

Retirees'

News

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The 30th President's Reception for Retirees

The 30th President's Reception for Retirees will be held on Saturday, October 15, 2011, at 2:00pm in the Brodie Centre at the Bannatyne Campus of the University of Manitoba. The reception will take place in Theatre A and refreshments will follow in the Atrium of the Brodie Centre.

You are invited to meet with Mr. John Kearsy, Vice-President (External), who will represent President Barnard at the reception and provide an update on the University, with other University of Manitoba retirees, and with our speaker, **Dr. Paul Fernyhough**. Dr. Fernyhough will speak on **Neurological disease associated with diabetes**.

With the increase in obesity, the incidence of type 2 diabetes is rising at an alarming rate. With diabetes comes a greater risk of developing neurological diseases such as peripheral neuropathy (nerve dysfunction) and Alzheimer's disease. The talk will cover the impact on human health of these neurological complications, briefly cover possible etiologies, and highlight novel therapeutic approaches.

Dr. Fernyhough is Professor of Pharmacology & Therapeutics and Director of the Division of Neurodegenerative Disorders at the St. Boniface Hospital Research

Centre. He obtained his PhD in Biochemistry at the University of Sheffield in the United Kingdom. He then did postdoctoral studies at Colorado State University, King's College, London, and St. Bartholomew's Medical College, before becoming a Wellcome Trust Postdoctoral Fellow at Queen Mary & Westfield College, University of London. From 1998 to 2004, he was a Lecturer in the School of Biological Sciences (now Faculty of Life Sciences) at the University of Manchester. In 2004, he moved to the University of Manitoba to head a neuroscience research group at the St. Boniface Hospital Research Centre that now numbers about 40 staff, with operating grant funding in the region of \$10 million for the whole group. Dr Fernyhough currently holds funding from CIHR, NSERC, CFI, and Juvenile Diabetes Research Foundation International (JDRF).

At the reception which follows, there will be time to greet your former colleagues and friends. Spouses / partners are also welcome to attend. Please invite those survivors of retirees whom you know. You are asked to RSVP by Friday, October 7, 2011 to Linda Lassman at email, linda_lassman@umanitoba.ca, or by telephone (204) 474-9124.



Dr. Fernyhough

Park and Ride to Oct. 15, 2011 Reception

As a number of retirees enjoyed the park and ride opportunity in other years, it is again being offered to attendees at the October 15th President's Reception. Those who wish may park on the Fort Garry Campus in Parking Lot U, immediately west of the Welcome Centre. The shuttle bus will pick you up at **1:15pm** and drop you off right in front of the Brodie Centre on the Bannatyne Campus. After the Reception, the bus will pick you up at the Brodie entrance at 4:00pm to return to the Fort Garry Campus. There will be no cost for parking or riding. If you plan to take the bus, kindly inform Linda Lassman when you RSVP.

Centre on Aging Symposium

Report from the 2011 Research Symposium

Over 400 researchers, health care workers, students, and seniors attended the Centre on Aging's 28th annual spring research symposium on May 2, 2011. Held at the University of Manitoba's Bannatyne campus, eight diverse sessions focused on medications, healthy living, the state of senior organizations, aging and culture, and health assessment in older adults.

The Centre on Aging's annual event brings people together to share and openly discuss issues in aging. Poster presentations showcased current research by students and faculty related to aging and age-friendly communities. The symposium also acknowledged the accomplishments of research in aging with the award presentations of fellowships and scholarships to both University of Manitoba faculty and students.

More information on the spring research symposium can be found on the Centre on Aging Web site: <http://www.umanitoba.ca/centres/aging>. Check the site regularly for updates on next year's symposium!

Submissions to Retirees' News

All Retirees are invited to submit articles or announcements by email for inclusion in the next *Retirees' News* at: retirees@cc.umanitoba.ca

Deadlines for submission of articles to *Retirees' News*:

July 15 for September newsletter
January 15 for March newsletter

Candrive – Driving Research for Older Adults

July 2011 Newsletter

The nation-wide Candrive project (Canadian Driving Research Initiative for Vehicular Safety) seeks to provide physicians with the tools required to determine whether older adults are still fit for the road by monitoring 1,000 older drivers from seven cities across Canada, using a device installed in their vehicles.

The Candrive Project has now gone "global", with Dr. Michelle Porter of the University of Manitoba's Health, Leisure & Human Performance Research Institute involved. She wishes to thank U of Manitoba Retirees who have agreed to participate in this research. Recruitment closed in November, 2010, for the Canadian Cohort.

Some data on participants in this study:

City	No. of participants	Age		
Victoria	125	70-74	405	43%
Winnipeg	125	75-79	296	32%
Thunder Bay	67	80-84	166	18%
Toronto	123	85-90	63	7%
Hamilton	127	90+	3	0.3%
Montreal	110			
Ottawa	256			
Canada Total	933			
Marital Status				
		Married	545	59%
		Widowed	234	25%
		Separated/Divorced	86	9%
		Never married	31	3%
		Common Law	36	4%
65% of participants live in a house and 20% live in a condominium.				

Annual reports and Newsletters of the Health, Leisure and Human Performance Research Institute of the Faculty of Kinesiology and Recreation Management can be viewed at: <http://www.umanitoba.ca/faculties/kinrec/research/newsletters/index.html>.

The University of Manitoba Bulletin – Would you like to receive a free copy?

The University of Manitoba *Bulletin* is on the website at www.umanitoba.ca/bulletin. To arrange to have the bulletin mailed to your home at no cost, call (204) 474-8111, send an e-mail to Mariianne Mays Wiebe, Editor of *The Bulletin*, at E-Mail bulletin@umanitoba.ca, or write to: The University of Manitoba *Bulletin*, 137 Education Building, University of Manitoba, Winnipeg, MB, R3T 2N2.

Richardson Centre for Functional Foods and Nutraceuticals

The Richardson Centre for Functional Foods and Nutraceuticals at the University of Manitoba is involved in numerous nutritional trials to investigate the effect of functional food and nutraceutical products on human health and wellness. Typically, these trials investigate naturally occurring products such as whole grains (wheat, barley, lentils, bean, etc), dairy, oils (canola, flax, sunflower, etc.), or products derived from these.

Individual participant's time commitment to the studies at the RCFFN varies, based on the study chosen. Some studies involve minimal visits to the Centre, whereas others include daily visits to pick up and/or consume at least one of the daily meals for the duration of the trial.

Study duration varies depending upon the requirements of the trial. The meals are nutritionally and calorically balanced and delicious! In addition, research participants are given an honorarium for time and expenses incurred due to travel to and from the centre.

A Dairy Study investigating the effects of dairy consumption on markers of inflammation health is accepting volunteers at this time. Volunteers who meet the following criteria are invited: generally healthy men and women age 18-70 who are non-smokers.

For more information please call 204-298-5483; email rcffn@cc.umanitoba.ca, and visit the website at www.rcffn.ca. Dr. Peter Jones is the Principal Investigator.

Seniors and Financial Fraud

The Manitoba Securities Commission, along with the Manitoba Government Seniors & Healthy Aging Secretariat, are addressing the issue of financial abuse and fraud of older Manitobans. A series of three print publications that focus on preventing financial abuse among older Manitobans are now available. The titles of these publications are:

1. Identifying and Preventing Financial Abuse – A Guide for Older Manitobans
2. The ABCs of Senior Financial Fraud: A Guide for Professionals Working with Seniors
3. Financial Concerns Checklist

To request a copy of any of these publications, you can call the Manitoba Securities Commission at (204) 945-4733 and Toll free 1-800-655-5244. The website is www.MSCed.ca. There is also a Seniors Abuse Line at 1-888-896-7183.

Staff Benefits Corner

Changing your address?

This is a reminder for retirees to advise the Staff Benefits Office of any change in address or family status. If you currently receive monthly payments, such as a Post Retirement Adjustment payment or a monthly annuity payment from the University, or have Retiree Supplementary Health, Dental or Optional Life Insurance benefits, please contact the Staff Benefits Office directly at 204-474-7428 or by e-mail:

SB-Webmaster@ms.umanitoba.ca to report changes.

Spring 2012 President's Reception for Retirees

Mark your calendars! The Spring 2012 President's Reception for Retirees has been scheduled for 2:00pm on Saturday, April 14, 2012, in Marshall McLuhan Hall, Room 204 University Centre.



Email contact to Retirees

UMRA is using e-mail to send reminders and notices of events of interest to retirees. To receive these, retirees should forward their e-mail address to retirees@cc.umanitoba.ca

Recognizing Retirees' Contributions - Proposal for an Endowment fund

The majority of retirees from the University of Manitoba have dedicated many years in its service of educating our younger generations, advancing knowledge through research, and providing service to our community, province, country, and the world. Following retirement, many wish to continue to support the University and its students through donations. To provide continuing recognition of the contributions of retirees to the University, a proposal to establish an umbrella endowment fund within the University Investment Trust (UIT) *will be presented at the Annual General Meeting of UMRA on October 15, 2011* and, if accepted by the voting members, will be known as the **University of Manitoba Retirees Endowment Fund (UMREF)**.

Structured as an umbrella fund within the University Investment Trust (UIT), the UMREF would include a variety of awards, general or named, such as scholarships, bursaries, or research grants.

As a fund established by UMRA, it is hoped that retirees from the University of Manitoba, both members and non-members, will become donors. Donations may be of any type for which the University of Manitoba can supply a charitable receipt. These may include cash, securities, insurance policies, bequests in wills, and easily liquidated properties, including art and real estate. Matching funds may also be available from the provincial government upon application.

For more detailed information regarding the proposed UMREF, the Terms of Reference of the UMRA committee responsible for promoting and monitoring UMREF and several examples of the types of awards that may be considered, the entire proposal is posted on the UMRA website at <http://umanitoba.ca/outreach/retirees/>.

This proposal has been drafted by the Ad Hoc UMRA Endowment Fund Committee whose members are Douglas MacEwan, Archie Cooper, Rudy Danzinger, and Lois Brockman.

Annual General Meeting of UMRA

This meeting will be held from 12:30-2:00pm on October 15, 2011, in Room 204 Brodie Centre, Bannatyne Campus. Reports from each committee of UMRA are available at the UMRA website at www.umanitoba.ca/outreach/retirees.



Computer Support for UMRA Active Members

Computer Problems at Home?

UMRA has arranged for a computer support service to be available to our *Active Members*. This service is provided by graduate students in Computer Science and will include assistance with both hardware and software problems. The charge for the service will depend upon the nature of the problem and the time involved to solve it. If you are an *Active Member* of UMRA, you can request assistance either by phoning the UMRA office at 474-7175 and leaving a message, or by sending an email to retirees@cc.umanitoba.ca.

Contact information for UMRA

The University of Manitoba
Retirees Association
Box 5, Administration Building,
The University of Manitoba Winnipeg, Manitoba R3T 2N2
Phone: (204)474-7175
E-mail: retirees@cc.umanitoba.ca
Website: www.umanitoba.ca/outreach/retirees/

