

Dialogue on Aging



30th Annual Spring Research Symposium

Monday, May 6, 2013

8:45 a.m.–4:00 p.m.

Brodie Centre | Bannatyne Campus
University of Manitoba

Centre on Aging



UNIVERSITY
OF MANITOBA

2013 Spring Research Symposium program at a glance

Time	Event	Time	Event
8:45 a.m.– 9:05 a.m.	Welcome and opening remarks Verena Menec, PhD Digvir Jayas, PhD Honourable Jim Rondeau Frederic Gaspard Theatre	12:00 p.m.–1:00 p.m.	Lunch *Located in the Joe Doupe Concourse for those who have pre-registered Poster session continues on the Brodie Mezzanine
9:05 a.m.–10:30 a.m.	Opening plenary Mind the gap: Finding common ground through intergenerational communication Rosalyn Howard Cindy Stevens Norma Drosdowech Cornelia (Kristel) van Ineveld, M.D. Mitchell van Ineveld Frederic Gaspard Theatre	1:00 p.m.–1:15 p.m.	Awards presentation
10:30 a.m.–11:00 a.m.	Refreshment break Opportunity to view posters on the Brodie Mezzanine and visit exhibitor booths	1:15 p.m.–2:30 p.m.	Afternoon plenary Medical fitness to drive in older drivers Michelle Porter, PhD Linda Johnson Connie Newman Frederic Gaspard Theatre
11:00 a.m.–12:00 p.m.	Concurrent sessions Direct and indirect supports for family caregivers: Insights for the 2012 Manitoba caregiver consultations Laura Funk, PhD Wendy Sutton Frederic Gaspard Theatre Making communities age-friendly: If you built it, they will stay Richard Milgrom, PhD Theatre B Weighing the options: The true cost of healthy eating for older adults Christina Lengyel, PhD Joyce Slater, PhD Theatre C	2:30 p.m.–3:00 p.m.	Refreshment break Opportunity to view posters on the Brodie Mezzanine and visit exhibitor booths
		3:00 p.m.–4:00 p.m.	Concurrent sessions Some key issues in long-term care reform: A researcher's perspective Malcolm Doupe, PhD Lori Lamont Frederic Gaspard Theatre Couples share their experiences in living with dementia Fran Racher, PhD Nancy McPherson Terri Miller Sharran Mullins Theatre B Experiencing the arts with description Ross Eadie Nancy Hansen, PhD S211
		4:00 p.m.	Evaluation and adjournment

Lecture theatre notes	Frederic Gaspard Theatre	Located in Basic Medical Sciences Building: access through main or upper level—Follow red signs
	Theatre B	Located in Basic Medical Sciences Building: access through first and second floors—Follow green signs
	Theatre C	Located in Basic Medical Sciences Building: access through first and second floors—Follow blue signs
	S211	Located in Basic Medical Sciences Building: access through first floor—Follow yellow signs

8:00 a.m.– 8:45 a.m. Registration, exhibits, and student posters

8:45 a.m.– 9:15 a.m. Welcome and opening remarks

Frederic Gaspard Theatre Verena Menec, PhD, Director, Centre on Aging; Canada Research Chair in Healthy Aging; Professor, Department of Community Health Sciences, Faculty of Medicine
Digvir Jayas, PhD, Vice-President (Research and International), University of Manitoba
Honourable Jim Rondeau, Minister of Healthy Living, Seniors and Consumer Affairs

9:15 a.m.–10:30 a.m. **Opening plenary**

Frederic Gaspard Theatre

Mind the gap: Finding common ground through intergenerational communication

Rosalyn Howard, Director, Learning and Development Services, University of Manitoba

Cindy Stevens, Deputy Minister of Healthy Living, Seniors and Consumer Affairs;

Norma Drosdowech, Senior Advocate

Cornelia (Kristel) van Ineveld, M.D., M.Sc., FRCP(C), Assistant Dean, Student Affairs; Associate Professor, Department of Internal Medicine, Faculty of Medicine, University of Manitoba

Mitchell van Ineveld, Vincent Massey Collegiate, Youth Parliament and Parliament Jeunesse Franco-Manitobain (participant)

The digital age has drastically changed not only our methods of communication in the last 20 years, but how we communicate with one another on a daily basis. The majority of individuals who are 65 years and older did not grow up with the advances of today's modern world, and as a result of the different life experiences between younger and older people, a generation gap is often cited. With each successive generation, newer technologies become a normal part of our everyday lives, making our lives easier—or do they? Have our different interests, aging stereotypes, and geographical distances made it more difficult or easier to communicate with one another? The impact of intergenerational communication within our daily lives at home, school, in the workplace and the healthcare system will be explored.

Bio

Rosalyn Howard

Ms. Howard is the Director of Learning and Development Services (LDS) at the University of Manitoba, which provides organization and staff development services at the University. Learning and Development Services provides leadership for organizational and personal effectiveness through partnerships, facilitation, programs and initiatives in employee and organizational learning, change and development. Ms. Howard has consulted widely throughout North America, Asia, and Central America in the areas of Organizational Learning and Change, Strategic Planning, Leadership, Interpersonal and Team Effectiveness,



Train the Trainer, Board Governance, and Consulting Skills. Rosalyn also maintains a small consulting practice, hct Howard Consulting and Training.

Cindy Stevens

Ms. Stevens' background in public sector management with the Manitoba government spans more than 25 years. She was the Assistant Deputy Minister of Communications Services Manitoba for 14 years, where she managed strategic communications planning, media relations, advertising and marketing for the Manitoba government. Ms. Stevens was appointed as Deputy Minister of Culture, Heritage and Tourism in 2011; and was named Deputy Minister of Healthy Living, Seniors and Consumer Affairs in January 2012. She has served on several community boards in Manitoba and has volunteered in many other capacities for not-for-profit, social, and health care organizations.



Norma Drosdowech

Ms. Drosdowech has worked extensively as an advocate for Manitoba seniors, serving as Chair of the Manitoba Council on Aging, citizen representative on the Institute of Aging, Canadian Institutes of Health Research, and a member of the Manitoba Committee of Seniors. Norma has been a strong supporter of the Age-Friendly Initiative which will enhance the lives of Manitoba seniors.

Norma holds a Master's Degree in Educational Psychology and enjoyed a long career as a public school teacher, sexuality educator, school counsellor, and lecturer for the University of Manitoba. She currently leads the Pastoral Care Team of the Unitarian Church.

These varied experiences have enriched Norma's primary roles as a wife, a mother of four daughters and a grandmother of eight wonderful grandchildren. Norma is known for her strong belief that it is essential for all people to challenge all authority all of the time—except your grandmother's!

Cornelia (Kristel) van Ineveld, M.D., M.Sc., FRCP(C)

Dr. Cornelia (Kristel) van Ineveld is an Assistant Professor in the Section of Geriatric Medicine and is the Assistant Dean, Student Affairs in the Faculty of Medicine. Dr. van Ineveld is involved in the clinical teaching of undergraduate and postgraduate medical trainees, as well as being the Postgraduate Education Coordinator for Geriatric Medicine. She is involved in several national committees relating to geriatric education, including a role as Vice-Chair of the Specialty Committee in Geriatric Medicine for the Royal College of Physicians & Surgeons of Canada. Dr. van Ineveld's clinical practice is mainly based at St. Boniface Hospital as a consultant geriatrician with a focus on day hospital and outreach. She is Co-Chair of the Regional Day Hospital Coordination Committee and is also co-leading an initiative on a provincial strategy for physician education in dementia. In 2008, Dr. van Ineveld was honoured with the Alzheimer's Society of Manitoba Distinguished Member Award.

Mitchell van Ineveld

Mitchell is a student at Vincent Massey Collegiate in Winnipeg. He has participated in Youth Parliament and Parliament Jeunesse Franco-Manitobain.

10:30 a.m.–11:00 a.m

Refreshment break in Brodie Atrium and Brodie Atrium

View exhibitor displays in Brodie Atrium and student posters in Brodie Mezzanine

Frederic Gaspard Theatre

Direct and indirect supports for family caregivers: Insights from the 2012 Manitoba caregiver consultations

Laura M. Funk, PhD, Assistant Professor, Department of Sociology, University of Manitoba

Wendy Sutton, Manitoba Caregiver Coalition

Family members, friends and neighbours provide considerable unpaid care and support for Manitobans facing a variety of physical, mental and emotional challenges, including older adults. In 2012, the provincial government obtained the input and guidance of 400 caregivers, through surveys and focus group consultations. Dr. Funk will describe her findings, with a focus on the distinction between direct (financial aid, respite, support groups) and indirect supports (i.e., health and social services for the care recipient) for family caregivers.

Bio

Laura Funk, PhD

Dr. Funk is an Assistant Professor in the Department of Sociology, Faculty of Arts, University of Manitoba. Her research addresses responsibility, health and care/support across the life course. This encompasses aspects of the sociology of health, aging, and family as well as the social determinants of health, including social support and care work. Dr. Funk's current focus is on family care provided to older, chronically and terminally ill individuals, understood within broader social, cultural, and structural contexts. In 2011, Dr Funk was awarded a Research Fellowship from the Centre on Aging and is a Research Affiliate of the Centre.

Wendy Sutton

Ms. Sutton is an active member of the Manitoba Caregiver Coalition. The vision of the Manitoba Caregiver Coalition is a Manitoba that recognizes and respects the integral role of family caregivers in society, and supports this role with the understanding that it is not a substitute for public responsibility in health and social care. Wendy Sutton started her organization, Where Next? Pathways to Eldercare, last fall after five years of facing the challenges and frustrations of searching out the resources she needed to help her provide the best care possible for her mother, who suffers from dementia.

Theatre B

Making communities age-friendly: If you build it, they will stay

Richard Milgrom, PhD, MCIP, Head and Associate Professor, Department of City Planning, Faculty of Architecture, University of Manitoba

An age-friendly community is one that provides supports in the physical and social environment to help older adults have the best quality of life possible. University of Manitoba graduate students in the Department of City Planning have worked with nine communities to examine challenges in the physical environment and make recommendations for how to improve the communities' age-friendliness. This session will showcase their work and demonstrate how making improvements in communities' physical environment could increase availability of and accessibility to services.



Bio

Dr. Richard Milgrom is the head of the Department of City Planning, Faculty of Architecture, University of Manitoba. He was a co-investigator and steering committee member on the Age-Friendly Communities – Active Aging Alliance. Dr. Milgrom's recent work has addressed impediments to the production of age-friendly environments in Winnipeg. This includes those that are rooted in current planning practices—and specifically, who is consulted in the preparation of plans—and those that are manifestations of historic urban development patterns—most specifically that of car-oriented sprawl in and around the city. His additional research interests include the social impacts of sprawl in a slow growth city; planning and design with urban Aboriginal communities; sustainability and urban design; and participating planning and design processes. Dr. Milgrom is a Research Affiliate of the Centre on Aging.

Theatre C

Weighing the options: The true cost of healthy eating for older adults

Christina Lengyel, PhD, RD, Department of Human Nutritional Sciences, Faculty of Human Ecology, University of Manitoba

Joyce Slater, PhD, RD, Department of Human Nutritional Sciences, Faculty of Human Ecology, University of Manitoba

This session will raise awareness about the cost, affordability and accessibility of healthy foods for older adults living in both rural and urban settings. We will also discuss barriers and practical solutions to improve the nutritional health of older adults.

Bio

Christina Lengyel, PhD

Dr. Lengyel is an Assistant Professor and Registered Dietitian in the Department of Human Nutritional Sciences, Faculty of Human Ecology, University of Manitoba. Dr. Lengyel's current research focuses on consumer segment profiles and food consumption practices of baby boomers and older adults residing in urban and rural areas, the development of food products for baby boomers and older consumers, and the impact of relocation on the eating behaviors and lifestyle practices of older adults in long-term care facilities. Dr. Lengyel is a Research Affiliate of the Centre on Aging.



Joyce Slater, PhD

Dr. Slater is an Assistant Professor and Registered Dietitian in the Departments of Human Nutritional Sciences and Community Health Sciences, University of Manitoba. Her research interests include: community food security, determinants of food choice, nutritional needs of marginalized populations, epidemiology of obesity, and the role of food literacy in health promotion and disease prevention.

12:00 p.m.–1:00 p.m

Lunch in Joe Doupe Concourse

View exhibitor displays in Brodie Atrium and student posters in Brodie Mezzanine

1:00 p.m.–1:15 p.m.

Centre on Aging awards ceremony

Awarding of Centre on Aging Research Fellowships; student fellowships and awards; and Graduate Specialization in Aging certificates

Medical fitness to drive in older adults



Michelle Porter, PhD, Professor and Associate Dean of Research, Faculty of Kinesiology and Recreation Management, Acting Director, Leisure and Human Performance Institute, University of Manitoba

Linda Johnson, OTM, Coordinator, Driver's Assessment and Management Program, Health Sciences Centre

Connie Newman, Executive Director, Manitoba Association of Senior Centres, Board member, Transportation Options Network for Seniors

This session will focus on the older driver and medical fitness to drive. Dr. Porter will discuss a multi-centre Canadian Institutes of Health Research funded project called Candrive. The main aim of Candrive is to find tools that could be used by family physicians to screen older drivers who might not be medically fit to drive.

Ms. Johnson will speak about the Driver Assessment and Management Program (DAMP) at Health Sciences Centre. Referred because of a medical condition, drivers of all ages are assessed to determine if the medical issues will compromise their ability to drive safely; the assessment takes place both in the clinic as well as on the road. Recommendations are then made to Driver Licensing.

Ms. Newman will speak about consequences of losing a license and the various transportation options that are available to older adults in Manitoba.

Bio

Dr. Michelle Porter is a Professor and Associate Dean of Research in the Faculty of Kinesiology and Recreation Management. She is currently the Acting Director of the Health, Leisure and Human Performance Research Institute at the University of Manitoba, and is a Research Affiliate of the Centre on Aging. Dr. Porter's research interests include neuromuscular adaptations with aging, functional changes with aging, strength training, and driving and aging. Dr. Porter is involved in a Canadian Institutes of Health Research (CIHR) funded project, Canadian Driving Research Initiative for Vehicular Safety in the Elderly (Candrive). The program's aim is to improve the safety and quality of life of older drivers in Canada.

Ms. Linda Johnson is an Occupational Therapist and Coordinator of the Driver Assessment and Management Program at the Health Sciences Centre. She has had over 25 years of experience assessing and determining the "fitness to drive" of those referred because of a medical condition, which may interfere with the ability to drive safely. She is pleased to have the opportunity to give an overview of the program.

Ms. Connie Newman is the Executive Director of the Manitoba Association of Senior Centres (MASC). MASC assists in the development of senior centres and collaborates with other senior serving organizations. Ms. Newman was a teacher and principal in the St. James Assiniboia School Division for 34 years, and has been an active member on the board of the St. James Assiniboia 55+ Centre for seven years. As well, she is a consultant with the Age Friendly resource team and travels the province hearing about transportation concerns with the older adult population.



Ms. Newman is currently involved with the Transportation Options Network for Seniors (TONS) as a board member. The goal of TONS is to inform and educate Manitobans on transportation options that enhance quality of life and promote age-friendly communities.

2:30 p.m.–3:00 p.m.

Refreshment break in Brodie Atrium and Brodie Atrium

View exhibitor displays in Brodie Atrium and student posters in Brodie Mezzanine

3:00 p.m.–4:00 p.m.

Afternoon concurrent sessions

Frederic Gaspard Theatre

Some key issues in long-term care reform: A researcher's perspective

Malcolm Doupe, PhD, Assistant Professor, Department of Community Health Sciences, Faculty of Medicine, University of Manitoba; Senior Research Scientist, Manitoba Centre for Health Policy

Lori Lamont, RN, BN, MPA, Vice President, Interprofessional Practice and Chief Nursing Officer

Personal care homes (PCH) have become increasingly complex care environments in Canada and the demand for PCH beds is projected to increase considerably in the near future. Dr. Doupe will discuss the future need for PCH beds in Manitoba, and will highlight how alternate care environments can help to offset this demand. Research that pertains to long term care transitions (i.e., providing people with the right care at the right time) and PCH quality care will also be discussed.



Bio

Malcolm Doupe, PhD

Dr. Doupe is an Assistant Professor in the Faculty of Medicine, University of Manitoba; a Senior Research Scientist at Manitoba Centre for Health Policy; and Director of the Western Regional Training Centre at the University of Manitoba. He is a team member on several national and international research initiatives aimed at improving health care delivery for older adults. Malcolm was recently awarded the University of Manitoba Rh Award for outstanding research contributions in health sciences, and also as producing the Article of the Year from the CIHR Institute of Health Services and Policy Research. Malcolm is a Research Affiliate of the Centre on Aging.

Malcolm's research has measured nursing home use patterns and quality care, discussed alternate transitions across the long term care sector, and projected future nursing home bed use. He also conducts research on emergency department use, studying frequent users and factors influencing patient flow. In 2012 Malcolm received an Establishment Grant from the Manitoba Health Research Council, to study the transition from nursing homes to emergency departments and patients' subsequent patterns of care.



Lori Lamont

Ms. Lori Lamont is the Vice-President of Interprofessional Practice and Chief Nursing Officer for the Winnipeg Health Region. She has many years' experience in community and long term care. Her previous roles include Director of Resident Services at Deer Lodge Centre, and Director of the WRHA Personal Care Home Program (2005–2009).

Couples share their experiences in living with dementia

Fran Racher, RN, PhD, Faculty of Health Studies, Brandon University;

Nancy McPherson, RN, BScN, MSc, Faculty of Health Studies, Brandon University;

Terri Miller, RPN, BScPN, Master of Psychiatric Nursing Program, Faculty of Health Studies, Brandon University

Sharran Mullins, RPN, BScPN, Master of Psychiatric Nursing Program, Faculty of Health Studies, Brandon University

Often a couple's primary goal is to continue to live together in their own home and their ability to achieve that goal may be directly dependent upon the availability and appropriateness of the care provided and the resources available to meet their individual and collective needs. Too often, these resources are insufficient and ineffective and couples reach a point where the option to continue to live together is no longer a choice that is available to them. The research team will discuss the experiences of married couples, where one of the partners is diagnosed with dementia, and explain their shifting priorities as their lives together changed over time. The information will be shared to contribute to effective and appropriate change.

Bio

Fran Racher, PhD



Dr. Racher joined the Faculty of the School of Health Studies at Brandon University in 1997. Her teaching in the baccalaureate programs for psychiatric nursing, nursing and post diploma students is underpinned by her applied research in community health, rural and northern health, as well as gerontology. Her areas of interest are population health, community development, health promotion, access to health services, nursing leadership and philosophy of nursing science. Dr. Racher is a research affiliate with the Rural Development Institute of Brandon University, and the Centre on Aging at the University of Manitoba. Her previous nursing career included several years as an administrator in long-term care and direct care nurse both in the community and in rural facilities.

Nancy McPherson, MSc

Ms. McPherson is an Assistant Professor in the Faculty of Health Studies at Brandon University. She is a Registered Nurse and has been nursing for over 30 years in a wide variety of capacities including northern/remote, rural and urban settings. Prior to joining Brandon University, Ms. McPherson was a Population Health Planner Analyst with the Brandon Regional Health Authority, where she was responsible for integrating a population health approach to planning and evaluating programs and services, and coordinating the comprehensive community health assessment.

Terri Miller

Ms. Miller is a Master of Psychiatric Nursing student at Brandon University. The role of research assistant on this study has been inspiring and rewarding. Almost thirty years ago she began her nursing career in geriatrics and has had the opportunity to provide care in many aspects of mental health services. She plans to conduct thesis research focusing on the lived experience of spirituality as it relates to health, quality of life and wellbeing with elderly couples living with dementia.

Sharran Mullins

Ms. Mullins is currently pursuing her Masters of Psychiatric Nursing at Brandon University. She has completed her RPN and holds a Bachelor of Science in Psychiatric Nursing.

**S211, Medical Services
Building**

Experiencing the arts with description

Ross Eadie, City Councillor, Mynarski Ward, City of Winnipeg

Nancy Hansen, PhD, Assistant Professor, Interdisciplinary Master's Program in Disability Studies, Director, Interdisciplinary Master's Program in Disability Studies, University of Manitoba

Mr. Eadie will frame his perspective on experiencing the arts with description. In Vancouver, VocalEye Descriptive Arts Society's Live Audio Description Program is the first of its kind in Canada and is dedicated to arts accessibility for those with vision loss.

Dr. Hansen will focus her presentation on disability and the arts as it positively impacts not only the quality of life for older adults and those with disability, but all members of the community.

Bio

Ross Eadie

Mr. Eadie is a City Councillor for the Mynarski Ward, City of Winnipeg. On unpaid leave, he works as a policy analyst in the area of disability issues. He has a diploma in Business Administration and has worked in the field of accounting and finance for the Independent Living Resource Centre, which is a not-for-profit organization. Mr. Eadie has been an active school board trustee in the Seven Oaks School Division.

Mr. Eadie has been very involved in community development and has volunteered with the Seven Oaks Residents Association, Seven Oaks Historical Society of Winnipeg Inc., Building Communities Initiative Partnership Advisory Committee, Network of Entrepreneurs with Disabilities Manitoba, and Injured Workers Manitoba.

Nancy Hansen, PhD

Dr. Nancy Hansen is Director of the Interdisciplinary Master's Program in Disability Studies, University of Manitoba. Her doctoral thesis examined the impact of education and social policy on the employment experiences of women with physical disabilities. Dr. Hansen's current research interests include: disability history (eugenics and bioethics); geography of disability; disabled women's issues; disabled people's access to primary health care; disability and the media. She has been actively involved with various Canadian disability groups for many years.

4:00 p.m.

Evaluation and adjournment

Please complete program evaluations and return them to the registration desk located in the Brodie Mezzanine.

Centre on Aging awards and fellowships presentation

2013–2014 Research Fellowships

Each year, the Centre offers a Centre on Aging Research Fellowship to a faculty member at the University of Manitoba. The intent of these fellowships is to encourage research in aging by either providing release from some teaching responsibilities for faculty to increase their research activities in aging for a one-year period, or to provide funding to support their research. This year, the Centre awarded two fellowships to Shawn Bugden, PhD and Marcia Friesen, PhD for the 2013–2014 year.

Shawn Bugden, Pharm.D., Associate Professor, Faculty of Pharmacy, Research Affiliate, Centre on Aging

“Risk and response to citalopram cardiac toxicity”

Dr. Bugden’s research will focus on drug safety, which is a major public health issue. Some medications cause irregular heart rhythms that can lead to sudden cardiac death. These side effects are relatively rare and are usually only fully understood once the drug is marketed and has been widely used. Several medications (cisapride, terfenadine) have been withdrawn from the Canadian market because of their association with sudden cardiac death. Women and those over the age of 65 seem to be at higher risk of this side effect. The risk of sudden cardiac death can also be increased when interacting medications are taken. These medications either independently contribute to the risk or interfere with the metabolism of the offending drugs. Citalopram (Celexa®) and its sister compound escitalopram (Cipralex®) are widely used antidepressants in Canada (>6.5 million prescriptions/year). Health Canada issued warnings regarding heart problems with these drugs in 2011/12 and suggested doses be limited, particularly for those over 65. Caution regarding interaction between citalopram/escitalopram with other medications was also issued.

This project will review the records of the Canada Vigilance Adverse Reaction Database to assess the reporting of cardiac events with citalopram/escitalopram in Canada. Similar databases in other countries have found citalopram to be associated with 10 percent of serious heart arrhythmias. The project will also review the Manitoba Pharmacare data to assess the impact of Health Canada warnings on the prescribing of citalopram/escitalopram. It is unknown whether such warnings have been effective in reducing the prescribed dosages of these drugs or limiting the prescribing of interacting medications.

Marcia Friesen, PhD, Assistant Professor, Department of Design Engineering, Faculty of Engineering, Research Affiliate, Centre on Aging

“Small-scale user trial of wound care software in a personal care home”

In any healthcare facility, 25 percent of patients have a pressure ulcer at any given time, with the elderly and patients in long-term care being particularly vulnerable. Pressure ulcers negatively impact quality of life for the elderly due to loss of independence and social isolation, and this issue encompasses the elderly in hospital, personal care home, and homecare settings. Studies indicate that poor documentation of wound care may be preventing facilities from fully ascertaining early assessment and care for at-risk patients. Attention is focused on electronic information systems to facilitate better wound assessments, documentation and treatment.

Using a prototype software application for Android Smartphones and tablets to replace paper based-charting, healthcare workers will electronically document patients' chronic wounds to promote higher consistency and compliance relative to paper-based charting.

The proposed study is a user trial with eight nurses who will use both the prototype software application on tablets and standard paper-based charting of wound care for seven consecutive shifts at a Health Centre facility. Following its use, the nurses will complete a survey and participate in a focus group to discuss their experiences using the software. The purpose of the study is to gather data to fine-tune and enhance the design and functionality of the software application. It does not include an evaluation of patient experiences or patient health outcomes.

2013–2014 Student awards

Each year the Centre on Aging provides scholarships to students pursuing studies in aging at the University of Manitoba. In addition, the Centre also adjudicates the Alzheimer Society of Manitoba Graduate Fellowships.

Betty Havens Memorial Graduate Fellowship

In 2005, the Centre on Aging Graduate Fellowship was renamed the Centre on Aging Betty Havens Memorial Graduate Fellowship. Betty Havens was a leader in social gerontology and in health services research on aging and elderly persons. She was one of the founders of the Centre in 1982 and maintained close ties with the Centre throughout her life.

Jeremy Hamm, PhD student, Department of Psychology, Faculty of Arts, is the 2013–2014 recipient of the Centre on Aging Betty Havens Memorial Graduate Fellowship.

Goal engagement and disengagement in older adults: Implications for 3-year physical health and 9-year survival

Advisor: Raymond Perry, PhD, Department of Psychology, Faculty of Arts

Mr. Hamm's research will be based on recent advances in control theory and will expand on his previous work, B.A. (Hons.) and Master's theses, by testing the simultaneous effects of goal engagement and disengagement among very old adults facing health challenges. His research will involve participants from an established longitudinal study in Manitoba (Aging in Manitoba) and will test the effects of goal engagement and disengagement on three-year physical health and nine-year survival. Mr. Hamm's proposed research will advance the literature on the psychology of aging by augmenting our understanding of the effects of complex strategy use on physical health and survival among older adults.

Jack MacDonell Scholarship for Research in Aging

The Jack MacDonell Scholarship for Research in Aging was established to encourage and stimulate graduate student research in aging, in recognition of the contributions and achievements to teaching, research, and service in gerontology by Dr. Jack A. MacDonell. It is awarded to a student pursuing full-time graduate studies with a focus on aging at the University of Manitoba.

Shenghua Zhu, PhD student, Department of Pharmacology and Therapeutics, Faculty of Medicine, is the 2013–2014 recipient of the Jack MacDonell Scholarship for Research in Aging.

Role of astrocyte in the pathophysiology and treatment of Alzheimer's Disease

Advisor: Xin Min Li, PhD, Department of Psychiatry, Faculty of Medicine

Mr. Zhu's research study hypothesis is that astrocyte determines the aggravation of synaptotoxicity and Alzheimer-like behavioural deficits in amyloid precursor protein (APP)/presenilin (PS)1 double transgenic mice and these deficits could be prevented by fluoxetine treatment. The study will for the first time address the important question regarding the role of astrocytes in the pathophysiology of APP/PS1 mice, which may have specific relevance to the pathogenesis of inherited familial Alzheimer's Disease. The mutant astrocytes can damage neurons in the absence of other cell types through non-cell autonomous pathways. Additionally the preclinical animal study addresses whether the fluoxetine (FLX) can be applied as a novel agent in the treatment of Alzheimer's Disease by providing a better understanding of the underlying mechanisms of FLX for Alzheimer's Disease treatment. It will open a new avenue in Alzheimer's Disease research that can be extended to the development of new drugs and increase our understanding of factors underlying Alzheimer's Disease.

Esther and Samuel Milmot Scholarship

The Esther and Samuel Milmot Scholarship was established in 1987 through a bequest in honour of Esther and Samuel Milmot. It is awarded to a full-time student, undergraduate or graduate, pursuing a program which bears on gerontology, in the Faculty of Arts or in the Faculty of Graduate Studies with the field of study in a department in the Faculty of Arts at the University of Manitoba.

Maia Kredenster, PhD student, Clinical Psychology, Faculty of Arts, is the 2013–2013 recipient of the Esther and Samuel Milmot Scholarship.

Keep in touch: Using computer-mediated communication to support palliative inpatients experiencing barriers to social connection

Advisor: Harvey Chochinov, OM, MD, PhD, FRCPC, Department of Psychiatry, Faculty of Medicine

Using mixed methods, Ms. Kredenster's research will examine how using computer-mediated communication can impact participants who report feeling socially isolated or lonely, and feel this type of communication would benefit patients in improving their social connections and quality of life. The goal of her research is to extend an existing pilot study currently underway at a long term care facility in Winnipeg (focusing on palliative care patients), who are experiencing higher levels of distress due to the barriers they face in terms of social isolation and loneliness. This study will fill an important gap in the literature surrounding use of technological interventions for enhancing social connection in palliative care populations and will have significant practical implications in terms of the utility of non-medical interventions for improving quality of life for the terminally ill, and could have applications in other areas of health care wherein hospitalization results in a detriment to social networks.

Barbara Jean Payne Memorial Award in Social Gerontology

The Barbara Jean Payne Memorial Award in Social Gerontology was established in 2013 through a bequest by Dr. Payne to the Centre on Aging to offer an award to a graduate student pursuing studies in social gerontology. The scholarship will be offered annually, until the capital and income have been exhausted, to a full-time graduate student whose thesis research is in the area of social gerontology.

Julie Erickson, PhD student, Department of Psychiatry, Faculty of Medicine, is the 2013–2014 recipient of the Barbara Jean Payne Memorial Award in Social Gerontology.

Defining the psychosocial needs of newly admitted nursing home residents with and without dementia

Advisor: Malcolm Doupe, PhD, Department of Community Health Sciences, Faculty of Medicine; Senior Research Scientist, Manitoba Centre for Health Policy

Ms. Erickson's research will identify the main psychosocial needs of newly admitted nursing home residents with and without dementia, and will clarify the ways in which nursing homes can better meet the needs for these people. Her three research objectives are to develop and validate a list of these important psychosocial needs, inclusive for residents with and without dementia; rank-order the importance of the various psychosocial needs for new nursing home residents; identify differences in this ranking by resident cognitive status; and highlight for both group activities that augment or detract from helping residents to meet these needs through a survey developed from the first objective; and to describe clinical factors other than dementia that affect the degree to which residents' needs are being met. Ms. Erickson's study will further demonstrate psychosocial needs that are most important to nursing home residents and will also show the extent to which these needs are unique for residents with and without dementia. Results will also help nursing home care providers to develop more effective nursing home transition strategies, by demonstrating how new residents can be helped to better meet their psychosocial needs.

Alzheimer Society of Manitoba Fellowships

The Alzheimer Society of Manitoba offers two awards to graduate students. The purpose of these awards is to enhance knowledge about the cause, treatment, cure and effects of Alzheimer's disease and other dementias in the biomedical and psychosocial domains; to increase knowledge about the care of people with dementia by formal and informal caregivers; to encourage graduate student interest in Alzheimer's disease and other dementias; and to stimulate graduate student research activity in Alzheimer's disease and other dementias. The Centre on Aging adjudicates the Alzheimer Society of Manitoba Graduate Fellowships.

Sheila Novek, PhD student, Department of Community Health Sciences, Faculty of Medicine is the 2013–2014 recipient of the Alzheimer Society of Manitoba Graduate Student Fellowship.

Understanding the care pathways and health service needs of people with early-onset dementia: A mixed methods study

Advisor: Verena Menec, PhD, Canada Research Chair in Healthy Aging; Professor, Department of Community Health Sciences, Faculty of Medicine

For her PhD dissertation, Ms. Novek will examine the health and care needs of people with early-onset dementia (EOD) (onset before 65) residing in nursing homes in Winnipeg, Manitoba, and their care pathways across the continuum of care. The research will employ a mixed-methods approach to provide a comprehensive examination of the service needs and care pathways of people with EOD. The study will use the Minimum Data Set to profile the demographic characteristics, health and care needs of people with EOD living in nursing homes

in Winnipeg. Qualitative interviews with caregivers of people with EOD will supplement MDS data by providing an in-depth exploration of how patients and their families navigate the available systems of health care and social support. The study will address a critical gap in our understanding of the service requirements, barriers to care, and health of people with EOD in Manitoba.

Bethany Craig, Master's student, Department of Psychology, Faculty of Arts is the second recipient of the Alzheimer Society of Manitoba Graduate Student Fellowship.

Functional analyses of problem behaviour in dementia: Are standard methods effective?

Advisor: Javier Virués-Ortega, PhD, Department of Psychology, Faculty of Arts

Some individuals with dementia tend to exhibit problem behaviour that can reduce their quality of life. The goal of Ms. Craig's study is to investigate whether standard functional analysis methodology is conducive to identification of the contingencies maintaining problem behaviour in those with dementia. The research will use a single subject research method that will include individuals recruited through a long-term care facility, who are diagnosed with any type of dementia and who exhibit some sort of problematic behaviour. Ms. Craig's proposed study will provide evidence for, or against the efficacy of functional analysis when used as a behavioural assessment tool for individuals with dementia. This will provide crucial information for clinicians and caseworkers on how to first assess, and then eventually treat problem behaviour exhibited by individuals with dementia. This could allow for individuals with dementia to delay placement in long-term care, reduce caregiver burden, and increase quality of life.

Graduate Specialization in Aging certificate

The Centre on Aging has administered the Graduate Specialization in Aging (GSA) at the University of Manitoba since Fall 2007. The GSA offers graduate students the opportunity to gain additional expertise in the field of aging and to gain official recognition by the Faculty of Graduate Studies for that expertise by earning extra credentials. Having met all the requirements, two Master's students will receive the certificate:

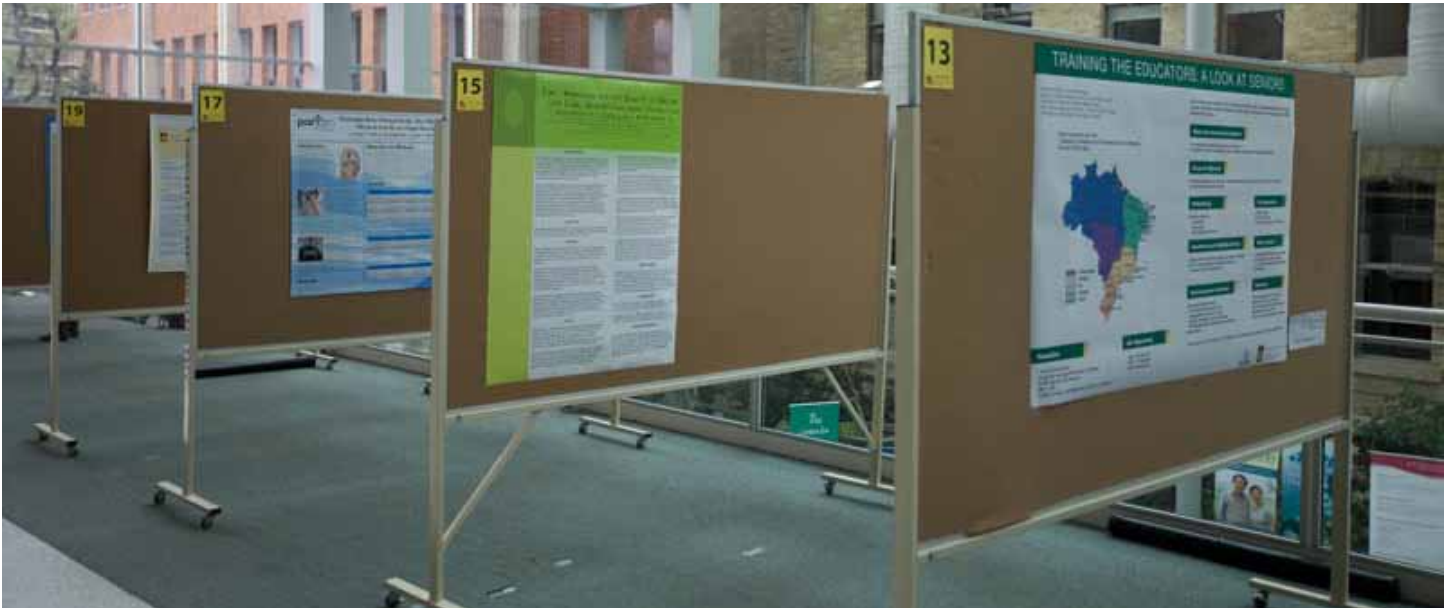
- Kristina Zawaly, B.A., B.Sc., M.Sc, completed the requirements for the Graduate Specialization in Aging (GSA) in October 2012. Her thesis was entitled *Examining the relationship between chronic pain and health related quality of life among older Canadian adults with disability*.

Advisor: Dr. Shahin Shooshtari, Department of Family Social Sciences, Faculty of Human Ecology, Disability Studies Program

- Joanne Scott, M.S.W., completed the requirements for the Graduate Specialization in Aging (GSA) in May 2013. She completed a practicum placement as part of her studies, *A social group work approach based on a narrative therapy approach to working with older women looking to make changes to their alcohol use, prescription drug use or gambling*

Advisor: Dr. Don Fuchs, Faculty of Social Work

Spring Research Symposium poster session



Posters are available for viewing on the Brodie Mezzanine. Poster presenters are available to speak about their research prior to the start of the morning plenary (8:15–8:45 a.m.); morning (10:30–11:00 a.m.) and afternoon breaks (2:30–3:00 p.m.); and over the lunch hour (12:00–1:00 p.m.).

1. The association between social engagement and health care utilization in older Manitoban adults

Jennifer McArthur, BSc, MSc(c)¹; Verena Menec, PhD^{1,2,3}

¹Department of Community Health Sciences, University of Manitoba; ²Centre on Aging, University of Manitoba; ³Canada Research Chair in Healthy Aging

2. Food choices, dieting behaviours, and food product attitudes of baby boomer and older women in Manitoba

Catherine Marshall, BSc(HNS), RD¹; Christina Lengyel, PhD, RD¹; Alphonsus Utioh, PEng²

¹Department of Human Nutritional Sciences, University of Manitoba; ²Food Development Centre, Portage la Prairie, MB

3. Effectiveness of preventive home visits for community-dwelling older adults

Sneha Abraham, HBA, MSc Student

Department of Community Health Sciences, University of Manitoba

4. Age-related changes in the use of visual cues for reorientation

Althea Ambosta, BA; Debbie Kelly, PhD

Department of Psychology, University of Manitoba

5. Strengthening home care: The importance of long-term chronic care and home support services

Shauna Zinnick, BA.(Hons.) Sociology, MSc student

Department of Community Health Sciences, University of Manitoba

6. Discharge planning for older adults in a Canadian context: A qualitative perspective

Cara Brown, OTReg(MB), MSc

Department of Medical Rehabilitation, University of Manitoba

7. A survey of wheeled mobility device use in cold weather climates

Jacquie Ripat, OTReg(MB), PhD¹; Cara Brown, OTReg(MB), MSc¹; Karen Ethans, MD, FRCPC²

¹Department of Medical Rehabilitation, University of Manitoba; ²Faculty of Medicine, University of Manitoba

8. A systematic review of the effects of cognitive rehabilitation for individuals with Parkinson's-related cognitive impairment

Catherine Bryden Dueck, BMR(OT), OTReg(MB)

School of Medical Rehabilitation, University of Manitoba & Movement Disorder Clinic, Deer Lodge Centre, Winnipeg, Manitoba.

9. How well is Parkinson's Disease managed in long-term care?

Catherine Bryden Dueck, BMR(OT), OTReg(MB)

School of Medical Rehabilitation, University of Manitoba & Movement Disorder Clinic, Deer Lodge Centre, Winnipeg, Manitoba.

10. Nutritional risk and five-year mortality of older community-dwelling Canadian men: The Manitoba Follow-up Study

Valerie Broeska, BSc¹; Christina Lengyel, PhD, RD²; Robert Tate, PhD³

¹Dietetic Intern, Manitoba Partnership Dietetic Education Program; ²Department of Human Nutritional Sciences, Faculty of Human Ecology, University of Manitoba; ³Manitoba Follow-up Study, Department of Community Health Sciences, Faculty of Medicine, University of Manitoba

11. Physical activity among very old adults

Judith Chipperfield, PhD¹; Kate Dubberley, MA¹; Raymond Perry, PhD¹; Loring Chuchmach, MA¹; Tara Stewart, PhD²; Jeremy Hamm, MA¹

¹Department of Psychology, University of Manitoba; ²Department of Psychology, Idaho State University

12. Seniors and information and communication technology

Melina Elliott, BA

Department of Family Social Sciences, Faculty of Graduate Studies, University of Manitoba

13. Defining the psychosocial needs of newly admitted nursing home residents with and without dementia

Julie Erickson, MA¹; Malcolm Doupe, PhD²; Lorna Jakobson, PhD¹

¹Department of Psychology, University of Manitoba; ²Department of Community Health Sciences, University of Manitoba.

14. Using an Alzheimer's Disease database to study the neurobiology of delusions

Colleen Millikin, PhD, CPsych

Department of Clinical Health Psychology, Faculty of Medicine, University of Manitoba

15. Anxiety disorders and suicidality are strongly correlated among older Canadian adults

Sarah Raposo, BA(Hons)¹; Renee El-Gabalawy, MA¹; Julie Erickson, MA¹; Corey Mackenzie, PhD, CPsych²; Jitender Sareen, MD, FRCPC^{1,3}

¹Department of Psychology, University of Manitoba, Winnipeg, MB; ²Department of Psychology, Mount Royal University, Calgary, AB; ³Departments of Psychiatry and Community Health Sciences, University of Manitoba, Winnipeg, MB

16. The burden of psychiatric disorders in late life: A nationally representative study of older adults in The United States

Kristin Reynolds¹; Robert Pietrzak²; Renee El-Gabalawy¹; Corey Mackenzie³; Jitender Sareen¹

¹University of Manitoba, Winnipeg, MB; ²Yale University, New Haven, CT;

³Mount Royal University, Calgary, AB

17. Predicting functional status in older adults: The dynamics of physical and psychological factors

Paulina I. Rodriguez¹; Judith G. Chipperfield, PhD^{1,2,3,4}; Raymond P. Perry, PhD¹; Rodney A. Clifton, PhD⁵

¹Department of Psychology, University of Manitoba; ²Department of Community Health Sciences, Faculty of Medicine, University of Manitoba; ³Centre on Aging, University of Manitoba; ⁴Health, Leisure, and Human Performance Research Institute, Faculty of Kinesiology and Recreation Management, University of Manitoba; ⁵Faculty of Education, University of Manitoba

18. Seasonal variations in older adults' driving patterns

Glenys Smith, BKin¹; Michelle Porter, PhD¹; Candrive Team

¹Faculty of Kinesiology and Recreation Management, University of Manitoba

19. Income source and five year mortality and institutionalization

Philip St. John, MD, MPH, FRCPC¹; Evelyn Forget, PhD²; Patrick R. Montgomery, MD, FRCPC³

¹Section of Geriatric Medicine, Faculty of Medicine, University of Manitoba;

²Department of Community Health Sciences, University of Manitoba; ³Vancouver Island Health Authority

20. Impact of obesity duration in postmenopausal obese women

Kendra Turl¹; Neal Prokop¹; Neha Bharti, BPT¹; Danielle Bouchard, PhD²

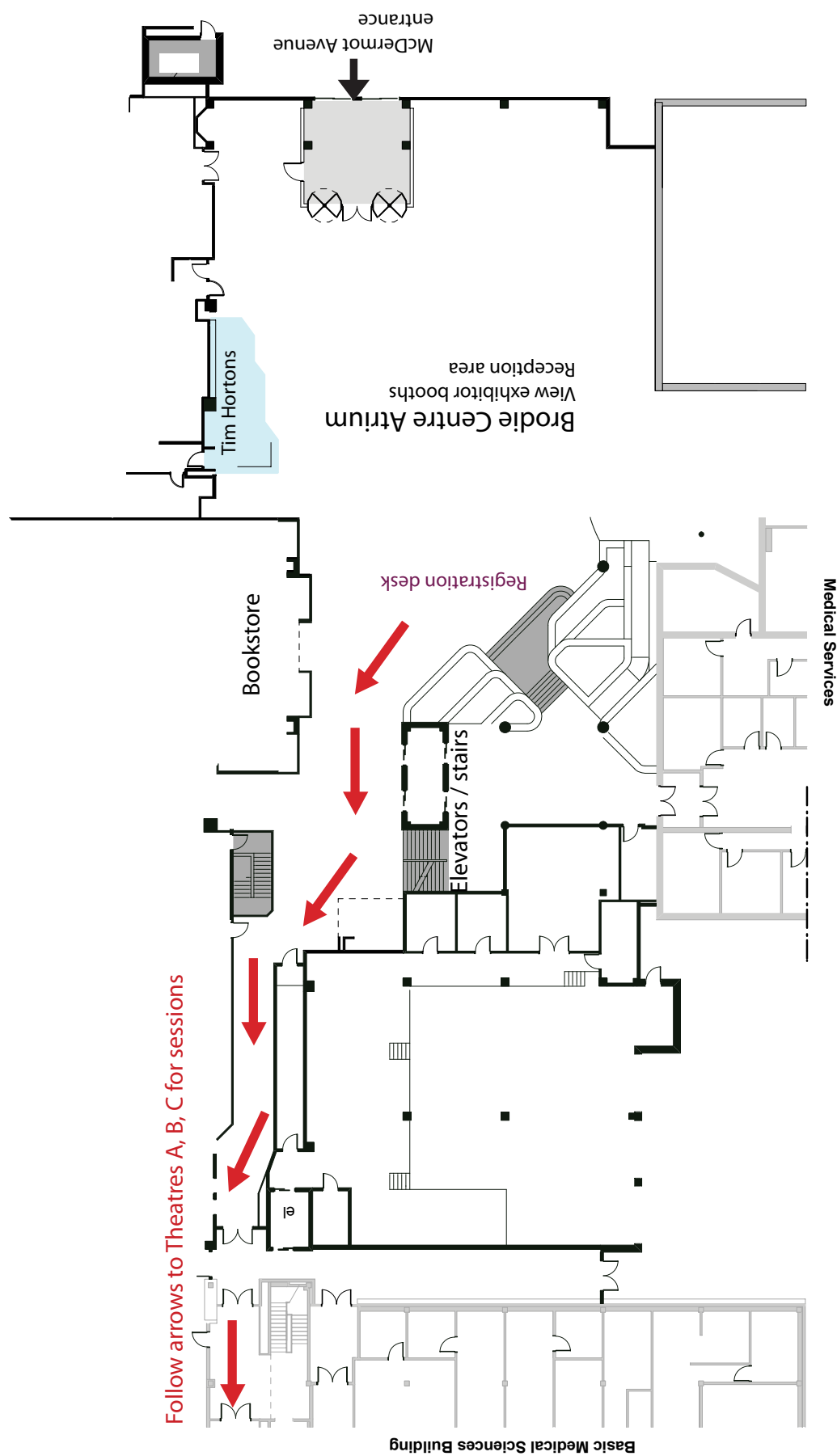
¹Faculty of Kinesiology and Recreation Management, University of Manitoba;

²Health, Leisure, and Human Performance Research Institute, Faculty of Kinesiology and Recreation Management, University of Manitoba.

21. An innovated chronic disease management platform

Michael Zhang¹; Zhenyu Wu²; Zhaopeng Fan²; Youjia Du³

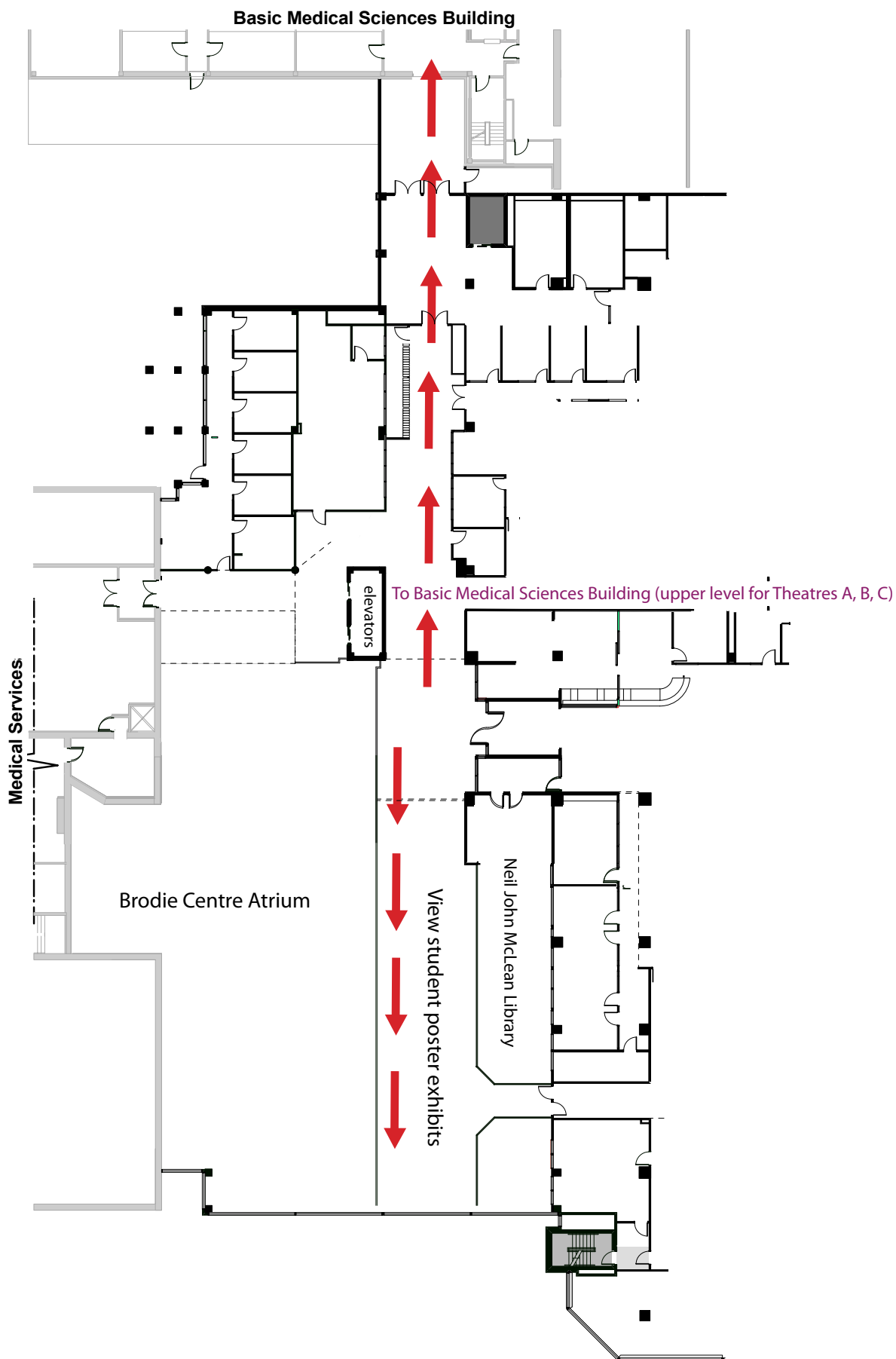
¹Centre on Aging, University of Manitoba; ²Asper School of Business, University of Manitoba; ³Department of Biology, University of Winnipeg



Follow arrows to Theatres A, B, C for sessions

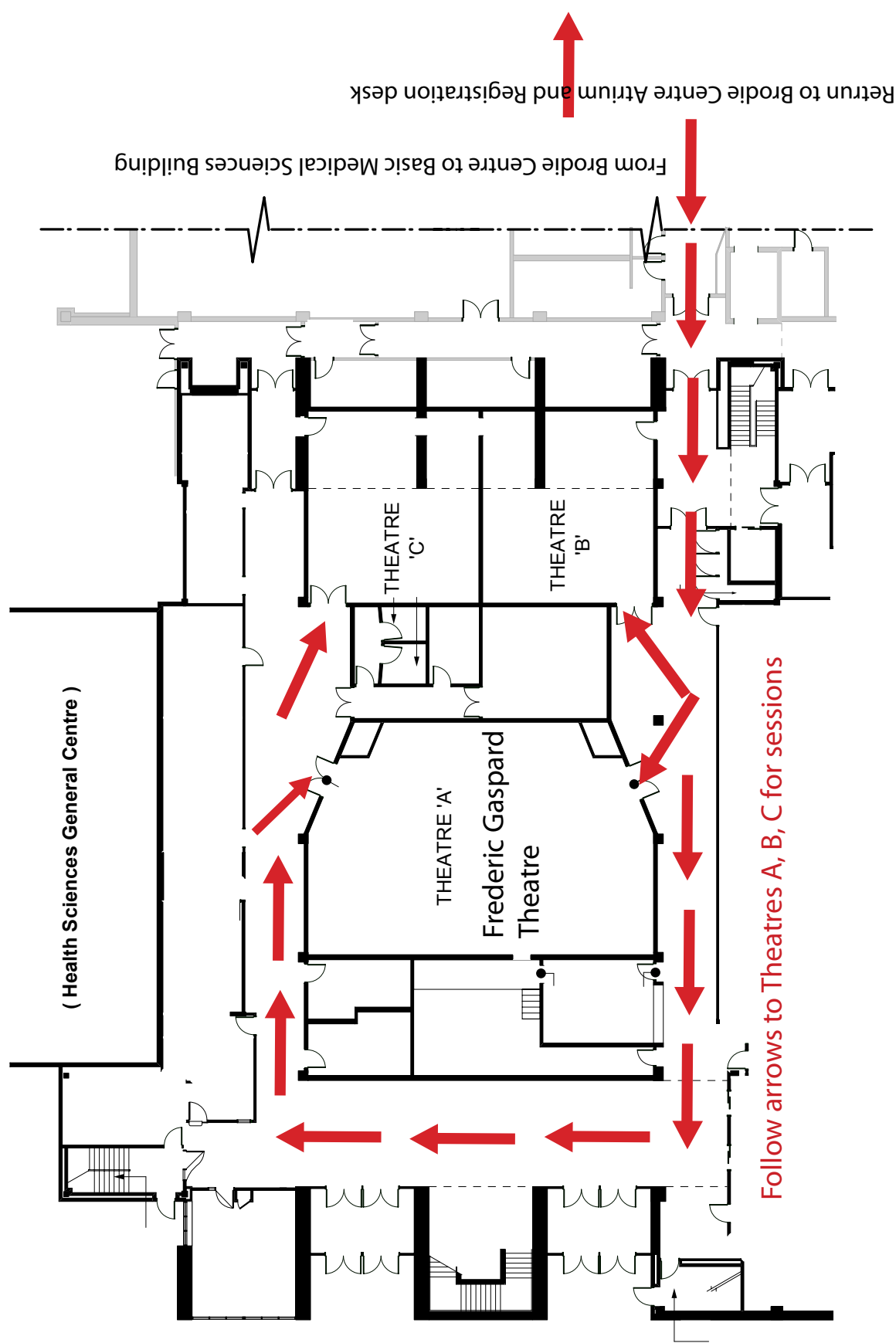
Main floor Brodie Centre

Bannatyne Campus | University of Manitoba



Second floor Brodie Centre

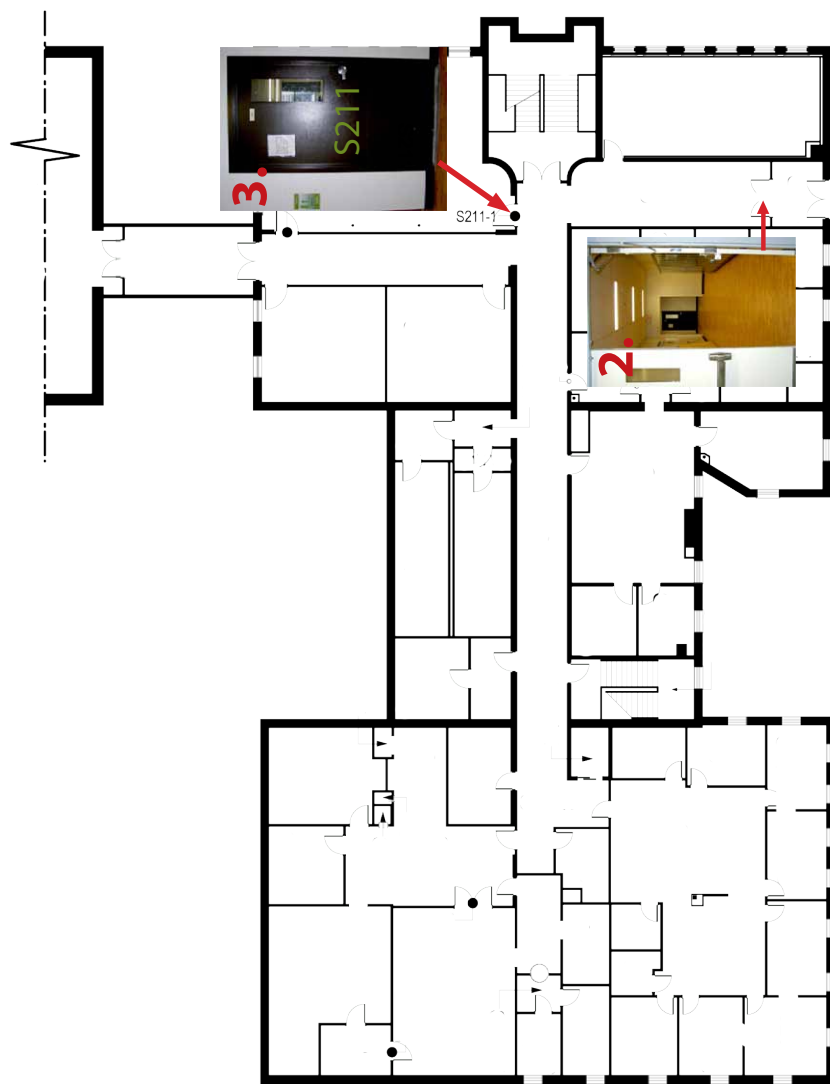
Bannatyne Campus | University of Manitoba



Main floor Basic Medical Sciences Building Bannatyne Campus | University of Manitoba

S211 Medical Services Building

Bannatyne Campus | University of Manitoba



How to get to S211

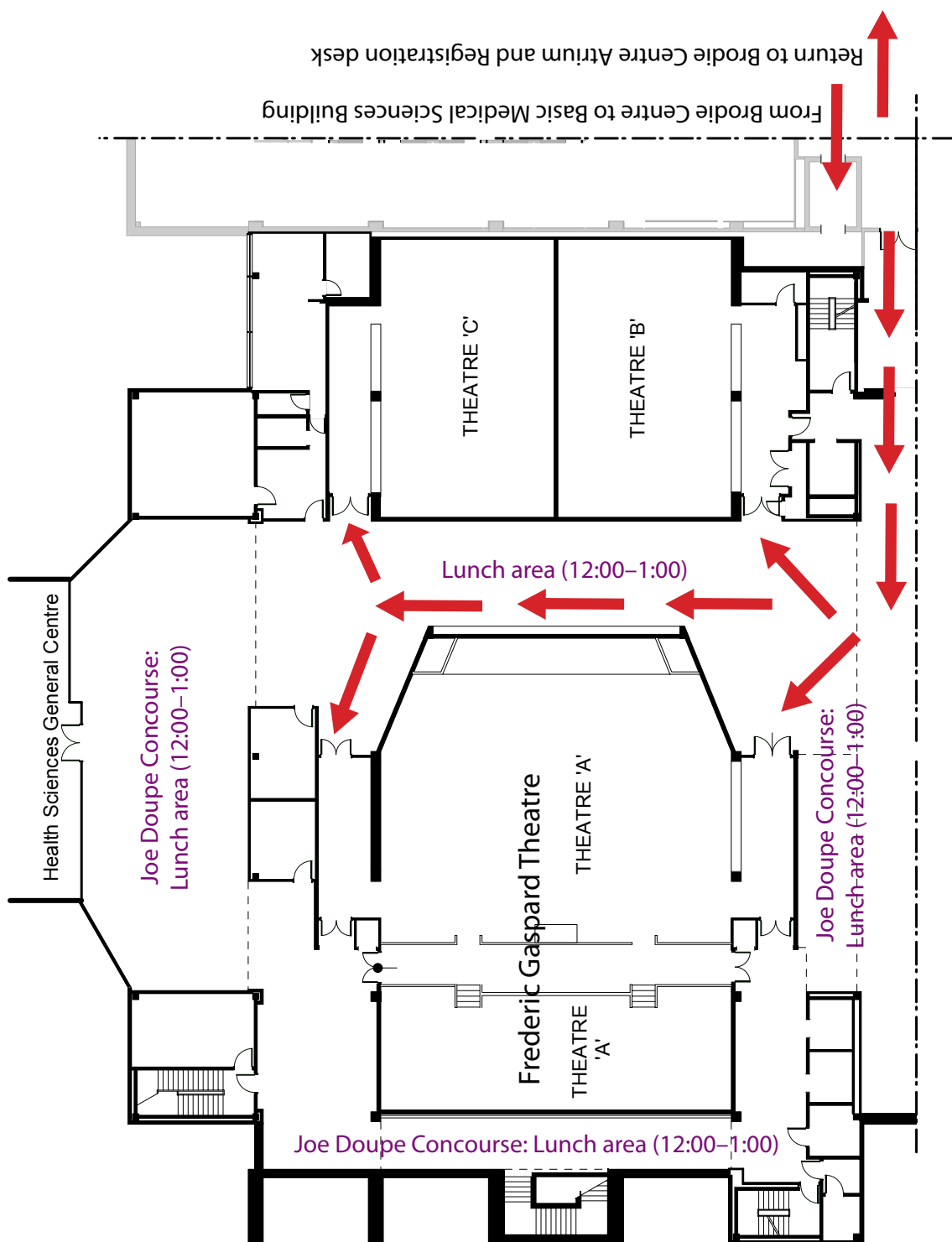
1. From the second floor in Brodie Centre, walk up the stairs past the elevator keeping right as you walk towards the double doorway
2. Walk through two sets of doors down the hallway corridor
3. Look for the room marked S211 as you go through the second set of doors.



Second Floor Brodie Centre

Back to Frederic Gaspard Theatre, Theatres B and C





Second floor Basic Medical Sciences Building

Bannatyne Campus | University of Manitoba

Exhibitor booths

Visit the exhibitor booths located in the Brodie Atrium by the registration desk.

Centre on Aging, University of Manitoba	
A&O: Support Services for Older Adult	Funeral Planning and Memorial Society of Manitoba
Addictions Foundation of Manitoba and Partners Seeking Solutions with Seniors	J.W. Crane Library, University of Manitoba
Alzheimer Society	Manitoba Seniors & Healthy Aging Secretariat
Arts and Disability Network Manitoba	Medical Information Line for the Elderly (MILE)
Celiac Association of Manitoba	Osteoporosis Canada, Manitoba Chapter
Creative Retirement Manitoba	Rupert's Land Caregiver Services
Extended Education, University of Manitoba	Victoria Lifeline

Special thank you's and acknowledgements

The Symposium was organized with the assistance of the Community and University Liaison Committee of the Centre on Aging:

Dr. Verena Menec	Director, Centre on Aging
Ms. Susan Crichton	Manitoba Seniors and Healthy Aging Secretariat
Ms. Maia Kredenster	PhD student, Clinical Psychology, Faculty of Arts
Dr. Christina Lengyel	Department of Human Nutritional Sciences, Faculty of Human Ecology
Mr. Harry Paine	Manitoba Council on Aging
Dr. Malcolm Smith	Department of Marketing, I.H. Asper School of Business
Dr. Philip St. John	Department of Geriatrics, Faculty of Medicine
Mr. Bob Thompson	Winnipeg Community Member

Our sponsors

The Centre on Aging would like to thank the following sponsors of this year's Spring Research Symposium:



UNIVERSITY
OF MANITOBA



Geriatric Medicine

Manitoba Seniors and
Healthy Aging Secretariat

The Centre On Aging gratefully acknowledges the support of Imperial Oil Ltd.

This program is designated an accredited learning activity by

College of Licensed Practical Nurses of Manitoba (applies to Continuing Competency Program)

Manitoba Pharmaceutical Association (up to 5 CEU's, MPhA File No. 32329M)