



UNIVERSITY
OF MANITOBA



Centre on Aging
27th Annual
Spring Research Symposium

DIALOGUE
ON
AGING

Monday, May 3, 2010
8:45 a.m. - 4:00 p.m.
Brodie Centre
University of Manitoba
Bannatyne Campus

8:45 - 9:00 a.m. **WELCOME AND PRESENTATION OF AWARDS**

Theatre A **Dr. Barbara Payne**, Acting Director, Centre on Aging
The Honourable **Jim Rondeau**, Minister of Healthy Living, Youth and Seniors
Dr. Janice Ristock, Associate Vice-President (Research), University of Manitoba

9:00 - 10:30 a.m. **OPENING PLENARY**

Theatre A *Creating Age-Friendly Communities*

The Built Environment: Richard Milgrom, PhD, MCIP, MAA, Head, City Planning, Faculty of Architecture, UofM. The provision of age-friendly environments, ranging in scale from individual buildings to neighbourhoods and entire towns and cities, is emerging as a significant concern in the fields of planning and design. Issues that need to be addressed include building and universal design, understandings of current and future housing needs, and the development of participatory planning processes that could engage, rather than marginalize, older adults.

Photos and Focus Groups: Older Adults Tell Us about Age-Friendly Communities: Sheila Novak, Centre on Aging. Older adults in six Manitoba communities were provided with digital cameras to take photographs showing what aspects of their communities were age-friendly and what were not.

Challenges and Changes in One Manitoba Community: Marsha Sheppard, Chair, Age-Friendly Pinawa Advisory Committee. In November 2008, sixteen individuals came together to talk about age-friendly priorities and issues in Pinawa. Information on the priorities identified at that meeting and an update on their actions will be presented.

10:30 - 11:00 a.m. **REFRESHMENT BREAK**

Brodie Atrium Please take this opportunity to visit the exhibits by University Researchers, Community Agencies, Service Providers and Government Departments

Brodie Mezzanine **POSTER SESSION** Students and staff will attend their posters on the Brodie Mezzanine to respond to your questions.

11:00 - 12:00 noon **CONCURRENT SESSIONS**

Theatre A *Aging in Place: Issues Facing Manitoba Seniors*

Juliette Cooper, PhD, Professor Emeritus, Occupational Therapy, School of Medical Rehabilitation, Faculty of Medicine, UofM

Aging in Place allows older adults to continue to live in their own home and, when necessary, to receive community based specialized supports/services. For those with complex health and personal care needs, but do not need to be in a personal care home, there are other housing options available in the community. Unfortunately these options can be expensive and therefore out of reach to many older adults.

Theatre B *When Eyes Must Hear – Understanding Hearing Loss*

Rosalyn Sutley, Society for Manitobans with Disabilities (SMD)

The SMD delivers programs designed to meet the needs of adults and seniors who are hard of hearing, late-deafened and/or scheduled for cochlear implant surgery. One of those programs is *Living with Hearing Loss*. In recent years SMD has been experiencing an increasing demand for help and resources from hard of hearing seniors, their families and those that provide services to them. Such requests include the need for financial assistance for hearing aids, family/personal counseling, vocational rehabilitation and coping and speech reading skills. This session explores the issues, challenges and psychosocial impact a hearing loss presents to seniors, their families and the community.

Theatre C *Emerging Technologies in the Battle Against Knee Osteoarthritis: New Answers to Old Questions*

Jason Peeler, PhD, Human Anatomy & Cell Science, Faculty of Medicine, UofM

The presentation will explore the role that a new anti-gravity treadmill could play in providing a better understanding of the relationship between body weight and knee pain and function in an older adult population. Dr. Peeler focuses his research on the validity and reliability testing of clinical orthopaedic assessment and rehabilitation techniques designed to enhance patient care and musculoskeletal function.

12:00 - 1:00 p.m. **Lunch:** Located in the Joe Doupe Concourse for those who have pre-registered

12:00 - 1:00 p.m. **POSTER SESSION continues** on the Brodie Mezzanine.

1:00 - 2:30 p.m. **AFTERNOON PLENARY**

Theatre A ***The Older Person in Pain***

Philip St. John, MD, MPH, FRCPC, Section of Geriatric Medicine, UofM

Paul Daeninck, MD, MSC, FRCPC, Internal Medicine, UofM and Cancer Care Manitoba

Daniel Sitar, PhD, Editor in Chief, *Journal of Clinical Pharmacology*, Professor Emeritus, Internal Medicine (Clinical Pharmacology) Pharmacology and Therapeutics, Faculty of Medicine, UofM

Pain is a common problem facing many older adults. It is often chronic in nature, and multifactorial in causation. Treatments for pain often have side-effects, and managing pain may require a balance between reducing pain while trying to minimize side-effects.

2:30 - 3:00 p.m. **REFRESHMENT BREAK**

Brodie Atrium Please take this opportunity to visit the exhibits by University Researchers, Community Agencies, Service Providers and Government Departments

Brodie Mezzanine **POSTER SESSION** Students and staff will attend their posters on the Brodie Mezzanine to respond to your questions

3:00 - 4:00 p.m. **CONCURRENT SESSIONS**

Theatre A ***Spiritual Health Care***

Karen Toole, Provincial Spiritual Care Coordinator, Manitoba Health and Healthy Living

Spiritual health care is about addressing concepts such as meaning, purpose, self-worth, respect, integrity, authenticity, compassion, and empathy. It finds its expression in word, image, ritual, nature, art, mystery and appreciation of life. It is rooted in ancient teachings, theories and emerging research that tackle the most basic questions of life. Many spiritual traditions teach that when one part of the self is weakened, sick or struggling, the person may experience a profound sense of emptiness that leads to emotional, mental or physical illness. In this session Karen Toole will provide information on spiritual health care and how it connects/differs from the care provided by religious professionals or spiritual practitioners in the community. The spiritual health care specialist/practitioner is part of the health care team and provides an essential service in cooperation with providers from other health care disciplines.

Theatre B ***Alzheimer Disease: Turning the Tide***

Norma Kirkby, Program Director, Alzheimer Society of Manitoba

Gordon Glazner, PhD, Pharmacology and Therapeutics, Division of Neurodegenerative Disorders, UofM

Susan Gustafson, Family Caregiver

A new report commissioned by the Alzheimer Society of Canada, *Rising Tide: The Social and Economic Impact of Dementia on Canadian Society*, recognizes the urgent need to turn the tide of dementia. A series of four potential interventions that could help minimize the impact of the disease are outlined. Five recommendations that would make up the components of a comprehensive National Dementia Strategy are included. In this session these interventions and recommendations will be presented.

3:00 – 4:00 ***Interactive workshop: When Eyes Must Hear – Understanding Hearing Loss***

S211 **Rosalyn Sutley**, Society for Manitobans with Disabilities (SMD)

In this interactive workshop, participants will be provided with the opportunity to experience a hearing loss and to participate in a speech reading lesson from the living with Hearing Loss Program. Other foci will include an analysis of the needs and gaps in services available to hard of hearing adults in Manitoba, identifying the barriers to providing these services and an opportunity to discourse together on ways to remediate these barriers.

Space is limited to 20 individuals. Sign up at the registration desk.

To help us plan future symposia, please complete the enclosed evaluation form

The Symposium was organized with the assistance of the Community and University Liaison Committee of the Centre on Aging:

Barbara Payne, PhD, Acting Director, Centre on Aging
John Bond, Jr., PhD, Manager Research and Applied Learning, Riverview Health Centre
Lucelia Luna de Melo, PhD student
Phaedra Miller, Manitoba Seniors and Healthy Aging Secretariat
Harry Paine, Community Representative
Jason Peeler, PhD, Human Anatomy and Cell Science
Maria Wasylkewycz, Age & Opportunity Centres, Inc.

The Centre on Aging would like to thank the following sponsors of this year's Spring Research Symposium:



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Manitoba Pharmaceutical Association (5 CEU's, MPhA File No. 30095)

Massage Therapy Association of Manitoba (7 Primary credits)

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