

# Centre on Aging awards

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## 2011–2012 Research Fellowships

Each year, the Centre offers two Centre on Aging Research Fellowships to faculty members at the University of Manitoba. The intent of these fellowships is to encourage research in aging by either providing release from some teaching responsibilities in order for faculty to increase their research activities in aging for a one-year period, or to provide funding to support their research. Christopher J. Fries and Mary Shariff are the 2011–2012 recipients.

**Christopher J. Fries**, PhD, Assistant Professor, Department of Sociology, Faculty of Arts

“Use of alternative therapies as a form of self care health behaviour among ethno-cultural minority older adults”

Dr. Fries is a sociologist of health, medicine, and the body, whose primary research interests are in health lifestyles and behaviour, critical public health, social determinants of health and complementary/alternative medicine (CAM).

Dr. Fries notes the relationship between three significant demographic trends in Canada is poorly understood: our rapidly aging population, our increasing ethno-cultural diversity, and the growing popularity of complementary/alternative medicine. His objective is to provide insights into this relationship by examining the health promotion implications of the use of alternative therapies as a form of self care health behaviour among ethno-cultural minority older adults.

This research is intended as a pilot study to prepare for a national mixed methods study of the relationship of ethnicity to the use of CAM as a form of self care health behaviour among Canada’s older population.



**Mary Shariff**, LL.M., Assistant Professor, Faculty of Law  
“Autonomy, dignity and end-of-life decision making”

Ms. Shariff teaches and focuses her research interests in bioethics and law; Law of contracts; natural resources law; biogerontology, aging and the law; and, assisted death and palliative care. Ms. Shariff states there appears to be two distinct relationships between the principles of dignity and autonomy. *Autonomy* is the ability to make decisions and act on them as a free and independent being. *Dignity* is the proper sense of pride and self-respect. The first relationship is that autonomy is at the foundation of dignity. The second is the principles of autonomy and dignity are opposites.