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### CONGRATULATIONS TO THE REGINA LUTHERAN HOME!

Prior to our 2015 Annual Distinguished Lecture and in the presence of an audience of approximately 215 people, we had the distinct pleasure of presenting the 2015 University of Regina Centre on Aging & Health (CAH) Award for Innovation in Health Care Delivery.

This award recognizes Regina-based individuals, groups, or organizations offering health care to older adults. The winner has introduced an innovative approach to service provision or has conducted field research to evaluate services or programs for older persons.

We received many excellent nominations but our adjudication committee, which consisted exclusively of seniors from Regina, unanimously selected Regina Lutheran Home for their regular and systematic implementation of Nurse Practitioner Team to their Eden Care approach.

The implementation of a nurse practitioner team in this long-term care facility has resulted in measurable quality of life improvements for Regina Lutheran Home residents and serves as a model for others to follow.

(continued on page 2)



Representatives of the Regina Lutheran Home accept the award on November 26, 2015

## REGINA LUTHERAN HOME WINS 2015 CAH AWARD FOR INNOVATION IN HEALTH CARE DELIVERY (CONTINUED FROM PAGE 1)

The effective Nurse Practitioner Team consists of Ms. Deanna Barlow, Ms. Stella Devenney, and Ms. Maureen Klenk. We appreciate their hard work, and their dedication to making the lives of older adults in our community better. In addition to the Nurse Practitioner Team, Mr. Alan Stephen, CEO, Ms. Maxine Holm, Board Chair, Eden Care Communities, and Ms. Leah Clement, Executive Director of Health Services, were also there to accept the award. Mr. Stephen mentioned that they were humbled but thrilled to win the award. He noted that Regina Lutheran Home is just one of many organizations in Regina (and in Saskatchewan) doing their best to improve the lives of older adults and that he and his team will continue to do so through hard work and innovation.

The CAH congratulates the Regina Lutheran Home and their Nurse Practitioner Team for their outstanding work in the field of health care delivery. We would also like to acknowledge our wonderful adjudication committee— Ms. Linda Anderson, Dr. Joan Roy, and Ms. Marj Thiessen— for helping select our deserving winner.

For more information, or to nominate an individual or organization for next year's award, please visit <http://www2.uregina.ca/cah/> or contact Scott J. Wilson, CAH Administrator, at [scott.j.wilson@uregina.ca](mailto:scott.j.wilson@uregina.ca) or (306) 337-8477.



Dr. Thomas Hadjistavropoulos presenting the award to representatives of the Regina Lutheran Home on November 26, 2015

**Want to hear  
about more CAH  
events?**

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@UofRAgingCentre**



## MUSCULOSKELETAL HEALTH & MOBILITY RESEARCHERS ACTIVE IN NEW RESEARCH CLUSTER

By Dr. John Barden, Faculty of KHS, University of Regina

The CAH recently established a new research cluster in the area of Musculoskeletal Health and Mobility. This cluster focuses research efforts towards healthy aging and mobility, particularly as it relates to movement, exercise, recreation, nutrition, and fall prevention. The members of this cluster have diverse backgrounds, and as such are engaged in a variety of research projects that cross several disciplines. For example, Dr. Darren Candow (the Associate Dean of Graduate Studies for the Faculty of Kinesiology and Health Studies) is currently investigating the long-term effects of creatine supplementation and resistance-training on properties of muscle and bone in postmenopausal women, while Dr. Shanthi Johnson, Professor of Kinesiology and Health Studies, is working with several health regions on injury prevention for older adults who receive home care. As a member of the Saskatchewan Population Health and Evaluation Research Unit (SPHERU), Dr. Johnson is also studying aging and exercise intervention in rural areas and recently published a paper on the differences in fall injury hospitalization and related survival rates among older adults according to age, sex, and areas of residence in Canada.

Another member, Dr. Katherine McLeod, Research Facilitator at the University of Saskatchewan and Adjunct Professor in the Faculty of Kinesiology and Health Studies at the University of Regina, is working on a 10-year retrospective study of adherence to clinical practice guidelines for bone density screening and osteoporosis management in patients and physicians within the Regina-Qu'Appelle Health

Region (RQHR). It is expected that this research will serve to inform strategies to enhance physician awareness and compliance with practice guidelines, as well as improve screening rates and patient health behaviours for osteoporosis prevention and management.

Dr. Rebecca Genoe, whose research interests focus on leisure and aging, is collaborating with colleagues at the University of Illinois at Urbana-Champaign and the Open University in the UK to analyze data that explores the experiences of baby boomers transitioning to retirement. This research explores the health concerns of baby boomers as well as their perspectives on physically active leisure, in addition to other aspects of transitioning to retirement.

Finally, Cluster Leader, Dr. John Barden, is collaborating with the RQHR Hip and Knee Clinic to investigate the effect of hip and knee joint replacement surgery on selected measures of gait variability in patients with hip and knee osteoarthritis (OA). This research will use new sensor technology embedded in a smart phone to quantify various aspects of a patient's gait. In addition, Dr. Barden is also working with several researchers from McGill University, University of British Columbia, and University of Manitoba as a member of the Canadian Gait Consortium, which investigates gait and balance dysfunction in older adults.

[For more information on these research clusters](http://www2.uregina.ca/cah/about-cah/research-clusters), please visit <http://www2.uregina.ca/cah/about-cah/research-clusters>.

## EXERCISE AND NUTRITION—KEYS TO HEALTHY AGING: 2015-2016 CAH DISTINGUISHED LECTURE

The Centre on Aging and Health hosted our 13th annual Distinguished Lecture on November 26, 2015. Like other years, the lecture was very well attended, though even more so this year as the over two hundred people in attendance meant we had to move to a room with twice the capacity as our usual venue.

Renowned exercise scientist Dr. Eric Rawson, of Bloomsburg University of Pennsylvania, discussed muscle and strength changes that accompany normal aging. He then described the importance of physical exercise and nutrition on successful aging.

In particular, Dr Rawson addressed the



Dr. Eric Rawson speaks at CAH Distinguished Lecture

impact of reducing sedentary behaviour (such as sitting) on chronic disease, the beneficial effects of strength training (weight lifting) and protein on muscle strength, as well as the potential benefits of appropriately using supplements on muscle and brain function.

Dr. Rawson emphasized that aging successfully does not mean starting to make healthy choices late in life because we want to avoid rapid aging. Instead, it means exercising and practicing proper nutrition throughout life. However, he went on to explain that that does not



Dr. Rawson answers questions in the post-lecture Q&A

mean starting to exercise and eat better in old age is not important. Basically, it is never too early or too late to start making healthy choices and people are capable of extraordinary feats later in life.

Dr. Rawson's keys to healthy aging are:

1. Start aging successfully now
2. Decrease sedentary time
3. Start strength training
4. Add a little protein to your diet (along with strength training)
5. Consult with your health professional about the possibility of using supplements such as creatine.

In what was a very busy day, Dr. Rawson also spoke at a CAH-organized meet and greet with local seniors to discuss his

research and answer their exercise and nutrition questions. He also met with University of Regina researchers, faculty and staff, which was a great opportunity to establish future research collaborations. Finally, he interviewed for CBC Radio.

For more information on CAH events, visit <http://www2.uregina.ca/cah/news-and-events/events>



Dr. Rawson speaks with older adults from the Regina community at a meet and greet at the University of Regina University Club

## Apply now for the 2016/2017 CAH Small Grants Research Award!

Amount Available: \$1,500 Application Deadline: December 15, 2016

This award is intended to fund pilot projects or other work aimed to lead to the preparation of a major national application in the area of health and aging.

To apply, or for more information: <http://www2.uregina.ca/cah/> or [cah@uregina.ca](mailto:cah@uregina.ca) or 306.337.8477

## CAH WELCOMES NEW M.A./M.Sc. GERONTOLOGY PROGRAM COORDINATOR

The CAH is pleased to name Dr. Abigail Wickson-Griffiths as our new M.A./M.Sc Program in Gerontology Coordinator. Dr. Wickson-Griffiths is an Assistant Professor in the Faculty of Nursing at the University of Regina. Her professional practice and academic background has centred on geriatric nursing as a result of her specific passion for improving the quality of care for older adults, especially those with dementia. Abby is a Registered Nurse and a graduate of the PhD program at McMaster University's School of Nursing.

Her previous research has focused on mealtime strategies for people with dementia living in the community and their caregivers. She also evaluated the implementation of an

advance care planning program in long-term care homes. She has also completed an interdisciplinary fellowship through the Technology Evaluation in the Elderly Network, where she examined the use of the Palliative Performance Scale in a long-term care home setting.



Dr. Abigail Wickson-Griffiths

## CAH THANKS DR. RON MARTIN

The CAH wishes to acknowledge the contribution of Dr. Ron Martin, Associate Professor in Educational Psychology at the University of Regina (and Registered Psychologist with a background in Clinical Psychology).

Dr. Martin served as Gerontology Program Coordinator since July 1st, 2013. Dr. Martin was very helpful to many graduate students over his time as coordinator. He will remain a CAH Member.

We wish Dr. Martin all the best in his research, teaching, and other roles.



Dr. Ron Martin

For more information on the  
MA/MSc Gerontology Program:  
[http://www2.uregina.ca/cah/  
ma-msc-in-gerontology/about-the-program](http://www2.uregina.ca/cah/ma-msc-in-gerontology/about-the-program)

## CAH MEMBERS AWARDED \$475,000 FOR BRAIN RESEARCH PROJECTS

Adapted from news release by Everett Dorma, University of Regina External Relations

The University of Regina received a generous \$1 million donation for brain-related research from an anonymous donor. After a research proposals process, four projects were selected, including two by CAH Members.

Dr. Thomas Hadjistavropoulos, CAH Director, received \$250,000 for the Unit for Innovation in Dementia Care, which will focus on improving quality of life of people with dementia through improved pain management approaches. The unit will facilitate long-term care staff training in best practice protocols as well as on the implementation of cutting edge pain assessment and management methodologies and protocols.

In addition, Dr. Kim Dorsch, CAH Member, received \$225,000 of the anonymous donation to

study attention using multiple object tracking. The funds will be used to purchase new computers systems and fund graduate students. Research suggests that training using the brain using multiple object tracking can improve health performance in people with attention deficits due to injury or disease (as well as in healthy individuals).

Two other researchers also received \$225,000. Holly Bardutz of the Faculty of Kinesiology and Health Studies will examine the impact of exercise on brain function and quality of life in older adults. In addition, Dr. Lei Zhang, Faculty of Engineering and Applied sciences, will examine electronic brain stimulation to treat chronic pain, depression, and Parkinson's disease.

### **Advertise in the CAH Newsletter**

**University of Regina Unit & Researcher Rates (per page):**

Full: \$100 Half: \$50 Quarter: \$35

**Corporate Rates (per page):**

Full: \$150 Half: \$100 Quarter: \$85

Contact CAH Administrator at 306.337.8477 or [cah@uregina.ca](mailto:cah@uregina.ca) for more information

## **BECOME A CAH MEMBER!**

Complete the online application form available on our website:  
<http://www2.uregina.ca/cah/>

## - NEWS AND NOTES -

- ⇒ **Dr. Thomas Hadjistavropoulos**, CAH Director, was recognized by the University of Regina Long Service Recognition Program for his 20 years of service at the University of Regina. He also received the University of Regina Alumni Association Award for Excellence in Graduate Research Mentorship.
- ⇒ **Dr. Gordon Asmundson**, CAH Member, was appointed Editor in Chief of the *Journal of Anxiety Disorders*, one of the most prominent clinical psychology journals.
- ⇒ **Dr. Shanthi Johnson**, CAH Member, spent the Winter 2015 semester as a Fulbright Scholar at the Florida Policy Exchange Centre on Aging, University of South Florida.
- ⇒ **Dr. Lisa Lix**, CAH Member, is a part of several successful grant applications, including a \$645,000 grant from the Defense Research Development Canada's Centre for Security Science, and Canadian Institutes of Health Research grants worth \$309,764 and \$962,920 (to name just a few).
- ⇒ **Ms. Dipeshri Warang**, CAH Trainee Member, received the Alzheimer Society of Saskatchewan Scholarship as well as a Saskatchewan Innovation Program award of \$17,000 for her research into how long-term care patients with dementia perceive the role of their family in their life.

## RESEARCHERS MEET TO DISCUSS QUALITY OF LIFE IN LONG-TERM CARE

This summer, the Research and Community Alliance for Quality of Life in Older Adults (The QOL Team) met in Saskatoon for a research meeting for their Saskatchewan Health Research Foundation funded project.

The QOL Team, led by Dr. Thomas Hadjistavropoulos of the CAH, focuses on improving person-centred care and evaluates ways to improve the quality of life of older adults.

The team includes researchers, clinicians, and administrators from the University of Regina, University of Saskatchewan, McMaster University, Regina Qu'Appelle Health Region, and the Saskatoon Health Region.

QOL Team research studies include work on the impact of flaxseed lignan on blood pressure reduction, pain mitigating effects of social support, seniors' housing options, adult day services for older adults, long-term care staff resilience, vitamin D supplementation in long-term care, Montessori-based interventions for long-term care residents with dementia, as well as evaluation of pain assessment methodologies.

Since the first successful grant application in 2008, the team has published numerous articles, evaluated interventions, and has contributed to improving the lives of older adults in Saskatchewan.

## NOMINATE SOMEONE FOR THE 2016 CAH AWARD FOR INNOVATION IN HEALTH CARE DELIVERY

The Centre on Aging and Health Award for Innovation in Health Care Delivery recognizes Regina-based individuals, groups, or organizations, offering health care to older adults, who have introduced an innovative approach to service provision or who have conducted field research to evaluate services or programs for older persons.

Winners are presented with the award during a CAH-organized event open to the public such as our annual Distinguished Lecture. Award winners will also be featured in this newsletter and on the CAH website. The winner will be presented with a commemorative certificate and will be offered formal affiliation with the CAH. The award does not have monetary value, but we hope that it will properly recognize those in our community that are

helping such an important portion of the population while encouraging others to do the same.

If you know of someone that would be deserving of this award, nominations (of no more than 8 pages) are to be submitted by **October 15th** of each year and must include a short nominee biography, a short description of their innovation, as well as letters of support from colleagues and/or service recipients or their family members.

For more information on eligibility, adjudication, or about how to apply, please visit <http://www2.uregina.ca/cah/about-cah/innovation-in-health-care-delivery-award> or contact Scott J. Wilson, CAH Administrator, at [scott.j.wilson@uregina.ca](mailto:scott.j.wilson@uregina.ca)

## JOIN THE CENTRE ON AGING AND HEALTH

We encourage researchers investigating health and aging as well as health professionals with an interest in aging to apply for Centre on Aging and Health (CAH) membership. Members will be a part of a growing network of aging and health researchers, professionals, and trainees. In addition, the CAH can facilitate dissemination of member research to the public through our newsletter, organization of public presentations, on our website, via Twitter, and through other means.

CAH researchers are conducting world-class gerontological research related to Canada. Many of our members work with research clusters that focus on pain in old age, personhood and resilience in senior care, musculoskeletal aging and health, as well as Aboriginal issues in health and aging.

Moreover, members may access the Centre on Aging and Health Directory of Potential Research Participants: hundreds of potential participants for University of Regina Research Ethics Board approved studies.

Members also receive information on relevant conferences, scholarships, grants, and a variety of other aging-and-health-specific news and events, including those hosted and sponsored by the CAH.

Applying is very quick and easy, as you can apply online via our website. Just go to: <http://www2.uregina.ca/cah/> and click on "Become a Member."

## LIFELONG LEARNING CENTRE UPDATE: GET CONNECTED AND LEARN FOR LIFE!

By Kerrie Strathy, Lifelong Learning Centre, University of Regina

According to a report by the National Seniors council, today's older adults are living a more active, healthier and financially secure life than previous generations. They also have an increased risk of living with a chronic condition, disability or mental health issue. In addition, many older Canadians provide ongoing care and assistance as informal caregivers for friends and family members, including elder spouses and grandchildren, in need of support. Families have become smaller and more geographically dispersed, and this has a negative impact on the size and accessibility of seniors' support networks that could assist them to be more socially engaged.

In spite of being relatively better off than previous generations, over 30% of older adults in Canada are at risk of being socially isolated. Social isolation is commonly defined as a low quantity and quality of contact with others. It involves having fewer social contacts and fewer social roles, as well as the absence of mutually rewarding relationships with others. According to a 2013 report prepared by the International Federation on Aging, the number one emerging issue facing seniors in Canada is keeping them socially connected and active. Older adults who are socially isolated are at

increased risk of being uncomfortable around other people, may be at greater risk of becoming abused, or may develop negative health behaviours. Moreover, those who are sedentary and do not eat well are at greater risk of falling and being hospitalized than are older adults who are active and engaged in their community. Studies have shown that the lack of a supportive social network can increase the risk of dementia and decline in older adults.

The National Seniors Council consulted with seniors across Canada, and with a wide range of seniors and other organizations, to assess how social isolation affects seniors, and to explore ways that social isolation could be reduced and/or prevented. The report released in the fall of 2014 revealed that there is a significant loss to communities when older adults are unable to participate in and contribute to their communities by volunteering and sharing their experience with neighbours, and families as well their communities.

Based on themes that emerged from the consultations, and subsequent discussions with national experts and other stakeholders, the Council proposed four suggestions for action – raise public awareness of the social isolation of seniors; promote improved access

to information, services and programs for seniors; build the collective capacity of organizations to address the social isolation of seniors through social innovation; and support research to better understand the issue of social isolation.

The Lifelong Learning Centre (LLC) in Regina currently offers a wide range of activities that can assist older adults living in Regina and area to avoid being socially isolated. These include programs such as the FREE Wellness Wednesday Forums with speakers who make presentations on health issues of concern to older adults. We have computer use and iPad courses to assist older adults to learn how to use the internet to search for health and other information more effectively.

LLC also has many courses to make it possible for older adults to continue to stimulate their minds and bodies and to be socially engaged on an ongoing basis. These include a variety of fitness courses such as Fit for Life, Line Dancing, Yoga, T'ai Chi and Table Tennis. Minds can be stimulated by learning another language, or by participating in one of the many lecture, discussion and writing courses offered every fall, winter and spring. These courses are affordable and have no exams or assignments. So why not come to one of our FREE Sample Courses, or one of our Thursday Noon Forums to see what we have to offer?

There are also many opportunities to use your skills – or to learn new ones – by volunteering at the Lifelong Learning Centre. You can work with others to create community awareness about older adult abuse, ageism, and the value of lifelong learning and volunteering to the well-being of older adults. Volunteers are needed to work with vibrant older adults and University of Regina students. There are opportunities for those who want to avoid being social isolated by contributing their skills as Receptionists, planners of social activities and special events, support group assistants, researchers, community activists, and more.

This year we are also working on a new project funded by the New Horizons for Seniors Program to explore issues related to social isolation of seniors in Regina. The project will involve UR students working with LLC students to conduct a series of interviews and focus groups to learn more about social isolation and to find ways to address this important issue.

Learn to live, and live to learn!

If you are a student interested in working on this project – or a faculty member who would like to have students in one or more of your courses assist with this project – please call Hertha at 306-585-5766 or email [lifelong@uregina.ca](mailto:lifelong@uregina.ca)



## MA/MSc Gerontology Program

***“Seniors make up the fastest growing age group...***

***By 2051, about one in four Canadians is expected to be 65 or over.”***

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- Exciting inter-disciplinary, research-oriented graduate degree program.
- Provides research training and specialized gerontology knowledge to health professionals and students.
- Emphasizes both the physiological and psychosocial aspects of aging.
- The collaboration of the Faculty of Arts, the Faculty of Kinesiology and Health Studies and the Faculty of Social Work and coordinated by the University of Regina’s Centre on Aging and Health.

### **Admission Requirements:**

4-year undergraduate degree in areas such as, nursing, kinesiology, psychology, social work, health studies, sociology, biology, or a health professional degree .

**Application Deadline: March 31**

For further information, please contact:

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