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Director’s Summary

2013 proved to be an exciting year for the Centre on Aging! Early in 2013, we received notice that the centre’s research centre status was to expire on 31 March 2014. We prepared a self-assessment report that was submitted to the Office of the Vice President Research (OVPR) early in the fall of 2013. A review panel comprised of two external reviewers and one internal reviewer (Drs. Thomas Hadjistavropoulos, Director, Centre on Aging & Health, Professor, Department of Psychology, University of Regina; Janice Keefe, Professor & Director, Nova Scotia Centre on Aging, Lena Isabel Jodrey Chair in Gerontology, Mount Saint Vincent University; and Bernie Pauly, Scientist, Centre for Addictions Research of BC, Associate Professor and Associate Director, Research & Scholarship, School of Nursing, University of Victoria), visited the Centre for two days in November to conduct their evaluation by speaking with representatives from our stakeholder groups (e.g., seniors, community partners, students, research affiliates) and senior administration (e.g., Deans, Associate Vice President Research). The review panel submitted their report to the Associate Vice President Research in December, describing the Centre on Aging as a Centre of Excellence in research and community engagement, an outstanding and exemplary research centre in the field of Aging in Canada and internationally, and a model centre in Canada, and recommended renewal of the Centre’s status.

While preparing the self-assessment report for the five year review, the Centre on Aging moved, after 16 years in Sedgewick A, to a more accessible location, R Hut off MacKenzie Avenue. It is anticipated that this location will make it easier for our community partners, particularly seniors, to take part in activities at the centre. The Survey Research Centre, in a reduced form (12 calling stations), is located in R Hut as well. The Victoria Longitudinal Study and the Candrive research offices are also located in R Hut, allowing for amalgamation of some of the aging research on campus.

Just after our move to R Hut, the centre volunteered to participate in a review of data security conducted by the OVPR. This audit was undertaken to ascertain current practice, with a goal of articulating ‘best practice’ for implementation university-wide. With the feedback received from this audit, we are assured that the centre is engaging best practices with respect to data security in all aspects of its operations.

The Centre on Aging engaged with the local community by hosting four Cafe Scientifique presentations, funded by the Canadian Institutes of Health Research, during the spring of 2013, and another two Cafes were hosted in the fall. One of these Cafés was held during UVic’s IdeaFest (March) and a second IdeaFest event, Emerging Research Across the Lifespan was held at the Yakimovich Wellness Centre in collaboration with the Centres for Early Childhood Research and Policy, and Youth and Society. Five students from each research centre presented research posters, and high school students and seniors involved in the Greater Victoria Eldercare Foundation’s Trust Us program (funded through New Horizons) were on hand to discuss their work. The Cafés were so popular that wait lists were required for each event and we responded to the demand by hosting an encore presentation of one of the Cafés on campus in a larger venue.

In the fall of 2013, we welcomed Dr. André Smith to the centre as the recipient of the UVic Social Science Faculty Fellowship for 2013-14. In addition, we completed the Centre on Aging Resource Toolkit to support instructors of courses with aging content. These resources are available on CourseSpaces, a learning management system at UVic. After determining the types of resources instructors of courses with aging content were seeking, we populated the CourseSpaces site and launched access to these resources in November 2013. Another opportunity for integrating centre-related research with the educational mandate of the university was pursued by providing support for two students through the Jamie Cassels Undergraduate Research Awards (JCURA). The JCURA support exceptional undergraduate students to obtain a direct research experience as a part of their formative learning experience at UVic. This mechanism allows the Centre on Aging to provide an opportunity for undergraduate students to pursue research interests in aging.
Advisory Board

From left to right:
Back row: C. Peter Keller, Patrick McGowan, Bernie Paille, Beverly Timmons, Scott Hofer, John Gray, Martin Wale, Michael Miller
Front row: Bev Wilden, Holly Tuokko, Julie Shaver, John Tomczak, Lois Holizki, Judy Brownoff
Missing: Stuart MacDonald, Lori McLeod

Subcommittee Chairs

Holly Tuokko
Chair, Education & Knowledge Mobilization;
Director, Centre On Aging

Lori McLeod
Chair, Fundraising;
Executive Director, Greater Victoria Eldercare Foundation

Bev Wildon
co-Chair, Communications;
Chair, Advisory Board

Bernie Paillé
co-Chair, Communications;
President, Friends of the Centre
Students

Students provide the Centre on Aging with their expertise in a variety of ways. They become affiliates, are members of our Advisory Board committees, provide research assistance, and actively engage in their own research with the centre’s constituents.

The following students became affiliates in 2013:

- Jordan Ali (PSYC)
- Sally Hughes (SOCW)
- Jill Inget (EDCI)
- Prithiviraj Kangjam (HEIS)
- Amanda Kelly (PSYC)
- Zheng Min (EDUC)
- Trudy Pauluth-Penner (SDH)
- Kyle Plumb (GEOG)
- Lori Reitze (NURS)
- Nasrin Saleh (SDH)
- Tomiko Yoneda (SDH)

Awards

Centre on Aging Scholarships were provided to the following students:

- The Neena Chappell Scholarship for $950 was received by Amanda Kelly, a Masters of Science student in the Lifespan Development program working with Dr. Scott Hofer (Psychology)
- The David Chuenyan Lai Scholarship for $800 was received by Heather Cooke, an Interdisciplinary PhD student whose supervisor is Dr. Neena Chappell (Sociology)
- The Alice Lou-Poy Scholarship for $675 was received by Bryce Mulligan, a doctoral student in Clinical Neuropsychology with Dr. Colette Smart (Psychology)

Other awards received by centre student affiliates:

- Correne DeCarlo (PSYC) received a USD$500 Phillip Rennick Award from the International Neuropsychological Society for her work entitled Genetic Influences and Vascular Health Moderate MCI Status and Stability: Evidence from the VLS
- Anna Jeznach (PSYC) received a $100,000 Interdisciplinary Fellowship Award from the Technology Evaluation in the Elderly Network for her proposed research on advance care planning for cognitively impaired older adults. This is the first time that these awards have been available to trainees
- Heather Cooke (INTD) received a $20,530 award from the Alzheimer Society of Canada
- Emilie Crevier-Quintin (PSYC) received a Doctoral Canada Graduate Scholarship Social Sciences and Humanities Research Council of Canada for $35,000
- Christine Fontaine, a doctoral student in clinical neuropsychology, received a $17,500 Canada Graduate Scholarships-Master’s Award from Natural Sciences and Engineering Research Council of Canada
- Bryce Mulligan (PSYC) received a $61,590 award from the Pacific Alzheimer Research Foundation - Alzheimer Society Research Program
- Lori-Lynn Rietze (NURS) received $50,000 for Technology Evaluation in the Elderly Network
- Cassandra Brown (PSYC) is completing the second year of a two year award from the Alzheimer Society Research Program (ASRP) with a total award value of $41,060
- Correne DeCarlo (PSYC) is completing the second year of a three-year award from the Alzheimer Society Research Program, with a total value of $61,590
- Linda Outcalt is completing the second year of a three year Social Sciences and Humanities Research Council of Canada, Joseph-Armand Bombardier Canada Doctoral Graduate Award of $35,000
- Bryce Mulligan, doctoral student in clinical neuropsychology, is completing the second year of a three-year doctoral award ($60,000) from the Alzheimer Society of Canada. He will be conducting a longitudinal study with older adults with subjective cognitive impairment in an attempt to ascertain factors that predict pathological cognitive decline
- Alexandra Jouk (PSYC) is completing the second year of a three-year award from both the Alzheimer Society Research Program, with a total value of $29,729 and from Dalhousie University for $30,780

### Graduates

<table>
<thead>
<tr>
<th>Department</th>
<th>Student &amp; Degree</th>
<th>Thesis Title</th>
<th>Supervisor</th>
</tr>
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<tbody>
<tr>
<td>School of Nursing</td>
<td>Pal Skar, MN</td>
<td>Organizational culture in emergency departments and the older adult: A modified scoping study</td>
<td>Anne Bruce</td>
</tr>
<tr>
<td>Department of Psychology</td>
<td>Vinay Bharadia, PhD</td>
<td>The compensation model of working memory in healthy aging: Structural and functional neural correlates of the N-Back Task over the lifespan</td>
<td>Holly Tuokko</td>
</tr>
<tr>
<td>School of Nursing</td>
<td>Nicole Cook, MN</td>
<td>Going home after transcatheter aortic valve implantation; meeting the education and self-care needs of the frail elderly patient undergoing a minimally invasive cardiac intervention</td>
<td>Lynne Young</td>
</tr>
<tr>
<td>School of Nursing</td>
<td>Sanjy Lochan, MN</td>
<td>Enhancing outpatient heart failure self-care through health literacy and cultural sensitivity</td>
<td>Lynne Young</td>
</tr>
<tr>
<td>School of Social Work</td>
<td>Emily Hansson, MSW</td>
<td>Barriers to mental health care for racialized newcomers in Canada</td>
<td>Patricia MacKenzie Pamela Miller</td>
</tr>
<tr>
<td>School of Health Information Science</td>
<td>Michael Bowen, PhD</td>
<td>Understanding, evaluating and enhancing electronic medical record adoption in a primary care setting: A programme to improve electronic medical record data quality and its effect on family practice provision of incentivized and enhanced care for chronic disease patients</td>
<td>Francis Lau Morgan Price</td>
</tr>
<tr>
<td>Department of Psychology</td>
<td>Emilie Crevier-Quintin, MSc</td>
<td>The Integrative Neuropsychological Theory of Executive-Related Abilities and Component Transactions (INTERACT): Best predictors of performance across the adult lifespan</td>
<td>Mauricio Garcia-Barrera</td>
</tr>
<tr>
<td>Social Dimensions of Health</td>
<td>Stephanie Crocker, MSc</td>
<td>Diabetes and the off-reserve Aboriginal population in Canada</td>
<td>Michael Hayes Jeffrey Reading</td>
</tr>
<tr>
<td>School of Nursing</td>
<td>Glenda Mannix, MN</td>
<td>Care transitions, integration, and leadership</td>
<td>Mary Ellen Purkis</td>
</tr>
<tr>
<td>School of Nursing</td>
<td>Denise Holman, MN</td>
<td>Nursing leadership supporting quality of life for residents in long-term care: An integrative review</td>
<td>Debra Sheets</td>
</tr>
<tr>
<td>Department</td>
<td>Student &amp; Degree</td>
<td>Thesis Title</td>
<td>Supervisor</td>
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<tr>
<td>School of Nursing</td>
<td>Susan Venter, MN</td>
<td>An evaluation of patient outcomes and cost-benefits associated with a home</td>
<td>Debra Sheets</td>
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<td>intravenous therapy program</td>
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</tr>
<tr>
<td>Department of Sociology</td>
<td>Al Whitney, MA</td>
<td>Dying in nursing research: An ontological &amp; epistemological expedition</td>
<td>André Smith</td>
</tr>
<tr>
<td>Department of Sociology</td>
<td>Christoph Schimmeele, PhD</td>
<td>Racial status and mental health among Canadian adults</td>
<td>Zheng Wu</td>
</tr>
<tr>
<td>School of Exercise Science, Physical and</td>
<td>Katherine Dragert, PhD</td>
<td>Effects of remote movement and strength training on motor output: Basic</td>
<td>E. Paul Zehr</td>
</tr>
<tr>
<td>Health Education</td>
<td></td>
<td>studies and application after stroke</td>
<td></td>
</tr>
<tr>
<td>Department of Sociology</td>
<td>Carren Dujela, MA</td>
<td>Constructing Dementia Caregiving as a Positive Experience</td>
<td>Margaret Penning</td>
</tr>
<tr>
<td>School of Health Information Science</td>
<td>Douglas Csima, MSc</td>
<td>The effect of clinical practice guideline representation on nursing care</td>
<td>Elizabeth Borycki</td>
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<td>planning</td>
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**Research Affiliates**

Our research affiliates receive awards, generate knowledge with new projects and collaborations, and bring cutting edge equipment to the University of Victoria and the Centre on Aging. Here are the research affiliates at the university who are conducting research on aging.

**Alexandra Branzan Albu**  
Associate Professor, Faculty of Engineering  
**Research Areas:** computer vision, medical imaging, virtual reality, modelling and simulation.

**Elizabeth Borycki**  
Associate Professor, School of Health Information Science  
Adjunct Associate Professor, School of Nursing  
**Research Areas:** clinical informatics, technology to support aging, safety of health information systems, health information systems implementation, health management, organization and strategy; disease management, respirology and geriatrics; nursing informatics and the effect of technology upon nurses' work; evaluation of the impact of information technology in health care; clinical informatics, impacts of health information technology on health care organizations, telehealth.

**Anne Bruce**  
Associate Professor, School of Nursing  
**Research Areas:** end of life care, nursing services, nursing education, contemplative practices in health care.
Neena Chappell  
Professor, Department of Sociology  
Canada Research Chair in Social Gerontology  
**Research Areas:** caregiving to older adults, care for people with dementia, aging and ethnicity, quality and cost-effectiveness of community-based home and residential care, the Canadian health care system, use of CHEI – Cholinesterase Inhibitors for Dementia.

Brian Christie  
Associate Professor, Division of Medical Sciences  
**Research Areas:** effects of exercise on the human brain.

Denise Cloutier  
Associate Professor, Department of Geography  
**Research Areas:** healthy aging, the continuum of care, health care reform or restructuring, vulnerable populations (e.g., socially isolated, stroke-affected, palliative, those with dementia and frail older adults), population health approaches to health planning and health promotion; the importance of place in terms of experiences of aging, how small rural and remote communities support healthy aging, mixed methods.

Maneesha Deckha  
Professor, Faculty of Law  
**Research Areas:** bioethics law, health law, feminist legal theories and administrative law.

Mauricio Garcia-Barrera  
Assistant Professor, Department of Psychology  
**Research Areas:** clinical neuropsychology, executive functioning and self-regulation across the lifespan, concussions, structural magnetic resonance.

Michael Hayes  
Professor, School of Public Health and Social Policy, Department of Geography and Division of Medical Sciences; the Inaugural Director of Health Education and Research and the Chair of the Health Education and Research Council (HERC)  
**Research Areas:** health education, geographies of health, disabilities, and population health and public policy.

Eike-Henner Kluge  
Professor, Department of Philosophy  
**Research Areas:** biomedical and health information ethics, resource allocation and capacity.
Karen Kobayashi
Associate Professor, Department of Sociology
**Research Areas:** sociology of aging, ethnicity and immigrant status, family dynamics and intergenerational relationships, health and illness, long term care, dementia, and research design.

Freya Kodar
Associate Professor, Faculty of Law
**Research Areas:** pensions, income support, debt, disability, and feminist analysis of law.

Valerie Kuehne
Vice President, External Relations
Professor, School of Child and Youth Care
**Research Areas:** community-based intergenerational relationships.

Patrick McGowan
Professor, Faculty of Social Science, School of Public Health and Social Policy
**Research Areas:** investigating implementation of best practices and effectiveness with health education programs for persons experiencing chronic health conditions.

Anastasia Mallidou
Assistant Professor, School of Nursing
**Research Areas:** health services research, knowledge translation and leadership for shaping effective and efficient healthcare systems.

Catherine Mateer
Assistant Vice President, Academic Planning
Professor, Department of Psychology
**Research Areas:** cognitive rehabilitation; brain organization for attention, language, memory and praxis; clinical/research studies related to traumatic brain injury, dementia and cerebrovascular disease; electrophysiological and evoked potential correlates of cognitive ability in clinical populations.

Jeannine Moreau
Senior Instructor, School of Nursing
**Research Areas:** gerontology, ethnography with discourse analysis; gendered health; nursing education; teaching/learning theory and practice.
Pamela Moss  
Professor, Faculty of Human and Social Development  
**Research Areas:** body politics; women with chronic illness; theories of body and embodied theories; women's health; feminist research methodologies; autobiographical writing; contested illness; disabling subjectivities; chronic fatigue; Myalgic encephalomyelitis; veterans with PTSD.

Margaret J. Penning  
Professor, Department of Sociology  
**Research Areas:** social structuring of health and health care as well as in how, within their contexts, people attempt to deal with chronic illness and disability (including their use of self-care practices, informal social supports, and formal service utilization) particularly in later life.

Andrea Piccinin  
Associate Professor, Department of Psychology  
**Research Areas:** life-span development and developmental research methods.

Ryan Rhodes  
Professor, School of Exercise Science, Physical and Health Education  
**Research Areas:** exercise adherence, intervention strategies to promote physical activity, social cognitive theories of exercise behaviour change, personality and exercise behaviour, exercise and quality of life outcome research, and exercise among special populations.

Debra Sheets  
Associate Professor, School of Nursing  
**Research Areas:** gerontology and geriatric nursing — and in particular sources of resilience as well as meaning in later life; healthy aging; dementia, family caregivers; program evaluation; nursing education, applied research to support aging in community.

Colette Smart  
Assistant Professor, Department of Psychology  
**Research Areas:** subjective cognitive decline (SCD) in older adulthood; neuroplasticity and cognitive rehabilitation in aging and neurologic illness/injury; the use of meditative practices as a paradigm for understanding self-regulation of cognition, emotion, and awareness.

André Smith  
Assistant Professor, Department of Sociology  
**Research Areas:** health and illness; dementia care; health policy; mental illness; qualitative methodologies; aging; and social inequality.
Kelli Stajduhar
Associate Professor, School of Nursing
Research Areas: palliative and end of life care; family caregiving; home care; HIV/AIDS; oncology; vulnerable and marginalized populations; gerontology; health services research; qualitative and quantitative research methods; mixed method study design; collaborative, participatory research.

Holly Tuokko
Director, Centre on Aging
Professor, Department of Psychology
Research Areas: clinical neuropsychology; clinical aging; older driver safety; cognitive impairment including dementia; everyday competence.

Rebecca Warburton
Associate Professor, School of Public Administration
Research Areas: error reduction and patient safety in health care, evidence-based medicine, evidence-based public policy and healthy public policy, economic evaluation methods, health care technology assessment, population health, socioeconomic determinants of health, emergency department screening for elderly patients, child poverty, children in care, impact of medical premiums on access to care, and the importance of public administration of medicare.

Zheng Wu
Director, Population Research Group
Professor, Department of Sociology
Research Areas: demography, family, immigration, aging, health, and quantitative methods.

Lynne Young
Associate Professor, School of Nursing
Research Areas: women’s health, cardiovascular care, pain care, program evaluation, chronic disease development.

E. Paul Zehr
Director, Centre for Biomedical Research
Professor, Neuroscience & Kinesiology, School of Exercise Science, Physical, and Health Education, Division of Medical Sciences
Research Areas: neural control of human movement after stroke and spinal cord injury; arm and leg coordination during walking; techniques of neurophysiology, biomechanics, motor behaviour, and exercise physiology.

Missing: Cecilia Benoit, Angela Downey, Jodie Gawryluk, Scott Hofer, Sandra Hundza, Stuart MacDonald, Patricia MacKenzie, Carol McDonald, Marjorie McIntyre, Michael Prince, Deborah Rutman, Peter Stephenson.
Mobilizing Knowledge

International Day of Older Persons (IDOP) Lecture
Most people know physical activity is good for your health, but 90% of older adults are not active enough to get the benefits. The research discussed at this lecture focused on how being physically active and avoiding sedentary behaviour can help alleviate over 20 health conditions. There are also the positive benefits of physical activity on cognitive ability as people age. What motivates people to be active and to avoid the gap between the best of exercise intentions and doing something about it? Dr. Ryan Rhodes, director of the UVic Behavioural Medicine Lab, professor in the Faculty of Education, and research affiliate of the Centre on Aging, with interdisciplinary PhD candidate (co-supervisor Dr. Holly Tuokko) Kristina Kowalski, and a student affiliate of the Centre on Aging led a dialogue on this question, the current research and engaged the audience with new possibilities.

Ryan Rhodes, PhD, has a diverse expertise stemming from his BSc in Psychology and MA in Exercise Psychology from the University of British Columbia. He completed his doctoral work in Behavioural Medicine at the University of Alberta and joined the University of Victoria in June 2001. His primary research and teaching area is the psychology of physical activity and sedentary behaviour. He also has applied interests in early family development of physical activity and special populations, directly contributing to the understanding of the development of healthy, active communities across the lifespan.

With a background in Clinical Neuropsychology, Kristina decided to pursue a new and exciting career path. Currently, she is in an Interdisciplinary PhD program combining the disciplines of Neuropsychology and Exercise Science, Physical and Health Education, under the supervision of Drs. Ryan Rhodes and Holly Tuokko.

Kristina’s research focuses on: encouraging older adults to become more active and promoting cognitive and physical health through physical activity; concentration on the influence of lifestyle and exercise (both cognitive and physical) on promoting successful aging; and preventing cognitive decline in healthy and “at risk” older adults.

Café Scientifique
The Centre on Aging successfully received Café Scientifique funding from the Canadian Institutes of Health Research (Dr. Holly Tuokko, principal investigator) for our second series of Café Scientifiques in 2013 for the 2013-2014 series.

The 2013 presentations were:

- **January 15, 2013: Dr. Karen Kobayashi**
  - “Living Apart Together (LAT) Relationships: A New Emerging Family Form in Canada”
  - UVic in the News reported
- **February 27, 2013: Drs. Kelli Stajduhar and Paul Bramadat**
  - “If Spirituality Matters to the Dying, Shouldn’t it also Matter to Their Health Care Providers?”
- **March 12, 2013: Dr. Stuart MacDonald**
  - “Lifestyle Cross-Training: A Healthy Living Track to Cognitive Fitness”
Interviews with the Times-Colonist and CBC Radio One

- March 20, 2013: Dr. Denise Cloutier
  - “Pathways between Home and Institutional Care: Exploring Care Transitions for Older Loved Ones”
  - Interview with CBC Radio One

- April 2, 2013: Drs. Phyllis Mcgee and Holly Tuokko
  - “Safety in the Grey Lane: Where and When Older Adults Drive”
  - Interview with CFAX Radio (April 3, 2013)
  - Articles in Saanich News and Victoria News

- April 11, 2013: Dr. Stuart MacDonald (encore presentation)
  - “Lifestyle Cross-Training: A Healthy Living Track to Cognitive Fitness”

- May 7, 2013: Dr. Debra Sheets
  - “The New Science of Everyday Living for Aging Well”

- September 25, 2013: Drs. Neena Chappell and Marcus Hollander
  - “Aging in Canada: An informed, up-to-date look at growing older, its impact on family members, and the sustainability of health care for Canada’s aging population”

- October 23, 2013: Dr. Patrick McGowan
  - “The Benefits of Self-Management for Chronic Pain”
  - UVic in the News reported

IdeaFest

The Centre on Aging coordinated a panel discussion and student poster event entitled: Emerging Research across the Lifespan. Co-hosting the event were the Greater Victoria Eldercare Foundation, the Centre for Youth & Society, and the Centre for Early Childhood Research & Policy. Student prizes and refreshments were sponsored by the Greater Victoria Eldercare Foundation, Faculty of Education, Faculty of Graduate Studies, Faculty of Human and Social Development, Faculty of Social Sciences, Office of the Vice President Academic, and the Office of the Vice President Research.

The panelists shared their perspectives on the lifespan and the research in which they are engaged. The panelists were:

- Beverly Smith, Associate Director, Centre for Early Childhood Research and Policy
  - The experiences of early childhood last a lifetime. The Centre for Early Childhood Research and Policy (CECRP) is committed to quality experiences for young children so that they thrive, flourish and blossom, through primary research, innovative community partnerships and practical policy recommendations.

- Anne Marshall, Director, Centre for Youth and Society
  - The adolescent years build on the foundations established in childhood and set the course across the lifespan. The Centre for Youth and Society (CFYS) aims to promote the well-being of youth from diverse social, economic, and ethnic backgrounds, across developmental transitions, and in evolving societal circumstances.

- Holly Tuokko, Director, Centre on Aging
  - Aging is a life-long process that requires attention to developmental influences and changes that occur across the lifespan. The Centre on Aging (COAG) has established a reputation for excellence in applied
research, focusing on the four pillars of health, health service and health policy; everyday living including cognition and mobility; care and culture; and multi-method approaches to research on aging.

- **Michael Hayes**, Director, Health Research and Education
  - Prior to coming to UVic, Michael spent 22 years at Simon Fraser University where he was a founding member of the Faculty of Health Sciences. His research interests concern social geographies of health from a life-course perspective, particularly health inequities and urban structure, social gradients in health outcomes, disability and public policy.

The student posters included high school, undergraduate, masters and doctoral students covering the following topics:

- The Canadian Longitudinal Study of Aging by Sophia Gardezy (COAG)
- Components of school climate: What is important in preventing peer victimization? by Paweena Sukhawathanakul (CFYS)
- Gait and interletter variability under cognitive load is associated with 25-year cognitive decline by Paul Brewster (COAG)
- The influence of mindfulness training on social cognition in children with fetal alcohol spectrum disorders by Lesley Baker (CECRP)
- Inside the aging brain: What oxygen can tell us about memory across the lifespan by Amanda Kelly (COAG)
- The link between health conditions and driving attitudes among older adults by Laura Walzak (COAG)
- Mind that gap: Increasing children’s vegetable intake in the home environment by David Trill (CFYS)
- Moving towards a play-based curriculum: Early Childhood education in Tanzania by Subilaga Kejo (CECRP)
- Possible selves: A contextual approach to adolescent and emerging adulthood identity and transitions by Breanna Lawrence (CFYS)
- Relationships between recreational pursuits and motor skills in young children by Jeff Crane (CECRP)
- Residential school resistance narratives: Significance and strategies for Indigenous youth by Asma Antoine, Lindsay Delaronde, Alexandra Kent, Rita Merrick, Amanda Poitras, Shayli Robinson, Richard Spearman (CFYS)
- Trajectories of marijuana use from adolescence to early adulthood and engagement with postsecondary education by Jacqueline Homel (CFYS)
- Trust Us Project by Greater Victoria Eldercare Foundation, Municipality of Saanich, and Vancouver Island Health Authority (GVEF)
- Utility of neural and behavioral markers of intra-individual variability in the discrimination of healthy older adults from those with subjective cognitive impairment by Bryce Mulligan (COAG)
- Visual realism & working memory in children with and without autism by Kayla Ten Eycke (CECRP)

**Masterminds**

The eighth annual Masterminds lecture series, offered by the University of Victoria Retirees’ Association (UVRA) and the Centre on Aging with support from the University of Victoria, took place every Wednesday evening from April 10 to May 1, 2013. This lecture series engaged the community while highlighting the ongoing research and continuing contributions of UVic retirees giving the community an opportunity to learn from a lifetime of research, creativity, and involvement. The 2013 lectures were:

- April 10, 2013 • Dr. Ed Ishiguro
o “Probiotics for Better Health – Time to Switch Gears”  
o Claims that preparations of certain live microorganisms, known as probiotics, are beneficial to human health date back over 100 years. The most popular probiotics are yogurts and related fermented milk products. This presentation focused on recent research into the validity of these health claims and the prospects of using probiotics to treat infectious diseases.

- April 17, 2013 • Dr. Howie Wenger  
o “Gearing Up For High Performance: The Athlete’s Quest”  
o In the world of elite sport, the difference between winning and losing or achieving a personal best is very small. This presentation pulled together many of the critical factors that must be developed and then meshed together to make success possible. A person’s genetic endowment is the initial piece that provides the potential for success. These gifts must then be crafted and augmented through hard work, integrated support, and quality competition. We explored a number of factors that are critical in building a high performance athlete and citizen.

- April 24, 2013 • Dr. Reg Mitchell  
o “Using chemistry to enhance our bodies – the good, the bad and the ugly”  
o Chemicals are often thought of as bad! That is unless we really need them – for example to remove wrinkles and make our skin look young again; to enhance our sexual prowess; to stave off the effects of aging. Reg took a light-hearted look at the effects of some of the chemicals we happily use to enhance our bodies, be they good, bad or ugly.

- May 1, 2013 • Dr. Juliana Saxton  
o “An unusual job for a lady: The Intriguing Role of an Orator”  
o Professor Juliana Saxton in her role as University Orator has had the opportunity to introduce many remarkable people during UVic’s Convocations and other important gatherings. In this presentation she shared the delights and challenges of this unusual job, and meditated on some of the individuals whose lives she has researched and summarized, driven always by the question with which all orators wrestle: How do you catch lightning and bottle it in just five minutes?

Community

The current strategic plan for the University of Victoria proposes that “As an institution, we have made a commitment to civic engagement and to serving communities locally and around the world.” This type of engagement is the cornerstone of research and knowledge mobilization conducted at the Centre on Aging. We embrace the institutional view that: “This entails furthering relationships with organizations and groups in the public, private and non-profit sectors locally, provincially, nationally and internationally.” Here are examples of the Centre’s engagement.

Valued Elder Recognition Award (VERA)
The Valued Elder Recognition Award, informally known as VERA, is presented at the International Day of Older Persons Lecture each year. Since its inception in 2000, VERA has evolved while maintaining its commitment to recognizing and honouring individuals who, over their lifetime, have given exemplary service to helping others in the Capital Regional District. Four individuals were nominated in 2013. The award recipient was Carol Pickup. Carol is a retired nurse and
Saanich Councillor with a gift for fund raising and an interest in activities that improve quality of life. She was nominated by Lyne England, Greater Victoria Seniors and supported by Bonita Smith, Civic Orchestra of Victoria; Wendy Strong, South Island Health Coalition; and Susan Zerb, Saanich Volunteer Services.

**Activities with Others**

- **Congress 2013 of the Humanities and Social Sciences** was held at the University of Victoria between June 1 and 8, 2013. The Centre on Aging joined with other units on campus to provide activities to the approximately 70 associations representing over 7,000 academics, internationally recognized researchers, policy makers and practitioners on campus.
  - Research in Aging Event, June 5, 2013, 2:00 – 4:00 pm: Congress attendees were invited to enjoy a casual conversation over coffee and tea with researchers and project staff affiliated with the Centre on Aging.
  - Research in Aging Event, June 3-6, 2013, 9:00 am – 4:30 pm: Congress attendees were invited to the centre to view student and faculty research posters and handouts highlighting the array of aging research being conducted at the University of Victoria.

- Dr. Anastasia Mallidou (Assistant Professor, School of Nursing and Research Affiliate with Centre on Aging, University of Victoria) and Ms. Lynn Cummings (Nursing Research Facilitator and Chair of the Health Research Ethics Board, in Vancouver Island Health Authority at the time) were the recipients of the CIHR Planning Grant in March 2013 titled “Sharing Knowledge and Experience: Planning a Research Program on Optimizing Residential LTC Facilities in BC”.
  - Knowledge users, researchers, content experts, policy and decision-makers, as well as students and trainees from three Canadian provinces (Alberta, British Columbia, and Ontario), Sweden, and the United Kingdom had a two-day interactive face-to-face meeting in Victoria, June 2-4, 2013.
  - The purpose of the event was to establish research network partnerships and build trusting relationships, to facilitate knowledge exchange activities, to collaboratively plan an ongoing integrated knowledge translation process for improving residential care facilities in BC and across Canada, and to develop a research program for refining the provided services in BC by re-organizing existing services and implementing emerging initiatives.
Funding
Research funding amounts are given as the total amount of the funding award. *Funding is only listed once, in the year the funding is received, regardless of the length of the research project.*

Total funding in 2013: $17,871,422.26

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### Funding by Source

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#### Total Funding by Function

- **Research**
- **Knowledge Mobilization**
- **Infrastructure**

#### Total Funding by Source

- **Tri-Council**
- **UVic**
- **other**

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Grants
(Shown in alphabetical order of the last name of the first principal investigator)

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<th>Principal Investigators</th>
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<th>Title of the Grant</th>
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<tr>
<td>Beauchamp, M.</td>
<td>Dunlop, W,</td>
<td>A self-categorization theory approach to fostering physical activity adherence among older adults: A randomized controlled feasibility trial</td>
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<td>Liu, Y., &amp;</td>
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<td>Rhodes, R.E.</td>
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<td>Benoit, C.</td>
<td>Shumka, L.,</td>
<td>Issue brief of sexual violence against women in Canada for status of women Canada</td>
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<td>Status of Women Canada</td>
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Centre on Aging, University of Victoria
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<td>Closing the gender and health equity gap: A joint response to the health and well-being of women in British Columbia, Provincial Health Officer’s Report</td>
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<td>Christie, B.</td>
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<td>Bringing Research into Practice (BRP)</td>
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<td>Heyland, D., &amp; You, J. Stajduhar, K. I.</td>
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<td>Improving DECIision-making about goals of care for hospitalized, elderly patients: A multicentre, interventional study</td>
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<td>Efficacy of an exercise program using large amplitude movements in improving mobility in people with Parkinson's disease</td>
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<td>Kivimäki, M.</td>
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<td>Adult Determinants of Late Life Depression, Cognitive Decline and Physical Functioning - The Whitehall II Ageing Study</td>
<td>2013-2017</td>
<td>£3,300,000.00 ($6,027,700.00)</td>
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<td>Psychosocial and health-related influences on response time inconsistency in old adults</td>
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<td>2013</td>
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<td>Smart, C.</td>
<td></td>
<td>Embodied contributions to emotion regulation: An experience-sampling methodology approach</td>
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<td>$6,997.00</td>
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<td>Smart, C.</td>
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<td>Continuation of “Feasibility &amp; Impact of Mindfulness Training in Older Adults with Subjective Cognitive Impairment”</td>
<td>2013</td>
<td>$4,124.00</td>
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<td>The Longevity Revolution: Changing the rules</td>
<td>2013-2014</td>
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<td>Tapping into interlimb neuronal linkages to enhance locomotor ability after stroke</td>
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<td>Heart and Stroke Foundation of Canada (BC &amp; Yukon)</td>
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<td>Zuo, D.</td>
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<td>A longitudinal study of intergenerational exchange and health outcomes in rural China</td>
<td>2013-2016</td>
<td>RMB 540,000 ($94,857.60)</td>
<td>National Natural Science Foundation of China</td>
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**Books and Book Chapters**


**Referred Journal Articles**


Kuehne, V. S. (2013). Hindsight and foresight: Where we have been and where we should be going. *Journal of Intergenerational Relationships, 11*(1), 1-3.


Presentations


Chappell, N. L. (2013, March). *Does our healthcare system need fixing?* Presentation at IdeaFest 2013, University of Victoria, Victoria, BC.


Chappell, N. L., & Hollander, M. (2013, September). *Aging in Canada: An informed, up-to-date look at growing older, its impact on family members, and the sustainability of health care for Canada’s aging population.* Canadian Institutes of Health Research (CIHR) and Centre on Aging, University of Victoria, Café Scientifique presentation, Victoria, BC.


Cloutier, D. (2013, March). *Pathways between home and institutional care: Exploring care transitions for older loved ones.* Canadian Institutes of Health Research (CIHR) and Centre on Aging, University of Victoria, Café Scientifique presentation, Victoria, BC.


Downey, A. (2013, November). *Health care management research: A review of the Canadian health care system from a Canadian scholar*. Presentation to health care professionals and health economics PhD students at the University of Ljubljana, Slovenia.


Hayes, M. V. (2013, March). *Is Canada’s health care system sustainable?* Panel moderator at IdeaFest 2013, University of Victoria, Victoria, BC.


Karr, J. E., Areshenkoff, C. N., Crevier-Quintin, E., & Garcia-Barrera, M. A. (2013, June). *The benefits of physical and cognitive training programs on executive functions among older adults: A meta-analytical comparison.* Poster presented at the 2013 Congress of the Humanities and Social Sciences, University of Victoria, Victoria, BC.


Laczy, R., Hernandez, P., Dechman, G., Rhodes, R. E., Spence, J., McGannon, K., & Blanchard, C. M. (2013, October). *Is it self-efficacy or outcome expectations that explain steps/day during and after pulmonary rehabilitation?* Presented at the Canadian Society for Psychomotor Learning and Sport Psychology, Kelowna, BC.


**Moreau, J.** (2013, July). *Marginalizing hospitalized older adults through discourses of functional decline: A critique.* Paper presentation at In Sickness and In Health international conference, Montreal, QC.

Mulligan, B. P., **Smart, C. M., MacDonald, S. W. S.,** & Segalowitz, S. J. (2013, February). *Utility of neural and behavioral markers of intra-individual variability in the discrimination of healthy older adults from those with subjective cognitive impairment.* Poster presented at the 41st Annual Meeting of the International Neuropsychological Society, Waikoloa, HI.


Roland, K., & Chappell, N. L. (2013, October). *Caregiving factors across neurodegenerative diseases that present with dementia: a typology.* Poster presented at the 42nd Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Halifax, NS.


Smith, A. P., & Guerra, O. (2013, June). *Pharmaceutical advertising for Alzheimer’s disease: The black art of spinning a bleak future into a better tomorrow.* Presented at the Annual Meeting of the Canadian Sociology Association, Victoria, BC.


Tuokko, H., Jouk, A., Myers, A., Marshall, S., Man-Son-Hing, M., Porter, M., Bédard, M., Gélinas, I., Korner-Bitensky, N., Mazer, B., Naglie, G., Rapoport, M., & Vrkljan, B. et al. (2013, October). *A re-examination of driving-related attitudes and readiness to change driving behavior in older adults*. Presented at the 42nd Annual Scientific and Educational Meeting of the Canadian Association of Gerontology, Halifax, NS.


