

CENTRE ON AGING NEWS

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OF MANITOBA

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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.

Director: Dr. Michelle Porter

Professor, Faculty of Kinesiology and Recreation Management

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

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Message from the New Director

As I embark on my new role as Director, I reflect on the dedicated work of many people who are behind the longevity and success of the Centre of Aging. I would like to thank Dr. Dan Sitar for serving as Acting Director in 2014-15, and Dr. Verena Menec for her two terms as the previous Director. Dr. Menec’s work on age-friendly initiatives, and her co-leadership of the Manitoba site for the Canadian Longitudinal Study on Aging will leave a lasting legacy for students, researchers, policy-makers and seniors in Manitoba.

Never before have issues of aging attracted more attention. Recent news that the Canadian senior population, for the first time ever, has surpassed the number of children, has captured the attention of media, policy-makers and the public. The World Health Organization (WHO) has focused the spotlight on aging by releasing its first *World Report on Ageing and Health*. Its accompanying report, *Global Strategy and Action Plan on Ageing and Health* envisions a world where everyone can experience healthy aging. The WHO outlines a framework for action to foster healthy aging built around a new concept of functional ability, and encourages everyone to think about aging in a new, positive and constructive way. Strategic objectives encompass health systems and other domains that impact how we age in our societies (e.g., age-friendly environments, workplaces, legal systems, ageism, etc.). Through proper actions there is a bright future for aging, and, as the WHO’s Director General stated: “The overarching message is optimistic: with the right policies and services in place, population ageing can be viewed as a rich new opportunity for both individuals and societies.” Given this context, the work we do at the Centre on Aging will be increasingly important to the university, the province, Canada and our international partners.



With a deep sense of excitement I look forward to working with the Centre’s many research affiliates, students and numerous stakeholders, including seniors, community partners and government. As I begin my term as Director, I encourage all of you to provide me with your input and advice. Together we can accomplish more.

—Michelle

UPCOMING EVENTS

Centre on Aging research seminar series

November 5, 2015

Dr. Miyoung Suh, Assistant Professor, Dept. of Human Nutritional Sciences
409 Tier Building | Fort Garry Campus
2:30–3:30 pm

November 26, 2015

Dr. Danny Mann, Professor, Dept. of Biosystems Engineering
Designing agricultural machines for aging farmers
409 Tier Building | Fort Garry Campus
2:30–3:30 pm

January 14, 2016

Dr. Kathryn Sibley, Assistant Professor, Dept. of Community Health Sciences
Using knowledge translation frameworks to move aging research into action: An example using balance assessment for fall prevention
405 Brodie Centre | Bannatyne Campus
2:30–3:30 pm

February 5, 2016

Dr. Ruth Barclay, Associate Professor, College of Rehabilitation Sciences
Getting Older adults OUT-of-doors (GO-OUT)
405 Brodie Centre | Bannatyne Campus
2:30–3:30 pm

Stay up-to-date on our research seminar series by visiting the Web site: umanitoba.ca/aging

SAVE THE DATE!

33rd Annual Spring Research Symposium

May 2–3, 2016

8:45 am–4:00 pm
University of Manitoba | Bannatyne Campus
727 McDermot Avenue

Centre on Aging award application submissions

Research Fellowship applications due:
November 13, 2015

About Michelle Porter

By Mark Zdanowicz

Michelle grew up close to nature in a small town in Southwestern Ontario. She enjoyed the outdoors, and appreciated all living things. Since her undergraduate studies, she volunteered and worked with seniors at residences and hospitals (Sunnybrook, Queen Elizabeth, etc.). She also worked at the Dr. Paul Schwann Centre at the University of Regina, and the Centre for Activity and Ageing at the University of Western Ontario (UWO) in London. Her Master's at the University of Toronto on *bone mineral density*, and her PhD at UWO on *neuromuscular function and aging* solidified Michelle's field of interest: aging. She spent her Post-Doctoral fellowship in the world's leading centres in the area of aging and health: Boston and Scandinavia. She began her pioneering research on "Aging and Driving" after having her Eureka moment not in a bathtub but in a vehicle driven by an older driver.

Throughout her career, Michelle has collaborated with researchers of such diverse backgrounds as: geriatrics, medicine, psychology, nursing, physical/occupational therapy, nutrition, engineering, computer science and psychiatry. Her research has been published in journals as varied as: gerontology, road safety, neurology, anatomy, physiology, physical/occupational therapy, physical activity, primary care, community health, engineering and rehabilitation medicine. Currently, she is a co-principal investigator of the largest study of older drivers in the world: Candrive, with collaborators from across Canada and abroad (Australia, New Zealand and the US). At the heart of this project is a GPS-based method developed by Michelle.

The multidisciplinary nature of her research is matched by the diversity of her administrative experience at the University of Manitoba as: Associate Dean (Research), Acting Dean, Graduate Program Chair, and Acting Director of two research institutes, including the Centre on Aging. Michelle has been featured locally, nationally and internationally in more than 60 TV, radio and newspaper interviews, programs and articles. Her research on "Aging and Driving" earned her the nickname of "Miss Daisy" (as in the movie "Driving Miss Daisy"). However, Michelle herself does not own a car—she bikes to work (rain or shine), but when the Winnipeg winter sets in, she commutes by public transit. Her favourite winter activity is cross-country skiing, and her favourite hobby is nature photography, as she still loves the outdoors as much as she did in her hometown.

Centre on Aging Associate Director (Research) announcement

On behalf of the Director, Dr. Michelle Porter, the Centre on Aging is pleased to announce that **Nicole Dunn** will be joining the Centre on Aging as Associate Director (Research) on October 19, 2015.

Nicole comes to us with a wealth of experience in managing research as well as facilitating research. She has a Bachelor of Arts (Advanced) with a Major in Psychology and a Minor in Sociology, as well as a Bachelor of Recreation Studies, from the University of Manitoba. She also has a Master of Arts from the University of Georgia where she studied therapeutic recreation and leisure education in older adults. Nicole most recently worked with the Faculty of Kinesiology and Recreation Management in the Health, Leisure and Human Performance Research Institute as Associate Director (Administration), a position she held for five years.



Her prior research experience includes being: a Research Project Manager at St. Boniface Research Centre, Research Director at the Wellness Institute, a Survey Research Coordinator/Program Coordinator for the Wellness Institute Services Evaluation Research (W.I.S.E.R.) program, and a Research Associate at the Centre on Aging where she was involved in the evaluation of Adult Day Care in Manitoba. Nicole's responsibilities at the Centre will include managing/ conducting Centre-based research projects, as well as facilitating research of the Affiliates of the Centre.

Updates from the Centre on Aging

Recent publications

Who's At My Door Project: How organizations find and assist socially isolated older adults

Report link: umanitoba.ca/centres/aging/pubs/624

Dr. Nancy Newall's research on *The Who's at MY Door Project* emerged from informal discussions with members of Winnipeg helping agencies and the health care sector surrounding the issue of isolation and loneliness in older adults in Winnipeg. A major reoccurring theme was: How do we find the isolated? This project focuses on those organizations who have personnel or volunteers who are "at the door" and go into people's homes in the course of their work. These organizations are in a unique position to encounter isolated older adults in their own homes.

The report shares what came out of the four interviews and includes a summary of common themes, challenges, and recommendations for next steps.

Advisory board updates

We would like to thank the outgoing members for their contributions and time on the advisory board:

- **Dr. Laura Funk**, Department of Sociology, Faculty of Arts
- **Dr. Philip St. John**, Department of Internal Medicine, College of Medicine

Recently appointed and joining the Centre's advisory board, please welcome:

- **Dr. Tuula Heinonen**, Faculty of Social Work
- **Dr. Danny Mann**, Department of Biosystems Engineering, Faculty of Engineering
- **Dr. Cornelia (Kristel) van Ineveld**, Department of Internal Medicine, College of Medicine

The advisory board meets four times a year.

Pacific perspectives on ageing: The view from New Zealand

New Zealand is home to over 4.5 million people, with 20% of the population age 60 years and up. Current projections by the United Nations estimate that the percentage of older adults age 60 years and up will increase to 29% by the year 2050, and 37% in 2100¹. As the global population continues to age, understanding the needs of an aging population becomes more important.

Longitudinal aging studies are one way to scan how a country and its population are aging. Charles Waldegrave and Taimalie Kiwi Tamasese of the Family Centre Social Policy Research Unit based in New Zealand offered a cross-cultural perspective during their presentation *Findings from the New Zealand Longitudinal Study of Ageing: Elder abuse, pacific perspectives and loneliness* on September 17, 2015.

Charles Waldegrave began the presentation with a traditional Maori greeting. Charles is one of three Coordinators at the Family Centre Social Policy Research Unit and co-leads the New Zealand Longitudinal Study of Ageing (NZLSA). Funded by the New Zealand government, two waves of survey data were collected in 2010 and 2012. A national random sample of 3317 people (Maori and non-Maori) aged 50–84 years were recruited; in the 2012 wave, researchers retained 3015 of the original participants. The NZLSA was jointly conducted by the School of Psychology at Massey University and The Family Centre Social Policy Research Unit of Wellington Aotearoa, NZ.

Elder abuse in New Zealand

Charles focused his presentation on findings of loneliness and elder abuse, concerning prevalence, social and health impacts and policy implications obtained through the NZLSA.

Some of the key findings included the following:

- Most cases of elder abuse occur within families, with the most common type being financial abuse.

¹ United Nations, Department of Economic and Social Affairs, Population Division (2015). World Population Prospects: The 2015 Revision, Key Findings and Advance Tables. Working Paper No. ESA/P/WP.241.

- Men and women were impacted differently by elder abuse. Women experienced elder abuse more than males, feeling a greater sense of vulnerability, dependence, and dejection; however, men experienced coercion more than women.
- Older Maori persons reported more elder abuse than their non-Maori counterparts.
- One in ten older adults reported some form of abuse (particularly related to vulnerability and coercion).

As the population of older adults aged 65 and over grows, it is expected that the number of older adults who will suffer from elder abuse will increase significantly.

Are older adults in New Zealand experiencing loneliness?

Issues coming more into focus related to older adults are loneliness and social isolation. The New Zealand researchers found that a combination of one or more of the following problems could lead older adults to become socially isolated:

- Inadequate transportation, social support, or home based services
- Lack of leisure opportunities or socialization
- Depression was an important factor.

Amongst the New Zealand older adults surveyed, little difference was found in social and emotional loneliness of the Maori and non-Maori populations. However, what was not consistent was the impact of loneliness for men and women. The NZLSA identified that men were significantly lonelier than women. Looking at the age groupings:

- Those aged 50–64 years experienced a deeper sense of loneliness; and
- Older adults aged 65 years and up showed a greater incidence of loneliness.

What are the Pacific Elders perspectives on Aging?

Taimalie Kiwi Tamasese discussed the Pacific perspectives of aging using qualitative findings from 10 focus groups of indigenous Pacific elders living in New Zealand. Taimalie leads the Pacific Section of the Family Centre and is an experienced community worker and social researcher. Participants were recruited from elders amongst Pacific cultural groups including Maori, Samoan, Pan-Pacific, and the Cook Islands to discuss optimal stages in life focusing on two concepts: Elders and eldership.

Focusing on the later stages of life, the elders participating identified that the optimal stage of life is at age 60 and up. Elders are viewed in their respective communities as leaders who contribute to the family and are the primary transmitters of cultural knowledge. The stage of eldership begins at the ages of 50–70 years. Those aged 80 years and older are seen to be leaders and guardians of the families.

As multigenerational households become more common, the elders identified the challenge of overcoming generational differences, and keeping the younger generations connected with their own culture while at the same time balancing it with growing up in a Western culture. Elders, in their role as grandparents, are responsible for providing care to their grandchildren and need to be recognized for their continued contributions. At the same time, the elders do not want to be seen as burdens for their family. While moving to rest homes could be an option, the elders find these homes do not meet their cultural needs.

Acknowledgements

This presentation was co-sponsored by the Faculty of Social Work. The Centre on Aging would like to thank Dr. Jim Mulvale (Dean) and Dr. Kathryn Levine (Associate Professor) from the Faculty of Social Work for facilitating Charles and Taimalie's visit to Winnipeg and providing the opportunity for them to present to the Centre.



(left to right) Dr. Phil St. John (co-lead, Manitoba CLSA), Dr. Michelle Porter, Charles Waldegrave, and Taimalie Kiwi Tamasese (seated) of the Family Centre Social Policy Research Unit in Wellington, New Zealand

Comparing the two waves of NZLSA data to see how New Zealanders classified their loneliness:

- In 2010, 42% considered themselves moderately lonely versus 10% who classified themselves as severely lonely.
- In 2012, 38% of New Zealanders considered themselves as being moderately lonely versus 9% who identified as being severely lonely.

Finding ways to give older adults a sense of a consequential, purposeful, and meaningful life will build resiliency and a sense of well-being. Another means of providing older adults support is by creating policies and providing services that are designed to enhance the quality of life and overcome problems of social exclusion and social causes of depression.

Students Targeting Aging Research—A student networking and learning opportunity

By Megan Ferguson and Shauna Zinnick

Since Fall 2013, the Centre on Aging has been hosting Students Targeting Aging Research (STAR) meetings. During the meetings last year, students were given the opportunity to further develop their presentation and leadership skills; in addition to sharing their own projects and research interests. A variety of speakers were invited to give presentations, offering students a unique perspective on aging research by sharing their experiences in the academic, government, and community settings.

Two students serve as co-leads for the group for the 2015–2016 academic year:

- **Megan Ferguson**, Undergraduate Student in the Faculty of Social Work
- **Shauna Zinnick**, Master's student in the Department of Community Health Sciences

To learn more about how their involvement with STAR can benefit students, co-leads Megan (MF) and Shauna (SZ), interviewed one another, sharing their thoughts and experiences about the group with the Centre on Aging.

How did you become interested in aging research?

MF: I became interested in aging research due to my previous work with older adults. I have 10 years of (volunteer and work) experience working with older adults in both assisted living facilities and personal care homes. Older adults make up a vulnerable population in society; aging research is one means to advocate on behalf of this population. My research focuses on substance misuse in older adulthood. I hope to continue research in this area in the future, as well as explore how substance misuse is connected to mental health and health policy.

SZ: My grandmothers' experiences with home care and long-term care inspired me to pursue research in this area. I wanted to learn more about how the long-term care system worked not only in Manitoba, but in other jurisdictions; and how I could make a valuable contribution to research in this area to improve the care of older adults.



STAR co-leads Megan Ferguson (left) and Shauna Zinnick (right)

I am very fortunate to work with an academic advisor who is also very passionate about this area of research—allowing me to focus specifically on aging and long-term care; and conduct research in this dynamic and important area.

How long have you been involved in STAR?

SZ: I began attending STAR meetings in September 2014, and this summer I was invited to be co-lead of the group.

MF: I have been involved in STAR since it first started in September 2013. I was invited to be co-lead in September 2014.

How have you benefitted from your involvement in STAR?

MF: Being involved with STAR has helped me grow my network and increase my knowledge in the aging field. My involvement in STAR also helped me to expand my passion in research in gerontology, which has been a wonderful opportunity at the undergraduate level. Through this group, it has also helped me to think more critically of aging issues from disciplines other than my own, while sharing the common goals of expanding aging research and working towards combating ageism.

SZ: The opportunity to be a STAR student has really opened my eyes as to how diverse aging research is. While I always knew that aging-related research could mean so many different things, hearing about it first hand from experienced researchers and community members working in aging-related fields, as well as meeting students from a diverse number of disciplines and backgrounds has enhanced my academic experience and highlighted the numerous different paths aging-related research can lead you.

I've had the opportunity to meet students and researchers, whom I otherwise may not have met and was able to get to know them and learn about their research interests. Conversations with other students during meetings are valuable. I was able to incorporate some of their suggestions and ideas generated for my Master's thesis into my research.

Why do you think it is important for students to get involved in STAR?

SZ: I can't stress this point enough—the opportunity to network with other students who share your interest in aging-related research, and who are from a variety of diverse backgrounds and disciplines is invaluable. One of the great things about aging-related research is how the field is so diverse. There are so many research topics and interests. The opportunity to connect with fellow students and researchers from disciplines and backgrounds different than your own can be hard to come by. STAR provides students with this opportunity as well as a forum to share their own research, learn from their peers, and learn from experienced researchers and practitioners in a friendly, informal environment that invites students to talk about their own research and goals and encourages students to ask questions.

MF: I think it is important for students to get involved in STAR because aging should have an interdisciplinary focus. To promote aging research and aging issues, we must collaborate together rather than work in silos. STAR also provides students with the opportunity to connect with other students; to discuss their academic and career goals; and expand their network in the aging field.

September meeting summary

STAR meetings reconvened in September, with a dozen students attending from across eight different faculties and departments at the University of Manitoba.



STAR co-leads Shauna Zinnick (left), Megan Ferguson (right) and Centre Director, Dr. Michelle Porter, at the first STAR meeting of the year

Centre Director, **Dr. Michelle Porter**, was the first speaker of the year. Dr. Porter spoke about her experience conducting aging-related research and how she personally became interested in aging studies. An advertisement to volunteer in a long-term care facility sparked her initial interest in physical activity and aging. After meeting an individual who she thought would be a great academic advisor she decided to pursue her doctorate in Kinesiology; Dr. Porter completed post-doctoral fellowships in Boston and Sweden.

She advised students to not only look for an advisor with similar research interests to them, but also to look for an advisor who they feel they are compatible with. While on a road trip in Poland with an older driver, she began to think about how driving patterns and functional ability changes as people age. This led her to the area of research she continues to focus on today.

In addition to STAR, the co-leads also encourage students interested in aging to become student members with the [Canadian Association on Gerontology \(CAG\)](#), which is the national association on aging that aims to improve the lives of older Canadians.

Megan Ferguson, Social Work Undergraduate student and Shauna Zinnick, graduate student in the Master's program, are the STAR co-leads and Canadian Association of Gerontology (CAG) Mentorship Co-Coordinator and Co-Student Representatives at the University of Manitoba.

Canadian Longitudinal Study on Aging update

By Audrey Blandford

Mid-June marked an exciting time for the staff at the Data Collection Site of the Canadian Longitudinal Study on Aging (CLSA) located at Deer Lodge Centre when the last of the baseline data collection was completed. Between July 2012 and June 2015 a total of 3115 participants completed both an in-home interview and a visit to the Deer Lodge data collection site. A small celebration was held in June to thank the in-home interviewers and data collection staff for all the hard work during the baseline phase. Follow-up of these individuals began in July of 2015 and will continue for the next three years.

Audrey Blandford, Data Collection Site Coordinator is pleased to welcome back all the in-home interviewers and data collection site staff from the baseline phase, and welcomes Sue Dauphinais as an in-home interviewer. The CLSA team also wishes a fond farewell to Danielle Thordarson who was with the CLSA from September 2011 to June 2015. Danielle is now attending Medical School at the University of Manitoba.

Over at the Bannatyne Campus the CATI (Computer Assisted Telephone Interviewing) site has been equally busy. Under the direction of Melina Elliott, CATI Site



Data Collection Site and in-home interviewing CLSA staff celebrate the completion of the baseline data collection at Deer Lodge Centre.

Supervisor, a total of 10,621 Maintaining Contact Questionnaires were completed by the team of telephone interviewers as of the end of June. Training for the first follow-up of the Tracking Cohort participants was held in September.

An international perspective on dementia

By Sheila Novek, PhD (c)

From September 22 to 24, I participated in the *International Training Programme on Ageing at Trinity College Dublin*. The focus of this year's program was dementia and memory impairment. The event brought together PhD students, postdocs, and early career researchers from around the world to share their research on dementia and to learn from international experts in the field.

The program was organized by the Centre for Ageing Research and Development in Ireland (CARDI), in association with The Irish Network for Research in Dementia and Neurodegeneration (INRDND), The Alzheimer Society of Ireland, Alzheimer's Society Northern Ireland, Canadian Institutes of Health Research Institute of Aging and the Alzheimer Society of Canada,

so there was a strong contingent of Canadian students from universities across the country. International students from Northern and Southern Ireland, the United Kingdom, Finland, and Slovenia also were represented.

Presentations covered a range of issues related to dementia including scientific developments, the policy context, innovations in residential care, pharmaceuticals, technology and dementia friendly environments.

A highlight for me was a presentation from Ronan Smith, a member of the Irish Dementia Working Group, who spoke candidly about his personal experience with dementia including caring for his father and coping with his own diagnosis of early-onset dementia. Ronan's

An international perspective continued on page 9...

WHO releases first global report on aging and health

October 1, 2015 marked the 25th International Day of Older Persons. In recognition of this milestone, the World Health Organization (WHO) released its first ever **World Report on Ageing and Health**. It summarizes the best available evidence on the way countries have developed policies and responded to the health of older people. It outlines a framework for action to foster Healthy Ageing built around a new concept of functional ability.



The WHO is looking for feedback via public consultation from individuals and institutions on the report during the period of August 28–October 30, 2015. A committee will meet on October 29–30 in Geneva to review feedback. Associate Director, Jim Hamilton will take part in these discussions. Following the meeting and the finalization of the document, next steps for the WHO include bringing the report forward to be voted on by members of the World Health Assembly in May 2016. Countries and stakeholders would then develop their own country specific action plans between 2016–2020

An international perspective continued from page 8...

poignant insights, sense of humour, and message of hope provided a powerful counterpoint to the pervasive negative images of people affected by dementia.

His talk also served as a reminder for researchers to listen to the perspectives and priorities of people living with dementia; a lesson I plan to carry forward for my dissertation and throughout my career.

Sheila Novek is a third year PhD candidate in the Department of Community Health Sciences, College of Medicine, University of Manitoba. She was the 2014–2015 recipient of the Barbara Jean Payne Memorial Award in Social Gerontology, offered through the Centre on Aging; and a 2013–2014 Alzheimer Society Fellowship recipient.

to outline how they will incorporate these practices in their own communities and organizations. Finally, the WHO hopes to see these action plans implemented during a decade of Healthy Ageing in 2020–2030.

Creating opportunities for dialogue and discussions about aging

On October 8, 2015, the Centre on Aging invited Centre Research Affiliates, Advisory Board members, and STAR students for an afternoon of discussion. Representatives from the Manitoba Council on Aging as well as the Manitoba Caregiver Advisory Committee also participated. Using the WHO's Global Strategy and Action Plan on Ageing and Health draft zero, participants focused their discussions on the five strategic objectives and associated priority actions:

1. Committing to foster healthy ageing in every country
2. Aligning health systems to the needs of older populations
3. Developing long-term care systems
4. Creating age-friendly environments
5. Improving measuring, monitoring and understanding

Specifically, participants were asked to consider how the Centre on Aging could contribute to these objectives and identify successful examples within Manitoba. The attendees proved to be a keen bunch, using the opportunity to share their ideas, which included current practices as well as personal anecdotes that contributed to the sometimes spirited discussions.

The workshop also provided an opportunity for Research Affiliates, Advisory Board members and students to network with one another, make new connections, and hopefully create opportunities for future collaboration. Centre on Aging staff will use the discussion points generated from the October 8 meeting to develop input for internal and external stakeholders, including the WHO.



Knee Osteoarthritis Research Project



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**Have you been diagnosed with knee OA??
Do you experience knee pain with walking??
Does your knee pain lead to inactivity??**

If so, we are currently recruiting participants diagnosed with knee osteoarthritis (OA) for a research study evaluating the effects of walking exercise and nutritional supplementation on knee pain, inflammation, and functional ability during normal daily activities.

Participants must be:

- Available to participant in study over 14 consecutive weeks;
- Between the ages of 45-65 years;
- Diagnosed with mild to moderate knee OA;
- Experience knee pain when performing normal activities of daily living such as: walking, squatting or kneeling;
- Have a Body Mass Index of >25 kg/m². See BMI chart →

Height (feet)	Weight (pounds)
5'4	≥145
5'6	≥155
5'8	≥164
5'10	≥174
6'0	≥184
6'2	≥194

For more information, please contact:

Dr. Jason Peeler @ 272-3146 or jason.peeler@umanitoba.ca

The Education/Nursing Research Ethics Board, University of Manitoba, has approved this research. If you have any concerns or complaints about this project you may contact the Human Ethics Coordinator (HEC), Margaret Bowman at 204-474-7122 or email: margaret.bowman@umanitoba.ca.

Research Affiliate updates

New appointments

The Centre on Aging welcomed the following newly appointed Research Affiliates over the summer:

- **Dr. Phillip Gardiner**, Professor, Faculty of Kinesiology and Recreation Management
- **Dr. Hai Luo**, Assistant Professor, Faculty of Social Work
- **Dr. Jonathan Singer**, Assistant Professor, Faculty of Kinesiology and Recreation Management
- **Dr. Shaelyn Strachan**, Assistant Professor, Faculty of Kinesiology and Recreation Management
- **Dr. Nancy Newall**, Assistant Professor, Department of Psychology, Faculty of Science, Brandon University
- **Dr. Rachel Herron**, Assistant Professor, Department of Geography, Faculty of Science, Brandon University

Congratulations

Congratulations to **Dr. Benedict Albensi**, Professor, Department of Pharmacology and Therapeutics, who was named the recipient of the Manitoba Dementia Research Chair (\$500,000). The announcement was made by Manitoba, Jobs and Economy Minister Kevin Chief on August 18, 2015.

Media

Dr. Benedict Albensi was featured on radio station, CJNU–93.7 FM, on September 27, 2015 to talk about the Alzheimers Disease International 2015 report that was recently released. He was also featured on *The Health Report*, September 13, 2015 on CJOB AM 680, talking about the same topic.

Dr. Albensi was recently interviewed on CFAM, 950 AM where he talked about mitochondrial disorders, and the connections between mitochondrial dysfunction and Alzheimer's Disease.

In her first interview as Centre Director, over the summer, **Dr. Michelle Porter** was featured in a news segment on Global News, "Winnipeg retirement home hosts Senior Games" by Holly Alexandruk on July 15, 2015. View video: <http://bit.ly/1Hy4Tn9>

Publications

Kirkland, S.A., Griffith, L.E., **Menec, V.**, Wister, A., Payette, H., Wolfson, C., & Raina, P.S. (2015). Mining a unique Canadian resource: The Canadian Longitudinal Study on Aging. *Canadian Journal on Aging*. 34(3): 366–377.

Ripat, J., & Colatruglio, A. (2015). Exploring winter community participation among wheelchair users: An online focus group. *Occupational Therapy in Health Care*. 21:1–12. doi:10.3109/07380577.2015.1057669. [Epub ahead of print]

Ouellette-Kuntz, H., **Shoostari, S.**, Balogh, R. & Martens, P. (2015), Understanding information about mortality among people with intellectual and developmental disabilities in Canada. *Journal of Applied Research in Intellectual Disabilities*. 28: 423–435. doi: 10.1111/jar.12195

Lau, C., Chitussi, D., Elliot, S., Giannone, J., McMahon, M.K., **Sibley, K.M.**, Tee, A., Matthews, J., & Salbach, N.M. (2015). Facilitating community-based exercise for people with stroke: A cross-sectional e-survey of physical therapy practice and perceived needs. *Physical Therapy*. [Epub ahead of print]

Desanghere, L., & **Marotta, J.J.** (2015). The influence of object shape and centre of mass on grasp and fixation locations. *Frontiers in Psychology*. doi: 10.3389/fpsyg.2015.01537. [Epub]

Bulloch, M.C., Prime, S.L., & **Marotta, J.J.** (2015 Aug 20). Anticipatory gaze strategies when grasping moving objects. *Experimental Brain Research*. [Epub ahead of print]

Fernandez, E. (2015, June). Moral justification of anatomical dissection and conquest in the Spanish Chronicles of the Indies. *Endeavour*. 39(2):85-94. doi: 10.1016/j.endeavour.2015.05.003. [Epub]

Bector, S., Vagianos, K., **Suh, M.**, & Duerksen, D.R. (2015). Does the Subjective Global Assessment Predict Outcome in Critically Ill Medical Patients? *J Intensive Care Med*. [Epub ahead of print]

Research Affiliate updates continued on page 12...

Latest Graduate Specialization in Aging recipient

Congratulations to Maryam Alshammari, who met all the requirements for her Master of Science degree in the Department of Physical Therapy, College of Rehabilitation Sciences, as well as fulfilling the requirements to receive her Graduate Specialization in Aging from the Centre on Aging. Maryam's thesis focused on a *Response Shift in Health-Related Quality of Life in Older Men: The Manitoba Follow-Up Study*.

Maryam's advisor was **Ruth Barclay**, PhD (Research Affiliate), and committee members: **Robert Tate**, PhD and **Donna Collins**, MSc (Research Affiliates).

Research Affiliate updates continued from page 11 ...

Presentations

Dr. Shaelyn Strachan delivered the Keynote presentation, *Stand up for your health—the risks of prolonged sitting*, at the Wellness Institute's Active Aging Day on September 29, 2015.

Upcoming presentations

Starting this fall, the University of Manitoba is offering the Seniors' Alumni Learning for Life Program, which will feature seven different presentations for seniors 60-plus. The program is open to University alumni and friends of the University of Manitoba.

Presenting during the series are **Dr. Elizabeth Ready** on October 29, 2015, where she will present *A community for all ages—How do age-friendly neighbourhoods keep us fit?*

Dr. Zahra Moussavi will present *Aging with a healthy brain—How can we prevent Alzheimer's disease?* on November 5, 2015 during the series.

Now accepting Research Fellowship applications

The Centre on Aging Research Fellowship is designed to support aging-related research in any discipline. The Research Fellowship is open to all University of Manitoba faculty members. The value of the Research Fellowship is **\$11,000** and is tenable for the 2016–2017 academic year.

Highest priority for funding will be given to

- new researchers who do not yet have stable funding for their research; and
- established researchers for whom aging-related research represents a new research direction.

To apply for the fellowship, University faculty should review the [award guidelines](http://umanitoba.ca/centres/aging/faculty_opportunities/fellowships) for the award and download the application form on the Centre's Web site: umanitoba.ca/centres/aging/faculty_opportunities/fellowships. Applicants should complete and submit four hard copies of their application and supporting documents by **November 13, 2015, 4:30 pm** to

Centre on Aging, University of Manitoba
338 Isbister Building
Winnipeg MB R3T 2N2

Applicants will be contacted and notified of the decision once the committee has adjudicated the submissions.

Conditions of the fellowship

It is expected that the successful applicant will participate in Centre on Aging activities and will become a Research Affiliate of the Centre. They will also be required to present their research findings at the Spring Symposium or at a Centre-sponsored public seminar.

A final written report describing the research accomplishments during the period of the Fellowship must be submitted within **two months** of the end of the Fellowship. It is expected that the Centre on Aging's support is acknowledged in publications and conference presentations arising from the supported research.