

38th Annual Spring Research Symposium

Looking forward to aging in a post-pandemic world

May 3–4, 2021 | Virtual presentation

CENTRE ON AGING 38TH ANNUAL SPRING RESEARCH SYMPOSIUM

Looking forward to aging in a
post-pandemic world
May 3–4, 2021

Monday, May 3

Join the Centre on Aging for virtual presentations for this year's 38th Spring Research Symposium. Our first day will feature speaker presentations by Centre Research Affiliates and our Advisory Board member.

Beginning Monday at 9 am, a pre-recorded presentation will be shown. For interested virtual attendees, immediately following the presentations, attendees can take part in a **live** moderated online question and answer session via Zoom. Registration is required for the online sessions via EventBrite.

Be sure to stay tuned for the afternoon at 1 pm where virtual attendees can view pre-recorded poster presentations on the Centre on Aging's Web site. Find out about current aging related research from UM students, post-doctoral fellows, and Research Affiliates. These pre-recorded sessions will all have an audio component so you are able to hear about the research directly from the poster presenters, along with viewing their poster or slides.

9–9:15 am

Welcome and greetings

Dr. Michelle Porter, Director Centre on Aging

Honourable Heather Stefanson, Minister of Health and Seniors Care, Province of Manitoba

Dr. Digvir Jayas, O.C., Ph.D., D.Sc., P.Eng., P.Ag., FRSC, Vice-President (Research and International) and Distinguished Professor

9:15–10 am

Mental health in later life: Is it the best of times or the worst of times?

Dr. Corey S. Mackenzie

Professor, Departments of Psychology & Psychiatry; Clinical Associate, Centre on Aging

This presentation will review two hypotheses about how mental health changes with age. The first is that aging is a difficult, sad process associated with many negative outcomes. The second is that aging is associated with positive changes that result in numerous mental health benefits. This presentation will review what a large and growing body of scientific evidence has to say about which of these hypotheses appears to be most accurate, and we will review several theoretical models that help us understand why mental health changes as we age. Finally, we will discuss how the information covered in this talk applies to ways in which people of different ages have been coping during the global pandemic.

10–10:15 am

Break and exercise stretch

Virtual attendees, if interested, can join in the UM's Recreation Services stretch breaks to be streamed during the break.

10:15–11 am

Lessons from the pandemic—Older adults, their health and their health care

Dr. Cornelia (Kristel) van Ineveld

Associate Professor, Department of Internal Medicine, Rady Faculty of Health Sciences

The COVID-19 pandemic has not only directly impacted the health of those older adults infected with the virus, but also led to social isolation, loneliness, functional decline and the destabilization of chronic comorbidities for many. The heavy toll of the pandemic in long term care highlights the need to plan across the continuum of care. Lessons learned tell us that we must advocate for: the improved availability of technology; the vital role of essential caregivers and family; public health adapting their outreach to target at-risk populations; consistent rapid access to ambulatory care that is more tightly integrated with primary care.

11–11:15 am

Break and exercise stretch

Virtual attendees, if interested, can join in the UM's Recreation Services stretch breaks to be streamed during the break.

11:15–11:55 am

The Mindful Elder: The healing power of Indigenous contemplative and mindfulness practices

Dr. Michael Yellow Bird

Dean and Professor, Faculty of Social Work

This presentation discusses the healing power of traditional Indigenous contemplative and mindfulness practices and the implications for building a community of Mindful, healthy, and resilient Indigenous Elders. Contemplative research and traditional knowledge have found that contemplative practices help to build cognitive resilience, cultivate compassion and tolerance, heal emotions, improve the brain, slow aging, and alleviate trauma. The talk will include a discussion of the effects that trauma has on the brain and body and how contemplative practices can restore health and well-being even down to the genetic and molecular levels.

11:55 am–12 pm

In memoriam

On behalf of the Centre on Aging, Director Dr. Michelle Porter will pay a short tribute to Ms. Norma Drosdowech, longtime supporter and friend of the Centre on Aging.

1–4 pm

On demand poster sessions

Available on the Centre on Aging's Web site will be academic poster presentations by students and Centre on Aging Research Affiliates. View the posters at your leisure, which are all audio narrated.

Tuesday, May 4

Our second day will include presentations by Centre Research Affiliates.

Beginning Tuesday at 9:00 am, virtual attendees can view pre-recorded poster presentations on the Centre on Aging's Web site. Find about current aging related research from UM students, post-doctoral fellows, and Research Affiliates. These pre-recorded sessions will all have an audio component so you are able to hear about the research directly from the poster presenters.

Be sure to stay tuned for the afternoon at 1:00 pm where virtual attendees will hear our second set of pre-recorded presentations. For interested virtual attendees, immediately following the presentations, attendees can take part in a **live** moderated online question and answer session via Zoom. Registration is required for the online sessions via EventBrite.

9 am–12 pm

On demand poster sessions

Available on the Centre on Aging's Web site will be academic poster presentations by students and Centre on Aging Research Affiliates. View the posters at your leisure, which are all audio narrated.

1–1:15 pm

Welcome and greetings

Dr. Michelle Porter, Director Centre on Aging

Honourable Heather Stefanson, Minister of Health and Seniors Care, Province of Manitoba

Dr. Digvir Jayas, O.C., Ph.D., D.Sc., P.Eng., P.Ag., FRSC, Vice-President (Research and International) and Distinguished Professor

1:15–1:45 pm

Life after COVID: Opportunities and challenges for home care

Dr. Christine Kelly

Associate Professor, Rady Faculty of Health Sciences, Community Health Sciences

During the pandemic, media coverage focuses on residential care facilities because of the alarmingly high rates of severe and deadly cases of COVID-19 and the social isolation that residents are experiencing. Yet, the vast majority of older people who need care receive it at home, and this group is also often at higher risk of contracting severe cases of the disease. This commentary draws on material found in the public domain to present some of the impacts of COVID-19 on home and community care services considering the perspectives of clients, unpaid caregivers, and paid care workers. The presentation considers the potential of carrying forward lessons learned as we enter the late stages of the pandemic.

1:45–2:15 pm

Break and exercise stretch

Virtual attendees, if interested, can join in the UM's Recreation Services stretch breaks to be streamed during the break.

2:45–3:15 pm

Social isolation and loneliness: Can lessons learned during the pandemic help in the future?

Dr. Verena Menec

Professor, Department of Community Health Sciences, Rady College of Medicine

Decades' worth of research shows that social isolation and loneliness increase older adults' risk of physical and mental health problems. With the social distancing required during the COVID-19 pandemic, more people are experiencing social isolation and loneliness. This presentation will focus on how people and organizations have been affected by, and have adapted to the pandemic, and how the lessons learned might help in the future in reducing social isolation and loneliness, and associated health risks.

3:15–3:30 pm

Break and exercise stretch

Virtual attendees, if interested, can join in the UM's Recreation Services stretch breaks to be streamed during the break.

3:30–3:45 pm

Lessons from the pandemic—Health policy

Dr. Phil St. John

Professor, Department of Internal Medicine, Rady Faculty of Health Sciences

The COVID-19 pandemic has highlighted many policy issues relevant to the delivery of care to ageing populations. It has reinforced the importance of social connections, social engagement, and social supports. It has also put a spotlight on social determinants of health, and on longterm care. Ongoing attention to improve social situations and health care delivery will be needed to improve health and reduce health inequalities amongst older populations.

How to attend this year's virtual Symposium

There is no cost to attend the 38th Spring Research Symposium. Everyone is welcome to join us online—whether you're a student, researcher, staff at a senior serving organization, or an interested community member, you can watch our online sessions.

The Symposium presentations will be streamed online, with an online link to be provided closer to the Symposium date. No registration is needed, just one click to join us online!

Live question and answer session on Zoom: May 3–4

For those interested in participating in a moderated question and answer session, on Zoom, registration will be required via EventBrite to directly participate in the question and answer session via modified chat. The audience questions and answer session will be simultaneously streamed live on YouTube, but viewers will not be able to pose questions to the presenters.

Contact information

Centre on Aging, University of Manitoba
338 Isbister Building
Winnipeg MB R3T 2N2

The University of Manitoba is committed to achieving accessibility for those disabled by barriers. Contact the Centre on Aging by email at coaman@umanitoba.ca or call 204-474-8754 in advance if you require any accessibility accommodations to participate.