

CAH INTRODUCES NEW GRADUATE PROGRAM COORDINATOR

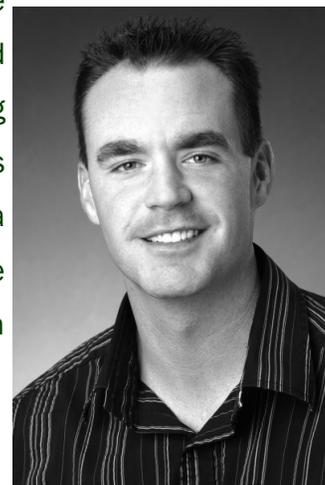
INSIDE THIS ISSUE:

- CAH DIRECTOR ELECTED TO CAHS 2
- CAH DISTINGUISHED LECTURE PREVIEW 3
- DR. DAVID MALLOY 3
- CAH SPONSORS LECTURE 4
- SEC GERONTOLOGY INSTITUTE 4
- KHS LECTURE SERIES 5
- SGI FELLOWSHIP IN AGING & HEALTH WINNERS 5
- CAH SMALL GRANTS PROGRAMME 6
- RESEARCH- ELDERLY IMMIGRANTS IN CANADA: CHANGING FACES AND GREYING TEMPLES 6
- RESEARCH CONTINUED 7
- PARTICIPANTS NEEDED 8
- CONTACT US

The University of Regina Centre on Aging and Health (CAH) is pleased to welcome the new Coordinator for the M.A./M.Sc. Program in Gerontology, Dr. Darren Candow, PhD, CEP.

Candow is an Assistant Professor in the Faculty of Kinesiology and Health Studies. Dr. Candow serves on the editorial boards of the *Journal of the International Society of Sports Nutrition* and the *Journal of Aging and Physical Activity*. He is a member of the Board of Directors of the Saskatchewan Kinesiology and Exercise Science Association. Moreover, Dr. Candow is an academic member of the American College of Sports Medicine, the Canadian Society for Exercise Physiology, and the International Society for Aging and Physical Activity.

Dr. Candow's research program involves the development of effective resistance training and nutritional intervention strategies for improving properties of aging muscle and bone health. His research program is funded by the Canada Foundation for Innovation (CFI) and the Saskatchewan Health Research Foundation (SHRF).



Dr. Darren Candow

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
scott.j.wilson@uregina.ca

CAH DIRECTOR ELECTED TO FELLOWSHIP IN THE CANADIAN ACADEMY OF HEALTH SCIENCES

Dr. Thomas Hadjistavropoulos, CAH Director, was inducted to the Canadian Academy of Health Sciences (CAHS) on September 21, 2009 in a ceremony at the Academy Banquet at the Fairmont Chateau Laurier Hotel in Ottawa.

The CAHS, together with the Royal Society of Canada, and the Canadian Academy of Engineering—three member academies of the Council of Canadian Academies—elect Fellows on the basis of their leadership, creativity, distinctive competencies and commitment to the advancement of academic health sciences. Being elected is one of the highest honours for members of the Canadian health sciences communities and carries with it a

covenant to serve the Academy and the future well being of the health sciences irrespective of the Fellow's specific discipline.

According its website, the CAHS represents Canada on the InterAcademy Medical Panel (IAMP), a global consortium of national health science academies whose aim is to alleviate the health burdens of the world's poorest people; build scientific capacity for health; and provide independent scientific advice on promoting health science and health care policy to national governments and global organizations.



Dr. Thomas Hadjistavropoulos

For more information on the Canadian Academy of Health Sciences, visit www.caHS-acss.ca

CAH TO HOST 2010 DISTINGUISHED LECTURE

The CAH will host its annual Distinguished Lecture at the University of Regina on Thursday, March 25, 2010 at 6:30pm in Administration-Humanities 527.

This year's speaker will be Dr. Jane Fisher of the University of Nevada, Reno. Dr. Fisher's talk is titled "Lessons from a Lifetime of Learning: Behavioural Health in Late Life."

Dr. Fisher is a Professor of Clinical Psychology whose primary research interests include behavioural health

and aging; clinical functional analysis; Alzheimer's disease and related dementias; evidence-based behavioural healthcare in primary and long-term care settings; family caregiving; depression and suicide risk in older adults; prevention of elder abuse; and grief and bereavement.

For more information on the CAH Distinguished Lecture, contact CAH Administrator, Scott J. Wilson, at 306.337.8477.



Dr. Jane Fisher

CAH THANKS DR. DAVID CRUISE MALLOY

The CAH wishes to acknowledge the contribution of Dr. David Cruise Malloy, who served as Gerontology Program Coordinator over the last year.

Dr. Malloy was very helpful in his roles with the Gerontology Programs Committee and the CAH Scholarships Committee. His leadership was helpful to the many

gerontology graduate students he oversaw during his time as graduate coordinator.

Dr. Malloy will remain with the CAH as a Member.

We wish him all the best in his new role as the Associate Vice-President (Research) and Director of Office of Research Services for the University of Regina.



Dr. David Cruise Malloy

CAH SPONSORS GERONTOLOGY LECTURE

On Thursday, November 26, 2009, the CAH will sponsor a lecture at the Seniors Education Centre 8th Gerontology Institute.

Plenary Speaker, Michelle Classen, Bsc, Nutrition Services, Regina Qu'Appelle Health Region will give a talk titled "Nutrition & the Older Adult—more than tea and toast."

Classen received her BSc in nutrition at the University of Saskatchewan in 1992. She went on to complete her dietetic internship at the Queen Elizabeth Hospital in Charlottetown, PEI. She acted as Internship Director at the QEH briefly before

returning home to Saskatchewan.

Classen's work experience is diverse. She started out working in the area of eating disorders, went on to focus on heart disease management and currently works in the area of long term care. Michelle is also employed by the University of Saskatchewan as a sessional lecturer. She has presented widely on a variety of topics and is known as a dynamic speaker who is able to put a practical spin on the science of nutrition.

For more CAH
Lectures and Events
visit
[http://uregina.ca/
hadjistt/
centre_index.htm](http://uregina.ca/hadjistt/centre_index.htm)

SENIORS EDUCATION CENTER HOSTS ANNUAL GERONTOLOGY INSTITUTE

“Building Caring Communities” is the central theme for the 8th annual Seniors Education Centre Gerontology institute. The Gerontology Institute (GI) will be a day of plenary speakers, interactive workshops and presentations delivered by experts to help us understand how we can protect ourselves and those we work with.

Health professionals, those working in community programs, private care homes, long-term care facilities, and hospitals, as well as older adults, will learn about many issues of concern to Saskatchewan seniors.

This event is co-sponsored by the University of Regina Centre on Aging and Health and is made possible thanks to the New Horizons for Seniors Program—Human Resources & Skills Development Canada.

The SEC GI takes place Thursday, November 26, 2009 from 8:30am to 4:30pm.

For more information or to register visit www.uregina.ca/cce/seniors or call 306.585.5816

KHS FACULTY RESEARCH SEMINAR SERIES

The Kinesiology and Health Studies Faculty Research Seminar features the CAH Director as well as the Gerontology Coordinator. The series is an excellent opportunity for the public and academic communities to learn about issues relating to aging and health studies.

Each lecture will be held in Education Building room 191 from 2:30-3:30pm.

September 25th

“Effect of Creatine Application Strategies and Resistance Training on Properties of Aging Muscle Biology”

Speaker: Darren Candow, PhD, CEP; Assistant Professor, Faculty of KHS

October 30th

“Trunk Muscle Activity in Children with Developmental Coordination Disorder”

Speaker: Kyra Kane, MSc candidate, Faculty of KHS

“The Efficacy of Exercise Therapy in reducing Neck Pain and Fatigue in Canadian Forces Helicopter Aircrew”

Speaker: Danielle Salmon, MSc candidate, Faculty of KHS

November 27th

“Pain assessment in seniors with dementia”

Speaker: Thomas Hadjistavropoulos, PhD, RD Psych., Professor, Department of Psychology, RBC Senior Research Fellow, Director, CAH

CAH ANNOUNCES WINNERS OF SGI FELLOWSHIP IN AGING AND HEALTH 2009

The SGI Fellowship in Aging and Health is awarded to graduate students with research interests related to aging and health. The scholarship was adjudicated by a tri-faculty committee consisting of Chair Dr. Douglas Durst (Social Work) with Dr. David Malloy (Kinesiology and Health Studies) and Dr. William Smythe (Arts) as committee members. Two University of Regina students have each received this award for their respective research projects. This year's recipients are Bianca Hatin and Shannon Jones.

Bianca Hatin is a graduate student in experimental and applied psychology. Hatin, supervised by Dr. Chris Oriet and Dr. Laurie Sykes, explores the effect of aging on the

frequency of collisions resulting from visual hemifield pseudoneglect.

Shannon Jones is a PhD student in clinical psychology. Supervised by Dr. Heather Hadjistavropoulos, Jones is currently examining the complex interrelationships among social processes, personality, and physical functioning in older adults. She hopes to inform clinical psychologists and other health care professionals on how to better care for older adults presenting with comorbid physical and psychological conditions.

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

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.

Information:

Number of Awards Available for 2009/2010: 1

Amount Available for 2009/2010: \$1,500

Application deadline: **November 15, 2009.**

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)

ELDERLY IMMIGRANTS IN CANADA:

Dr. Douglas Durst, Professor, Faculty of Social Work, University of Regina, presented research at the 11th National Metropolis conference in Calgary, Alberta. Metropolis is an international network for comparative research and public policy development on migration, diversity, and immigrant integration in cities in Canada and around the world.

Durst's paper, "Elderly Immigrants in Canada: Changing Faces and Greying Temples" explores the topic of aging immigrants that seems to have evaded the notice of academics and researchers. According to Durst, Canada's population is aging as the baby-boomers approach their senior years and Canadian couples are having fewer children, which means that the population growth is mainly the result of immigration.

Durst suggests that ethnicity is seriously overlooked when considering age and aging. However, recently, there has been an interest amongst researchers to consider both age and ethnicity, a field called Ethno-gerontology—the study of the influence of ethnicity, national origin and culture on individual and population aging.

Of late, the source countries of immigrants have changed, meaning more immigrants from Asian regions are arriving, while immigrants from Europe have decreased. Durst writes, "Elderly Canadians no longer appear the same. The senior populations are no longer homogenous and have diversity

in religion, values and customs."

Though the demographics of the seniors population has changed, chronological age is still the primary means of classifying individuals, which restricts individual and cultural diversity in economic, health and social capacities and deficiencies.

Added to this difficulty are factors such as length of residency, age at immigration, ethnic background and history, familial relationships, language barriers and cultural customs, all of which limit research generalizations and make the research much more complicated.

According to Census data, 14% of the current population of Canada are over 65 years old, while 1.1 million Canadians are 80 or older (and these numbers are on the rise). That said, 20% of all foreign-born Canadians are seniors, which is higher than the national average. As such, immigrants are an aging population, which means a better understanding of and appreciation for diversity among the senior population is necessary for both policy and practice.

Durst notes, "There is a need for further research and implications for policies and programs but researching ethnic aging requires careful planning and thought to ensure cultural relevancy."

He continues to say that seniors from ethnic minority groups must participate in the decision-making process regarding issues that affect them and must be included at all levels of organizations, government, and

CHANGING FACES AND GREYING TEMPLES

communities. “[Seniors from ethnic minority groups] are an emerging group that is empowered in ways that previous immigrants and especially visible minorities were not.”

Durst goes on to suggest that this group is a potential resource in terms of volunteer service with agencies that provide services to ethnic groups. As volunteer service may be an unfamiliar practice to some groups, this process may be difficult. In doing so, older immigrants gain the skills and confidence to function in the mainstream community.

In addition, information about services and programs must be accessible to all seniors, which may require translators, interpreters, materials available in a range of languages, as well as multilingual staff. Lessening the language gap will ultimately allow seniors from ethnic groups to access available services that are not always user-friendly.

Moreover, changes are necessary in the area of health and social services in order to better serve ethnic seniors. Durst calls for “an honest evaluation of [health and social service] agencies. In addition, research on mental health and ethnicity in seniors is rare, especially in cases where individuals have suffered trauma or violence earlier in life.

Ultimately, seniors representing minority ethnic

groups in Canada must be valued for their diversity. They need more decision-making powers regarding policies, economics, health and social issues that affect them, and to have a better knowledge about the services available.

“Our diverse multicultural nation is facing new challenges with our aging population, making Canada an exciting place to live.”

Advertise in the CAH Newsletter

Starting with its 2010 Spring Issue, the CAH Newsletter will begin to charge a small fee for advertisements intended to recruit research participants (for research approved by the University of Regina Research Ethics Board). Similarly, we will accept advertisements of interest to seniors. We will also be charging a small fee for corporate (non University of Regina) advertising. All ads will be subject to approval by the CAH Administrator. Fees will be as follows:

University of Regina Unit and Researcher Rates:

Full Page: \$100

Half Page: \$50

Quarter Page: \$35

Corporate Rates:

Full Page: \$150

Half Page: \$100

Quarter Page: \$85

Contact CAH Administrator at 306.337.8477 for more information.

Centre on Aging and Health



UNIVERSITY OF
REGINA

CAH Membership

Interested in
joining the CAH?
Complete the
application form
available online at
the CAH website.

For more information,
please contact
CAH
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Scott J. Wilson, at
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University
of Regina

Individuals with Diabetes Needed to Complete Survey

We are seeking individuals with diabetes over the age of 18 to participate in a study on better understanding treatment adherence in individuals with diabetes.

Your participation would involve completing questionnaires either online or in paper format taking approximately 45 minutes to complete. After the initial questionnaire completion, you will be contacted two additional times via email, mail, or phone to respond to a brief 13-item questionnaire that will take approximately 5 minutes to complete once at 7 days and another at 14 days after the initial completion of questionnaires.

As a thank you for your participation, \$1 for every participant who completes the questionnaires all 3 times will be donated to the Canadian Diabetes Association. This research has been approved by the University of Regina Research Ethics Board.

Researchers: Amy Janzen, M.A. and Heather Hadjistavropoulos, Ph.D.

If you wish to participate or have any questions,

please contact Amy Janzen at

janzen2j@uregina.ca or 306-585-5369