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CONNECTION AND COMMUNITY: THE 2014-2015 CAH DISTINGUISHED LECTURE

The University of Regina Centre on Aging and Health hosted the 12th annual Distinguished Lecture on January 21, 2015. Dr. Neena Chappell, Canada Research Chair in Social Gerontology, University of Victoria discussed how social integration relates to empowerment, civil engagement, social justice, and social determinants of health. Consistent with previous years, the Distinguished Lecture was very well attended, with over one hundred people on hand to listen to Dr. Chappell give her talk: "Integration of Older Adults in Society: Is It Really Beneficial?"

Dr. Chappell explained how, in research studies, social integration has been shown to be beneficial in that it can result in better mental health, mobility and balance, physical health, and life expectancy. However, the results can be misleading if not examined on more of a case-by-case basis. For example, factors like marital status are not useful without contextual information, as being in a bad marriage is usually not helpful for health. (continued on page 2)



Dr. Neena Chappell

COMMUNITY AND CONNECTION: INTEGRATION OF OLDER ADULTS IN SOCIETY (CONTINUED FROM PAGE 1)

Nonetheless, many older adults are well integrated socially, through either clubs and organizations or informal activities such as meeting new friends, having conversations, going for coffee, or taking walks all of which can be beneficial for health.

Generally speaking, lack of social integration could contribute to memory or other cognitive decline, cardiovascular disease, and other health conditions. Dr. Chappell explained that the research shows that social integration can help with these issues; however, which types of social integration and how much time needs to be dedicated to them remains unclear. Dr. Chappell stated that some society level interventions are effective in bettering the lives of older adults. These include provision of free or low-cost bus fare, civic engagement in adult day health centres, establishment of seniors' centers, music therapy, and encouraging older adults volunteer (e.g., in schools). Dr. Chappell also said that poverty could be a social determinant of health and could limit access to opportunities for social involvement. Increasing social involvement in a large scale will require support from several levels of government and increased recognition that social support is a key social determinant of health.

Dr. Chappell said that there is more than enough evidence to show that social integration is beneficial for the health and well-being of older adults. In fact, declining health often leads to isolation, so people need to maintain valuable relationships (and create new ones) throughout life. However, social integration needs to be tailored to particular older adults and cannot be forced onto an individual. Ultimately, regardless of the social interaction, older adults should be involved in ways where they feel necessary, recognize that they are a part of a decision-making process, and that they have an impact on those around them and on their society. Therefore, small-scale individual involvement is helpful, but broader social change is required to tackle fundamental causes of inequity and social injustice.

For the presentation slides, contact cah@uregina.ca



Want to hear about more CAH events?

Follow us on Twitter :

[@UofRAgingCentre](https://twitter.com/UofRAgingCentre)



Dr. Thomas Hadjistavropoulos
introducing Dr. Chappell

TEAM RESEARCH: OUR CENTRE REVAMPS ITS RESEARCH CLUSTERS

The Centre on Aging and Health (CAH) is pleased to announce that we have approved two new research clusters and updated another. Dr. John Barden of the Faculty of Kinesiology and Health Studies will lead the new Musculoskeletal Health and Mobility Cluster, which will direct and focus research efforts pertaining to healthy aging and mobility, particularly as this relates to movement, exercise, recreation, nutrition, and falls prevention. The cluster features researchers from the University of Regina Faculty of Kinesiology and Health Studies and Faculty of Arts.

Another new cluster is the Personhood and Resilience in Senior Care Cluster. As an example of its work, this cluster will focus on health providers' beliefs about personhood in advanced dementia and how these beliefs affect care and quality of life of patients with dementia. The cluster researchers have also shown that resilience, a positive response to challenging circumstances, is associated with higher quality of care and more positive beliefs about dementia patients. This cluster is led by Dr. David Malloy, Vice-President (Research), and Professor of Ethics and Philosophy, Kinesiology and Health Studies. This cluster is based on a collaboration between University of Regina and University of Saskatchewan researchers.

The Aboriginal Health and Aging Cluster updated its vision and purpose. Dr. Carrie Bourassa, FRSC, Department of Indigenous Education, Health and Social Work, First Nations University of Canada, leads the cluster whose goals include enabling and guiding culturally competent research on aging and health that will benefit Aboriginal communities. The

cluster will also focus on improving possibilities for holistic aging and health by supporting the implementation of traditional Aboriginal best health practices. The cluster has members from First Nations University of Canada, Luther College, the Canadian Virtual Hospice, as well as the Five Hills Qu'Appelle Tribal Council.

In addition to these three updated or new clusters, the CAH operates the Pain in Old Age Cluster, led by Dr. Thomas Hadjistavropoulos, ABPP, FCAHS, Research Chair in Aging and Health and Professor of Psychology. This cluster is internationally renowned for developing and validating innovative approaches to the pain assessment of older persons who present with dementias and serious limitations in ability to communicate.

The CAH encourages those working in aging and health research to consider developing new clusters, as the CAH can help develop and promote these collaborations and their results and achievements through our website, newsletter, Twitter account, and other avenues. We also allow cluster members access to our research participant directory and we offer a small grants program, which helps fund pilot projects or other work aimed to lead to the preparation of a major national application in the area of health and aging.

For more information on these research clusters, please visit <http://www2.uregina.ca/cah/about-cah/research-clusters>.

If you are interested in proposing a new cluster, please contact CAH Director, Dr. Thomas Hadjistavropoulos:
Thomas.Hadjistavropoulos@uregina.ca

SAVE THE DATE: ALZHEIMER'S DOCUMENTARY ON MARCH 19TH FOR REGINA BRAIN AWARENESS WEEK



The Centre on Aging and Health (CAH) is screening a film for Brain Awareness Week. This year, we will be showing Alan Berliner's *First Cousin Once Removed*, the story of poet, translator, critic, and teacher Edwin Honig and his experience with Alzheimer's disease. In the film, Berliner shows us five years of Honig's life with Alzheimer's but also glimpses of his poetry, home movies, and beautiful visual metaphors. Ultimately, the film captures the importance of memory and language for poets, but really for everyone. As Honig says a few times in the film, "memory is a picture of your life."

Members of the University of Regina Departments of Psychology and English will be available to answer questions following the film.

The film will be shown on **Thursday, March 19th at 6:30pm in the Research and Innovation Centre Auditorium (RIC 119)**. It is open to the public and admission is free. Free parking is available in Lot 15M.

For more information on the CAH Brain Awareness Film Screening, go to <http://www2.uregina.ca/cah/>

This will be the thirteenth year of CAH's involvement in Regina Brain Awareness Week. This year, other events include the Regina Qu'Appelle Health Region and Shooting Stars Foundation Brain Walk & Brain Talk at the Saskatchewan Science Centre (March 16th),

as well as the Shooting Stars Foundation Brain Bash: a two-day event at Cooperators Centre (March 21-22) with a focus on SMART Hockey and concussion prevention. Players, coaches and parents will attend a Q & A session followed by a video and a fun dry-land skills competition featuring an inflatable obstacle course. They will also host a hockey game featuring Regina Pats alumni vs. Saskatchewan Roughriders alumni. For more information on these events, contact Shooting Stars at shootingstars@sasktel.net

In addition, the Alzheimer Society of Saskatchewan (ASOS) is hosting its Heads Up for Healthier Brains Public Forum on March 17th at 7pm that will feature Dr. Brian J. Murray, Sunnybrook Health Sciences Centre, Associate Professor, University of Toronto discussing sleep disorders and dementia. This talk is broadcasted across the province via Telehealth. In Regina, this will take place at the Wascana Rehabilitation Centre Auditorium. To register, visit ASOS's website at www.alzheimer.ca/saskatchewan/ or call 1-800-263-3367.

If you would like to become a partner member for a future Regina Brain Awareness Week or want to cross promote your event, contact Scott J. Wilson, CAH Administrator, at cah@uregina.ca or 306.337.8477.

For more information on Brain Awareness Week, visit: <http://www.dana.org/BAW/>

NOMINATE SOMEONE FOR THE CAH AWARD FOR INNOVATION IN HEALTH CARE DELIVERY

The Centre on Aging and Health (CAH) is pleased to announce our latest initiative in promoting awareness about aging and health successes in our community. **The Centre on Aging and Health Award for Innovation in Health Care Delivery** recognizes Regina-based individuals, groups, or organizations, offering health care to older adults, who have introduced an innovative approach to service provision or who have conducted field research to evaluate services or programs for older persons.

Winners will be presented with the award during a CAH-organized event open to the public such as our annual Distinguished Lecture. Award winners will also be featured in this newsletter and on the CAH website. The winner will be presented with a commemorative certificate and will be offered formal affiliation with the CAH. The award does not have

monetary value, but we hope that it will properly recognize those in our community that are helping such an important portion of the population while encouraging others to do the same.

If you know of someone that would be deserving of this award, nominations (of no more than 8 pages) are to be submitted by **October 15th** of each year and must include a short nominee biography, a short description of their innovation, as well as letters of support from colleagues and/or service recipients or their family members.

For more information on eligibility, adjudication, or about how to apply, please visit <http://www2.uregina.ca/cah/about-cah/innovation-in-health-care-delivery-award> or contact Scott J. Wilson, CAH Administrator, at scott.j.wilson@uregina.ca

JOIN THE CENTRE ON AGING AND HEALTH

We encourage researchers investigating health and aging as well as health professionals with an interest in aging to apply for Centre on Aging and Health (CAH) membership. Members will be a part of a growing network of aging and health researchers, professionals, and trainees. In addition, the CAH can facilitate dissemination of member research to the public through our newsletter, organization of public presentations, on our website, via Twitter, and through other means.

CAH researchers are conducting world-class gerontological research related to Canada. Many of our members work with research clusters that focus on pain in old age, personhood and resilience in senior care, musculoskeletal aging and health, as well as Aboriginal issues in health and aging.

Moreover, members may access the Centre on Aging and Health Directory of Potential Research Participants: hundreds of potential participants for University of Regina Research Ethics Board approved studies.

Members also receive information on relevant conferences, scholarships, grants, and a variety of other aging-and-health-specific news and events, including those hosted and sponsored by the CAH.

Applying is very quick and easy, as you can apply online via our website. Just go to: <http://www2.uregina.ca/cah/> and click on "Become a Member."

- NEWS AND NOTES -

- ⇒ **Dr. Shanthi Johnson**, CAH Member, was named a Fulbright Scholar at the University of South Florida for 2014-2015. Fulbright Canada promotes educational exchange between Canada and the United States of America.
- ⇒ **Dr. Ken Mitchell**, CAH Associate Member and professor emeritus, was awarded an honorary doctorate (Doctor of Letters) from the University of Regina.
- ⇒ **Dr. Thomas Hadjistavropoulos**, CAH Director, was awarded a three-year operating grant from The Canadian Institutes of Health Research (CIHR). This grant, worth over \$300,000, will be used to develop an automated pain-detection and monitoring system, which will allow for ongoing pain assessment in long-term care homes. He also had an article published in *The Lancet Neurology* (the top of 194 clinical neurology journals in the world). The focus of the article was on pain and dementia. Dr. Hadjistavropoulos also represented the CAH at the CIHR Institute of Aging Meeting with Directors of Canadian Research Centers on Aging, which was held in Niagara Falls in October 2014.
- ⇒ The Sun Life Financial Psychology Training Clinic at the U of R is now open in its new location in College West. The clinic provides services to members of the community with moderate to mild psychological concerns who may not be able to easily access other services. **Dr. Heather Hadjistavropoulos**, CAH Member, as well as U of R psychology professors **Dr. Lynn Loutzenhiser** and **Dr. Kristi Wright** supervise the clinic, while some CAH Trainee members provide services to clients. Individuals with psychological concerns can self-refer by calling 306.585.5685.
- ⇒ **Dipeshri Warang**, graduate student in Kinesiology, was awarded the Alzheimer Society of Saskatchewan Scholarship (an award adjudicated by CAH).
- ⇒ **Jonathan Harris**, graduate of the MA/MSc Gerontology Program, and CAH Trainee Member, received the 2014 Justice Emmett Hall Memorial Foundation Student Essay Prize: Best Master's Submission.

BECOME A CAH MEMBER!

Complete the online application form available on our website:

<http://www2.uregina.ca/cah/>

NEW AND IMPROVED: CAH LAUNCHES NEW WEBSITE

The Centre on Aging and Health (CAH) launched its new website, which will keep the university community and public aware of CAH activities and research.

The new look, easier navigation, and new features (such as Twitter integration, updated web forms etc.) will make visiting the site more enjoyable but will also allow us to better inform the public and our members.

Please take a look at the new site and let us know what you think! We are excited about the possibilities this opens up for the CAH.

The new site can be found at :
<http://www2.uregina.ca/cah/>

Advertise in the CAH Newsletter

University of Regina Unit & Researcher Rates (per page):

Full: \$100 Half: \$50 Quarter: \$35

Corporate Rates (per page):

Full: \$150 Half: \$100 Quarter: \$85

Apply now for the 2015/2016 CAH Small Grants Research Award!

Amount Available: \$1,500 Application Deadline: December 15, 2015

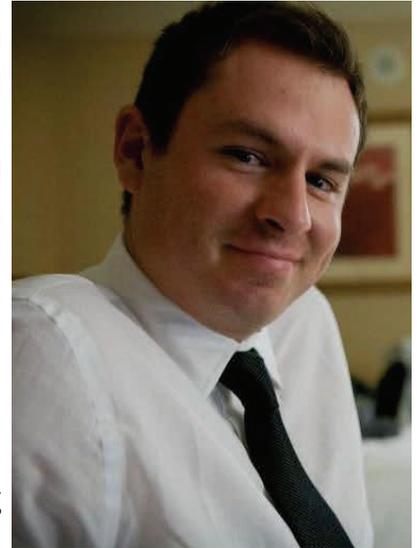
This award is intended to fund pilot projects or other work aimed to lead to the preparation of a major national application in the area of health and aging.

To apply, or for more information: <http://www2.uregina.ca/cah/>
 or cah@uregina.ca or 306.337.8477

MA/MSC IN GERONTOLOGY PROGRAM UPDATE: THOUGHTS FROM A RECENT GRADUATE

The Centre on Aging and Health congratulates Michael Goldberg on the successful defense of his thesis: “How spirituality training impacts social workers assisting elder clients in end-of-life care: A hermeneutical phenomenological approach.” Goldberg is the most recent graduate of the University of Regina MA/MSc Program in Gerontology. He was supervised by Dr. Rebecca Genoe, Faculty of Kinesiology and Health Studies. His research interests are wide ranging and include, end-of-life care counselling, spirituality at the end-of-life, ageism, ageing theory, and the health impacts of geriatric technology.

When asked about his experience in the University of Regina MA/MSc Program in Gerontology, Goldberg said “it offered me the opportunity to explore my interest in aging research and provided me with the strong foundation I needed for my post-academic career in healthcare. The coursework, conferences, and lectures are invaluable and enhanced graduate student experience.”



Michael Goldberg

In terms of the importance of the study of gerontology, he said, “the continued study of gerontology in North America is at its peak importance today due to an aging North American society. The rise of our older adult population not only puts a constraint on resources, but it also focuses attention on the current bio-psycho-social-spiritual model of care that needs constant updating to meet the needs of the diverse aging community. Gerontological issues are important because every human being experiences the aging process and should want to know what normal aging is, what it is not, and what to expect as we confront the challenges of getting older.”

CAH WELCOMES NEW GERONTOLOGY STUDENTS

The Centre on Aging and Health is pleased to welcome Ebere Obasi and Meagan Taylor to the MA/MSc in Gerontology Program. Obasi has a Master’s degree in Health Care Quality Improvement and Leadership Development and is a Doctor of Optometry . He is currently working with Dr. Doug Durst and his research interests include improving quality of care for older adults as well as health care management.

Taylor has a Bachelor of Arts (Honours) degree in Global Development Studies from Queen’s University and is working with Dr. Mary Hampton on a thesis titled “Intimate Partner Abuse and Older Women: Exploring the Connection Between Abuse, Aging, and Health.”

For more information on the MA/MSc Gerontology Program, go to:
<http://www2.uregina.ca/cah/ma-msc-in-gerontology/about-the-program>

Recruitment Information for Potential Participants



OLDER ADULTS NEEDED FOR RESEARCH ON COGNITIVE FUNCTIONING AND PSYCHOLOGICAL FACTORS

We are looking for volunteers to take part in a study about psychological and lifestyle factors that may influence cognitive functioning. This research is being conducted by: Dr. Dennis Alfano, Dr. Thomas Hadjistavropoulos, and Dr. Jaime Williams at the Centre on Aging and Health at the University of Regina.

WHO Older adults aged 75 years or older who do not have a diagnosis of moderate or severe dementia.

You can participate in this research regardless of whether or not you have received a diagnosis of or have symptoms of mild cognitive impairment/mild dementia.

WHAT Participants will have the choice of completing one testing session within their home or at the University of Regina, which is anticipated to last approximately two hours. Working with a researcher, participants will complete a number of questionnaires and tests to determine cognitive, psychological, and social functioning.

In appreciation of your time, you will receive an honorarium of \$40.

HOW To receive more information about this study, or to participate, please contact researchers at 306-337-2607 or via email at Omeed.Ghandehari@uregina.ca.

This study has been reviewed and has received approval from the Research Ethics Board, University of Regina.



MA/MSc Gerontology Program

“Seniors make up the fastest growing age group...

By 2051, about one in four Canadians is expected to be 65 or over.”

– Statistics Canada

- Exciting inter-disciplinary, research-oriented graduate degree program.
- Provides research training and specialized gerontology knowledge to health professionals and students.
- Emphasizes both the physiological and psychosocial aspects of aging.
- The collaboration of the Faculty of Arts, the Faculty of Kinesiology and Health Studies and the Faculty of Social Work and coordinated by the University of Regina’s Centre on Aging and Health.

Admission Requirements:

4-year undergraduate degree in areas such as, nursing, kinesiology, psychology, social work, health studies, sociology, biology, or a health professional degree .

Application Deadline: March 31

For further information, please contact:

Dr. Ronald Martin
Gerontology Program Coordinator
306.585.4515
Ron.Martin@uregina.ca

Scott J. Wilson
CAH Administrator
306.337.8477
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Download the brochure at: <http://www2.uregina.ca/cah/>

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