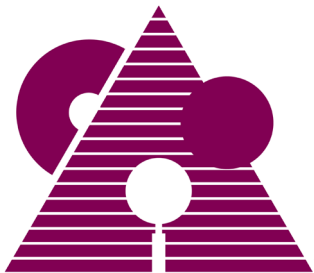


VOLUME 29
NUMBER 2
SUMMER 2011
ISSN 0826-4694



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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. Verena Menec

Canada Research Chair in Healthy Aging
Professor, Community Health Sciences,
Faculty of Medicine

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

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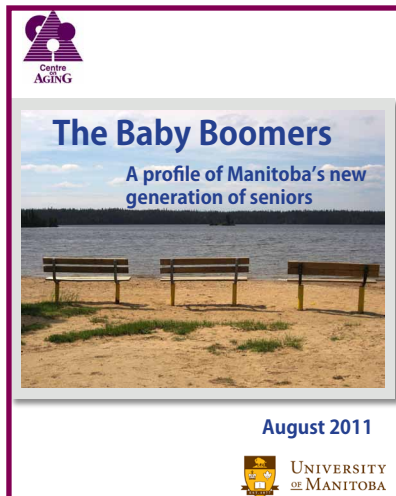
CENTRE ON AGING

The Baby Boomers: A profile of Manitoba's new generation of seniors

Much discussion has arisen around the bulge in the current population referred to as the "baby boomers." Baby boomers are those individuals born between 1946 and 1964; 2011 marks the year that the first of the baby boomers turn 65 years of age. Questions of social concern have naturally arisen, such as how to deal with the financial strain of burgeoning healthcare needs and how best to anticipate changes in the job-market as a large portion of the population consider retirement.

This report has been compiled to help create a picture of the baby-boomers today and by doing so, better understand what they, as a group, may be like in years to come. The report focuses on Manitobans between the ages of 45 and 64. In some sections, comparisons are made between those 45 to 54 years of age and those 55 to 64 years of age and in a few cases those aged 65 and over. The *2010 Profile of Manitoba's Seniors* provides detailed information on individuals in Manitoba aged 65 and over.

Download the report from www.umanitoba.ca/centres/aging.



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In memoriam: John A. “Jack” MacDonell

It is with profound sadness that we inform the geriatric and gerontological community of the passing of Dr. John A, “Jack” MacDonell (1918–2011) at the age of 92. He is considered the father of geriatric medicine in Manitoba and Canada. Dr. MacDonell’s innovative approach to the care of older adults is evident in the programs in place locally, nationally, and internationally. After learning of new approaches to long-term care in Great Britain, he was instrumental in developing the first day hospital in Winnipeg and North America.

Dr. MacDonell was a Founding Member, a former Executive Member, and an Honourary Member of the Canadian Association on Gerontology. He also contributed to the Canadian Geriatrics Research Foundation, the Gerontological Society of America,

and the International Association of Gerontology. He was actively involved in the development of the Centre on Aging and served as Chair of the Centre’s Advisory Board. In June 1984, a fundraising dinner was held to honour Dr. MacDonell and mark the Centre on Aging’s establishment of the Jack MacDonell Scholarship for Research in Aging, available to graduate students at the University of Manitoba.



How friendly is your community?

Over the summer, Centre on Aging staff Sheila Novek and Wyeth Krauchi, developed and produced four short videos that look at Manitoba community member’s perspectives on age-friendly.

“The videos were created to show what age-friendly means to people,” said Dr. Verena Menec. By posting information online, Dr. Menec hopes “it will provide communities with information on age-friendly from a personal view point.”

Participating from the Centre on Aging were Mr. Jim Hamilton, MSc, MPA, Associate Director; and Dr. Nancy Newall, Post-Doctoral Fellow. Both shared their personal perspectives on their involvement in the age-friendly initiative.

Two community members were interviewed to get the urban and rural perspective.

Ms. Margaret Barbour, Past-President of the Manitoba Association of Senior Centres, said “You have to continue to advocate for whatever you think is good and whatever you think should be changed. For me, as long as I’m well enough physically and mentally, I’m going to keep challenging.”

Ms. Marsha Sheppard, an advisory member for Age-Friendly Pinawa, was asked what is the importance of the Age-Friendly Manitoba Initiative to your community? Marsha replied “We have a very small community and we often thought we work well together, but I see we can make improvements in bringing together seniors and small tykes in the community ...”



Dr. Nancy Newall, post-doctoral fellow, speaks about her thoughts on the Age-Friendly Manitoba Initiative

The videos are available on YouTube or on the Centre’s Web site: www.umanitoba.ca/centres/aging/cura/1119.htm.

Canadian Longitudinal Study on Aging (CLSA): An update



After a very successful first wave of data collection in 2010, wave two of data collection has begun for the Tracking Cohort of CLSA. There are four data collection sites across Canada for the CLSA Tracking Cohort. A total of 5,024 interviews were completed in the first wave of data collection; Dr. Verena Menec, Manitoba site Principal Investigator and Audrey Blandford, Manitoba Site Manager, and their research team completed 852 of these interviews.

Individuals who have been selected for the Tracking Cohort (i.e., telephone interview only) are now being contacted to complete an in-depth interview about their background, health history and lifestyle. This interview takes about 60 to 70 minutes and is conducted over the phone by a trained CLSA interviewer. These individuals will continue to be contacted every three years over the next 20 years to complete the in-depth telephone interview.

Data collection for individuals selected for the Comprehensive Cohort of the CLSA is about to begin. Individuals who are selected for the Comprehensive Cohort will be asked to complete an in-home interview conducted by a trained CLSA interviewer and to visit a local data collection site (DCS) every three years over the next 20 years. At the DCS participants will have physical measurements taken such height, weight, and blood pressure as well as bone density measurements. They will also be asked to provide blood and urine samples. The data collected at the DCS will be analyzed to determine various aspects of biology and the genetics of aging, health and disease. There are 11 data collections sites across Canada. The Manitoba DCS is being housed at Deer Lodge Centre and is being lead by Manitoba site Principal Investigator Dr. Verena Menec.

Participants in both the Tracking and Comprehensive Cohorts of CLSA will be contacted halfway between their 3-year interview for a shorter (20 minute) interview to update information on their health and social situation. Once selected and contacted for participation in the CLSA, participation is voluntary. Participants of CLSA may withdraw from the study at any time during the 20 years.

Save the date! Spring Research Symposium

The Centre on Aging will hold its annual Spring Research Symposium on

Monday, May 7, 2012
727 McDermot Avenue, Bannatyne Campus.

The Centre's Community University Research Committee will be meeting soon to plan an interesting and inspiring day.

Watch the Centre's Web site for details.

We look forward to seeing you there!

CENTRE ON AGING PRESENTS

Symposium times 8:30 a.m.-4:00 p.m.
For information, contact Centre on Aging
Phone: 204.474.8754
Email: aging@umanitoba.ca
Web: www.umanitoba.ca/centres/aging

Of interest to
Students
Seniors
Service providers
Researchers
Community groups
Health care providers

**Annual Spring
Research Symposium
Dialogue on Aging**

MONDAY, MAY 7, 2012 | 727 MCDERMOT AVENUE | BANNATYNE CAMPUS

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Student awards and fellowships

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.

Jack MacDonell Scholarship for Research in Aging	Kristina Zawaly	Interdisciplinary Program in Disability Studies	“Examining the relationship between chronic pain and health related quality of life among older Canadian adults with disability.” (Advisor: Shahin Shooshtari, PhD, Associate Professor, Faculty of Human Ecology)
Centre on Aging Betty Havens Memorial Graduate Fellowship	Julie Erickson	Psychology	“The effect of age differences in motivation on mental health information processing and decision making in younger versus older adults.” (Advisor: Corey Mackenzie, PhD, Psychology, Faculty of Arts)
Esther and Samuel Milmot Scholarship	Christine Henriksen	Psychology	“The experiences of middle-aged and older adults with eating disorders: A mixed-method examination of the onset, course, and treatment of eating disorders.” (Advisor: Corey Mackenzie, PhD, Psychology, Faculty of Arts)
Alzheimer Society of Manitoba Graduate Student Fellowship	Shenghua Zhu	Human Anatomy and Cell Science	“Therapeutic effects of quetiapine in Alzheimer’s disease: Implications for early interventions” (Advisor: Xin-Min Li, MD, PhD, Department of Psychiatry, Faculty of Medicine)
	Zaid Ali Aboud	Pharmacology and Therapeutics	“Alzheimer’s disease and amyloid beta” (Advisor: Gordon Glazner, PhD, Department of Pharmacology and Therapeutics/Division of Neurodegenerative Diseases, Faculty of Medicine).

Centre on Aging Quick Facts

As a companion to the *2010 Profile of Manitoba’s Seniors*, the Centre on Aging has produced short quick fact sheets on Manitoba seniors. These fact sheets are available for downloading and are grouped based on specific chapters in the Profile. The latest quick facts are focused on *Lifelong learning*, *The older worker*, and *Financial well-being*.

- Manitobans aged 45 to 54 and aged 55 to 64 were two times as likely as Manitobans aged 65 and over to have completed university (22.1%, 22.9% versus 11.8% respectively).

- In 2005, about one-half (55.2%) of employed Manitobans aged 65 and over were still working full-time jobs. Older men (60.6%) were more likely than older women (45.4%) to work full-time.
- Nearly 17% of Manitoba seniors living alone lived below the low income cut-off, with women slightly more likely than men to be doing so (17.9% vs. 13.3%). Manitoba seniors living alone experienced a low income rate approximately 10 times higher than seniors living in economic families (17.9% vs. 1.7%).

Quick facts are available on the Centre’s Web site:
www.umanitoba.ca/centres/aging

Research affiliates' activities

THE "AFFECT" PROJECT: WHAT DOES EMOTION HAVE TO DO WITH IT? EVERYTHING.

Dr. Arlene Young (Department of English, Film, and Theatre), and Centre Affiliates, **Dr. Jason Leboe-McGowan** (Department of Psychology), and **Dr. Brenda Austin-Smith** (Department of English, Film, and Theatre) have established "The Affect Project" to discuss literary references of affect.

The researchers are asking: Why do we remember some things and forget others? What makes us choose to act ethically? How do authors and moviemakers manipulate our emotions? These and many other questions about

the role of emotions in people's lives are being examined.

Our emotions influence all aspects of our lives including our knowledge, experience, creativity, and ethics. Although emotions are such a powerful force they have remained relatively unexplored in the academic field. "The Affect Project" is initiating a collaborative and interdisciplinary approach to studying the powerful effects of emotion.

The project has only just begun and it is growing rapidly and garnering attention across disciplines, universities and countries.

Research awards

Dr. Michelle Lobchuk, Faculty of Nursing, has been awarded a Manitoba Research Chair in the area of Caregiving Communication from the Manitoba Health Research Council (MHRC).

Dr. Lobchuk will develop an effective clinical intervention based on the integration of findings from her previous research: a description of 'which' and 'when' family caregivers experience difficulties in assessing symptom experiences; an understanding of work environments, attitudes, and skills that support clinicians who interact with and assist caregivers with empathic communications; and, to develop a video feedback technique for prototype development and experimental testing with clinicians and caregiving family who have difficulties in their sensitive understanding patient illness experiences.

Dr. Corey Mackenzie, Department of Psychology, was awarded a Manitoba Health Research Council (MHRC) Establishment Grant for his research entitled *Facing the challenges of an aging population: Enhancing older adults' mental health*. Dr. Mackenzie explains that not only is Canada's population expected to grow to between 36 and 42 million by 2031, it is also aging. This greying of the population will create a number of significant challenges for the health of older Canadians.

Two challenges that are the focus of his research within his Aging and Mental Health laboratory at the University of Manitoba are (a) that older adults with mental health problems are especially unlikely to seek professional psychological help, and (b) caregivers of older adults with dementia experience chronic stress that can have an adverse effect on their physical health, mental health, and cognitive functioning.

His research program uses a combination of primary data collection and secondary analyses of population survey and administrative data to understand ways of enhancing older adults' access to mental health services, and to understand and ameliorate the negative effects of caregiver stress. This research has the potential to inform both mental health policy and clinical practice in order to improve mental health outcomes for large and growing numbers of older Canadians.

Promotions

Dr. Corey Mackenzie was awarded tenure and promoted to Associate Professor.

Dr. Malcolm Smith, Head, Department of Marketing, I. H. Asper School of Business, was promoted to Professor. The focus of his research is marketing to older adults and in particular, age-related differences in memory for advertising.

He has been a visiting professor at the L'viv Institute of Management (Ukraine), the University of Oregon, and in Bangkok, Thailand for the University of Victoria's (British Columbia) International Executive Master of Business Administration (IEMBA) program. Dr. Smith is also the Director of the International Student Exchange Program.

Research affiliates in the news

The Centre on Aging has over 60 research affiliates in 14 faculties and 24 departments at the University of Manitoba.

Listed are some aging related headlines that research affiliates have been making in the media.

Complete Streets in Pinawa

Dr. Richard Milgrom, Head and Associate Professor, Department of City Planning, along with Master's of City Planning student Laura Rempel, were in Pinawa on August 30, 2011 as part of the community's Complete Streets demonstration project.

Last fall, Dr. Milgrom and students in his Studio class examined three different environments—one urban, one suburban, and one rural—to see how age-friendly they are. Dr. Milgrom and Laura worked with the Pinawa's age-friendly advisory committee to explore options in re-designing the community to make it more accessible for community residents.

Recent publications

Dr. Alexander Segall and Dr. Christopher Fries. (2011). *Pursuing health and wellness: Healthy societies, healthy people.* Toronto: Oxford University Press

Dr. Benedict C. Albensi. (2011). "Brain Stimulation for Seizure Control: Considerations and Potential Mechanisms." In H. Foyaca-Sibat (Ed.), *Novel Treatment of Epilepsy.* InTech

Dr. Benedict C. Albensi (Ed.). *Transcription Factors CREB and NF-κB: Involvement in Synaptic Plasticity and Memory Formation.* Bentham Science Publishers Ltd.

Mary J. Shariff, LL.M. & Darcy L. MacPherson, LL.M. (2011). "The Slings and Arrows of Outrageous Fortune, Can you Lose the Lottery but still Win?" *Alberta Law Review*

"Pinawa considers street calming options"

Published in *The Lac du Bonnet Leader*, September 1, 2011



(From left to right) Ms. Marsha Sheppard, Age-Friendly Pinawa; Laura Rempel, Master's of City Planning student; Dr. Richard Milgrom, research affiliate take a break to pose for a photo during the Safe Streets demonstration project.

Getting seniors fit

Dr. Michelle Porter, Professor and Associate Dean, Faculty of Kinesiology and Recreation Management, spoke about the benefits of older persons keeping active to improve their quality of life. Dr. Porter suggests strength training two days a week for older persons to help keep bones and muscles strong.

“Getting fit—before it’s too late”

Published in *ALCOA Active Aging Week* supplement, September 24, 2011

Upcoming October presentations

In addition to future presentations offered by the Centre on Aging, research affiliates are scheduled to present at these upcoming meetings. We encourage you to attend these presentations and support your fellow research affiliates.

Dr. Michelle Lobchuk, University of Manitoba
“A Comparison of Patient and Family Caregiver
Prospective Control Over Lung Cancer”
November 8, 2011
9:00 am–10:30 pm | 370 Helen Glass Centre

Panelists: Ms. Michelle Richard, Director, Campus Planning; Dr. Ralph Stern, Dean, Faculty of Architecture; **Dr. Richard Milgrom**, Head and Associate Professor, Department of City Planning, Faculty of Architecture

“Livable Cities: 21st Century Perspectives”
Tuesday, October 18, 2011
7:00 pm–8:30 pm | Robert B. Schultz Theatre,
St. John’s College

Presenters: **Dr. Corey Mackenzie**, Department of Psychology; **Dr. Dan Sitar**, Professor Emeritus, Faculty of Medicine; **Dr. Christine Lengyel**, Department of Human Nutritional Sciences, Faculty of Human Ecology; **Dr. Tony Szturm**, School of Medical Rehabilitation

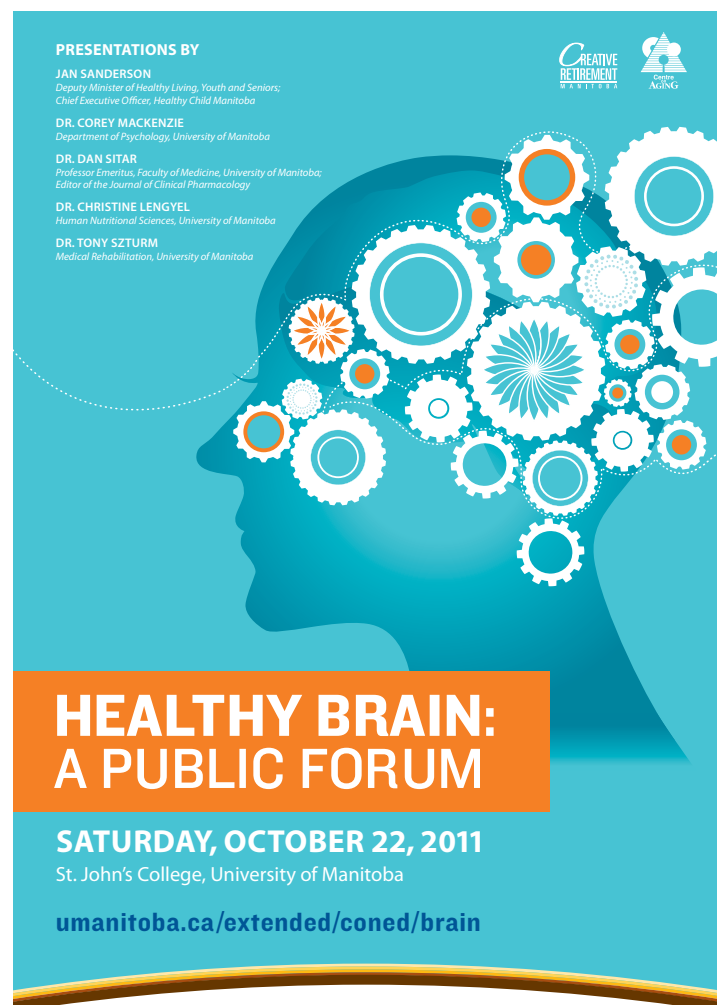
“Health brain: A public forum”

Saturday, October 22, 2011

9:00 am–3:00 pm | Cost \$55

St. John’s College

***Co-sponsored by the Centre on Aging**



PRESENTATIONS BY

JAN SANDERSON
Deputy Minister of Healthy Living, Youth and Seniors;
Chief Executive Officer, Healthy Child Manitoba

DR. COREY MACKENZIE
Department of Psychology, University of Manitoba

DR. DAN SITAR
Professor Emeritus, Faculty of Medicine, University of Manitoba;
Editor of the *Journal of Clinical Pharmacology*

DR. CHRISTINE LENGUEL
Human Nutritional Sciences, University of Manitoba

DR. TONY SZTURM
Medical Rehabilitation, University of Manitoba

**HEALTHY BRAIN:
A PUBLIC FORUM**

SATURDAY, OCTOBER 22, 2011
St. John’s College, University of Manitoba

umanitoba.ca/extended/coned/brain

Extended Education |



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Research Seminar Series

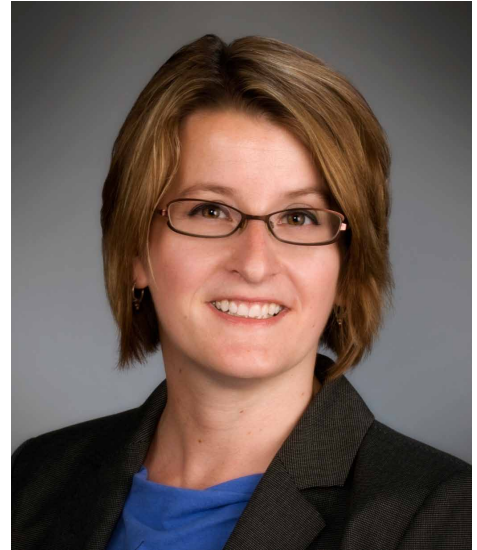
The Centre on Aging will kick off its 2011–2012 Research Seminar Series in October with two presentations.

FAMILY CAREGIVING AND RESPONSIBILITY: INTERPRETATIONS OF FAMILY MEMBERS AND HEALTH CARE PROVIDERS

Laura Funk, PhD, Assistant Professor, Department of Sociology
Tuesday, October 11, 2011
Room 539, Drake Centre, 12:00 noon to 1:00 p.m.

In her presentation, Dr. Funk will draw both on existing literature and several of her own research studies, to illustrate how social and cultural understandings of responsibility for care are interpreted and applied by family members and health care providers. Particular interpretations may be more dominant in the current political and economic context of health care. She will suggest directions for future research into the effects of these interpretations of responsibility, both for individual well-being and for the context of family caregiving more generally.

This seminar is co-sponsored by the Department of Sociology



Dr. Laura Funk is a recent addition to the Department of Sociology and a new Centre on Aging research affiliate

WEIGHT LOSS IN OLDER ADULTS: FOR WHO, WHY, AND HOW?

Danielle Bouchard, PhD, Assistant Professor, Faculty of Kinesiology and Recreation Management
Wednesday, October 26, 2011
Room 405 Brodie Centre, Bannatyne Campus, 12:00 noon to 1:00 p.m.

The mean age of the population as well as the obesity prevalence in older adults is constantly increasing. A controversy does exist in the present literature regarding the net benefit of losing weight after age 65. Several issues need to be addressed before making a decision on who should lose weight in older adults, why, and how? This presentation will first focus on the pros and cons of weight loss in older adults. At the end of this presentation, participants should be able to comment on the challenges of weight loss in older adults.

This seminar is co-sponsored by the Faculty of Kinesiology and Recreation Management



Dr. Danielle Bouchard is a recent addition to the Faculty of Kinesiology and Recreation Management and a new Centre on Aging research affiliate

To view the complete 2011–2012 schedule, visit www.umanitoba.ca/centres/aging/events/383.htm

THE CENTRE ON AGING RESEARCH SEMINAR SERIES IS SUPPORTED BY THE OFFICE OF THE VICE-PRESIDENT (RESEARCH AND INTERNATIONAL).