



# Centre on AGING

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## Canadian Association on Gerontology 2009 *Where the Rivers Meet, Merging Perspectives on Aging*

Excitement was in the air at the opening of the Canadian Association on Gerontology's (CAG) annual scientific and educational meetings in Winnipeg in October. Over 425 individuals attending the CAG conference agreed that it was a resounding success! Over 150 attended three separate day-long pre-conference sessions; one on long-term care, another on age-friendly environments, and the third on multidisciplinary approaches to elder abuse.

Norma Drosdowech's opening keynote address, jointly funded by the Canadian Institutes of Health Research Institute of Aging and CAG,

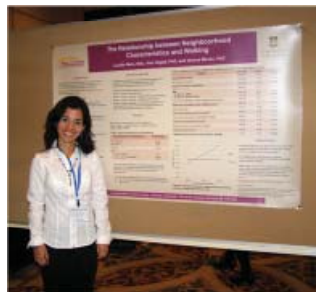


*Barbara Payne, Chair, Local Organizing Committee, Norma Drosdowech, Trish Macdonald, Conference Manager*

was a sensation! Entitled *My Vision for an Aging Society: Exploring a world in which we will travel the rivers and streams of aging together and create as society which cares for and honours all of its elders*, it set the tone for the conference.

Over 100 Manitoba researchers, service providers, government representatives and students participated in various sessions, including 12 paper presentations, 38 posters, 8 symposia with a total of 37 presentations in them, and 2 workshops that included 6 presentations.

So that all who wished to attend could, students and older adults were offered a greatly reduced registration fee. As a result, a total of 36 students from across the country participated in the Graduate Student Poster Competition.



*Lucelia de Melo, PhD student  
University of Manitoba*

## Canadian Longitudinal Study on Aging (CLSA)

The Centre on Aging, University of Manitoba is pleased to announce that it has been confirmed as a data collection site for both the CLSA Tracking Cohort and Comprehensive Cohort. The CLSA is a large, national, long-term study that will follow approximately 50,000 Canadian men and women between the ages of 45 and 85 for a period of at least 20 years.

The implementation phase of the study includes the recruitment of 20,000 Canadians who will form the Tracking Cohort; data collection (CATI interviews) is to begin early 2010. CLSA research participants will provide information on the changing biological, medical, psychological, social and economic aspects of their lives every 18 months. Recruitment of the 30,000 Canadians who will be part of the Comprehensive Cohort is slated to begin mid-2011.

... continued p. 2

## CLSA (cont'd)

These individuals will provide in-depth information through physical examinations and biological specimen collection in addition to the information collected through interviews.

Verena Menec, Director, Centre on Aging, is the Manitoba Site Principal Investigator; Audrey Blandford is the Manitoba CATI Site Manager. Dr. Parminder Raina (McMaster University, Hamilton), Dr. Christina Wolfson (McGill University, Montreal) and Dr. Susan Kirkland (Dalhousie University, Halifax) are the Principal Investigators.

## Mark Your Calendar! Monday, May 3, 2010

CENTRE ON AGING PRESENTS:

**27<sup>th</sup> Annual  
Spring Research Symposium**

*Dialogue on Aging*

Location: Brodie Centre, 727 McDermot Avenue  
Bannatyne Campus, University of Manitoba

Date: Monday, May 3, 2010

Time: 8:30 a.m. - 4:30 p.m.

For Information Contact:  
Centre on Aging  
204-474-8754  
aging@umanitoba.ca  
or visit:  
www.umanitoba.ca/centres/aging

OF INTEREST TO:

- Students
- Seniors
- Service Providers
- Researchers
- Community Groups
- Health Care Providers

*All are Welcome to Attend!*



## Milestones



In 2007, the Centre on Aging celebrated 25 years of research excellence. The Centre's strategic directions assisted in the development of, and support for, high-quality research programs and initiatives, helped build research capacity in the field of aging, and fostered the dissemination, transfer, and translation of research findings into policies, interventions and services. Select milestones and accomplishments have been chronicled in a document entitled **25 Years of Research Excellence** which is available on the Centre's web site: [www.umanitoba.ca/centres/aging](http://www.umanitoba.ca/centres/aging).

## Horticultural Therapy

The Assiniboine Park Conservatory in Winnipeg is a unique teaching facility. It offers educational programs for seniors that involve the use of horticulture and related crafts as tools to engage all of the senses and deepen learning experiences that can be extended to benefit other areas of daily living. For further information, call 986-2400 or e-mail [mscouten@winnipeg.ca](mailto:mscouten@winnipeg.ca)

## Canada's Aging Population: Seizing the Opportunity

The **Honourable Sharon Carstairs, P.C.**, Chair, Special Senate Committee on Aging, will present recommendations from the Committee on **Thursday, February 4, 2010** at Noon in the Frédéric Gaspard Theatre (Theatre A), 730 William Ave.

The Committee was established on November 7, 2006, to examine and report upon the implications of an aging society in Canada. In their final report presented to the Canadian Senate in April 2009 serious gaps for older Canadians were identified. The Committee concluded that Canada should be doing more to assist its aging population and brought forth 32 recommendations within five frameworks:

- I: Move immediately to take steps to promote active aging and healthy aging and to combat ageism;
- II: Provide leadership and coordination through initiatives such as a National Integrated Care Initiative, a National Caregiver Strategy, a National Pharmacare Program, and a federal transfer to address the needs of provinces with the highest proportion of the aging population;
- III: Ensure the financial security of Canadians by addressing the needs of older workers, pension reform and income security reform;
- IV: Facilitate the desire of Canadians to age in their place of choice with adequate housing, transportation, and integrated health and social care services; and,
- V: Act immediately to implement changes for those populations groups for which it has a specific direct service responsibility, and in relation to Canada's official language commitments.

## Recent findings:

In a recent study by Elizabeth Ready, PhD, Professor, Kinesiology, Research Affiliate, Centre on Aging, and co-investigators, population activity levels were examined in relation to Canada's Physical Activity Guide (CPAG) recommendations. Of the 6,536 individuals, close to 70% met the minimum physical activity recommendations, but only 29% did so with vigorous activity. Researchers recommend that "given the corresponding increase in the levels of obesity and chronic disease, and unequivocal nutrient intake data, the CPAG be reviewed, especially with respect to the inclusion of routine baseline activities of daily living."

A.E. Ready, J.E. Butcher, J.B. Dear, P. Fieldhouse, S. Harlos, A. Katz, M. Moffatt, M. Rodrigue, J. Schmalenberg, & P. Gardiner (2009). *Canada's physical activity guide recommendations are a low benchmark for Manitoba Adults*. Appl. Physiol. Nutr. Metab 34:172-181.

Does a single-item measure of depression predict mortality? Philip St. John, and Patrick Montgomery, both Associate Professors, Geriatric Medicine and Centre on Aging Research Affiliates, analyzed data from 1751 community-dwelling Manitobans aged 65 or older over a five year period. Participants were from the Manitoba Study of Health and Aging. They concluded that a simple measure of depression drawn from the Epidemiologic Studies Depression (CES\_D) scale predicts mortality among cognitively intact community-dwelling older adults, but not among cognitively impaired older adults. Also, when self-rated health was entered into the model, the single-item measure no longer predicted mortality. Further study to determine the usefulness of this question for depression in older adults in clinical settings is needed before widespread adoption by family physicians.

## Samuel Weiner Distinguished Visitor Award

The Centre on Aging is pleased to announce that we are the recipient of the University of Manitoba's **Samuel Weiner Distinguished Visitor Award** to bring **John Creswell**, PhD, to the University of Manitoba in March 2010. Dr. Creswell is a Professor in the Department of Educational Psychology, College of Education and Human Sciences at the University of Nebraska-Lincoln (UNL). He teaches courses in, and writes about, qualitative methodology and mixed methods research. He co-directs the Office of Qualitative and Mixed Methods Research which provides support to scholars at UNL incorporating qualitative and mixed methods research into their projects seeking external funding. He also serves as the founding and current Co-Editor for the Sage journal, *Journal of Mixed Methods Research*.

Dr. Creswell served as a Senior Fulbright Scholar at five South African universities in October, 2008. He offered instruction on qualitative and mixed methods approaches to research - a two-pronged approach he unintentionally helped establish in the late 1980s.

Creswell explains that qualitative research is gathering individual stories to learn about the people affected by the research; mixed methods takes those stories and combines them with numbers or research data to give more depth to a research project.

While at the University of Manitoba, Dr. Creswell will present a lecture outlining his research entitled ***Educational Research: Planning, Conducting, and Evaluating***



***Quantitative and Qualitative Approaches***. In conjunction with the Centre on Aging's annual Research Forum on March 26, he will conduct a workshop on how to design a mixed methods study and how to write a mixed methods article for submission to a peer reviewed journal.

***John Creswell, Senior Fulbright Scholar, to conduct workshop on mixed methods studies***

Dr. Creswell will also meet with researchers from the Manitoba Centre for Nursing and Health Research; Sociology; Graduate

Studies; Manitoba Centre for Health Policy; Social Work; Health, Leisure & Human Performance Research Institute; Community Health Sciences; Psychology; Education; the Asper School of Business; the Qualitative Research Group, Life Course Initiative; the Section of Geriatrics; and, the Manitoba Palliative Care Research Unit, all of whom provided support to our application. Information on the dates and times of Dr. Creswell's presentations will be on the Centre's web site in January.

***Samuel Weiner was a European immigrant who became a successful Winnipeg entrepreneur. He was keenly interested in research, and upon his death in 1960, left funding to the University of Manitoba to establish this award.***

## Updated Centre on Aging Publications

### *Manitoba Seniors: Health Status Update 2009*

This report updates information from the 2005 Manitoba Fact Book on Aging with specific emphasis on health status, both physical and mental.

- The 2007 General Social Survey (Cycle 21) examined measures of overall functional health based on 8 dimensions, vision, hearing, speech, mobility, dexterity, feelings, cognition and pain. Just over two-thirds (68.3%) of Manitobans aged 65 and over had very good or perfect functional health as measured by the Health Utility Index.
- In the 2006 Participation and Activity Limitation Survey it was reported that 52.4% of Manitobans aged 65 and over had no limitations with everyday activities because of a health-related condition or problem.
- In all age categories, women were more likely than men to report moderate or severe functional health problems.
- Increasing age was associated with a greater likelihood of moderate or severe functional health problems.

### *Seniors' Contributions to Manitoba: Quick Facts 2009*

- Over 53,000 Manitoba seniors volunteered in 2004 spending 17 million hours in volunteer activities. Men and women 65+ volunteered on average 7.8 and 4.8 hours per week, respectively.
- Senior Manitobans gave more money per capita to charitable donations than any other age group. In 2004, 130,990 (90%) of Manitoba's seniors gave charitable donations totaling nearly \$80 million.

### *Manitoba: Labour Force and Income Update*

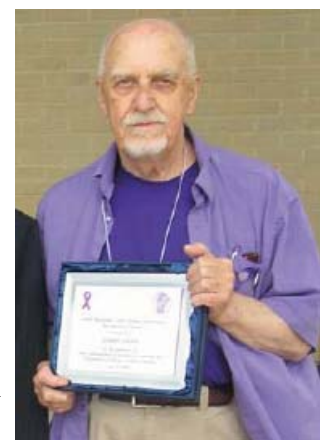
- In 2005, almost two-fifths (37.2%) of Manitobans aged 45 and over indicated 'retired' as their main activity in the twelve months prior to the survey
- More men (36.6%) than women (23.3%) indicated an early retirement plan/incentive as a reason for retirement. Women were more likely to mention caring for a family member/friend as a reason for retirement.

## Focus on a Manitoba Senior

Harry Paine, President of the Manitoba Society of Seniors, and a senior himself, has long been an advocate for issues facing seniors including affordable accessible housing and the prevention of elder abuse. Harry grew up in a home environment of political activism and social responsibility. Thus it was no surprise when he decided to assist in making the world a better place to live. Years ago he worked with Martin Luther King in Montgomery, Alabama, and has continued to focus on the rights of all since.

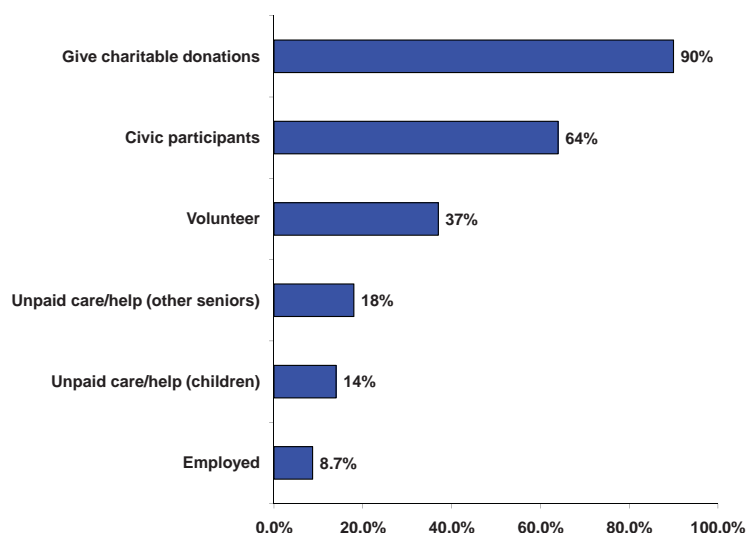
It is a well known fact that older adults prefer to stay in their home, to age in-place. For most, the assisted living alternative is too expensive. Paine notes that many seniors can't afford to move to an age-friendly apartment, sometimes have to choose between buying groceries and paying rent, and live on less than \$20,000 a year. He feels that the Manitoba Government should make a massive investment in affordable housing and increase the shelter benefit available to low income seniors.

Recently, the Manitoba Network for the Prevention of Abuse of Older Adults presented him with an advocacy award



for his contributions in the area of elder abuse. Over 400 individuals attended a conference he organized to promote awareness of the physical, financial and emotional consequences of elder abuse.

### **Manitoba's Seniors (Aged 65 and Older)**



## Honours and Awards



*Melissa Sitter & Barbara Payne,  
Acting Director, Centre on Aging*

Melissa Sitter, MSc. (Human Nutritional Sciences), is the first student to graduate having completed the requirements for the Graduate Specialization in Aging. The Graduate Specialization in Aging was launched in 2007 to allow graduate students the opportunity to gain additional expertise in the field of aging. She received the 2007/2008 Centre on Aging Betty Havens Memorial Graduate Fellowship support her research to examine the effects of moving on eating habits, lifestyle changes, nutritional attitudes and nutritional status of older adults who have recently moved into a personal care home from another residence.

Michelle Lobchuk, PhD, Associate Professor, Faculty of Nursing and Research Affiliate, Centre on Aging, was awarded a 2008 Rh Award for her research on lung cancer patients and their caregivers. The Rh awards are given to academic researchers who show exceptional innovation, leadership and promise in their field. One focus of her research is on the stigma often associated with lung cancer. Dr. Lobchuk was also awarded the Pfizer Award of Excellence in Nursing Research at the 21st annual conference of the

Canadian Association of Nurses in Oncology for her demonstrated leadership in the care of oncology patients and their families, utilizing and articulating current research and theory applicable to cancer nursing.



*Michelle Lobchuk*

## The Faces of Caring

The Centre on Aging invites all caregivers to submit a photograph of themselves with their loved one and a brief description of their relationship, both the joys and the burden. These will be compiled into a collage to be displayed at the Centre's 27th annual Spring Research Symposium to be held on Monday, May 3, 2010.



Please send the photos and information to the Centre on Aging, 338 Isbister Building, University of Manitoba, Winnipeg, R3T 2N2 or by e-mail to [jacob@cc.umanitoba.ca](mailto:jacob@cc.umanitoba.ca)

## Body, Mind and Spirit

*The following is an excerpt from Isabella Dryden's presentation at the opening plenary of the Centre's 26th annual Spring Research Symposium.*



Living life to the fullest for me is a lifelong quest for knowledge of the world and the self, continually informed by the mindfulness of the ideas and needs of others. To quote Lord Alfred Tennyson: *"It is a time to strive, to seek, to find and not to yield."* It is a time of maturing - a natural process of developing and a process of altering while retaining one's identity. Personally, it has been the charting of my life's course and in this wondrous, awesome and sometimes frightening and challenging journey I have been influenced by many people and events.

I entered this world endowed with these special gifts : Body, Mind and Spirit. Instilled in me was a lifelong love and respect for learning, the need to do one's best throughout one's life, never to do anything to disgrace the family or myself and to extend the hand of friendship and kindness to everyone with whom I came in contact. I believe that healthy maturing (aging) refers to a postponement of or a reduction of the undesired effects of aging.

My volunteer activities are a great joy and I always look forward to them. My life is enriched by new friendships and fresh purpose, realizing that sharing my talents can truly make a difference and bring pleasure to others. Becoming a retired senior volunteer person is one way of expressing thanks for the countless blessings in my life.

## Insights from a Photovoice Strategy with Older Adults

(Poster presented at the International Association on Gerontology and Geriatrics (IAGG), Paris, 2009, S. Novek, M. Morris-Oswald, & V. Menec)

“Quality of life for many older adults depends on the ability of their local communities to meet their needs by providing a range of supports and opportunities.” The purpose of this study was to examine age-friendly from the perspective of community dwelling older adults.

Older adults in three Manitoba communities were provided with cameras to document features in their respective communities that enhance or diminish quality of life. These were then used as references for individual interviews and focus groups.



### ***Social Participation***

***Use it or lose it! ... It is never too late to improve fitness and well being with regular activity'***

Participants identified priorities for local improvements: housing, opportunities, social participation, physical environment (winter challenges, accessibility, access to natural spaces), access to community resources (community supports and health services), and transportation. Focus groups also highlighted the role of government in all of the these areas.



### ***Winter Challenges***

***'Not age-friendly for seniors who have trouble walking.'***  
***'There is no shelter from the cold and wind.'***



### ***Health Services***

***Access to medical attention was a definite part of our decision to move to [our community]. Makes any hospital stays easier on self and spouse! 'There's always waiting lists ... because there's just so many people that require these services.'***

“The Age-Friendly Photovoice study enabled community based seniors to give voice to a variety of concerns and needed improvements at a community level. The research has potential to engage decision-makers in a critical discussion of public policy impacts on older citizens.

## ***Updated Publications References***

- Statistics Canada. 2007 GSS, Cycle 21 Family, Social Support and Retirement, Public Use Microdata file.
- Statistics Canada (2007). The 2006 Participation and Activity Limitation Survey: Disability in Canada. Catalogue No. 89-628-XWE2007003.
- Statistics Canada. Canada Survey of Giving, Volunteering and Participating (CSGVP), 2004. Public Use Microdata File.
- Manitoba Health and Healthy Living Population Report, June 1, 2004 and June 1, 2008.
- Statistics Canada. 2007. Age Groups (13) and Sex (3) for the Population of Canada, Provinces and Territories, 1921 to 2006 Censuses – 100% Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-551-XCB2006005. Ottawa. Released July 17, 2007.
- Unpaid Work (20), Sex (3), Age Groups (9), Labour Force Activity (5), Census Family Status (6) and Presence and Age of Youngest Child (6) for the Population 15 Years and Over Living in Private Households of Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 2001 to 2006 Censuses - 20% Sample Data. Ottawa: Statistics Canada, July 29, 2008. 2006 Census of Canada. Catalogue number 97-559-XWE2006007.

### **CENTRE ON AGING**

The Centre on Aging, established on July 1, 1982, is a university-wide research Centre with a mandate to conduct, encourage, integrate, and disseminate research on all aspects of aging.

Acting Director: **Barbara J. Payne, PhD**

Associate Professor, Community Health Sciences  
Faculty of Medicine/Sociology, Faculty of Arts

Senior Fellow, St. John's College

The Centre on Aging News is published 3 times a year and is available on our web site or by request. Direct comments and inquiries to:

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