

Centre on Aging CENTRE ON AGING NEWS

WINTER 2019, VOLUME 37, ISSUE 1
ISSN 2370-3849



UNIVERSITY
OF MANITOBA

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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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Let's talk! Registration open for Spring Symposium



If you haven't heard, the Centre on Aging will be hosting their 36th Annual Spring Research Symposium on May 6 at the Bannatyne Campus. The next day will feature our Symposium Workshop that will look at Age-Friendly University. The University of Manitoba became the first Canadian Age-Friendly University in 2016, when UM President and Vice-Chancellor endorsed the 10 principles. Since then, the University of Manitoba has taken a number of steps to enhance its age-friendliness. Come out and hear about the initiative, learn about age-friendly options at the University, and contribute to the discussion.

May 6: Research Symposium

This year's presentation lineup features a diverse group of aging related topics. Our speakers will present on the following topics:

- Improving care in long-term care: What can we learn from current research in our province?

- In the news today: exploring newspaper coverage of violence and aggression in older adults
- What have we learned from sharing dance with people living with dementia and carers?
- Hanging in the balance: Neuromechanics and the quest to reduce falls risk among older adults

View plenary sessions online

If you are unable to attend this year's Symposium, our morning and afternoon plenary sessions will be streamed live online.

During our morning plenary, **Dr. Lalitha Raman-Wilms**, College of Pharmacy, Rady Faculty of Health Sciences will present *How many medications is too many?*

Presentation abstract

For many older adults, taking multiple prescriptions (five or more medications) concurrently is part of their daily life. Also known as polypharmacy, this commonly affects older adults and can result in significant side effects such as falls and cognitive impairment.

During this session, Dr. Raman-Wilms will discuss the clinical implications of polypharmacy for older adults, including adverse drug reactions and drug interactions; describe tools and strategies used to screen older adults for polypharmacy; review strategies to optimize medication use; and discuss educational strategies that older adults can consider for safer medication use. She will also identify how the Canadian Deprescribing Network (CaDeN) is working to raise awareness and decrease the use of potentially inappropriate medications for seniors.

Dr. Kristin Reynolds, Department of Psychology, Faculty of Arts will present at the afternoon plenary to discuss, *The development and pilot evaluation of an information decision-aid for late-life depression.*

Presentation abstract

Population-based data from Canada and the United States indicates that between 3–7% of older adults ages 55 years and older meet diagnostic criteria for any past-year mood disorder. Despite the existence

of effective, evidence-based treatment approaches, approximately 70% of older adults with mood and anxiety disorders do not use professional mental health services. Though many barriers to mental health service use have been identified, there is growing support that poor mental health literacy, defined as “knowledge and beliefs about mental disorders, their recognition, management, or prevention,” poses significant barriers to service use among older adults (Jorm et al., 1997, p.182). One tool that has been shown to facilitate knowledge exchange and participation in health care decision-making is the information decision-aid (IDA), which presents information about a problem, assessment methods, and treatment options. Research by Dr. Reynolds, collaborators (Drs. John Walker and Lesley Koven), and research assistants in the Health Information Exchange Lab, funded by the University of Manitoba Centre on Aging, sought to develop and complete a pilot-evaluation of an IDA focused on late-life depression. Throughout this plenary session, Dr. Reynolds will discuss the background research that led to this project, the components of the IDA, and the evaluative feedback from stakeholder groups. She will also review implications of the IDA, paying particular attention to the utility of the IDA in community and health care settings.

Register online

1. [Read about this year's sessions](#) online.
2. There are two ways to register for this year's Symposium and/or Workshop.
 - a. [Register online](#) (requires an email address to complete the online form). **Note: Type 1 in the Quantity box to view the online form. —OR—**
 - b. [Download the fillable PDF form](#). Save it to your computer and return it as an email attachment to coaman@umanitoba.ca
3. **Pre-register by April 26, 2019.** Onsite registration will take place at the desk located in Brodie Centre, Bannatyne Campus (on May 6) or University College (on May 7).

If you don't have an email address or you require assistance with the online registration form, contact our office at 204-474-8754.

Poster session: Call for abstracts



During the breaks and lunches, Symposium attendees are invited to view the student posters in the Brodie Atrium. Students will be available to talk about their aging related research. The poster session is a great way to find out what research is being conducted.

UM students are invited to submit a poster presented at a conference in the past 18 months, or a report on work in progress.

Poster boards (velcro style, 4 x 6 boards) will be available by 8:15 am in the Brodie Atrium.

Students interested in submitting a poster, should download and submit the [poster submission form](#) from our Web site and return it to [Nicole Dunn](#) by **April 12, 2019.**

May 7: Age-Friendly University Workshop

May 7, 2019
9:00 am–12:00 pm
University College | 203-220 Dysart Road | Fort Garry Campus

Our workshop will put the spotlight on the University of Manitoba as an Age-Friendly University.

Hear about the initiative at the University of Manitoba, see a showcase that will provide information on existing programs and services at the University, followed by a discussion on how the University can be more age-friendly.



Student awards



Brooke Beatie (right) receives her Centre on Aging student award from Centre Director, Dr. Michelle Porter (left)

The Centre on Aging's 2018–2019 student awards were presented in September. Congratulations to the students award recipients!

The **Barbara Jean Payne Memorial Award in Social Gerontology** recipient is Brooke Beatie. Brooke is a PhD student in Psychology who will be looking at *Exploring caregiver identity development in family members and friends providing care for people with mild cognitive impairment*.

Jordana Sommer, Master's student in Clinical Psychology, is the **Esther and Samuel Milmot Scholarship** recipient. Jordana will be looking at *Postoperative mental health sequelae among older adults* as part of her graduate studies.

2019–2020 applications

The Centre on Aging's student award applications are now available. The application deadline is **March 15 at 4:30 pm**. In addition to our awards, the Centre adjudicates two graduate fellowships on behalf of the Alzheimer Society, which is open to any post-secondary graduate student in Manitoba.

View full details about the available awards and supporting documents from the Centre's Web site.

Research Fellowship recipient

This past fall, the Centre on Aging held its Research Fellowship competition. The Research Fellowship is designed to support aging-related research in any discipline and is open to all University of Manitoba faculty members.

The 2019–2020 recipient is Dr. Meaghan Jones, Assistant Professor, Department of Biochemistry and Medical Genetics, Rady Faculty of Health Sciences. Dr. Jones' research will focus on *An epigenetic biomarker of age in the mouse*.

Research team small grant recipient

The Centre on Aging Research Team Small Grant is designed to support the development of new interdisciplinary/multidisciplinary aging-related research teams (i.e., different faculties or departments). The competition was held this past November 2018.

Research teams will typically involve 10 or more members from at least 3 different disciplines. Of the team members, at least three or more must be Research Affiliates of the Centre on Aging. The principal investigator must be a UM Centre on Aging Research Affiliate.

The recipient of the small team grant was awarded to a team that will be led by **Dr. Christine Leong**, College of Pharmacy (Principal Investigator) that will focus on *Polypharmacy and de-prescribing among community-dwelling adults 65 years and older*.

Advisory board updates



A big thank you to Ms. Sue Bishop, who completed her term as Chair of the Centre on Aging's advisory board in February. Ms. Bishop has been an asset to the advisory board. We thank her for her time and commitment to the board.

We would like to welcome Mr. Bob Thompson as the incoming Chair of the advisory board. He is a long time supporter of the Centre on Aging and will bring a wealth of experience to the board. Mr. Thompson has served as an active member on provincial and WHRA advisory boards, advocating to improve the lives of older persons in Manitoba.

Welcome new research affiliates

The Centre on Aging is a university-wide research unit reporting through the Vice-President (Research and International) to the President. Our mandate is to serve as a focal point for the conduct of research on aging.

We welcome the following individuals who have been appointed as a research affiliates of the Centre:

- Dr. Amine Choukou, College of Rehabilitation Sciences
- Dr. Jamison Falk, College of Pharmacy
- Dr. Meaghan Jones, Department of Biochemistry and Medical Genetics
- Dr. Christine Leong, College of Pharmacy
- Dr. Robert McLeod, Faculty of Engineering
- Dr. Ayesha Saleem, Faculty of Kinesiology and Recreation Management
- Dr. Veronica Silva, Faculty of Kinesiology and Recreation Management
- Dr. James Young, Department of Computer Science
- Dr. Heather Campbell-Enns, Canadian Mennonite University

Information on the research interests of all our research affiliates can be found on the Centre's Web site: umanitoba.ca/centres/aging/people/CoA_research_affiliates_alphalist.

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.



Healthy Aging in Manitoba report

The Coalition for Healthy Aging in Manitoba (CHAM) began in 2016 to champion the vision outlined in the World Health Organization's *Global Strategy and Action Plan on Ageing and Health*.

From 2016–2018 six workshops were held in various locations in Manitoba that focused on the Global Strategy and Action Plan (GSAP). The purpose of the workshops was to gain perspectives on healthy aging in the province of Manitoba.

As a result of the discussions from these workshops held across Manitoba, we developed a report that summarizes the comments received from the 2018 consultations, across all sites for each of the following three strategic areas from the GSAP: age-friendly environments, health systems, and long-term care.

The report is available [online for download](#). You can also visit the Centre's webpages to find out more about the working committee: [CHAM information](#).

2018 PROVINCIAL CONSULTATIONS ON HEALTHY AGING



COALITION FOR HEALTHY AGING IN MANITOBA (CHAM),
CENTRE ON AGING



Age-Friendly University hub

Launched in October 2018, the University of Manitoba launched the Age-Friendly University hub: umanitoba.ca/centres/aging/agefriendly.



The Age-Friendly University Committee at the University of Manitoba identified existing age-friendly university programs, activities and information on campus. These include programs such as Free tuition 65+ (non-credit courses) for senior students, Seniors' Alumni Learning for Life Program, or Recreation Service to name a few.

The University of Manitoba was the first university in Canada to endorse the 10 Age-Friendly University Principles, as part of the expanded global network, where over 40 institutions across 9 countries have endorsed these same principles, including 5 other Canadian universities.

Join our mailing list

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.