

39th Annual Spring Research Symposium

Dialogue on aging

May 2–3, 2022 | Virtual presentation



Monday, May 2

Join the Centre on Aging for virtual presentations for this year's 39th Annual Spring Research Symposium. Our first day will feature speaker presentations by Centre Research Affiliates and the Age-Friendly University panel.

Beginning Monday at 9 a.m., a pre-recorded presentation will be shown. For interested virtual attendees, immediately following the presentations, attendees can take part in a **live** moderated online question and answer (Q&A) session via Zoom. Registration is required for the online sessions via EventBrite.

Be sure to stay tuned for the afternoon at 1 p.m. where virtual attendees can view pre-recorded poster presentations on the Centre on Aging's Web site. Find out about current aging related research from UM students, post-doctoral fellows, and Research Affiliates. These pre-recorded sessions will all have an audio component so you are able to hear about the research directly from the poster presenters, along with viewing their poster or slides. A one hour Q&A with poster presenters will take place at 3 p.m. for those interested.

9–9:15 a.m.

Welcome and greetings

Michelle Porter, Ph.D., Director Centre on Aging

Honourable Scott Johnston, Minister of Seniors and Long-Term Care, Province of Manitoba

Digvir Jayas, O.C., Ph.D., D.Sc., P.Eng., P.Ag., FRSC, Vice-President (Research and International) and Distinguished Professor

9:15–10 a.m.

Can science help us stay on our feet? A research update on fall risk and prevention

Veronica Silva, Ph.D.

Assistant Professor, Faculty of Kinesiology and Recreation Management; Research Affiliate, Centre on Aging

This presentation discusses the problem of falls in older adults. Although researchers have been studying falls for decades, falls are still the leading cause of injury and disability in older adults. This presentation will discuss the recent research on the mechanisms of falls and associated risk factors, and we will review what the recent scientific evidence has to say about the effectiveness of fall prevention strategies.

10–10:15 am

Break and exercise stretch

Virtual attendees, if interested, can join in the UM's Recreation Services stretch breaks to be streamed during the break.

10:15–11 a.m.

Myokines and their involvement in health and disease

Stephen Cornish, Ph.D.

Associate Dean, Undergraduate Education; Associate Professor, Faculty of Kinesiology and Recreation Management; Research Affiliate, Centre on Aging

Myokines, which are peptides, proteins, or cytokines released from skeletal muscle, are thought to influence several physiological processes in the human body. One key process they are known to influence is the inflammatory process. Regularly participating in exercise seems to exert an anti-inflammatory effect via the release of a certain myokine from muscle called interleukin-6 (IL-6). As we age, there seems to be a chronic low-grade inflammation that develops which may precipitate many types of diseases (cardiovascular disease, cancer, type II diabetes, and neurological disease). Completing an exercise training program is thought to reduce the amount of chronic low-grade inflammation and, hopefully, reduce the risk of disease development as we age. My lab is committed to finding out differences in myokine responses to exercise between younger and older adults and whether exercise training can positively influence the myokine response to exercise.

11–11:15 a.m.

Break and exercise stretch

Virtual attendees, if interested, can join in the UM's Recreation Services stretch breaks to be streamed during the break.

11:15 a.m.–12 p.m.

Age-Friendly University Initiative panel

“Micro-certificate in facilitating older adult learning”

Bill Kops, EdD, Extended Education

“Kaffeeklatsch Klatsch: Intergenerational friendship and knowledge sharing”

Jean Borbridge, Education Coordinator, School of Art Gallery

Blair Fornwald, BFA, MFA, Director/Curator, School of Art Gallery

“Accessible tunnel wayfinding at UM”

Vanessa Jukes Strutt, MALA, CSLA, PMP, Project Manager AES

Kale Kostick, Projects Coordinator OOS

“Bridging digital gaps: an age-friendly introduction”

Wilfred Sam-King, Alumni Outreach and Engagement Officer

1–4 p.m.

On demand poster sessions

Available on the Centre on Aging’s Web site will be academic poster presentations by students and Centre on Aging Research Affiliates. View the posters at your leisure, which are all audio narrated.

3–4 p.m.

Poster session Q&A

Symposium attendees are invited to ask poster session presenter questions about their research via Zoom chat for those who have registered.

Tuesday, May 4

Our second day will include presentations by Centre Research Affiliates and panel presentation by the Alzheimer Centre of Excellence Research Team panel.

Beginning Tuesday at 9:00 a.m., virtual attendees can view pre-recorded poster presentations on the Centre on Aging’s Web site. Find about current aging related research from UM students, post-doctoral fellows, and Research Affiliates. These pre-recorded sessions will all have an audio component so you are able to hear about the research directly from the poster presenters.

Be sure to stay tuned for the afternoon at 1:00 pm where virtual attendees will hear our second set of pre-recorded presentations. For interested virtual attendees, immediately following the presentations, attendees can take part in a **live** moderated online question and answer session via Zoom. Registration is required for the online sessions via EventBrite.

9 a.m.–12 p.m.

On demand poster sessions

Available on the Centre on Aging’s Web site will be academic poster presentations by students and Centre on Aging Research Affiliates. View the posters at your leisure, which are all audio narrated.

1–1:05 p.m.

Welcome and greetings

Michelle Porter, PhD., Director Centre on Aging

1:05–1:50 p.m.

Developing the ‘Winter-Walk’ team: research priorities

Ruth Barclay, PhD, MHSc, BMR (PT)

Associate professor, Rady Faculty of Health Sciences, College of Rehabilitation Sciences, Department of Physical Therapy; Research Affiliate, Centre on Aging

Walking outdoors can lead to physical and mental health benefits for older adults. Walking outdoors in the winter, however, has many challenges. The Winter-Walk team was funded by the Centre on Aging Research Team Small Grant. The team consists of community members, student trainees and researchers from three universities across multiple disciplines. Research priorities related to winter outdoor walking and older adults were developed during two days of meetings. Two projects have been completed: identifying barriers and facilitators associated with outdoor winter walking and older adults, and identifying resources related to safe outdoor winter walking. This presentation will describe the research priorities of the Winter-Walk team and results of the first two completed projects.

1:50–2:05 pm

Break and exercise stretch

Virtual attendees, if interested, can join in the UM's Recreation Services stretch breaks to be streamed during the break.

2:05–2:50 p.m.

Studying polypharmacy and deprescribing

Christine Leong, BSc(Gen), BSc(Pharm), PharmD

Assistant Professor, College of Pharmacy; Research Affiliate, Centre on Aging

Approximately two-thirds of Canadians 65 years of age and older are receiving five or more different prescription drugs. While medications have an important role in the treatment of disease, taking too many can sometimes lead to negative effects that outweigh the benefits. Dr. Leong will present on the creation of a multidisciplinary team to identify priority areas of research with respect to polypharmacy and deprescribing. She will also present on research related to describing patient values and preferences towards polypharmacy and deprescribing, tools to identify and deprescribe polypharmacy in primary care practice, and future research directions.

2:50–3 p.m.

Break and exercise stretch

Virtual attendees, if interested, can join in the UM's Recreation Services stretch breaks to be streamed during the break.

3–4 p.m.

Alzheimer Centre of Excellence Research Team panel

- **Barbara Borges**, PhD, Coordinator of the Medical undergraduate program in the Family Social Sciences Undergraduate Program, Max Rady College of Medicine
- **Kerstin Roger**, PhD, Professor, Max Rady College of Medicine, Community Health Sciences; Research Affiliate, Centre on Aging
- **Shauna Mallory-Hill**, PhD, M.Arch., B.E.S., Associate Professor, Faculty of Architecture, Interior Design; Research Affiliate, Centre on Aging
- **Laura Funk**, PhD, Professor, Faculty of Arts, Sociology and Criminology; Research Affiliate, Centre on Aging

How to attend this year's virtual Symposium

There is no cost to attend the 39th Spring Research Symposium. The Symposium presentations will be streamed online, with an online link to be provided closer to the Symposium date. No registration is needed, just one click to join us online!

Live question and answer session on Zoom: May 2–3

For those interested in participating in a moderated question and answer session, on Zoom, registration will be required via EventBrite to directly participate in the question and answer session via modified chat. The audience questions and answer session will be simultaneously streamed live on YouTube, but viewers will not be able to pose questions to the presenters.

Contact information

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338 Isbister Building
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The University of Manitoba is committed to achieving accessibility for those disabled by barriers. Contact the Centre on Aging by email at coaman@umanitoba.ca in advance if you require any accessibility accommodations to participate.