Dialogue on aging

39th Annual Spring Research Symposium

May 2 | Online streaming starting at 9 am
May 3 | Online streaming starting at 1 pm

Centre on Aging | UM
# May 2 Symposium presentations at a glance

**May 2 YouTube streaming link:** [https://youtu.be/w18HnzgBYx8](https://youtu.be/w18HnzgBYx8)

<table>
<thead>
<tr>
<th>Time scheduled</th>
<th>Presenter</th>
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</table>
| **Part 1: Symposium presentations** | **9–9:15 a.m.** 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.      | **Veronica Silva**, 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.**   | **Health break**                                                         |
| 10:15–11 a.m.       | **Presentation 2**                                                       |
| 10:15–10:45 a.m.    | **Stephen Cornish**, 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.**   | **Health break**                                                         |
| 11:15 a.m.–12 p.m.  | **Presentation 3**                                                       |
| 11:15–11:45 a.m.    | **Age-Friendly University Initiative panel**                             |
| 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.**         | **Session conclusion**                                                   |
| **12–1 p.m.**       | **Break**                                                                 |
| 1–4 p.m.            | **Part 2: Student, post-doctoral fellow, researcher poster session**      |
| 3–4 p.m.            | Poster session online viewing link: [https://umanitoba.ca/centre-on-aging/research/spring-symposium/poster-presentations](https://umanitoba.ca/centre-on-aging/research/spring-symposium/poster-presentations)  
Poster session question and answer session via Zoom for those who have pre-registered  
Complete online evaluation survey by May 6: [https://www.surveymonkey.com/r/BXBBMD7](https://www.surveymonkey.com/r/BXBBMD7)  
This document is available in alternate formats, upon request. Contact Centre staff by email at 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](https://youtu.be/ADFuwXMqObU)

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<td>3–4 p.m.</td>
<td><strong>Presentation 6</strong></td>
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<td>3–3:45 p.m.</td>
<td>Alzheimer Centre of Excellence Research Team panel</td>
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<tr>
<td>4 p.m.</td>
<td><strong>Symposium conclusion</strong></td>
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<td>Complete online evaluation survey by May 6: <a href="https://www.surveymonkey.com/r/BX6RXLH">https://www.surveymonkey.com/r/BX6RXLH</a></td>
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## Centre on Aging staff

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<tr>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>Michelle Porter</td>
<td>PhD Director</td>
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<tr>
<td>Nicole Dunn</td>
<td>MA Associate Director</td>
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<tr>
<td>Rachel Ines</td>
<td>Dipl., BA Administration and Communications Coordinator</td>
</tr>
<tr>
<td>Dallas Murphy</td>
<td>Student Research Assistant</td>
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</table>
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

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<td><strong>Welcome and greetings</strong></td>
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<td><em>Michelle Porter, Ph.D., Director, Centre on Aging; Professor, Faculty of Kinesiology and Recreation Management, University of Manitoba</em></td>
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<td><strong>Session introduction:</strong> <em>Chetan Patil, PhD (c), Max Rady College of Medicine, Pharmacology and Therapeutics</em></td>
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<td><em>Developing the ‘Winter-Walk’ team: research priorities</em></td>
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<td><em>Ruth Barclay, PhD, MHSc, BMR (PT), Associate Professor, Rady Faculty of Health Sciences, College of Rehabilitation Sciences, Physical Therapy</em></td>
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<td>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.*</td>
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<td>2:05–2:50 p.m.</td>
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| 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(End), BSc(Pharm), 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**                                                           |
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| 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 to get on the mailing list.
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 Murphy¹**, Ruheena Sangrar, PhD¹,², Michelle M. Porter, PhD¹,³, Stephanie Chesser, PhD¹,³

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

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

   **Dallas Murphy¹**, Michelle M. Porter, PhD¹,², Mkyung Lee, MSc¹,², Ruth Barclay, PhD¹,³, Stephen Cornish, PhD¹,², Jacque Ripat, PhD¹,³, Kathryn Sibley, PhD¹,⁴, Sandra Webber, PhD¹,³, Nicole Dunn, MA¹

   ¹Centre on Aging; ²Faculty of Kinesiology and Recreation Management; ³Rady Faculty of Health Sciences, College of Rehabilitation Sciences; ⁴Rady 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**, PhD¹,² (FKRM, Centre on Aging), Ruheena Sangrar, PhD²,³, Dallas Murphy², Barbara Borges, PhD², Michelle Porter, PhD¹,²

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

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

   **Kyle Wilfer¹,²**, Michelle Porter¹, PhD, Mary Shariff¹,², PhD, LL.M., LL.B.

   ¹Centre on Aging, ²Faculty 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 Pidborschynski**, BSc¹, Christina Lengyel, RD, PhD¹

   ¹Faculty 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. Haverstock¹, Joelle C. Ruthig²
   
   ¹Department of Clinical Health Psychology, University of Manitoba; ²Department 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 Murphy¹, Judith G. Chipperfield, PhD¹, Loring Chuchmach¹, Raymond P. Perry, PhD¹, Patti C. Parker, PhD², Jeremy M. Hamm, PhD³, Rob Dryden¹
   
   ¹University of Manitoba; ²University of Alberta; ³North 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 Murphy¹, Michelle M. Porter, PhD¹,², Celine Latulipe, PhD¹,³, Nicole Dunn, MA¹
    
    ¹Centre on Aging; ²Faculty of Kinesiology and Recreation Management; ³Faculty of Science, Computer Sciences, University of Manitoba

12. **Older adults’ motivation to learn**
    
    William Kops
    
    Senior Scholar, Extended Education, University of Manitoba
13. *Pickelball in older adults—does it really get the heart going?*

**Sandra Webber**, PhD[^1], Brenda Tittlemier[^2], Scott Anderson[^3], Logan Biccum[^3], Sava Jin[^3], Shahd Khawashki[^3]

[^1]: College of Rehabilitation Sciences, Physical Therapy;  
[^2]: Applied Health Sciences PhD Program;  
[^3]: 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.*


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

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

**Kayla Kostal[^1], Maria Baranowski[^1,2], Lindsay McCombe[^2], Margherita Cameranesi[^3], Jenna Heschuk[^2], Shahin Shooshtari[^1,2]**

[^1]: Department of Community Health Sciences, University of Manitoba, Winnipeg, Canada;  
[^2]: St. Amant Research Centre, Winnipeg, Canada;  
[^3]: 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

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**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 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

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
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

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
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.