



University  
of Victoria

**International Day of the Older Person  
Lecture Series and  
Valued Elder Recognition Award Presentation**

*Program*

Thursday, October 1, 2009  
Salvation Army Citadel

Lecture by

**Dr. Scott Hofer**

Professor and Harald Mohr, MD & Wilhelma Mohr, MD Research Chair  
in Adult Development and Aging  
University of Victoria

**Healthy and Successful Aging:  
What do we know from longitudinal studies?**

## *The Valued Elder Recognition Award (VERA)*

VERA came into being because concerned and involved seniors made it happen. Doreen Burrows led this group and they chose the name VERA because it represents:

- ◆ The word veracity, meaning truthfulness & honesty
- ◆ The Latin root, verax veracis from verus, “true” and
- ◆ In the Slavic languages, this given name means “faith.”

Today’s Valued Elder Recognition Award honours each of the nominees, all of whom exemplify VERA. The Centre on Aging, University of Victoria, wishes to recognize and honour these individuals who, over their lifetime, have given exemplary service in helping others.



2009 VERA recipients – Akiko Kamitakahara and Terry Cushing

# Agenda

- 2:00 pm Welcome and Introduction  
Holly Tuokko, Director, Centre on Aging, UVic
- 2:10 Presentation of VERA awards  
Bernie Paille, President  
Friends of the Centre on Aging
- 2:25 Refreshment break
- 3:00 Lecture  
Scott Hofer, Professor and Harald Mohr, MD & Wilhelma  
Mohr, MD Research Chair in Adult Development and Aging  
at the University of Victoria
- 3:40 Question Period  
Holly Tuokko, moderator
- 4:00 Closing  
Holly Tuokko

We wish to thank all the volunteers nominated, their nominators and the Friends of the Centre for their support of this award. We would be unable to carry out this program without them.



# Senior Friendly Business Award **2009**

## Think about your favourite restaurant.

*Are the price tags large and easy to read?*

*Are washrooms readily accessible, clearly marked, and convenient for seniors with assistive devices?*

*Are handrails and coat hooks provided in the wash-rooms? Are the staff kind, courteous, and helpful?*

### **In short — is the business Senior Friendly?**

***The University of Victoria Centre on Aging wants you to nominate a restaurant for the “Senior Friendly Business Award.”***

The award honours businesses in the Capital Regional District that provide the most friendly high-quality services and facilities to customers 55 years of age or better.

Let the Centre know about your pick for this award.

For more details, go to:

**[www.coag.uvic.ca/community\\_business\\_award.htm](http://www.coag.uvic.ca/community_business_award.htm)**

***NOTE: Restaurants are our ONLY business focus this year.  
The nomination deadline is November 2nd.***

Please mail the form to the address below or fax it to 250-721-6499.

Senior Friendly Business Awards Committee & Friends of the Centre On Aging  
University of Victoria, Sedgewick Building, Rm A104  
PO Box 1700 STN CSC, Victoria BC V8W 2Y2

## Scott Hofer



Dr. Scott Hofer is an expert in longitudinal research, and the Harald Mohr, MD & Wilhelma Mohr, MD Research Chair in Adult Development and Aging at the University of Victoria, as well as Professor in the Department of Psychology and Centre on Aging. His research is on the identification and explanation of individual differences in developmental and aging-related processes and involves analysis of existing longitudinal studies, new data collection efforts using intensive measurement designs, and developments in research methodology focused on measurement and analysis of change.

Scott's talk, *Healthy and Successful Aging: What do we know from Longitudinal Studies?*, will discuss the focus of research on human development and aging as it relates to understanding individual differences in rates and patterns of change in behavioral and biological processes. Longitudinal studies, where information is collected repeatedly from the same individuals, are essential for understanding aging. Longitudinal studies of aging, some with data collection beginning in early and middle life, are contributing important new findings regarding later life changes in physical and cognitive processes. He will discuss why we need longitudinal studies and recent findings related to healthy and successful aging. He will also provide an overview of his Integrative Analysis of Longitudinal Studies of Aging research network and new studies planned for understanding day-to-day variation and change in relations among cognition, stress, and health.

## Holly Tuokko

Dr. Holly Tuokko, the Director of the Centre on Aging, joined the University of Victoria's Centre on Aging (COAG) and Department of Psychology in 1997. Between 2006 and 2009, she was the Associate Dean of Graduate Studies. Between 1999 and 2002, she was the Associate Director of the COAG. Prior to that time she was the Supervising Psychologist at the University of British Columbia's (UBC) Clinic for Alzheimer's Disease and Related Disorders and a Clinical Associate Professor in the Department of Psychiatry, Faculty of Medicine at UBC.



The current focus of her research is the evolution of cognitive disorders in older adults, the impact these disorders have on functional competency and how the needs of persons with mental health problems can best be met. A major goal of her work is to establish a "fit" between the needs of the person and the environmental context in which they live, in order to maximize independent functioning. She has published many articles in the field, and serves on the editorial boards of numerous international journals and review boards for various granting agencies and has authored a textbook in the field of geriatric neuropsychological assessment.

Holly is currently teaching, mentoring students and involved in the following research projects:

- Seeing is believing? Using social science theory to examine how theatre performance affects audience beliefs
- Alliances in Mobility in Aging
- Older Person Driving – CanDRIVE
- Assessing driving performance in persons with mild cognitive impairment and mild dementia
- Canadian Longitudinal Study on Aging (CLSA) - Psychological Health Working Group Theme Leader

# VERA 2009 Recipinets Highlights

## TERRY CUSHING



### *Volunteer Highlights:*

- |                |  |
|----------------|--|
| 2006 – 2009    | West Shore Adult Day Program   |
| 2009 – Present | Broadmead Lodge  |
| 1985 – Present | St. Vincent de Paul, Our Lady of the Rosary, President (1986-2003), Member Particular Council and Board of Directors, Hospitality Committee, Christmas Community Dinners, Bingo Nights |
| 1987 – Present | Goldstream Food Bank   |
| 1981 – Present | Catholic Women's League  |
| 1975 – Present | WRENS, member and currently treasurer  |
| 1982 – 1984    | St. Andrew's Soup Kitchen  |

### *Nominated and Supported by:*

Kathryn Weiss, West Shore Adult Day Centre  
Verna Ford, West Shore Adult Day Centre  
Marlene O'Hanley, Catholic Women's League  
Catherine Ireland, Chair and Volunteer Coordinator, Goldstream Food Bank

*"If you knew Terry you could understand that no job is too big for her and she will tackle anything that comes her way with more zest than people half her age . . . sharing her time, energy, and*

*wonderful organizational skills with her community is just a way of life for Terry. She is an amazing lady who always goes above and beyond and never looks for the recognition she deserves."* Supporter

*"Terry has boundless energy and is always on the move, thinking of everyone else and expecting nothing in return. She has a joke on the tip of her tongue no matter where she is, and a personality that draws people to help out in whatever she is working on at the moment. It is very hard to say no to Terry when you watch her take on tasks that seem insurmountable and yet by the time everything is worked out, she has made it seem unbelievably easy."* Supporter

*"Terry has devoted a large part of her life helping those in need and even when faced with adversity in her private life, it has never stopped her concern for people who are less fortunate. A good description of Terry would be a warmhearted, compassionate, non-judgmental and caring person and a well-respected ambassador for our Society."* Supporter

*"The assistance she offers through vouchers for food, furniture and clothing, come with her ever positive nature and loving heart. Her visits are always remembered because sometime during that visit she has brightened their day by telling a cute joke . . . I'm so proud to have known this wonderful lady . . . She truly is an inspiration to all who know her."* Supporter

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## VERA Plaque

All the Valued Elder Recognition Award recipients are commemorated on plaques located at the Centre on Aging in Sedgewick A Wing. The new plaque (2009+) is located in the hallway near our front door and the original plaque is hanging in our boardroom.

Feel free to come and take a look!

# VERA 2009 Recipients Highlights

## AKIKO KAMITAKAHARA



### *Volunteer Highlights:*

- 1988 – Present Royal Jubilee Hospital, Admitting Volunteer Program & Volunteer Resources
- 1988 – Present Victoria Hospice Society, Inpatient Unit, Bereavement Department, Special Events & Fundraising
- 2001 – Present BC Cancer Agency, Vancouver Island Centre Volunteer Services
- 1995 – Present Friends of Government House Gardens Society

### *Nominated and Supported by:*

- Kathy Nies, Manager, Volunteer Resources, Royal Jubilee and Gorge Road Hospitals
- Tina Lowery, Volunteer Services, BC Cancer Agency
- Herb A. LeRoy, Private Secretary to the Lieutenant Governor, Government House
- Brigitte McKenzie, Manager, Volunteer Services, Victoria Hospice Society
- Alison Leamy, Friends of Government House Gardens

*“For the last twenty-one years, she has been a very dedicated, caring volunteer. Akiko guided thousands of patients through their hospital admitting process . . . she is such a dedicated, reliable, wonderful volunteer.” Supporter*

*“Akiko has demonstrated her diverse range of skills by volunteering in both centre support and patient support programs . . . In each of these roles Akiko has brought her warmth and positive energy to Centre staff and patients on a weekly basis. She is flexible, reliable and always able to help people feel at ease. . . She has proven herself to be an excellent team member and a dependable, thoughtful individual.” Supporter*

*“Akiko has been an avid gardener and volunteer here for over 10 years and the gardens that she looks after flourish as a result of her care and attention. . . I am aware that Akiko also volunteers for Hospice and I commend her for her energy and many selfless gifts of service. During her time with us she has proved an invaluable asset to Government House.” Supporter*

*“We affectionately refer to Akiko as a volunteer who is present ‘everywhere in the organization’, as well as one very active in the larger community of Victoria. She is easy to recognize, being a diminutive figure with huge energy, wearing her large brimmed hat pulling a cart ahead of her (accumulating more than 5700 volunteer hours) . . . resulting in almost everyone at Victoria Hospice knowing who Akiko is.” Supporter*

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## VERA Selection Process

After the nominations have been received and all qualified nominees have been interviewed, the selection committee meets. Once the selection has been made all nominees and nominators are contacted by early September. The recipients are invited to lunch at the University Club, followed by a tree planting in September. The award is given at the International Day of Older Persons Lecture, usually on October 1st, but in September this year.

The selection committee for 2008:

- Denise Cloutier-Fisher, Associate Professor, University of Victoria, Centre on Aging and Department of Geography
- Lois Edgar, Administrator, University of Victoria, Centre on Aging
- Holly Tuokko Director, University of Victoria, Centre on Aging
- Andrew Maxwell, Treasurer, Friends of the Centre on Aging, University of Victoria
- Bernie Paille, President, Friends of the Centre on Aging, University of Victoria

*T*he Centre on Aging is a multidisciplinary research centre at the University of Victoria, with a satellite office in Ladner, that contributes to the body of knowledge in aging. We conduct research in partnership with seniors and their families, community organizations, health care providers, and various levels of government. We also disseminate knowledge about aging, and provide impetus and direction to the University's aging related activities.

Our specific objectives are:

- To add to the body of knowledge on aging by stimulating and conducting rigorous basic and applied research;
- To disseminate knowledge on aging to scientists, practitioners, and the public;
- To promote the translation of research findings into interventions, services, products, and policies relevant to older adults;
- To contribute to the training of skilled research personnel;
- To facilitate communication and collaboration among scholars, practitioners, government officials, and older adults;
- To provide a focus and direction to the University's and region's aging related research activities.

*T*he Friends of the Centre is an expanding group that contributes to the Centre's mission and goals. They assist in the communication of research results, collaborate with researchers in the dissemination of new knowledge about aging, and assist with various events and awards of the Centre.

If you are interested in furthering the quality of life we experience as we age and wish to become involved in projects and activities that relate to the aging process, then we invite you to consider volunteering at the Centre.



Centre on Aging, University of Victoria

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Phone: 250-721-6369 Fax: 250-721-6499 [www.coag.uvic.ca](http://www.coag.uvic.ca)