

Centre on Aging and Health

Newsletter

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International Researcher Leads Season of CAH Talks

Story by Holly Luhnig, MA

The Centre on Aging and Health hosted an impressive season of talks in the Fall of 2003, headlined by international guest lecturer Stephen Gibson, PhD, Research Director of the National Ageing Research Institute, and Associate Professor, University of Melbourne.

Dr. Gibson, one of the world's foremost researchers in the area of pain and aging, delivered three talks during his stay in Regina. His series of presentations centered on the unique aspects of chronic pain among older populations. In particular, he discussed research regarding the role of beliefs and attitudes about pain as important factors that affect adjustment to pain among seniors.

Dr. Gibson presented the Keynote Address, entitled "Psychological Aspects of Pain and Aging," to an appreciative audience at the University of Regina Seniors' Education Centre's 3rd Annual Gerontology Institute on November 18, 2003. Dr.



Dr. Stephen Gibson presents the 2004 CAH Distinguished Lecture.

Gibson gave his second lecture, "Issues to Consider in the Older Patient with Pain" at the Wascana Rehabilitation Centre Auditorium on November

19. This talk was sponsored by both the CAH and Research and Performance Support, Regina Qu'Appelle Health Region, and was well

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CAH Spearheads New Graduate Program in Gerontology

Story by Holly Luhnig, MA

“By the year 2021, 20% of the Canadian population will be over age 65.”

The CAH Newsletter

The CAH newsletter is currently accepting submissions for the next issue. Your comments, suggestions, announcements, and CAH-related news items are most welcome.

Please address your submissions to...
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In collaboration with the faculties of Social Work, Arts, and Kinesiology and Health Studies, the CAH is in the process of developing an interdisciplinary Master's program in gerontology. This will be the first graduate degree at the University of Regina to involve more than one faculty; the program will involve the Faculty of Arts, the Faculty of Kinesiology and Health Studies and the Faculty of Social Work. The Planning and Priorities Committee at the University of Regina has approved the program in principle.

Changes in North America's demographic structure have been occurring over the last century such that larger proportions of people are living past age 65. In the year 1900, only about 4% of the population were

persons over 65 years of age. The number changed to over 10% in 1998. Currently, 12.5% of the Canadian population are persons over 65 years of age. In fact by the year 2021, 20% of the Canadian population will be over age 65. Saskatchewan has a larger proportion of seniors in its population than any other province in Canada. By launching a gerontology program, the University of Regina will be seen as responding to the changing demographic and the needs of the province.

Although the Saskatchewan population has a higher proportion of seniors than any other Canadian province, it does not offer any university degree programs in gerontology. Ever since the CAH was announced to the public, the CAH director has received many unsolicited calls from health

professionals and other interested members of the public inquiring about opportunities for graduate education in gerontology. The CAH is pleased to be able to respond to this demand.

The degree will be research orientated; the program will be an attractive option for health professionals who wish to obtain research experience, or for students who aim to pursue academic careers in gerontology. Potential students have shown a high level of interest in the program; the CAH has received numerous inquiries regarding the degree.

For more information on this interdisciplinary program, please contact the Centre on Aging and Health at the University of Regina at: 337-2537. ♦

Centre on Aging and Health Membership

Those interested in joining the CAH may complete the application form available online at the CAH website or request an application form from

Dr. Gordon Asmundson, Membership Committee Chair. ♦

Please mail applications to the following address:

Dr. Gordon Asmundson
Faculty of Kinesiology and Health Studies
University of Regina
3737 Wascana Parkway
Regina, SK S4S 0A2

CAH Builds Community Bridges

Story by Holly Luning, MA

The CAH has made significant inroads into the community this past season. In 2003 the CAH co-sponsored lectures and presentations with the Regina Qu'Appelle Health Region, and the Seniors' Education Centre. Last year, the CAH participated in the

organization of Brain Awareness week. This year the CAH will be a full partner for the 2004 Brain Awareness week; the centre plans to organize presentations geared toward the public. The CAH's profile is increasing throughout the community; the CAH members

have received many invitations from seniors groups to give presentations and provide information; the centre also receives frequent unsolicited calls and inquiries from the public. ♦

We Need Your Help in Developing a Directory of Research Participants . . .

As many of you know, the CAH is currently constructing a directory of potential research participants. This directory will contain the names, ages, and contact information of older (and some younger) individuals who are willing, and interested, in participating in research on aging. Once created, this directory will be a valuable service for CAH members, as it will help decrease the amount of time spent on the recruitment of older participants. However, in order for the directory to be of benefit to CAH members,

we need to add more names to it. If you are currently conducting a research project on aging we urge you to ask your research participants to be included in the directory. To be included, individuals need only fill out a brief consent form, which must be submitted to the directory's coordinator. This form, as well as a one page handout explaining how the directory works, is available from the CAH's website or by contacting the CAH's secretary. All recruitment procedures have been approved by

our research ethics board. After the completion of the work of each of your research participants, you could ask them to join the directory (see CAH website for procedures). Your assistance in this matter is greatly appreciated. ♦

Veronica Hutchings
Centre on Aging and Health,
Directory Coordinator

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The CIHR Have Announced Their December Launch of Strategic Funding Opportunities

The new competitions are "Pilot Project Grants in Aging" - Institute of Aging - April 1, 2004; "Aboriginal Community-Based Research" - Institute of Aboriginal Peoples' Health (IAPH) - April 1,

2004; and "Opportunity for New Researchers in Aboriginal Health" - IAPH - April 1, 2004. Be sure to include your affiliation with the CAH in your application. ♦

Further information is available at the website at: <http://www.cihr-irsc.gc.ca/e/services/15761.shtml>

Season of CAH Talks continued from page 1

attended by both professionals and laypeople. Dr. Gibson also spoke as the CAH 2003-04 Distinguished Lecturer at the University of Regina on November 20, 2003. His address, entitled "What is Different About Pain in Old Age," drew a large crowd of faculty, staff, students, and the general public.

Dr. Gibson met with a number of local researchers to provide input on projects and to explore collaboration opportunities. His visit also drew a significant amount of media attention; he was interviewed by the Regina Leader Post and appeared on the television program "Heart and Mind."

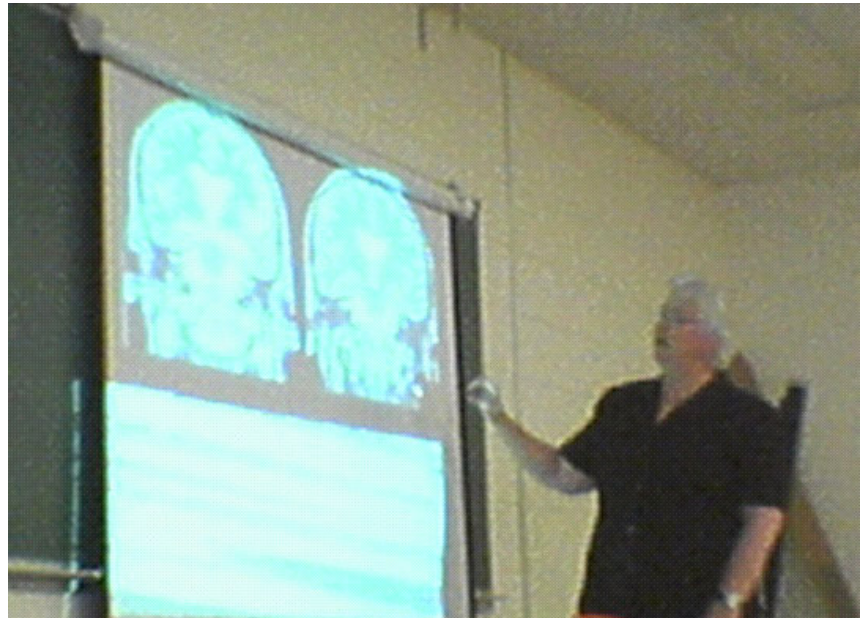
Lynne Beattie, M.D., F.R.C.P., Professor of Geriatric Medicine, University of British Columbia gave a lecture on September 12, 2003 at the University of Regina. Dr. Beattie's talk, entitled "Mild Cognitive Impairment: When is it Early Alzheimer Disease?" focussed on ways of differentiating between mild cognitive impairment and early onset dementia; the event was well attended by both the university community and the public at large. Dr. Beattie's lecture was sponsored by the CAH and the Department of Psychology at the University of Regina.

Shannon Fuchs-Lacelle, M.A., and trainee member of the CAH, spoke on December 10, 2003 at the General Meeting for Senior Power of Regina, a seniors' advocacy organization. Ms. Fuchs-Lacelle's lecture,

entitled "Pain and Dementia: The Development of a Pain Assessment Tool for Seniors with Severe Dementia" provided an overview of pain experiences in seniors. Ms. Fuchs-Lacelle aimed to create a dialogue about issues such as pain prevalence, misconceptions about pain, and patient-physician communication. The lecture also included a brief review of the current research being conducted by CAH

Director Thomas Hadjistavropoulos and Ms. Fuchs-Lacelle on improving pain assessment practices for older adults with dementia and communication impairments.

The Fall 2003 season of talks by international, national, and local researchers illustrates the vibrant and progressive role the CAH plays both here at home, and outside provincial and national borders. ♦



Dr. Beattie addresses students, faculty, and members of the community.

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We're on the Web!

http://uregina.ca/hadjistt/centre_index.htm

Is Your Research Listed On Our Website?

http://uregina.ca/hadjistt/centre_index.htm

If not, please email your research interests to lisa.drinkwater@uregina.ca for inclusion.