

32nd Annual Spring Research Symposium



AGING OVER GENERATIONS

May 4–5, 2015

727 McDermot Avenue

University of Manitoba | Bannatyne Campus

Centre on Aging



UNIVERSITY
OF MANITOBA

32nd Annual Spring Research Symposium—Program at a glance

Day 1: May 4, 2015

8:00 a.m.	Registration (located in Brodie Centre)		
8:45 a.m.–9:15 a.m.	Welcome and greetings Student awards and Graduate Specialization in Aging announcements Frederic Gaspard Theatre		
9:15 a.m.–10:30 a.m.	<i>The Canadian Longitudinal Study on Aging—What’s in it for me?</i> Frederic Gaspard Theatre		
10:30 a.m.–11:00 a.m.	Morning break in Brodie Centre Atrium View student posters in the Brodie Mezzanine		
11:00 a.m.–12:00 p.m. CONCURRENT SESSIONS	<i>Moving through the system: Promoting safety during transitions in care</i> Frederic Gaspard Theatre	<i>Dignity and end-of-life care in personal care homes: What matters most</i> Theatre B	<i>Cohort studies in Manitoba: A wealth of research findings</i> Theatre C
12:00 p.m.–1:00 p.m.	LUNCH Located in the Joe Doupe concourse for those who have pre-registered View student posters in the Brodie Mezzanine		
1:00 p.m.–1:10 p.m. 1:10 p.m.–2:30 p.m.	Research Fellowship award announcements <i>Celebrating 40 years of made in Manitoba home care: Past, present and future</i> Frederic Gaspard Theatre		
2:30 p.m.–3:00 p.m.	Afternoon break in Brodie Centre Atrium View student posters in the Brodie Mezzanine		
3:00 p.m.–4:00 p.m. CONCURRENT SESSIONS	<i>Engaging isolated adults: The “Who’s at My Door” Project</i> Frederic Gaspard Theatre	<i>Are seniors selfish? A response to the Maclean’s article “Old. Rich. Spoiled.”</i> Theatre B	<i>Volunteers and paid companions: Invisible providers of support for older adults in care homes and hospitals</i> Theatre C
4:00 p.m.	Day 1 symposium concludes Evaluation and adjournment Return evaluation forms and name tags to registration table in Brodie Centre		

Lecture theatre notes

To assist symposium attendees with locating rooms, signs have been placed around campus that will direct you to the different lecture rooms. Outlined below are the corresponding directions to the different symposium presentation rooms on Bannatyne campus. Additionally, campus maps can be found on pages 21–25.

Frederic Gaspard Theatre	Located in Basic Medical Sciences Building: access through main or upper level—Follow red signs
Theatre B	Located in Basic Medical Sciences Building: access through first and second floors—Follow green signs
Theatre C	Located in Basic Medical Sciences Building: access through first and second floors—Follow blue signs

Monday, May 4, 2015: Symposium presentations

8:45–9:15 a.m

Welcome and greetings

Daniel Sitar, Ph.D., Acting Director, Centre on Aging; Professor Emeritus, College of Medicine

Gary Glavin, Ph.D., Associate Vice-President (Research and International), University of Manitoba

Honourable Deanne Crothers, Minister of Healthy Living and Seniors

Student awards and Graduate Specialization in Aging presentations

Award

RECIPIENTS

Centre on Aging 2015–2016 student awards

- Nadia Reider, Betty Havens Memorial Graduate Fellowship
- Andrew Stammers, Jack MacDonell Scholarship for Research in Aging
- Hiu-Nam Jamie Leung, Esther and Samuel Milmot Scholarship
- Ryan Nicholson, Barbara Jean Payne Memorial Award in Social Gerontology

2015–2016 Alzheimer Society of Manitoba fellowships

- Brent Aulston
- Farnaz Farshidfar

Centre on Aging Graduate Specialization in Aging certificate

- Hai Luo
- Mary Bertone

For more information, see page 13 for full descriptions

OPENING PLENARY

The Canadian Longitudinal Study on Aging—What's in it for me?

9:15–10:30 a.m.

Frederic Gaspard
Theatre

Presenters

- **Parminder Raina, Ph.D., Director of the Evidence-based Practice Center; Professor, Department of Clinical Epidemiology & Biostatistics, McMaster University; Lead Principal Investigator of the Canadian Longitudinal Study on Aging (CLSA);**
- **Verena Menec, Ph.D., Professor, Department of Community Health Sciences, College of Medicine, University of Manitoba; Canada Research Chair in Healthy Aging; Manitoba Site Co-Principal Investigator for CLSA**

Session Chair

Daniel Sitar, Ph.D., Acting Director, Centre on Aging; Professor Emeritus, College of Medicine

The Canadian Longitudinal Study on Aging (CLSA) is a large, national, long-term study that will follow approximately 50,000 men and women between the ages of 45 and 85 for at least 20 years. The ultimate aim of the CLSA is to find ways to improve the health of Canadians by better understanding the aging process and the factors that shape the way we age. Information about the changing biological, medical, psychological, social, lifestyle and economic aspects of people's lives is being collected and analyzed. By January 2015 the first 45,000 participants were recruited. Dr. Raina and Dr. Menec will describe how CLSA data may be used to help improve the lives of people in Canada and around the world over the next 20 years.

10:30–11:00 a.m.

Morning break in Brodie Atrium

11:00–12:00 p.m.

**Frederic Gaspard
Theatre**

Concurrent sessions

Moving through the system: Promoting safety during transitions in care

Presenters

- **Cornelia van Ineveld, M.D., Associate Professor, Section of Geriatric Medicine, College of Medicine, University of Manitoba**
- **Linda Catteuw, P.T., Rehabilitation Clinician, St. Boniface Hospital**
- **Karen McCormac, B.N., Director, Quality and Patient Safety, Misericordia Health Centre**

Session Chair

Cara Brown, Ph.D. student, Department of Community Health Sciences

Transitioning into, out of and between points in the health care system is a source of stress for seniors and their families. It is also a time of potential risk for patients. We will discuss common stressors and safety issues at points in transition. We will discuss evidence for strategies to reduce risk. Using case-based examples we will also discuss lessons learned and strategies in place in a variety of health care settings in Winnipeg to promote safety at times of transition.

Theatre B

Dignity and end-of-life care in personal care homes: What matters most

Presenter

Genevieve Thompson, Ph.D., Assistant Professor, College of Nursing, University of Manitoba

Session Chair

Sheila Novek, Ph.D. student, Department of Community Health Sciences, College of Medicine

Ensuring that people living and dying in personal care homes (PCH) are afforded with respect and dignity in their daily lives is an essential and humane concern. The concept of dignified care is complex and subjective. For example, care providers may feel that they provide dignified care if they undertake certain care tasks for the resident, while residents may focus more on the manner in which this care was delivered. Providing dignity-conserving care, while important from the moment of admission to the PCH, becomes especially important as a resident nears the end of their life. Drawing from several research studies exploring dignity-conserving and end-of-life care, this session will explore with participants, what is dignity-conserving care, what is important to residents, family caregivers and staff members in supporting resident dignity and delivering quality end-of-life care, what are the barriers and facilitators to providing dignity-conserving care and how can we support residents to live and die well in the PCH environment.

Theatre C

Cohort studies in Manitoba: A wealth of research findings

Presenters

- **Philip St. John, M.D., Associate Professor, Section of Geriatric Medicine, College of Medicine, University of Manitoba**
- **Robert Tate, Ph.D., Professor, Department of Community Health Sciences, College of Medicine, University of Manitoba; Director, Manitoba Follow-Up Study**

Session Chair

Maryam Alshammari, Master's student, Department of Physical Therapy, College of Rehabilitation Sciences

The importance of and challenges to longitudinal studies will be examined. The Aging in Manitoba (AIM) study was the longest continuous study of aging in Canada. It involved almost 9000 older Manitobans between 1971 and 2001. The Canadian/Manitoba Study of Health and Aging was a national study of aging and dementia from 1991 to 2001. Manitoba Health provided funding to increase the sample size in Manitoba and added specific questions of interest, as well as expanding the sample to rural regions.

The Manitoba Follow-up Study (MFUS), now in its 67th year, is Canada's longest running study of cardiovascular disease and aging and included a cohort of 3983 young men, recruited from the Royal Canadian Air Force at the end of World War II. Findings from all of the studies continue to contribute to the health and well-being of Manitobans.

12:00–1:00 p.m.

Lunch in Joe Doupe Concourse

1:00–1:10 p.m.

Research Fellowship presentations

- Dr. Stephen Cornish
- Dr. Jacquie Ripat

**AFTERNOON
PLENARY**

1:10–2:30 p.m.

**Frederic Gaspard
Theatre**

**Celebrating 40 years of made in Manitoba home care: Past, present
and future**

Presenters

- **Réal Cloutier, Vice-President and Chief Operating Officer, Winnipeg Regional Health Authority**
- **Karen Stevens-Chambers, Regional Director of Home and Palliative Care Services, Interlake-Eastern Regional Health Authority**
- **Katherine Bayes, Program Director of Home Care and Services to Seniors, Prairie Mountain Health**

Session Chair

Jim Hamilton, MSc, MPA, Associate Director, Centre on Aging, University of Manitoba

The year 2014 marked the 40th anniversary of home care in the province. The foundation of Manitoba’s innovative model is rooted in the 1970s, with the establishment of the publically funded Office of Continuing Care (1974). The home care pioneers recognized that providing in-home care to patients was a benefit to the individual and their family. The home care system put the patient’s needs first and helped to lessen the strain on the health care system. This session will look back at the early days of home care, how it has evolved to the current system in place today and future directions.

Ms. Stevens-Chambers and Ms. Bayes will focus on the rural perspective of home care and its history by incorporating storyboard work from the Prairie Mountain Health and video vignette’s from the Interlake-Eastern region’s 40th anniversary celebrations.

2:30–3:00 p.m.

Afternoon break in Brodie Centre Atrium

3:00–4:00 p.m.

**Frederic Gaspard
Theatre**

Concurrent sessions

Engaging isolated adults: The “Who’s at My Door” Project

Presenter

Nancy Newall, Ph.D., Research Associate, Centre on Aging, University of Manitoba

Session chair

Megan Ferguson, Undergraduate student, Faculty of Social Work

Identifying isolated adults in the community is an on-going concern and challenge for helping agencies. Certain groups of health care workers (e.g., paramedics) and service providers (e.g. Meals on Wheels) may be in a unique position to encounter extremely isolated or lonely adults in their own homes. This presentation will report on the “Who’s at My Door” project, which examines what guidelines or processes these groups may follow when they encounter someone who is isolated.

Theatre B**Are seniors selfish? A response to the Maclean's article "Old. Rich. Spoiled."**

Presenter

**Lynne Fernandez, Holds the Errol Black Chair in Labour Issues,
Canadian Centre for Policy Alternatives Manitoba**

Session chair

Barbara Tallman, Ph.D. student, Applied Health Sciences

According to a recent controversial article in *Maclean's*, never has a generation held so many assets as today's Canadian seniors, who, in spite of their wealth, continue to be eligible for government subsidies. A broad range of government supported programs and policies created the greatest policy success story in Canadian history, the reduction of seniors' poverty rate. By dismantling those programs, Canada's aging population will begin to feel the pinch again and...tomorrow's seniors will not do as well.

Theatre C**Volunteers and paid companions: Invisible providers of support for older adults in care homes and hospitals**

Presenter

**Laura Funk, Ph.D., Assistant Professor, Department of Sociology,
Faculty of Arts, University of Manitoba**

Session chair

**Sauna Zinnick, Master's student, Department of Community Health
Sciences, College of Medicine**

This is the first presentation from an in-depth research study into the roles of volunteers and paid companions supporting older adults in Winnipeg care homes and hospitals. We interviewed 18 companions, 19 volunteers, and 10 facility representatives, in-person between 2012 and 2014. Participants emphasized the importance of volunteers and companions in meeting social, emotional and relational needs of older adults. In this presentation, Dr. Funk will focus on variations in issues such as: training and preparation; regulation and integration within facilities; specific roles and tasks; working conditions, including flexibility and autonomy; preferences for formalization of the role; and sense of responsibility

Spring Research Symposium presenter biographies

9:15–10:30

Parminder Raina, Ph.D.

Dr. Parminder Raina is the Lead Principal Investigator of the Canadian Longitudinal Study on Aging. He is also the director of the Evidence-Based Practice Center and a Professor in the Department of Clinical Epidemiology and Biostatistics, McMaster University. Dr. Raina's area of specialization includes the epidemiology of aging, injury, and knowledge transfer. He has also served as Hamilton site lead investigator for the Canadian Study of Health and Aging (population study of Dementia) and is leading several multidisciplinary programs of research funded by national and international funding agencies.

Verena Menec, Ph.D.

Dr. Verena Menec is a Professor in the Department of Community Health Sciences, Faculty of Health Sciences, University of Manitoba. She is also the Director of the Graduate Program in the Department of Community Health Sciences. Dr. Menec holds the Canada Research Chair in Healthy Aging. Her research focuses on the areas of healthy aging, determinants of healthy aging, age-friendly communities, and health care utilization among older adults, particularly at the end of life.

11:00–12:00

Cornelia van Ineveld, M.D.

Dr. Cornelia (Kristel) van Ineveld is an Assistant Professor in the Section of Geriatric Medicine at the University of Manitoba as well as the Program Director in the Section of Geriatric Medicine, and Assistant Dean, Student Affairs, for the College of Medicine. Her specialization is in Internal Medicine and Geriatric Medicine. She is involved in the clinical teaching of undergraduate and postgraduate medical trainees and is the Postgraduate Education Director for Geriatric

Medicine Subspecialty Training. Dr. van Ineveld is a consultant Geriatrician at St. Boniface General Hospital and Riverview Day Hospital; and with the Geriatric Program Assessment Teams. Her research interests are focused on education and quality of care/system improvement.

Linda Catteuw, P.T.

Linda Catteuw is a Rehabilitation/Geriatric Clinician at St. Boniface General Hospital. She previously worked as a geriatric clinician with the Geriatric Program Assessment Team (GPAT), Winnipeg Regional Health Authority and is a past Director of the Manitoba Physiotherapy Association.

Karen McCormac, B.N.

Karen McCormac is the Director of Quality and Patient Safety at Misericordia Health Centre. She is responsible for leadership in the development, implementation, and continuous evaluation of the integrated quality program, patient safety initiatives, and ongoing learning opportunities for staff, residents, patients, clients and families at the Health Centre.

11:00–12:00

Philip St. John, M.D.

Dr. Philip St. John is the Department Head of the Section of Geriatrics in the Department of Internal Medicine with a cross-appointment in the Department of Family Medicine, College of Medicine, University of Manitoba. He is a co-lead Manitoba site investigator for the Canadian Longitudinal Study on Aging (CLAS) and a Research Affiliate of the Centre on Aging. Dr. St. John's research interests include rural health and the epidemiology of cognitive impairment and depression.

Robert Tate, Ph.D.

Dr. Robert Tate is a Professor in the Department of Community Health Sciences, College of Medicine, Faculty of Health Sciences, University of Manitoba and the Director of the Manitoba Follow-Up Study, Canada's longest running prospective study of cardiovascular disease and aging. Dr. Tate's primary research interest lies with this long-term study, but he has also collaborated with many local, national, and international health researchers and has contributed to over 140 peer-reviewed publications in journals of health policy, general medicine, epidemiology, cardiovascular disease and gerontology.

Réal has spent his entire life living in Manitoba and has a strong interest in the community, volunteering for many years. He is currently a member of the "End Homelessness Task Force" in Winnipeg which focuses on reducing the prevalence of homelessness in the City of Winnipeg.

Karen Stevens-Chambers

Karen has a Bachelor of Arts degree from the University of Winnipeg, a pre-Masters in Business Administration from University of Manitoba and a Certificate in Human Resource Management from the University of Manitoba. She is also a graduate of the LEADS Leadership Program through the Canadian College of Health Leaders.

11:00–12:00**Genevieve Thompson, Ph.D.**

Dr. Genevieve Thompson completed her BN, MN, and PhD at the University of Manitoba. She is a Research Affiliate of the Centre on Aging and Riverview Health Centre. She is also a Research Associate of the Manitoba Palliative Care Research Unit. She joined the College of Nursing in 2010, and specializes in palliative care for older adults. Her research interests include palliative care, family caregivers, quality of care, and delivery of end-of-life care in long-term care. She currently holds a New Investigator award from the Canadian Institutes of Health Research (CIHR).

Karen has been employed for the past decade as the Director of Home & Palliative Care Services for the Interlake-Eastern Regional Health Authority (North Eastman RHA prior to amalgamation). In 2009, Karen was seconded from this position to work for eHealth representing the 7 Regional Health Authorities on the Procura Scheduling Project. Prior to this position Karen worked for 21 years as the Director of Human Resources for a social services agency in Winnipeg.

Karen has lived the past 20 years in rural Manitoba where she and her husband have raised their 5 children.

1:10–2:30**Réal Cloutier**

Réal Cloutier is the current Vice-President and Chief Operating Officer of the Winnipeg Regional Health Authority (WRHA). He works closely with the WRHA's CEO regarding matters of corporate operations and overseeing the health care system in Winnipeg. He obtained his graduate degree in Public Administration from the University of Manitoba and during his career, he has held a number of leadership positions working in Winnipeg's health care system.

Katherine Bayes

Katherine has enjoyed 28 years of Home Care experience in various roles and has been the Director of Home Care / Service to Seniors for the last 16 years. Presently she is employed with Prairie Mountain Health and formerly with Assiniboine and Marquette RHAs prior to amalgamations. In her early career in Home Care when both she and Marg Barbour were young (no date here so no one can do the math), she had the pleasure of hearing Marg speak at a staff meeting. Prior to Katherine's employment with the Home Care Program, she was employed as a Family Services Social Worker in the Virden area.

Katherine has a Bachelor of Arts degree from the Brandon University and a Bachelor of Social Work degree from University of Manitoba. In 2010, Katherine joined Karen Stevens Chambers on the e-health project for roll out of the Procura Scheduling Project in 7 rural regional health authorities.

Katherine and her husband live rurally in the Rapid City area. They have two grown children who now practice in their own professional fields in Manitoba.

3:00–4:00

Laura Funk, Ph.D.

Dr. Laura Funk is an Assistant Professor in the Department of Sociology, Faculty of Arts, University of Manitoba. She trained as sociologist and social gerontologist at the University of Manitoba, Simon Fraser University, and the University of Victoria. She joined the Department of Sociology, University of Manitoba in 2011 and specializes in health, aging, and care work. Her research interests focus on issues of responsibility, health, and care/support across the life course. This area encompasses the social determinants of health, including social support and care work, as well as the sociology of health, aging, and the family. Dr. Funk is a Research Affiliate with the Centre on Aging, University of Manitoba; Centre on Aging, University of Victoria; and with the Riverview Health Centre (Winnipeg).

3:00–4:00

Lynne Fernandez

Lynne Fernandez has a Master's degree in Economics from the University of Manitoba. Her interests lie in labour and environmental issues, community economic development, government policy, and economic history. Lynne holds the Errol Black Chair in Labour Issues and is a Research Associate and Project Coordinator at the Canadian Centre for Policy Alternatives in Manitoba.

3:00–4:00

Nancy Newall, Ph.D.

Dr. Nancy Newall completed her Ph.D. in Developmental Psychology at the University of Manitoba. Through the Department of Community Health Sciences and the Centre on Aging, she completed her CIHR Post-Doctoral Fellowship in 2013 and is currently a Research Associate with the Centre on Aging. Her research interests focus on older adults and loneliness and isolation, as well as age-friendly communities.

Spring research symposium poster session



Student posters are available for viewing on the Brodie Mezzanine. We encourage symposium attendees to view the posters and see what areas of aging are of interest

Poster presenters are available to speak about their research prior to the start of the morning plenary (8:15–8:45 a.m.); morning (10:30–11:00 a.m.) and afternoon breaks (2:30–3:00 p.m.); and over the lunch hour (12:00–1:00 p.m.).

This year, graduate students, post-doctoral fellows, and medical trainees were invited to submit posters for adjudication. Prizes will be awarded for best Social Sciences and Humanities; and Basic/Health Sciences related posters.

*Undergraduate students who submitted posters for this session were excluded from the poster competition

1. *Transitions between care settings towards the end of life in older home care clients in Manitoba*

Sneha Abraham, MSc¹; Verena Menec PhD¹; Malcolm Doupe, PhD¹; Genevieve Thompson, RN, PhD²

¹Department of Community Health Sciences, University of Manitoba; ²College of Nursing, Faculty of Health Sciences, University of Manitoba

2. *Educational programs for older adults as a source of health promotion*

Barbara Borges

Faculty of Education, University of Manitoba

3. *Can a meta-cognitive rehabilitation strategy work for cognitive impairment in parkinson's disease?*

Catherine E. Bryden Dueck

College of Rehabilitation Sciences, University of Manitoba; Movement Disorder Clinic, Deer Lodge Centre

4. *Developing a simulation model for mitochondrial bioenergetics function - with applications for Alzheimer's disease*

Chris Cadonic¹; Stephanie Portet^{1,2}; Benedict Albenzi^{1,3,4}

¹Program of Biomedical Engineering, Faculties of Engineering, Science and Health Sciences, University of Manitoba; ²Department of Mathematics, Faculty of Science, University of Manitoba; ³Department of Pharmacology and Therapeutics, Faculty of Health Sciences, University of Manitoba; ⁴St. Boniface Hospital Research

5. *Transforming the meaning of life and negotiating self-identity: Spiritual care in palliative care for Hong Kong Chinese older persons*

Wing-sun Chan

Department of Sociology, Faculty of Arts, University of Manitoba

6. *Type of vehicle and speeding and acceleration patterns of older drivers during everyday driving*

Andrew W. Cull, BSc¹; Michelle M. Porter¹, PhD; Satoru Nakagawa, PhD¹; Glenys A. Smith, MSc¹; Mark Rapoport, MD², FRCPC; Shawn C. Marshall, MD, MSc, FRCPC³; Michel Bédard, PhD⁴; Holly Tuokko, PhD⁵; Brenda Vrkljan, PhD⁶; Gary Naglie, MD, FRCPC⁷; Anita Myers, PhD⁸; Isabelle Gélinas, PhD⁹; Barbara Mazer, PhD⁹

¹Faculty of Kinesiology and Recreation Management, University of Manitoba; ²Department of Psychiatry, University of Toronto; ³Ottawa Hospital Research Institute, University of Ottawa; ⁴Centre for Research on Safe Driving, Lakehead University; ⁵Centre on Aging, University of Victoria; ⁶School of Rehabilitation Science, McMaster University; ⁷Department of Medicine and Rotman Research Institute, Baycrest Health Sciences, Research Department, Toronto Rehabilitation Institute, University Health Network, Department of Medicine and Institute of Health Policy, Management and Evaluation, University of Toronto; ⁸School of Public Health & Health Systems, University of Waterloo; ⁹School of Physical & Occupational Therapy, McGill University, Centre de Recherche Interdisciplinaire en Réadaptation du Montréal Métropolitain

7. *Dietary behaviours of baby boomer caregivers in a Canadian nationally representative sample*

Kristen Fleet

Human Nutritional Sciences, University of Manitoba

8. *Fentanyl patches: a problem for the ages*

Kevin Friesen; Shawn Bugden MSc, PharmD

College of Pharmacy, Faculty of Health Sciences, University of Manitoba

9. *The consequences of blind persistence for very old adults 9-year survival*

Jeremy, M. Hamm¹, Judith G. Chipperfield¹, Raymond P. Perry¹, Patti C. Parker¹, & Tara L. Stewart²

¹University of Manitoba; ²Idaho State University

10. *Convoys of social relations in older adulthood*

Oksana Harasemiw

Department of Community Health Sciences, Faculty of Health Sciences, University of Manitoba

11. *Health professionals' perceptions of vitamin D supplementation in long-term care facilities (LTC)*

Amy Ludwig; Christina Lengyel

Department of Human Nutritional Sciences, University of Manitoba

12. *A qualitative exploration of the relationship between senior centre participation and social isolation*

Sheila Novek and Verena Menec

Department of Community Health Sciences, College of Medicine, Faculty of Health Sciences, University of Manitoba

13. Improving the safety of citalopram prescribing

Olasumbo Ojo MSc (candidate) Kevin Friesen MSc (candidate); Shawn Bugden MSc, PharmD
College of Pharmacy, Faculty of Health Sciences, University of Manitoba

14. Does life satisfaction predict dementia?

Lorraine Peitsch¹, Suzanne Tyas², Verena Menec^{3,4}, Phil St John^{1,4}

¹Department of Internal Medicine, Section of Geriatric Medicine, ³Department of Community Health Sciences, Centre on Aging (University of Manitoba) ⁴, and ²University of Waterloo

15. Tendency to overestimate the explicit time interval in relation to aging and cognitive decline

Omid Ranjbar Pouya¹; Debbie Kelly²; Zahra Moussavi^{1,3}

¹Biomedical Engineering program, University of Manitoba; ²Department of Psychology, University of Manitoba; ³Riverview Health Centre

16. Older adults' mental health information preferences

Kristin Reynolds¹; Corey Mackenzie, PhD¹; John Walker²; Connie Newman³; Desiree Danchuk¹

¹Department of Psychology, University of Manitoba; ²Department of Clinical Health Psychology, University of Manitoba; ³Manitoba Association of Senior Centres

17. Cognition and memory interventions for older adults

Daniel Saltel

Community Health Sciences, College of Medicine, Faculty of Health Sciences, University of Manitoba

18. Is a rural residence associated with dementia?

Judith Seary², Suzanne Tyas¹, Verena Menec², Philip St John²

¹University of Waterloo; ²University of Manitoba.

19. Walking cadence to attain a minimum of moderate aerobic intensity in people at risk of cardiovascular diseases

Fagner Serrano^{1,2}, Todd A. Duhamel^{1,2,3}, Danielle R. Bouchard^{1,3}

¹Faculty of Kinesiology and Recreation Management, University of Manitoba; ²Institute of Cardiovascular Sciences, St. Boniface Hospital Research Centre, Winnipeg, Manitoba, Canada; ³Health, Leisure, and Human Performance Research Institute, Winnipeg, Manitoba

20. Walking cadence: a novel strategy to improve the proportion of inactive older adults who reach the canadian physical activity guidelines

Jana Slaght¹ and Danielle Bouchard^{1,2}

¹Faculty of Kinesiology and Recreation Management, University of Manitoba; ²Health, Leisure, and Human Performance Research Institute, University of Manitoba

21. Safe and inclusive housing for LGBT* older adults

Morgan Stirling

Department of Family Social Sciences, Faculty of Human Ecology, University of Manitoba

22. Mitochondrial dysfunction as an etiological factor in the progression of neurodegeneration in diabetes

Ella Thomson, Subir Roy Chowdhury, Paul Fernyhough, Benedict Albeni

Faculty of Engineering, University of Manitoba; St. Boniface Hospital Division of Neurodegenerative Disorders; College of Medicine, Faculty of Health Sciences, University of Manitoba

23. Developing a taxonomy of health care aides tasks in a personal care home

Shauna Zinnick

Department of Community Health Sciences, Faculty of Health Sciences, University of Manitoba

24. Role of Physical Activity in Cognitive Functions of Older Adults

Wasan Sulaiman and Verena Menec

Department of Community Health Sciences, College of Medicine, Faculty of Health Sciences, University of Manitoba

25. Older adults' perceptions of alcohol and prescription drug use in older adulthood

Megan Ferguson¹, Donald Fuchs¹, Elaine Murdoch²

¹Faculty of Social Work, University of Manitoba; ²College of Nursing, Faculty of Health Sciences, University of Manitoba

26. Benefits of optimistic social comparisons for older adults receiving threatening health messages

Janique L. M. B. Fortier; Judith G. Chipperfield, Jeremy M. Hamm, Loring P. Chuchmach, & Raymond P. Perry
Department of Psychology, Faculty of Arts, University of Manitoba

27. Factors associated with development and stability of delusions in probable Alzheimer's disease

Colleen Millikin, Brenda M. Stoesz, Corinne Fischer, Zahinoor Ismail, Tom Schweizer

Department of Clinical Health Psychology, University of Manitoba; Department of Psychology, University of Manitoba; Li Ka Shing Knowledge Institute, St. Michael's Hospital, University of Toronto; University of Calgary, Hotchkiss Brain Institute; Li Ka Shing Knowledge Institute, St. Michael's Hospital, University of Toronto

28. Neighbourhood characteristics and age-friendly planning in suburbia: what age-friendly characteristics matter in a car culture?

Nancy Newall, PhD¹; Verena Menec, PhD^{2,3}

¹Centre on Aging, University of Manitoba; ²Department of Community Health Sciences, University of Manitoba; ³Canada Research Chair in Healthy Aging

29. A longitudinal examination of social participation, loneliness, and use of physician and hospital services

Nancy Newall, PhD¹; Jennifer McArthur, BSc², MSc; Verena Menec, PhD^{2,3}

¹Centre on Aging, University of Manitoba; ²Department of Community Health Sciences, University of Manitoba; ³Canada Research Chair in Healthy Aging

30. Development of a toolkit and Canadian men's sheds network: providing meaningful engagement and reducing isolation among older men in Canada

Mary Anne Nurmi¹, James Urquhart², Corey MacKenzie, PhD, C. Psych.¹, Kerstin Roger, PhD³, Kristin Reynolds¹

¹Department of Psychology, Faculty of Arts, University of Manitoba; ²Faculty of Social Work, University of Manitoba; ³Faculty of Health Sciences, University of Manitoba

31. Comparing step count accuracy in ActiGraph GT3X+ and StepWatch3 activity monitors in geriatric in-patients

Sandra C. Webber,^{1,2} Melissa M. Smith,¹ Philip D. St. John^{1,3}

¹Centre on Aging; ²Department of Physical Therapy, College of Rehabilitation Sciences; ³Geriatric Medicine, Department of Internal Medicine, College of Medicine

Tuesday, May 5, 2015: About the workshop

Dr. Parminder Raina and Dr. Verena Menec will hold a workshop on Tuesday morning to provide an overview of what researchers and students need to know about accessing the Canadian Longitudinal Study on Aging (CLSA) data.

CLSA datasets hold and describe variables collected from participants at each wave of data collection. The variable search tool enables researchers to locate items of interest within all available data collected from CLSA participants.

Currently, data emanating from the over 20,000 Tracking participants who completed the baseline 60-minute telephone interviews are available. Cognitive scoring is ongoing and these data will be available as part of the second CLSA data release in Winter 2014–2015.

Datasets from future data collection events will be added when they are available.

Day 2: May 5, 2015

*** Workshop participants will meet in 204 Brodie Centre.**

Note: Centre on Aging staff will be on hand in the Brodie Atrium to direct workshop participants to the room until 9:30 am

9:00 am–9:10 am Welcome and overview of morning
204 Brodie Centre

9:10 am–10:30 am Review data access protocol

10:30 am–10:45 am Morning break

10:45 am–12:00 pm Review data access protocol
Workshop participant questions

12:00 pm Adjournment

Centre on Aging awards and fellowship recipients

2015–2016 Research Fellowships

Each year, the Centre offers a Centre on Aging Research Fellowship to a faculty member at the University of Manitoba. The intent of the fellowship is to encourage research in aging by either providing release from some teaching responsibilities for faculty to increase the faculty member's research activities in aging for a one-year period, or to provide funding to support their research. This year, the Centre awarded two fellowships for the 2015–2016 year to Stephen Cornish, Ph.D., and Jacquie Ripat, Ph.D.

Dr. Stephen Cornish, Assistant Professor, Faculty of Kinesiology and Recreation Management

Response of Interleukin-15 to varying exercise intensities in older men

The loss of skeletal muscle mass and muscle strength is associated with the aging process and has been defined as sarcopenia. Sarcopenia can lead to a number of difficulties in maintaining activities of daily living and may increase the risk of falling in older adults. There are various methods that have been used to increase the amount of skeletal muscle mass and strength that older adults have but it seems the most effective method is for older adults to participate in a resistance training exercise program. Finding the most effective training method to enhance skeletal muscle mass and strength in older adults is of importance. One factor to consider when designing resistance training programs for older adults is the intensity of the exercise prescription. Certain proteins released from skeletal muscle, the myokines, have been shown to influence skeletal muscle growth and repair. The myokine called interleukin-15 has been shown to be muscle building and has great potential in reducing the development of sarcopenia. Currently, it is not known what influence resistance exercise intensity will have on interleukin-15 release into the systemic circulation in older adults. The goal of this research project is to evaluate three different intensities of a single bout of resistance training to determine the interleukin-15 response to varying intensities of exercise in older men. It is anticipated that the results from the research will help to develop effective resistance training programs to maximize the muscle building effects of interleukin-15 release from contracting muscles.

Dr. Jacquie Ripat, Associate Professor, Department of Physical Therapy, College of Rehabilitation Sciences, Faculty of Health Sciences

Increasing the winter community participation of older adult wheelchair users

There is strong evidence to support that community-dwelling older adults who are able to maintain their involvement in social, recreational, spiritual and physical activities experience positive effects on their health and quality of life. While winter creates challenges to community participation for many Manitobans, these difficulties are magnified for older adults and particularly for older adults who use wheelchairs. The aim of this study is to explore ways to improve or maintain community participation of community-dwelling older adults who use wheelchairs in the winter.

Using a single-subject design, five older adult Manitobans who are wheelchair users will each select three community-based participation goals to work on throughout the winter months. Each older adult participant will work with an occupational therapist to receive individually-focused interventions aimed at increasing his or her community participation. We will use a client-centred outcome measure designed to detect changes in performance and satisfaction in the goals that the individual has self-identified as being important to him or her, yet difficult to perform. The findings of this study will

help determine the feasibility of conducting a larger scale study that would include a greater number of older adult Manitobans. Older adult wheelchair users in Manitoba bear a disproportional burden in the winter when aging, mobility limitations, and weather coincide to create conditions that make community participation exceedingly difficult. It is important to the health and well-being of older adult Manitobans to find effective ways to promote community engagement throughout the winter months.

2015–2016 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 older adults. She was one of the founders of the Centre in 1982 and maintained close ties with the Centre throughout her life.

Nadia Reider Ph.D. student, Department of Community Health Sciences, is the 2015–2016 recipient of the Centre on Aging Betty Havens Memorial Graduate Fellowship.

Assessing high and low risk periods of pain during nursing home stay and the patterns of analgesic drug use during these times

Advisor: Malcolm Doupe, Ph.D., Assistant Professor, Department of Community Health Sciences, Faculty of Health Sciences, College of Medicine; Senior Research Scientist, Manitoba Centre for Health Policy

Few researchers have evaluated the management of pain among nursing home residents, particularly in Canada. Importantly, no previous research has defined higher risk periods of pain across the life cycle of nursing home residents, defining for example, the extent that is higher upon nursing home admission, following return from the emergency department, or when residents approach death.

The objectives of Ms. Reider's research is to identify pain trajectories including high and lower risk periods of pain for residents during their nursing home stay. The second objective is to define different patterns of analgesics drug use amongst residents who exhibit these different trajectories of pain. The third objective of this study will examine how individual-level and facility-level characteristics are associated with different pain trajectories overall, and also with analgesic drug use for these various sub-groups of residents.

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 his contributions and achievements to teaching, research, and service in gerontology. It is awarded to a student pursuing full-time graduate studies with a focus on aging at the University of Manitoba.

Andrew Stammers, Master's student, Faculty of Kinesiology and Recreation Management, is the 2015–2016 recipient of the Jack MacDonell Scholarship for Research in Aging.

The PREHAB Study—Pre-operative rehabilitation for reduction of hospitalization after coronary bypass and valvular surgery: A randomized controlled trial

Advisor: Todd Duhamel, Ph.D., Associate Professor, Associate Dean (Research & Graduate Studies), Faculty of Kinesiology and Recreation Management

Due to an aging demographic and advances in surgical procedures, older and increasingly frail patients are now being referred for cardiac surgery in Canada, with the proportion of patients aged 75 and older undergoing cardiac procedures increasing from 16% (1990) to over 25% (2012). Emerging evidence has demonstrated that the geriatric condition referred to as frailty may be an equally important prognostic indicator of surgical success.

Mr. Stammer's research will address both a clinical care and literature gap by determining if attendance at an interdisciplinary exercise and education intervention improves perioperative outcomes. Specifically, researchers aim to "de-frail" the high-risk patient requiring surgical intervention and engage patients in active self-management to promote sustained behavior change. This project will test the hypotheses that attendance at an interdisciplinary exercise and education intervention will reduce the proportion of frail patients requiring a post-operative hospital length of stay to less than seven days; and reduce the prevalence of frailty, improve physical fitness, physical activity and health related quality of life one week pre-operatively to a greater extent than standard care.

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.

Hiu-Nam Jaime Leung, Master's student, Department of Psychology, Faculty of Arts, is the 2015–2016 recipient of the Esther and Samuel Milmot Scholarship.

Effects of dynamic stimuli on older adults and the other age-effect

Advisor: Lorna Jakobson, Ph.D., Professor, Department of Psychology, Faculty of Arts

Older adults process faces differently from younger adults and often perform worse on tests of face recognition. However, studies suggesting that facial recognition accuracy declines with age have typically used static images. Ms. Leung's proposed research will examine the processing of facial movements in older adults; the findings will extend previous work, which has been focused primarily on younger adults. She will conduct her research in three studies: exploring whether older adults are able to use rigid and/or non-rigid motion cues to bolster their recognition performance, or whether age-related problems with motion-processing limit their ability to do so; investigating if the ability of dynamic cues will decrease the identification errors that older adults make when searching for targets in a lineup; and investigating the ability of dynamic cues alters the other age effect in younger adults and middle-aged adults to the same extent.

Barbara Jean Payne Memorial Award in Social Gerontology

The Barbara Jean Payne Memorial Award in Social Gerontology was established in 2013 through a bequest by Dr. Payne to the Centre on Aging to offer an award to a graduate student pursuing studies in social gerontology. The scholarship will be offered annually, until the capital and income have been exhausted, to a full-time graduate student whose thesis research is in the area of social gerontology.

Ryan Nicholson, Ph.D. student, Department of Psychology, Faculty of Arts is the 2015–2016 recipient of the Barbara Jean Payne Memorial Award in Social Gerontology.

Disordered gambling in older adult populations

Advisor: Corey Mackenzie, Ph.D., C. Psych., Associate Professor Department of Psychology, Faculty of Arts

Gambling, like other addictive behaviours, is frequently used as a means of either escaping from or coping with negative emotionality. Mr. Nicholson's three-study dissertation will contribute to the overall understanding of disordered gambling by examining its comorbidity with other psychological disorders, including substance-use disorders and anxiety disorders, as well as investigating how disordered gambling differs between age group.

Alzheimer Society of Manitoba Fellowships

The Alzheimer Society of Manitoba offers two awards to graduate students. The purpose of these awards is to enhance knowledge about the cause, treatment, cure and effects of Alzheimer's disease and other dementias in the biomedical and psychosocial domains; to increase knowledge about the care of people with dementia by formal and informal caregivers; to encourage and to stimulate graduate student research activity in Alzheimer's disease and other dementias. The Centre on Aging adjudicates the Alzheimer Society of Manitoba Graduate Fellowships.

Brent Aulston, Ph.D student, Department of Pharmacology and Therapeutics, College of Medicine is a 2015–2016 recipient of the Alzheimer Society of Manitoba Graduate Student Fellowship.

Direct brain delivery of secreted amyloid precursor protein alpha, via genetically modified neural stem cell implantation, in an Alzheimer's disease model

Advisor: Michael Czubryt, Ph.D., Associate Professor, Department of Physiology & Pathophysiology, St. Boniface General Hospital Research Centre

Type 2 diabetes is a major risk factor for Alzheimer's Disease and recent research has shown numerous links between the diseases. There are multiple indications of insulin signaling dysfunction in the Alzheimer's Disease brain, including decreased insulin response activity, alterations in insulin receptor abundance, and decreased insulin sensitivity in Alzheimer's Disease brain. Even in the absence of systemic diabetes, Alzheimer's Disease brain tissue displays impairments of insulin/IGF1 signaling.

Through his research, Mr. Aulston will test the hypothesis that direct brain delivery of secreted amyloid precursor protein alpha (*sAPP α*) will activate neuronal insulin pathways and ameliorate neuronal pathology associated with amyloid beta overproduction in animal models of diabetes and Alzheimer's Disease. The proposed work will investigate the efficacy of a novel therapeutic strategy for potential use in the treatment and management of Alzheimer's and other age-related dementias.

Farnaz Farshidfar, Master's student, Department of Human Nutritional Sciences, Faculty of Agricultural and Food Sciences, is a second recipient of the 2015–2016 Alzheimer Society of Manitoba Graduate Student Fellowship.

Effects of creatine supplementation on muscle metabolism in an Alzheimer mouse model

Advisor: Semone Myrie, Ph.D., Assistant Professor, Department of Human Nutritional Sciences

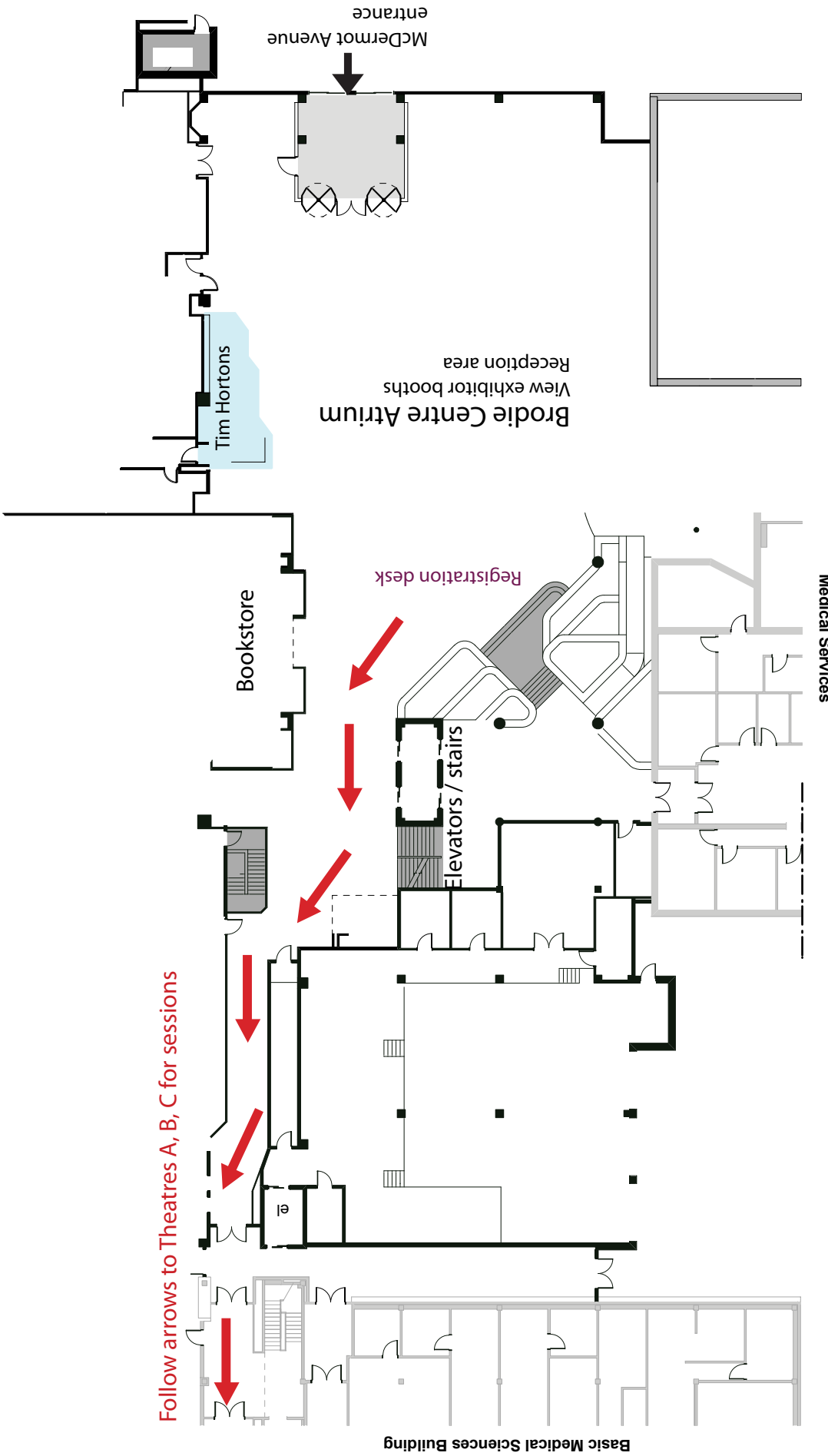
Dementia is not the only leading factor contributing to dependency in Alzheimer's disease patients. Evidence indicates that Alzheimer's disease is a systemic pathology, for instance, muscle problems may be prevalent among patients. Strategies aimed at enhancing muscle mass and function are critical to increase functionality and quality of life in older adults, including those with Alzheimer's disease. One of these strategies is supplementation of patients with creatine, which is a nitrogenous compound with vital roles in energy metabolism of the cells particularly of the muscles. More than 95% of the human body's stored creatine is located in skeletal muscles.

Mrs. Farshidfar's study objective is to determine the effects of creatine supplementation on muscle metabolism in an Alzheimer's disease mouse model. The specific objectives to be tested are to determine if there is an enhancement in creatine metabolism in creatine supplemented groups; to determine if there is an enhancement in muscle mass or muscle cell size in creatine supplemented group; and to determine if creatine has any effect on activation of elements of intracellular signaling pathways involved in the regulation of muscle protein synthesis.

Graduate Specialization in Aging

The Centre on Aging has administered the Graduate Specialization in Aging (GSA) at the University of Manitoba since Fall 2007. The GSA offers graduate students the opportunity to gain additional expertise in the field of aging and to gain official recognition by the Faculty of Graduate Studies for that expertise by earning extra credentials. Having met all the requirements, two graduate students will receive their certificate:

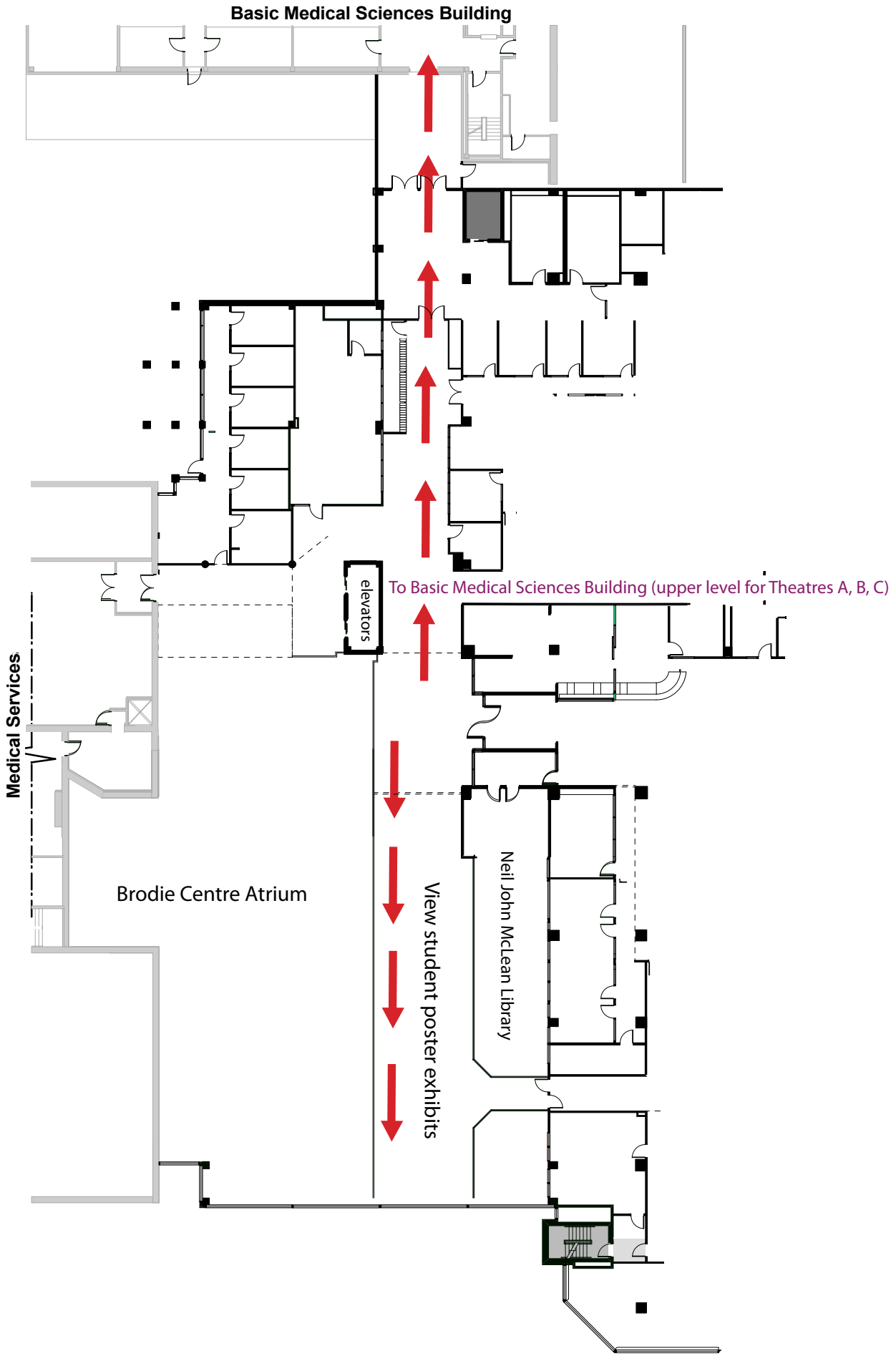
- Hai Luo completed the requirements to receive her Doctor of Philosophy degree from the Faculty of Social Work. Her thesis was entitled *Strengthening social capital through residential environment development to support healthy aging: A mixed methods study of Chinese Canadian seniors in Winnipeg*.
- Mary Bertone completed an advanced field placement to receive her Master of Public Health degree from the Department of Community Health Sciences, College of Medicine. Her field placement focused on *Oral health in long-term care: Improving the quality of life for older adults*.



Follow arrows to Theatres A, B, C for sessions

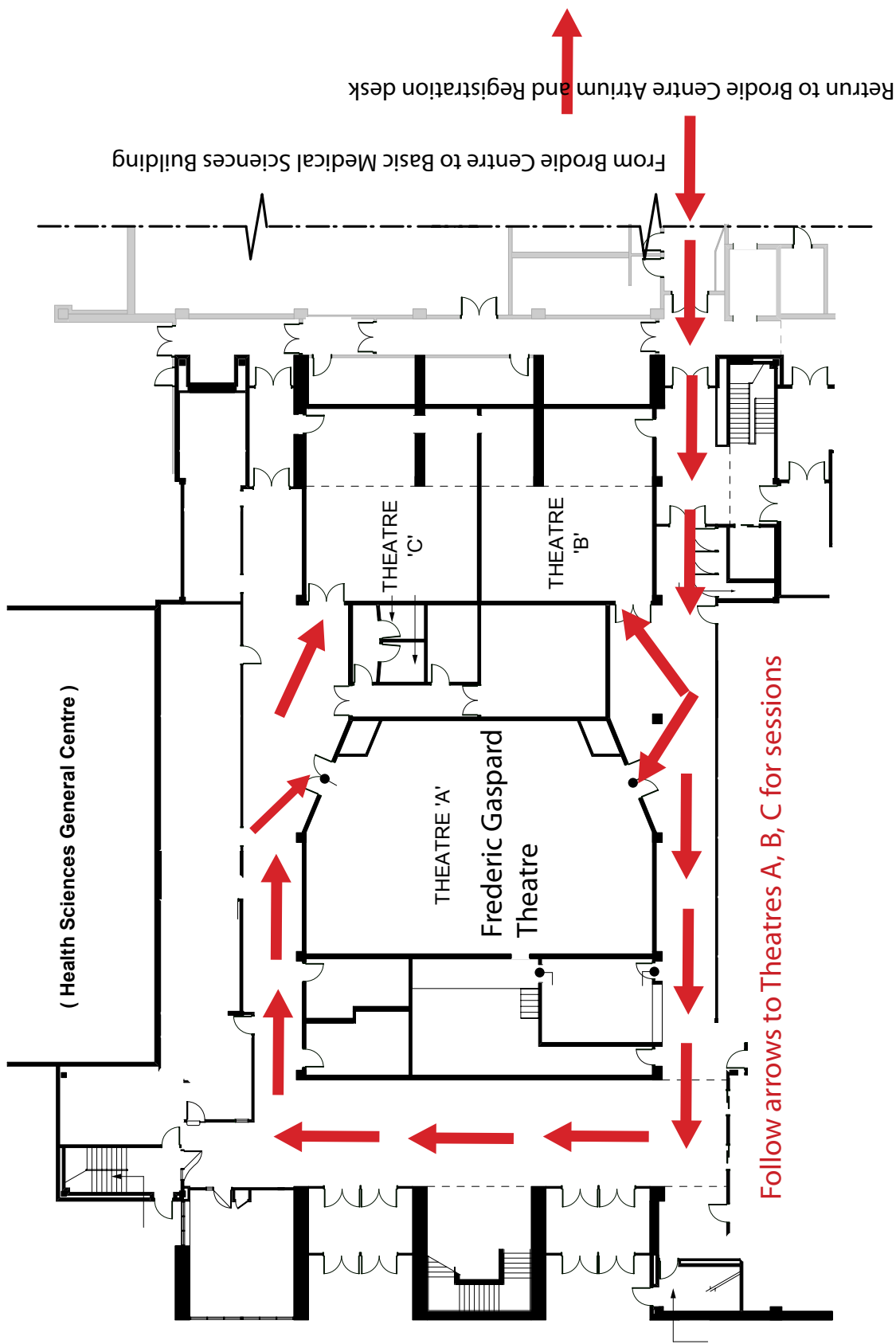
Main floor Brodie Centre

Bannatyne Campus | University of Manitoba



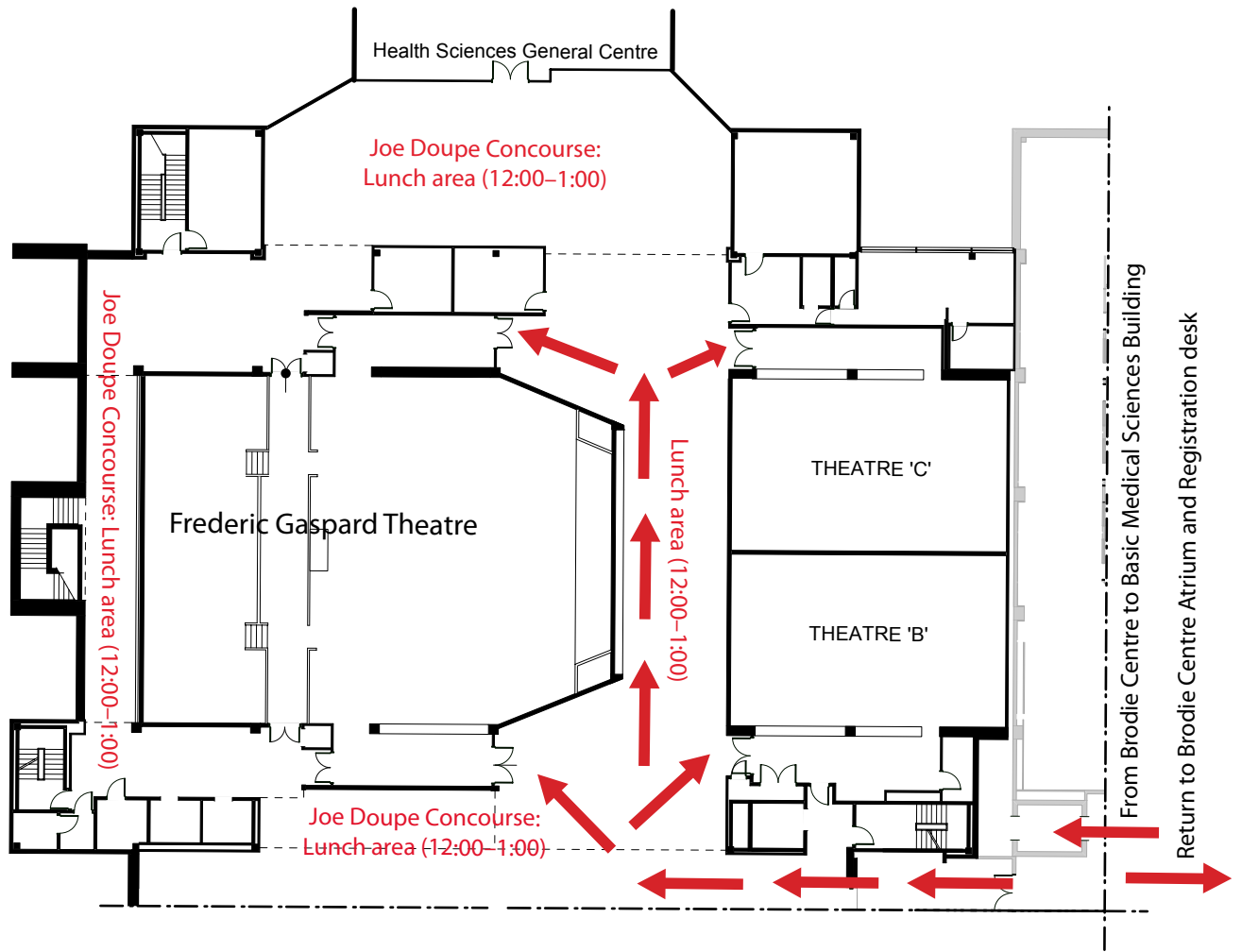
Second floor Brodie Centre

Bannatyne Campus | University of Manitoba

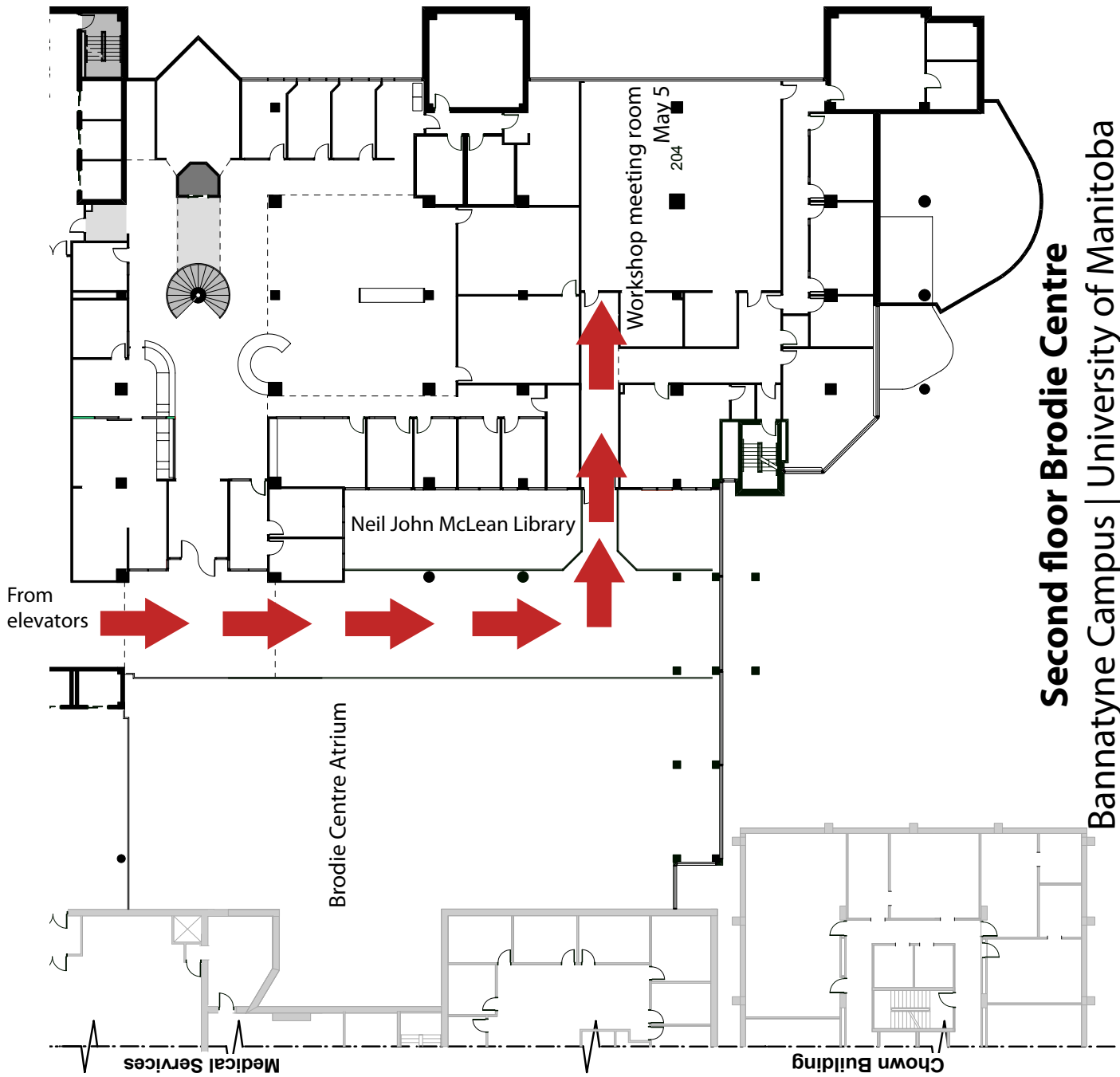


Main floor Basic Medical Sciences Building

Bannatyne Campus | University of Manitoba



Second floor Basic Medical Sciences Building Bannatyne Campus | University of Manitoba



Second floor Brodie Centre
Bannatyne Campus | University of Manitoba

Notes

Special thanks and acknowledgements

The 32nd Annual Spring Research Symposium was organized with the assistance of the Community and University Liaison Committee of the Centre on Aging.

Dr. Daniel Sitar	Acting Director, Centre on Aging
Staff	Manitoba Seniors and Healthy Aging Secretariat
Dr. Laura Funk	Assistant Professor, Department of Sociology
Sheila Novek	PhD student, Department of Community Health Sciences
Dr. Michelle Porter	Professor, Faculty of Kinesiology and Recreation Management
Dr. Mary Shariff	Associate Professor, Faculty of Law
Dr. Philip St. John	Associate Professor, Head, Section of Geriatrics, College of Medicine
Bob Thompson	Community member

Exhibitors

The Centre on Aging has made literature tables available for a number of invited exhibitors. Visit the literature tables located in the Brodie Atrium by the registration desk to learn more about these organizations:

- Centre on Aging, University of Manitoba
- Alzheimer Society
- Creative Retirement Manitoba
- Canadian Longitudinal Study on Aging
- Canadian Association on Gerontology
- Grands 'n' More
- J.W. Crane Library, University of Manitoba
- Manitoba Seniors & Healthy Aging Secretariat
- Osteoporosis Canada
- Rupert's Land Caregiver Services
- Victoria Lifeline

Our sponsors

The Centre on Aging would like to thank the following sponsors of this year's 32nd Annual Spring Research Symposium for their support and support in kind:



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Geriatric Medicine

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

Accreditation

This program is designated an accredited learning activity by the College of Licensed Practical Nurses of Manitoba (applies to Continuing Competency Program).

The College of Dental Hygienists of Manitoba considers this program to be a Continuing Competency Activity.

Many organizations have self-directed Continuing Competency programs. If you need a certificate of attendance, please ask at the registration table at the end of the day.