

Centre on Aging and Health (CAH)

Newsletter

Michelle Bourgault-Fagnou

Newsletter Editor

Email: bourmich@uregina.ca

Inside this issue:

The CAH 2005-2006 Distinguished Lecture	1
The New MA/Msc Program in Gerontology Enrolls Its First Students	2
The CAH Director Receives a SHEA Award	3
CAH Trainee Member Research	3
The CAH is a Partner in a Provincial Network of Gerontology	3
CAH Membership	4

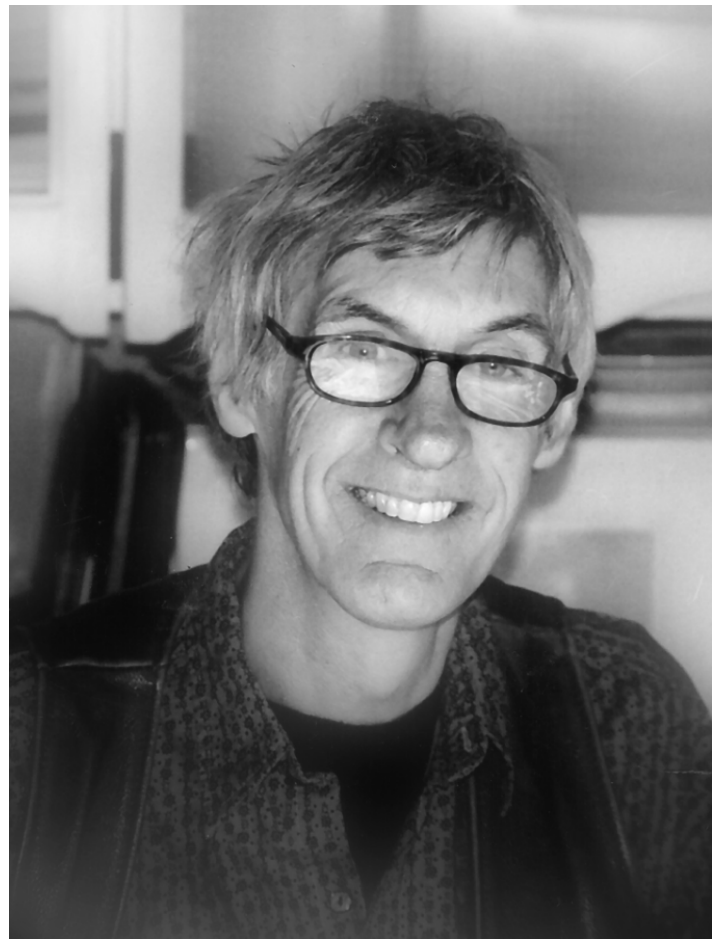
The Centre on Aging and Health Holds its 2005-2006 Distinguished Lecture

Story adapted from a University of Regina news release.

Those of us who expect romance and sexual activity to decline after the age of 45 could be in for a surprise.

According to Michael Stones – Professor of Psychology at Lakehead University in Thunder Bay, an author and an internationally known expert in gerontology - romance, sex and intimacy may actually get better after 45.

Stones presented his research in the area of sexuality and aging on November 17, 2005 at the University of Regina's Language Institute Theatre when he gave the third annual Centre on Aging and Health Distinguished Lecture. Stone's delivered his lecture, titled "Sexuality, Sensuality and Intimacy in Later Life," to an appreciative audience



Dr. Michael Stones

at the University of Regina. The research presented comes from his popular book "Sex May Be Wasted on the Young: For Boomers and Beyond."

Co-authored with his wife Lee, and based on more than one hundred interviews with people between 40 and 85 years old, the authors reveal

(Continued on page 4)

**Funding Opportunity:
Graduate Fellowship in Aging and Health**
Application Deadline:
June 1, 2006

For further information, please contact Karen Wiome, Scholarship and Awards Officer, FGSR, at (306) 337-2236 or karen.wiome@uregina.ca or go the following website: <http://www.uregina.ca/gradstudies/>

The New M.A./M.Sc Program in Gerontology Enrolls Its First Students

Story by Michelle Bourgault-Fagnou, M.A.



New Students Brenda Collacott and Maureen Coulthard

Her clinical experience is varied and includes paediatrics, adult neurology, work injury, and private practice. She has worked in the areas of ergonomic and functional assessment, return to work planning and medical legal evaluations.

Presently, Maureen is the manager of the Orthotics Prosthetics Department in the Regina Qu'Appelle Health Region.

Maureen's research interests lie in the areas of primary health care for the geriatric population, end of life issues, and caregiving issues.

Both Brenda and Maureen are enrolled part time in the M.Sc. program under the supervision of Dr. John Barden.

For further information on the program, please contact the program coordinator John Barden. Phone: (306) 585-4629 or email: John.Barden@uregina.ca

The new M.A./M.Sc. Program in Gerontology, an interdisciplinary research-oriented graduate degree program at the University of Regina, enrolled its first two students in the Fall of 2005.

Brenda Collacott and Maureen Coulthard, both pursuing a M.Sc. in Gerontology, bring a wide range of knowledge and experience to their studies.

Brenda Collacott is a Physical Therapist with experience in the rehabilitation and acute care hospital facilities in

Regina. Up until two years ago, she also owned and operated a private physiotherapy practice for 19 years. Currently, Brenda is employed by the provincial government as Therapies Consultant for the Province.

Through her studies, Brenda is interested in learning more about both research and policy development in the field of Gerontology.

Maureen Coulthard joins the program with experience in medical rehabilitation and occupational therapy.

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...
Michelle Bourgault, Editor
Centre on Aging and Health Newsletter,
Department of Psychology
University of Regina
Regina, SK S4S 0A2
PH: 585-5369
Submissions may also be emailed to...
bourmich@uregina.ca

The Centre on Aging and Health Director Receives a SHEA Award

During a presentation at the Saskatchewan Centre of the Arts (February 4, 2006), Thomas Hadjistavropoulos was honoured with a Saskatchewan Healthcare Excellence Award (Innovation). He was recognized for his work on pain assessment and management among seniors. The

Honourable Deb Higgins, Minister of Labour was in attendance and the evening was hosted by Roberta McKay, M.D., FRCP(C). The Saskatchewan Health Care Excellence Awards recognize those individuals in healthcare who have shown excellence in their field and who have earned

the respect of their peers and the public. Any person, process, method, program or act that shows extraordinary achievements in healthcare in the province of Saskatchewan can be nominated.♦

Centre on Aging and Health Trainee Member Research



Jaime Williams

For her doctoral dissertation, Jaime Williams, a trainee member of the Centre on Aging and Health, is investigating pain and falling among seniors diagnosed

with dementia who live at home with a family caregiver. The goal of her research is to identify seniors who are at greatest risk of falling and experiencing exacerbation of pain complaints. This work is important because falls represent one of the primary causes of hospitalization for older Canadians. Moreover, the problem of undetected and untreated pain is underscored among seniors with dementia.

By understanding the risk for falls and pain chronicity among such persons, Ms. Williams is hoping to contribute to the prevention and/or management of falls and pain complaints in the long run.

Under the supervision of Dr.

Thomas Hadjistavropoulos and with the financial support of a Doctoral Fellowship from the Canadian Institutes of Health Research (Regional Partnership Program), Ms. Williams hopes to complete her dissertation within the next year. In addition to her thesis-based research, she is currently participating in various Centre on Aging and Health projects related to pain and other clinical topics.

Please direct questions that you may have about the full research to Jaime Williams, M.A. at the Centre on Aging and Health office (telephone: 337-2537; email: willia4j@uregina.ca).♦

The Centre on Aging and Health (CAH) is a Partner in a Provincial Network of Gerontology Researchers

The CAH is a partner in a provincial network of gerontology researchers. The researchers are based at the University of Regina and at the University of Saskatchewan. Their expertise are diverse and range from medicine, anatomy and cell biology to psychology,

physiotherapy, and kinesiology. The group, funded jointly by the University of Saskatchewan, the University of Regina and the Saskatchewan Health Research Foundation is organising a series of videoconference seminars that will link researchers from the University of Regina and the

University of Saskatchewan. The first of these seminars took place on December 14, 2005. The presenter was Bernie Juurling of the Department of Anatomy and Cell Biology, University of Saskatchewan. The seminar was well attended by faculty and graduate students.♦

The CAH Holds its 2005-2006 Distinguished Lecture *(continued from page 1)*

that people over 45 do enjoy sex; that sex is just as enjoyable - or more so - in later years as it is in youth; and that the amount of sexual behaviour doesn't change much with aging. In his work he has combined scientific knowledge with practical advice to dispel

myths and to heighten the prospects for lifelong romance.

Stones, born and educated in England, received his Ph.D. there before moving to Canada where he has lived and researched since 1974. He has written or co-

authored five books and has published in excess of 100 scientific articles.

This talk was sponsored by the Centre on Aging and Health, and was well attended by faculty, staff, students, and the general public.♦

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 Dr. Gordon Asmundson at the following address:

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

Centre on Aging and Health

University of Regina
3737 Wascana Parkway
Regina, Saskatchewan
Phone: (306) 337-2537
Fax: (306) 337-2321
Email: cah@uregina.ca

We're on the Web!
http://uregina.ca/hadjstt/centre_index.htm

Is Your Research Listed On Our Website?

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

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