



ISSUE 13, SPRING 2009

## CENTRE ON AGING AND HEALTH NEWSLETTER

### THE CENTRE ON AGING AND HEALTH HOLDS ITS 2008-2009 DISTINGUISHED LECTURE

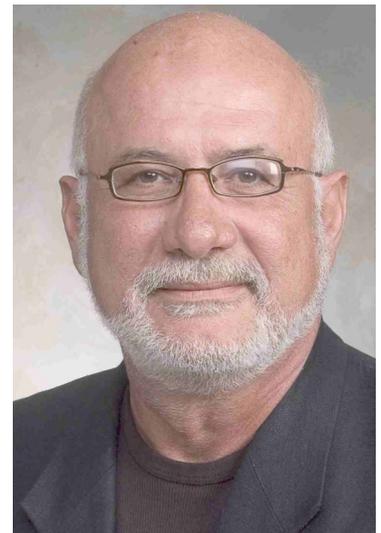
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2 The Centre on Aging and Health (CAH) is proud to announce that its  
3 2008-2009 Distinguished Lecture was a success. The lecture,  
4 which took place on March 5, 2009 at the University of Regina,  
5 offered a look into the health of older adults in North America. After  
6 a postponement due to the devastating effects of Hurricane Ike, the  
7 lecture was very well attended.

8 This year's speaker, Kyriakos Markides, Ph.D., presented a lecture  
titled "Are Older Immigrants Healthier than Second and Third  
Generation Residents of North America?" Dr. Markides is the  
author or co-author of 275 publications. Markides has been  
conducting research on the health of older Mexican Americans  
since 1976. One of the most cited social scientists in the world  
according to The Institute for Scientific  
Information, Markides lived up to expectations  
and was very engaging.

After showing the impact of Hurricane Ike on  
his campus at the University of Texas Medical  
Branch in Galveston, Markides discussed  
patterns of immigrant health in the United  
States, Australia and Canada.



Dr. Kyriakos Markides

#### 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 J. Wilson  
CAH Administrator/  
Newsletter Editor  
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## BRAIN AWARENESS WEEK REGINA 2009

Story by Tennille Ma

This year marked the 7th annual Brain Awareness Week in the City of Regina. The main goal of this international campaign is to promote the public awareness and benefits of brain research. In addition, Brain Awareness Week aims to promote cognitive fitness to students, teachers and the public. Organized and coordinated by the Dana Alliance of Brain Initiatives, Brain Awareness Week is supported by a coalition of organizations such as the National Institute of Health, universities, government organizations, hospitals and community-based organizations.

Brain Awareness Week was held in Regina from March 16 to 22, 2009, where the Centre of Aging and Health (CAH), Alzheimer Society of Saskatchewan and other community organizations hosted activities. The calendar events included "Brain Aerobics: Tips for Brain Health" presented by the Seniors' and Healthy Living Program of the RQHR, "Brain Attack – Stroke Prevention" presentation, and a public forum, "Driving and Dementia," presented by SGI and the Alzheimer Society of Saskatchewan.

As part of Brain Awareness Week, the CAH organized a public forum at the University of Regina. The forum

featured Dr. David Cruise Malloy who delivered a presentation entitled "Am I Still Me? What Do Philosophers Say About Dementia?" The lecture was well-attended by the university community and the general public.

Dr. Malloy is a Professor in the Faculty of Kinesiology & Health Studies and the former Associate Dean in the Faculty of Graduate Studies & Research. He is also the acting CAH Gerontology Program Coordinator. His research concerns involve applying ethics and philosophy in administrative contexts. Dr. Malloy has published many research articles in peer-reviewed journals and has co-authored four books dealing with applied ethics.

The CAH looks forward to another successful Brain Awareness Week in 2010.



Dr. David Cruise Malloy

For more information  
on Brain Awareness  
Week, visit  
[http://www.dana.org/  
brainweek](http://www.dana.org/brainweek)

## **SENIORS EDUCATION CENTRE LAUNCHES ELDER ABUSE AWARENESS PROGRAM**

On February 11, 2009, the Seniors Education Centre (SEC) University of Regina and the Centre for Continuing Education (CCE) announced funding from the Human Resources and Skills Development Canada's New Horizons for Seniors Program.

The grant, which will see the SEC receive \$193, 980 over 34 months, will be used to develop awareness programs about elder abuse. More specifically, the SEC hopes to create programs aimed at educating health professionals, police officers and retirement planners.

SEC staff and volunteers have been working on the issue of elder abuse for years and this funding, according to Kerrie Strathy, SEC Division Head, will be a great help.

At the announcement, Vianne Timmons, University of Regina President, stressed the significance of making Regina and Saskatchewan communities safer through the reduction of older adult abuse. She also explained the importance of the University of Regina continuing to be involved in community outreach and more

educational initiatives .

The first year of the program will be completed shortly and will see the creation of an advisory committee and sub-committees. Scott Wilson, CAH Administrator, has joined the advisory committee.

The second and third years include pilot program modules, testing of awareness materials and a mid-term review.

The fourth year will act as an evaluation period, which will ensure the continuation of the program and offer suggestions on how it can be improved.

Potential volunteers should contact Kerrie Strathy at the Seniors Education Centre.

For more information on the SEC, visit <http://www.uregina.ca/cce/seniors/index.shtml>

## ACKNOWLEDGING DR. JOHN BARDEN

The CAH wishes to recognize the contribution of Dr. John Barden who served as Gerontology Program Coordinator from 2004-2008.

Dr. Barden was very helpful in his roles with the Gerontology Programs Committee and the CAH Scholarships Committee. Dr. Barden remains

active at the CAH (e.g. as a member of the CAH Steering Committee).

His guidance was beneficial to the many gerontology graduate students he oversaw during his time as graduate coordinator.



Dr. John Barden

## ALZHEIMER'S AWARENESS RECEPTION

The Hon. Dan D'Autremont, Minister of Government Services, Hon. Don McMorris, Minister of Health and the Alzheimer Society of Saskatchewan hosted the Alzheimer's Awareness Reception at the Saskatchewan Legislative Building in Regina on November 25, 2008.

The goal of the event was to increase awareness among the Members of the Legislature of the many issues that people with Alzheimer's disease and related dementias are currently facing in the province.

After speeches from Joanne Bracken, Scott Dudgeon, CEO, Alzheimer Society of Canada, Dan D'Autremont, and sufferers from and family members of those with Alzheimer's, Don McMorris promised to meet with Alzheimer's

Saskatchewan to discuss further the importance of the government of Saskatchewan becoming a leader in providing funding and services for this critical health problem.

Part of the strong response by McMorris and his other Ministers was the insight that Alzheimer's can affect those in their late forties and early fifties, making it a disease that hurts more than the elderly.

For more information, contact Alzheimer Society of Saskatchewan at [www.alzheimer.sk.ca](http://www.alzheimer.sk.ca).

## CAH DIRECTOR SPEAKS AT CAFÉ SCIENTIFIQUE

On December 1, 2008, Dr. Thomas Hadjistavropoulos, CAH Director, spoke at Café Scientifique, an informal discussion with experts working at the leading edge of pain management research. Dr. Ken Craig, of the University of British Columbia was the second presenter.

The discussion, titled “I Can't Tell You How This Hurts Me,” focused on pain in individuals who with limited abilities to communicate (e.g., persons with severe Alzheimer’s disease).

The University of Regina, with funding and support from the Saskatchewan Health Research Foundation (SHRF) and the Canadian Institutes of Health Research (CIHR), hosted the event at the Mackenzie Art Gallery in Regina.

For information on upcoming Café Scientifique events, visit [www.shrf.ca](http://www.shrf.ca).



Dr. Thomas Hadjistavropoulos

### Adults 60 years or older needed for Study on Pain

Research has shown that people who suffer from pain conditions are more likely to live with other difficulties, such as problems with mood and carrying out daily activities. This study is an investigation into the factors that lead to these challenges. It is hoped that a better understanding of these factors will facilitate treatment and more effective coping with pain.

**You do not need to be living with pain to participate.**

You will be asked to complete some paper-and-pen questionnaires, which will take about 1.5 hours. You will also be entered into a draw for one of two \$50 gift cards from Smitty’s Restaurant or Tim Horton’s. If you are interested in helping us with this study, please contact the researcher for more information.



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Your help with our research is much appreciated.

## AGING WELL AT SEC: RESEARCH UPDATE

For over 30 years, older adults (55+) have been attending classes at SEC. This research focuses on the learning experiences of volunteer participants from this group of adults. In the spring of 2008, 20 people signed up to be interviewed following a noon-hour presentation in March. From April 2008 to February 2009 these and other volunteers were interviewed, for a total of 31 drawn from 4 age groups: 55-59 (3 males, 2 females); 60-64 (2 males, 3 females); 65-74 (5 males, 7 females); 75+ (2 males, 7 females). The interviews were semi-structured in format. All participants were asked the following questions:

How long have you been taking classes at SEC?

What led you to begin taking classes at SEC?

What are some of the classes you have taken?

What kinds of classes do you find interesting?

How would you describe a successful older adult learner?

Participants were invited to share other aspects of their learning experience as well. Follow-up questions were either for clarification purposes, or to pursue the conversation about an issue the participant raised.

All participants were asked for permission to audiotape the interviews. These were transcribed, and research participants were given the opportunity to approve and/or edit the transcriptions. At this time, 29 of the 31 have done so. Preliminary data analysis will thus be based on 29 interviews.

Data will be analyzed using inductive analysis. This means that categories, themes, and patterns emerge from the data, through a system of coding and categorizing developed by the researcher using what is known in qualitative research as a method of "constant comparison." Preliminary findings will be shared with the Aging Well Project Advisory Committee in early April 2009.

During the interviews, many of the research participants suggested that a collective meeting would be an interesting experience. Such a meeting will be held at the end of April. Only research participants and Project

Advisory Committee members will be invited to attend. Possible formats will be discussed by the Project Advisory Committee beforehand. This meeting could become part of the data collection (the researcher will take notes), provided that the participants give their consent. They will be asked to do so at the beginning of the meeting.

This research received a start-up grant of \$1500 from the Centre on Aging and Health in 2008, on the condition that further funding would be sought from a major funding organization such as CIHR. The application process has been delayed because it was decided to interview all those who volunteered. It is anticipated that funding applications for an expanded project extending well beyond SEC to the broader community will be ready in early September 2009.

What needs to be done at this time (in addition to the analysis) is to set up a broader research team working under the umbrella of Aging Well in Regina. The initial project looked at older adults taking classes at SEC. It would be interesting to look at other adults – those not taking classes but otherwise active, inactive adults, and others suggested by the members of the research team. It would also be worthwhile to look at other aspects of aging well, such as physical activity or nutrition, for instance. It is anticipated that older adults from the Seniors Education Centre will remain actively involved in some aspects of the research. This would, of course, be determined by the Aging Well research team that we hope will be in place by the end of June 2009. It is also hoped that one of the leading investigators of that research team will be in a position to be considered for a newly-created Saskatchewan Research Chair (SHRF). Furthermore, at a recent SHRF on-campus information session, SHRF representatives identified the area of older adult wellness as one of specific interest for investigation.

**Helen E. Christiansen, Ph.D., Researcher, Aging Well Preliminary Project**

**Professor Emerita, Faculty of Education, University of Regina  
Adjunct Professor, Graduate Studies and Research**

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**DISTINGUISHED LECTURE (CONTINUED FROM P.1)...**

Markides explained that migration selection—factors such as health, intelligence, optimism, drive and desire—must be considered when examining immigrant health. While these immigrants are initially healthier than their American, Canadian or Australian counterparts, over time they are more likely to develop poor health and larger numbers of disabilities. While for the majority of the population, disabilities in old age are declining due to better technology and medical advancements, this is not so in the Hispanic American community.

Another interesting point Markides made about immigrant health stressed the importance of community on health. Data shows that community, not individuals have the strongest influence on health. People surrounded by familiar class, culture, traditions and language are less likely to deal with disabilities, are more likely to have a lower mortality rate, and ultimately suffer from depression less often than those living outside this type of community and familiarity.

Dr. Thomas Hadjistavropoulos, whose research on pain and dementia Markides mentioned, stressed his appreciation for Markides' focus on and consideration of the psychological

factors of health on overall well-being. Markides stressed that depression and other psychological disorders are treatable, not easily dismissible and often make other disease and ailments much worse.

The success of this year's lecture will ensure another next year as the CAH continues to offer timely lectures on aging-studies topics to both the university community and the public.

**CAH Membership**

**Interested in  
joining the CAH?**

**Complete the  
application form  
available online at  
the CAH website.**

**For more information,  
please contact**

**CAH**

**Administrator,**

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# Centre on Aging and Health



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## PARTICIPANTS NEEDED

### Are You:

Between 40 and 65 years of age?

Free of physical impairments that affect your ability to walk?

Interested in contributing 1 – 1.5 hours of your time to help with an important research project?

### What is the project about?

Gait refers to a person's ability to walk. This study will look at how knee replacement surgery affects gait. This will be done by comparing gait before and after surgery. The gait of subjects with knee replacements will also be compared to subjects of a similar age with healthy knees. This study will help doctors know more about how artificial knees affect gait. The knowledge can be used to improve surgery and design better knees. It can also be used to guide therapy. This might include which knee motions should be avoided after surgery and for how long. We would like your help with this study. *It will provide important information about how adults with healthy knees walk.*

### What do participants have to do?

If you meet the criteria stated above, you will be required to read a Subject Information Sheet and sign a Consent Form. You will then be scheduled for a clinical gait analysis assessment at the University of Regina's Neuromechanical Research Centre. This assessment will require you to walk through the lab and step on a force plate embedded in the floor while special cameras track markers (light-reflecting spheres) that will be attached to your pelvis and legs.

### How long does it take to participate?

The entire process will take approximately 1 – 1.5 hours.

### Who is leading the project?

Dr. John M. Barden, an Assistant Professor in the Faculty of Kinesiology and Health Studies is the Principal Investigator for this project. The Research Team includes Dr. Vic Bubbar, an Orthopaedic Surgeon with the Regina Qu'Appelle Health Region, Dr. Peilai Liu, a Visiting Scholar from Shandong University in China, Dr. Francois De Jager, an Orthopaedic Surgeon with the Regina Qu'Appelle Health Region and Kyra Kane, a Master's degree candidate in Kinesiology and a physiotherapist at Wascana Rehabilitation Centre.

If you are interested in more information about this study, or would like to participate, please call Dr. Barden at 585-4629. Thank you.