



# Dialogue on aging

---

39<sup>th</sup> Annual Spring Research Symposium

May 2 | Online streaming starting at 9 am

May 3 | Online streaming starting at 1 pm

# May 2 Symposium presentations at a glance

May 2 YouTube streaming link: <https://youtu.be/w18HnzzgBYx8>

| Time scheduled                         | Presenter  |
|--|--|
| <b>Part 1: Symposium presentations</b> |  |
| 9–9:15 a.m.                            | Opening remarks: <b>Michelle Porter</b> , PhD, Director Centre on Aging<br><b>Honourable Scott Johnston</b> , Minister of Seniors and Long-Term Care, Province of Manitoba<br>University greetings: <b>Digvir Jayas</b> , OC, PhD, DSc, PAg, PEng, Vice-President (Research and International)       |
| 9:15–10 a.m.                           | <b>Presentation 1</b>  |
| 9:15–9:45 a.m.                         | <b>Veronica Silva</b> , Can science help us stay on our feet? A research update on fall risk and prevention  |
| 9:45–10 a.m.                           | View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)  |
| 10–10:15 a.m.                          | <b>Health break</b><br><b>UM Recreation Services exercise break</b>  |
| 10:15–11 a.m.                          | <b>Presentation 2</b>  |
| 10:15–10:45 a.m.                       | <b>Stephen Cornish</b> , Myokines and their involvement in health and disease  |
| 10:45–11 a.m.                          | View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)  |
| 11–11:15 a.m.                          | <b>Health break</b><br><b>UM Recreation Services exercise break</b>  |
| 11:15 a.m.–12 p.m.                     | <b>Presentation 3</b>  |
| 11:15–11:45 a.m.                       | <b>Age-Friendly University Initiative panel</b>  |
| 11:45 a.m.–12 p.m.                     | View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)  |
| 12 p.m.                                | <b>Session conclusion</b>  |
| 12–1 p.m.                              | <b>Break</b>   |
| 1–4 p.m.                               | <b>Part 2: Student, post-doctoral fellow, researcher poster session</b><br>Poster session online viewing link: <a href="https://umanitoba.ca/centre-on-aging/research/spring-symposium/poster-presentations">https://umanitoba.ca/centre-on-aging/research/spring-symposium/poster-presentations</a> |
| 3–4 p.m.                               | Poster session question and answer session via Zoom for those who have pre-registered<br>Complete online evaluation survey by May 6: <a href="https://www.surveymonkey.com/r/BXBBMD7">https://www.surveymonkey.com/r/BXBBMD7</a>   |

*This document is available in alternate formats, upon request. Contact Centre staff by email at [coaman@umanitoba.ca](mailto:coaman@umanitoba.ca) by **April 29, 2022** if you require any accessibility accommodations to participate.*

# May 3 Symposium presentations at a glance

May 3 YouTube streaming link: <https://youtu.be/ADFuwXMqObU>

| Time scheduled | Presenter  |
|----------------|--|
| 9 a.m.–12 p.m. | <b>Part 1: Student, post-doctoral fellow, researcher poster session</b><br>Poster session online viewing link: <a href="https://umanitoba.ca/centre-on-aging/research/spring-symposium/poster-presentations">https://umanitoba.ca/centre-on-aging/research/spring-symposium/poster-presentations</a> |
| 12–1 p.m.      | <b>Break</b>   |
|                | <b>Part 2: Symposium presentations</b>   |
| 1–1:05 p.m.    | Opening remarks: <b>Michelle Porter</b> , PhD, Director Centre on Aging  |
| 1:05–1:50 p.m. | <b>Presentation 4</b>  |
| 1:05–1:35 p.m. | <b>Ruth Barclay</b> , Developing the ‘Winter-Walk’ team: research priorities   |
| 1:35–1:50 p.m. | View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)  |
| 1:50–2:05 p.m. | <b>Health break</b><br><b>UM Recreation Services exercise break</b>  |
| 2:05–2:50 p.m. | <b>Presentation 5</b>  |
| 2:05–2:35 p.m. | <b>Christine Leong</b> , Studying polypharmacy and deprescribing   |
| 2:35–2:50 p.m. | View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)  |
| 2:50–3 p.m.    | <b>Health break</b><br><b>UM Recreation Services exercise break</b>  |
| 3–4 p.m.       | <b>Presentation 6</b>  |
| 3–3:45 p.m.    | <b>Alzheimer Centre of Excellence Research Team panel</b>  |
| 3:45–4 p.m.    | View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)  |
| 4 p.m.         | <b>Symposium conclusion</b><br>Complete online evaluation survey by May 6: <a href="https://www.surveymonkey.com/r/BX6RXLH">https://www.surveymonkey.com/r/BX6RXLH</a>   |

---

## Centre on Aging staff

**Michelle Porter, PhD**  
Director

**Nicole Dunn, MA**  
Associate Director

**Rachel Ines, Dipl., BA**  
Administration and  
Communications  
Coordinator

**Dallas Murphy**  
Student Research  
Assistant

# May 2: Online presentations

## 9:00–9:15 a.m. Welcome and greetings

Opening remarks: **Michelle Porter**, PhD, Director Centre on Aging  
**Honourable Scott Johnston**, Minister of Seniors and Long-Term Care,  
Province of Manitoba

University greetings: **Digvir Jayas**, OC, PhD, DSc, PAg, PEng, Vice-  
President (Research and International)

## 9:15–10 a.m. Presentation 1

9:15–9:45 a.m. Session introduction: **Lisette Dansereau**, PhD (c), Max Rady College of  
Medicine, Community Health Sciences.

*Can science help us stay on our feet? A research update on fall risk and  
prevention*

**Veronica Silva**, Ph.D., Assistant Professor, Faculty of Kinesiology and  
Recreation Management; Research Affiliate, Centre on Aging

This presentation discusses the problem of falls in older adults. Although  
researchers have been studying falls for decades, falls are still the leading  
cause of injury and disability in older adults. This presentation will discuss  
the recent research on the mechanisms of falls and associated risk factors,  
and we will review what the recent scientific evidence has to say about the  
effectiveness of fall prevention strategies.

9:45–10 a.m. View audience questions on YouTube; participate in the question and answer  
session via Zoom (for those who pre-registered only)

## 10–10:15 a.m. Health break

### UM Recreation Services exercise break

Symposium attendees can use this time to take their own health break, or  
take part in the short exercise session led by UM Recreation Services staff.

## 10:15–11 a.m. Presentation 2

10:15–10:45 a.m. Session introduction: **Chetan Patil**, PhD (c), Max Rady College of Medicine,  
Pharmacology and Therapeutics

*Myokines and their involvement in health and disease*

**Stephen Cornish**, PhD, Associate Dean, Undergraduate Education;  
Associate Professor, Faculty of Kinesiology and Recreation Management;  
Research Affiliate, Centre on Aging

Myokines, which are peptides, proteins, or cytokines released from skeletal muscle, are thought to influence several physiological processes in the human body. One key process they are known to influence is the inflammatory process. Regularly participating in exercise seems to exert an anti-inflammatory effect via the release of a certain myokine from muscle called interleukin-6 (IL-6). As we age, there seems to be a chronic low-grade inflammation that develops which may precipitate many types of diseases (cardiovascular disease, cancer, type II diabetes, and neurological disease). Completing an exercise training program is thought to reduce the amount of chronic low-grade inflammation and, hopefully, reduce the risk of disease development as we age. My lab is committed to finding out differences in myokine responses to exercise between younger and older adults and whether exercise training can positively influence the myokine response to exercise.

**10:45–11 a.m.**

View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)

**11–11:15 a.m.**

**Health break**

**UM Recreation Services exercise break**

Symposium attendees can use this time to take their own health break, or take part in the short exercise session led by UM Recreation Services staff.

**11:15 a.m.–12 p.m.**

**Presentation 3**

**11:15–11:55 a.m.**

*Age-Friendly University Initiative panel*

“Micro-certificate in facilitating older adult learning”

[Bill Kops, EdD, Extended Education](#)

“Kaffeeklatsch Klatsch: Intergenerational friendship and knowledge sharing”

[Jean Borbridge, Education Coordinator, School of Art Gallery](#)

[Blair Fornwald, BFA, MFA, Director/Curator, School of Art Gallery](#)

“Accessible tunnel wayfinding at UM”

[Akash Singh, Laurel Cowley, Master of Landscape architecture students;](#)

[Vanessa Jukes Strutt, MALA, CSLA, PMP, Project Manager AES; Kale](#)

[Kostick, Projects Coordinator OOS](#)

“Bridging digital gaps: an age-friendly introduction”

[Wilfred Sam-King, Alumni Outreach and Engagement Officer](#)

**11:45 a.m.–12 p.m.**

View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only).

**12–1 p.m.**

**Break**

**1–4 p.m.**

**Poster session**

View posters audio narrated by students, post-doctoral fellows, and research affiliates.

**3–4 p.m.**

Symposium attendees are invited to take part in the poster question and answer session via Zoom, for those who have pre-registered.

# May 3: Online presentations

## 9 a.m.–12 p.m. Poster session

View posters audio narrated by students, post-doctoral fellows, and research affiliates

## 12–1 p.m. Break

## 1–1:05 p.m. Welcome and greetings

**Michelle Porter, Ph.D.**, Director, Centre on Aging; Professor, Faculty of Kinesiology and Recreation Management, University of Manitoba

## 1:05–1:50 p.m. Presentation 4

**1:05–1:35 p.m.** Session introduction: **Chetan Patil, PhD (c)**, Max Rady College of Medicine, Pharmacology and Therapeutics

### *Developing the 'Winter-Walk' team: research priorities*

**Ruth Barclay, PhD, MHSc, BMR (PT)**, Associate Professor, Rady Faculty of Health Sciences, College of Rehabilitation Sciences, Physical Therapy

Walking outdoors can lead to physical and mental health benefits for older adults. Walking outdoors in the winter, however, has many challenges. The Winter-Walk team was funded by the Centre on Aging Research Team Small Grant. The team consists of community members, student trainees and researchers from three universities across multiple disciplines. Research priorities related to winter outdoor walking and older adults were developed during two days of meetings. Two projects have been completed: identifying barriers and facilitators associated with outdoor winter walking and older adults, and identifying resources related to safe outdoor winter walking. This presentation will describe the research priorities of the Winter-Walk team and results of the first two completed projects.

**1:35–1:50 p.m.** View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)

## 1:50–2:05 p.m. Health break

### **UM Recreation Services exercise break**

Symposium attendees can use this time to take their own health break, or take part in the short exercise session led by UM Recreation Services staff.

## 2:05–2:50 p.m. Presentation 5

**2:05–2:35 p.m.** Session introduction: **Lisette Dansereau**, PhD (c), Max Rady College of Medicine, Community Health Sciences

### *Studying polypharmacy and deprescribing*

**Christine Leong**, BSc(Gen), BSc(Pharm), PharmD, Assistant Professor, College of Pharmacy; Max Rady College of Medicine, Psychiatry

Approximately two-thirds of Canadians 65 years of age and older are receiving five or more different prescription drugs. While medications have an important role in the treatment of disease, taking too many can sometimes lead to negative effects that outweigh the benefits. Dr. Leong will present on the creation of a multidisciplinary team to identify priority areas of research with respect to polypharmacy and deprescribing. She will also present on research related to describing patient values and preferences towards polypharmacy and deprescribing, tools to identify and deprescribe polypharmacy in primary care practice, and future research directions.

**2:35–2:50 p.m.** View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)

## 2:50–3 p.m. Health break

### **UM Recreation Services exercise break**

Symposium attendees can use this time to take their own health break, or take part in the short exercise session led by UM Recreation Services staff.

## 3–4 p.m. Presentation 6

**3–3:45 p.m.** *Alzheimer Centre of Excellence Research Team panel*

**Barbara Borges**, PhD, Director, Undergraduate Medical Education in Community Health Sciences, Max Rady College of Medicine

**Kerstin Roger**, PhD, Professor, Max Rady College of Medicine, Community Health Sciences

**Shauna Mallory-Hill**, PhD, M.Arch., B.E.S., Associate Professor, Faculty of Architecture, Interior Design

**Laura Funk**, PhD, Professor, Faculty of Arts, Sociology and Criminology

**3:45–4 p.m.** View audience questions on YouTube; participate in the question and answer session via Zoom (for those who pre-registered only)

## 4 p.m. Day 2 conclusion

Submit your feedback on this year's Spring Research Symposium by May 6 using the evaluation links found on page 14.

# Presenter biographies



## May 2 presenters

### Veronica Silva, PhD

Dr. Veronica Silva is an Assistant Professor in the Faculty of Kinesiology & Recreation Management at the University of Manitoba. Her research aims to understand the visual and cognitive mechanisms underlying successful locomotion in challenging conditions. An important aspect of her research relates to the study of factors associated with independent walking and fall risk in older adults.



## Stephen Cornish, PhD

Dr. Stephen Cornish is an Associate Professor and Associate Dean (Undergraduate Education) in the Faculty of Kinesiology and Recreation Management at the University of Manitoba. His research is focused on exercise and nutritional immunology. In particular, his research is concerned with the effects that exercise and nutritional interventions can have in ameliorating chronic low-grade inflammation that is observed in many of the chronic disease's society is facing at this time. As a chronic low-grade inflammatory response is thought to be associated with or a cause of disease, finding optimal exercise and nutritional strategies to lower inflammation is seen as key in disease management and prevention.

## May 3 presenters

### Ruth Barclay, PhD



Dr. Ruth Barclay is an Associate Professor in the Department of Physical Therapy, University of Manitoba. Research interests include community ambulation and health-related quality of life in older adults and people with stroke. Ruth is a co-PI of a CIHR funded multi-centre trial of an outdoor walking intervention for older adults and PI of a CIHR funded project on community ambulation using Canadian Longitudinal Study on Aging data. Ruth is a Research Affiliate at Riverview Health Centre and the Centre on Aging, University of Manitoba.

### Get social with us!

During the Symposium, we encourage you to stay in touch with us via our social media accounts.

Use the hashtags **#srs39** **#centreonagingUM** to allow us to find your social messages.

You can tweet us directly by using our twitter handle **@UM\_coaging** in your tweets.







### Christine Leong, PharmD

Dr. Christine Leong is an Assistant Professor at the College of Pharmacy at the University of Manitoba. She also has a Cross-Appointment with the Department of Psychiatry, College of Medicine. Dr. Leong received her Doctor of Pharmacy degree in 2012 from the University of Toronto and her Bachelor of Science in Pharmacy degree from the University of Manitoba in 2010. She practiced as a clinical pharmacist in an interprofessional teaching family medicine clinic from 2014 to 2019. Her primary area of research is in primary care, pharmacy practice and education, and psychotropic medication use using methods in pharmacoepidemiology and mixed-methods research. She was a recipient of the Centre on Aging University of Manitoba Research Team Small Grant to build a multidisciplinary team of researchers, clinicians, and knowledge translation experts to evaluate polypharmacy and identify priority issues with deprescribing of polypharmacy within primary care settings. Her team recently published a scoping review on patient values and preferences towards polypharmacy and deprescribing, which was published in the International Journal of Clinical Pharmacy in 2021.



### Barbara Borges, PhD

Dr. Barbara Borges is the Coordinator of the Medical undergraduate program for the Family Social Sciences Undergraduate Program. As a Postdoctoral Fellow at the Centre on Aging, Barbara worked on research related to the quality of life of older adults with dementia, at Riverview Health Centre.

Barbara received her Ph.D (Education) and her Graduate Specialization in Aging (Centre on Aging) from the University of Manitoba; her Master's Degree (Education) and her Bachelor's Degree (Tourism) from the Universidade Católica Dom Bosco (Brazil).

Barbara started working with older adults back in 2005, as an instructor at the University of the Third Age in Campo Grande, Brazil. She also volunteered as State and City Councillor for Older Adults (2005–2009). Her research interests include health promotion for older adults, education for older adults, (dis)ageism, social justice, qualitative methodologies, and Queer theories and aging.



### Kerstin Roger, PhD

Dr. Kerstin Roger is a Professor in the Rady Faculty of Health Sciences, Max Rady College of Medicine, Community Health Sciences at the University of Manitoba. Her research focusses on chronic illness including mental health, aging including caregiving and family, dying and end of life research. Dr. Roger has been a principal investigator on multi-site nationally funded research (e.g. PHAC, SSHRC, Movember, federal government), as well as conducting provincial and regionally funded research (Prairie Action Foundation, MMSF). She has worked on national teams (CIHR funded) and international collaborations, local not-for-profit community initiatives, and continues to co-author and engage graduate students in her research.



## Shauna Mallory-Hill, B.E.S., M.Arch., Ph.D.

Shauna Mallory-Hill, Associate Professor at the University of Manitoba's Faculty of Architecture, has more than 25 years of experience teaching and researching building systems, universal and sustainable design, as well as building performance evaluation. A major focus of her research is on how sustainably designed environments impact human health and productivity. Shauna has presented her building evaluation work across Canada, in the USA and Europe, and has been published in several journals and books. One of her latest efforts was co-editing the book *Enhancing Building Performance* published by Wiley-Blackwell.

Shauna, a LEED Accredited professional in Building & Construction (LEED AP B+C), has served as Director of Education on the Board of Directors for the MB Chapter of the Canada Green Building Council (CaGBC MB - 2011-2013). Early in her career she also was Executive Director of the Canadian Institute for Barrier-Free Design. She is currently in her 8th year on the Board of Directors of the Environmental Design Research Association (EDRA), as past-chair, having served as Chair in 2014-15.



## Laura Funk, PhD

Dr. Laura Funk is a Professor in the Faculty of Arts, Sociology and Criminology. As a sociologist and social gerontologist, her scholarship enhances understandings of how older adults and paid and unpaid carers interpret experiences, preserve identities, and negotiate normative ideals. Dr. Funk's research a) addresses how these processes use and reinforce discourses surrounding age, care and responsibility, and b) interrogates the structures of care for older adults, including the pressing, often invisible impacts on paid and unpaid carers in the context of decades of health reform in Canada.

# Connect with STAR!

The Centre on Aging hosts the Students Targeting Aging Research (STAR) group for students attending the University of Manitoba. The aim of STAR is to provide students, with an interest in aging topics, with an opportunity to actively engage and connect with one another, discuss shared interests, network with peers, learn about current issues in gerontology from researchers and practitioners in aging, and stay up-to-date on aging related topics using an interdisciplinary perspective.

To join the STAR group, email the co-leads at [star@umanitoba.ca](mailto:star@umanitoba.ca) to get on the mailing list.

### Students Targeting Aging Research



University of Manitoba (UM) students with an interest in aging related topics are invited to join the Students Targeting Aging Research (STAR) group. STAR members are graduate and undergraduate students who are studying aging related topics from across the UM.

Gerontology is a growing field, with many opportunities to work with and learn from older people. Statistics Canada's demographic projections for 2024 show that one in five Canadians should be aged 65 and older.

#### Benefits of joining STAR

- Connect with students from various disciplines
- Learn about careers in aging from professionals working in aging related fields and organizations
- Hear about current aging research from Centre on Aging Research Affiliates
- Join our mailing list to stay up-to-date on aging events, funding, learning, jobs, and other opportunities for students
- Gain official UM credit for volunteering and participating through the co-curricular record



#### Attending a STAR meeting

Currently meetings are held virtually until it is safe to meet in person.



Meeting topics vary and are based on STAR member recommendations and interests. A typical meeting involves an information presentation and opportunity to ask questions from researchers, staff working with older adults, invited community members, network with peers, or take part in outreach activities to help support older adults in the community.

STAR is a peer led group and a university approved activity. STAR is supported by the Centre on Aging.

#### Connect with STAR

Students with questions about joining STAR can connect with the co-leads, Elzette Damasceno and Chelsea Hall by email: [star@umanitoba.ca](mailto:star@umanitoba.ca)



Students Targeting Aging Research (STAR)  
star@umanitoba.ca  
[www.umanitoba.ca/centre-on-aging/](https://www.umanitoba.ca/centre-on-aging/)



# Spring Research Symposium poster session

The posters session will be available for viewing online from 1–4 pm on May 2 and 9 am–12 pm on May 3. All posters include audio narration.

Seventeen posters/mini-presentations are available for viewing in a traditional academic format or five short slides. Posters are organized by general themes and can be viewed on demand from the Centre's Web site in any order. Poster session link: <https://umanitoba.ca/centre-on-aging/research/spring-symposium/poster-presentations>.

**\*Presenters' names who are providing audio narration are bolded**

## COVID-19

1. *Factors impacting the beliefs of community-dwelling older people on COVID-19 vaccine prioritization criteria in Manitoba*

**Dallas Murphy**<sup>1</sup> Ruheena Sangrar, PhD<sup>1,2</sup>, Michelle M. Porter, PhD<sup>1,3</sup>,  
Stephanie Chesser, PhD<sup>1,3</sup>

<sup>1</sup>Centre on Aging, University of Manitoba; <sup>2</sup>University of Toronto; <sup>3</sup>Faculty of Kinesiology and Recreation Management, University of Manitoba

2. *Participants of older adult online exercise classes during the pandemic: A follow up study*

**Dallas Murphy**<sup>1</sup>, Michelle M. Porter, PhD<sup>1,2</sup>, Mikyung Lee, MSc<sup>1,2</sup>, Ruth Barclay, PhD<sup>1,3</sup>, Stephen Cornish, PhD<sup>1,2</sup>, Jacquie Ripat, PhD<sup>1,3</sup>, Kathryn Sibley, PhD<sup>1,4</sup>, Sandra Webber, PhD<sup>1,3</sup>, Nicole Dunn, MA<sup>1</sup>

<sup>1</sup>Centre on Aging; <sup>2</sup>Faculty of Kinesiology and Recreation Management; <sup>3</sup>Rady Faculty of Health Sciences, College of Rehabilitation Sciences; <sup>4</sup>Rady Faculty of Health Sciences, Max Rady College of Medicine, University of Manitoba

3. *Older peoples' perceptions of ageist messaging in the early COVID-19 era*

**Stephanie Chesser**, PhD<sup>1,2</sup> (FKRM, Centre on Aging), Ruheena Sangrar, PhD<sup>2,3</sup>, Dallas Murphy<sup>2</sup>, Barbara Borges, PhD<sup>2</sup>, Michelle Porter, PhD<sup>1,2</sup>

<sup>1</sup>Faculty of Kinesiology and Recreation Management, University of Manitoba; <sup>2</sup>Centre on Aging, University of Manitoba; <sup>3</sup>University of Toronto

4. *Substitute decision making and COVID-19 vaccination for older adults in long-term care*

**Kyle Wilfer**<sup>1,2</sup>, Michelle Porter<sup>1</sup>, PhD, Mary Shariff<sup>1,2</sup>, PhD, LL.M., LL.B.

<sup>1</sup>Centre on Aging, <sup>2</sup>Faculty of Law, University of Manitoba

5. *The impact of COVID-19 on end of life processes in long-term care: challenges and strategies of healthcare providers*

**Haley Pidborchynski**, BSc<sup>1</sup>, Christina Lengyel, RD, PhD<sup>1</sup>

<sup>1</sup>Faculty of Agricultural and Food Sciences, Food and Human Nutritional Sciences, University of Manitoba

## Psychology

6. *Older adults' cognitive reappraisal, positive emotions, and psychological well-being over a two-year span*

**Nicole B. Haverstock**<sup>1</sup>, Joelle C. Ruthig<sup>2</sup>

<sup>1</sup>Department of Clinical Health Psychology, University of Manitoba;

<sup>2</sup>Department of Psychology, University of North Dakota

7. *Pilot test of the viability of an intervention to improve causal thinking and foster quality of life among older adults*

**Dallas Murphy**<sup>1</sup>, Judith G. Chipperfield, PhD<sup>1</sup>, Loring Chuchmach<sup>1</sup>, Raymond P. Perry, PhD<sup>1</sup>, Patti C. Parker, PhD<sup>2</sup>, Jeremy M. Hamm, PhD<sup>3</sup>, Rob Dryden<sup>1</sup>

<sup>1</sup>University of Manitoba; <sup>2</sup>University of Alberta; <sup>3</sup>North Dakota State University

8. *Experiential avoidance moderates the degree to which internalized stigma reduces intentions to seek mental health services among older adults*

**Dallas Murphy**, Corey Mackenzie, PhD, C. Psych

Faculty of Arts, Psychology, University of Manitoba

9. *Is our ability to mentally simulate hand movements affected by aging?*

**Aneet K. Saran** & Jonathan J. Marotta, PhD

Faculty of Arts, Psychology, Perception and Action Lab, University of Manitoba

## Community support

10. *Aging in place ergonomic kitchen design*

**S. Bohunicky**, A. Baquiran, K. Kalliat, S. Mallory-Hill, & J. Ripat

Faculty of Architecture; Rady Faculty of Health Sciences, College of Rehabilitation Sciences, Occupational Therapy

11. *Exploratory study of Google nest hubs in the long-term care setting in Manitoba*

**Dallas Murphy**<sup>1</sup>, Michelle M. Porter, PhD<sup>1,2</sup>, Celine Latulipe, PhD<sup>1,3</sup>, Nicole Dunn, MA<sup>1</sup>

<sup>1</sup>Centre on Aging; <sup>2</sup>Faculty of Kinesiology and Recreation Management;

<sup>3</sup>Faculty of Science, Computer Sciences, University of Manitoba

12. *Older adults' motivation to learn*

**William Kops**

Senior Scholar, Extended Education, University of Manitoba

## Health and well-being

### 13. *Pickelball in older adults—does it really get the heart going?*

**Sandra Webber**, PhD<sup>1</sup>, Brenda Tittlemier<sup>2</sup>, Scott Anderson<sup>3</sup>, Logan Biccum<sup>3</sup>, Sava Jin<sup>3</sup>, Shahd Khawashki<sup>3</sup>

<sup>1</sup>College of Rehabilitation Sciences, Physical Therapy; <sup>2</sup>Applied Health Sciences PhD Program; <sup>3</sup>MPT Program

### 14. *Life satisfaction predicts survival amongst very old men: The Manitoba Follow Up Study*

**Philip St John**, MD, MPH, CCFP, FRCP(C), Audrey Swift, PhD, Robert Tate, PhD

Rady Faculty of Health Sciences, University of Manitoba

### 15. *Examining the associations between different physical fitness phenotypes and cardiovascular risk factors in older females.*

**D. Schwade A.**, K.F Boreskie., J.L. Hay., K. Reilly., T.A. Duhamel.

Faculty of Kinesiology & Recreation Management, University of Manitoba, Winnipeg, Manitoba, Canada; Institute of Cardiovascular Sciences, St. Boniface Hospital Albrechtsen Research Centre, Winnipeg, Manitoba, Canada

## Persons with intellectual disabilities

### 16. *Examining health status of persons with severe intellectual and developmental disabilities by age*

**Kayla Kostal**<sup>1,2</sup>, Maria Baranowski<sup>1,2</sup>, Lindsay McCombe<sup>2</sup>, Margherita Cameranesi<sup>3</sup>, Jenna Heschuk<sup>2</sup>, Shahin Shooshtari<sup>1,2</sup>

<sup>1</sup>Department of Community Health Sciences, University of Manitoba, Winnipeg, Canada; <sup>2</sup>St. Amant Research Centre, Winnipeg, Canada; <sup>3</sup>School of Social Work, Dalhousie University, Halifax, Canada

### 17. *Dietary intake and nutritional status of children with Down syndrome living in Manitoba: A life course approach to aging*

**Maria Baranowski**, PhD student, MSc, RD

Rady Faculty of Health Sciences

## Join our mailing list!

Every two weeks the Centre publishes an electronic newsletter delivered directly to your inbox.

Our biweekly updates provides information on the Centre's upcoming events. Additional information includes upcoming conferences, funding and job opportunities, aging related resources, and more. To sign up for our list, email [coaman@umanitoba.ca](mailto:coaman@umanitoba.ca) to be added.



## Poster question and answer session: May 2

New this year is a question and answer (Q&A) session with participating poster presenters. Symposium attendees who have pre-registered will be provided with a Zoom link to ask poster presenters questions.

Symposium attendees view the posters from 1–3 p.m. and are invited to join the Q&A session from 3–4 p.m. to ask presenters any follow up questions about their research. Participating in the session are the following presenters:

- Sarah Bohunicky
- Dr. Stephanie Chesser
- Dr. Bill Kops
- Dallas Murphy
- Haley Pidborchynski
- Daniel Schwade
- Kyle Wilfer
- Maria Baranowski

## Research participants needed




CENTRE ON AGING  
**RESEARCH  
DATABASE**  
Get involved as a research  
participant!  
Open to individuals 55 years  
and up.

 University  
of Manitoba

The Centre on Aging, University of Manitoba has created an electronic database of individuals 55 years and over who are willing to be contacted by researchers about whether they would like to participate in aging-related studies.

To become part of the database, contact the Centre (204-474-8754) or go online for full details: [umanitoba.ca/aging](https://umanitoba.ca/aging)


The Centre on Aging is recruiting Manitobans, 18+ who are interested in participating in a study looking at possible continuing education/professional development opportunities on aging. If interested, please complete the survey at: <https://surveymonkey.com/r/V7Q98H3>



**CONTINUING EDUCATION/  
PROFESSIONAL  
DEVELOPMENT IN AGING  
SURVEY**

Manitobans 18+ who currently or would like to work/volunteer with older adults are eligible to participate.

Survey Monkey link:  
<https://www.surveymonkey.com/r/V7Q98H3>

Centre on Aging | 

The Centre on Aging is conducting a research project on the external visitation shelters/pods at personal care homes in Manitoba. The goal of this study is to evaluate the visitor, staff/operator and resident experiences associated with the visitation shelters/pods.

To be eligible, you must be 18 years or older and:

- have visited a PCH resident in a visitation shelter/pod,
- reside in a PCH and used the visitation shelter/pod, or
- PCH staff/volunteer who has been assigned to assist with the facilitation of visits.

If interested, please complete the survey at: <https://www.surveymonkey.com/r/3PFRP7K>



### Exploratory Study of Visitation Shelter/Pods at Manitoba Personal Care Homes (PCH)

The Centre on Aging is conducting a research project on the external visitation shelters/pods at personal care homes in Manitoba. The goal of this study is to evaluate the visitor, staff/operator and resident experiences associated with the visitation shelters/pods.

To be eligible, you must be 18 years or older and:

- have visited a PCH resident in a visitation shelter/pod,
- reside in a PCH and used the visitation shelter/pod, or
- PCH staff/volunteer who has been assigned to assist with the facilitation of visits.

The survey will take about 10-20 minutes to complete.

If you would like to participate, use the link to complete the survey:  
<https://www.surveymonkey.com/r/3PFRP7K>

Please feel free to share this with anyone you feel may be interested in providing their input on the visitation shelter/pods

If you would like more information about the study or if you have any questions, please send us an email at [nicole.dunn@umanitoba.ca](mailto:nicole.dunn@umanitoba.ca).

This study is being conducted by the Centre on Aging at the University of Manitoba. This research has been approved by the Research Ethics Board at the University of Manitoba, Fort Garry campus. They can be contacted at [humanethics@umanitoba.ca](mailto:humanethics@umanitoba.ca), if you have any issues with this study.

# Symposium reminders



## Tell us what you think

At the conclusion of our Symposium, complete the online survey by **May 6**, to provide feedback on this year's Symposium presentations:

- May 2 sessions:  
<https://www.surveymonkey.com/r/BXBBMD7>
- May 3 sessions:  
<https://www.surveymonkey.com/r/BX6RXLH>

## Health break reminders

If you are taking part in the health break exercises, make sure you

- Have enough space to do the movements
- If necessary, use a chair (without wheels)
- Adjust the intensity to your ability
- For the warmup, don't go too hard or too fast



# Special thank you to...

This year's 39th Annual Spring Research Symposium would not be possible without the assistance and support from the following people:

- Dr. Digvir Jayas for bringing virtual greetings on behalf of the University
- Honourable Scott Johnston for bringing virtual greetings on behalf of the province
- Our presenters for their virtual presentations: Drs. Ruth Barclay, Stephen Cornish, Christine Leong, Veronica Silva; the Alzheimer Centre of Excellence Research Team: Drs. Barbara Borges; Kerstin Roger; Shauna Mallory-Hill; Laura Funk; and the Age-Friendly University Initiative project recipients: Bill Kops, Blair Fornwald, Jean Borbridge, Kale Kostick, Vanessa Jukes Strutt, Akash Singh, Laurel Cowley, Wilfred Sam-King.
- Our STAR co-leads for the presenter introductions: Lisette Dansereau and Chetan Patil.
- Centre staff for helping to organize the Symposium: Rachel Ines and Nicole Dunn.
- Audiovisual and Multi-media Services staff for assisting us with our online Symposium and virtual posters: Damir Hamzic and Daniel Gwozdz.
- Recreation Services for creating the health break videos.
- All the students, post-doctoral fellows, and research affiliates who submitted their virtual posters.