



Centre on AGING

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Summer 2008

Age-Friendly Communities Initiative: The Manitoba Experience

The Centre on Aging held its 25th annual Spring Research Symposium on Monday, May 5, 2008. Over 350 individuals registered for the event. The following is an excerpt from Ian MacKenzie's presentation at the opening plenary. The full text is available on the Centre's web site: www.umanitoba.ca/centres/aging

Today I represent the City of Portage la Prairie as a former mayor. It was in the early 70's however when I had my first experience of becoming "aged friendly". As president of the Portage Lion's Club, I appointed a committee to look into needs of the community and find a new project for our club to work on. We were already involved in a number of programs from operation of a swimming pool to sponsorship of the Schoolboy Patrol program. The committee came up with the proposal of a Care Hostel. I wasn't very familiar with the concept, but soon learned the purpose, the need, the contribution it would make to our community.

It was years later when I sought the office of Mayor of the city that I really came to see the need, the value, and the voluntary contribution that senior citizens were able to make to our city.

When I thought of the contributions

to our community that created new jobs, brought new people to the city, increased our tax base, built new arts and cultural facilities, the Herman Prior senior citizen drop in center encompassing a host of services for young and old alike, converted from an empty Safeway Food Store.

They have invited conventions and numerous other events to the community, to spend their money and ring the cash registers of our merchants, I and many others have now realized, our seniors were one of the greatest contributions to the growth of the city of Portage la Prairie, we'll ever have.

In Portage, our seniors are providing and operating a number of clinics to serve their fellow elderly. They deliver "meals on wheels". They transport Cancer and other patients to hospitals and specialist facilities, in Winnipeg. They coach minor sports, lead youth organizations, coaching and teaching and assisting children with homework.

They participate on our Youth Justice committee, our police advisory committee, assist the police with secretarial work, communications, and provide numerous hours with



their own cars in COPS, "Citizens on Patrol". They drive around the city with special cell phones, and when they see something strange and suspicious, call for help from Patrolling officers. They have spearheaded, habitat for humanity and are preparing to build their second house this summer.

CARP magazine, "Canadian Association of Retired Persons" named Portage la Prairie "one of twenty of the best places to retire" then in early 2006, The World Health organization chose Portage la Prairie as a participant in the study of Ageing, from which I am sure our Province has gained the incentive, to make Manitoba the Age Friendliest province in Canada, through the excellent work of the Research department of the University of Manitoba.

...continued, p.2

Age-Friendly (cont'd)

As I mentioned from the World Health document came the report “making Manitoba the most Age friendly Province in Canada”. I said “as I pondered and studied”, that report, I feel we can look to do a better job, connecting opportunities, in Age-Friendly Communities, we look with pride on what we have successfully completed in creating a new vibrancy to plans of what can still be done. We have created a great foundation for the “baby boomers”.

Pythagoras said, “Youth is the age to receive instruction, middle age to make use of it, old age to impart it to others. There never was a better time to request and encourage the ageing population to impart that knowledge, never a better time for youth to receive it, and perhaps this is a good time to introduce into this discussion, the words of George Soule. I quote “never forget the need to integrate the old with the rest of the human race. The young need the old as much as the old need the young.” Dr. Robert Schuller says “young or old means nothing—“both get tired and need to sleep”.

That is a guide, a lesson we should impart as the young grow older and they hear the remarks of some of their seniors, “the old fart syndrome” and the silly concept that goes with it.

Many times I have heard, “the complaint” something hasn’t or can’t be done because of those old folks at the top of the ladder. I trust young people will realize some of the restrictions that are placed on people

as they age, the age where, despite, experience, vitality, you can’t take part in programs, governments, boards of directors because you have reached a certain mandatory age.

I have a list of fourteen examples of how much great people have accomplished in their senior years I am not going to give you all fourteen but here are a few.

- Benjamin Franklin helped frame the Constitution of the United States—when he was 80.
- Plato, the Greek Philosopher, was still writing and teaching in Athens at the age of 80.

*When the urge to learn has vanished;
when meeting new people is just too much trouble.
That’s when a man is old.
It may be at Thirty-Five or it may be at Eighty-five.*

- Michelangelo didn’t even start his great work of art—in St. Peter’s Cathedral—until he was 72 years old. He was still working on his masterpiece when he died at the age of 89. Can’t you see those Romans standing there and watching him work and saying, “look at that old fart, trying to paint a picture on that ceiling”.

- How old was Winston Churchill when he led the world to victory in World War 2?

- Hazel McCallion is still the Mayor of the big City of Mississauga in her late “80’s”.

Our seniors have opened the door to a valuable resource, knowledge of life, and experience of professionals, seniors, bolstering

the volunteer component. Our seniors are a product of the age of volunteerism. Efforts should be made to encourage, promote stimulate among the younger generation, that volunteerism is the heart of community development and progress.

Thomas C. Desmond asks “when is a man or woman old?” They are not old when they have reached their three score years and ten. They are old when the fire of learning has died within them, when they hide behind a cloak of security and refuse to take a chance. They refuse to accept a new challenge. A man pleads protection for his family and comfort for the later years, and all the time this

stifling thing called security deadens the will to live a full life. A man ages quickly this way.

A person is old when his vitality runs dry; when they resign themselves to passive thoughts and finds it’s too much trouble to start a new venture. When it’s no longer fun to get up in the morning and commence a new day. When the urge to learn has vanished; when meeting new people is just too much trouble. That’s when a man is old. It may be at Thirty-Five or it may be at Eighty-five.

Routine, uninspired living, lack of challenge, laziness, non-creative thinking---these are some of the robbers of growth, maturity and longevity. Without them one dies prematurely at ninety. With them one lives a full life, regardless of the calendar.

Centre on Aging Research Affiliates Update



Jason Leboe, PhD, Psychology, was presented with an Rh Award for his research in the area of memory and perception. Dr. Leboe uses an “heuristic” analysis of human memory in his investigations on how people perform simple perceptual judgements. His research also helps provide guidance on what types of learning experiences will help subsequent completion of a task. His research on aging has included the effect of aging on accuracy in monitoring the source of recollective experiences. This source monitoring has practical implications. For example, if an individual takes medication on a daily basis, it is easy for those at any age to recollect taking the medication at some time in the past. However, could this recollection be from taking the medication today, or from having taken it other days. A failure of source monitoring in this instance could potentially be life threatening.



Ellen Lee, PhD, Medical Rehabilitation, (co-investigators: Y. Lau, W.D. Leslie, D. Kriellaars, & L. Weinberg) has been awarded funding from the Manitoba Health Services Foundation and the Winnipeg Foundation for her research on the benefits of exercise for prostate cancer survivors receiving androgen depletion therapy (ADT). In a previous study with Y. Lau, H.J. Prior, L. Lix, C.J. Metge, & W.D. Leslie, it was determined that prostate cancer itself does not increase the risk of fractures; however, ADT increased the risk of fractures.



Shahin Shooshtari, PhD, Family Social Sciences, and the St. Amant Centre Research Team (D. Yu, B. Temple, and T. Martin) organized a full-day Knowledge Translation Workshop for Developmental Disabilities, funded by the Canadian Institutes of Health Research through the Meetings, Planning and Dissemination: Knowledge Translation (KT) program. According to Dr. Shooshtari there currently is no organized KT initiative for research and practice in developmental disabilities in Manitoba. Therefore the purpose of the workshop was to bring key stakeholders (parents, researchers, practitioners, policymakers, and administrators) together to strengthen partnership and commitment for KT, and to determine research priorities and discuss contextual factors that facilitate and impede KT within their work, organizational, or family context.



Daniel Sitar, PhD, Pharmacology and Therapeutics, has been selected as the Editor-Designate of the Journal of Clinical Pharmacology. Dr. Sitar assumed his duties June 1, 2008, and is serving a concurrent term with current Editor Lisa L. von Moltke, M.D., through December 31, 2008. Dr. Sitar will assume the position of Editor on January 9, 2009. He was formerly an Associate Editor of the Journal of Clinical Pharmacology (JCP). Dr. Sitar has very broad knowledge, experience, and expertise in the field as a clinical science investigator. He is an extensively published author, and a prolific reviewer for JCP and other health journals. He is also a reviewer for the National Institute of Health and the Canadian Institutes for Health Research Study Sections. Dr. Sitar will be the first Canadian, as well as the first non-physician, to be the Editor of the Journal of Clinical Pharmacology.



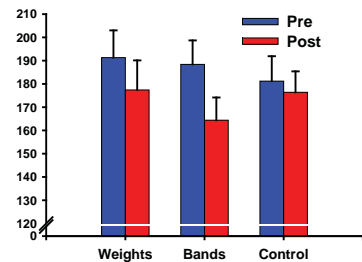
Malcolm Smith, PhD, Marketing, I.H. Asper School of Business, is the 2008 recipient of the University of Manitoba’s Dr. and Mrs. H.H. Saunderson Award for Teaching Excellence. Dr. Smith teaches courses in Fundamentals of Marketing, Consumer Behaviour and Marketing Research at the undergraduate and graduate level. Dr. Smith’s passion for learning encourages his students and their successes. One stated “Dr. Smith genuinely cares about all aspects of his students’ welfare”; another that “he sets high standards for his students, while at the same time providing them with the tools and encouragement to meet (or exceed) those standards”. He shows the same enthusiasm and commitment in his research focussing on consumer behaviour, memory, and marketing to older adults, and in particular, age-related differences in memory for advertising. Dr. Smith was also awarded funding from the UM/SSHRC Research Grants Program for his research on age-related differences in knowledge transfer in a consumer context.

Centre on Aging Graduate Student Awards



Sandra Webber, PhD student, Individual Interdisciplinary Program (Physiology), was the recipient of the student poster award at the Centre's 25th annual Spring Research Symposium. Her poster was entitled the *Effects of Ankle Power Training on Movement Time, Reaction Time, Strength and Power in Older Women*. Power declines earlier and to a greater extent than strength with age. Loss of muscle power is associated with declining function in older adults at risk in situations that demand fast movements. The purpose of her study was to compare the effects of two ankle power training programs (weight machines and bands) on

movement time, and to examine the effects on reaction time, strength, and power. Fifty women, (70-88 years) with self-identified mobility limitations attended training sessions twice per week for 12 weeks were randomized into one of three groups (Weights, Bands, Control). Movement time improved in the Weights group (14 ms faster, $p = 0.04$) and the Bands group (24 ms faster, $p < 0.01$). DF (dorsiflexion) strength and power improved in all groups, with the greatest change occurring in the Weights group. Changes in PF (plantarflexion) strength and power were largely limited to the weight-trained subjects.



Movement time pre and post power training intervention for participants. (* $p < 0.05$).

Loni Desanghere, PhD student in Psychology, is the recipient of the **Jack MacDonell Scholarship for Research in Aging** and the **Esther and Samuel Milnot Scholarship**. Ms. Desanghere is examining the effects of aging on two very important and interdependent processes: vision and fine motor control. Specifically, she is investigating whether age-related declines in hand function and fine motor coordination are linked to visual-motor integration deficits. Despite well documented studies on

motor behaviour in older adults, an examination of their eye-movements during a grasping task has yet to be carried out. Since declines in manual dexterity predict disability and living dependency, appreciating the contributing biological factors is important for understanding the progression of functional decline and impact on quality of life.

Ms. Desanghere also received a Co-ordinated Studentship from the Manitoba Health Research Council (MHRC).

(Advisor: Dr. J. Marotta)

understanding of the quality of life of those with Alzheimer's disease and related-dementias will inform strategies and interventions to enhance the residents' quality of life.

(Advisor: Dr. M. Doupe)

Maria Baumgartner, Master of Interior Design student, Graduate Specialization in Aging, received the **John B. Bond, Jr. Graduate Student Award in End of Life Care**. Ms. Baumgartner is investigating the creation of a hospice design for rural Canada. She has examined how people interact within the built environment and how their behaviours and health are stimulated and affected by these spaces. After working on two conversions of personal care homes into homes for those with Alzheimer's disease, she realized that the architectural world needs to be designed in a way as to allow people to die with dignity.

(Advisor: Dr. C. Karpan)



Verena Menec, Director, Centre on Aging, Loni Desanghere, Robert Tate, Chair, Scholarship Adjudication Committee

Hazel Rona, MSc. student in Community Health Sciences, was awarded the **Centre on Aging Betty Havens Memorial Graduate Fellowship**. Ms. Rona is investigating the quality of life of personal care home residents with Alzheimer's disease and related dementias from the family caregivers' perspectives. It is anticipated that a more complete

Alzheimer Society of Manitoba Graduate Fellowships

The Centre on Aging adjudicates applications for the Alzheimer Society of Manitoba. For the 2008/2009 year there were two successful applicants. **Waylon Hunt**, PhD (cand.) in Pharmacology and Therapeutics, received funding to support his investigation into the role of conjugated linoleic acid (CLA) in neuroprotection against glutamate toxicity and delineate the underlying mechanisms responsible for this protection. This knowledge will enable the design of more effective therapeutics to treat all age related neuro-degenerative disorders. (Advisor: Dr. C. Anderson)

Solmaz Nafez, MSc student in Pharmacology and Therapeutics was also awarded a fellowship to assist in the identification of the genes that are activated by Nuclear Factor Kappa B (NF-kB) and their role in synaptic plasticity and memory. Advancements in this area could lead to the development of new therapies for transcriptional neurological and neurodegenerative disorders such as mental retardation and Alzheimer's disease. (Advisor: Dr. B Albeni)

At right, Solmaz Nafez, Waylon Hunt, and Dr. Robert Tate



J.W. Crane Memorial Library

The J.W. Crane Memorial Library of Gerontology and Geriatrics is Canada's largest and best-known library specializing on aging and long-term care. In 1962, Dr. W.W. Priddle and the Ontario Advisory Committee on Geriatric Studies established it with a seed collection bequeathed to him by the late Dr. J.W. Crane, a former Dean of Medicine at the University of Western Ontario and a Canadian pioneer in geriatric research.

In 1970 ownership of the library was transferred to the Canadian Geriatric Research Society (CGRS) in Toronto and on January 30, 1992, Winnipeg's Deer Lodge Centre (DLC) was selected to house the Crane Collection. DLC already had a well established library and, with a generous grant from the Winnipeg Foundation, was providing services and resources to nursing homes and health care workers across Manitoba.

As part of a collaborative effort to coordinate and improve the provision of knowledge-based information services in the province, the Crane Library joined the Health Sciences Libraries of the University

of Manitoba in September 2005. Located in the DLC Administration Building, full library services are provided to support research and patient care activities to the staff of Deer Lodge Centre, Riverview Health Centre, and the Winnipeg Regional Health Authority Long Term Care program. University faculty, staff, students, and the general public are welcome to visit the Crane Library's Reading Room. The Library's resources include approximately 10,000 books, an extensive print and electronic journal collection, and a significant collection of audiovisuals and training manuals. The collection covers the clinical, social, and psychological aspects of aging; the administration, organization and operation of long-term care systems; as well as health promotion and outreach programs for seniors. Resources are also available on home care and palliative care.

The Crane Library's web site is www.umanitoba.ca/libraries/units/health/deerlodge/, tel: 204-831-2107. E-mail:

Angela_Osterreicher@umanitoba.ca

Graduate Specialization in Aging

The Centre on Aging received an increase in its funding to function as the administrative home of the University of Manitoba's Graduate Specialization in Aging. This Specialization allows students to gain additional expertise in the field of aging and official recognition by the Faculty of Graduate Studies for that expertise. Given the aging population, this expertise could be critical in finding a job.

To be recognized as having completed the Specialization, students will be required to complete two, three-credit hour core courses, *Social Aspects of Aging* (September 2008), and *Health and Aging* (January 2009). Students must also complete a thesis in the area of aging and at least one of the student's committee members must be a Centre on Aging Research Affiliate. For information on how to register for these courses, call **474-9854 or 975-7739**.

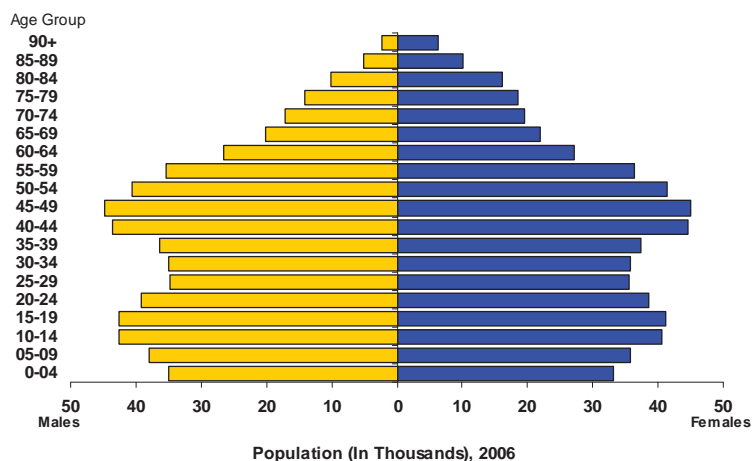
Manitoba Fact Book on Aging Update

The Centre on Aging has updated selected tables and figures from the 2005 Manitoba Fact Book on Aging with information available from the 2006 Census of Canada on the Statistics Canada web site (www.statscan.ca). Featured below are two population pyramids showing Manitoba's actual population in 2006 and projections for 2026.

How to read Population Pyramids: Males are on the left and females are on the right. The horizontal axis represents the population in thousands. The centre line marks 0 and each point represents five thousand (males to the left, females to the right). Each tier represents an age group. The lowest tier is for the youngest age group (0-4 years old). As one moves up the pyramid, the age groups get older. The top tier (90+) includes all individuals aged 90 and over.

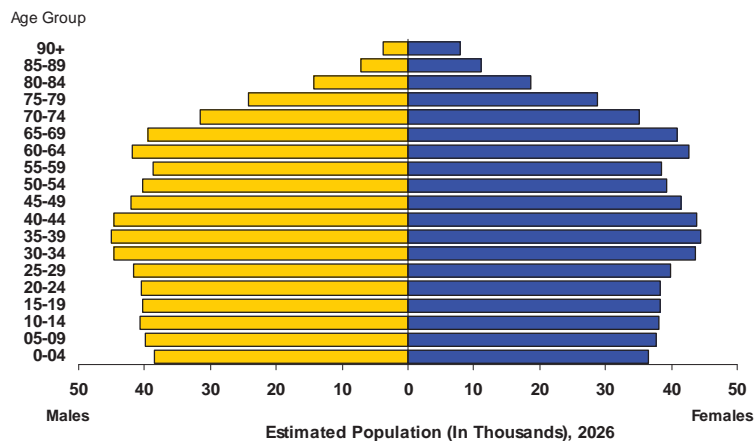
Visit www.umanitoba.ca/centres/aging for additional updates.

Manitoba Population Pyramid, 2006 (Actual)



Source: Statistics Canada. 2007. Age Groups (123) and Sex (3) for the population of Canada, Provinces and Territories, Census Metropolitan Areas and Census Agglomerations, 2001 and 2006 Censuses – 100% Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-551-XCB2006009. Ottawa. Released July 17, 2007.

Manitoba Population Pyramid, 2026 (Projection)



Source: Bélanger, A., Martel, L., Caron-Malenfant, É. (2005). Population Projections for Canada, Provinces and Territories 2005-2031. (Catalogue number 91-520-XIE) (Table 10-8, p.156). Ottawa, ON: Ministry of Industry.

Mark your Calendars

The Centre on Aging
will host its

1st Active Aging Day

Monday, October 6, 2008
10:30 a.m.

Carol Shields Auditorium
Winnipeg Millennium Library
251 Donald Street

Check our web site for details!

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CAG 2009

October 22-24
The Fairmont, Winnipeg

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: **Verena Menec**, PhD
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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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