



Director's Perspective

by Holly Tuokko, PhD, RPsych

The upcoming academic year promises to be another period filled with change, growth and celebration at the Centre on Aging. 2012 marks the twentieth anniversary of the establishment of the Centre on Aging! As predicted in the Fall 2001 issue of the Bulletin by Neena Chappell, then Director of the Centre, the second decade for the Centre was just as productive and busy as the first. We have many reasons to celebrate all that has been accomplished at the Centre on Aging over these 20 years and we are seeking ideas for ways to mark this developmental landmark. If you have any suggestions, please let us know! Our anniversary coincides with the 50th anniversary of the University of Victoria, so there will be many celebratory events to attend.

Over the next few months, we will see some of these changes realized. First, we are saying farewell and happy trails to Tom Ackerley who has been the Manager of the Survey Research Centre since 2003. He and his wife are off in their RV to enjoy the sights! Tom will be greatly missed. Over the next few months, we will be working to ensure that the Survey Research Centre continues to operate smoothly. In September 2011, I joined the Advisory Board for the Canadian Institutes of Health Research, Institute of Aging (CIHR-IA). CIHR is comprised of 13 Institutes, each led by a Scientific Director, responsible for championing health research at the highest levels of international excellence, establishing and nurturing partnerships, as well as fostering effective communication and knowledge dissemination. CIHR-IA champions and supports research that promotes healthy aging and addresses causes, prevention, screening, diagnosis, treatment, support

systems, and palliation for a wide range of conditions associated with aging. Its goal is to improve the quality of life and health of older Canadians by understanding and addressing or preventing the consequences of a wide range of factors associated with aging. I have joined



the Advisory Board as it transitions to the leadership of the newly appointed Scientific Director, Dr. Yves Joannette. Dr. Joannette is currently a professor at Université de Montréal's Faculty of Medicine and was the Director of the Centre de recherche de l'Institut universitaire de gériatrie de Montréal (CRIUGM) between 1997 and 2009. He served as President and Chief Executive Officer at Fonds de la Recherche en Santé du Québec as well as Chair of the agency's Board of Directors from 2009 to 2011. For five years, he was also the Director of Université de Montréal's School of Speech Therapy and Audiology and CRIUGM's Associate Director of Clinical Research. Following his doctorate in neurological sciences from Université de Montréal (1980), Dr. Joannette went on

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to postdoctoral training in neuropsychology and behavioural neurology in Marseille, where he was a founding member of the Human Neuropsychology Laboratory at École des hautes études en sciences sociales (1982). Dr. Joannette and I share a passion for neuropsychology and research on cognitive disorders in later life and I am honoured and delighted to be joining the board at this time. I look forward to working with Dr. Joannette and the IA board to advance the Institute's research and innovation agenda for the benefit of all Canadians.

I am also delighted to report that the Centre on Aging recently co-hosted an event bringing together university researchers, health professionals, and physicians to engage in an active dialogue about a potential research opportunity for our community. Care Innovations, an Intel-General Electric company, presented information about available technologies with the capacity to connect health care professionals and patients, while providing researchers with invaluable insights into healthcare interactions and how technology can inform the patient care experience. We anticipate continued interactions to articulate our shared interest in developing a research agenda around these devices.

On behalf of the Centre on Aging Advisory Board, I extend a warm welcome to Dr. Gweneth Doane (School of Nursing) and Bev Wilden (community member) who recently joined our Advisory Board. Dr. Doane is presently a research affiliate of the Centre on Aging working on projects related to quality of care at the end of life with Dr. Kelli Stajduhar. Ms. Wilden served as a Clinical Nurse Specialist in Geriatrics for many years in Victoria, retiring in 2009. She brings with her a wealth of clinical expertise and life experience. Welcome Gweneth and Bev! I also want to welcome Dr. Carol McWilliam who will be visiting the Centre on Aging from Oct. 3-6. Dr. McWilliam is a Professor, Faculty of Health Sciences, University of Western Ontario. Her 20-year programmatic research has included several intervention studies, including RCTs and quasi-

experimental tests and qualitative exploration of ways to promote empowering care approaches that optimize seniors' health, independence and care management potential. Her experiential learning throughout this research has led her to question both practical and research-based approaches to care and service provision, and, ultimately to explore different approaches for promoting evidence-informed change in health and social services for seniors. She will be speaking on Monday October 3, 2011 from 4-5 pm at the Royal Jubilee Hospital in the Patient Care Centre Lecture Theatre and also will be available to meet with others on campus during that week (please contact Leah Potter at the Centre on Aging for more information).

Finally, I am excited to report that I will be instructing our first interdisciplinary course on aging in January 2012, "Exploring Aging through Film." This course is cross-listed in the departments of Geography (GEOG 391 A03), Psychology (PSYC 391 A03) and Sociology (SOCI 390 A01) and will be open to Continuing Studies learners as well. Through this course, students will be introduced to contemporary views on aging and later life from multiple theoretical and interdisciplinary scientific perspectives. Film, more than other contemporary mediums, offers portrayals of later life in a breadth of social contexts and offers alternatives to the now-outdated views of aging and decline. More detailed information about this course is available on the Centre on Aging website (www.coag.uvic.ca).



Good-bye to Tom Ackerley.

Tom Ackerley retired in July. Tom has managed the Survey Research Centre since 2003. We wish Tom all the best in this new phase of his life.

Congratulations

Congratulations to Linda Outcalt!

Linda received her Master of Arts in Interdisciplinary Studies (Anthropology and Sociology) in May 2011. Her co-supervisors were Peter Stephenson (Anthropology) and Neena Chappell (Sociology). Her research focused on paid companions for the elderly and their clients. The full thesis, *Paid Companions for the Elderly: Ambiguities, Relationships and 'Being in the World'*, can be accessed online at: <https://dspace.library.uvic.ca:8443/handle/1828/3273>.



Congratulations to Jacob Grand!

He was nominated by the Department of Psychology and has received the CPA Certificate of Academic Excellence for his excellent thesis which was completed this year. Jacob is a student of Drs. Stuart MacDonald and Holly Tuokko.

Congratulations to Megan Caines.

She is one of four recipients of the Council of Canadian Departments of Psychology (CCDP) Teaching Assistant Awards for 2010. In order to receive this award the Department of Psychology nominates the teaching assistant (TA) based on the recommendation of one of the faculty instructors for whom the student has recently been a TA. Megan is a graduate student of Dr. Holly Tuokko.

Congratulations to Kelli Stajduhar!

Dr. Stajduhar presented a workshop on Canadian Institutes of Health Research grants crafting. She provided tips and support in her presentation on September 14, 2011. The idea behind the workshop, which is part of a series offered by the Faculty of Graduate Studies is to help senior undergraduate and graduate students organize and polish the outline of their proposed research section in their grant application.



Welcome to Cara Pearson.



Cara has permanently joined the administrative staff after spending a 10 month secondment at the Centre. She leaves the Faculty of Engineering to join us. Cara is also a graduate student at UVic in the new School of Public Health and Social Policy.

Welcome to Vicki Swan.

Vicki Swan coordinates A Matter of Balance, a provincial program focused on helping older adults who have concerns about falling to reduce their fear of falling and increase activity levels. For over 20 years, Vicki has worked in the area of health and social services communications and education. She has worked with the Centre as a volunteer leader and is a certified chronic disease self-management Master Trainer. While Vicki's program is province wide, she works out of the Ladner office under the direction of Patrick McGowan.



News from the Ladner Office

Leaders' Experience Event

One of the most important components in the delivery of self-management programs in British Columbia is the involvement of volunteer program leaders, and since 2000, more than 3,100 persons have successfully completed leader training workshops and have led programs for nearly 16,000 persons. Volunteer leaders represent a most valuable element in the dissemination of the programs provincially. To ensure that volunteer leaders' aspirations and needs are met and their valuable contributions sustained, it is essential to ascertain "why" volunteers contribute their time and effort and to ensure that these aspects are supported and enhanced in the ongoing working arrangements they have with program staff. Self-management program volunteer leaders have chronic health conditions themselves and are also "patients" in the larger health care system, and therefore have considerable expertise and valuable perceptions which need to be heard and incorporated into program delivery.

On June 9th & 10th, 2011, the University of Victoria Centre on Aging hosted a two day Leaders' Experience event at the Sheraton Hotel in Richmond, BC. Ninety-two current program leaders (i.e., have led programs within the last 12 months) participated, specifically: 14 from Vancouver Coastal Health Region; 4 who deliver the programs in Chinese; 4 who deliver the programs in Punjabi; 19 from the Vancouver Island Health Region; 25 from the Fraser Health Region; 17 from the Interior Health Region; 3 from First Nations communities; and 6 from the Northern Health Region. Twenty-three UVic staff members participated on June 9th and the morning session on June 10th as well as Kelly McQuillen from the Ministry of Health.

The primary objective of the workshop was:

- to ascertain the essential and important elements of being a program leader from the perspective of the leaders.

The secondary objectives included:

- to familiarize program leaders with all the programs offered through UVic,

- to introduce program staff to program leaders,
- to obtain leaders' feedback on the efficiencies and limitations on the administrative aspects of delivering the programs,
- to obtain leaders' perspectives on how the experience of being a leader affected their quality of life,
- to provide volunteer recognition, and
- to specifically acknowledge volunteers who had been involved for more than 10 years.

The objectives were accomplished through an intense agenda allowing for both plenary and group activities.

The June 10th workshop began with lively conversation, heartfelt laughter, good food and lots of hard work! Patrick McGowan opened the day with a fun ice breaker game where all participants wore a clown nose and introduced themselves to at least three people that they had not previously met. The seven different self-management programs were reviewed and specially prepared handouts distributed. Next, staff members introduced themselves and provided a fun picture that gave a "little insight" into their character.

The next exercise was obtaining leaders' perspectives on three aspects of being leaders, specifically:

1. What UVic staff is doing well,
2. What UVic staff needs to pay more attention to, and
3. How being a leader affects quality of life.

The final segment of the morning involved a volunteer recognition session orchestrated by Sherry Lynch specifically for volunteers who have been leading programs for more than 10 years.

After lunch, the task of investigating the most important aspects of being a program leader was explained with the assistance of "Nurse Abigail from North Carolina". Leaders broke into small groups of 10, with a staff member as facilitator at each table. Leaders then spent approximately 1 ½ hours brainstorming the main elements of being a program leader as an assistant recorded the answers on flip chart sheets.

News from the Ladner Office



A member from each group then reported the most important elements of the leader experience. Some elements were reported by more than one group. In the final analysis the nine most important elements identified by program leaders (i.e., the patient's voice) were:

- the programs are credible, trustworthy and evidence-based,
- seeing the positive changes that people make,
- doing something worthwhile in the community,
- being part of self-management because it's a solution for managing one's chronic health conditions,
- the opportunities to share and learn from one another,
- it increases one's skills and self-confidence to manage health,
- you have the role of a "guide" rather than a "teacher",
- it's something to look forward to, and
- the ongoing support and efficiency received from the UVic staff.

A short time after the event each attendee was sent a rating sheet which used the "Incomplete Design" format to prioritize the identified elements. From this information a questionnaire was developed and will be administered to program leaders semi-annually. In this way, UVic will be able to monitor leaders' satisfaction on important aspects of being a program leader over time and initiate remedial action when satisfaction levels decrease. This survey method will enable UVic staff to obtain "actionable" information, i.e., information that the UVic staff can use to improve its relationship with volunteer program leaders.

Can We Predict Alzheimer Disease?

Principal Investigator ~ Dr. Stuart MacDonald



The number of older individuals in Canada is growing, and with it the number of Alzheimer disease (AD) cases. Statistics Canada projects 750,000 Canadians will have AD by the year 2031. In response to these projections, research is now being conducted at the University of Victoria examining early blood and cognitive markers of AD. The goal of this research is to search for blood markers that may be present before the symptoms of Alzheimer disease begin to show. The use of these markers combined with other research in the field may one day lead to early detection of this disease. It is our hope that this early detection may allow for future research to develop treatments that may help lead to better health outcomes associated with Alzheimer disease.



Opportunities to Participate in Research on Alzheimer's

If you are...

- Over 65 years of age
- In general good health with no negative neurological history including head injury or stroke within the last year

And have EITHER ...

- No current complaints about your thinking or cognitive abilities
- Some complaints about your thinking or cognitive abilities
- A diagnosis of Mild Cognitive Impairment
- A diagnosis of Alzheimer disease.

You will be required to...

- Have a brief telephone interview.
- Provide a medical history and, with your permission, a review of your Ministry of Health record
- Attend a 1 ½ - 2 hour testing session where you will complete a series of tasks of memory and light physical activity
- If you are suitable to continue with the study you will be required to undergo a routine blood test

All information is confidential!

**For more information please contact us at
250-853-3838**

or
prevent@uvic.ca



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Psychology

New Research

Dr. Branzan Albu is an Associate Professor with the Faculty of Engineering and research affiliate with the Centre on Aging at the University of Victoria. She is currently working with Dr. Chantal Dumoulin (Associate Professor with the School of Rehabilitation at the University of Montreal) on the development of new, non-invasive techniques for monitoring Stress Urinary Incontinence (SUI) in elderly female patients. SUI is considered a “hidden epidemic” since it affects a large part of the female population, particularly at later stages in life. SUI has a significant negative impact on the quality of life of elderly women. The techniques developed by Drs. Branzan Albu and Dumoulin involve real-time analysis of ultrasound video data acquired during voluntary contractions of pelvic muscles. Technical challenges that Dr. Branzan Albu addresses in her work include variable spatial and temporal resolution of ultrasound videos, as well as the absence of well-defined contours of the urethra and the pelvic muscle. Preliminary results are promising and were presented at the prestigious International Conference on Engineering in Medicine and Biology (EMBC 2011) which took place August 31-September 3 in Boston, USA.



Dr. Colette Smart, a clinical neuropsychologist, has recently been awarded a young investigator grant from the Alzheimer Society of Canada. Drawing on her background in cognitive rehabilitation, she will be implementing a pilot trial of mindfulness-based stress reduction in older adults with subjective cognitive impairment (SCI) to determine whether it will improve cognitive and psychological functioning. Recent research indicates that older adults with SCI's may be at risk for Alzheimer's disease, so the purpose of the project is early detection and prevention-intervention.

CAFE SCIENTIFIQUE

Cafe Scientifique is an informal seminar series hosted by the Centre for Biomedical Research that provides insight into health-related issues and general science topics of popular interest to the general public. These seminars are opportunities for the public to meet local researchers and discuss some of the most interesting and sometimes contentious research currently underway in Canada.

Scheduled dates include October 25, 2011; November 22, 2011; January 24, 2012; February 28, 2012; March 27, 2012; April 24, 2012 and May 22, 2012.

All Café Scientifique events are held at the Strathcona Hotel starting at 6:30 on a Tuesday evening.

For more information go to <http://cbr.uvic.ca/>

As seating is limited please RSVP to cfbr@uvic.ca or call 250-472-4067

Initiative for a Palliative Approach in Nursing: Evidence & Leadership (iPANEL)



Although not all people with chronic life-limiting illness such as lung, heart and kidney disease, cancer or dementia require specialized palliative care services, they do require care that is aimed at improving their quality of life by preventing and relieving suffering through early identification, assessment and treatment of physical, psychosocial and spiritual concerns. However, according to a recent study by the Canadian Institute for Health Information, three-quarters of British Columbians who die, do so without being identified as people who could have benefited from the services associated with palliative care, such as pain management, psychosocial support and advance care planning.

iPANEL (Initiative for a Palliative Approach in Nursing: Evidence and Leadership) is co-led by University of Victoria School of Nursing/Centre on Aging Associate Professor Dr. Kelli Stajduhar and Fraser Health Authority Director of End-of-Life Care Carolyn Tayler. A provincial initiative, this research team is comprised of 15 additional team members from Fraser Health Authority, Vancouver Island Health Authority, Vancouver Coastal Health Authority, Interior Health Authority, University of Victoria, Trinity Western University, UBC Okanagan, and Thompsons River University. The BC Ministry of Health is also a collaborative partner along with some international researchers in the UK and Australia. iPANEL was awarded the 4-year Michael Smith BCNRI Investigative Team Award. The iPANEL team aims to create new knowledge by answering the question, “How and in which contexts

can a palliative approach better meet the needs of people (and their families) with life-limiting chronic conditions and guide the development of innovations in health care delivery systems to better support the nursing practice and the health system in British Columbia?”

At this time iPANEL is conducting a provincial nursing survey, along with three knowledge synthesis projects looking at the current evidence in circulation. The information gathered from these projects will help to shape the iPANEL research program. If you would like to find out more about iPANEL, please visit www.ipanel.ca or contact the study coordinator at info@ipanel.ca.

Here is a scenario that features the type of nursing questions that the iPANEL research team aims to explore, understand, and answer to improve our nursing practice.

You are just back to work on your medical unit after vacation days and are surprised to find that the team is preparing Mrs. Ella Westfall to return home with her husband, Al. She has been in hospital three times over the past 6 months with exacerbations of her COPD, and you wondered if she would still be alive when you returned for work. Frail and short of breath as she speaks, Ella shares, “I don’t know if I can go on like this, but my Al doesn’t want to hear me talking like that.” The following thoughts might be running through your mind ...

- *What should I say?*
- *Can’t we do better so she’s not so short of breath?*
- *What does she want for her future care? Is it my place to talk with her about this?*

Exploring Aging Through Film



Canadians are living longer, and older, healthier adults continue to contribute to society and engage in a variety of meaningful activities. More and more of us are recognizing this new, emerging vision of old age as our own. In response to this societal change, the multidisciplinary field of gerontology, the scientific study of the biological, psychological, and sociological phenomena associated with aging, has grown rapidly over the past two decades to identify factors influencing the aging process and the quality of later life experiences.

The impact of this 'longevity revolution' on how we live and understand our lives has far-reaching implications and will be examined in this course through film. Film, perhaps more than any other contemporary medium, offers portrayals of later life in a breadth of social contexts and offers alternatives to the now-outdated views that equate aging with decline and age 65 with the end of development. In spite of the increasing numbers of films that take their characters on late-life journeys, they have yet to receive exposure and serious critical attention even though they have the potential to alter the ways individuals and our culture defines and experiences this new, extended developmental process. How is the journey through later life depicted in modern films? How do these portrayals relate to the scientific data available on aging and development? Do these films reflect what we have learned and are learning about the aging process from those who have embarked on this later life journey? Do they ring true to our own experiences?

For more information about this course go to <http://www.coag.uvic.ca/agingfilm.html>.

Guess Who's Turning 20?

The Centre on Aging will celebrate its 20th anniversary when the university turns 50 next year. We are planning many special activities and look forward to seeing you there.

If you have an idea to help us celebrate, please contact the Centre at 250.721.6369 or senage@uvic.ca. We'd love to hear from you!

Masterminds 2012

The UVic Retirees Association and the Centre on Aging
will present a series of free lectures
every Wednesday evening in April

Dates to Save: April 4, 11, 18 and 25

When: 7:00 pm to 8:30 pm

Where: Hickman Building, Room 105

Details will soon be available on the Centre on Aging's website, www.coag.uvic.ca.

If you do not have a UVic parking permit, there is a charge of \$2.00 to park on campus at night.

With the generous support of the university, the Masterminds lecture series highlights the continuing contributions of the University of Victoria's retirees to the University and the community.



**University
of Victoria**

Centre on Aging &
Retirees Association

Creating a Lasting Contribution



How can you get involved with the Centre on Aging?

- Make a financial donation
- Volunteer at Centre on Aging events
- Make a bequest to the Centre in your will
- Donate in lieu of flowers for the bereaved
- Sign up for the Centre's newsletter, the Bulletin

If you would like more information on any of these activities, please contact:

Lois Edgar
Administrator
Centre on Aging
University of Victoria
250.721.6524
ledgar@uvic.ca

or

Barbara Roberts
Development Officer
Faculty of Social Sciences
University of Victoria
250.721.6044
soscdvt@uvic.ca

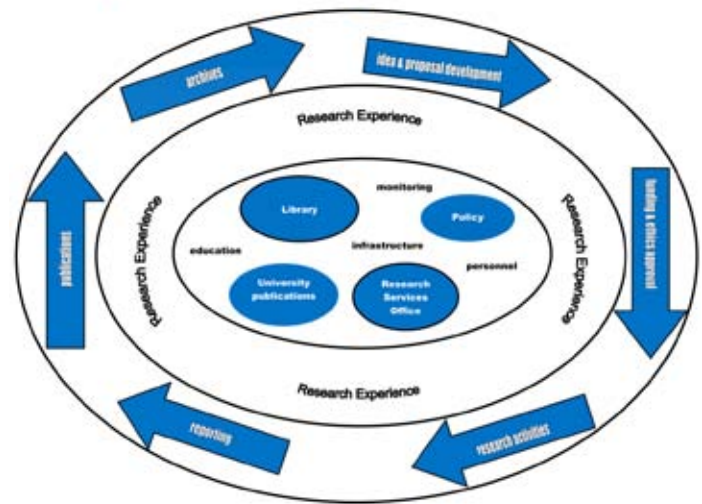
Looking for help with your research on aging?

Scott Johnston, a subject librarian at the McPherson Library, has created a resource guide to help you. You will find the guide at <http://libguides.uvic.ca/aging>

This valuable resource has information on:

- How to find articles
- How to find books
- Citation help
- Related guides
- Statistics
- Theses and projects
 - Writing your own or finding ones already written
- Web Resources

Life Cycle of Scholarly Research



For more information or more help, contact:

Scott Johnston
Room A215
Mearns Centre for Learning
250-472-5479
scjo@uvic.ca

CONTACT INFORMATION:

We invite your submissions, comments and contributions.
Forward all correspondence to: Lois Edgar, Editor, Centre on Aging, University of Victoria
PO Box 1700 STN CSC, Victoria, BC V8W 2Y2
or email ledgar@uvic.ca
You can reach the Centre at 250.721.6369 or fax 250.721.6499

Articles and submissions by: Ami Bitschy, Lois Edgar, Janet Love, Guiping Liu, Sherry Lynch, Linda Outcalt, Colette Smart, Holly Tuokko

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