

Centre on Aging 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. Michelle Porter

Professor, Faculty of Kinesiology and Recreation Management

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

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Thanks for the memories, Audrey and Jim



For Centre staff, this upcoming June will mark a milestone in the Centre's history—Audrey Blandford, Centre Research Coordinator, Manitoba Data Collection Site Coordinator, Canadian Longitudinal Study on Aging (CLSA) will officially be marking a new chapter in her life as she retires after 34 years with the Centre on Aging.

Audrey Blandford continued on page 2...



After six years of service and commitment to building community partnerships and raising the profile of aging research conducted at the University of Manitoba, locally, nationally, and internationally, Jim Hamilton stepped down as Associate Director (Community Engagement), completing his service as of December 31, 2016.

Jim Hamilton continued on page 2...

CENTRE ON AGING STAFF NEWS

Audrey Blandford continued from page 1 ...

As the Centre's longest standing employee, Audrey has worked with three Directors, six Acting and Associate Directors, and many staff and students, before moving full time to the CLSA study in 2012. Not only is she the Centre's resident in-house archivist, but her understanding of general aging issues makes Audrey the Centre's go to person. Aside from her knowledge, Audrey has been the one constant at the Centre. Her contributions to research studies, her collaborative nature, and her generosity have made lasting impressions on us all.

"In the early days of the Centre on Aging, there were four of us: myself as Director, an administrative assistant, a secretary, and a research coordinator. Audrey was the latter. And there could not have been a better choice," says founding Director, Dr. Neena Chappell. "I so appreciated her ability to focus. Together with her other stellar qualities, she has been a major asset to the Centre from its earliest days continuing to the present and she will be missed."

Prior to her Directorship at the Centre, Dr. Laurel Strain previously worked with Audrey in Social and Preventive Medicine on the Bannatyne campus, sharing that Audrey's "commitment to the Centre has been key to its ongoing success." Upon reflection of her time working with Audrey, Dr. Strain said, "I have always admired and certainly benefited from your [Audrey] outstanding organizational and project management skills. These skills will come in handy in retirement."

Through her work with the CLSA, Audrey continues to work with the Centre's third Director, Dr. Verena Menec. "Audrey has been with the Centre since it was first established in 1982; that in and of itself is remarkable. Her knowledge of issues of aging in general...is phenomenal. I am sure Audrey will tackle her retirement with as much dedication and organization as she approached her work life."

As University staff, colleagues, and friends get ready to say farewell, all we can say is thank you Audrey for your commitment to the Centre over the years, your friendship, and everything else in between.

Jim Hamilton continued from page 1 ...

Jim first came to the Centre in September 2010, under the Directorship of Dr. Verena Menec, after a brief first retirement from the Provincial government as Executive Director of the Manitoba Seniors & Healthy Aging Secretariat. His experience in both government and the public sector served him well as he established and nurtured linkages with key stakeholders locally, nationally, and internationally.

"I started to work with Jim in 2004; I had just become the Director of the Centre on Aging and he was at the time the Executive Director of the Seniors & Healthy Aging Secretariat. Once retired from government, Jim worked at the Centre on Aging as Associate Director" On working with Jim, says Dr. Verena Menec, "There are many more memories I could list here, including the classic one—Jim in his office on the phone, feet on the desk. More broadly though, words that come to mind when I think of Jim are: a visionary, a connector (of people and ideas), a partner, and a friend. The word "retirement" really doesn't have much meaning these days anymore, and Jim is a good example of that."

As our resident globe trotter, Jim was consulted and invited to share his expertise on aging issues nationally and worldwide—travelling to the Maritimes; and internationally to Turkey, Cameroon, Switzerland, and Japan; or delivering a presentation to audiences in Nigeria and Ireland, to name a few places—he continued to raise the profile of the Centre on Aging and connected the Centre with international organizations including the World Health Organization and International Federation on Ageing.

Jim's role as an advocate for older adults will extend beyond his time at the Centre says Director, Dr. Michelle Porter, "Jim's contribution to the Centre have been many. In particular, his experience, knowledge and connections have been invaluable to the Centre and its important role with organizations and individuals across the province. While Jim embraces his retirement, we know that he will continue to be a strong voice for older individuals and look forward to ongoing and future opportunities for collaboration, as he enters this new phase of his life."

Registration open! 34th annual spring research symposium



The Centre on Aging will be hosting their 34th Annual Spring Research Symposium on Bannatyne Campus, May 1, 2017 from 8:45 am–3:30 pm. The symposium is free to attend but registration is required.

Our morning plenary presentation will feature a look back on the Centre on Aging’s history as we enter our 35th year at the University of Manitoba. We will also recognize the contributions of Centre staff **Audrey Blandford** and **Jim Hamilton** during this session, and a special acknowledgement of Centre supporter, **Harry Paine**.

The afternoon plenary session will focus on *Keeping family caregivers healthy: what makes them strong, makes the patient strong* and will be presented by **Dr. Michelle Lobchuk**, Research Manitoba Chair in Caregiver Communication, College of Nursing, University of Manitoba.

Join us for a diverse group of researchers during the concurrent sessions. Scheduled to present on various topics in aging:

- **Dr. Roisin Cossar**, Department of History, University of Manitoba will present *Aging in the priest’s household during the middle ages*

- **Dr. Gina Sylvestre**, Department of Geography, University of Winnipeg will look at *Aging in Winnipeg’s north end: exploring community inclusion through the lens of history and contemporary realities*
- **Dr. Cecilia Dong**, College of Dentistry, University of Manitoba will present *oral health of older adults: Who is involved and what is at stake?*
- **Dr. Shawn Bugden** College of Pharmacy, University of Manitoba will present *Zen and the art of medication management in older adults*
- **Dr. Mary Shariff**, Robson Hall, Faculty of Law, University of Manitoba, presentation will focus on *Medical Assistance in Dying (MAID) “one year later”: Update on the Legal Landscape and MAID’s Interface with Palliative Care*; and
- Project consultant, **Reg Toews’** presentation will provide an overview and discuss some of the key recommendations from the report *Future of home care services in Manitoba* released in January 2017. **Dr. Christine Kelly**, Department of Community Health Sciences, University of Manitoba, will serve as a discussant during the session.

Symposium workshop

The Centre on Aging will hold a symposium workshop on May 2, 2017. This full day workshop will provide participants with an opportunity to discuss objectives from the WHO’s *Global Strategy and Action Plan on Ageing and Health* within a Manitoba context.

9:00 am–2:30 pm

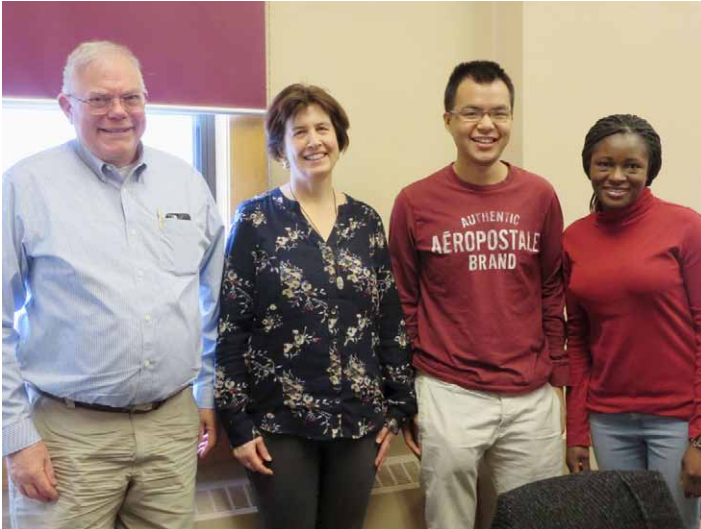
Fort Garry Campus | Marshall McLuhan Hall (University Centre), 66 Chancellors Circle

Registration

Full session descriptions and registration for this year’s Research Symposium can be found on the Centre’s Web site: umanitoba.ca/centres/aging/events/384

The benefits of attending STAR meetings

Submitted by Barbara Tallman



Dr. John Bond (left) reflects on his career as a researcher in gerontology with STAR lead: Barbara Tallman; and STAR students Nathan Wong, and Adebisola Adekoya at the January 23 meeting

Student Target Aging Research (STAR) meetings are an opportunity to meet and network with students, researchers, policy makers and older adults. STAR meetings are group-directed. The group that attends the meeting establishes the timing of the meetings and the speakers or other activities that promote the goals of the group.

Benefits of participating in STAR include up-to-date information on conferences, scholarships and new research provided both at the meeting and in the weekly newsletter. One of the more recent benefits includes recognition of a student's involvement in the group on your academic transcript through the co-curriculum record. Attending these meetings has been an important aspect of my academic experience at the University of Manitoba.

I have appreciated the opportunity to be the student lead for the STAR group this year, which is supported by the Centre on Aging. As a student, I have been attending STAR meetings since the group was first established and I started working on a PhD in Applied Health Sciences Program. Attending these meetings have inspired my ongoing interest in research in aging that can be applied to promote clinical, policy and programming that facilitate the quality of life for the older adult and their family.

The importance of multiple approaches to promote quality of care was reinforced to me when I worked as a nurse on a geriatric rehabilitation unit at a hospital in New Brunswick. Attending Centre on Aging events is an aspect of a process of ongoing learning about how research can support program, policy and practice that promotes a positive social response to aging.

Graduate Specialization in Aging recipient

Submitted by Eun Kyeong Do



Eun Kyeong Do is the latest recipient of the Graduate Specialization in Aging. She fulfilled the requirements for the Specialization and completed her Masters of Social Work Degree. Employed as a Home Support Worker with the Winnipeg Regional Health Authority, she believes her specialized knowledge and skills will be shared with older adults through her work with them, and by using a client centred approach with an awareness of cultural sensitivity will be a valuable characteristic.

Eun Kyeong's thesis focused on *Filial piety obligations and lived experience of aging parents-in-law in Canada* and was completed under **Dr. Don Fuchs** (advisor) and committee members, **Dr. Verena Menec** and **Dr. Laura Taylor**.

Research Fellowship recipients

The Centre on Aging's Research Fellowship is designed to support aging-related research in any discipline and is open to all University of Manitoba faculty members. Congratulations to this year's recipients:

- **Dr. Arran Caza**, Associate Professor, Asper School of Business, Department of Business Administration will focus his Fellowship on *Understanding the role of age in leadership outcomes*.
- **Dr. Kristen Reynolds** (PI), Assistant Professor, Faculty of Arts, Department of Psychology; John Walker, & Lesley Koven (Co-I), will look at *The development and evaluation of an information decision-aid for late-life depression*.

Just the facts

The Centre on Aging is excited to announce a new online *Facts on Aging* series! This will replace the *Profile of Manitoba's Seniors* (2010) book. The Centre is pilot testing one section until **April 30, 2017**. Each section includes tables, figures, data, links to original data sources, and PowerPoint slides.

We are seeking your feedback before we post additional sections. Explore the online *Facts on Aging* and complete a short (2–3 minute) survey to let us know what you think.

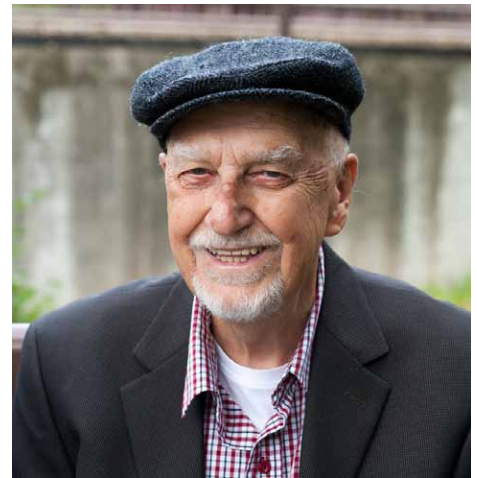
- View the Facts on Aging at: <http://bit.ly/2ha3q2Z>
- Comment through the feedback survey: <http://bit.ly/2iatcG7>

CLSA releases cognition data for 51,000 participants

Cognition data collected at baseline on 51,000 participants in the *Canadian Longitudinal Study on Aging* (CLSA) are now available for access by researchers.

Consult the CLSA website: www.clsa-elcv.ca for the application process and submission deadlines, policies and procedures and the CLSA protocol.

Harry Paine remembered



On December 30, 2016, Harry Paine, a great supporter and friend of the Centre on Aging, passed away at the age of 83 after battling pancreatic cancer.

As one of the Centre's distinguished seniors, Harry could often be found at the Centre's events regularly engaged in discussions with the presenters and fellow attendees. Harry's history as a long-time activist in both the United States and Canada made him an ideal model for someone who was looking to make 'positive contributions within the community.' Harry continued to raise awareness for change through his role as a senior advocate, as he said, "retirement does not seem to be my style."

Research Affiliate updates

New appointments

The Centre on Aging welcomed three new Research Affiliates:

- **Dr. Arran Caza**, Associate Professor, Asper School of Business, Department of Business Administration
- **Dr. Ed Giesbrecht**, Assistant Professor, Rady Faculty of Health Sciences, College of Rehabilitation Sciences, Department of Occupational Therapy
- **Dr. Kristin Reynolds**, Assistant Professor, Faculty of Arts, Department of Psychology

Presentations

As part of the Cafe Scientifique series sponsored by the Office of Research, Centre Research Affiliates took part in the presentation *Baby boomers are all grown up* held on February 6, 2017.

Dr. Michelle Porter served as moderator, with guest panelists: **Dr. Malcolm Doupe**, Department of Community Health Sciences; **Dr. Arran Caza**, Department of Business Administration; and Centre Advisory Board member, **Ms. Connie Newman**.



Dr. Arran Caza, Dr. Malcolm Doupe, and Dr. Michelle Porter (left to right) at the February Cafe Scientifique

Dr. Todd Duhamel, Faculty of Kinesiology and Recreation Management, presented *Happy hearts: Health screening tools for women's heart health* as part of the Rady JCC Heart Health Month on February 22, 2017.

On January 24, 2017, **Dr. Elaine Mordoch** presented *Silenced stories from health care professionals working with traumatized patients* to the Winnipeg Chapter of the Canadian Council of Cardiovascular Nurses.

Dr. Kathryn Sibley, Max Rady College of Medicine presented *To fall or not to fall* at the Rady JCC Wellness Series on January 18, 2017.

Publications

Morandi, A., Davis, D., Bellelli, G., **Arora, R.C.**, Caplan, G.A., Kamholz, B., et al. (2017). The diagnosis of delirium superimposed on dementia: An emerging challenge. *JAMDA*, 18(1): 12–18. DOI: <http://dx.doi.org/10.1016/j.jamda.2016.07.014>

Falk, J., Dik, N., & **Bugden, S.** (2016). An evaluation of early medication use for COPD: a population-based cohort study. *International Journal of COPD*. 11(1): 3101–3108. DOI <https://doi.org/10.2147/COPD.S123643>

Peacock, S., Holtslander, L., Bayly, M., Gibson, K., **Thompson, G.**, & O'Connell, M. (2016). P093 "Reclaiming yourself": A writing intervention for bereaved spouses to persons with dementia. *JPSM*. 52(6): e87. DOI: <http://dx.doi.org/10.1016/j.jpainsymman.2016.10.179>

Grymonpre, R., Ateah, C., Dean, H., **Heinonen, T.**, Holmqvist, M., MacDonald, L., **Ready, A. E.**, & Wener, P. (2016). Using an interprofessional education for collaborative person centred practice (IEPCP) framework for sustainable program implementation: The University of Manitoba experience. *Canadian Journal of Higher Education*, 46, (4), 76–93.

Grymonpre, R., Dean, H., Wener, P., **Ready, E.**, MacDonald, L., Homqvist, M. & Fricke, M. (2016). Quantifying interprofessional learning in health professional programs: The University of Manitoba

experience. *Canadian Journal of Higher Education*, 46(4), 94–114.

Hawranik, P., McIntosh, D., & Bell, S. (2016). Vision care services in long term care facilities: why are they overlooked? G. Joseph, (Ed.). *Diverse perspectives on aging in a changing world*, Routledge.

Friesen, M. (2016). Professional integration as a boundary crossing: changes to identity and practice in immigrant engineers in Canada. *Engineering Studies*, 189–211. Advance online publication. DOI <http://dx.doi.org/10.1080/19378629.2016.1247450>

Snow, W.M. & **Albensi, B.C.** (2016). Neuronal gene targets of NF- κ B and their dysregulation in Alzheimer's Disease. *Front Mol Neurosci*. 9:118. eCollection 2016. DOI: [10.3389/fnmol.2016.00118](https://doi.org/10.3389/fnmol.2016.00118)

Avery, L., Moffatt, M., Carrothers, L., Park, C., & **Lobchuk, M.** (2016). Knowledge sources important to cardiac and critical care nurses. *Canadian Journal of Cardiology*, 32(10), Supp. 1: S320. DOI: <http://dx.doi.org/10.1016/j.cjca.2016.07.553>

Funding

Centre Director, **Dr. Michelle Porter** (PI) and co-investigators: **Drs. Ruth Barclay, Verena Menec, Richard Milgrom, Jacque Ripat, Kathryn Sibley, Sandra Webber** (University of Manitoba); and **Dr. Gina Sylvestre** (University of Winnipeg) were successful in their grant application from the University Collaborative Research Program (\$24,984) for their project, *Manitoba Our Voice Initiative (MOVI)—a citizen science project with older adults*. Using an approach developed by Stanford University, the Our Voice Framework Initiative, the project will determine the feasibility of older adult citizen scientists using the Discovery Tool app in harsh winter conditions.

Dalrymple, John; **Herron, Rachel V.**; Skinner, Mark W. (Co PIs); Harvey, David; Ingram, K. Jennifer; Kirkby, Norma; Kontos, Pia C.; **Menec, Verena H.** (Co-Is) received CIHR funding in partnership with the Alzheimer Society of Canada (\$477,178), for their project *Improving social inclusion for Canadians with dementia and carers through sharing dance* (2016–2020).

Media

Jim Hamilton (Associate Director, Community Engagement) was highlighted in an article, "Random Age-Friendly: An Age-Friendly Clarendville attracts many visitors" in *The Packet* on January 6, 2017. Link: <http://bit.ly/2jzy3Am>

Dr. Genevieve Thompson is featured in two videos for the Canadian Virtual Hospice, where she discusses her experiences with a family member and preparing families for what to expect when someone is diagnosed with dementia.

- Reflections on caring for my mother (04:12) : <https://vimeo.com/192118630>
- Preparing families for the realities of dementia (02:23): <https://vimeo.com/192154275>

Dr. Dan Sitar was interviewed for CBC news, *How the powerful opioid fentanyl kills* on November 24, 2016. Link: <http://bit.ly/2j9zqTr>.

Congratulations

Congratulations to **Dr. Kathryn Sibley**, who was newly awarded a Canada Research Chairs in Integrated Knowledge Translation in Rehabilitation Science. **Dr. Jason Treberg**, had his Tier 2 Canada Research Chair in Environmental Dynamics and Metabolism renewed. View information: Link: <http://bit.ly/2gxcZKA>

Dr. Zahra Moussavi, Canada Research Chair in Biomedical Engineering in the Faculty of Engineering, received funding for clinical trials of a new treatment for Alzheimer's disease from the Weston Brain Institute. Link: <http://bit.ly/2gSMhL7>

Dr. Fran Racher, Professor, School of Health Studies, retired from Brandon University in December 2016. In giving back to her community, both she and her Nursing colleague, Dr. Kathryn Hyndman, initiated a scholarship to provide future Brandon University Health Studies students with a bursary. We wish Dr. Racher well in her future endeavours and thank her for her continued support of the Centre on Aging.

What's new in aging research?

The Centre on Aging's Research Seminar Series is an ongoing series of presentations in which our Research Affiliates share and discuss their academic research on aging related issues.

If you haven't attended one of the Centre's research seminars this year, don't worry—there's still time! Join us for our final two seminars of the year.

Friday, March 24, 2017 – 2:30 PM
238 Investors Group Athletic Centre | Fort Garry Campus

Dr. Stephen Cornish, Faculty of Kinesiology and Recreation Management, will present *Omega 3 fatty acid supplementation and resistance training in older adults*

Dr. Cornish has completed a couple of studies on different types of omega-3 fatty acid supplements combined with resistance training for improving skeletal muscle mass more so in older adults. This seminar will explore the results of this applied research.

Thursday, April 13, 2017 – 2:30 PM
Reh-Fit Centre (Seminar room D), 1390 Taylor Avenue, Winnipeg MB

Dr. Todd Duhamel, Faculty of Kinesiology and Recreation Management; and **Dr. Rakesh Arora**, Departments of Surgery, Anesthesia and Physiology, Max Rady College of Medicine will present *Frailty and delirium in the older adult undergoing cardiac surgery*

More than half of all cardiac surgeries in Canada are performed on patients aged 65 years and older. Our health care team has sought new ways to make sure that older, frail adult patients undergoing heart surgery receive safe and effective care. The goals of our program is to ensure that people don't just survive, but thrive after their heart operation. In this seminar, we will describe the research projects we have undertaken to address this important issue in real-world clinical medicine.



CAG2017: Winnipeg

Join the Centre on Aging as they serve as the local hosts for this year's Canadian Association on Gerontology's (CAG) 46th Annual Scientific and Educational Meeting, which will be held October 19–21, 2017 at the Fairmont Winnipeg. This year's theme is *Evidence for Action in an Aging World*.

Join us at the conference

- Don't be a bystander, take part in the conference! Researchers and students, with a focus on aging issues are encouraged to submit an abstract for the conference. Abstract and symposia submissions are now being accepted and more details can be found online: cag2017.ca/submissions/abstracts
- Opportunities are also available for conference sponsors and exhibitors to join the conference. View the conference prospectus: cag2017.ca/prospectus

For more conference information, visit cag2017.ca