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# Centre on AGING

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## Thank You Dr. Payne!

The Centre on Aging would like to thank **Dr. Barbara Payne**, Community Health Sciences, Faculty of Medicine/Sociology, Faculty of Arts for the time and effort that she dedicated to the Centre as Acting Director (July 1, 2009 to June 30, 2010). Dr. Payne ensured that the research activities and events of the Centre maintained their reputation of excellence while Dr. Menec was on research study leave. During this time Dr. Payne was also the Conference Chair of the Canadian Association on Gerontology's 2009 Scientific and Educational meetings held in Winnipeg in October 2009, a daunting task to say the least.



## Welcome Back Dr. Menec!

**Verena Menec**, PhD, has returned to the Centre on Aging as Director after a one-year research study leave. It was a busy year that saw Dr. Menec travel to Switzerland to work with the World Health Organization to evaluate their Age-Friendly Cities Initiative conducted in 2006. The Initiative included 35 cities around the world. Age-friendly features were examined and a guide to help other cities and communities become age-friendly was developed. This guide is available at

[www.umanitoba.ca/centres/aging/media/Age-friendly-city-guide4.pdf](http://www.umanitoba.ca/centres/aging/media/Age-friendly-city-guide4.pdf)



The renewal of Dr. Verena Menec's **Canada Research Chair in Healthy Aging** was announced on March 26, 2010. Dr. Menec investigates the relationship between the physical and social environment that people live in and their health. With funding from the Social Sciences and Humanities Research Council of Canada, through the Community University Research Alliance (CURA), and a partnership with the

Manitoba Seniors & Healthy Aging Secretariat, the CURA team is working towards making communities in Manitoba more age friendly. Further information is available at

[www.umanitoba.ca/centres/aging/cura/index.html](http://www.umanitoba.ca/centres/aging/cura/index.html)

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## Centre on Aging Associate Director

Jim Hamilton, MSc (Public Policy and Management), and MSc (Therapeutic Recreation) will join the Centre in September, 2010, as Associate Director. He has years of experience in both government and the public sector in the areas of program management, policy development, intergovernmental affairs, regional operations and research design. Since 2000 he served as Executive Director of the Manitoba Seniors & Healthy Aging Secretariat and recently returned from a two-year secondment with the Public Health Agency of Canada as a Special Advisor, Healthy Aging, Division of Aging & Seniors.



Mr. Hamilton will establish and nurture linkages with key stakeholders in Manitoba, Canada, and globally to position the Centre on Aging as a Centre of Excellence-Age Friendly Communities (CE-AFC); serve as a central point of contact for information, resources, and consultation in support of healthy aging and AFC; a centre for research, measurement and evaluation, and knowledge transfer; and, a repository of AFC stories, promising practices, and helpful resources.

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### MRIF Funding Secured Canadian Longitudinal Study on Aging (CLSA)

The Centre on Aging has been awarded funding from Manitoba Research and Innovation Funds (MRIF), Manitoba Science, Technology, Energy and Mines, matching funds from the Canada Foundation for Innovation (CFI) to provide infrastructure support for our CLSA comprehensive component data collection site.

The CLSA is following a cohort of Canadians aged 45 to 85 over the next 20 years. The tracking cohort of 20,000 Canadians is underway. The Centre on Aging is one of four Computer Assisted Telephone Interviewing (CATI) data collection sites. Interviewers have completed three-quarters of our tracking cohort interviews.

***3/4 of our  
tracking cohort  
interviews  
completed***

The Centre is also one of 11 data collection sites across Canada involved in the recruitment of an additional 30,000 Canadians who will participate in the comprehensive cohort to begin in 2011. These individuals will be contacted every three years to collect detailed information about their health and well-being, including biological samples, physical assessments, and psychosocial information. The clinical component will be housed at Deer Lodge Centre.

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### Age-Friendly Communities Initiative

Since the Age-Friendly Communities Community-University Research Alliance (CURA) project began and in partnership with the Manitoba Seniors & Healthy Aging Secretariat, 48 Manitoba communities have participated in a community consultation or completed age-friendly surveys through an age-friendly assessment. The response to the community consultations has been overwhelmingly positive. During September 2009 to June 2010, CURA project team members facilitated 36 consultations. As the fall approaches, several age-friendly communities, who have not participated in an age-friendly assessment, have expressed an interest in having a community consultation.

Age-friendly consultation and survey reports are available in PDF format at

[www.umanitoba.ca/centres/aging/cura](http://www.umanitoba.ca/centres/aging/cura)

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## Centre on Aging Spring Research Symposium

The Centre on Aging held its 27th Annual Spring Research Symposium on Monday May 3, 2010. Presentations by researchers and community participants are available on the Centre's Web site [www.umanitoba.ca/centre/aging](http://www.umanitoba.ca/centre/aging). Below are few of the highlights.

### *When Eyes Must Hear - Understanding Hearing Loss*

**Rosalyn Sutley**, Society for Manitobans with Disabilities (SMD)

According to Statistics Canada, more than one million adults across the country reported having a hearing related disability. This is more than 50% greater than the number of people reporting problems with their eyesight. According to the Canadian Association of Speech Language Pathologists and Audiologists, 20% of adults over 65, 40% of adults over 75, and 80% of nursing home residents have significant hearing problems.

The SMD delivers programs designed to meet the needs of adults and seniors who are hard of hearing, late deafened, and/or scheduled for cochlear implant surgery. One of those programs, "Living with Hearing Loss" is designed to help hard of hearing and late deafened adults cope effectively at home, at work and at play. It includes practical speech reading exercises and teaches individuals how to live with their hearing loss and to adapt to difficult listening situations without stress.

In recent years SMD has experienced an increasing demand for help and resources from hard of hearing seniors, their families and those that provide services to them. Such requests include the need for financial assistance for hearing aids, family/personal counselling, vocational rehabilitation, and coping and speech reading skills. The lack of financial assistance available for hearing aids place these important devices out of reach for many seniors.

### *Spiritual Health Care*

**Karen Toole**, Provincial Spiritual Care Coordinator, Manitoba Health and Healthy Living

Spiritual health care addressing concepts such as meaning, purpose, self-worth, respect, integrity, authenticity, compassion, and empathy. It finds its expression in word, image, ritual, nature, art, mystery and appreciation of life. It is rooted in ancient teachings, theories, and emerging research tackling the most basic questions of life. Many spiritual traditions teach that when one part of the self is weakened, sick or struggling, the person may experience a profound sense of emptiness that leads to emotional, mental or physical illness. Ms. Toole provided information on spiritual health care and how it connects/differs from the care provided by religious professionals or spiritual practitioners in the community. The spiritual health care specialist/practitioner is part of the health care team and provides an essential service in cooperation with providers from other health care disciplines.



Spring Research Symposium presentations are available at

[www.umanitoba.ca/centres/aging](http://www.umanitoba.ca/centres/aging)

## STUDENT AWARDS

Each year the Centre on Aging provides scholarships and fellowships to students pursuing studies in aging at the University of Manitoba. The Centre also adjudicates the Alzheimer Society of Manitoba Graduate Fellowships. Three students received the 2010–2011 awards.

### **Centre on Aging Betty Havens Memorial Graduate Fellowship**

**Lucelia Luna de Melo**, PhD student, Applied Health Sciences

***A longitudinal study of the influence of the neighbourhood environment and personal factors on walking among older adults.***

In her research Ms. de Melo examines the influence of objective (represented by neighbourhood income and a neighbourhood audit tool) and subjective (represented by a questionnaire) measures of the neighbourhood environment on changes in walking activity over a three-year period among community dwelling older adults; compares the friendliness of the neighbourhood environment for walking measured from the resident perspective compared to an observer perspective; and, investigates the influence of demographic and personal variables such as health status, obesity, and physical function on walking. Individuals from the WISER III study (2007-2008), who agree to participate, will complete an in-person interview, will be provided with a pedometer, and asked to keep a record of the number of steps taken each day. (Co-Advisors: Elizabeth Ready, PhD, Kinesiology and Recreation Management, and Verena Menec, PhD, Community Health Sciences, Medicine)

### **Jack MacDonell Scholarship for Research in Aging and the Esther and Samuel Milmot Scholarship**

**Renée El-Gabalawy**, PhD student, Clinical Psychology

***Quality of life outcomes in older adults who suffer from anxiety and physical health problems.***

Ms. El-Gabalawy is undertaking four studies examining anxiety and physical health problems among older adults using nationally-representative community mental health surveys. In these studies she will examine the comorbidity of anxiety disorders and physical health conditions cross-sectionally using a large sample of American adults and assess whether these associations increase the likelihood of poor quality of life and suicidal behaviours; this will be expanded by investigating these same relationships using a Canadian sample, a broader range of physical health conditions and other determinants of quality of life and psychological outcomes; investigate the relationship between anxiety disorders and physical health conditions longitudinally thereby understanding causal relationships; and, examine help-seeking behaviours in older adults who suffer from co-morbid anxiety and physical health problems in comparison to those who suffer from anxiety alone. (Advisor: Corey Mackenzie, Psychology, Arts)

### **Alzheimer Society of Manitoba Graduate Student Fellowship**

**Jillian LeMaistre**, PhD student, Pharmacology and Therapeutics, Medicine

***Investigation of the role of glutamate and D-serine in NMDA receptor-mediated regulation of cerebral blood flow during normal physiologic conditions and Alzheimer's disease.***

Ms. LeMaistre's is studying the contribution of astrocytes to vascular NMDA (N-Methyl-D-aspartate) receptor activity through the release of D-serine. It is known that astrocytes and NMDA receptors play a role in cerebral blood flow regulation, but the precise mechanism remains unclear. Characterization of this process could lead to a greater understanding of astrocyte and vascular dysfunction in Alzheimer disease and the development of new treatments for this disorder. (Advisor: Chris Anderson, Pharmacology, Medicine)

For information on these awards and the application process for the 2011 – 2012 academic year, visit the Centre's Web site.



left to right, Lucelia de Melo, Renée El-Gabalawy, Jillian LeMaistre

## What Every Older Canadian Should Know

The Federal/Provincial/Territorial Ministers Responsible for Seniors Forum is an intergovernmental body established to share information, discuss new and emerging issues related to seniors, and work collaboratively on key projects. They have produced a series of eight pamphlets outlining “what every older Canadian should know”. The pamphlets focus on the following topics.



- Financial Planning
- Income and Benefits from Government Programs
- Managing and Protecting Their Assets
- Planning for Possible Loss of Independence
- Planning for Their Future Housing Needs
- Having a Will and Making Funeral Plans
- Financial Abuse
- Frauds and Scams

Documents are available on demand in alternative formats including Large Print, Braille, Audio Cassette, e-Text, CD at 1-800-622-6232. In Manitoba, contact the Manitoba Seniors & Healthy Aging Secretariat at 945-2127.

## Dementia Care Education Initiative P.I.E.C.E.S.<sup>TM</sup> in Manitoba 2008-2009

**P.I.E.C.E.S.<sup>TM</sup>** The first three letters, (P), (I), (E), represent the individual’s physical, intellectual and emotional health. The letter (C) is the centre piece or focus in care. Lastly, the (E) and the (S) represents the environment in which the individual interacts as well as a person’s social self.

Manitoba Health announced financial support for the implementation of a comprehensive Dementia Care Education Program in November, 2007. Developed in Ontario, the P.I.E.C.E.S.<sup>TM</sup> curriculum was adopted by the Alzheimer Strategy Education Working Group. The overall goal of the Education Program is to enhance the care of individuals with dementia in Manitoba Personal Care Homes (PCH) and, ultimately, residents’ quality of life. Training is provided to senior leaders in PCHs (e.g., PCH managers, Directors of Care) and frontline staff (e.g., nurses, social workers, etc.).

The Centre on Aging, University of Manitoba conducted an external evaluation of the first year of the P.I.E.C.E.S.<sup>TM</sup> implementation in Manitoba, at the request of the Alzheimer Strategy Committee. The evaluation results will be used to assist the Alzheimer Strategy Overview Committee in making recommendations surrounding the future of the Provincial dementia education initiative.

Suggestions for improved implementation of the P.I.E.C.E.S.<sup>TM</sup> Education Program included buy-in/support from management for the use of the P.I.E.C.E.S.<sup>TM</sup> framework in the facility; clearer direction to PCHs on to how to roll-out P.I.E.C.E.S.<sup>TM</sup>; a more focused approach to training (e.g., train a number of individuals from a unit/facility at one time to provide support for one another after training); and, the inclusion of non-professional staff, especially Health Care Aides, in the P.I.E.C.E.S.<sup>TM</sup> training initiative.

For information, contact the Dementia Care Education Coordinator, Alzheimer Society Manitoba, 943-6622. E-mail: [pieces@alzheimer.mb.ca](mailto:pieces@alzheimer.mb.ca)

## Upcoming Events and Deadlines

**Tuesday, September 28, 2010:** The Centre on Aging will hold its first 2010 – 2011 Research Seminar at noon in Room 405 Brodie Centre, Bannatyne Campus. Dr. Verena Menec will speak about the *Canadian Longitudinal Study on Aging: Where We Are and Where We Are Going*. Further information is on the Centre on Aging Web site.

**Friday, October 1, 2010:** The Centre for Professional and Applied Ethics, Department of Philosophy, Faculty of Arts, is sponsoring a lecture by **Dr. Michael Gordon**, Medical Program Director of Palliative Care at Baycrest Geriatric Health Care System at 12:30 in the University College, Private Dining Room. Dr. Gordon is one of Canada's longest practicing geriatricians. His lecture is entitled *Ethical Issues in Geriatric Medicine*. Dr. Gordon is the author of many books, most recently *Moments that Matter: Cases in Ethical Eldercare*, a guide for family members. The Centre on Aging is co-sponsoring Dr. Gordon's visit.

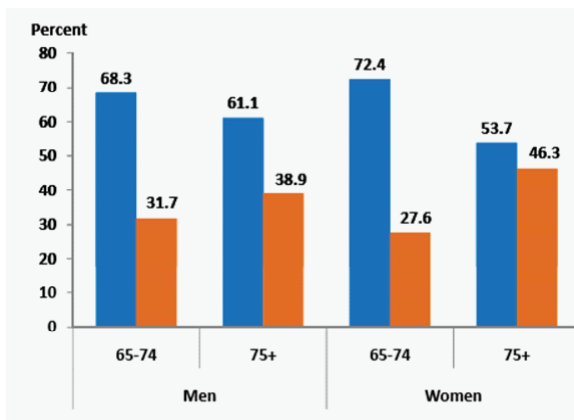
**Friday, November 12, 2010:** Deadline for applications for the Centre on Aging's annual Research Fellowship. The application process, evaluation criteria, and priorities are available on the Centre's Web site.

## From the Profile of Manitoba's Seniors 2010...

- 16.4% of Manitobans aged 65 to 74 were widowed compared to 38.3% of individuals aged 75 to 84, and 65.1% aged 85 and over.
- 20% of men aged 65 and over lived alone while 44% of women in the same age-group lived alone.
- About one-quarter of Manitobans aged 65 and over required help from another person with at least one daily activity (includes preparing meals; getting to appointments and running errands such as shopping for groceries; doing everyday housework; personal care such as washing, dressing, eating, taking medications; moving about inside the house; or looking after personal finances such as making bank transactions or paying bills).
- In addition to the full data sources for charts and tables included at the end of each section, an online resource guide with additional information that may be of interest is provided.

## Feelings of Loneliness by Gender in Selected Age Groups, Manitoba 2007

*Women aged 75 and over were the most likely to report feelings of loneliness*



### 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**

Canada Research Chair in Healthy Aging  
Professor, Community Health Sciences  
Faculty of Medicine

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

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