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GRETTA LYNN ELL WINS CAH AWARD FOR INNOVATION IN HEALTH CARE DELIVERY

Before our February 17th Distinguished Lecture, which was attended by approximately 250 people, we were thrilled to present the 2016 University of Regina Centre on Aging & Health (CAH) Award for Innovation in Health Care Delivery to Gretta Lynn Ell of the Regina Qu'Appelle Health Region (RQHR).

The award recognizes Regina-based individuals, groups, or organizations offering health care to older adults. The winner has introduced an innovative approach to service provision or has conducted field research to evaluate services or programs for older persons.

We received several outstanding nominations but our adjudication committee, which consisted exclusively of seniors from Regina, selected Gretta Lynn Ell, Executive Director Continuing Care, Programming & Utilization for RQHR, for developing many programs related to long-term care and other areas that benefit seniors over her more than forty-five years working in health care.



Ms. Gretta Lynn Ell accepts the award from Dr. Thomas Hadjistavropoulos, CAH Director, on February 17, 2017

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GRETTA LYNN ELL WINS CAH AWARD FOR INNOVATION IN HEALTH CARE DELIVERY (CONTINUED FROM PAGE 1)

According to her nominators, Gretta Lynn is a leader and innovator in long-term care with an impressive ability to provide “the right service, at the right time, in the right format, and in the right place” and has done plenty to allow clients to remain at home (or in the least intrusive alternate living arrangement). “She believes that extended lengths of stay in hospital awaiting placement are to be avoided whenever possible. This philosophy has led to the development of several innovative programs that have had a significant positive impact on the lives of thousands of people.”

Some of the programs she has helped develop include, but are not limited to, the Convalescent Care and Orthopedic Convalescent Care, the Quick Response Unit, the Alternate Level of Care Unit, the Hammond Assessment and Stabilization Unit and Mental Health Long-Term Care Program, Specialized Dementia Care, and the Acquired Brain Injury Unit. These are in addition to traditional programs such as respite care, dementia care, adult day support, and palliative care that she also helped develop.

While accepting the award, Gretta Lynn said “I’m not usually a person of few words, but when I heard about the award I was absolutely speechless.” She then took time to mention her colleagues at RQHR and that it is because she works with such a stellar group that she able to “stand here with this great honour and be completely humbled.” She also said that she and her team in Regina “look forward to continuing to make improvements” to the lives of older adults.

The CAH congratulates Gretta Lynn for her dedication to health care delivery. We would also like to acknowledge our magnificent adjudication committee— Ms. Linda Anderson, Dr. Joan Roy, and Ms. Marj Thiessen—for helping select our worthy winner.

For more information, or to nominate an individual or organization for this year’s award, please visit <http://www2.uregina.ca/cah/> or contact Scott J. Wilson, CAH Administrator, at scott.j.wilson@uregina.ca

Apply now for the 2017/2018 CAH Small Grants Research Award!

Amount Available: \$1,500 Application Deadline: December 15, 2017

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

MAXIMIZING BRAIN HEALTH AND INDEPENDENCE IN OLD AGE: 2016-2017 CAH DISTINGUISHED LECTURE

The Centre on Aging and Health hosted our 14th annual Distinguished Lecture on February 17, 2017. Like other years, the lecture was very well attended with close to 250 in the audience.

The lecture featured Dr. Maureen Schmitter-Edgecombe, Professor of Psychology, Washington State University, who discussed research related to healthy brain aging behaviours and interventions to promote sustained behaviour change. She also talked about aging assistive and intelligent technologies that can help activities of daily living and provide real-time support, while helping older adults live independently in their own homes and communities.

The technologies being investigated in Dr. Schmitter-Edgecombe's studies are particularly useful for older adults with cognitive impairments and dementia. Some of her research involves non-obtrusive sensors in homes and a digital memory notebook.

The sensors are useful in creating a smart environment that can be used to monitor and code behaviours as well as details like room temperature, if appliances are on or off, if cabinets are open or not, or



Dr. Maureen Schmitter-Edgecombe speaks with local seniors at a pre-lecture meet and greet

if there is motion (or a lack of motion) in the living space. All of these details can be used to assess health changes in regards to habitual behaviours by comparing such behaviours to recent medical assessments. She stressed that any of these sensors and technologies must be user friendly for the older adults as well as caregivers and clinicians.

Another intervention that Dr. Schmitter-Edgecombe discussed was a brain fitness program designed to improve brain health for older adults by offering group education and training. This improves engagement in preventative health behaviours and ultimately improves cognitive health while reducing risk of dementia. Some of these techniques include goal setting and problem-solving exercises. Dr. Schmitter-Edgecombe indicated that such interventions can be adopted earlier in life, perhaps in middle age, in order to have maximal positive, long-term effects.

Dr. Schmitter-Edgecombe also spoke at a CAH-organized meet and greet with local seniors to discuss her research and answer their brain health questions. She also met with University of Regina researchers which provided a great opportunity to establish future research collaborations.

For more information on Dr. Schmitter-Edgecombe's research, please visit tech4aging.wsu.edu or <https://psychology.wsu.edu/people/faculty/maureen-schmitter-edgecombe/> or email schmitter-e@wsu.edu



Another great turnout for our Distinguished Lecture

HOW CAN TECHNOLOGY IMPROVE QUALITY OF LIFE IN PEOPLE WITH DEMENTIA?: BRAIN AWARENESS WEEK 2017



Once again, we participated in Regina Brain Awareness Week (BAW) in order to emphasize the importance of brain health and brain research. This year's event was a lecture by Dr. Mark Chignell, Professor of Mechanical and Industrial Engineering, University of Toronto—who discussed how appropriately designed technology can improve the quality of life of people living with dementia as well as how people living with dementia can be provided with meaningful activities and engaging interactions.

Dr. Chignell is a member of The AGE-WELL Network of National Centres of Excellence: a federally-funded national group of leading researchers working toward improving the quality of life of older adults through the use of technology.

Dr. Chignell began his talk with some general details about dementia and standard cognitive decline as a result of aging to make it clear that dementia is not a normal aging process and therefore requires interventions. Too often, according to Dr. Chignell, anti-psychotic drugs are used to deal with aggressive behaviours in those with dementia, but these behaviours can often be the result of boredom. These drugs can have severe side effects.

To avoid such side effects, increase caregiver well being, and improve overall quality of life for older adults with dementia, Dr. Chignell and his team have developed technologies to add meaningful activities to the lives of people with dementia. These technologies promote mental and physical well being through interactive devices that offer rewards tailored to individuals. These

range from games, such as a Whack-A-Mole style game, as well as puzzles, videos and other content that play when certain tasks are completed. Such technologies promote learning, physical activity, and can slow the progression of dementia while also providing fulfilling fun.

While many of his technologies are designed for long-term care facilities, Dr. Chignell expects that future generations of these devices will have in-house designs, which may keep older adults living with dementia in their homes and communities longer.

The event was well attended and garnered media attention, as Dr. Chignell did interviews with CBC Radio and CJTR.

For more information on Dr. Chignell's research, contact chignel@mie.utoronto.ca or visit <http://kmdi.utoronto.ca/>. For more information on AGE-WELL, visit <http://agewell-nce.ca/>



Dr. Mark Chignell speaks at our Brain Awareness Week Lecture at the U of R on March 13, 2017

IMPACTING SENIORS' HEALTH: CAH MEMBERS FEATURED IN MAJOR SASKATCHEWAN HEALTH RESEARCH FOUNDATION PUBLICATION

On April 5, 2017, the Saskatchewan Health Research Foundation released their latest publication: *Impacting Seniors' Health: The Value of Aging-Related Research in Saskatchewan*.

The publication profiles SHRF-funded researchers from across the province who are working to bring innovative solutions to the complex challenges presented by an aging population.

Impacting Seniors' Health features the University of Saskatchewan's College of Kinesiology as well as the University of Regina Centre on Aging and Health. Some of the CAH members profiled are Dr. John Barden, Dr. Darren Candow, Dr. Rebecca Genoe, Dr. David Malloy, and Dr. Shanthi Johnson from the Faculty of Kinesiology and Health Studies, Dr. Abigail Wickson-Griffiths from the Faculty of Nursing, Dr. Bonnie Jeffery from the Faculty of Social Work, Dr. Thomas Hadjistavropoulos of the Faculty of Arts, and Dr. Carrie Bourassa of the Health Sciences North Research Institute.



(l-r) Patrick Odnokon, CEO of SHRF; Dr. Shanthi Johnson, Kinesiology; Dr. Bonnie Jeffery, Social Work; Dr. Rebecca Genoe, Kinesiology, and Dr. Thomas Hadjistavropoulos, Arts

CAH Director Dr. Thomas Hadjistavropoulos spoke at the event, and reinforced the importance of aging-related research especially given Canada's aging population. He stated that CAH researchers are working towards cost-effective solutions to address demands on Canada's health care system and that "we're making headway in research that is benefiting our province and our country."

Other speakers at the event included Laura Ross, MLA, and Holly Schick, Executive Director of the Saskatchewan Seniors Mechanism, who said "aging-related research helps us realize that older adults are a resource and not a liability."

We thank SHRF for raising awareness of important research topics and look forward to continue working with them to better the lives of older adults in Saskatchewan and beyond.



Ms. Holly Schick, SSM Executive Director, speaks at the launch of SHRF's *Impacting Seniors' Health* publication

To download the publication, visit
[http://shrf.ca/Health-Research/
Publications](http://shrf.ca/Health-Research/Publications)



CAH TRAINEE MEMBER NATASHA GALLANT WINS ALZHEIMER SOCIETY OF SASKATCHEWAN SCHOLARSHIP

We are pleased to announce that Natasha Gallant, CAH Trainee Member, and PhD Candidate, has been awarded a University of Regina graduate scholarship for research in Alzheimer's disease and related dementia. The Alzheimer Society of Saskatchewan (ASOS) Scholarship is made possible because of a generous donation from the Alzheimer's Society of Saskatchewan and provides an excellent opportunity for projects related to this crucial area of research.

Gallant's main research interests are aging, health, pain, and technology. Her ASOS scholarship will help fund research into the implementation of technologies designed to improve health care in older adults.

Gallant's research hopes to uncover the psychological and ethical barriers associated with use of technology in health care by engaging with those affected by the use of such technologies: older adults, family members, physicians, nurses, administrators, and policymakers. Using data from questionnaires, interviews, and focus groups, she will develop

guidelines to facilitate the use of technologies to provide care for older adults within the Canadian context.

For more information about Ms. Gallant's research, contact Natasha.Gallant@uregina.ca.

Visit the ASOS website at <http://www.alzheimer.ca/en/sk>.

Alzheimer Society

S A S K A T C H E W A N



Natasha Gallant

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

Contact CAH Administrator at 306.337.8477 or cah@uregina.ca for more information

NOMINATIONS ARE OPEN FOR THE CAH AWARD FOR INNOVATION IN HEALTH CARE DELIVERY

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, who cannot be University of Regina employees, are 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 also be presented with a commemorative certificate and will be offered formal affiliation with the CAH. The award recognizes 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 at any time up until **October 15, 2017** for the 2017-18 Award 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

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 of the public who are over 65-years of age and are interested in participating in research can sign up by going to www2.uregina.ca/cah, clicking on "Participate in Research," and filling out our simple web form.

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 quick and easy.

Apply on our website: <http://www2.uregina.ca/cah/> and click on "Become a Member."

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 gerontological knowledge to health professionals and students.
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Admission Requirements:

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

Application Deadline: March 31

For further information, please contact:

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Download the brochure at: <http://www2.uregina.ca/cah/>

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