



ISSUE 12, FALL 2008

# CENTRE ON AGING AND HEALTH NEWSLETTER

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## CAH NEWSLETTER

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

Please email submissions to:

Scott Wilson  
CAH Administrator/  
Newsletter Editor  
wilson7s@uregina.ca

## CAH WELCOMES NEW GERONTOLOGY PROGRAM COORDINATOR

The Centre on Aging and Health (CAH), University of Regina is pleased to introduce the new Coordinator for the graduate degree in gerontology at the University of Regina, Dr. David Cruise Malloy. Malloy is a full professor in the Faculty of Kinesiology & Health Studies and the former Associate Dean in the Faculty of Graduate Studies & Research. His research focuses upon applied ethics and philosophy in administrative contexts. Specifically, his interests include ethical decision-making, codes of ethics, leadership, and ethical climate/culture. He has published numerous articles in refereed journals. According to Dr. Thomas Hadjistavropoulos, Director of the CAH, "under Dr. Malloy's leadership, the program will develop and flourish."

Dr. Malloy brings to the program his own research interests into aging. Currently, he supervises three Gerontology students - all of whom are exploring issues relating to ethics and senior care. Dr. Malloy's own SSHRC funded research for the past decade has focused primarily on the factors that influence ethical choices made by physicians and nurses in the care of the elderly, particularly those individuals with dementia. In addition, his research is concerned with the concepts of personhood and meaning as they pertain not only to the elderly but also to those dedicate their careers to caring for them.

Continued on page 5

Dr. David Cruise Malloy



## CAH DISTINGUISHED LECTURE UPDATE

Due to the devastating effects of Hurricane Ike, The CAH's 2008-2009 Distinguished Lecture has been postponed.

This year's speaker, Dr. Kyriakos Markides, from the University of Texas Medical Branch in Galveston, Texas has been dealing with the after-effects of the hurricane, which has left his school and

community heavily damaged. The CAH has given Dr. Markides and his family our best wishes.

The Distinguished Lecture has been rescheduled for March 5, 2009 and will take place from 6:30 to 7:30pm in the Administration Humanities Building (AH), Room 527. Free parking for this event will be available in Lot 3, section M.

## AGING WELL IN REGINA: A RESEARCH STUDY

For over 30 years, older adults (55+) have chosen to enrich their retirement years through taking classes at the Seniors Education Centre (SEC), University of Regina. This research focuses on the learning experiences of these adults, and has been supported by a small grant from the Centre on Aging and Health (CAH).

In the spring of 2008, a pilot study was conducted with 15 participants, aged 60 to 75+, using narrative inquiry, a qualitative approach to research that focuses on the meaning of particular phenomena to research participants. Initial findings indicate that, for these participants, taking classes is a way to grow, maintain a sense of curiosity, and find fulfillment. Above all, for those interviewed, taking classes is an important part of aging well.

This research project was presented at the recent International Federation on Ageing's 9<sup>th</sup> Global Conference on Ageing in Montreal. Plans include continuing this particular project, and extending it beyond SEC to Seniors' Residences, for instance. Furthermore, initial responses by several

attendees of the Montreal presentation indicate a potential interest in exploring possibilities for collaborative research and sharing of projects involving older adults as learners.

Research on the initial project will continue during the coming months. A Project Advisory Board will look into extending the research to a broader community, and to exploring funding possibilities.

Faculty members who may be interested in joining the Advisory Board, and/or have Graduate Students considering lifelong learning research, are invited to contact Dr. Helen Christiansen via e-mail ([christih@sasktel.net](mailto:christih@sasktel.net)), or through Kerrie Strathy, Head, Seniors Education Centre, Continuing Education, University of Regina, for more information.

**Helen Christiansen, Ph.D., Professor Emerita, Faculty of Education.**

"Above all, for [older adults], taking classes is an important part of aging well. "

## CAH HIRES ADMINISTRATOR

The CAH is pleased to announce the hiring of a new Administrator, Scott Wilson. Wilson, an M.A. candidate at the U of R, has been hired to a half-time term position where he will help expand the Centre's capabilities. Dr. Thomas Hadjistavropoulos, upon finalizing the hire said, "We are very pleased and excited that Mr. Wilson accepted this position as this could allow us to expand our activities and better serve our research and professional members as well as our community."

Wilson will prepare CAH budget documents, respond to and resolve administrative problems and

inquiries, liaise with community organizations, and prepare applications for project funding. He will also provide assistance with the graduate program in gerontology, provide support to various outreach activities, maintain a database of research participants, and process membership applications.

One aspect of the administrator's duties will be the editing and publication of the CAH newsletter. Submissions are always welcome and suggestions for story ideas will be appreciated.

Should you have any questions or concerns regarding the CAH, please contact Scott Wilson at wilson7s@uregina.ca or by phone at (306) 337-2537.

## SENIORS' WEEK SASKATCHEWAN

Each year, on the Monday preceding October 1st (this year from September 29th to October 5th), Saskatchewan begins its Seniors' Week celebration.

This year, activities included a Gala Luncheon at the Regina Inn, where Graham Barker, founder of Phoenix Group delivered a talk about how Seniors contribute so mightily to the success of the province.

Barker's estimation seems to be correct as, according to the Canadian Volunteerism Initiative Saskatchewan, people between the ages of 55 and 64 volunteered 5.7 million hours of work,

while those over 65 volunteered 9.4 million hours, the highest average of any group.

Other events included a pancake breakfast and afternoon dance at the Regina Senior Citizens Centre.

For more information on hosting an event, see the Government of Saskatchewan website:

<http://www.health.gov.sk.ca/seniors-week>

"[Saskatchewan residents] over 65 volunteered 9.4 million hours, the highest average of any group.

**THE SGI FELLOWSHIP IN AGING & HEALTH 2008**

The SGI Fellowship in Aging & Health is awarded to graduate students with research interests related to aging and health. Faculty members who are affiliated with the CAH adjudicate this scholarship. This year, two University of Regina graduate students have each received this award for their respective research projects. This year's recipients are Bianca Hatin and Katherine McLeod.

Bianca Hatin is a graduate student in the experimental and applied psychology. Supervised by Dr. Chris

Oriet and Dr. Laurie Sykes, Hatin will explore the effect of aging on the frequency of collisions resulting from visual hemifield pseudoneglect.

Katherine McLeod is a PhD student and instructor in Kinesiology and Health Studies whose research interests focus on Osteoporosis and aging.

For more information, visit the CAH or University of Regina websites.

Find more info at [www.uregina.ca/gradstudies/scholarships](http://www.uregina.ca/gradstudies/scholarships)

**ALZHEIMER'S SOCIETY SASKATCHEWAN CONFERENCE**

On September 30th and October 1st, 2008 the Alzheimer Society Saskatchewan held its annual provincial conference entitled Kaleidoscope of Care: A Conference for Professional Caregivers of People with Alzheimer's Disease and Related Dementias.

This was the first year the conference was held over the course of two days and there were plenty of informative talks to experience.

Dr. Thomas Hadjistavropoulos, CAH Director, presented the keynote address on the second day of the conference. His topic, "Assessing Pain in Patients with Dementia" explained that pain among people with dementia often goes undetected (or under detected) partly because the

ability to verbally report pain decreases as a function of disease severity.

Dr. Hadjistavropoulos focused on research designed to facilitate the accurate assessment of pain among patients with moderate to severe dementia and offered practical suggestions for the pain assessment of dementia.

University of Regina psychology graduate student and CAH member, Paulette Hunter, also presented at the conference. She gave a presentation called "Dementia and Personhood."

The conference was well attended by many of the CAH's membership, most of whom are looking forward to next year's event.

**Gerontology**

**Student**

**Update**

The CAH would like to welcome the newest members of the graduate degree program in gerontology:

**Jason Chiang,**

University of Toronto

**Irene Anabenu Forcheh,**  
University of Botswana

**Jonathan Harris,**

St. Francis Xavier University

**Deanna Selin,**

University of Regina

**Riddhi Shukla,**

University of Prince Edward Island

## CAH SMALL GRANTS PROGRAMME

The CAH is now accepting applications for its Small Grants Programme. These awards are made available by the Centre on Aging and Health to promote research pertaining to aging at the University of Regina, including the federated colleges.

These awards fund pilot projects or other work aimed to lead to the preparation of a major national application (for example, greater than \$50,000).

### Information:

Number of Awards Available for 2008/2009: 1

Amount Available for 2008/2009: \$1,500

Application deadline: **November 15, 2008.**

Application forms are available at:

[http://uregina.ca/hadjistt/PDF\\_files/GrantsProgramme\(application\)08.pdf](http://uregina.ca/hadjistt/PDF_files/GrantsProgramme(application)08.pdf)

An important resource for researchers of aging and health.

## ARCHER LIBRARY ARCHIVES CAH NEWSLETTER

Recently, Archer Library launched the University of Regina Campus Digital Archive. The online archive allows faculty, researchers, administrators, students and other members of the campus community to store research, publications, presentations, and other materials in digital form. The first eleven issues of the CAH Newsletter are now available online and each

subsequent issue will be archived as they become available.

To view the CAH Newsletter on the University of Regina Campus Digital Archive site visit:

<http://dspace.cc.uregina.ca/dspace/>

The CAH Newsletter will also continue to be available on the CAH website.

## CAH WELCOMES NEW GERONTOLOGY PROGRAM COORDINATOR (CONTINUED)...

While much of the current research is focused on cognitive and physical decline, Dr. Malloy's vision for the Centre on Aging at the University of Regina is also to open up our awareness of the opportunities that emerge as a function of aging and

our meaningful relationships with seniors.

Malloy will serve as coordinator through the 2011 academic year.

## Centre on Aging and Health



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### WEBSITE

[http://uregina.ca/hadjistt/  
centre\\_index.htm](http://uregina.ca/hadjistt/centre_index.htm)

### CAH Membership

Those interested in joining the CAH may complete the application form available online at the CAH website.

For more information, please contact CAH

Administrator

Scott Wilson at

wilson7s@uregina.ca

### **RESEARCH PARTICIPANTS NEEDED TO COMPLETE QUESTIONNAIRES**

Dr. Heather Hadjistavropoulos' research team is seeking individuals to participate in a study on experiences of older caregivers.

If you are currently 65 years of age or older and caring for someone who is frail and/or has a diagnosis of Alzheimer's disease or dementia, you are eligible to participate. You can participate even if the individual you care for does not live with you (e.g., lives on own or in a special care home).

Your participation would involve completing a series of brief questionnaires in exchange for a \$10.00 honorarium. Questionnaires will be mailed to participants along with a pre-paid envelope to return the materials

The information will help us understand the challenges caregivers face. If you are interested in participating in this study or would like further information, please contact

Ms. Nicky Pugh at: [pugh200n@uregina.ca](mailto:pugh200n@uregina.ca)  
(306) 585-5369



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