this course. The Bachelor of Community Rehabilitation values excellence in writing. Competence in writing entails skills in crafting logical, clear, coherent, non-redundant sentences, paragraphs and broader arguments, as well as skills with the mechanics of writing (grammar, spelling, punctuation). Sources used in research papers must be properly documented. The University of Calgary offers instructional services through the Students’ Success Centre’s Writing Support Services (http://www.ucalgary.ca/writingsupport/) for students seeking feedback on assignments or seeking to improve their general writing skills. Students are strongly encouraged to take advantage of these programs.

**Grading Scheme:**

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Description</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>Outstanding performance</td>
<td>96-100</td>
</tr>
<tr>
<td>A</td>
<td>Excellent performance</td>
<td>90-95.99</td>
</tr>
<tr>
<td>A-</td>
<td>Approaching excellent performance</td>
<td>85-89</td>
</tr>
<tr>
<td>B+</td>
<td>Exceeding good performance</td>
<td>80-84</td>
</tr>
<tr>
<td>B</td>
<td>Good performance</td>
<td>75-79</td>
</tr>
<tr>
<td>B-</td>
<td>Approaching good performance</td>
<td>70-74</td>
</tr>
<tr>
<td>C+</td>
<td>Exceeding satisfactory performance</td>
<td>65-69</td>
</tr>
<tr>
<td>C</td>
<td>Satisfactory performance</td>
<td>60-64</td>
</tr>
<tr>
<td>C-</td>
<td>Approaching satisfactory performance</td>
<td>57-59</td>
</tr>
<tr>
<td>D+</td>
<td>Marginal pass</td>
<td>54-56</td>
</tr>
<tr>
<td>D</td>
<td>Minimal pass</td>
<td>50-53</td>
</tr>
<tr>
<td>F</td>
<td>Did not meet course requirements</td>
<td>0-49</td>
</tr>
</tbody>
</table>
Missed Components of Term Work:

**Students will lose 5% per day late past the deadline for all assignments.** Assignments will **NOT** be accepted more than 3 days (72 hours) after the posted deadline. Students failing to submit any assignment within this time frame will receive a mark of zero unless the instructor has been notified in advance, with a sufficient justification (e.g., illness, religious conviction, or domestic affliction). **There will be NO exceptions to this policy.**

**Extensions will NOT be granted** on any assignment or quiz in CORE 475. The only exceptions to this are those in keeping with the University Calendar (debilitating illness, religious conviction, or severe domestic affliction) that are received in writing and with supporting documentation. Traffic jams and late or full buses are common events in Calgary and are **NOT** acceptable reasons for late arrivals to class, meetings and examinations. Please note that while absences are permitted for religious reasons, students are responsible for providing advance notice and adhering to other guidelines on this matter, as outlined in the University Calendar ([https://www.ucalgary.ca/pubs/calendar/current/e-4.html](https://www.ucalgary.ca/pubs/calendar/current/e-4.html)).

**Course Evaluations and Student Feedback**

Student feedback will be sought at the end of the course through the Universal Student Rating of Instruction (USRI) and a qualitative student evaluation. Students are welcome to discuss the process and content of the course at any time with the instructor. Students may also address any concerns they may have with Dr. Ebba Kurz, Associate Dean (Undergraduate Health and Science Education) in the Cumming School of Medicine ([kurz@ucalgary.ca](mailto:kurz@ucalgary.ca)).

**Guidelines for Zoom Sessions**

Zoom is a video conferencing program that will allow us to meet at specific times for a ‘live’ video conference, so that we can have the opportunity to meet each other virtually and discuss relevant course topics as a learning community.

To help ensure Zoom sessions are private, do not share the Zoom link or password with others, or on any social media platforms. Zoom links and passwords are only intended for students registered in the course. Zoom recordings and materials presented in Zoom, including any teaching materials, must not be shared, distributed or published without the instructor’s permission.

The use of video conferencing programs relies on participants to act ethically, honestly and with integrity; and in accordance with the principles of fairness, good faith, and respect (as the Code of Conduct). When entering Zoom or other video conferencing sessions, you play a role in helping create an effective, safe and respectful learning environment. Please be mindful of how your behaviour in these sessions may affect others. Participants are required to use names officially associated with their UCID (legal or preferred names listed in the Student Centre) when engaging in these activities. Instructors/moderators can remove those whose names do not appear on class rosters. Non-compliance may be investigated under relevant University of Calgary conduct policies. If participants have difficulties complying with this requirement, they should email the instructor of the class explaining why, so the instructor may consider whether to grant an exception, and on what terms. For more information on how to get the most out of your zoom sessions visit: [https://elearn.ucalgary.ca/guidelines-for-zoom/](https://elearn.ucalgary.ca/guidelines-for-zoom/).

If you are unable to attend a Zoom session, please contact your instructor to arrange an alternative activity (where available). Please be prepared, as best as you are able, to join class in a quiet space that will allow you to be fully present and engaged in Zoom sessions. Students will be advised by their instructor when they are expected to turn on their webcam (such as for group work, presentations, etc).

The instructor may record online Zoom class sessions for the purposes of supporting student learning in this class – such as making the recording available for review of the session or for students who miss a
session. Students will be advised before the instructor initiates a recording of a Zoom session. These recordings will be used to support student learning only.

**Attendance**
A large part of course learning is based on materials delivered and small-group work in the real-time virtual Zoom classroom: attendance is essential.

**Conduct During Lectures/Seminars**
The classroom should be respected as a safe place to share ideas without judgement - a community in which we can all learn from one another. Students are expected to frame their comments and questions to lecturers in respectful and appropriate language, always maintaining sensitivity towards the topic. Students, employees, and academic staff are also expected to demonstrate behaviour in class that promotes and maintains a positive and productive learning environment.

As members of the University community, students, employees and academic staff are expected to demonstrate conduct that is consistent with the University of Calgary Calendar, the Code of Conduct and Non-Academic Misconduct policy and procedures, which can be found at https://www.ucalgary.ca/legal-services/university-policies-procedures.

Students are expected to take notes during class and should not rely solely on material supplied by the instructors.

**Use of Internet and Electronic Communication Devices in Class**
The Bachelor of Community Rehabilitation program aims to create a supportive and respectful learning environment for all students. The use of laptop and mobile devices is acceptable when used in a manner appropriate to the course and classroom activities. However, research studies have found that inappropriate/off-topic use of electronic devices in the classroom negatively affects the learning of others during class time.

Students are responsible for being aware of the University’s Internet and email use policy, which can be found at https://www.ucalgary.ca/policies/files/policies/electronic-communications-policy.pdf.

**UNIVERSITY OF CALGARY POLICIES AND SUPPORTS**

**Copyright**
All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright (https://www.ucalgary.ca/policies/files/policies/acceptable-use-of-material-protected-by-copyright-policy.pdf) and requirements of the Copyright Act (https://laws-lois.justice.gc.ca/eng/acts/C-42/index.html) to ensure they are aware of the consequences of unauthorized sharing of course materials (including instructor notes, electronic versions of textbooks, etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy https://www.ucalgary.ca/pubs/calendar/current/k.html.

**Instructor Intellectual Property**
Course materials created by instructors (including course outlines, presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the instructor. These materials may **NOT** be reproduced, redistributed or copied without the explicit consent of the professor. The posting of course materials to third-party websites such as note-sharing sites without permission is
prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

**Academic Accommodations**

It is the student’s responsibility to request academic accommodations according to the University policies and procedures listed below. The Student Accommodations policy is available at [https://ucalgary.ca/student-services/access/prospective-students/academic-accommodations](https://ucalgary.ca/student-services/access/prospective-students/academic-accommodations). Students needing an accommodation based on disability or medical concerns should contact Student Accessibility Services (SAS) in accordance with the Procedure for Accommodations for Students with Disabilities ([https://www.ucalgary.ca/policies/files/policies/procedure-for-accommodations-for-students-with-disabilities.pdf](https://www.ucalgary.ca/policies/files/policies/procedure-for-accommodations-for-students-with-disabilities.pdf)). SAS will process the request and issue letters of accommodations to instructors. For additional information on support services and accommodations for students with disabilities, visit [www.ucalgary.ca/access/](http://www.ucalgary.ca/access/).

Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to Dr. Ebba Kurz, Associate Dean (Undergraduate Health and Science Education) (kurz@ucalgary.ca).

**Academic Misconduct**

The University of Calgary is committed to the highest standards of academic integrity and honesty. The University of Calgary has created rules to govern all its members regarding the creation of knowledge and the demonstration of knowledge having been learned.

Academic Misconduct refers to student behaviour that compromises proper assessment of a student’s academic activities and includes (but is not limited to): cheating, fabrication, falsification, plagiarism, unauthorized assistance, failure to comply with an instructor’s expectations regarding conduct required of students completing academic assessments in their courses, and failure to comply with exam regulations applied by the Registrar. It also includes using of third-party websites/services to access past/current course material, essay/assignment writing services, or real-time assistance in completing assessments, seeking answers to assessment questions and similar, whether paid, bartered or unpaid.


Additional information is available on the Academic Integrity website at: [https://ucalgary.ca/student-services/student-success/learning/academic-integrity](https://ucalgary.ca/student-services/student-success/learning/academic-integrity).

**Recording of Lectures**

Audio or video recording of lectures is prohibited except where explicit permission has been received from the instructor.

**Freedom of Information and Protection of Privacy Act**

Student information will be collected in accordance with typical (or usual) classroom practice. Students’ assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary.
Appeals
If there is a concern with the course, academic matter or a grade, first communicate with the instructor. If these concerns cannot be resolved, students can proceed with an academic appeal, as per Section I of the University Calendar. Students must follow the official reappraisal/appeal process and may contact the Student Ombuds’ Office (http://www.ucalgary.ca/ombuds) for assistance with this and with any other academic concerns, including academic and non-academic misconduct. Students should be aware that concerns about graded term work may only be initiated within 10 business days of first being notified of the grade. https://www.ucalgary.ca/pubs/calendar/current/i-2.html

MEDIA RECORDING
Please refer to the following statement on media recording of students: https://elearn.ucalgary.ca/wp-content/uploads/2020/05/Media-Recording-in-Learning-Environments-OSP_FINAL.pdf

Media recording for lesson capture
The instructor may use media recordings to capture the delivery of a lecture. These recordings are intended to be used for lecture capture only and will not be used for any other purpose. Although the recording device will be fixed on the Instructor, in the event that incidental student participation is recorded, the instructor will ensure that any identifiable content (video or audio) is masked, or will seek consent to include the identifiable student content to making the content available on University approved platforms.

Media recording for self-assessment of teaching practices
The instructor may use media recordings as a tool for self-assessment of their teaching practices. Although the recording device will be fixed on the instructor, it is possible that student participation in the course may be inadvertently captured. These recordings will be used for instructor self-assessment only and will not be used for any other purpose.

Media recording for the assessment of student learning
The instructor may use media recordings as part of the assessment of students. This may include but is not limited to classroom discussions, presentations, clinical practice, or skills testing that occur during the course. These recordings will be used for student assessment purposes only and will not be shared or used for any other purpose.

Sexual and Gender-Based Violence Policy
The University recognizes that all members of the University Community should be able to learn, work, teach and live in an environment where they are free from harassment, discrimination, and violence. The University of Calgary’s sexual and gender-based violence policy guides us in how we respond to incidents of sexual and gender-based violence, including supports available to those who have experienced or witnessed sexual or gender-based violence, or those who are alleged to have committed sexual or gender-based violence. It provides clear response procedures and timelines, defines complex concepts, and addresses incidents that occur off-campus in certain circumstances. Please see the policy available at https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/Policies-Sexual-and-Gender-Based-Violence-Policy.pdf.

Resources for Support of Student Learning, Success, Safety and Wellness
Student Success Centre http://www.ucalgary.ca/ssc/
Student Wellness Centre http://www.ucalgary.ca/wellnesscentre/
Distress Centre http://www.distresscentre.com/
Wellness and Mental Health Resources
The University of Calgary recognizes the pivotal role that student mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive supports when needed. We encourage you to explore the excellent mental health resources available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through the SU Wellness Centre (https://www.ucalgary.ca/wellnesscentre/services/mental-health-services) and the Campus Mental Health Strategy (http://www.ucalgary.ca/mentalhealth/).

Student Ombuds’ Office
The Student Ombuds’ Office supports and provides a safe, neutral space for students. For more information, please visit www.ucalgary.ca/ombuds/ or email ombuds@ucalgary.ca

Student Union (SU) Information
The SU Vice-President Academic can be reached at (403) 220-3911 or suvpaca@ucalgary.ca; the SU representatives for the Cumming School of Medicine can be reached at medrep1@su.ucalgary.ca or medrep2@su.ucalgary.ca.

Student Success Centre
The Student Success Centre provides services and programs to ensure students can make the most of their time at the University of Calgary. Our advisors, learning support staff, and writing support staff assist students in enhancing their skills and achieving their academic goals. They provide tailored learning support and advising programs, as well as one-on-one services, free of charge to all undergraduate and graduate students. For more information visit: https://www.ucalgary.ca/student-services/student-success

Emergency Evacuation/Assembly Points
As part of the University of Calgary Emergency Evacuation plan, students, faculty, and staff should locate the closest Assembly Point in case of Fire Alarm. Safety signage is posted throughout the campus showing the locations and the possible route to these locations. All students, faculty, and staff are expected to promptly make their way to the nearest Assembly Point if the Fire Alarm is activated. No one is to return into campus facilities until an all clear is given to the warden in charge of the Assembly Area. For more information, see https://www.ucalgary.ca/emergencyplan/building-evacuation/assembly-points

Safewalk
Campus security will escort individuals, day or night, anywhere on campus (including McMahon Stadium, Health Sciences Centre, Student Family Housing, the Alberta Children’s Hospital and the University LRT station). Call 403-220-5333 or visit http://www.ucalgary.ca/security/safewalk. Use any campus phone, emergency phone or the yellow phone located at most parking lot pay booths. Please ensure your personal safety by taking advantage of this service.
Class Schedule

The following is a list of topics for class, associated readings, and assignment / exam due dates. Please note that unforeseen circumstances may cause changes to the schedule with respect to the timing of topics and readings. Students will be notified of all changes in a timely manner by way of email and D2L announcements. The assignment deadlines are firm and will not be altered.

<table>
<thead>
<tr>
<th>Date</th>
<th>Module / Topics</th>
<th>Readings</th>
<th>Assignments &amp; Due Dates</th>
</tr>
</thead>
</table>

Quiz 1 Available Sep 12 (8am) – 14 (5pm)

Quiz 2 Available Sep 26 (8am) – 28 (5pm)
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>References</th>
</tr>
</thead>
</table>

**Newsletter Assignment Due Oct 5 by 11:59 pm**

**Quiz 3 Available Oct 10 (8am) – 12 (5pm)**

**Quiz 4**
planning: Case studies illuminating approaches adopted by family members that promote relational autonomy. *Disability and Rehabilitation*, 41(25), 3005-3015.


<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Authors and Title</th>
</tr>
</thead>
</table>

**Quiz 5**
Available Nov 21 (8am) – 23 (5pm)

**Critical Research Essay**
Due Dec 9 by 11:59 pm.