

# CENTRE ON AGING NEWS

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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. Verena Menec

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 and by request. Direct comments and inquiries to

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## Spring symposium ... in session

As the Centre on Aging celebrates its 30th year at the University of Manitoba, it also marks the 30th Spring Research Symposium. This year's symposium will take place

Monday, May 6, 2013  
8:45 am-4:00 pm  
Bannatyne Campus  
727 McDermot Avenue

## This year's presentation line up

In anticipation of this year's symposium, the Centre on Aging has gathered a diverse lineup of presenters who will focus on various aspects of aging. Presentations include

### Mind the gap: Finding common ground through intergenerational communication

- Rosalyn Howard, Director, Learning and Development Services, University of Manitoba;
- Cindy Stevens, Deputy Minister of Healthy Living, Seniors and Consumer Affairs;
- Norma Drosdowech, Senior advocate;
- Cornelia (Kristol) van Ineveld, M.D., M.Sc., FRCP(C), Assistant Dean, Student Affairs; Associate Professor, Department of Internal Medicine, Faculty of Medicine, University of Manitoba;
- Mitchell van Ineveld, Vincent Massey Collegiate, Youth Parliament and Parliament Jeunesse Franco-Manitobain (participant)

### CONCURRENT MORNING SESSIONS

### Direct and indirect supports for family caregivers: Insights from the 2012 Manitoba caregiver consultations

- Laura M. Funk, PhD, Assistant Professor, Department of Sociology, University of Manitoba
- Wendy Sutton, Manitoba Caregiver Coalition

### Making communities age-friendly: If you build it, they will stay

- Richard Milgrom, PhD, MCIP, Head and Associate Professor, Department of City Planning, Faculty of Architecture, University of Manitoba

*Spring symposium continued on page 1...*

Spring Symposium continued from page 1...

### **Weighing the options: The true cost of healthy eating for older adults**

- Christina Lengyel, PhD, RD, Department of Human Nutritional Sciences, Faculty of Human Ecology, University of Manitoba
- Joyce Slater, PhD, RD, Department of Human Nutritional Sciences, Faculty of Human Ecology, University of Manitoba

### **AFTERNOON PLENARY SESSION**

#### **Medical fitness to drive in older drivers**

- Michelle M. Porter, PhD, Professor and Associate Dean Research, Faculty of Kinesiology and Recreation Management, Acting Director Health, Leisure and Human Performance Research Institute, University of Manitoba
- Linda Johnson, O.T.M., Coordinator, Driver's Assessment and Management Program, Health Sciences Centre O.T.M.
- Connie Newman, Executive Director, Manitoba Association of Senior Centres; Board member, Transportation Options Network for Seniors

### **CONCURRENT AFTERNOON SESSIONS**

#### **Experiencing the arts with description**

- Ross Eadie, City Councillor, Mynarski Ward, City of Winnipeg
- Nancy Hansen, PhD, Assistant Professor, Director, Interdisciplinary Master's Program in Disability Studies, University of Manitoba



### **Some key issues in long-term care reform: A researcher's perspective**

- Malcolm Doupe, PhD, Assistant Professor, Department of Community Health Sciences, Faculty of Medicine, University of Manitoba; Senior Research Scientist, Manitoba Centre for Health Policy
- Lori Lamont, RN, BN, MPA, Vice President, Interprofessional Practice and Chief Nursing Officer, Winnipeg Health Region

### **Couples share their experiences in living with dementia**

- Fran Racher, RN, PhD, Faculty of Health Studies, Brandon University
- Nancy McPherson, RN, BScN, MSc, Faculty of Health Studies, Brandon University
- Dean Care, RN, Ed.D; Faculty of Health Studies, Brandon University
- Terri Miller, RPN, BScPN, Master of Psychiatric Nursing Program, Faculty of Health Studies, Brandon University
- Sharran Mullins, RPN, BScPN, Master of Psychiatric Nursing Program, Faculty of Health Studies, Brandon University

## **Registration information**

Registration and presentation descriptions for the symposium are available on the Centre's Web site: <http://umanitoba.ca/centres/aging/events/384.html>. Registration form can be returned to the Centre

- by email to [coaman@ad.umanitoba.ca](mailto:coaman@ad.umanitoba.ca)
- by fax to (204) 474-7576
- by mail to  
Centre on Aging, University of Manitoba  
338 Isbister Building  
Winnipeg MB R3T 2N2

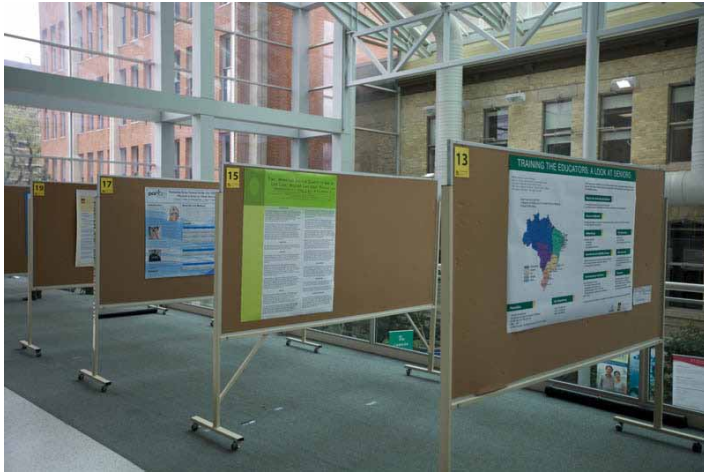
Lunch is available for \$10 and will be available in the Joe Doupe Concourse. Please indicate on the registration form if you will be attending and your method of payment.

## **Late registrations**

Registrations will be accepted at the Centre until **April 26, 2013**. After this date, symposium attendees are requested to register in person at the registration desk as Centre staff prepare for the symposium.

## Call for posters

Students whose studies are focusing on aging and Centre on Aging Research Affiliates are invited to present their research in a poster session at the Spring Research Symposium. The poster session will be held in the Brodie Atrium–Mezzanine Level, Bannatyne Campus.



The poster may be one that has been presented at a conference in the past 18 months, or a report on work in progress. We ask that all posters be prepared in conference format.

The completed poster submission form must be submitted by **Friday, April 12, 2013**. Poster presenters **MUST** register for the spring symposium.

Last year, the Centre received 29 submissions for the poster display. The poster session is a great opportunity for both students, researchers, and the public to learn about the interesting studies focusing on today's aging issues. Posters are on display throughout the day of the symposium. We encourage all those attending the symposium to stop by the display and speak with the presenters.

If you have not received the poster submission form or would like additional information, please contact Rachel at (204) 474-9854 or by email [Rachel.Ines@ad.umanitoba.ca](mailto:Rachel.Ines@ad.umanitoba.ca).

## Graduate Specialization in Aging

Congratulations to Kristina Zawaly, B.A., B.Sc., M.Sc, who successfully completed the requirements for the Graduate Specialization in Aging (GSA) in October 2012. Her thesis was entitled *Examining the relationship between chronic pain and health related quality of life among older Canadian adults with disability*. Ms. Zawaly's advisor was **Dr. Shahin Shooshtari**.

Ms. Zawaly's research focused on how chronic pain affects the health-related quality of life (HRQoL) of older Canadians with disability. Conducting research from a secondary analysis of cross-sectional data from the 2006 Participation and Activity Limitation Survey (PALS), she focused on individuals aged 55 years and older who were living in private dwellings across Canada and who reported an activity limitation in the Canadian Census. She found an estimated 68% of older Canadian adults with disability reported having chronic pain (45% less severe and 23% more severe). Those who reported severe chronic pain had 3.34 times greater odds of reporting negative HRQoL,

relative to those who reported no chronic pain. Chronic pain is a significant health issue for older Canadian adults with disability, which negatively affects their HRQoL.

### About the GSA

The Centre on Aging has administered the GSA at the University of Manitoba since Fall 2007. Based on information collected from the 2011 Statistics Canada census, Manitoba's population of individuals 65 and older was 172,450, representing a six percent increase from the 2006 census.

The GSA offers graduate students the opportunity to gain additional expertise in the field of aging and to gain official recognition by the Faculty of Graduate Studies for that expertise. Students will therefore graduate with extra credentials, that given the aging population, could be critical in finding a job. For more information, visit <http://umanitoba.ca/centres/aging/students/582.html>

# Centre on Aging 2013 research fellowship recipients

The Centre on Aging Research Fellowship is designed to support aging-related research in any discipline and is open to all University of Manitoba faculty members. This year, the Centre on Aging has awarded two fellowships. Congratulations are in order to **Dr. Shawn Bugden**, Associate Professor, Faculty of Pharmacy and **Dr. Marcia Friesen**, Assistant Professor, Department of Design Engineering, Faculty of Engineering.

## Dr. Shawn Bugden

*Risk and response to citalopram cardiac toxicity*

Drug safety is a major public health issue. Some medications cause irregular heart rhythms that can lead to sudden cardiac death. These side effects are relatively rare and are usually only fully understood once the drug is marketed and has been widely used. Several medications (cisapride, terfenadine) have been withdrawn from the Canadian market because of their association with sudden cardiac death. Women and those over the age of 65 seem to be at higher risk of this side effect. The risk of sudden cardiac death can also be increased when interacting medications are taken. These medications either independently contribute to the risk or interfere with the metabolism of the offending drugs. Citalopram (Celexa®) and its sister compound escitalopram (Ciprallex®) are widely used antidepressants in Canada (>6.5 million prescriptions/year). Health Canada issued warnings regarding heart problems with these drugs in 2011/12 and suggested doses be limited, particularly for those over 65. Caution regarding interaction between citalopram/escitalopram with other medications was also issued.

This project will review the records of the Canada Vigilance Adverse Reaction Database to assess the reporting of cardiac events with citalopram/escitalopram in Canada. Similar databases in other countries have found citalopram to be associated with 10 percent of serious heart arrhythmias. The project will also review the Manitoba Pharmacare data to assess the impact of Health Canada warnings on the prescribing of citalopram/escitalopram. It is unknown whether such warnings have been effective in reducing the prescribed dosages of these drugs or limiting the prescribing of interacting medications.

In addition to receiving the fellowships, Dr. Bugden and Dr. Friesen are also the Centre's newest Research Affiliates. The Centre currently has over 60 Research Affiliates appointed from the University of Manitoba, University of Winnipeg, Brandon University, and Athabasca University.

## Dr. Marcia Friesen

*Small-scale user trial of wound care software in a personal care home*

In any healthcare facility, 25 percent of patients have a pressure ulcer at any given time, with the elderly and patients in long-term care being particularly vulnerable. Pressure ulcers negatively impact quality of life for the elderly due to loss of independence and social isolation, and this issue encompasses the elderly in hospital, personal care home, and homecare settings. Studies indicate that poor documentation of wound care may be preventing facilities from fully ascertaining early assessment and care for at-risk patients. Attention is focused on electronic information systems to facilitate better wound assessments, documentation and treatment.

Using a prototype software application for Android Smartphones and tablets to replace paper based-charting, healthcare workers will electronically document patients' chronic wounds to promote higher consistency and compliance relative to paper-based charting.

The proposed study is a user trial with eight nurses who will use both the prototype software application on tablets and standard paper-based charting of wound care for seven consecutive shifts at a Health Centre facility. Following its use, the nurses will complete a survey and participate in a focus group to discuss their experiences using the software. The purpose of the study is to gather data to fine-tune and enhance the design and functionality of the software application. It does not include an evaluation of patient experiences or patient health outcomes.

# Research forum



## 1982–2012: Celebrating 30 years

On July 1, 1982, the Centre on Aging was founded at the University of Manitoba as the first institute established through the Social Sciences and Humanities Research Council of Canada's experimental program of research centres.

Fast forward to today, and the Centre on Aging is celebrating its 30th year at the University as a long-standing aging research centre in Canada.

Please join Centre on Aging staff and Research Affiliates, as the Centre on Aging formally celebrates its 30th anniversary. Several of the Centre's Research Affiliates will reflect on their association with the Centre. A wine and cheese reception will be held to mark this special occasion.

### Friday, April 5, 2013

108 Cross Commons Room  
St. John's College  
University of Manitoba | Fort Garry Campus  
2:30–4:30 pm

RSVP by Thursday, March 28, 2013  
Phone 204.474.8754 or  
Email: [coaman@ad.umanitoba.ca](mailto:coaman@ad.umanitoba.ca)

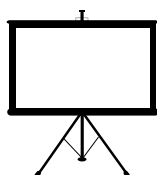
All are welcome to attend!

## Peer reviewed publications



1982–1988 total publications	<b>292</b>
2007–2012 total publications	<b>643</b>

## Presentations



1982–1988 total presentations	<b>200</b>
2007–2012 total presentation	<b>460</b>

# Can ‘wee’ talk? What we don’t know can hurt us

For many people, the topic of urinary incontinence (UI) is an uncomfortable subject and is perceived to be an issue that older adults face as part of aging. Yet, as these stereotypes persist, UI is underreported in Canada and affects an estimated 3.3 million Canadians, including 1 in 4 middle aged women. Fifteen percent of all men over 60 years of age are also affected. As a result of the stigma attached to UI and the lack of discussion surrounding this issue, the World Health Organization has identified UI as “the last taboo.”

On February 12, 2013, **Dr. Michelle Lobchuk** and Ms. Fran Rosenberg presented their seminar *Urinary incontinence quality of life: Affected adult and family caregiver perceptions and empathic interactions*. The seminar focused on research conducted by Dr. Lobchuk and Ms. Rosenberg through a grant received from Riverview Health Centre.

## What do we know?

Have you ever laughed or sneezed so hard and found yourself in a situation where you had a small accident? You immediately realize the situation and try to remedy it by excusing yourself quickly to deal with the situation or pretending it never happened. For millions of Canadians, this is a daily part of life.

Urinary incontinence is the involuntary loss or leakage of urine. Ms. Rosenberg, who is one of two active nurse continence advisors in Manitoba, identified four types of UI that affects individuals:

- Stress: happens with exertion, coughing, sneezing
- Urgency: leakage preceded by sudden urge to void
- Overflow: frequent loss of urine
- Mixed: a combination of stress and urgency

For many people, the stigma and personal embarrassment caused by UI, adversely affects both the individual and caregiver’s quality of life both inside and outside of the home. Urinary incontinence is prevalent for individuals in their 50s and 80s.

Gaining a broader perspective of how UI affects individuals and their caregivers has proven to be somewhat difficult due to the subject matter and the willingness of individuals to self-identify and come forward with their own personal experiences. Dr. Lobchuk noted that not much research has been done with individuals with UI and their family caregivers, citing research from a study conducted in the United States in 2005. Most of the research has been conducted outside of Western societies, with a number of published reports coming out of Germany and Japan.

## Financial costs

While the general public may see UI as an older adult’s issue, in reality, it is a family issue—primarily for caregivers of those who have UI. Not only does UI cause stress for the individual afflicted, but the costs associated with dealing with UI can be a financial burden as well. Purchasing incontinence products is not cheap—particularly for the brand name products on the market, which can reach out-of-pocket costs of \$1000 to \$1500 annually. Additionally, these products are not covered under provincial health plans and cost Canadians approximately \$7.5 billion dollars annually.

## Social costs

While most people would expect negative behaviour from strangers, individuals who are dealing with UI have also faced negative reactions within their own circle of family and friends; and between the caregiver and the individual with UI. The lack of empathy based on frustration with the circumstances or being uncomfortable in dealing with the situation at hand can lead to struggles between duty and obligation for the caregiver and care recipient.

What Dr. Lobchuk and Ms. Rosenberg noted is that it is important to educate the public that bladder control is neither part of the aging process nor solely an aging issue. They cite the example of cancer, which was at one time deemed unacceptable to discuss in public. Over time and through education and open discussions, the experience of those diagnosed with cancer has become more socially acceptable to discuss outside of the home.

For more information on UI, visit the Canadian Continence Foundation: [www.canadiancontinence.ca](http://www.canadiancontinence.ca).

# Research Affiliate updates

Centre on Aging Research Affiliates have been busy in the past few months. Listed are the most recent updates and upcoming events for affiliates.

## Presentations

**Dr. Richard Milgrom** and graduate students in his Planning Studio course presented on *Age-Friendly Planning + Design* at the 2013 Manitoba Planning Conference in Winnipeg, February 27, 2013.

**Dr. Frank Schweizer** participated on a panel for the Café Scientifique presentation *Drug discovery: The 21st century petri dish* on February 25, 2013 at McNally Robinson Booksellers.

The Alzheimer Society of Manitoba hosted an evening that put a "Spotlight on research." The evening focused on Manitoba researchers who discussed their projects on dementia. **Dr. Lorna Guse** and **Dr. Malcolm Doupe** participated on the panel, while **Dr. Ben Albensi** presented a poster of research being conducted in his lab. The event was held on January 24, 2013 in Winnipeg.

**Dr. Laura Funk** participated in a panel discussion as part of the Critical Conversations seminar series on January 7, 2013, held at Fort Garry Campus. The discussion looked at how to do research in a way that is rooted in Indigenous traditions and motivated by social justice.

**Dr. Danielle Bouchard** presented *Discover your friendly exercise compass for healthy active living* and **Dr. Jason Peeler** presented *Emerging strategies in the battle against knee osteoarthritis* at Healthy bones & muscles: A public forum. Offered through Lifelong Learning at the University of Manitoba, the forum was held on October 27, 2012 at St. John's College. Lifelong learning is also offering these courses in April 2013. Visit [umanitoba.ca/extended/life](http://umanitoba.ca/extended/life) for more information.

## Publications

Sheri Bell and **Verena Menec**. (2013). "You don't want to ask for the help" The imperative of independence is it related to social exclusion? *Journal of Applied Gerontology*. DOI: 10.1177/0733464812469292

Stephanie Chu, Wei Xiong, Dali Zhang, Hanifi Soyulu, Chao Sun, **Benedict C Albensi**, Fiona E Parkinson. (2012). Regulation of adenosine levels during cerebral ischemia. *Acta Pharmacologica Sinica*.1-7

## Media

The Evidence Network of Canadian Health Policy is a network of highly-qualified researchers and experts across the country who provide information on timely topics and breaking health policy stories. Dr. Verena Menec and Dr. Malcolm Doupe are two of the experts who can be contacted. In January 2013, a short video was posted where **Dr. Menec** was interviewed for a video on the topic of why so many elderly Canadians are dying in hospitals and in acute care settings, as well as an audio podcast on end of life options. **Dr. Doupe** was interviewed for a short video clip in December 2012 to address overcrowding at emergency rooms across Canada and provide possible solutions.

**Dr. Ben Albensi** was interviewed on The Night Hawk Show on CJOB 680 AM radio with Greg Mackling on January 15, 2013. Dr. Albensi spoke about Alzheimer's Disease and the Spotlight on Research event.

**Dr. Albensi** was also interviewed for CTV's Modern Medicine series, which was televised on January 10, where he discussed studies in basic memory and also about Alzheimer's disease.

**Dr. Danielle Bouchard** was featured in an article *You're not alone: Even experts make New Year's resolutions about their health* in the *Winnipeg Free Press* on January 14, 2013.

## Congratulations

Congratulations to **Dr. Pamela Hawranik**, who received the Queen Elizabeth II Diamond Jubilee Medal from the Canadian Hospice Palliative Care Association as a token of their appreciation for the work she has done to assist in advancing issues of hospice palliative care within Canada.

# CLSA update from Deer Lodge Centre

The Centre on Aging's offices at Deer Lodge Centre was officially opened in June 2012, where research continues for the Canadian Longitudinal Study on Aging (CLSA) project. Since the research project was officially launched at the

University of Manitoba in the spring of 2010, CLSA staff, have collected data through telephone interviews and site visits by participants. The following is an update on the research project to date.

## Tracking cohort

The CLSA tracking cohort includes 20,000 Canadians aged 45 to 85 who will complete a one-hour baseline interview over the phone and then be contacted every three years after that for 20 years for a one-hour interview. In between, every 12–18 months, participants in the tracking cohort complete a short 30-minute telephone interview. As of mid-February, just over 16,000 Canadians have completed their one-hour baseline interview.

Since September 2011, the telephone interviewers at the Manitoba CATI site have been busy calling individuals in Manitoba, Saskatchewan and Alberta. A total of 2,572 participants in these three provinces have completed their one-hour baseline interview as of March 1, 2013. Beginning mid-April calling will begin on the maintaining contact questionnaire, a short 30-minute telephone interview completed within 12–18 months of the participant's baseline interviewer.

## Comprehensive cohort

The CLSA comprehensive cohort includes 30,000 Canadians aged 45 to 85 who will complete a one-hour in-home interview as well as a visit to a data collection site where a series of physical measurements are done including a bone density scan. The Manitoba site is one of eleven data collection sites. The Manitoba site is responsible for recruiting 3,000 participants into the study by the end of May 2015.

Renovations at the site were completed in April 2012 and equipment set-up, hiring and training of staff took place in May and June. In-home interviewing began mid-July 2012. Currently, six in-home interviewers have completed 428 interviews. Visits to the data collection site began in October 2012 with a total of 334 individuals completing their visit to Deer Lodge as of March 1, 2013.

In addition to the in-home interviewers a total of 12 individuals are employed at the data collection site: a data collection site coordinator, three research assistants, a nurse, four x-ray technologists, and three laboratory technologists.

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## Centre news

On February 23, 2013, information published in the Centre's Baby Boomer profile was cited in an article by *Winnipeg Free Press* columnist Lindor Reynolds.

The Centre on Aging's research activities were highlighted in the most recent issue of the University of Manitoba's publication *ResearchLIFE*. The article, "Aging well, wherever you live" highlights the International Age-Friendly Rural and Remote Symposium and the opening of the Canadian Longitudinal Study on Aging data collection site.

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Link: [umanitoba.ca/research/research\\_life](http://umanitoba.ca/research/research_life)

### Advisory board updates

**Dr. Carol Harvey** has been reappointed for a second 3-year term on the Centre's advisory board. Also joining the advisory board is Ms. Lorraine Dacombe Dewar, Executive Director of the Continuing Care Branch, Manitoba Health. Ms. Dewar replaces Ms. Roxie Eyer, who was the Continuing Care Branch's representative over the past two years. We thank Ms. Eyer for her support and contribution as a member of the advisory board.

We also welcome Ms. Sue Bishop, who has been appointed to the board as a community representative. She joins us after retiring from the civil service with both the federal and provincial governments.



# Age-friendly communities initiative revitalizes small Canadian town

By Lindsay Jolivet

Five years ago, you could buy a plot of land in Gladstone, Manitoba for one dollar. Residents were leaving in droves and the town, made up in large part by seniors, was dying.

Businesses were moving into the cities, taking taxpayers with them. Many towns in rural Manitoba and Saskatchewan suffered with the same problems; issues that threatened their future existence.

"People had lost faith in our community. They didn't trust the future," Gladstone Mayor Eileen Clarke said. "It caused a lot of mental and emotional stresses."

But shortly after Clarke became mayor in 2006, the municipal council, along with its Age Friendly Committee, attended a workshop about the World Health Organization's new concept of "age-friendliness." The workshop was one aspect of the provinces Age-Friendly Manitoba Initiative, aimed at making communities more liveable for seniors.

The mayor was inspired. She overhauled the town's planning strategy, held public consultations and formed a new vision for Gladstone.

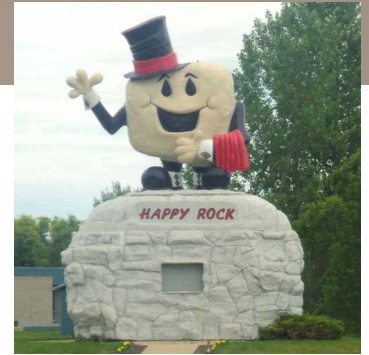
Soon Gladstone had a new privately-funded housing project with 17 apartments and suites, an enhanced handi-transit service, and the building of an "age-friendly" walking trail, along with more community events and partnerships between organizations.

A few years later, Gladstone's property values have increased exponentially and its population has grown by 10 per cent. The town saw \$9 million dollars of commercial development in the first year after the changes, Clarke said.

"We have no properties left. We are working with a land owner to develop more properties and we can't do it fast enough," she said.

Clarke said younger people have also started moving back.

"The last two, three years, many of our children who are married with children, they're moving back to our community."



Gladstone's mayor was a delegate at a Winnipeg conference last week, hosted by the University of Manitoba's Centre on Aging and co-sponsored by the Province of Manitoba's Seniors and Healthy Aging Secretariat. Entitled "Age-Friendly Rural and Remote Communities and Places," the event explored where our communities fall short of meeting seniors' needs and how to improve them.

Norma Drosdowech, a retiree and an advocate for seniors' issues, said the problem is often one of communication.

"We go to the hospital and we come home and nobody says how was your experience?" she told a conference panel. Drosdowech said understanding seniors' needs is simple.

"You ask them to share with you their fears, their desires, their hopes and what's going wrong and right in their lives. It's really not complex. It's that we don't ask."

In rural remote communities, the challenges can be more complex. Bill Ashton, the Director of the Rural Development Institute at Brandon University, said these areas deal with extreme cold and a chronic lack of housing and transportation to areas with better services.

"Those get worse as you get out of the cities," he said.

Ashton said cash-strapped municipalities can't always fund major development projects but there are creative solutions. While speaking with First Nations communities recently, he learned of a program to prevent seniors from getting lonely.

"Often, younger members of the community actually get assigned to visit elders," he said.

Proponents of age-friendly say it also has the potential to make our health care system more sustainable.

Jim Hamilton, the Associate Director of the Centre on Aging, says we underestimate the importance of social connection on physical and mental health, which is at least as important as physical activity and nutrition. He says hospitals and clinics are designed around treating those who are already sick, not keeping people healthy in the first place.

*Age-friendly communities continued on page 10...*

## Research seminar series

The Centre on Aging's seminar series kicked off on November 30, 2012, when recent graduate Phyllis Reid-Jarvis (2012) and graduate student Joanne Scott (2013) presented on their field placement projects. Both were also students in the Graduate Specialization in Aging (GSA) certificate program, which is administered by the Centre on Aging.

Ms. Scott's presentation entitled *A social group work approach based on a narrative therapy approach to working with older women looking to make changes to their alcohol use, prescription drug use or gambling*, was completed as part of her field practicum.

Ms. Scott outlined her approach and provided an overview of her field practicum that was completed over a 12-week period. She interviewed two groups of older women using a narrative therapy approach that focuses on the individual telling her own story.

Joanne will graduate with her Master's of Social Work degree during spring convocation at the University of Manitoba. Having met all the requirements, she will also receive her GSA certificate at the Spring Research Symposium on May 6, 2013. Her advisor is Centre on Aging Research Affiliate, Dr. Don Fuchs, Faculty of Social Work.

Ms. Reid-Jarvis graduated in May 2012 with her Master's in Public Health Administration and received her GSA certificate. During her presentation, she discussed her field placement with the Winnipeg Regional Health Authority (WRHA), where she was tasked with implementing a tool kit for English as a Second Language students. She adapted her toolkit for an older population, with the average age of the adults being 55 years and over.

As a result of her work, Ms. Reid-Jarvis' final project was implemented for public use and information can be found online. Additionally, 'Train the trainer' workshops are being developed to share the program more widely.

## Final seminar presentation

Join us for our final presentation in March.

### March 25, 2013

**Dr. Christina Lengyel** and Ms. Catherine Marshall, Department of Human Nutritional Sciences will present *Is this my body? Body dissatisfaction, concerns about aging, and food choices of baby boomers and older women in Manitoba*

11:00 am–12:00 pm

405 Brodie Centre, Bannatyne Campus

With the growing pervasiveness of mass media, individuals of all ages are bombarded with images that glorify youthfulness, messages that tie self-worth to thinness, and products that promise beauty forever. Yet, as our population ages and as rates of overweight/obesity continue to rise, more and more women will be unable to achieve the increasingly thin and youthful ideals that are portrayed by the media. There is an increasing body of literature that suggests that middle-aged and older women struggle with body image and weight issues as they age. Based on findings from our mixed-methods study, this presentation will explore body image issues among baby boomer (aged 46–65) and older (aged 66–85) women living in urban and rural Manitoba. Qualitative findings pertaining to body dissatisfaction, concerns about aging, weight/loss dieting attitudes, and food choices will be presented.

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*Age-friendly communities continued from page 9...*

"My health doesn't come from my annual check-up with my doctor," Hamilton said. "My health comes from how well I'm connected to my community and my friends, and what I do in terms of social engagement, and my own physical activity and my own diet and nutrition."

Hamilton says libraries, arts councils, and local events all contribute to our health and it's time we started looking more closely at making sure those elements exist in our communities.

*Lindsay Jolivet was an intern with the Evidence Network of Canadian Health Policy. Her work has been published in the Montreal Gazette, Huffington Post Canada and broadcast on the CBC. A version of this article appeared in the Huffington Post.*

*Article credit: Lindsay Jolivet and EvidenceNetwork.ca.*

# Age-friendly international invited symposium

The Centre on Aging at the University of Manitoba and the Manitoba Seniors and Healthy Aging Secretariat collaborated with the Public Health Agency of Canada, International Federation on Aging, Rural Development Institute at Brandon University, and World Health Organization to host an international invited symposium on age friendly rural and remote communities and places. The Symposium, held from October 15–17, 2012 in Winnipeg Manitoba, brought together 46 international delegates from 14 countries.

The Symposium objectives included:

- Sharing promising practices and knowledge from around the world on age-friendly rural and remote communities and places
- Identifying and analyzing strengths, weaknesses, opportunities and threats related to age-friendly rural and remote communities and places
- Facilitating ongoing knowledge exchange and action by creating a Community of Practice within the Pan-American Health Organization (PAHO) region and globally
- Developing a list of key priorities for action

Over three days delegates worked in groups, participated in panel discussions, examined a photo essay on “what is rural and remote,” listened to the experiences of four distinguished seniors and shared their experiences in creating more age-friendly rural and remote environments. Secretary General of the International Federation on Aging, Dr. Jane Barratt, noted that “This is the first ever international symposium on rural and remote age-friendly communities and Manitoba has demonstrated to the world its leadership.”

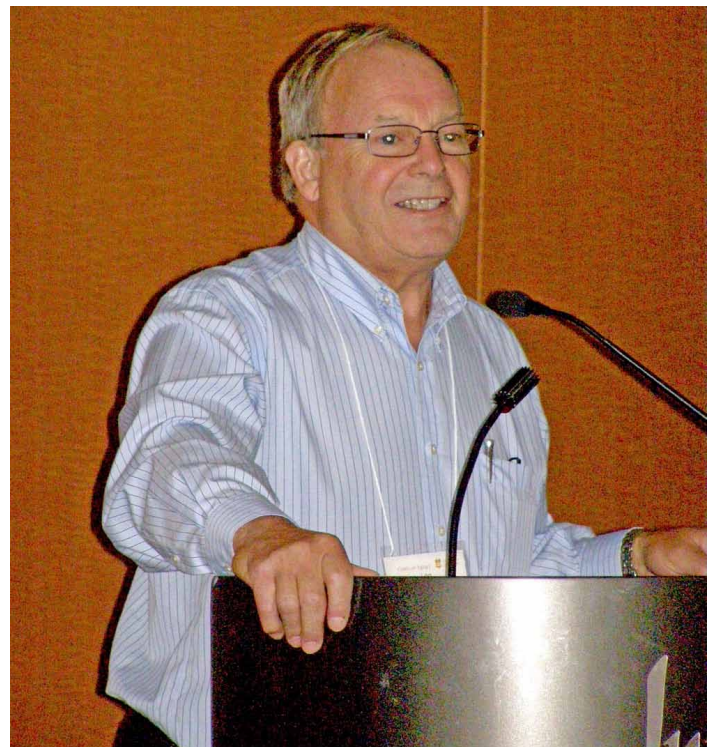
## Symposium reports

The Centre on Aging has published a series of six theme reports based on the discussions of the symposium participants. Some of the key themes developed focus on priorities for action; the Pan American Health Organization; sustaining age-friendly rural and remote communities and places; and what is rural and remote? Also available are the full symposium report and summary report.

The documents are available at: [umanitoba.ca/centres/aging/cura/coa\\_cura\\_2012Symposium](http://umanitoba.ca/centres/aging/cura/coa_cura_2012Symposium).



**Members of the Public Health Agency of Canada age-friendly communities reference group: back row (left to right) Vicki Toews, Leo Bonnell, Eileen Clarke, Jim Hamilton, Ernesto Morales Front row (left to right) Valerie White, Doni Eve, Verena Menec, Patti Chiappetta, Cathy Bennett**



**Leo Bonnell, one of four distinguished seniors at the symposium, spoke about the role of seniors in Newfoundland and how seniors can contribute to rural and remote age-friendly communities**

# Student scholarships available for 2013–2014

## Centre on Aging awards

The Centre on Aging has a number of funding opportunities that are meant to encourage the furthering of studies in aging and gerontology. These awards/fellowships have been made available through gifts and donations made to the Centre on Aging.

The following awards are available through the Centre on Aging:

- Barbara Jean Payne Memorial Award in Social Gerontology (\$1000) NEW
- Centre on Aging Betty Havens Memorial Graduate Fellowship (\$4000)
- Jack MacDonell Scholarship for Research on Aging (\$4000)
- Esther and Samuel Milmot Scholarship (\$500)

### Eligibility for the Centre's awards

Awards and research fellowships are open to students registered at the University of Manitoba. Applications are now available for download. Applications must be completed in full and received by the Centre on Aging by **March 22, 2013**.

The **Barbara Payne, Betty Havens, and Jack MacDonell** scholarships are open to full-time Master's; post-graduate medical program (medical residents electing to take a year off from residency to pursue full-time research); or Ph.D. students, whose studies focus on aging at the University of Manitoba.

The **Esther and Samuel Milmot Scholarship** is open to full-time students pursuing a program which bears on gerontology either in the Faculty of Arts or in the Faculty of Graduate Studies with the principal field of study in a department of the Faculty of Arts, University of Manitoba.

## Alzheimer Society of Manitoba Fellowships

The Alzheimer Society offers two Fellowships of \$4,000 (each). Purpose of the fellowships:

- To enhance knowledge about the cause, treatment, cure and effects of Alzheimer's disease and other dementias in the biomedical and psychosocial domains.
- To increase knowledge about the care of people with dementia by formal and informal caregivers.
- To encourage graduate student interest in Alzheimer's disease and other dementias.
- To stimulate graduate student research activity in Alzheimer's disease and other dementias.

### Eligibility for the Alzheimer fellowships

The Alzheimer Society Graduate Student Fellowships are available to full-time Master's, post-graduate medical program (medical residents electing to take a year off from residency to pursue full-time research) and Ph.D. students, attending universities in Manitoba.

For more information about the Alzheimer Society's Fellowships, visit their Web site: [www.alzheimer.mb.ca/fellowships](http://www.alzheimer.mb.ca/fellowships).

## Application process for all awards

Before applying for the Centre on Aging Student Scholarships or the Alzheimer Society Graduate Student Fellowships, students should review both the *Student award application guidelines* and the *Adjudication criteria for student awards*.

For more information on the eligibility and requirements for a specific award or fellowship, please review the document *About the Centre on Aging awards*. If you have questions about the awards, a frequently asked questions document is available on the Web site.

The Alzheimer Fellowship Application Form and the Criteria for Adjudication and Application Guidelines have been combined with the Centre on Aging Awards documents. **Submit only one** application form, project description, set of transcripts, and letters of reference. Check the awards that you are applying for on the front page of the application form.

Download the 2013–2014 Centre on Aging student application and Alzheimer Society Graduate Student Fellowship application from the Centre's Web site: [umanitoba.ca/centres/aging/students/588.html](http://umanitoba.ca/centres/aging/students/588.html).