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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.

Acting Director: Dr. Daniel Sitar

Professor Emeritus, College of Medicine

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

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Message from the Acting Director

This communication brings to a close my appointment as Acting Director of the Centre on Aging. I have been privileged to work with an excellent group of persons during the past year. The goal of identifying a new Director for the Centre going forward from July 1, 2015 has been completed. Dr. Michelle Porter, the incoming Director, brings excellent credentials and a mandate to take the Centre forward. I expect she will enjoy the same level of support and enthusiasm that I have experienced.



The three Centre on Aging Directors: Dr. Daniel Sitar (Acting Director, 2014–2015, left); Dr. Michelle Porter (incoming Director, 2015, centre); Dr. Verena Menec (Past Director, 2004–2009; 2010–2014, right)

The Centre has accomplished many of the tasks identified last Fall as essential to our increased visibility within the University of Manitoba and to the general population. Affiliates continued their interaction with other community and government agencies to further the goal of enhancing the life experiences of our older citizens. The Centre was represented at both the Canadian Association on Gerontology meeting in Niagara Falls, ON, and at the Gerontological Society of America meeting in Washington, D.C.

Message from the Acting Director continued on page 2 ...

What you missed: 32nd Annual spring research

This year's spring research symposium was held on May 4, with over 400 people registered for the event held at the Bannatyne Campus. A CLSA workshop was held on May 5.

Research Fellowship awards

As previously announced, the Centre on Aging awarded two research fellowship awards, which are designed to support aging-related research in any discipline and are open to all University of Manitoba faculty members. Congratulations to the 2015–2016 Research Fellowship recipients:



Dr. Jacquie Ripat (left) and Dr. Stephen Cornish (right) receive their Research Fellowship awards from Dr. Daniel Sitar (centre) at an afternoon ceremony at this year's Symposium

- **Stephen Cornish**, PhD, Assistant Professor, Faculty of Kinesiology and Recreation Management
- **Jacquie Ripat**, PhD, Assistant Professor, Department of Occupational Therapy, College of Rehabilitation Sciences

In addition to receiving the awards, Dr. Cornish and Dr. Ripat were both appointed as Research Affiliates to the Centre.

Student awards recipients

The Centre on Aging has several funding opportunities that are meant to encourage the furthering of studies in aging and gerontology. These awards/fellowships have been made available through gifts and donations made to the Centre on Aging. Congratulations to the 2015–2016 award recipients!

- **Nadia Reider**—Betty Havens Memorial Graduate Fellowship
- **Andrew Stammers**—Jack MacDonell Scholarship for Research in Aging
- **Hiu-Nam Jamie Leung**—Esther and Samuel Milnot Scholarship
- **Ryan Nicholson**—Barbara Jean Payne Memorial Award in Social Gerontology

Message from the Acting Director continued from page 1 ...

We are also participants in the continued funding for the Canadian Longitudinal Study on Aging that has been renewed for a further five years. Dr. Verena Menec will continue to serve as the Manitoba Site Co-Principal Investigator. We were privileged to have Dr. Parminder Raina, one of the National Principal Co-investigators, as a featured visiting speaker and Workshop Director at this year's Annual Spring Symposium. A very successful poster competition for trainees was re-introduced as part of the Spring Symposium, and prizes were available for the most outstanding presentations identified by the poster judges.

The Centre was successful in partnering with the AGE-WELL initiative, led by the University Health Network Toronto Rehab Institute, in receiving one of only four federally funded Networks of Centres of Excellence Awards out of a total of 80 applications. Dr. Nancy Newall, a Research Associate at the Centre, competed successfully for an academic staff position at Brandon University, to start July 2015. The accomplishments highlighted above are only a sample of our total efforts for the 2014–15 academic year.

In closing, I wish to thank all of the people with whom I have had the privilege to interact. I have learned much from this experience. I look forward to celebrating the continued success of the Centre as it moves forward under the leadership of Dr. Michelle Porter.

symposium “Aging over generations” in review



(left to right) Dr. Sitar presents Ryan Nicholson, Hiu-Nam Jamie Leung, and Andrew Stammers with their Centre on Aging student awards (Missing: Nadia Reider)

On behalf of the Alzheimer Society, the Centre on Aging adjudicates the Alzheimer Society Graduate Student Fellowships. Two graduate fellowships were awarded to Brent Aulston and Farnaz Farshidfar.



Brent Aulston (right) and Farnaz Farshidfar (centre) receive their Alzheimer Society Graduate Student Fellowships from Wendy Schettler, Alzheimer Society of Manitoba CEO

Congratulations to all the award recipients! We look forward to hearing more about their research in the near future.

Graduate Specialization in Aging recipients

As the population ages, the Centre continues to see an increase in student interest in aging related studies. Since 2007, the Centre on Aging has offered a graduate specialization in aging certificate for students that meet the requirements.



Mary Bertone (centre) and Hai Luo (right) receive their Graduate Specialization in Aging Certificate from Dr. Sitar on May 4, 2015

Congratulations to our two recipients:

- **Hai Luo** completed the requirements to receive her Doctor of Philosophy degree from the Faculty of Social Work. Her thesis was entitled *Strengthening social capital through residential environment development to support healthy aging: A mixed methods study of Chinese Canadian seniors in Winnipeg*.
- **Mary Bertone** completed an advanced field placement to receive her Master of Public Health degree from the Department of Community Health Sciences, College of Medicine. Her field placement focused on *Oral health in long-term care: Improving the quality of life for older adults*.

What you missed continued on page 4 ...

What you missed continued from page 3 ...

Student poster winners

This year also marked the return of the poster session, where graduate students were invited to submit their poster for adjudication. Two dozen graduate students submitted posters. Congratulations to the graduate student poster adjudication competition award winners:

- **Sheila Novek**, whose research focused on *A qualitative exploration of the relationship between senior centre participation and social isolation*, was the Social Sciences/Humanities category winner.



Sheila Novek (right) accepts her award for best graduate student poster in the Social Sciences/Humanities category

- **Jana Slaght**, whose research focused on *Walking cadence: A novel strategy to improve the proportion of inactive older adults who reach the Canadian physical activity guidelines*, was the winner in the Basic/Health sciences category.

If you missed this year's symposium, session summaries are available on the Centre's Web site:

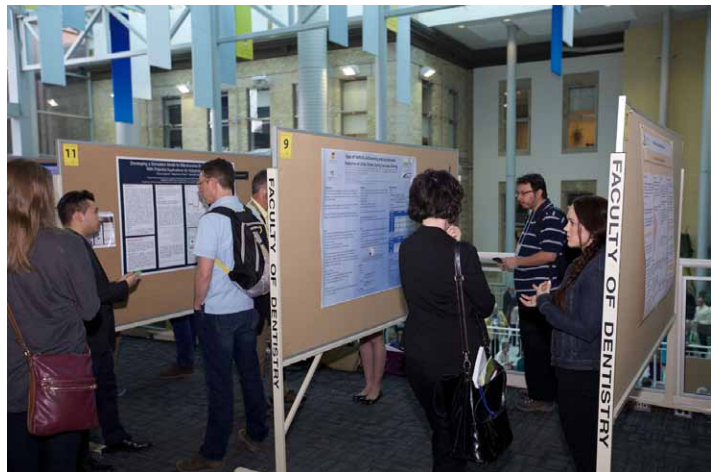
umanitoba.ca/centres/aging/events/384.

We'd like to thank all the symposium and workshop attendees who helped make our 32nd annual spring research symposium another success. An extra special thank you to all of our presenters, session chairs, volunteers, poster participants, and poster adjudicators (Dr. Jason Peeler, Dr. Christina Lengyel, Dr. Enrique Fernandez, Dr. Corey Mackenzie, Dr. Don Smyth, Dr. Nancy Newall, and Dr. Daniel Sitar) who helped make our day a success.

Panelists take questions from the audience during the afternoon plenary session (top photo, page 5) *Celebrating 40 years of made in Manitoba home care* (left to right) Jim Hamilton, Réal Cloutier, Karen Stevens-Chambers, Katherine Bayes



(left to right) Dr. van Ineveld, Linda Catteeuw, and Karen McCormac listen to an audience member's question



Symposium attendees visit poster presenters during the break to learn what is happening in aging related research (photos above)



Dr. Funk discusses the role of volunteers and paid companions for older adults in care homes and hospitals



Dr. Tate discusses the Manitoba Follow up study



How do we identify isolated seniors in the community, Dr. Newall asks during her sessions



Dr. St. John discusses the Aging in Manitoba study



Lynne Fernandez asks if the baby boomer generation really is spoiled, in response to a magazine article



Dr. Thompson discusses the meaning of dignity for patients facing end-of-life issues

CLSA data access workshop summary

Dr. Parminder Raina (McMaster University, CLSA Principal Investigator) and Dr. Verena Menec (University of Manitoba, Manitoba Site Co-Principal Investigator) hosted a CLSA data access workshop on May 5, 2015 for over 45 interested researchers, students, community and government organizations to provide an overview of what they need to know about accessing the Canadian Longitudinal Study on Aging (CLSA) data for future research projects. Workshop attendees were encouraged to ask questions about data access and the types of information collected during the session.



Dr. Menec (left) and Dr. Raina (right) take questions from the audience during the morning plenary session on May 4, 2015

Data collection procedures

To provide some background and context on how the data are obtained and stored, Dr. Raina and Dr. Menec outlined the infrastructure and data collection processes for participants. The data are stored at four enabling, well-secured collection sites and quality control processes are built into the data collection. Baseline information is collected through a Computer Assisted Telephone Interview (CATI) system, which is received in real time at McMaster University. It allows both local and remote supervisors to listen to the interviews as they are being conducted as a quality control. Data collected from the 11 data collection sites (DCS) across the country is also received at McMaster University in real time.

To maintain data collection consistency across sites,

- The same equipment is used at each site
- Equipment across the sites are calibrated to the same standards as the equipment at McMaster University in Hamilton
- Standard operating procedures are put in place to collect data from participants who attend the DCS, with each participant following the same route as other DCS participants across the country
- Training and re-training of staff is ongoing.

Because of the various quality control mechanisms in place, the investigators are able to identify areas where re-training or process adjustments can be made. This allows the CLSA to ensure its rigorous collection standards are maintained and adjusted as needed.

Due to the amount of information collected from participants, Dr. Raina emphasized to workshop participants there are strict protocols in place to ensure that the identity of participants is protected and the information they provide are secure.

Data currently available

As of May 5, 2015, data from the 21,241 telephone survey participants are available. Data from the DCS is not yet available, and applications for comprehensive data will not be accepted until December 2015. An updated listing of data release dates can be found on the CLSA web site.

What to consider when requesting data

When submitting a data access request, researchers are asked to keep several things in mind:

- Is the data already available?
- Is the research project feasible?
- Has the project been described in a way that will be meaningful to the interdisciplinary Data Access Committee?

Researchers should review the data release dates prior to submitting their applications to ensure that the data required are ready for use: <https://datapreview.clsa-elcv.ca/content/datasets>. Whether a project is feasible can be determined by looking at frequencies for variables provided on the data preview portal.

Is there a cost for getting data?

Depending on who is submitting the request, there may be some cost to obtain the data:

- The cost for obtaining questionnaire, baseline survey data is \$1000; this is for cost recovery only.
- Students can obtain data for free; however, the **data must be used specifically** for a graduate student's thesis or dissertation.

How to submit your data access request

A formal request form must be completed by researchers and students wanting to obtain the data, along with funding body approval (if applicable), and ethics approval from the researcher's home academic institution or organizational body (e.g., Health Canada, Regional Health Authority). Researchers should take note of the application deadlines, which are outlined on the web site. The Data and Sample Access Committee meets a number of times over the year to review submitted project applications and makes recommendations for approval to the Scientific and Management Team (SMT).

If approved by the SMT, the researcher is notified. A data sharing agreement between McMaster University and the researcher's institution must then be signed. Once this is done, the data is released to the researcher. A comprehensive flow chart and full details outlining the data access process requests can be found on the CLSA Web site: <https://datapreview.clsa-elcv.ca/content/application-process>.

A once in a lifetime opportunity

The key message that Dr. Raina wanted workshop attendees to take with them is that the "CLSA study is a once in a lifetime opportunity" for researchers. The data are available for people to use, and they should be used. The CLSA research project offers something for everyone—it is uniquely Canadian and will not only allow Canadian current researchers to see how our population is aging, but provide insight for future researchers and the international community as well.



Dr. Verena Menec (left) and Dr. Parminder Raina (right) outline how data are collected and stored for the Canadian Longitudinal Study on Aging project at the workshop held on May 5, 2015

Key links

Full details on the application process and data available can be retrieved from the CLSA web site: www.clsa-elcv.ca. [**Researchers: Data access** > Visit data preview (click link)]

- Application process: <https://datapreview.clsa-elcv.ca/content/application-process>
- Access policy and guiding principles: https://datapreview.clsa-elcv.ca/sites/default/files/CLSA_Data_and_Sample_Access_Principles.pdf
- Data and sample access committee: <https://datapreview.clsa-elcv.ca/content/data-and-sample-access-committee>

Spotlight on research: Research affiliate profile



Editor's note: During the summer of 2014, the Centre on Aging had a student volunteer interview faculty members whose focus is on aging and CLSA research staff, and wrote about their work. This is the final article developed for the newsletter.

Arman Iranpour started Grade 12 in September 2014 and is an International Baccalaureate student at Kelvin High School. He is actively involved in sports and volunteer activities. As part of his studies, he completed community service work by volunteering. Over the summer, Arman interviewed a number of people working in the field of gerontology about their work in aging.

Dr. Malcolm Smith

By Arman Iranpour

Dr. Malcolm Smith is a professor and former Head of the Department of Marketing, at the Asper School of Business. He received his Bachelor of Science and MBA from Queen's University, and his PhD from the University of Oregon in consumer behaviour. As the former Head of Department, Dr. Smith managed all functions of the department, along with teaching multiple undergraduate and graduate courses, and conducting research in the field.

His current research focuses on marketing to older adults from an applied psychology stand point. This includes looking at how different age groups comprehend advertising, focusing on memory and information processing. Dr. Smith conducts tests where subjects of different age groups look at advertisements, and then are asked about what they saw or remember. After analysing data from tests like these, Dr. Smith says that generally, younger adults remember literal content from advertisements, whereas older adults can relay the general gist or message of the ad, and can elaborate more on themes. He says that research of this nature is important because it actually counters previous marketing theories. Also, Dr. Smith is involved in a large research project funded by CIHR, called Translating Research in Elder Care, which examines how research is used and put into practice in nursing homes.



When asked how he got into this field, Dr. Smith explained that it was quite accidental. While he was completing his PhD, he needed another psychology course, and ended up taking psychology in aging. He began taking interest in the topics discussed in the class and decided to follow that path, eventually joining psychology in aging with marketing.

Dr. Smith is currently conducting a research study with older adults to investigate people's reactions to descriptions of new products.

When asked about his motivation behind his work, Dr. Smith pointed out that our population is aging, and that we don't know much about the cognitive processes of older adults as they continue to grow older. He said that he finds this area of research very interesting and feels that there is a "gap in the literature". Dr. Smith aims to close this "gap" with his research.



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Want to make an easy \$20 and help with research?

What: Dr. Malcolm Smith, a Research Affiliate with the Centre on Aging at the University of Manitoba, is seeking participants to take part in a research project on reactions to advertisements for technological products.

Participants who volunteer will read descriptions of new products, play games/tasks and answer various questions about what they read. There are no right or wrong answers.

Who: He is seeking **male** volunteers who are between 60 – 75 years old and have at least some post-secondary education.

Why: Those who volunteer to participate in this research will be compensated **\$20** for their time. Each research session will take approximately **35-40** minutes to complete.

When/where: Sessions will run in June and July at various locations throughout Winnipeg to accommodate your schedule and location.

Contact: If you are interested in becoming a research volunteer and fit the age/education requirements, please contact Mr. Ray Lavoie by email at umlavoir@myumanitoba.ca or at (204) 479-9079.

All of the procedures used and questions asked of the participants have been approved by the University of Manitoba's Human Ethics Research Board and there is no commercial purpose to the research (i.e. no one will try to sell volunteers anything).

Bringing technology in line with aging

Recently, Dr. Nancy Newall, Centre on Aging Research Associate, attended Simon Fraser University's (SFU) 24th Annual John Friesen Conference, *Harnessing Technology for Aging-In-Place* on May 14–15, 2015, held in cooperation with the AGE-WELL Networks Centre of Excellence, North American Chapter of the International Society for Gerontechnology, and SFU's Lifelong Learning Adults 55+ Program. The Centre on Aging is a **Post-Secondary Institution partner** with AGE-WELL.

Over the two days, eight panels presented research focused on technologies and how they could assist older adults and their families to enable themselves with choices related to aging and aging-in-place. Panelists on the first day focused their presentations on technologies as it related to health, socialization, safety, and caregiver support. As a researcher relatively new to the area of research and technology, it was an eye-opening experience to learn about some of these innovative technologies. E-health technologies were profiled along with specialized wheelchairs, web-based platforms to connect interest groups, and work is currently being developed in the area of using technologies designed for nursing homes to monitor people with dementia, etc.

The second day of the conference looked at the role of the Internet and technology, and panelists presented some sobering statistics related to on-line fraud and scams targeting older adults, and led discussion surrounding the ethics of some of these new technologies.

AGE-WELL student funding opportunities

To support students in their research, funding for the AGE-WELL Graduate Student and Postdoctoral Awards in Technology and Aging is now open and application submissions are due **July 10, 2015**. Funding information on this award and additional awards can be found on their Web site: www.agewell-nce.ca/training.

For more information on AGE-WELL and their research, visit their Web site: www.agewell-nce.ca.

CAHSPR Conference: A student's perspective

By Shauna Zinnick

From May 26–28, I attended the 12th Annual Canadian Association for Health Services and Policy Research (CAHSPR) Conference—*Learning from Each Other: Across Disciplines, Jurisdictions and Generations* in Montreal, Québec. This was my second time attending this conference and overall, it was a thought provoking experience. I had the opportunity to meet with nationally recognized research experts in different fields of study related to health services and policy research, and numerous opportunities to network and make valuable connections with fellow students, researchers, and decision-makers from different health care related fields, including aging and long-term care.

Plenary sessions during the conference highlighted the conference's theme of learning from each other—across regions, provinces, and nations. Sessions focused an international lens on health systems abroad. A session led by the Director General of the Agence regionale de sante, Il-de-France, focused on the French health system. The French health system has been recognized internationally for its high level of performance. A second session looked at the Australian health system and discussed the role of knowledge organizations as enablers.

One of the goals of the CAHSPR conference is to bridge the gap between available research evidence and knowledge translation. Presentations were made by health services and policy researchers, and decision-makers who shared their experiences of implementing research evidence in the field. Many presentations were related to aging and long-term care and included topics such as chronic disease management and aging; options for financing universal long-term care in Canada; engaging older adults in health care decision-making; improving care and support for unpaid caregivers to older adults; places of care near end-of-life; staffing issues in nursing homes; and potentially inappropriate drug prescribing in nursing homes, to name a few.

During one of the concurrent sessions, I had the privilege of presenting my Master's thesis research, *Developing a taxonomy of health care aide tasks in a personal care home*.

CAHSPR conference continued on page 11...

Research Affiliate updates

Media

Dr. Ben Albensi was featured on the Charles Adler's show on CJOB AM 680 radio on May 6, 2015 discussing *Demanding jobs and dementia discussion*.

Presentations

Dr. Laura Funk co-presented a session on *Emotional labour in residential settings: implications for staff support*, on May 12, 2015 at the Long Term & Continuing Care Association of Manitoba conference.

Dr. Elizabeth Ready, delivered the keynote speech, *The power of partnerships in research: Promoting healthy behaviours at the community level*; and **Dr. Todd Duhamel** presented a session looking at *Developing strategies to improve clinical outcomes in frail, older adults*, at the Health, Leisure & Human Performance Research Institute Research Day on May 13, 2015.

Dr. Verena Menec presented *Age supportive environments and healthy aging* on May 14, 2015 as part of the CLSA webinar series.

Dr. Corey Mackenzie and **Dr. Kerstin Roger** hosted a forum, *Community approaches to supporting men's mental health* that featured national and international expert guests speaking on designing community wellness programs that appeal to men on May 20, 2015 at the Canadian Museum of Human Rights.

CAHSPR conference continued from page 10...

This was an amazing opportunity to not only share my research with fellow students, researchers, and decision-makers, but gain valuable feedback and suggestions regarding my research.

The sheer number of students, researchers, and decision-makers in attendance made evident that many individuals are passionate about health services and policy research, encompassing a vast number of issues and topics across the health care system spectrum, including aging and long-term care. The city of Montreal provided a beautiful and historic setting for this stimulating conference and I hope to have the opportunity again to attend the CAHSPR conference in the future!

Funding

Sadavoy, J., Chappell, N., Chiu, M., Duxbury, L., **Lobchuk, M.**, Tursunova, Z., & Ward-Griffin, C. "TEAM 18: Intervention for family caregivers who are employed in the Canadian Workforce." Canadian Consortium on Neurodegeneration in Aging (CCNA), Lead: Howard Chertkow (McGill University) funds awarded: \$948,832.00 (2014-2019)

Mitchell, L., **Lobchuk, M.**, Klaasen, K., Sethi, V., Campbell, B., Taylor, R., Legeros, J. *Informal Caregivers and Service Needs in the WRHA Home Care Program*. Manitoba Patient Access Network (Manitoba Health, Healthy Living and Seniors) Funding Competition. \$99,936.

Congratulations

Dr. Shawn Bugden, College of Pharmacy, was presented with the Pharmacist of the Year Award at the Pharmacy Conference gala dinner in April 2015. This award is presented to a Manitoba pharmacist who has made a significant contribution to the profession during his or her career.

Dr. Juliette (Archie) Cooper was one of the 2015 Distinguished Alumni Award recipients recognized for her *Service to the University of Manitoba*. Dr. Cooper was recognized at a ceremony that took place on May 12, 2015: <http://bit.ly/1zT7U36>.

Dr. Zarah Moussavi was one of three professors in the Faculty of Engineering to be inducted as new Fellows of the Canadian Academy of Engineering (CAE).

New research affiliate appointments

The Centre welcomed four new research affiliates. Please help us welcome them:

- **Dr. Nancy Dixon**
- **Dr. Todd Duhamel**
- **Dr. José Francois**
- **Dr. Jason Treberg**

We look forward to learning more and hearing about their aging related research at future presentations.

Centre on Aging Director announcement: Welcome Dr. Michelle Porter

On behalf of **Dr. Digvir Jayas**, Vice-President (Research and International) and Distinguished Professor, the Centre on Aging is pleased to announce that **Dr. Michelle Porter** will be the new Director of the Centre on Aging. Her position will start on July 2, 2015 and run until June 30, 2020.

On June 30, 2015, **Dr. Daniel Sitar** will be completing his term as Acting Director of the Centre on Aging and we thank him for his contributions and service to the Centre over the past year.

Dr. Gary Glavin, Associate Vice-President (Research and International) made the Director announcement to the community at this year's spring symposium.

Dr. Porter is a Professor in the Faculty of Kinesiology and Recreation Management. In addition to her teaching duties, she served as Associate Dean (Research) for the Faculty of Kinesiology and Recreation Management (2011–2014).

She received her Doctorate in Kinesiology from the University of Western Ontario; Master of Science in Community Health (Exercise Sciences) from the University of Toronto; and her Bachelor of Physical and Health Education from Laurentian University.

A long-time research affiliate, she was first appointed to the Centre on Aging in 1999. Since then, Dr. Porter has been involved in many committees for the Centre on Aging and presented at a number of Centre events. She served as Acting Director of the Centre from 2003–2004.



Dr. Michelle Porter will start her five-year appointment as Director of the Centre on Aging on July 2, 2015

Dr. Porter's research interests include mobility and aging; driving and aging; neuromuscular adaptations with aging; strength training; and functional changes with aging and training.

We look forward to the new direction of the Centre on Aging and working with Dr. Porter.

Aging in the news: Extended life

As aging-related issues continue to become more prevalent in the news, so too do the number of researchers looking at various aspects of aging. In the Spring 2015 issue of *On Manitoba*, the University of Manitoba's alumni magazine, seven gerontology researchers were interviewed about age-friendly communities, Canadian Longitudinal Study on Aging (CLSA) aging issues related to aging and the life span, mental health, and palliative care.

Interviewed in the article are Centre Associate Director, **Jim Hamilton**; Directors **Dr. Daniel Sitar** (current acting) and **Dr. Verena Menec** (past). Centre Research Affiliates, **Dr. Laura Funk**, **Dr. Judy Chipperfield**, **Dr. Corey Mackenzie**, and **Dr. Genevieve Thompson** shared their thoughts on aging related issues.

To read the article online, visit the University of Manitoba's alumni's web page news.umanitoba.ca/alumni/on-manitoba-magazine.