

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.

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Professor Emeritus, College 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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Aging over generations: 32nd annual spring research symposium



The Centre on Aging will be hosting its annual spring research symposium over two days May 4–5, 2015! This year’s theme is *Aging over generations*.

Join us as we address aging issues important to Canadians, reflecting on lessons that can be learned from longitudinal aging studies; reviewing current and past perceptions of an older population; caring for and reaching out to seniors and their caregivers.

Full symposium details

Registration, parking information, and full presentation descriptions for the symposium are available on the Centre’s Web site: umanitoba.ca/centres/aging/events/384. Registration forms can be returned to the Centre

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

Aging across generations continued on page 2...

Lunch is available for \$10 and will be served 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 25, 2014**. After this date, symposium attendees are requested to register in person at the registration desk as Centre staff prepare for the symposium.

Scheduled presenters May 4

Our opening plenary on May 4, *The Canadian Longitudinal Study on Aging—What's in it for me?* will feature presentations by

- **Parminder Raina**, Ph.D., Director of the Evidence-based Practice Center; Professor in the Department of Clinical Epidemiology & Biostatistics, McMaster University, Lead Principal Investigator of the Canadian Longitudinal Study on Aging (CLSA);
- **Verena Menec**, Ph.D., Department of Community Health Sciences, College of Medicine, University of Manitoba; Canada Research Chair in Healthy Aging; Manitoba Site Co-Principal Investigator for CLSA

The Centre on Aging is also one of eleven data collection sites for the CLSA Comprehensive Cohort. For more information on the study, visit www.clsa-elcv.ca.

Morning concurrent sessions

Moving through the system: Promoting safety during transitions in care

- **Cornelia van Ineveld**, M.D., Associate Professor, Section of Geriatric Medicine, College of Medicine, University of Manitoba; Site Medical Director, Geriatrics St. Boniface General Hospital
- **Linda Catteuw**, P.T., Rehabilitation Clinician, St. Boniface General Hospital
- **Karen McCormac**, B.N., Director, Quality and Patient Safety, Misericordia Health Centre

Cohort studies in Manitoba: A wealth of research findings

- **Philip St. John**, M.D., Associate Professor, Section of Geriatric Medicine, College of Medicine, University of Manitoba
- **Robert Tate**, Ph.D., Professor, Department of Community Health Sciences, College of Medicine, University of Manitoba; Director, Manitoba Follow-Up Study

Dignity and end-of-life care in personal care homes: What matters most

Genevieve Thompson, Ph.D., Assistant Professor, College of Nursing, University of Manitoba

Afternoon plenary

Our afternoon plenary will reflect on the history of home care in the province, *Celebrating 40 years of made in Manitoba home care: Past, present and future*, featuring reflections and insights by

- **Réal Cloutier**, Vice-President and Chief Operating Officer, Winnipeg Regional Health Authority
- **Karen Stevens-Chambers**, Regional Director of Home and Palliative Care Services, Interlake-Eastern Regional Health Authority
- **Katherine Bayes**, Program Director of Home Care and Services to Seniors, Prairie Mountain Health

Afternoon concurrent sessions

Volunteers and paid companions: Invisible providers of support for older adults in care homes and hospitals

Laura Funk, Ph.D., Assistant Professor, Department of Sociology, Faculty of Arts, University of Manitoba

Are seniors selfish? A response to the Maclean's article "Old. Rich. Spoiled."

Lynne Fernandez, Holds the Errol Black Chair in Labour Issues, Canadian Centre for Policy Alternatives Manitoba

Engaging isolated adults: The "Who's at My Door" Project

Nancy Newall, Ph.D., Research Associate, Centre on Aging, University of Manitoba

CLSA data access workshop: May 5, 2015

9:00 am–12:00 p.m.

204 Brodie Centre, Bannatyne Campus

**Attendees are asked to pre-register for the workshop*

Dr. Parminder Raina and **Dr. Verena Menec** will hold a workshop on Tuesday morning to provide an overview of what researchers and students need to know about accessing the Canadian Longitudinal Study on Aging (CLSA) data.

CLSA datasets hold and describe variables collected from participants at each wave of data collection. The variable search tool enables researchers to locate items of interest within all available data collected from CLSA participants.

Currently, data emanating from the over 20,000 Tracking participants who completed the baseline 60-minute telephone interviews are available. Cognitive scoring is ongoing and these data will be available as part of the second CLSA data release in Winter 2014–2015.

Datasets from future data collection events will be added when they are available.

CLSA funding renewed

On March 9, the Government of Canada announced the Canadian Longitudinal Study on Aging (CLSA) has received a \$41.6 million grant to continue its work for the next five years. Since 2010,

- more than 21,000 individuals aged 45 to 85 randomly selected have participated in hour-long telephone interviews
- an additional 26,000 have taken part in extensive home interviews plus visited one of 11 data collection sites

“This funding is a strong vote of confidence in the importance of improving Canadians’ health through a better understanding of the aging process,” said Dr. Parminder Raina. “We are gathering a broad range of information on biological, medical, psychological, social, lifestyle and economic aspects of people’s lives.”

Call for aging research 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 on May 4, 2015. This year, student posters will be adjudicated and prizes will be awarded for best Social Sciences and Humanities; and Basic/Health Sciences related posters. The competition is open to Master’s, Doctoral, and post-doctoral students.



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.

Students interested in submitting a poster to the session, should complete and return the poster submission form by **Friday, April 10, 2015**. Abstract submissions will be reviewed by the Centre on Aging and placed in the appropriate category. **Poster presenters MUST register for the spring symposium.**

Students must present their poster for adjudication to the judges during the scheduled time, as well as during the nutrition breaks. More information will be provided closer to the symposium date and students will be informed which session they should be present for adjudication.

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 email Rachel.lnes@umanitoba.ca.

Research fellowship recipients 2015–2016

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 to **Dr. Jacquie Ripat**, Assistant Professor, Department of Occupational Therapy, College of Rehabilitation Sciences; and **Dr. Stephen Cornish**, Assistant Professor, Faculty of Kinesiology and Recreation Management, Centre on Aging Research Affiliate.

In addition to receiving the fellowship, Dr. Ripat has also been appointed as a Research Affiliate of the Centre.

Dr. Jacquie Ripat

Increasing the winter community participation of older adult wheelchair users

There is strong evidence to support that community-dwelling older adults who are able to maintain their involvement in social, recreational, spiritual and physical activities experience positive effects on their health and quality of life. While winter creates challenges to community participation for many Manitobans, these difficulties are magnified for older adults and particularly for older adults who use wheelchairs. The aim of this study is to explore ways to improve or maintain community participation of community-dwelling older adults who use wheelchairs in the winter.

Using a single-subject design, five older adult Manitobans who are wheelchair users will each select three community-based participation goals to work on throughout the winter months. Each older adult participant will work with an occupational therapist to receive individually-focused interventions aimed at increasing his or her community participation. We will use a client-centred outcome measure designed to detect changes in performance and satisfaction in the goals that the individual has self-identified as being important to him or her, yet difficult to perform.

The findings of this study will help determine the feasibility of conducting a larger scale study that would include a great number of older adult Manitobans. Older adult wheelchair users in Manitoba bear a disproportional burden in the winter when aging, mobility limitations, and weather coincide to create conditions that make community participation exceedingly difficult. It is important to the health and well-being of older adult Manitobans to find effective ways to promote community engagement throughout the winter months.

Dr. Stephen Cornish

Response of Interleukin-15 to varying exercise intensities in older men

The loss of skeletal muscle mass and muscle strength is associated with the aging process and has been defined as sarcopenia. Sarcopenia can lead to a number of difficulties in maintaining activities of daily living and may increase the risk of falling in older adults. There are various methods that have been used to increase the amount of skeletal muscle mass and strength that older adults have but it seems the most effective method is for older adults to participate in a resistance training exercise program. Finding the most effective training method to enhance skeletal muscle mass and strength in older adults is of importance.

One factor to consider when designing resistance training programs for older adults is the intensity of the exercise prescription. Certain proteins released from skeletal muscle, the myokines, have been shown to influence skeletal muscle growth and repair. The myokine called interleukin-15 has been shown to be muscle building and has great potential in reducing the development of sarcopenia. Currently, it is not known what influence resistance exercise intensity will have on interleukin-15 release into the systemic circulation in older adults. The goal of this research project is to evaluate three different intensities of a single bout of resistance training to determine the interleukin-15 response to varying intensities of exercise in older men. It is anticipated that the results from the research will help to develop effective resistance training programs to maximize the muscle building effects of interleukin-15 release from contracting muscles.



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:

- 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. Stephen Cornish @ 474-9981 or stephen.cornish@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.

Spotlight on research: Spring research symposium presentations



Editor's note: During the summer of 2014, the Centre on Aging had a student volunteer interview faculty members whose focus is on aging and CLSA research staff, and wrote about their work. This is the second set of articles developed for the newsletter.

Arman Iranpour started Grade 12 in September 2014 and is an International Baccalaureate student at Kelvin High School. He is actively involved in sports and volunteer activities. As part of his studies, he completed community service work by volunteering. Over the summer, Arman interviewed a number of people working in the field of gerontology about their work in aging.

Dr. Cornelia van Ineveld

By Arman Iranpour

Dr. Cornelia (Kristel) van Ineveld is an Associate Professor with the University of Manitoba. In addition to her teaching duties, she works as a physician, specializing in internal medicine and geriatric medicine. She works as a consultant in St. Boniface and Riverview Day Hospitals. As an administrator, Dr. van Ineveld is the medical lead for a 40 bed rehabilitation unit at St. Boniface and often has 10 patients under her care. As an Associate Professor, she educates medical students about how to care for older people and about diseases that come with aging. She also uses her knowledge of these diseases and methods of care to provide consultations and give advice to family doctors and outreach teams.

Dr. van Ineveld worries that older adults can sometimes be forgotten or neglected in the hospital, and at times, hospitals do not put their knowledge of older people into practice to make care how it should be. As the number of older adults continues to grow, Dr. van Ineveld's work, which helps students and hospitals understand how to effectively and thoroughly provide care, will become even more important.

Dr. van Ineveld was drawn to the field of gerontology because she was interested in so many medical areas that she couldn't decide between a specific field and geriatric medicine appealed to her, because it didn't narrow down the fields she could work in.

She says that today, her motivation behind the work is advocating for the vulnerable and older adults in need of attention in the hospitals. Dr. van Ineveld loves the clinical variety in her work and feels that being able to work with and care for so many interesting people is very rewarding.



CLSA Manitoba data collection site

By Arman Iranpour

The Deer Lodge Centre is a long-term care and rehabilitation facility, which is home to the Canadian Longitudinal Study on Aging (CLSA) data collection site (DCS) for Manitoba. The CLSA is a national long-term study exploring the quality of life and health for Canadian men and women aged 45 to 85. In Manitoba, 3100 participants will be recruited for the study using a random digit dialing system.

Once interest in participating is shown, the participants are contacted to complete an in-home interview and visit the data collection site at Deer Lodge to complete a variety of physical measures. The health of the 3100 participants will be monitored for at least 20 years, with participants completing an in-home interview and a physical assessment at Deer Lodge once every three years, and phone interviews in between assessments.

The two and a half hour physical check-ups cover every aspect of the participant's health. During a visit to the DCS, participants first check in and then proceed to the measurement room, where their hip-waist ratio, BMI, and heart rate, etc., are measured. After 35 minutes in the measurement room, participants move to the DXA room, where a bone density scan takes place using X-Ray technology. Then the participants continue to the interview room and the hallway, to take part in walking and sitting tests. The last stages of the physical assessment include measuring vision and grip strength, taking a neuropsychological test, and ends with participants providing blood and urine samples, which is then sent to McMaster University.

Staff are busy at the data collection site with approximately six of these physical assessments taking place each day at Deer Lodge, with an X-Ray/ultrasound technologist, a research assistant, a lab technologist, and the site coordinator working on any day.

Participants are provided with a brief report of selected physical measures at the end of their visit. CLSA staff say due to the diversity of people coming in everyday, they get to meet many interesting people, which they feel is the best part of their job.



CLSA staff Erica Evans (seated) and Audrey Blandford (standing) pose for a photo in the DXA room where CLSA participants get a bone density scan as part of their visit at the DCS.

Audrey Blandford, the Manitoba site coordinator, who leads the CLSA data collection site, notes “this study increases knowledge of the factors of growing older, physically, socially, and psychologically, and that with advertising and exposure, solid information can be released to the public.”

Audrey has been working in this field for 30 years, and said “the CLSA is especially interesting because it includes a younger demographic (45–60), which allows for a greater understanding of the aging process.” She really enjoys the interaction with the participants and seeing people leave Deer Lodge satisfied, Audrey hopes that this study will help people age better.

Supporting AGE-WELL

The Centre on Aging is pleased to announce its partnership with AGE-WELL: Aging Gracefully across Environments using Technology to Support Wellness, Engagement, and Long Life, as a post-secondary institution partner. In January, the federal government announced that AGE-WELL would receive funding as part of its Networks Centre of Excellence program.

The host institution is the Toronto Rehabilitation Institute-University Health Network affiliated with the University of Toronto. Joint Scientific Directors are

- Dr. Alex Mihailidis, Barbara G. Stymiest Research Chair in Rehabilitation Technology, University of Toronto; and
- Dr. Andrew Sixsmith, Director of the Gerontology Research Centre, and Deputy Director of the Interdisciplinary Research in the Mathematical and Computational Sciences (IRMACS) Centre at Simon Fraser University.

AGE-WELL's national network consists of a program of research that will lead to the development of innovative and cutting-edge technological solutions that will be transferred to the market through our industrial and community partners. AGE-WELL research and supporting activities are aligned with the CIHR Institute of Aging's Research Priorities for 2013–2018 to ensure that technology development occurs in the key areas identified as important for successful and healthy aging.

For more information on the research project, visit www.agewell-nce.ca.

Graduate Specialization in Aging

Congratulations to Vera Chaykovska who received her Master's Degree in Social Work and met the requirements to receive her Graduate Specialization in Aging certificate in February. Vera completed her advanced field placement focusing on *Narrative therapy and older adults*. Research Affiliate, **Dr. Laura Taylor** served as an advisor on the aging related content.



Vera Chaykovska received her Graduate Specialization in Aging earlier this year in February.

Hai Luo successfully defended her doctoral dissertation *Strengthening social capital through residential environment development to support healthy aging: A mixed methods study of Chinese-Canadian seniors in Winnipeg*. **Dr. Don Fuchs** (Research Affiliate) was her advisor.

Hai will graduate this spring with her doctorate from the Faculty of Social Work. She will also be receiving her Graduate Specialization in Aging at the upcoming spring research symposium, and she is the fourth person to receive her certificate this year.

Upcoming events

Spring Research Symposium

May 4–5, 2015 | Bannatyne Campus

For up-to-date information, visit: umanitoba.ca/centres/aging/events/384

Award application deadlines: March 20, 2015

Centre on Aging student awards and Alzheimer Society fellowship applications due

To download the registration form, visit: umanitoba.ca/centres/aging/students/588

Promoting age-friendly cities and communities in Eastern Canada

By Shauna Zinnick

Last fall, **Jim Hamilton**, Associate Director of the Centre on Aging, was invited by the City of Fredericton, New Brunswick to assist with a one-day age-friendly workshop hosted by the City. What is an age-friendly community, you may ask? According to the World Health Organization (WHO)¹ “an age-friendly city is an inclusive and accessible urban environment that promotes active ageing” (2009). As current global demographic trends continue, particularly the rapid aging of the world’s population and the increasing rate of urbanization around the world, there is an increasing need to ensure communities around the world are age-friendly.

On September 11, 2014 approximately 175 individuals from the City of Fredericton took part in the age-friendly workshop, including seniors, representatives from senior-serving organizations, members of the local business community, and senior staff members of the City of Fredericton and the province of New Brunswick.

Jim opened the workshop with a keynote presentation, sharing lessons learned from his experience with the Age-Friendly Initiative in Manitoba, as well as from experiences in other cities and countries. The day included small group work centered on each of the eight domains of city life that might influence the health and quality of life of older adults (outdoor spaces and buildings; transportation; housing; social participation; respect and social inclusion; civic participation and employment; communication and information; and community support and health services) and a panel discussion.

The workshop was a great success and produced information and ideas the City of Fredericton will be able to incorporate into their planning to assist the City in furthering their age-friendly initiative.

1 World Health Organization (2009). “WHO Global Framework of Age-friendly Cities and Communities Information Brochure.” Accessed December 11, 2014 at www.who.int/ageing/age_friendly_cities_network/en/.

During his time on the east coast of Canada, Jim also worked with the City of Summerside, Prince Edward Island. Earlier in the year, the Summerside was accepted into the World Health Organization’s Global Network of Age-friendly Cities and Communities. During a luncheon with the Greater Summerside Chamber of Commerce, Jim shared his experience with the Manitoba Chambers of Commerce and their work to promote the age-friendly initiative within the business community. His presentation focused on how the business community could implement changes that would not only support older adults in the City of Summerside but also be advantageous to their businesses.

A workshop was held in the afternoon with key stakeholders, including seniors, senior government staff, members of the business community, and representatives from senior-serving organizations. Jim presented briefly on the age-friendly initiative and provided those in attendance with examples of age-friendly initiatives from Manitoba communities, which allowed those present to “see, by way of example, what other communities have been able to accomplish.”

Jim also participated in a discussion with City of Summerside department heads and the Age-Friendly Summerside Committee. Each Age-Friendly Summerside Committee member represents one of the eight domains mentioned earlier. Individuals were matched with the department head that represented the same topic for the city (e.g., the City department head in charge of transportation met with the Age-Friendly Summerside Committee member who represented the domain of transportation to discuss issues and generate ideas to enhance age-friendliness). Everyone in attendance was able to discuss the information they had heard the previous day and how they could use that information moving forward to help the Summerside reach its age-friendly goals.

Overall, Jim was able to share his knowledge and experience with age-friendly community development in Canada and globally with two eastern Canadian cities eager to make their cities more age-friendly.

Canadian Association on Gerontology's annual meeting: A student's perspective

By Shauna Zinnick

From October 16–18, 2014, I attended the 43rd Annual Canadian Association on Gerontology Scientific and Educational Meeting in Niagara Falls, Ontario. This was the first time I had the privilege of attending this premier Canadian conference on aging and overall, it was a thought provoking experience. I had the opportunity to meet with many nationally recognized research experts in my chosen field of study, long-term care, thus strengthening my understanding of this research area. The numerous opportunities to network and make valuable connections with fellow students, researchers, and decision-makers were invaluable. Not only did I have the opportunity to meet fellow students from across Canada, but also from countries such as Brazil and Chile.

During the conference, I attended oral sessions on a variety of topics, such as long-term care and issues pertaining to nursing homes and home care to numerous other issues, including: dementia care; global aging; driving and the design of vehicles for older adults; clothing and the older adult; successful aging; caregivers' experiences; and so many more. It was hard to decide which sessions to attend as there were so many interesting ones to choose from!

The opportunity to ask questions during the sessions and speak directly with the researchers further enhanced the experience. During the poster session, not only was I able to get ideas, feedback, and suggestions regarding my own research from experts in my field and fellow students that I will be able to incorporate into my work, I was able to provide ideas and suggestions to fellow students as well.

Attending this conference was also the first time I had the opportunity to travel to Niagara Falls. Being able to see the Falls in person was truly an awe-inspiring experience and the setting surrounding the Falls was picturesque. I saw both the American Falls and the Canadian Falls, known as the Horseshoe Falls, illuminated in a variety of colours at night.



Centre staff enjoy a fall day and the view of both sides of the Falls in Niagara, Ontario. Shauna Zinnick, Catherine Jacob, and Rachel Ines (left to right)

One evening I was lucky enough to view the fireworks show over the Falls, which was truly a spectacular sight. I also strolled down Clifton Hill, the street that is known as the most “fun by the falls,” and boasts midway-type attractions, theme restaurants, haunted houses, and the Niagara Skywheel which takes passengers 175 feet above Niagara Falls. Niagara Falls provided the perfect backdrop for the conference.

It was made very evident during the course of the conference that gerontology is a growing and exciting area. Approximately 650 attendees came together to share their research and experience, and the overall excellent quality of all the presentations made over the course of the conference—from keynote addresses and symposium sessions to oral and poster presentations reflected the growing interest. Travelling to Niagara Falls to participate in this conference was an excellent opportunity and I hope I can take part in this conference again next year to share the results of my Master's thesis research.

Research Affiliate updates

Media

Dr. Robert Tate's research on the Manitoba Follow-up Study was featured on the CTV national news "Health study for the ages" on February 23, 2015. View the video at <http://bit.ly/18motsd>.

Dr. Corey Mackenzie was interviewed for CTV news on National hug day, for the news story "Hug Day transforms into global social media movement" on January 21, 2015. View the video at <http://bit.ly/1ALx80y>

Dr. Benedict Albensi was interviewed on ShawTV about his research on Alzheimer's Disease for the feature *The Face of Alzheimer's*: www.youtube.com/watch?v=uMsB0ad0KLA. Dr. Albensi was also interviewed by the *Winnipeg Free Press* to discuss his research "In conversation with Benedict Albensi," on January 17, 2015. You can read the article at <http://bit.ly/1Cfd6gi>.

Presentations

The Alzheimer Society of Manitoba held its Dementia Care 2015 conference on March 9–10, 2015. Acting Director **Dr. Daniel Sitar** presented a session on *The dilemma of drug therapy choices for people with dementia*. In addition, four research affiliates also presented:

- **Ms. Verna Pangman** was a co-presenter on the session *Dying with care and compassion: a model of dignity conserving care and advance care planning*
- **Dr. Zahra Moussavi** presented a session on *Application of rTMS for treatment of patients with Alzheimer's Disease*
- **Dr. Phil St. John** discussed *Survival of persons with dementia*
- **Dr. Shahin Shooshtari** was part of a panel that looked at *New initiatives for dementia care in persons with intellectual and developmental disabilities (IDD)*.

Dr. Sandra Webber presented *Physical activity: individuals' perceptions and objective measurement in older adults with chronic disease* as part of the Health, Leisure & Human Performance Research Institute's seminar series on February 27, 2015.

Dr. Enrique Fernandez presented *Don Quixote of La Mancha and active aging in the Renaissance* on February 23, 2015 as part of a lecture series offered through Creative Retirement Manitoba.

Acting Director, Dr. Daniel Sitar, presented *Medications and people with dementia benefits versus risks* on February 3, 2015 for the Alzheimer Society of Manitoba.

Dr. Corey Mackenzie, presented *Winnipeg men share their thoughts on how to start and grow a Men's Shed* as part of a "Research to Practice Presentation," on January 28, 2015. The presentation was co-sponsored by the Institute for Healthy Living and Chronic Disease Prevention, the Men's Depression & Suicide Network, and the Movember Foundation.

New research affiliate appointments

The Centre welcomed eight new research affiliates over the past few months. Please help us welcome the following new affiliates:

- **Dr. Rakesh Arora**, Departments of Surgery, Anesthesia, Physiology and Pathophysiology; Medical Co-Director Intensive Care Cardiac Sciences, St. Boniface General Hospital
- **Dr. Stephen Cornish**, Faculty of Kinesiology and Recreation Management
- **Dr. Randall Jamieson**, Department of Psychology
- **Dr. Danny Mann**, Department of Biosystems Engineering
- **Dr. Janine Montgomery**, Department of Psychology
- **Dr. Zahra Kazem-Moussavi**, Department of Electrical and Computer Engineering; Canada Research Chair in Biomedical Engineering
- **Dr. Jacquie Ripat**, Department of Occupational Therapy, College of Rehabilitation Sciences
- **Dr. Kathryn Sibley**, Department of Community Health Sciences, College of Medicine

We look forward to learning more and hearing about their aging related research at future presentations.

Research Seminar Series

The Centre on Aging concluded its research seminar series of the year on March 4, 2015. **Dr. Jonathan Marotta**, Professor, Department of Psychology, was the final presenter discussing *Posterior cortical atrophy: Insights into perception and action* to a packed room of attendees.

Posterior cortical atrophy (PCA) is a visual variant of Alzheimer's disease. It is a rare progressive neurodegenerative disorder that targets the occipital, temporal, and parietal lobe in the brain. Dr. Marotta's presentation outlined the difficult challenges faced by individuals with PCA by sharing some findings of participants from his lab.

For more information on Dr. Marotta's research and lab, visit: www.perceptionandaction.com.



Centre staff pose for a holiday photo with winter solstice presenter, Kelly Cranswick (right) after her seminar on December 3.



Dr. Jonathan Marotta (left) and Acting Director, Dr. Daniel Sitar (right) at the final Research Seminar of the academic year.

The winter solstice held in December took place on Bannatyne campus. **Ms. Kelly Cranswick**, Regional Manager, Research Data Centre Program, Statistics Canada, discussed seven key areas to find aging related data: Population and demography; Health and well-being; Family; Community-based and institutional care; Social participation; Labour; Income, Earnings and wealth; Enabling environment and housing.

The slides from Ms. Cranswick's talk are available on the Centre's Web site: umanitoba.ca/centres/aging/events/383.

Thank you to all of our previous presenters, who spoke over the past year: **Dr. Daniel Sitar, Dr. Michelle Porter, Dr. Danielle Bouchard** and **Dr. Robert Tate**.

This year's seminar series was very successful with over 100 people attending the six seminars throughout the academic year. The seminars attracted a good mix of researchers, students, and the general public with a keen interest in aging related topics.

Aging before modernity research cluster

The *Conceptualizing and experiencing aging before modernity* research cluster intends to create an interdisciplinary forum for the exchange of ideas about how the physiological reality of aging was envisioned before modern times. Research Affiliate, **Dr. Enrique Fernandez** is the primary contact and liaison for the cluster.

Since the initial meeting in October, the research cluster has met five times, with several research affiliates presenting (**Dr. Roisin Cossar** and **Dr. Phil St. John**) or scheduled to present at meetings.

Dr. Robert Tate is scheduled to present on March 25, 2015, 4:00–5:00 pm, Institute for the Humanities Boardroom (409 Tier). Dr. Tate will discuss *Healthy aging in peace after war: The Manitoba Follow-Up Study of WWII RCAF Veterans*.