

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.

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

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Put some spring (symposium) in your step!



As the Centre on Aging celebrates its 35th year at the University of Manitoba, join us for another great day of presentations focusing on the contributions of older persons and aging related research. On May 7, listen to our presenters at the Bannatyne Campus from 8:45 am–4:00 p.m. The Symposium is free to attend but registration is required.

Kicking off our morning plenary session is **Dr. Arran Caza**, Associate Professor, Asper School of Business, Research Affiliate, and a recipient of the 2017–2018 Research Fellowship. Dr. Caza will present *What's age got to do with it? Facts and misconceptions about the role of age in leadership*.

Our afternoon plenary will prove to be insightful and get attendees to re-examine the way we look at and speak about aging. Invited presenter, **Dr. Jennifer Nichols**, Assistant Director, Research interpretation and application, FrameWorks Institute, will speak about her organization's work *Using communications science to change the conversation about aging*.

Put some spring (symposium) in your step continued on page 2 ...

SPRING RESEARCH SYMPOSIUM

Put some spring (symposium) in your step continued from page 1 ...

In addition to our plenary speakers, the Symposium will feature Centre Research Affiliates discussing their research during the concurrent sessions:

- **Dr. Jonathan Marotta**, Professor, Brain & Cognitive Sciences, Department of Psychology, Faculty of Arts will present *Perception and action: Strange things that patients do*
- Focusing on mobility impairment, **Dr. Ed Giesbrecht**, Assistant Professor, College of Rehabilitation Sciences, Rady Faculty of Health Sciences will discuss *Where the rubber hits the road: integrating theory into research with wheelchair use among older adults*
- In a session sponsored by the Winnipeg Chapter of Aging2.0, **Dr. Marcia Friesen**, Associate Professor, Centre for Engineering Professional Practice and Engineering Education, Faculty of Engineering; and **Dr. Robert McLeod**, Professor, Department of Electrical and Computer Engineering, Faculty of Engineering will jointly present *Serious games to assess Mild Cognitive Impairment: 'The game is the assessment'*
- The afternoon sessions will showcase an ethno-cultural perspective where **Dr. Shahin Shoostari**, Associate Professor, Department of Community Health Sciences, Rady Faculty of Health Sciences will focus her presentation on *Exploring ethno-cultural differences in healthy aging among Canadians: A population-based study*; and
- **Dr. Hai Luo**, Assistant Professor, Faculty of Social Work will speak about her research on the *Life course analysis of gambling among older Asian-Canadians*.

Registration details

Both the Spring Research Symposium and Workshop are free to attend, but registration is required. To register

- complete the online registration form: <https://bit.ly/2GzYU5f>
- download a copy of the registration form in PDF format: <http://bit.ly/2HfScoK> from our Web site
- or you can register on site on May 7.

(Note: If you use the PDF form, you will need to save the file to your computer, fill it out, save it again, and send it via email attachment or by post).

Pre-registrations will be accepted by the Centre until **April 27, 2018**. After April 27, 2018, attendees must register in person on May 7 at the registration desk located in Brodie Centre on the Bannatyne Campus, 727 McDermot Avenue. Registration opens at 8:00 a.m.

For individuals who want to register for the Workshop only, registration will be accepted until April 27. After this date, register in person on **May 8, 2018** in 204 Marshall McLuhan Hall.



Call for posters

The Spring Research Symposium call for posters is now open. Abstracts will be accepted until Friday, **April 13, 2018**.

The Centre on Aging welcomes abstract submissions that focus on research related to aging. The poster may be one that has been presented at a conference in the past 18 months, or a report on work in progress. All posters must be prepared in conference format.

Due to space limitations, priority will be given to students first before researchers for the poster session. Depending on the number of student submissions, researchers will be contacted closer to the symposium if there is room for them to present their posters.

Reframing our views on aging workshop



Photo by Gerd Altmann on pixabay

How many times have you heard or overheard someone saying, "You're soooo old!" or referring to someone as 'grandma' or 'grandpa', when the intended individual is clearly younger? How about shopping for a gift and seeing a card or shirt referring to someone as "over the hill?"

Many of us have either seen or experienced a situation similar to this. While it might seem amusing initially and seem harmless, statements like this can be hurtful. Ageist attitudes are all around. Ageism is the last stereotype that is not taken seriously and viewed by some as still socially acceptable.

Over the past few years, challenging ageist stereotypes both in popular and academic literature, has been increasing, due in some part to a growing older population. International organizations such as the World Health Organization, HelpAge International, American Association of Retired Person (AARP), and AgeUK, are bringing these issues to light on combatting ageist stereotypes and shine a light on the contributions of older people. But while these

campaigns are making their way into the mainstream, there is still much to accomplish. Communicating to others how we perceive and treat older people still needs to be addressed.

On May 7, Dr. Jennifer Nichols of the FrameWorks Institute, will discuss the research her organization has made in partnership leading aging organizations in the U.S. at the afternoon plenary session.

If you are unable to attend the session, join the Centre on May 8 as this year's workshop will focus on learning about the **FrameWorks Institute's** toolkit on how to communicate effectively about aging-related issues.

Workshop participants are encouraged to bring their own organizational materials to develop communication strategies. Participants will work in groups (academics, students, senior serving organizations, etc.) to develop strategies and materials to effectively communicate about aging.

Writing the next life chapter



For many of us who have worked at the Centre on Aging in the past 20 years or so, there have always been two constants: Audrey Blandford (who retired last year) and Catherine Jacob, who will soon bid farewell to the Centre in June. As the two longest serving staff members, they are the 'go to' if you have a question on the Centre's history.

Catherine has been at the Centre for over 25 years, but her tenure at the University of Manitoba began before that. Catherine worked at the Faculty of Education providing support for the Post-Baccalaureate Diploma in Education program. In the mid-1980s, she was the project coordinator of the Department of Sociology's Winnipeg Area Study which was led by Dr. Raymond Currie and Dr. Karen Grant.

It was in 1992, when Catherine first joined the Centre under Research Affiliate and then Acting Director, Dr. Alex Segall. He recalled first working with Catherine on the Winnipeg Area Study in the 1980s. "...I hired Catherine as the Administrative Coordinator at the Centre. It was a time of considerable change and uncertainty about the future of the Centre.

Catherine enthusiastically embraced the challenges facing the Centre and was an invaluable source of support during the transition period... Over the past twenty-five years, Catherine has made a significant contribution to the continuing success of the Centre."

Sharing a similar sentiment is Audrey Blandford, "If I had to come up with one word to describe Catherine it would be 'selfless'. This is true in both her professional and personal life. When I think about working with Catherine I envision all the times she said "Is there anything I can do to make things easier for you?" In the many years we worked together with crazy deadlines for reports or finding ways to hire research staff, Catherine always found a way to ease the pressure of getting things done. I wish Catherine all the best in her retirement."

Dr. Verena Menec reflected on her time working with Catherine at the Centre when she served as Centre Director. "I started to work with Catherine in 2004 when I became the Director of the Centre on Aging and I worked with her for more than ten years. As a rookie Director, I hugely appreciated having somebody as experienced as her to work with. Over the years I worked with her, she dealt with small things and major tasks, efficiently and effectively. Having her beside me made my life so much easier. I can't overstate how much I appreciated Catherine's dedication for her work at the Centre and her infectious enthusiasm. But above all, I appreciated her sense of humour and her warmth—I think in many ways Catherine was the Centre on Aging's heart. I wish her all the best in a well-deserved retirement!"

Save the date! Retirement reception

In honour and celebration of Catherine's many contributions at the Centre on Aging, on behalf of Centre staff, we encourage you to save the date for Catherine's retirement reception to take place on

June 15, 2018 | 2:30–4:00 p.m.
108 Cross Commons Room, St. John's College
Fort Garry Campus

Con-grad-ulations: GSA recipients

As the academic year winds down, these four students have met the requirements to receive the Graduate Specialization in Aging and will be graduating this May. Congratulations to the following students:

- Daniel Saltel completed his Master's thesis on *Examining the effect of a simple memory tool*. Advisor: Dr. Verena Menec; Committee member: Dr. Shahin Shooshtari, Dr. Jason Leboe-McGowan
- Megan Siemens completed her Master's thesis on *The effects of age on featural and geometric cue use during reorientation in an immersive virtual reality environment*. Advisor: Dr. Debbie Kelly; Committee member: Dr. Michelle Porter
- Kelsey Mann (pictured right) completed her thesis on *The association of eating assistance with energy intake of long term care residents with cognitive impairment: the making the most of mealtimes study (M3)*. Advisor: Dr. Christina Lengyel, Department of Human Nutritional Sciences
- Brandy Stadnyk completed her capstone project on *"An ounce of prevention is worth a pound of cure": Key factors facilitating an organizational culture and environment to prevent pressure injuries among older adults in health care facilities*. Advisor: Dr. Elaine Mordoch, College of Nursing



Join us in congratulating several of the students at this year's Spring Research Symposium during the opening welcome session, where they will receive their certificates!

For more information on the GSA, visit: umanitoba.ca/centres/aging/students/582

Newsletter moving online!



Starting with the current issue, the Centre on Aging's newsletter will be published once a year and will be made available solely online. Hard copies of the newsletter will be provided upon request only.

For those interested in staying up-to-date with Centre events and activities and hearing about our Research Affiliate's work, you can keep in touch via subscribing to our biweekly updates (email coaman@umanitoba.ca to get on the mailing list) or visiting our [facebook](#) page for regular updates.

Research Affiliate updates

The Centre on Aging welcomes several new Research Affiliates:

- Dr. Lalitha Raman-Wilms, Professor and Dean, College of Pharmacy
- Dr. Diedre Desmarais, Area Director, Access and Aboriginal Focus Programs
- Ms. Jamie Penner, Assistant Professor, College of Nursing

Advisory Board updates

We thank Dr. Danny Mann, Professor & Head, Department of Biosystems Engineering, for his contributions to the Advisory Board.

The Centre welcomes Dr. Mary Shariff, Associate Professor, Robson Hall, Faculty of Law to the Advisory Board.

Making STAR a success

For students attending the University of Manitoba, meeting like-minded individuals can sometimes be a challenge, particularly when you're in the diverse field of aging. One of the ways to meet this challenge is through the Students Targeting Aging Research (STAR) group. The STAR groups provides undergraduate and graduate students with the opportunity to make connections and learn from their peers.

STAR meetings are held during the academic year, with plans to expand meetings during May and June based on student interest, and provide more opportunities to stay connected. STAR meetings are student driven and based on their interest. Over the past year, eight presentations have been given by research affiliates and staff/professionals from senior serving organizations. Presenters are encouraged to not only to talk about their research or work in aging, but also to share how they became interested in the field of aging, offering insight into potential careers and connections that students can make once they are ready to go out in the workforce.

Building awareness

As a STAR member, students can benefit from opportunities as they arise. Last fall, the Canadian Association on Gerontology hosted its 46th Annual

Scientific and Educational Meeting in Winnipeg. STAR students were given the opportunity to attend the Symposium for free, in exchange for volunteering for two shifts. As a major Canadian aging conference, students received a great opportunity to learn about the various areas of aging research conducted in Canada and abroad.

Knowing what career opportunities are important for STAR students. One way to highlight this is through the Centre's Careers in Aging week. Held the week of February 12–15, 2018, Centre and Career Services staff provided information for students in various locations on campus. The week concluded with a networking event where individuals from senior serving and professional organizations were invited to talk about their work with older adults.

Credit for participating

In addition to attending STAR meeting and volunteering at the Spring Research Symposium, students who complete 10 approved hours during the academic year, are eligible to receive recognition from the University of Manitoba on their co-curriculum record (CCR). To access the CCR, students first need to sign up on [UMCommunityLINK](#).

Aging2.0: Bringing aging and technology together

Submitted by Nicole Dunn and Connie Newman

What is Aging2.0?

Aging2.0 supports innovators that are focused on the biggest challenges and opportunities in aging. It is international, interdisciplinary, and intergenerational—focused on changing the conversation from 1.0 (focused on local, clinical, siloed approaches) to 2.0 (collaborative, lifestyle oriented, opportunity driven)—hence the name: Aging2.0. And no, there is no space between Aging and 2.0. It's not a typo!

Aging2.0 Winnipeg Chapter got its start in May 2016, when Dr. Alex Mihailidis, Scientific Director for AGE-WELL NCE (Aging Gracefully across Environments using Technology to Support Wellness, Engagement and Long Life NCE Inc.), gave the opening plenary at the Centre on Aging's 33rd Annual Spring Research Symposium. After the symposium, the Centre on Aging brought together industry experts and older adults who expressed an interest in aging and technology. When Aging2.0 was discovered by the Centre, it seemed like a natural transition for the Centre on Aging's aging and technology group to become Aging2.0.

During the summer of 2017, Connie Newman, who you may know as the Executive Director of the Manitoba Association of Senior Centres, applied to be the ambassador for a chapter in Winnipeg and viola, the Aging2.0 Winnipeg Chapter was born.



Photo by Fabrizio Verrecchia on Unsplash

What Chapters do

Aging2.0 chapters hold in-person events. Our first event will be sponsoring the concurrent session: *Serious games to assess mild cognitive impairment: 'The game is the assessment'* with Drs. Marcia Friesen and Robert McLeod on May 7 at the Centre on Aging's 35th Annual Spring Research Symposium. Download the registration form for the symposium: umanitoba.ca/aging.

If you are interested in joining Aging2.0 Winnipeg Chapter, please sign up for updates: www.aging2.com/winnipeg. We are also looking for people interested in joining the Chapter team and ideas for local events to support innovative Manitoba thinkers. Contact us through our web page. We would love to hear from you!

Facts on Aging series available online

If you're looking for information on aging related statistics—whether it's for a presentation, a classroom lecture, an assignment, or a report—visit our Facts on Aging series online. Twelve sections are available that highlights demographics, health status, transportation, mental health, and more. Use the QR code to view the information online, or visit umanitoba.ca/aging.



RESEARCH PRESENTATIONS

Age-Friendly views (from Ireland)

In May 2016, President and Vice-Chancellor, Dr. David Barnard announced the University of Manitoba (UM) as the first Age-Friendly University (AFU) in Canada. The UM was also the fifth post-secondary institution to become affiliated with AFU. Since this announcement, interest in joining the AFU network is growing with institutions from seven countries endorsing the AFU principles.

Under Centre Director, Dr. Michelle Porter, a committee has been formed at the UM, with representation from a variety of units. Two smaller working groups have been created to enhance some of the age-friendly principles at the UM: Lifelong learning working group and Teaching and learning working group.

More recently, AFU committee members Drs. Michelle Porter, Richard Milgrom, and Bill Kops attended and presented at the *Engaging Ageing 2018: New Frontiers of Ageing: Research, Policy and Practice* conference in Ireland this past March 13–14, 2018.

The conference provided an opportunity to meet with and learn from individuals at institutions who have endorsed the age-friendly principles.



Richard Milgrom, Michelle Porter, Bill Kops (left to right) presented at the AFU conference in Dublin, Ireland hosted by Dublin City University.

Research seminar finale: April 10

Join us for our final research seminar of the year,

Tuesday, April 10, 2018

12:00–1:00 PM

Millennium Library (Carol Shields Auditorium)

251 Donald Street



Dr. Elizabeth Ready, Professor, Faculty of Kinesiology and Recreation Management will present *Tips to help older adults stay physically active: How supportive environments can help.*

Presentation abstract

Older adults have much to gain from being physically active, yet they face increasing challenges with age (e.g., health issues, safety, transportation). Healthy aging is enhanced both by building physical and mental capacity, and by seeking environments that support healthy choices. This presentation will highlight ways that older adults can use physical activity to enhance their capacity. It will also examine how age-friendly communities support and enable people to age actively, and thus help to keep us healthy and fit.