

A background photograph of a modern, multi-story glass building with a curved facade. The building has "BRODIE CENTRE" visible on its facade. There are trees in the foreground and a street with a car and a person on a bicycle. The text is overlaid on this image.

# 28 Annual Spring Research Symposium

## Dialogue on Aging

**Monday, May 2, 2011**

**8:45 a.m.–4:00 p.m.**

**Brodie Centre | Bannatyne Campus**

**University of Manitoba**



**UNIVERSITY  
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## 2011 Spring Research Symposium program at a glance

Time			
8:45 a.m.– 9:05 a.m.	Welcome and presentation of awards Verena Menec, Director, Centre on Aging The Honourable Jim Rondeau, Minister of Healthy Living, Youth and Seniors Janice Ristock, Associate Vice-President (Research), University of Manitoba <b>Theatre A</b>		
9:05 a.m.–9:15 a.m.	Jennifer Mactavish: Tribute to Barbara Payne		
9:15 a.m.–10:30 a.m.	Opening plenary Explanation for the use of different types of complementary and alternative therapies—Christopher Fries Understanding of aging from traditional Chinese medicine—Yuewen Gong Evidence-based agri-food: A road to healthy living—Chris Siow <b>Theatre A</b>		
10:30 a.m.–11:00 a.m.	Refreshment break Opportunity to view posters and visit exhibitor booths		
11:00 a.m.–12:00 p.m.	<b>Theatre A</b>	<b>Theatre B</b>	<b>Theatre C</b>
<b>Concurrent sessions</b>	Are they all on Celebrex? No, some are on Vioxx: Some ethical issues raised by how we drug the elderly Arthur Schafer	Historical perspectives on aging and the elderly: The view from Italy in the later Middle Ages Roisin Cossar	A research agenda on the social aspects of Indigenous aging Michael Hart
12:00 p.m.–1:00 p.m.	Lunch *Located in the Joe Doupe Concourse for those who have pre-registered		
12:00 p.m.–1:00 p.m.	Poster session continues on the Brodie Mezzanine		
1:00 p.m.–1:15 p.m.	Noralou Roos: Tribute to Evelyn Shapiro <b>Theatre A</b>		
1:15 p.m.–2:30 p.m.	The future face of seniors' organizations: An armchair discussion—Jim Hamilton, Amanda Macrae, Susan Sader, and Tom Farrell <b>Theatre A</b>		
2:30 p.m.–3:00 p.m.	Refreshment break Opportunity to view posters on the Brodie Mezzanine and visit exhibitor booths		
3:00 p.m.–4:00 p.m.	<b>Theatre A</b>	<b>Theatre B</b>	<b>Theatre C</b>
<b>Concurrent sessions</b>	Follow up workshop: Changing face of seniors' organizations Jim Hamilton, Amanda Macrae, Susan Sader, Tom Farrell	Spring forward or fall back? Barbara Shay and Nancy Ryan-Arbez	Aging and neuropsychology ... Lesley Ritchie Evaluating cognitive functioning in older adults ... Colleen Millikin

# Presentation abstracts and biographies

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\*Listed in presentation order

## **Explanation for the use of different types of complementary and alternative therapies**

**Christopher Fries, PhD, Sociology**

### **Abstract**

Biomedicine is at the height of its success, delivering more health care products and services to more people, at greater expense than ever before. Despite the widespread success of biomedicine in treating illness and influencing how we understand health in Western societies such as Canada, for a growing number of people the pursuit of health and wellness is moving beyond biomedicine. This presentation will consider research concerning complementary and alternative medicine and explanations provided by sociologists for the growing popularity of these therapies.

### **Biography**

**Christopher Fries, PhD**, is an Assistant Professor in the Department of Sociology, Faculty of Arts. He is a sociologist of health, medicine, and the body, whose primary research interest is in complementary/alternative medicine and medical pluralism, or the existence of multiple systems of health care practice and belief. Dr. Fries' research is guided by an epistemological emphasis on understanding the nature and meaning of social behaviour.

## **Understanding of aging from traditional Chinese medicine**

**Yuewen Gong, PhD, Molecular Biology and Pharmaceuticals**

### **Abstract**

According to traditional Chinese medicine, aging is associated with several concepts such as essence, vital fire, kidney and spleen. Dr. Gong will highlight the importance of these materials and organs in keeping a person alive and how these influence aging.

### **Biography**

**Yuewen Gong, PhD**, is a Professor and Associate Dean (Research) in the Faculty of Pharmacy. Dr. Gong's focus is on Molecular Biology and Biopharmaceuticals. He is studying the biological effects and gene regulation of transforming growth factor beta in hepatic stellate cells; the role of Smad1 in the activation and perpetuation of hepatic stellate cells; and understanding of a peptide-based vaccine in regulation of transforming growth factor beta and its use in anti-fibrosis.

## Evidence-based agri-food: A road to healthy living

**Chris Siow, PhD, Physiology, CCARM**

### Abstract

What is evidence-based agri-food and why should we integrate agri-food and health? When developing food products for the aging population – what should we be aware of? Some examples will be presented looking at innovative food products and providing more choices for consumers.

### Biography

**Chris Siow**, PhD, is an Adjunct Professor in the Department of Pharmacology. He is the Principal Investigator of the Innovative Therapy Research Laboratory. Dr. Siow has led a university-industry collaborative government-funded multimillion-dollar project to assist the industry partner to modernize and provide a scientific basis for one of their herbal medicine based therapeutic products. He is serving as an Associate Editor of the Canadian Journal of Physiology and Pharmacology, is a Founding Board Member and current Regional Director of the Canadian Institute of Chinese Medicinal Research.



## Historical perspectives on aging and the elderly: The view from Italy in the later middle ages

**Roisin Cossar, PhD, History, Faculty of Arts**

### Abstract

Studying the elderly in the past adds richness and depth to our understanding of the different ways in which humans confront the process of growing old. In this presentation, through analysis of information about the work activities, social status, and domestic lives of aged men and women who inhabited Christian institutions in fourteenth-century Italy, Dr. Cossar will make a case for differences in the experience of aging between the Middle Ages and the modern period. Questions examined will include how old was old in the Middle Ages? Were the elderly more revered in the past than they are today? Did they “retire” from work? And how did they confront the end of life? By discussing these questions we gain a better understanding not only the culture and society of the Middle Ages, but also of the way in which experiences of aging in the modern world have been shaped by our own time and place.

### Biography

**Roisin Cossar**, PhD, is an Associate Professor in the Department of History, Faculty of Arts. Dr. Cossar’s research interests include religion and society; late medieval Italy; urban history; and gender. Her focus will be on the men and women who inhabited Christian institutions: monasteries, cathedral chapters, and parish churches. Studying the elderly in the past provides a vertical perspective on the process of aging in society, adding richness and depth to our understanding of the different ways in which humans confront the process of growing old.



## A research agenda on the social aspects of Indigenous aging

**\*Michael Hart, PhD, Faculty of Social Work (presenting), Silvia Straka, PhD, Faculty of Social Work, Cyndy Baskin, PhD, Ryerson University, School of Social Work**

### Abstract

This research seeks to establish partnerships between university researchers and Indigenous Elders. We aim to develop a research agenda on the social aspects of Indigenous aging. Researchers will discuss the pilot projects asking Indigenous Elders in diverse contexts to identify research that would meet the needs of older Indigenous people in their communities.

### Biography



**\*Michael Hart, PhD**, is an Assistant Professor in the Faculty of Social Work. Dr. Hart's research interests include the following: Indigenous ways of practice; mental health and Indigenous people; oppression, colonization, and resistance; anti-colonialism and indigenism; disparities in health and social services; indigenist knowledge and indigenist research methodologies; families and fathering.

## Are they all on Celebrex? No, some are on Vioxx: Some ethical issues raised by how we drug the elderly



**Arthur Schafer, PhD, Director, Centre for Professional and Applied Ethics**

### Abstract

Millions of elderly patients were prescribed the anti-arthritis drugs, Celebrex and Vioxx; millions are currently prescribed anti-psychotic medications for mood stabilization. Dr. Schafer will discuss the research and marketing on the basis of which the elderly come to be prescribed dubiously beneficial but often dangerous and expensive medication. He will conclude that "evidence-based medicine" should often be re-labeled "pseudo-evidence-based medicine".

### Biography

**Arthur Schafer, PhD**, is a Professor in the Department of Philosophy and is the Director of the Centre for Professional and Applied Ethics. Dr. Schafer's areas of specialization include bioethics, Philosophy of Law, and Social and Political Philosophy. He is also an Ethics Consultant for the Department of Paediatrics and Child Health at the Health Sciences Centre in Winnipeg. Dr. Schafer is a Canadian Commonwealth Scholar, Honorary Woodrow Wilson Scholar, and a Canada Council Fellow. He has published widely in the fields of moral, social, and political philosophy.

## The future face of seniors' organizations: An armchair discussion

### Follow-up workshop: The future face of seniors organizations

**Jim Hamilton, MSc, Centre on Aging**

**Amanda Macrae, MSc, Age & Opportunity Centres, Inc.**

**Susan Sader, Good Neighbours Senior Centre**

**Tom Farrell, Reeve, Rural Municipality (R.M.) of Victoria Beach**

#### Abstract

This session will draw upon the experiences of key Manitoba leaders who will share their perspectives on the changing face of seniors and the challenges presented in planning and delivering programs and services across Manitoba.

The follow-up session will build further on the discussions addressed during the afternoon plenary session.

#### Biographies



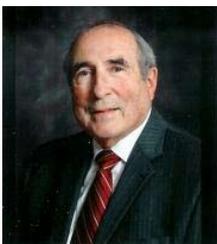
**Jim Hamilton** is the Associate Director of the Centre on Aging. Prior to his University appointment, Jim led public sector initiatives for the Government of Manitoba, most recently, as Executive Director of their Seniors and Healthy Aging Secretariat. He has served in an advisory capacity to the World Health Organization in the creation of the Global Age Friendly Cities Guide and to the Government of Trinidad and Tobago in the development of their Division of Aging. Jim also served as a Special Advisor to the Public Health Agency of Canada, consulting with provincial and territorial governments on healthy aging and age-friendly communities.



**Amanda Macrae** is the Chief Executive Officer of Age & Opportunity, appointed in November 2004. Prior to this Amanda was the Manager of Member and Client Services from 2003 to 2004. She has lectured at the University of Winnipeg in the Kinesiology and Applied Health Department, where she taught courses in Physical activity and aging, Issues in health, Physical activity and sport studies, and Sociology of sport. Amanda earned her Master of Science (Therapeutic Recreation) at the University of Manitoba.



**Susan Sader** graduated with a Bachelor of Social Work degree in 1996, and has since worked in non-profit agencies addressing the needs of older adults. She was a Centre Facilitator and Volunteer Program Coordinator with Age & Opportunity, and has been the Executive Director at Good Neighbours Active Living Centre for the past eight years. As a volunteer, Susan serves as Program Chair and Board Member for the Manitoba Association of Senior Centres, and she has been a volunteer speaker with the United Way's Speakers Bureau for the past five years.



**Tom Farrell** is the current Reeve of the Rural Municipality of Victoria Beach. He has a long service history in government at both the municipal and provincial level. Tom served as a Member of Town council for the City of Thompson (1968–1972) and as Mayor of Thompson (1972–1977). He was later appointed Deputy Minister of Labour and Northern Affairs and Native Affairs Secretariat in 1993, Deputy Minister of Labour in 1995, and Deputy Minister of Labour, Deputy Minister Responsible for Immigration and Multiculturalism. He retired in July 2003.

## Spring forward or fall back?

**Barbara Shay, BMR (PT), Physical Therapy, School of Medical Rehabilitation**

**Nancy Ryan-Arbez, BMR (PT), Physical Therapy, School of Medical Rehabilitation**

### Abstracts

Maintaining mobility is the key to continued independence as we age. The objectives of this session are to present strategies for improving and maintaining functional abilities. Current research evidence will be presented from a clinical perspective.

### Biographies



**Barbara Shay, PhD**, is an Associate Professor in the Department of Physical Therapy, School of Medical Rehabilitation (SMR). Dr. Shay's areas of special interest include pain: acute and chronic; myofascial pain; evidence based practice; and neural control in movement. Dr. Shay is a principal investigator at the SMR Pain Research Lab. She is interested in finding objective measures to quantify pain. Using quantitative sensory testing such as pain pressure thresholds, thermal perception and pain thresholds and analysis of movement, human participants can be assessed before and after an intervention designed to target pain.

**Nancy Ryan-Arbez** is an Instructor in the Department of Physical Therapy, School of Medical Rehabilitation. Her areas of special interest include exercise and chronic disease management (cancer and osteoporosis); lifestyle counselling; women's health/older adults; and primary care.

## **Aging and neuropsychology: Mild cognitive impairment in the context of normal aging to dementia**

**Lesley Ritchie, PhD, Neuropsychology Service, Clinical Health Psychology, Faculty of Medicine**

## **Evaluating cognitive functioning in older adults from diverse language and cultural backgrounds**

**Colleen Millikin, PhD, Geriatric Psychology, Clinical Health Psychology, Faculty of Medicine**

### **Abstract**

Mild cognitive impairment (MCI) is an intermediary stage in the cognitive continuum from normal aging to dementia. Information gathered through neuropsychological assessment may inform a diagnosis of MCI based on clinical judgment, as impaired performance on several neuropsychological measures is predictive of conversion to dementia for persons exhibiting cognitive decline but who do not yet meet the criteria for dementia. This presentation will explore the concept MCI from a neuropsychological perspective, the risk of progression from MCI to dementia, and review the literature on markers of progressive decline.

### **Biography**

**Lesley Ritchie, PhD**, is an Assistant Professor, Neuropsychology Service, Department of Clinical Health Psychology in the Faculty of Medicine. Dr. Ritchie's areas of interest include aging and neuropsychology; mild cognitive impairment; diagnostic criteria and progression to dementia; stroke and cognitive rehabilitation.



### **Abstract**

Older adults from diverse language and cultural backgrounds present challenges for clinicians seeking to evaluate changes in cognitive functioning (e.g., due to dementia, stroke, brain injury, etc.). This presentation will explore the advantages and disadvantages of several strategies for assessing linguistically/culturally diverse clients. Brief case examples will be used to illustrate specific assessment approaches.

### **Biography**

**Colleen Millikin, PhD, C.Psych.** is a registered psychologist with the Winnipeg Regional Health Authority Clinical Health Psychology Programme and an assistant professor with the Department of Clinical Health Psychology, Faculty of Medicine, University of Manitoba. Her practice is in clinical psychology and neuropsychology. Dr. Millikin completed a Ph.D. in Clinical Neuropsychology at the University of Windsor, predoctoral internship at the Baycrest Centre for Geriatric Care, and post-doctoral fellowship in clinical neuropsychology at St. Michael's Hospital in Toronto. She came to Winnipeg in 2003.



# 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.

During the tenure of her Fellowship Ms. Shariff will examine the principles of dignity and autonomy to identify how they operate in the legal structure that currently governs end-of-life care in Canada. From an academic perspective, it is hoped that this research will provide clarity as to the legal role and weight of these principles. It should also serve to better illuminate the nature of the competing arguments surrounding assisted death and add to the body of work aimed at facilitating democratic resolution of the assisted death controversy.

## 2011–2012 Student Awards

Each year the Centre on Aging provides scholarships to students pursuing studies in aging at the University of Manitoba. In addition, the Centre also adjudicates the Alzheimer Society of Manitoba Graduate Fellowships.

### Betty Havens Memorial Graduate Fellowship

In 2005, the Centre on Aging Graduate Fellowship was renamed the Centre on Aging Betty Havens Memorial Graduate Fellowship. Betty Havens was a leader in social gerontology and in health services research on aging and elderly persons. She was one of the founders of the Centre in 1982 and maintained close ties with the Centre throughout her life.

**Julie Erickson**, MA student, Psychology, is the 2011–2012 recipient of the Centre on Aging Betty Havens Memorial Graduate Fellowship

“The effect of age differences in motivation on mental health information processing and decision making in younger versus older adults.”

The objective of Ms. Erickson’s research is to determine whether manipulating the time focus of mental health information influences the retention and evaluation of that information, as well as intentions and attitudes towards seeking professional mental health helping both younger and older adults. She will develop two versions of a pamphlet on depression and include information on the disorder’s prevalence, symptoms, causes and treatment options; one pamphlet will be tailored towards older adults and the other will address younger adults. Participants will randomly receive one of the two versions and assess it on four outcomes. It is expected that participants who are given a pamphlet that is consistent with age-related motivations will show more positive attitudes and greater intentions to seek professional help as a result (Advisor: Corey Mackenzie, PhD, Psychology, Faculty of Arts)

### **Jack MacDonell Scholarship for Research in Aging**

The Jack MacDonell Scholarship for Research in Aging was established to encourage and stimulate graduate student research in aging, in recognition of the contributions and achievements to teaching, research, and service in gerontology by Dr. Jack A. MacDonell. It is awarded to a student pursuing full-time graduate studies with a focus on aging at the University of Manitoba.

**Kristina Zawaly**, Master's student, Interdisciplinary Program in Disability Studies, is the 2011–2012 recipient of the Jack MacDonell Scholarship for Research in Aging.

“Examining the relationship between chronic pain and health related quality of life among older Canadian adults with disability.”

Ms. Zawaly will examine and compare the prevalence of chronic pain among older Canadian adults with disability by type of disability, severity of disability, socio-economic status, gender, age, total household income levels, marital status, and education level; examine the relationship between chronic pain and health-related quality of life, controlling for the effects of socio-demographic factors, type of disability, severity of disability, and other modifying factors such as social support and networks; and examine if there is a dose-response relationship between chronic pain and health-related quality of life (Advisor: Shahin Shooshtari, PhD, Associate Professor, Faculty of Human Ecology).

### **Esther and Samuel Milmot Scholarship**

The Esther and Samuel Milmot Scholarship was established in 1987 through a bequest in honour of Esther and Samuel Milmot. It is awarded to a full-time student, undergraduate or graduate, pursuing a program which bears on gerontology, in the Faculty of Arts or in the Faculty of Graduate Studies with the field of study in a department in the Faculty of Arts at the University of Manitoba.

**Christine Henriksen**, PhD student, Psychology, is the 2011–2012 recipient of the Esther and Samuel Milmot Scholarship.

“The experiences of middle-aged and older adults with eating disorders: A mixed-method examination of the onset, course, and treatment of eating disorders”

Ms. Henriksen will conduct three studies to address the gaps in the eating disorder literature. Her objectives are: to explore how middle-aged and older adult eating disorder patients experience their eating disorder; to examine the precipitating factors of eating disorder episodes for middle-aged and older adults; to better understand the treatment experience of middle-aged and older adults with eating disorders; and, to examine the trend in help-seeking community dwelling, middle-aged and older Canadian adults with eating disorder symptomatology (Advisor: Corey Mackenzie, PhD, Psychology, Faculty of Arts).

## 2011–2012 Alzheimer Society of Manitoba Awards

The Alzheimer Society of Manitoba offers two fellowships to graduate students each year. The purpose of these awards is to enhance knowledge into the cause, treatment, cure and effects of Alzheimer Disease and Related Disorders; to encourage graduate student interest in Alzheimer Disease and Related Disorders; and, to stimulate graduate research activity in Alzheimer Disease and Related Disorders. Two fellowships were awarded this year.

**Shenghua Zhu**, Master of Science student, Human Anatomy and Cell Science, is the 2011–2012 recipient of the Alzheimer Society of Manitoba Graduate Student Fellowship.

“Therapeutic effects of quetiapine in Alzheimer’s disease: Implications for early interventions” (Advisor: Xin-Min Li, MD, PhD, Department of Psychiatry, Faculty of Medicine).

**Zaid Ali Aboud**, Master of Science student, Pharmacology and Therapeutics, is the 2011–2012 recipient of the Alzheimer Society of Manitoba Graduate Student Fellowship.

“Alzheimer’s disease and amyloid beta” (Advisor: Gordon Glazner, PhD, Department of Pharmacology and Therapeutics/Division of Neurodegenerative Diseases, Faculty of Medicine).

## Exhibitor booths

Visit the exhibitor booths located in the Brodie Atrium by the registration desk.

Centre on Aging	Hospice & Palliative Care Manitoba
Active Living Coalition for Older Adults	in <i>motion</i> Lifelong Wellness, WRHA
Addictions Foundation of Manitoba & Partners Seeking Solutions with Seniors	J.W. Crane Memorial Library
Age & Opportunity Centres Inc. –Safety Aid	Manitoba Seniors & Healthy Aging Secretariat
Alzheimer Society Manitoba	Medication Information Line for the Elderly (M.I.L.E.)
Arthritis Society, Manitoba Nunavut Division	Osteoporosis Society
Canadian Virtual Hospice	Parkinson Society
Celiac Association of Manitoba	Rupert’s Land Caregiver Services
Comforts of Home	Seniors Resource Council
Creative Retirement Manitoba	Victoria Lifeline
Funeral Planning and Memorial Society of Manitoba	Winnipeg Regional Health Authority (WRHA)
Get Better Together	

# Spring Research Symposium poster session

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**\*Located on the Brodie Mezzanine level**

**1. Age-Friendly Community-University Research Alliance (CURA): Helping communities become more age-friendly.**

Louise Hutton, Centre on Aging, University of Manitoba; Rachel Ines, Centre on Aging, University of Manitoba; and Verena Menec, Director, Centre on Aging and Professor, Community Health Sciences, Faculty of Medicine, University of Manitoba.

**2. Does the imperative of independence play a role in social exclusion of older adults? Exploring older adults' perceptions through photovoice methodology.**

Sheri Bell, Undergraduate Honours Student, Sociology, University of Manitoba.

**3. Velocity of movement during ankle strength and power training with elastic resistance bands in older patients attending a day hospital rehabilitation program.**

Pavithra Rajan, Graduate student, Kinesiology and Recreation Management, University of Manitoba.

**4. Lonely but happy: Can positive emotions help to reduce the detrimental effect that being lonely has on our physical well-being.**

Nancy Newall, Post-Doctoral Fellow, Centre on Aging, University of Manitoba; Judith Chipperfield, Professor, Department of Psychology, University of Manitoba; Dan Bailis, Associate Head/Associate Professor, Department of Psychology, University of Manitoba; Tara Stewart, Post-doctoral Fellow, Department of Psychology, University of Manitoba; and Ray Perry; Professor, Department of Psychology, University of Manitoba.

**5. Subjective health in later life: The role of perceived control.**

Kate Dubberley, Graduate student, Psychology, University of Manitoba; Judith Chipperfield, Professor, Department of Psychology, University of Manitoba; Tara Stewart, Post-doctoral Fellow, Department of Psychology, University of Manitoba; Jeremy Hamm, Graduate student, Department of Psychology, University of Manitoba; and Loring Chuchmach, University of Manitoba.

**6. I'm more interested in 'control' rather than the 'cause' of the lung cancer: Patient and family caregiver perceptions.**

Michelle Lobchuk, Assistant Professor, Faculty of Nursing, University of Manitoba; Christine McPherson, School of Nursing, University of Ottawa; Susan McClement, Assistant Professor, Faculty of Nursing, University of Manitoba; and Mary Cheang, Faculty of Nursing, University of Manitoba.

**7. An exploration of the challenges of grandparenting in HIV/AIDS afflicted families in Zambia.**

Jack Phiri, Graduate student, Sociology, University of Manitoba.

**8. Comorbid physical health conditions and anxiety disorders: a population-based exploration of prevalence and health outcome among older Canadian adults.**

Renee El-Gabalawy, Graduate student, Psychology, University of Manitoba; Corey Mackenzie, Assistant Professor, Department of Psychology, University of Manitoba; Shahin Shooshtari, Assistant Professor, Department of Family Social Sciences, University of Manitoba; and Jitender Sareen, Assistant Professor, Department of Psychiatry, University of Manitoba.

**9. Prevalence of help-seeking for anxiety disorders across the adult lifespan in a national sample.**

Kristin Reynolds, Graduate student, Psychology, University of Manitoba; Corey Mackenzie, Assistant Professor, Department of Psychology, University of Manitoba; John Cairney, Department of Family Medicine and Psychiatry and Behavioural Neurosciences, McMaster University; Jitender Sareen, Assistant Professor, Department of Psychiatry, University of Manitoba; and David Streiner, Professor, Department of Psychiatry, University of Toronto.

**10. Internet use and psychological wellness during late adulthood.**

Julie Erickson, Graduate Student, Psychology, University of Manitoba; and Genevieve M. Johnson, Faculty of Education, Curtin University of Technology.

**11. Baby boomers' acceptability of a pasta sauce made with Manitoba grown products.**

Jacqueline Bugera, Department of Human Nutritional Sciences, Faculty of Human Ecology, University of Manitoba; Christina Lengyel, Assistant Professor, Department of Human Nutritional Sciences, Faculty of Human Ecology, University of Manitoba; Alphonsus Utioh, Department of Human Nutritional Sciences, Faculty of Human Ecology, University of Manitoba and Food Development Centre, Portage la Prairie, Manitoba; and Susan Arntfield, Professor, Department of Food Science, Faculty of Agriculture and Food Sciences, University of Manitoba.

**12. An ongoing development of a telerehabilitation platform linked with a function registry to provide multidisciplinary continuum of care in clients with rheumatoid arthritis [RA] of hand: A research utilization initiative.**

Cynthia Swarnalatha Srikesavan, Graduate student, Applied Health Sciences, Faculty of Graduate Studies, University of Manitoba; Shiva Shrestha, Graduate student, Department of Physical Therapy, School of Medical Rehabilitation, University of Manitoba; Barbara Shay, Associate Professor, Department of Physical Therapy, School of Medical Rehabilitation, University of Manitoba; and Tony Szturm, Associate Professor, Department of Physical Therapy, School of Medical Rehabilitation, University of Manitoba.

**13. Does life become a 'pain' as we age?**

Kristina Zawaly, Master of Science student, Interdisciplinary Program in Disability Studies, University of Manitoba.

**14. Pain management in older adults**

Joanne Scott, Graduate student, Social Work, Master of Social Work Program.

**15. Fuzzy love: The use of animals with dementia patients in long term care**

Lindsay Carpentier, Graduate student, Social Work, Master of Social Work Program.

**16. Narrowing the gap between self-definitions and theories relevant to successful aging: The Manitoba Follow-up Study.**

Audrey Swift, Manitoba Follow-up Study, Faculty of Medicine, University of Manitoba; Robert Tate, Associate Professor/Director of Manitoba Follow-up Study, Faculty of Medicine, University of Manitoba; and Dennis Bayomi, University of Manitoba.

**17. Factors related to survival of 75 year old men to their 85th birthday: The Manitoba Follow-up Study.**

Robert Tate, Associate Professor/Director of Manitoba Follow-up Study, Faculty of Medicine, University of Manitoba; Leon Michaels; T. Edward Cuddy, Research Associate/Director Emeritus, Manitoba Follow-up Study, Faculty of Medicine, University of Manitoba; and Dennis Bayomi, University of Manitoba.

**18. The impact of long-term health conditions on farmers' participation in work.**

Margaret Friesen, Assistant Professor, Department of Occupational Therapy, University of Manitoba.

**19. The intersection of political oppression, war, migration, and aging sixty years later: Lifespan and intergenerational mental health legacies and implications for care.**

Elizabeth Krahn, Graduate student, Social Work, University of Manitoba.

**20. Deuterium-depleted water (DDW) effects on cell proliferation of A 549 and MCF 7 and on glycemia levels of experimental rats.**

Michael Zhang, Decision Support Analyst, Clinical Services, Winnipeg Regional Health Authority (WRHA).

**21. Deuterium-depleted water (DDW) effects on blood lipid, hemorheology, and liver and renal functions of experimental rats.**

Michael Zhang, Decision Support Analyst, Clinical Services, Winnipeg Regional Health Authority (WRHA).

**22. Health issues of older Chinese-Canadians.**

Hai Luo, PhD student, Social Work, University of Manitoba.

**23. Living with Parkinson's: Couples Manage Identity Together**

Kerstin Roger, Assistant Professor, Department of Family Social Sciences, Faculty of Human Ecology, University of Manitoba; and L. Penner, RPN, BA BscHec, MSc.

## 24. **\*\*Pinawa project: Envisioning age-friendly Pinawa**

Robin Beukins, Jill Collison, Chris Larson, Ryan Paradis, and Laura Rempel, students, Department of City Planning, Faculty of Architecture, University of Manitoba.

**\*\*Poster 24 is available for viewing in the Joe Doupe Concourse**

## Special thank you's and acknowledgements

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

<b>Verena Menec, PhD</b>	Director, Centre on Aging
<b>Lucelia Luna de Melo</b>	PhD student
<b>Phaedra Miller</b>	Manitoba Seniors and Healthy Aging Secretariat
<b>Connie Newman</b>	Executive Director, Manitoba Association of Senior Centres
<b>Harry Paine</b>	Community Representative
<b>Jason Peeler, PhD</b>	Human Anatomy and Cell Science
<b>Alexander Segall, PhD</b>	Professor Emeritus, Sociology, Faculty of Arts
<b>Shahin Shooshtari, PhD</b>	Family Social Sciences, Faculty of Human Ecology

## Our sponsors

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



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## Geriatric Medicine

**The Centre On Aging gratefully acknowledges the support of Imperial Oil Ltd.**

This program is designated an accredited learning activity by

- Manitoba Pharmaceutical Association (4.5 CEU's, MPhA File No. 31070M)
- College of Licensed Practical Nurses of Manitoba (applies to Continuing Competency Program)