

31st Annual Spring Research Symposium



# AGING AROUND THE WORLD IN A NEW HOMELAND

May 5–6, 2014

727 McDermot Avenue

University of Manitoba | Bannatyne Campus

Centre on Aging



UNIVERSITY  
OF MANITOBA

# 31st Annual Spring Research Symposium—Program at a glance

## Day 1: May 5, 2014

<b>8:00 a.m.</b>	Registration (located in Brodie Centre)		
<b>8:45 a.m.–9:00 a.m.</b>	Welcome and greetings (located in Frederic Gaspard Theatre)		
<b>9:00 a.m.–9:25 a.m.</b>	<i>Global aging perspectives from the World Health Organization</i> Frederic Gaspard Theatre		
<b>9:25 a.m.–10:10 a.m.</b>	<i>Aging in Nigeria</i> Frederic Gaspard Theatre		
<b>10:10 a.m.–10:40 a.m.</b>	Morning break in Brodie Centre		
<b>10:40 a.m.–11:10 a.m.</b>	<i>Ageing – A global perspective and current and emerging issues facing older Canadians</i> Frederic Gaspard Theatre		
<b>11:10 a.m.–11:55 a.m.</b>	<i>It's a different (aging) world from where we come from: Perspectives on aging by international students</i> Frederic Gaspard Theatre		
<b>11:55 a.m.–12:00 p.m.</b>	Morning reflections Frederic Gaspard Theatre		
<b>12:00 p.m.–1:00 p.m.</b>	LUNCH Located in the Joe Doupe concourse for those who have pre-registered		
<b>1:00 p.m.–1:10 p.m.</b>	Afternoon greetings (located in Frederic Gaspard Theatre)		
<b>1:10 p.m.–2:30 p.m.</b>	<i>One size does not fit all—Meeting the needs of aging immigrants</i> Frederic Gaspard Theatre		
<b>2:30 p.m.–2:45 a.m.</b>	Afternoon break second floor, outside Frederic Gaspard Theatre		
<b>2:45 p.m.–3:45 p.m.</b> <b>CONCURRENT SESSIONS</b>	<i>Breaking down cultural barriers: Connecting with older immigrant seniors in the community</i> Frederic Gaspard Theatre	<i>Take care—Older immigrants and accessing health care services</i> Theatre B	<i>Why oral history? Voices of Winnipeg's former refugees and displaced persons of post-WWII Europe</i> S211
<b>3:45 p.m.</b>	Day 1 symposium concludes Evaluation and adjournment		

Return evaluation forms and name tags to registration table in Brodie Centre

## Lecture theatre notes

To assist symposium attendees with locating rooms, signs have been placed around campus that will direct you to the different lecture rooms. Outlined below are the corresponding directions to the different symposium presentation rooms on Bannatyne campus. Additionally, campus maps can be found on pages 18–23.

### 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

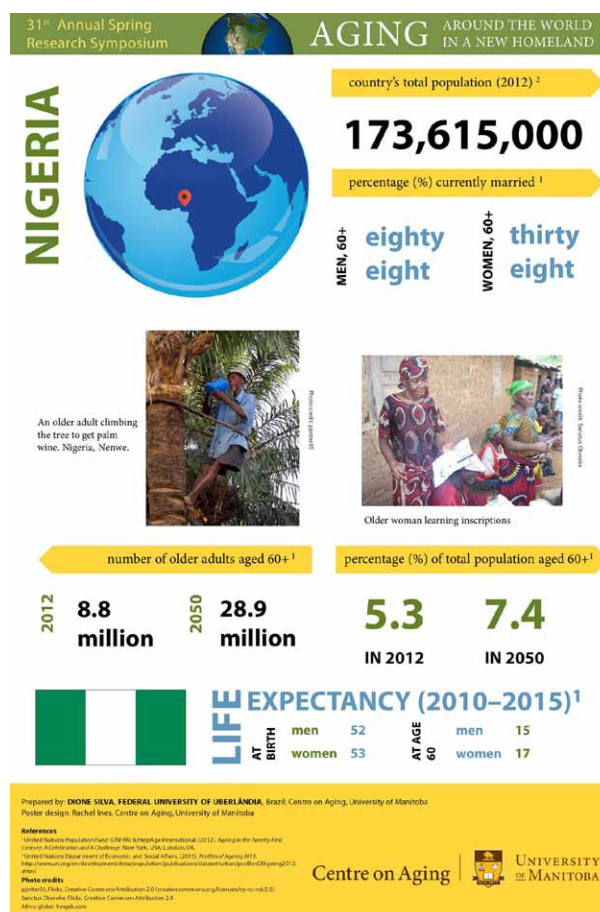
### S211

Located in Medical Services Building: access through first floor—Follow yellow signs

## Global aging poster sessions

During the breaks, take the opportunity to view global aging posters developed by some of the Students Targeting Aging Research (STAR) students and \*Centre staff in the Brodie Atrium. The posters highlight statistics and demographic information on 17 countries from around the world. STAR students include students currently attending the University of Manitoba and international visiting students, whose research focus is in the area of aging. Outlined are the countries highlighted during the poster session:

Student name	Country highlighted
Maryam Alshammari	Kuwait
Mansa H. Asaam	Ghana
Alethéia Peters Bajotto	Brazil
Alethéia Peters Bajotto	Germany
Barbara Borges	Argentina
Barbara Borges	Brazil
Barbara Borges	China
Barbara Borges	France
Melina Elliott	France
Megan Ferguson	Japan
Dione Silva	Australia
Dione Silva	Nigeria
Dione Silva	Portugal
Dione Silva	Switzerland
Shauna Zinnick	Belize
Shauna Zinnick	India
Shauna Zinnick	Poland
*Rachel Ines	Canada
*Rachel Ines	Philippines



# Monday, May 5, 2014: Symposium presentations

8:45–9:00 a.m

## Welcome and greetings

Verena Menec, Ph.D., Director, Centre on Aging; Canada Research Chair in Healthy Aging; Professor, Department of Community Health Sciences, Faculty of Medicine

Digvir Jayas, Ph.D., Vice-President (Research and International), University of Manitoba

Honourable Sharon Blady, Minister of Healthy Living and Seniors

## OPENING PLENARY

## Global aging perspectives from the World Health Organization

9:00–9:25 a.m.

Frederic Gaspard  
Theatre

Presenter

**John Beard, MBBS, MD, Director, Department of Ageing and Life Course, World Health Organization (WHO)**

There is no doubt that the world is rapidly aging. In 2012, there were about 810 million persons aged 60 years or over, and this number is projected to grow to more than 2 billion by 2050. Meeting the needs of an aging population poses many challenges, especially in countries where services and infrastructure are not always available.

Presenting via pre-taped video from Geneva, Switzerland, Dr. Beard will provide a global perspective on population aging.

9:25–10:10 a.m

## Aging in Nigeria

Frederic Gaspard  
Theatre

Presenter

**Emem Omokaro, Ph.D., Executive Director, The Dave Omokaro Foundation, Nigeria**

Africa is a “young” continent. Yet even there, the population is aging rapidly. In Nigeria, the number of adults aged 60 years or older is expected to increase from about 9 million in 2012 to about 29 million by 2050. Dr. Omokaro will provide an overview of what it means to age in Nigeria and what is being done to prepare for the growing number of older persons in that country.

10:10–10:40 a.m.

## Morning break in Brodie Atrium

10:40–11:10 a.m.  
Frederic Gaspard  
Theatre

## Ageing: A global perspective and current and emerging issues facing older Canadians

Presenter

**Greg Shaw, Director, International & Corporate Relations, International Federation on Ageing**

Mr. Shaw will discuss global aging trends, reviewing the international and Canadian contexts.

11:10–11:55 a.m.

Frederic Gaspard  
Theatre

## It's a different (aging) world from where we come from: Perspectives on aging by international students

Moderator

**Greg Shaw, Director, International & Corporate Relations,  
International Federation on Ageing**

Panelists

- **Maryam Alshammari, University of Manitoba, graduate student, School of Medical Rehabilitation**
- **Alethéia Peters Bajotto, Doutoranda em Ciências Médicas (FAMED-UFRGS)**
- **Neha Bharti, University of Manitoba, graduate student, Faculty of Kinesiology and Recreation Management**

With the steady increase of international students attending the University of Manitoba, this brings novel ideas of what it is like to grow older in different countries around the world. Moderated by Greg Shaw, a panel of international students, who are focusing their studies on aging, will share their first-hand experiences on what it means to age in their home country.

11:55 a.m.–12:00  
p.m.

## Closing reflections

**Emem Omokaro, Ph.D., Executive Director, The Dave Omokaro  
Foundation, Nigeria**

12:00–1:00 p.m.

## Lunch in Joe Doupe Concourse

1:00–1:10 p.m.

## Afternoon greetings

Honourable Flor Marcelino, Minister of Multiculturalism and Literacy

**Award**  
**RECIPIENTS**

### Centre on Aging 2014–2015 research fellowships

- Dr. Enrique Fernandez
- Dr. Miyoung Suh

### Centre on Aging 2014–2015 student awards

- Cara Brown, Betty Havens Memorial Graduate Fellowship
- Maia Kredentser, Jack MacDonell Scholarship for Research in Aging
- Julie Erickson, Esther and Samuel Milmot Scholarship
- Sheila Novek, Barbara Jean Payne Memorial Award in Social Gerontology

### 2014–2015 Alzheimer Society of Manitoba fellowships

- Chris Cadonic, University of Manitoba
- Terresa Miller, Brandon University

*For more information, see page 13 for full descriptions*

## AFTERNOON PLENARY

1:10–2:30 p.m.

Frederic Gaspard  
Theatre

## One size does not fit all—Meeting the needs of aging immigrants

Moderator

**Shahin Shooshtari, Ph.D., Associate Professor, Department of Family Social Sciences, Department of Community Health Sciences, Disability Studies Program, University of Manitoba**

Panelists

- **Anahita Aminian**
- **Dana Mohr, Regional Manager, Winnipeg Regional Health Authority, French Language Services**
- **Maureen Keelan, Manager, Entry Program for Older Adult Immigrants, A&O: Support Services for Older Adults**
- **Lori Wilkinson, Ph.D., Associate Dean and Professor, Department of Sociology, University of Manitoba**
- **Sau Leng Wong**

Canada has the highest percentage of foreign-born populations of the G8 countries (20.8%), with over 1.1 million people immigrating here between 2006 and 2011. The majority of recent immigrants came from Asia and the number of immigrants from Africa, the Caribbean, and Central and South America is growing.

Panelists will discuss some of the difficulties older immigrants and their families face in their new homeland, and some of the services that are available for immigrant seniors.

2:30–2:45 p.m.

**Afternoon break in Joe Doupe Concourse**

2:45–3:45 p.m.

## CONCURRENT SESSION A

Frederic Gaspard  
Theatre

## CONCURRENT SESSIONS

### Breaking down cultural barriers: Connecting with older immigrant seniors in the community

Moderator

**Tuula Heinonen, Ph.D., Professor, Faculty of Social Work, University of Manitoba**

Panelists

- **Gorjana Radulovic, Volunteer, Entry Program for Older Adult Immigrants, A&O: Support Services for Older Adults**
- **Susan Sader, Executive Director, Good Neighbors Active Living Centre**

Being socially engaged and staying active is important for older adults, but may be difficult for older immigrants who have to adapt to a new culture and a new language. In this session, panelists will discuss issues and challenges in accessing and providing social and leisure activity programs for seniors from diverse backgrounds.



## CONCURRENT SESSION B

### Theatre B

#### Take care—Older immigrants and accessing health care services

Moderator

**Nancy Newall, Ph.D., Centre on Aging, University of Manitoba**

Panelists

- **Shahnaz Naghipur, Founder/Owner, Committed Care**
- **Tara-Lee Procter, Regional Director, Personal Care Home Program, Interlake Eastern Regional Health Authority**

Navigating the health care system can be difficult for anybody; the challenges for older immigrants are even greater. In this session, panelists will discuss issues related to accessing and providing health care services to older immigrants

## CONCURRENT SESSION C

### S211

### Medical Services Building

#### Why oral history? Voices of Winnipeg's former refugees and displaced persons of post-WWII Europe

Presenter

**Elizabeth Krahn, MSW, RSW**

Session chair

**Shauna Zinnick**

This presentation highlights the voices of East European displaced persons and refugees of different cultural backgrounds regarding their stories of homeland and experiences of aging in a new homeland. It is based on interviews conducted in the 1970s with four European postwar refugees in Canada, repeat interviews conducted in 2005 and 2012–13, and interviews with their children and grandchildren.

## Spring Research Symposium presenter biographies

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**9:00–9:25**

**John Beard, MBBS, Ph.D., Director, Department of Ageing and Life Course, World Health Organization (WHO)**

Dr. Beard initially worked in primary health care as a physician in Australia and has held a range of senior academic and public health roles both in Australia and the United States. He led the public health group that was responsible for developing Australia's first community-based programme to prevent falls in older adults and was a founding investigator for an on-going Australian longitudinal study of 250,000 older adults.

In 2009, Dr. Beard was appointed the Director of the Department of Ageing and Life Course at the World Health Organization. The Department of Ageing and Life Course supports the international community to meet the challenges, and to realize the potential benefits, associated with the rapid ageing of their populations.

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**9:25–10:10**

**Emem Omokaro, Ph.D., Executive Director, The Dave Omokaro Foundation**

Dr. Omokaro is a social development expert specializing in an ageing population. She is currently a Visiting Scholar to the National Universities Commission in charge of curriculum development in gerontology and geriatrics for Nigerian Universities. She holds a Ph.D. in Development Sociology from the University of Calabar and a Post-Doctoral Certificate in Social Gerontology from the International Institute on Aging, UN – Malta. Dr. Omokaro is the executive director of the Dave Omokaro Foundation which is a Private Trust committed to Education and Research Support; Training and Capacity Building for Workforce Development and Program Design in the field of Aging, and Youth Mind Development and Empowerment Support.

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**10:40–11:10**

**Greg Shaw, Director, International & Corporate Relations, International Federation on Ageing (IFA)**

Mr. Shaw's background is in science and health administration. Prior to becoming the Director of International and Corporate Relations of the IFA in 2003, he held senior management positions within the Australian Commonwealth Department of Health and Ageing in Australia.

He has worked with the South African Human Rights Commission to establish a forum for older adults in Africa, helped establish an Observatory on Ageing with the Government of Mauritius, and continues to work with Civil Society Organizations on the Global Thematic Consultations on Population Dynamics.

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**11:10–11:55**

**Maryam Alshammari** is a graduate student in the School of Medical Rehabilitation at the University of Manitoba.

**Aletheia Peters Bajotto** is a Brazilian physiotherapist. She received her Specialization in Management of Elderly Health (BR) and Masters in Biomedical Gerontology (BR). She is a Ph.D. student from the Federal University of Southern Brazil. Ms. Bajotto is currently a visiting researcher at the Centre on Aging (sponsored by CAPES-Brazil). Her area of research is in bioethics and aging, working in an interdisciplinary lab within a public hospital in Brazil. She has practiced in the health field, working with older adults.

**Neha Bharti** is a graduate student in the Faculty of Kinesiology and Recreation Management. She holds a degree in Physiotherapy from New Delhi, India and worked as a physiotherapist before coming to Canada.



Her current research focuses on obesity and reaching Canadian Physical Activity Guidelines in overweight and older adults. She has also assisted in projects related to decreasing inactivity with age and how to increase the proportion of Canadians reaching the physical activity guidelines.

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## 1:10–2:30

**Anahita Aminian** is an Instructor in the Early Childhood Education program at Red River College. She was born and raised in Iran, and immigrated to Canada in 1986 to join her husband. Mrs. Aminian's parents and in-laws have also immigrated to Canada.

**Dana Mohr, Regional Manager, French Language Services, Winnipeg Regional Health Authority (WRHA)**

Ms. Mohr has been the Regional Manager for French Language Services at the WRHA for eight years, where her role is to develop systems, processes and capacity to ensure Francophones receive health services in French. Prior to this she spent 20 years as a Communications Specialist at organizations such as the Canadian Association on Gerontology, CBC, Blue Cross, and the Manitoba Arts Council. She holds a degree in French and German Language and Literature from the University of Manitoba, and has studied translation in Brussels, Belgium. She has a passion for language and communications which she has pursued throughout her professional career and personal life.

**Maureen Keelan, Manager, Entry Program for Older Adult Immigrants, A&O: Support Services for Older Adults**

Ms. Keelan has been working with newcomers in Winnipeg for almost 20 years. Her roles have included teacher, program coordinator, settlement worker and language assessor. She had been in her current position as Manager Entry Program for Older Adult Immigrants for a year and a half.

**Lori Wilkinson, Ph.D., Associate Dean and Professor, Department of Sociology, University of Manitoba**

Dr. Wilkinson is a Professor in the Department of Sociology and an Associate Dean in the Faculty of Arts at the University of Manitoba. Dr. Wilkinson's research agenda focuses on the integration of immigrants to Canada. She has examined long-term labour market trajectories of those who immigrate to Canada as youth and the health outcomes of children immigrating to Canada.

**Sau Leng Wong** left Malaysia in 1979, to join her family in Winnipeg. She was the last family member to leave Malaysia. She worked in a garment factory for the first five years, and then became a waitress for the next 20+ years—where she learned to speak English by talking to customers.

Although Mrs. Wong loved her job, she finally decided to quit three years ago, after a six year battle with cancer. Happily, she is currently symptom free, and enjoying an active and fulfilling life. She is dedicated to her community, and works tirelessly on programs at the Indo China Chinese Association. Her secret to health and happiness? Always keep busy!

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## 2:45–3:45

**Gorjana Radulovic** was born in Bosnia & Herzegovina, in the former Yugoslavia. She graduated from the University of Belgrade, Yugoslavia with a Bachelor of Science in Chemical Engineering. Ms. Radulovic immigrated to Winnipeg 13 years ago to join her children. Upon arriving in Winnipeg, she took English Classes at Age & Opportunity (A&O) and continues to volunteer there.

### **Susan Sader, Executive Director, Good Neighbours Active Living Centre**

Ms. Sader graduated with a Bachelor of Social Work degree and has since worked in non-profit agencies addressing the needs of older adults. She was a Centre Facilitator and Volunteer Program Coordinator with Age & Opportunity, and has been the Executive Director of Good Neighbours Active Living Centre for the past 11 years. Susan volunteers her time as a speaker for the United Way's Speakers Bureau and serves as the Program Chair and Board Member for the Manitoba Association of Senior Centres.

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**2:45–3:45**

**Shahnaz Naghipur** was born in Iran and worked as a mid-wife. She immigrated to Canada 27 years ago and has worked as a health care aide for the past 20 years. She is the founder of Committed Care.

### **Tara-Lee Procter, Regional Director, Personal Care Home Program, Interlake Eastern Regional Health Authority**

Ms. Procter received her Bachelor of Social Work from University of Manitoba and nearly completed a Masters of Public Administration from the Universities of Manitoba and Winnipeg. She has over 25 years experience in health care and has worked in the home care, acute and long term care sectors.

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**2:45–3:45**

### **Elizabeth Krahn, MSW, RSW, Research Assistant, Stories of Homeland, Violence, and Migration: Memories and Histories of Refugees in Manitoba, 1945 to the Present**

Ms. Krahn completed her Master's of Social Work at the University of Manitoba in 2011. She is currently part of a research project at the Oral History Center located at the University of Winnipeg, in addition to private practice and independent research.

## Tuesday, May 6, 2014: About the workshops

Workshops will be held on Tuesday morning to allow in-depth discussion among interested participants in three topic areas, as they affect older immigrants:

- social engagement and leisure activity participation;
- health care; and,
- housing.

The purpose of the discussion is to

1. identify good examples of programs that are already in place in Manitoba;
2. identify gaps in programs; and
3. determine possible solutions to promote change.

**Discussions in the workshops will be facilitated and note takers will be available. The workshop discussions will be compiled into a report to be published by the Centre on Aging. The report will be widely distributed to organizations and the public, with the hope that it will help to enhance services for older immigrants in Manitoba.**

Tuesday, May 6—Workshops



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Photo left: Queensland Stay On Your Feet®

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**\* Workshop participants will meet in 204 Brodie Centre at the start of the workshops. Centre on Aging staff will be on hand in the Brodie Atrium to direct workshop participants to the room**

<b>9:00 am–9:10 am</b>	Welcome and overview of morning 204 Brodie Centre		
<b>9:00 am–10:15 am</b> <b>BREAKOUT GROUPS</b>	Workshop 1: Housing	Workshop 2: Health care	Workshop 3: Social engagement and leisure participation

**10:15 am–10:35 am** Morning break (served in your breakout group room)

<b>10:35 am–11:40 am</b> <b>BREAKOUT GROUPS</b>	Workshop 1: Housing	Workshop 2: Health care	Workshop 3: Social engagement and leisure participation
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**11:40 am–12:00 pm** Reports back from the breakout groups  
204 Brodie Centre

**12:00–1:00 pm** A light lunch will be provided  
Adjournment

### Discussion questions for breakout groups

- What are the good things in Winnipeg (or elsewhere) that help older immigrants and their families in terms of social engagement (or health care or housing)? For example,
  - \* Effective services for older immigrants
  - \* Supportive policies
  - \* Other good examples
- What are the challenges or difficulties that need to be addressed in terms of social engagement (or health care or housing)? For example,
  - \* Informational needs
  - \* Resources
  - \* Attitudinal barriers
  - \* Other challenges
- What are the most important solutions to address the challenges experienced by older immigrants and their families?
- Considering the three most important solutions, what needs to happen to implement them?
  - \* Who needs to be involved?
  - \* What steps need to happen?

# Centre on Aging awards and fellowship recipients

## 2014–2015 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 the fellowship 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, one to Enrique Fernandez, Ph.D., the second to Miyoung Suh, Ph.D. for the 2014–2015 year.

### **Dr. Enrique Fernandez, Associate Professor, Department of French, Italian, and Spanish, Faculty of Arts**

*Reclaiming active aging in early modern literature: Don Quixote's adventures (1605) and Teresa of Avila's autobiography (1567)*

By reclaiming much older texts than the ones normally discussed, which are mostly taken from the 20th century, this project will enlarge the corpus of literary texts whose protagonists exemplify active aging. The analysis of two representative early modern Spanish books will demonstrate that texts from other periods and cultures can be part of the readings recommended for discussion in the programs of active aging. This will result in a widening of the readings in active aging programs, making them more historically and culturally varied. Furthermore, a prehistory will be added to the discussion of the concept of active aging. I chose two texts from the conservative and repressed early modern Spain, where the officially sanctioned vision of old age was that of preparation for imminent death. The reason for my choice is that, if the existence of a pro-active aging discourse is shown to exist in such unlikely environment, we can assume that similar texts can be found in other periods and places.

Properly analyzed, Don Quixote (1605) and Teresa of Avila's autobiography (1567) contain alternatives to the official vision of aging as a period of ailing, inactivity, and preparation for death. This morbid conception of aging was however not openly confronted by the two authors, who could not risk mounting a frontal attack. While seemingly playing allegiance to the officially recommended model of aging, they were in reality offering attractive models of old age as a period consecrated to pursuing new projects and personal growth.

Thus, Don Quixote is cautiously presented by Cervantes as an insane old man who, driven out of his mind by excessive reading, leaves his comfortable home to become an itinerant knight. However, his many voyages cannot but be read as extolling activity in pursuit of an ideal, regardless of age. Similarly, Teresa of Avila's autobiography appears to be the pious narrative of her exemplary life, in which her continuous journeys through Spain are presented as religious pilgrimages, plagued by the near-ascetic discomfort that traveling implied at the time. However, the details and the often-celebratory tone in her descriptions of the journeys, the people she meets, and the places she visits offer an attractive alternative to the restricted life to the life officially prescribed to those of her age and gender.



*Screening retina function in relation to eye health nutrients in aging population*

The ultimate goal of Dr.Suh's research is to improve the eye health of aging Canadians by finding simple strategies to prevent age-related vision deterioration and to reduce overall visual insufficiency and blindness. Many older adult populations are challenged with age related diseases such as age-related macular degeneration (AMD) and related blindness. In fact, 65% of individuals over the age of 50 have some form of visual impairment. AMD alone is responsible for 46% of severe cases of visual loss in individuals over 40 years of age. Unfortunately, there is currently no cure for the advanced forms of AMD suggesting that preventative strategies might be the best option to reduce the impact of AMD.

The retina is a light accepting organ that requires unique biomolecules for its structural integrity and optimal functioning (highly enriched with specific fatty acids such as docosahexaenoic acid (DHA)) and also to protect the organ itself from light induced damage (carotenoids-lutein and zeaxanthin). Evidence has demonstrated that the above molecules can be altered through dietary interventions and to a greater extent with supplementation trials. However, few studies have demonstrated whether the biochemical changes in fact lead to functional changes. It is of interest to understand the current retinal health of older adults in terms of their retina function (rod and cone function) and the above eye related molecules. The results of this study will contribute to the development of valuable prevention strategies for eye health and individuals at risk of developing AMD.

## **2014–2015 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 older adults. She was one of the founders of the Centre in 1982 and maintained close ties with the Centre throughout her life.

**Cara Brown**, Ph.D. student, Department of Community Health Sciences, is the 2014–2015 recipient of the Centre on Aging Betty Havens Memorial Graduate Fellowship.

*Conceptualizing patient-centred care in the context of transitions from hospital to home for older adults*

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

The purpose of Ms. Brown's study is to enhance understanding of the concept of patient-centred care in the context of transition from hospital to home. Specifically, from the perspectives of older adults receiving care, their informal caregivers and health care professionals in the context of transition from hospital to home: (1) What is the meaning and experiences of patient-centred care?; (2) What factors contribute to the provision of patient-centred care?; and (3) What strategies could be realistically



initiated to enhance patient-centre care? Transitions from hospital to home are complex and incorporate many different factors. An age-friendly perspective will be adopted to promote a holistic view of the transition. The study aims to understand the full range of experiences and issues in the transition from hospital to home, including but not limited to transportation, health literacy, housing, community supports, informal and formal caregiving, and personal health management.

## 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 his contributions and achievements to teaching, research, and service in gerontology. It is awarded to a student pursuing full-time graduate studies with a focus on aging at the University of Manitoba.

**Maia Kredentser**, Ph.D. student, Dept. of Psychology, Faculty of Arts, is the 2014–2015 recipient of the Jack MacDonell Scholarship for Research in Aging.

*Healthcare provider experiences and perspectives of end of life care for persons with serious mental illness*

Advisor: Harvey Chochinov, OM, MD, Ph.D., FRCPC, Department of Psychiatry, Faculty of Medicine

Individuals with serious mental illness (SMI)—a term that typically includes psychotic disorders and major mood disorders—such as schizophrenia and bi-polar disease—are at increased risk of medical morbidity and mortality compared to the general population. Despite evidence that people with SMI are living into old age with chronic and terminal illness, end of life care for this group is inadequate.

The overarching goal of Ms. Kredentser's doctoral dissertation is to provide a contextual understanding of health care provider's experiences and involvement with patients with SMI at end of life. Specially, she is interested in the health care provider's experiences with and perspectives of (a) people with SMI at end of life; (b) the health care system as it supports or fails to support people with SMI at the end of life; and (c) predictors of health care provider involvement in end of life care for people with SMI. She will utilize a sequential exploratory mixed-methods approach, which will enable her to triangulate findings from qualitative and quantitative perspectives to gain a holistic understanding of the provision of end of life care for patients with SMI. Data collection will occur in two phases.

## 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.

**Julie Erickson**, Ph.D. student, Department of Psychology, Faculty of Arts, is the 2014–2015 recipient of the Esther and Samuel Milmot Scholarship.

*Understanding further the psychosocial needs of new nursing home residents is essential for promoting more effective nursing home transitions, and optimizing resident's quality of life.*

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

As the number of older adults increases so does the prevalence of age-related diseases such as dementia, and in the next ten years nearly one million Canadians will be affected by this disease. Dementia and other cognitive impairments, especially in concert with increasing physical needs, often lead to nursing home placement for older adults.

In her dissertation, Ms. Erickson 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 each of these groups of people. The first objective of this research is to develop and validate a list of these important psychosocial needs, inclusive for residents with and without dementia. Using a survey developed from this information, her second objective is to 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 groups activities that augment or detract from helping residents to meet these needs. Her third research objective will describe clinical factors other than dementia (e.g., ability for residents to perform activities of daily living) that affect the degree to which residents' needs are being met.

### **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.

**Sheila Novek**, Ph.D. student, Department of Community Health Sciences, Faculty of Medicine is the 2014–2015 recipient of the Barbara Jean Payne Memorial Award in Social Gerontology.

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

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

For her Ph.D. 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. She will use the Minimum Data Set to profile the demographic characteristics, health and care needs of people with EOD living in nursing homes

## 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 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.

**Chris Cadonic**, Master's student, Department of Biomedical Engineering, is a 2014–2015 recipient of the Alzheimer Society of Manitoba Graduate Student Fellowship.

### *Computational modeling of mitochondrial energetics in Alzheimer's Disease*

Advisor: Benedict Albeni, Ph.D., Associate Professor, Pharmacology and Therapeutics, Faculty of Medicine; Division of Neurodegenerative Disorders, St. Boniface General Hospital Research Centre; Holds the Everett Endowment Fund Chair

Mr. Cadonic will attempt two objectives for his master's project. The primary focus involves using a computational model, specifically stimulating and predicting mitochondrial oxygen consumption rate and factors that affect it, which will then be used to compare the predicted results to results obtained experimentally. The project will help to elucidate mechanisms of normal and dysfunctional mitochondria (in Alzheimer's Disease) and the role that the transcription factor nuclear factor kappa B (NF-κB) plays in this activity. The project will initialize the development of a predictive model for mitochondrial function in Alzheimer's Disease.

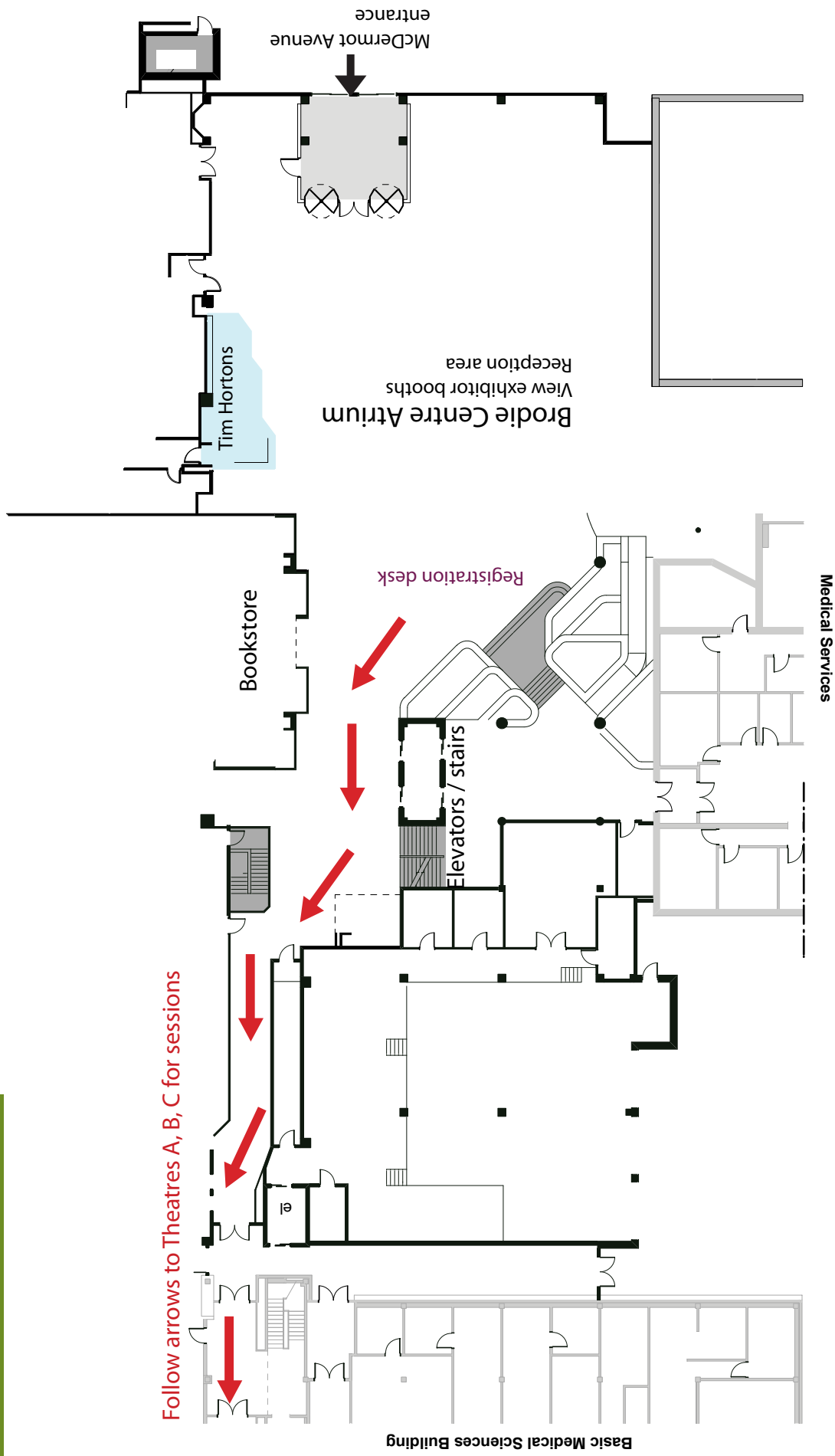
**Terresa Miller**, Master's student, Psychiatric Nursing program, Faculty of Health Studies, Brandon University is a second recipient of the 2014–2015 Alzheimer Society of Manitoba Graduate Student Fellowship.

### *Exploring couplehood: When one's spouse has been diagnosed with Alzheimer's disease and resides in long term care*

Advisor: Frances Racher, Ph.D., Professor, Faculty of Health Studies, Brandon University

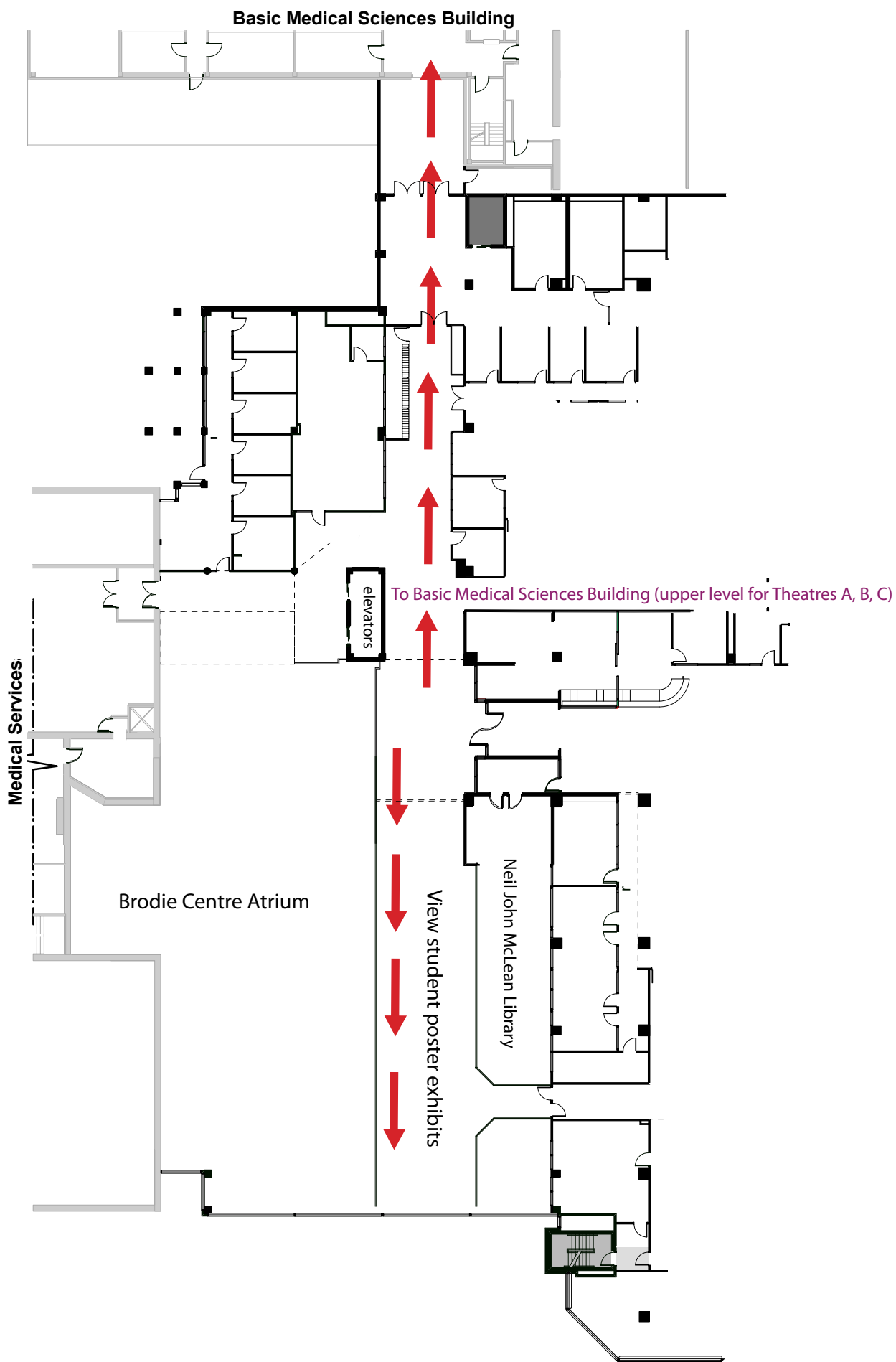
As part of her Master's thesis, Ms. Miller will continue her work on a research team studying older couples living with dementia. The purpose of the study is to extend knowledge and understanding of the lived experiences of married couples when one of the partners has been diagnosed with Alzheimer's disease and the couple can no longer live together in their own home, with primary interest in the couple relationship, their coping strategies, and identification of their unmet needs.

Ms. Miller's research questions will focus on the experience of the couple when the diagnosed partner with Alzheimer's Disease now resides in a long-term care facility; the circumstances for the spouse who is the caregiver; and the perspective of the caregiving partner regarding a number of needs. The study will provide caregiver spouses with the opportunity to benefit from sharing their experiences and the data can assist in developing programs and services better tailored to meet the needs of older couples who are living with dementia.



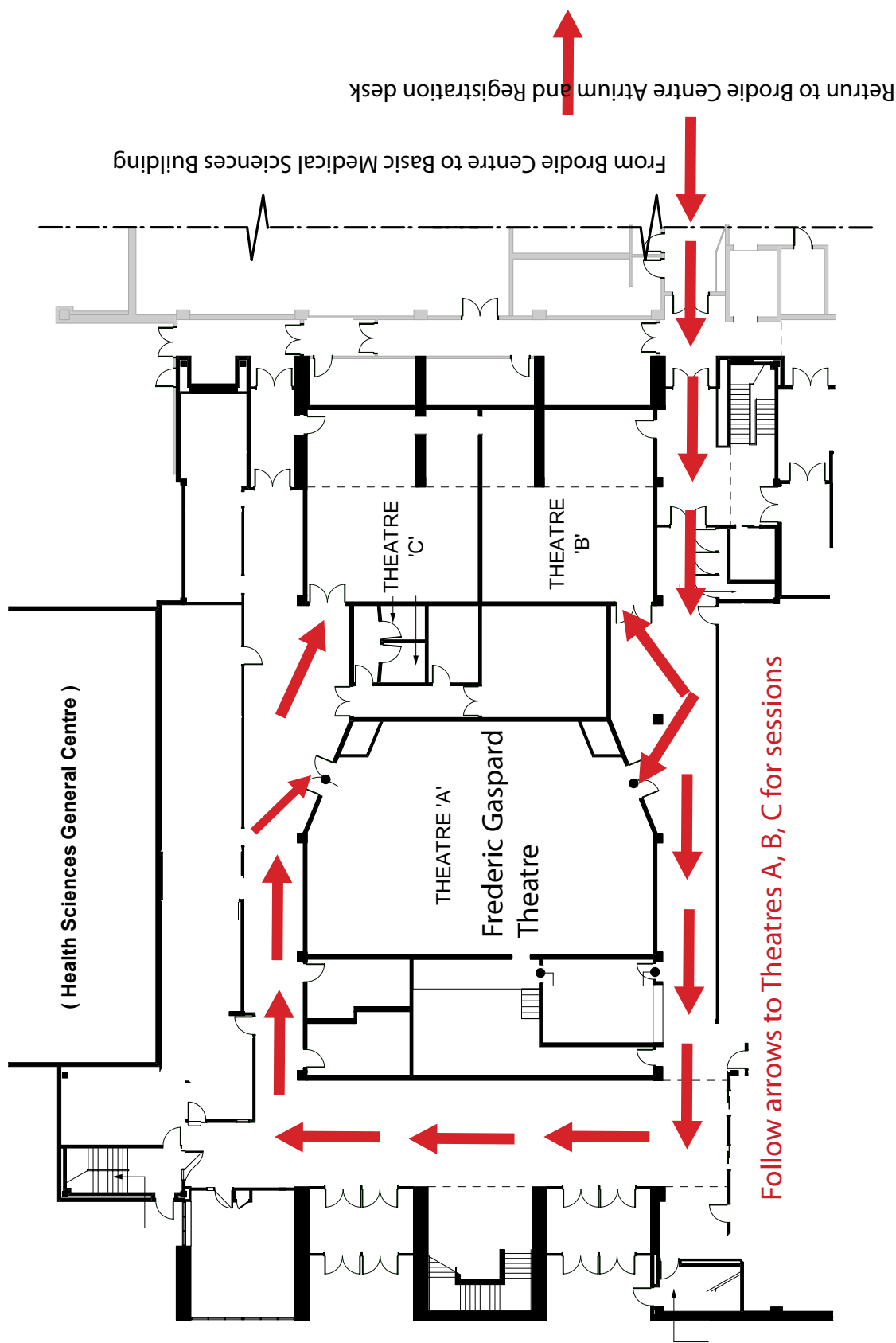
## Main floor Brodie Centre

### Bannatyne Campus | University of Manitoba



## Second floor Brodie Centre

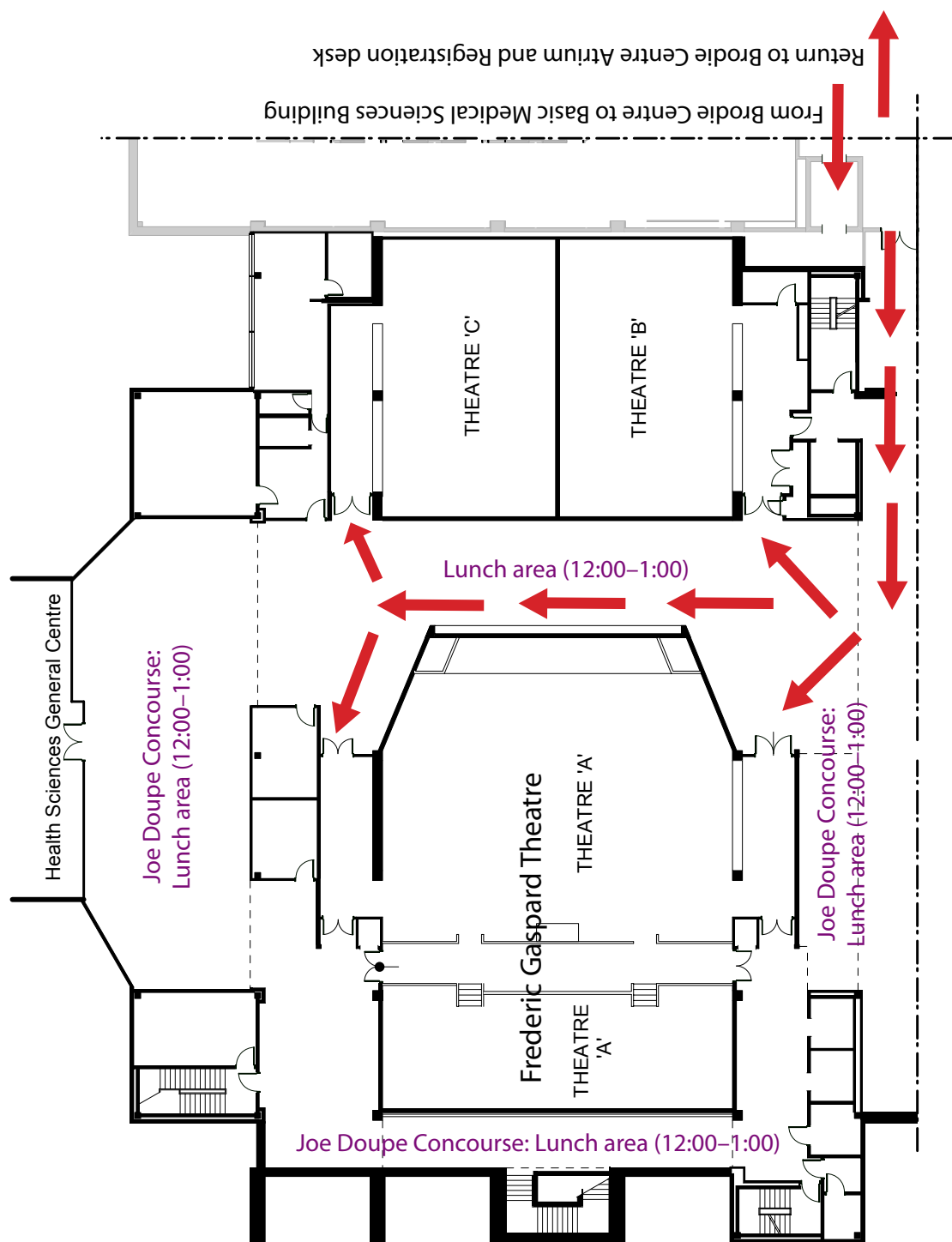
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## Main floor Basic Medical Sciences Building

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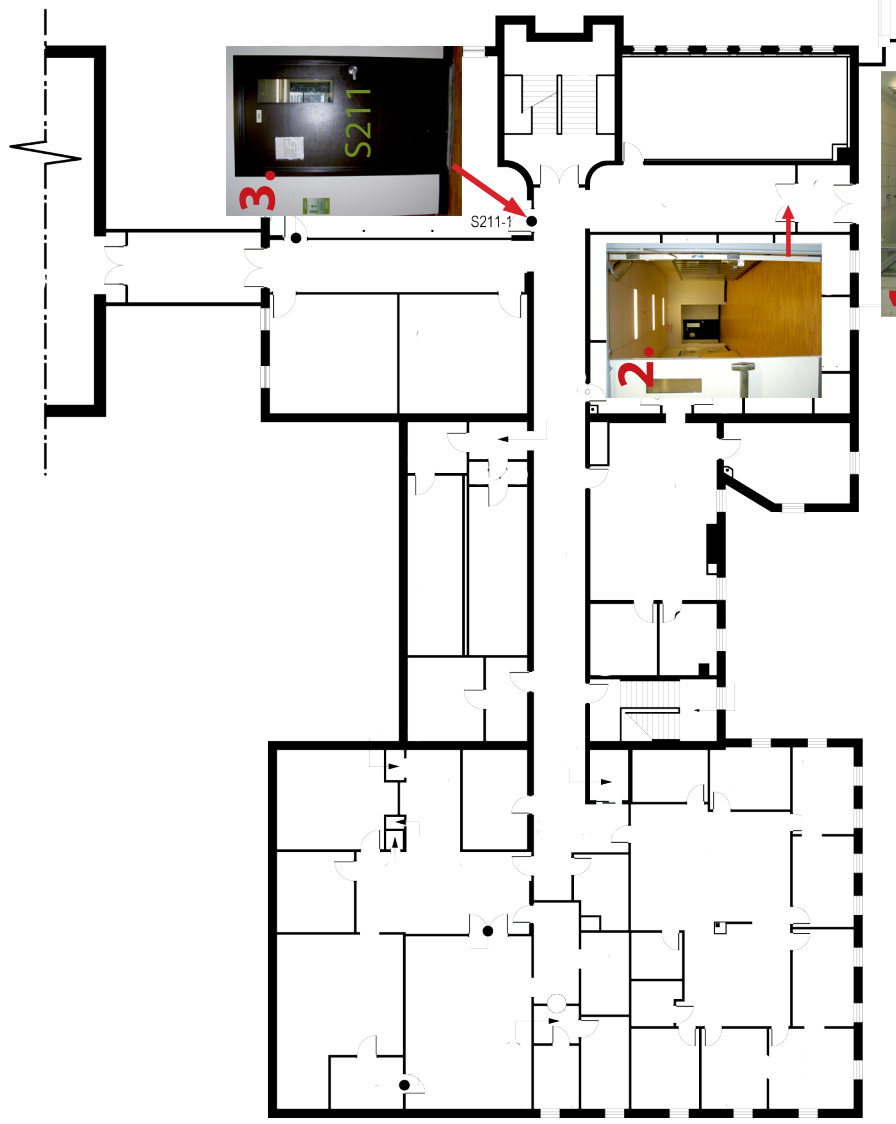


## Second floor Basic Medical Sciences Building

### Bannatyne Campus | University of Manitoba

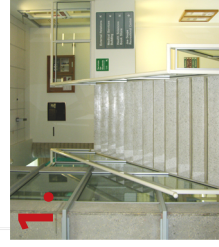
# S211 Medical Services Building

## Bannatyne Campus | University of Manitoba



### How to get to S211

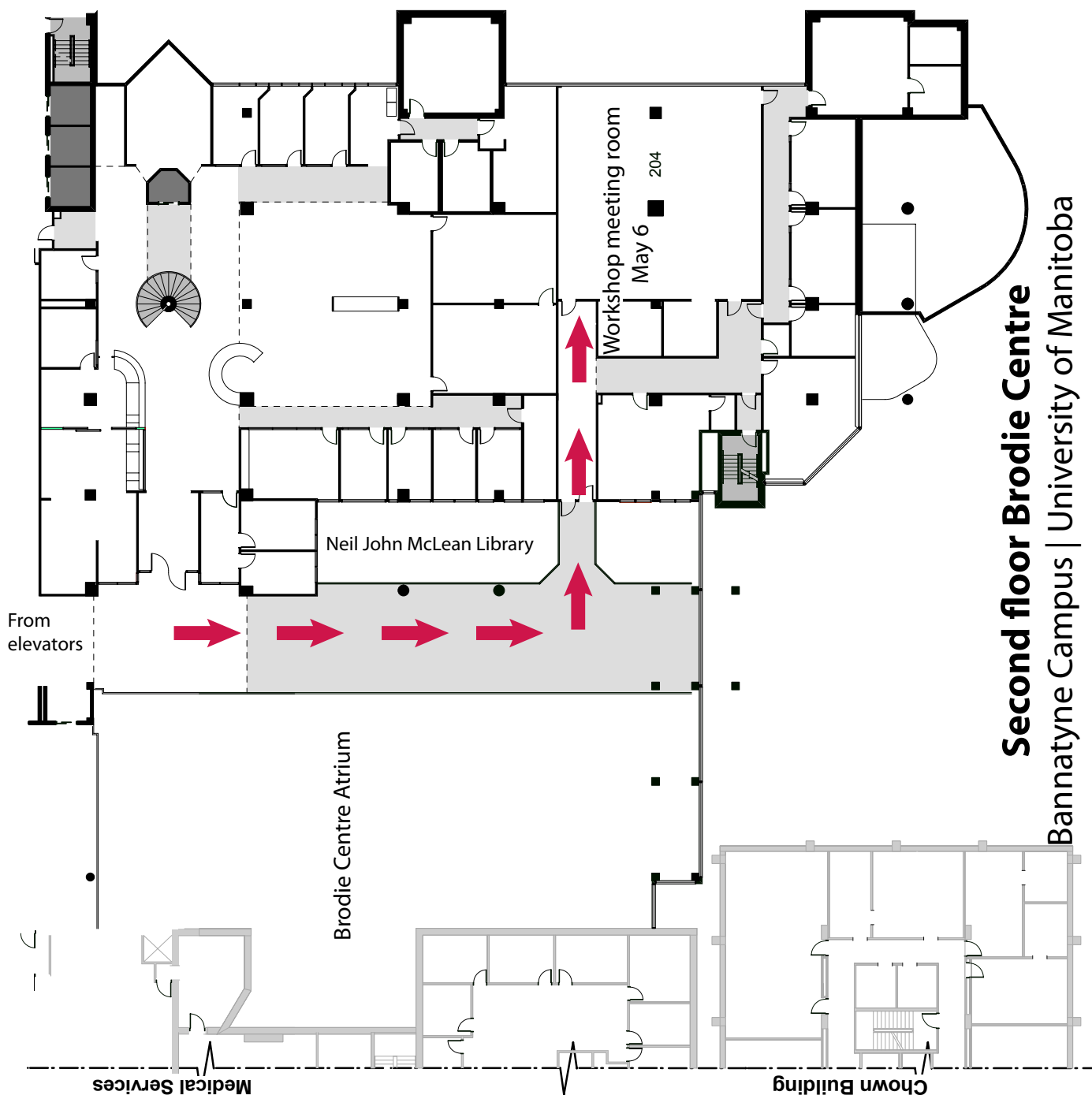
1. From the second floor in Brodie Centre, walk up the stairs past the elevator keeping right as you walk towards the double doorway
2. Walk through two sets of doors down the hallway corridor
3. Look for the room marked S211 as you go through the second set of doors.



Second Floor Brodie Centre

Back to Frederic Gaspard Theatre, Theatres B and C





## Second floor Brodie Centre

Bannatyne Campus | University of Manitoba

## Special thank you's and acknowledgements

The 31st Annual Spring Research 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
Dr. Shahin Shooshtari	Department of Family Social Sciences, Faculty of Human Ecology
Dr. Tuula Heinonen	Faculty of Social Work
Ms. Hai Luo	Doctoral student, University of Manitoba
Ms. Sue Bishop	Advisory Board member, Centre on Aging
Ms. Catherine Marshall	STAR student co-lead; Master's student, Department of Human Nutritional Sciences, Faculty of Human Ecology

## Our sponsors

The Centre on Aging would like to thank the following sponsors of this year's 31st Annual Spring Research Symposium for their support and support in kind:



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

## Accreditation

This program has been accredited for a maximum of 4.75 CEU by the Manitoba Pharmaceutical Association for pharmacists in Manitoba. CPhM File No. 14039M.

Massage Therapy Association of Manitoba Inc's Education and Continuing Competency Committee has approved this event for 4 secondary credits. Attendees will need to submit to the MTAM, a certificate of completion or confirmation of attendance to receive their education credits.

This program is designated an accredited learning activity by the College of Licensed Practical Nurses of Manitoba (applies to Continuing Competency Program).