

Centre on Aging CENTRE ON AGING NEWS

FALL 2016, VOLUME 34, ISSUE 2
ISSN 0826-4694



UNIVERSITY
OF MANITOBA

This issue

Canada's first age-friendly university!	1
Springing aging into action!.....	2
CLSA Update	3
GSA recipients	3
Focusing on aging from a prairie perspective	4
Research at Riverview	4

SAVE THE DATE!

The Centre on Aging will be holding their annual Spring Research Symposium on May 1–2, 2017 at the Bannatyne Campus. Stay tuned for more details!

Research Seminar Series

The Centre's Research Seminar Series will kick off on November 25, 2016 at 2:30. Centre Research Affiliates Drs. Hai Luo and Tuula Heinonen will be presenting in 409 Tier Building, Fort Garry Campus.

Centre on Aging

The Centre on Aging, established on July 1, 1982, is a university-wide research centre with a mandate to conduct, encourage, integrate, and disseminate research on all aspects of aging.

Director: Dr. Michelle Porter

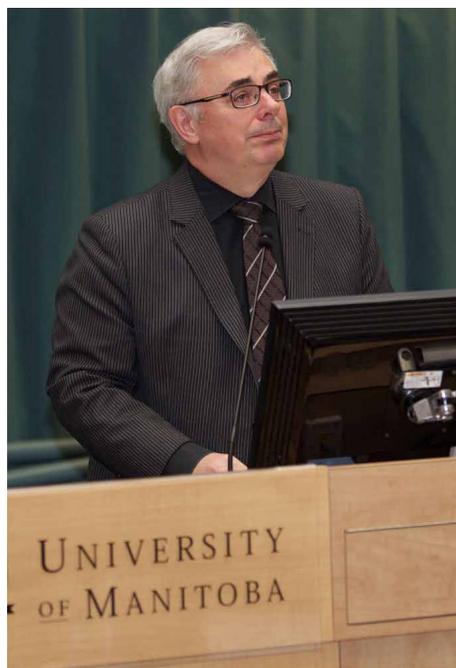
Professor, Faculty of Kinesiology and Recreation Management

The Centre on Aging News is published three times a year, and is available on our web site and by request. Direct comments and inquiries to

Phone: 204.474.8754
Fax: 204.474.7576
Email: coaman@umanitoba.ca
Web: umanitoba.ca/aging
facebook: www.facebook.com/CentreOnAging.umanitoba

Newsletter editor: Rachel Ines
**all articles were written and compiled by the Newsletter editor except where identified*

Canada's first age-friendly university!



Dr. Barnard announces the University of Manitoba as Canada's first age-friendly university at this year's spring research symposium

research projects, programs, and policies that respond to the needs of Manitoba's aging population."

The 10 guiding principles of an Age-Friendly University are:

1. To encourage the participation of older adults in all the core activities of the university, including educational and research program
2. To promote personal and career development in the second half of life and to support those who wish to pursue "second careers"
3. To recognize the range of educational needs of older adults

On May 2, 2016, University of Manitoba President and Vice-Chancellor, Dr. David Barnard announced the University of Manitoba as the first Age-Friendly University in Canada, joining several other universities in Ireland, the UK, and the USA, who have also committed to the initiative.

In November 2012, the Age-Friendly University (AFU) initiative was launched in Dublin, Ireland at Dublin City University (DCU) with the establishment of 10 age-friendly principles that guide post-secondary institutions in addressing the needs of older adults.

Of the initiative, Dr. Barnard said, "Our institutional mandate to increase accessibility and be an open resource for the community has driven the development of

Canada's first Age-Friendly University continued on page 3...

Springing aging into action!

This past May, the Centre on Aging hosted its 33rd Annual Spring Research Symposium. Robert and Elizabeth Knight Distinguished Visitor, Dr. Alex Mihailidis, University of Toronto, gave the audience a 21st Century perspective on aging, by focusing on aging and technology. As one of the AGE-WELL network's Scientific Directors, Dr. Mihailidis gave this year's attendees something to think about by looking at the notion of disruptive technologies and how we are currently applying this concept in the design of our next generation of technologies for older adults. Dr. Mihailidis and his colleagues led an AGE-WELL workshop the following day to over 50 people.

On behalf of Centre Director, Dr. Michelle Porter, we would like to thank all of our presenters, volunteers, symposium committee members, attendees, and Office of the President, who helped contribute to

another great symposium this year, with over 300 people registered!

Award recipients

Congratulations to all the award recipients:

- Dr. Kathryn Sibley—Centre on Aging Research Fellowship
- Jack MacDonell Scholarship in Aging—Brooke Beatie, Master's student, Department of Psychology
- Esther & Samuel Milmot Scholarship—Megan Siemens, Master's student, Department of Psychology, Faculty of Arts
- Betty Havens Graduate Fellowship—Maia Kredentser, Ph.D. (c), Clinical Psychology, Department of Psychology



Canada's first Age-Friendly University continued from page 1 ...

4. To promote intergenerational learning to facilitate the reciprocal sharing of expertise between learners of all ages
5. To widen access to online educational opportunities for older adults to ensure a diversity of routes to participation
6. To ensure that the university's research agenda is informed by the needs of an aging society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults
7. To increase the understanding of students of the longevity dividend and the increasing complexity and richness that aging brings to our society
8. To enhance access for older adults to the university's range of health and wellness programs and its arts and cultural activities
9. To engage actively with the university's own retired community
10. To ensure regular dialogue with organizations representing the interests of the aging population

CLSA Update

Submitted by Melina Elliott

Follow-up of the 3115 individuals who completed baseline data collection began in July of 2015. As of the end of August, a total 1100 participants have completed their second visit to the data collection site. Over at the Bannatyne Campus, the Computer Assisted Telephone Interviewing (CATI) site began the first follow-up interviews with the Tracking cohort participants in January 2016.

To date, 1074 individuals have completed their second telephone interview. The Centre employs 11 students and 5 part-time employees to conduct telephone and in-home interviews, complete physical and cognitive tests as well as collect biological samples at from two sites

For more information on the CLSA, visit www.clsa-elcv.ca.

GSA recipients

Congratulations to Maryam Alshammari, MSc, College of Rehabilitation Sciences; and Oksana Harasemiw, MSc, Department of Community Health Sciences who completed the requirements to receive the Graduate Specialization in Aging (GSA) at this year's Spring Research Symposium on May 2, 2016.

Maryam's completed her thesis on *Response shift in health-related quality of life in older men: The Manitoba follow-up study*. Oksana's thesis focused on *The Relationship Between Social Isolation, Social Support, and Mental Health*.

Also receiving the GSA this fall are Master's students,

- Catherine Bryden Dueck, MSc., College of Rehabilitation Sciences. Catherine's thesis is entitled, *Determining the Applicability of the Cognitive Orientation to daily Occupational Performance (CO-OP) as a Meta-Cognitive Rehabilitation Strategy for Individuals with Cognitive Impairment in Parkinson's Disease*.
- Shauna Zinnick, Msc, Department of Community Health Sciences, whose thesis is entitled *Developing a taxonomy of health care aide tasks in a personal care home*.

To date, 22 students from 7 faculties have met the requirements to receive the GSA. For more information, visit: umanitoba.ca/aging.



Maryam Alshammari (left) Oksana Harasemiw (centre) receive their GSA from Director, Dr. Michelle Porter

Focusing on aging from a prairie perspective

On September 30, the Centre on Aging in cooperation with the Manitoba Association of Senior Centres (MASC), hosted its first symposium outside of Winnipeg. Held at the Prairie Oasis Senior Centre in Brandon, Manitoba, the *Perspectives on aging* symposium brought out 70 individuals to hear from Centre Research Affiliates from Brandon University: Drs. Nancy Newall, Rachel Herron, and Fran Racher.



Centre Research Affiliates: Drs. Nancy Newall (left), Rachel Herron (centre), and Fran Racher (right) presented on September 30

The afternoon showcased presentations and discussions on reports by the World Health Organization (Jim Hamilton) and the Province of Manitoba (Dr. Michael Routledge) on health and aging. Following the afternoon presentations, over 50 people took part in a workshop, where group discussions centred on four of the WHO's strategic objectives: aligning health systems to the needs of the older populations they now serve; developing systems for providing long-term care; creating age-friendly environments; and improving measuring, monitoring, and understanding.

The workshop discussions will be compiled into a report to be published and made available to the public on the Centre on Aging's Web site.

Café, anyone?

In another first for the University of Manitoba, the University hosted its first Café Scientifique outside of the city. Dr. Digvir Jayas, Vice-President (Research

and International), was in attendance to welcome the participants to the Café, as Centre Research Affiliates addressed a few of the common challenges faced by older adults such as accessing health services for older couples, social isolation, and the experience of caregivers of people in late stages of dementia in different settings. Dr. Porter moderated the session.

Centre staff would like to thank Prairie Oasis Senior Centre, and the Office of the Vice-President (Research and International) for their contributions to the events.



On Sept. 29. (left to right) Dr. Digvir Jayas welcomed the Brandon audience to hear from Centre Research Affiliates Dr. Newall, Dr. Porter (moderator), Dr. Herron, and Dr. Racher present at the Café Scientifique.

Research at Riverview

Centre on Aging Director, Dr. Michelle Porter will lead a multi-disciplinary team of Centre on Aging Research Affiliates to study the effects of Riverview Health Centre's (RHC) major renovation project on residents, families and staff. RHC will be renovating units and surrounding grounds designated for residents with advanced Alzheimer's Disease and other complex dementias.

The team's application was successful in receiving funding in response to Riverview Health Centre's call regarding an Alzheimer Centre of Excellence.