

**INSIDE THIS  
ISSUE:**

**LLC GERONTOLOGY  
INSTITUTE**

**CAH MEMBER  
RECEIVES  
ABORIGINAL  
HEALTH RESEARCH  
GRANT**

**CAH MEMBER  
WINS NATIONAL  
ASOC AWARD**

**NEW U OF R  
GRADUATE  
SCHOLARSHIP IN  
ALZHEIMER'S  
RESEARCH**

**SIR WILFRED  
GRENFELL  
COLLEGE  
(MEMORIAL) VISIT**

**GERONTOLOGY  
PROGRAM UPDATE:  
SHUKLA**

**RESEARCH  
REPORT: BARDEN &  
DURST**

**SMALL GRANTS;  
ADVERTISE;  
CONTACT US**

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

**REDUCING FALL RISK IN OLDER  
PEOPLE: 2010-2011 CAH  
DISTINGUISHED LECTURE**

2 This year's CAH Distinguished Lecture speaker, Dr. Kim Delbaere, Ph.D., presented "Don't Worry, Be Happy: A Strategy for Preventing Falls in Older People." Dr. Delbaere is a Researcher at the Falls and Balance Research Group, Neuroscience Research Australia, University of New South Wales, Randwick, Sydney, Australia. She is also a member of the Department of Experimental-Clinical and Health Psychology, Faculty of Psychology and Educational Sciences, Ghent University, Belgium.

3  
4 Delbaere pointed out that many older people report to be afraid of falling. In fact, many feel conscious about the potentially devastating consequences of falling over, such as breaking a hip or losing their independence. Delbaere explained how fear of falling can directly affect gait and balance, and how fear of falling can lead to falls, mainly through psychological pathways such as depression. Ultimately, Dr. Delbaere revealed how a positive outlook on life and maintaining an active and healthy lifestyle might therefore be crucial in the prevention of falls in older people.

5  
6  
7 The success of this year's lecture will ensure another next year as the CAH continues its goal of offering new and timely lectures on aging-studies related topics of interest to both the university community and the public as well.

8 For more information on past and upcoming CAH Distinguished Lectures, visit [http://uregina.ca/hadjist/centre\\_index.htm](http://uregina.ca/hadjist/centre_index.htm)



Dr. Kim Delbaere

## UNIVERSITY OF REGINA LIFELONG LEARNING CENTRE TO HOST 9TH ANNUAL GERONTOLOGY INSTITUTE

The recently renamed Lifelong Learning Centre (formerly the Senior's Education Centre) is hosting its annual Gerontology institute on Thursday, November 25, 2010.

"Keep Moving" is the central theme and the event will be a day of plenary speakers, interactive workshops and presentations delivered by experts to help us understand how we can keep ourselves and those we work with moving through innovation, intergenerational activities, and much more.

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.

Some of this year's topics include, but are not limited to, long-term care, falls prevention, pain management and a Minister's update on the

2009 Senate Report on Aging by the Honourable Diane Ablonczy, MP, Minister of State (Seniors).

In addition, Thomas Hadjistavropoulos, ABPP, FCAHS, Director Centre on Aging and Health, will be giving a keynote lecture at the LLC Gerontology Institute. His talk is titled "Helping Older Persons Help Themselves: A Chronic Pain Self-Management Program."

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 day's events will begin at 8:30 am at the Regina Inn.

**Note: Gerontology students can earn seminar participation credits by attending this event.**

For information on the LLC Gerontology Institute or to register visit [www.uregina.ca/lifelong](http://www.uregina.ca/lifelong) or call 306.585.5816.

## CONGRATULATIONS TO MARY HAMPTON ON HER NEW ABORIGINAL HEALTH RESEARCH GRANT

CAH Member and Cluster Leader (Aboriginal Issues in Aging and Health), Dr. Mary Hampton, recently received an aboriginal health research grant as a part of a research team based at Lakehead University.

The award is a 5 year Canadian Institute of Health Research (CIHR) Aboriginal Health Intervention operating grant for a project titled "Improving End-of-Life Care in First Nations Communities: Generating a Theory of Change to Guide Program

and Policy Development."

The project team consists of eight researchers and four decision maker representatives from four First Nations study sites.

The overall goal is to study an intervention to improve end-of-life care in four First Nations communities. This will be accomplished through the development of palliative care programs and a culturally appropriate theory of change to guide policy development across Canada.

## **CAH TRAINEE MEMBER WINS ALZHEIMER SOCIETY OF CANADA AWARD**

Adapted from the U of R FGSR Announcement

We are pleased to announce that Sarah Chan has been awarded an Alzheimer Society of Canada Research Program (ASRP) award for 2010. Sarah will receive three years of funding with a total value of \$61,590 (\$20,530/year for 3 years).

Sarah is a first-year student in the doctoral program in clinical psychology. She also works with Dr. Thomas Hadjistavropoulos at the Health Psychology Laboratory. Her main research interests relate to aging, dementia and pain. She also completed a practicum in evidence-based psychosocial pain self-management for older adults with pain, which was funded by the Canadian Psychological Association Foundation Award for Access to Innovative Psychological Services, which was obtained by the CAH in collaboration with the U of R Psychology Clinic.

Her dissertation will focus on pain in older adults living in the community and pain assessment in older adults with dementia living in long-term care. The focus of the

study will be on the revision and validation of the Pain Assessment Checklist for Seniors with Limited Ability to Communicate.

This observational pain assessment tool was first developed by Dr. Fuchs-Lacelle and Dr. Hadjistavropoulos to address the challenge of adequate pain management for older adults with dementia living in long-term care facilities. It is now used worldwide. The proposed revisions and validation of the pain assessment tool will be based on recent research on behavioural pain indicators in older adults with dementia.

Chan is honoured to be funded by the Alzheimer Society Research Program. She is thrilled about her project, which is intended to have practical implications for pain assessment and management for older adults with dementia.



Ms. Sarah Chan

## UNIVERSITY OF REGINA ANNOUNCES NEW GRADUATE SCHOLARSHIP FOR RESEARCH IN ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

Thanks to a generous donation from the Alzheimer Society of Saskatchewan that was arranged through the CAH, we are pleased to promote a new graduate scholarship opportunity for students pursuing research projects related to Alzheimer's Disease or related dementias.

All eligible graduate students are encouraged to apply for this important award.

The Alzheimer Society of Saskatchewan Scholarship, valued at \$5,000 annually, will be adjudicated by the University of Regina Centre on Aging and Health Scholarship Committee, which consists of representation from the

Faculty of Arts, the Faculty of Kinesiology and Health Studies, and the Faculty of Social Work.

This scholarship has just been approved and the 2010 award (usually given for the Fall Semester) will be awarded in the Winter Semester.

**As such, applications must be received by December 1, 2010.**

All subsequent awards will have an application deadline of May 31.

For more information, visit <http://www.uregina.ca/gradstudies> or contact the Faculty of Graduate Studies and Research at 306.337.2236.

For the complete terms of reference please visit <http://dev.www.uregina.ca/gradstudies/scholarships/displayScholarship.php?id=438>

## SIR WILFRED GRENFELL COLLEGE (MEMORIAL UNIVERSITY) RESEARCHERS VISIT UNIVERSITY OF REGINA CAH

On October 20, 2010 researchers from Sir Wilfred Grenfell College at Memorial University visited the CAH as part of a research project titled "Building an Evidence-Based Framework for the Development of a Newfoundland and Labrador Centre on Aging."

Dr. Leslie Cake, Honorary Research Professor, and Kelli O'Brien, Chief Operating Office for Long-Term Care and Rural Health (NF), held interviews with Thomas Hadjistavropoulos (CAH Director),

Scott J. Wilson (CAH Administrator), Darren Candow (Gerontology Program Coordinator), and Mary Hampton (CAH Member and Aboriginal Issues in Aging and Health Research Cluster Leader) in order to determine the feasibility of and best development strategy for a Centre on Aging at Memorial University.

If successful, this would be the first Centre of its kind in Newfoundland and Labrador. We wish Dr. Cake and Ms. O'Brien the best in their pursuit of this worthwhile and important organization.

For more information on this research, please contact Dr. Leslie Cake at [lcake@swgc.mun.ca](mailto:lcake@swgc.mun.ca)

## UNIVERSITY OF REGINA MASTER'S PROGRAM IN GERONTOLOGY RESEARCH UPDATE: RIDDHI SHUKLA

### “ESTIMATING NUTRIENT INTAKE AND PROVISION OF TEXTURE MODIFIED DIETS IN A LONG-TERM CARE FACILITY”

Canadian senior citizens (65 years of age and older) represent a vulnerable population with increased health concerns. Particularly, older adults in long-term care (LTC) are at increased risk for under-nutrition due to conditions such as dysphagia, which is often treated with texture modified diets (TMD) ranging from pureed, minced to semi-minced foods.

Canadian research assessing nutrient intake and provision of TMDs in LTC is limited. As such, this study aims to measure calorie, protein, calcium and vitamin D intake and provision of older adults receiving TMDs and unmodified diets. It will also assess the difference between nutrient intake and provision of TMDs in a LTC facility.

Approximately 50 participants, fed by mouth, while receiving a regular texture or TMDs and non-therapeutic diet, will be recruited for the study. Participants will be divided into groups based on their prescribed texture.

Using the Ohaus SP2001 scale, a three day weighted intake assessment will be completed to measure nutrient intake of all meals, snacks, and fluids.

Nutrient provision will be estimated using the menu cycles of TMDs and an unmodified diet. Data collected from nutrient intake and provision will be analyzed using the Food Processor SQL nutrition software program.

ANOVA, a statistics software, will be used to determine if there is a difference between mean caloric, protein, calcium, and vitamin D intake between textures, between mean intake of each nutrient from various textures and their respective Canadian Dietary Reference Intake (DRI), and between intake and provision of each nutrient in the texture groups.

Results of this study can have several implications. If nutrient intake and provision decrease with progressive texture modification, health care providers may be able to adopt strategies to improve nutrient intake, provision or both. This study will also allow registered dietitians to assess the LTC menu in comparison to the Canadian recommendations and modify where necessary. Consequently, the LTC residents will experience improved health and nutritional status.



Riddhi Shukla

**More information on the M.A./M.Sc. Program in Gerontology is available on the CAH Website or by contacting Dr. Darren Candow, Gerontology Program Coordinator, at [Darren.Candow@uregina.ca](mailto:Darren.Candow@uregina.ca)**

Riddhi Shukla, BSc. is Graduate Student in the University of Regina M.A./M.Sc. Program in Gerontology. She is also a CAH Trainee member. Her previous research examined the role of nutrition in preventing falls and injuries in seniors. She is working with Shanthi Johnson, PhD., RD on this project. Correspondence about this research may be sent to [shukla2r@uregina.ca](mailto:shukla2r@uregina.ca).

## RESEARCH REPORT: CONCURRENT VALIDITY AND SENSITIVITY OF A TRIAXIAL ACCELEROMETER DEVICE IN MEASURING GAIT VARIABILITY AND THE FRACTAL INDEX OF YOUNG AND OLD ADULTS

Falls are one of the most significant health problems that affect older adults. Having the ability to accurately analyze and screen the gait of individuals who may be at risk of falling is an essential step to improving the health of older adults. Research has shown that there are numerous age-related changes in gait and that these changes increase the risk of falling in older adults. One important age-related change in gait is stride time variability. The magnitude of stride-to-stride variations in a small number of steps, as well as the more complex fluctuations (fractal index) observed over a much larger number of steps can be useful in understanding the motor control of gait and predicting those who are at risk of falling.

Combining our knowledge of gait variability with a simple and accurate tool could have a great impact on the effectiveness of diagnosing and treating older adults who are at risk of falling. While there have been a wide range of devices used to study such

gait parameters over the years, few are more intriguing than portable, body-fixed accelerometers. The small size and refined accuracy of today's accelerometers make them excellent devices for assessing gait. Given the effectiveness of the accelerometer in measuring simple gait parameters such as average stride time, one can assume this ability should translate to more complicated measures such as gait variability, but little work has been done to confirm this.

The purpose of the upcoming study is to determine the validity of a body-fixed, triaxial accelerometer in measuring stride time variability and fractal index. A secondary objective is to determine whether the accelerometer device is sensitive enough to distinguish between healthy young and old adults in the measures of stride time variability and fractal index



Dr. John Barden

**“Combining our knowledge of gait variability with a simple and accurate tool could have a great impact on the effectiveness of diagnosing and treating older adults who are at risk of falling. “**

Dr. John Barden, a CAH Member, is a professor in the Faculty of Kinesiology and Health Studies at the University of Regina. His research interests include the biomechanics and motor control of movement, particularly in relation to the sensorimotor control of reaching movements and the pathomechanics of osteoarthritis and joint instability.

The research mentioned in this article is University of Regina graduate student Dylan Kobsar's Master's thesis research topic.

Correspondence about Dr. Barden and Mr. Kobsar's research should be sent to [John.Barden@uregina.ca](mailto:John.Barden@uregina.ca) or [kobsardylan@hotmail.com](mailto:kobsardylan@hotmail.com).

## RESEARCH REPORT: DIVERSITY AND AGING AMONG IMMIGRANT SENIORS IN CANADA

Dr. Douglas Durst's research into immigrant seniors in Canada appeared in a previous issue of the *CAH Newsletter*. That research has now developed into a book.

Dr. Douglas Durst and Dr. Michael McLean are happy to announce that *Diversity and Aging among Immigrant Seniors in Canada* is now out. A summary of the book follows.

Historically, Canada has been a nation of immigrants with 16 – 20 per cent of its citizens foreign born. Most immigrant research addresses the issues of integration and adjustment of young and adult immigrants with little work on aging. There are numerous books on immigrants and books on aging but, there are few that have considered the topics of both diversity and aging. *Diversity and Aging among Immigrant Seniors in Canada* breaks from that tradition and offers an eclectic collection of original research from among Canada's leading researchers on aging and immigrants. Some researchers refer to this emerging field as Ethno-gerontology.

There are two interesting groups of immigrant seniors: those who entered Canada over 65 years of age and there are those who aged in Canada. Most

Canadians are surprised to learn that the senior population of seniors has a higher percentage of immigrants (19.6%) than the general population (13.7%). In recent decades, the source-nation of immigrants has shifted from European countries to Asia and Africa. As Canada ages, its composition of immigrant seniors has also changed from mainly European to greater cultural and ethnic diversity of Africa and Asia. This cultural and ethnic diversity has social/health/economic policy implications and impacts on programs and services delivered to seniors.

*Diversity and Aging among Immigrant Seniors in Canada* offers both breadth and depth to the topic of aging among immigrants and is a must have for social work and health care professionals, students in health and social services, policy and program planners and families of aging immigrants. It is written in a language that crosses disciplines, shedding professional jargon, making it an informative and engaging read for professionals, researchers and the general public.

**“This cultural and ethnic diversity has social/health/economic policy implications and impacts on programs and services delivered to seniors.”**

Dr. Douglas Durst is a professor in the Faculty of Social Work at the University of Regina. His research interests include the issues pertaining to cross cultural social work practice and education. He has published in peer reviewed journals and books on culturally appropriate practice and has lead a domain driven research on senior immigrants under the Prairie Centre of Excellence for Research on Immigration and Integration, a Metropolis project. Correspondence about his research should be sent to [Doug.Durst@uregina.ca](mailto:Doug.Durst@uregina.ca) For more information on *Diversity and Aging among Immigrant Seniors in Canada*, email Detselig Publishing (Temeron Books Inc.) at [temeron@telusplanet.net](mailto:temeron@telusplanet.net) or contact them by phone at 403.283.0900.

### CAH Membership

Interested in joining the CAH?

Complete the application form available online at the CAH website.

For more information, please contact  
[cah@uregina.ca](mailto:cah@uregina.ca)

University  
of Regina

Centre on Aging & Health

Regina, Saskatchewan, Canada

S4S 0A2

Phone: 306.337.8477

Fax: 306.337.3204

E-mail: [cah@uregina.ca](mailto:cah@uregina.ca)

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

### CAH Small Grants Programme

The CAH is accepting applications for its Small Grants Programme. These awards are made available by the CAH to promote research pertaining to aging at the University of Regina (including federated colleges.) These awards fund pilot projects aimed to lead to the preparation of a major national application.

#### Information:

Number of awards for 2010/2011: 1

Amount Available for 2010/2011: \$1,500

Application Deadline: December 15, 2010

Application form are available at

[http://uregina.ca/hadjitt/PDF\\_files/GrantProgramme\(application\)09.pdf](http://uregina.ca/hadjitt/PDF_files/GrantProgramme(application)09.pdf)

### Advertise in the CAH Newsletter

The CAH Newsletter charges 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.

In addition, we charge a fee for corporate (non University of Regina) advertising.

All ads will be subject to approval by the CAH Administrator.

#### 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 306.337.8477 for more information.