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Director's Perspective

by Elaine Gallagher, RN, PhD

Welcome to the Fall semester at the Centre on Aging. We are poised for an exciting year with a full slate of talks, events and research undertakings. I want again to extend a thank you to all of the researchers, staff, volunteers and students who continue to make this an exciting and productive place to carry out age-related research and related activities. Our Michael Smith Infrastructure Grant was extended for one more year, taking us to March, 2009. This will again afford us a rich opportunity to support faculty and students doing world class gerontological research across the campus.

The Centre hosted the annual IDOP Lecture and VERA Ceremony at the Salvation Army Citadel on October 1. This year's event served as the launch of the Senior Friendly Business Award and as part of the World Health Organization's Age-friendly City Guide release. The Centre partnered with the Ministry of Health and the District of Saanich to contribute to this project. A community response by Saanich was unveiled at the October 1 event.

Margaret Cruikshank joined us September 24 for 6 weeks as a Fulbright Scholar. She teaches women's studies at the University of Maine where she is also a faculty associate of the Center on Aging. She is a feminist scholar who will be giving a public lecture and classroom talks while with us. If you would like to schedule some time with her or invite her to present, contact her directly in Room 110, 472-5697.

\$2.5 million was given to UVic this year by Eric and Shelley Mohr, UVic alumni. Dr. Mohr is the CEO of a company which is developing new drugs for the treatment of Alzheimer's disease. This donation will fund a faculty position that will be shared between Psychology and the Centre on Aging. A search committee has been struck to fill a Research Chair in Human Development and Aging. Please encourage any potential eligible scientists whom you may know to apply for this position.

Our Centre is a member of BCNAR – the BC Network for Aging Research. Our new regional



coordinator, Sandra Lee, has been hard at work recruiting new members and linking researchers across BC through the BCNAR website and news bulletins. She will be traveling across Vancouver Island to talk about BCNAR in the months ahead. The BCNAR award-winning web site is attractive and informative and I encourage you to check it out at www.bcnar.ca. If you are not already a member, please sign up in order to receive notices about funding, talks and other items of interest.

The Research Showcase held in June this year was a success. A DVD of the keynote talks, along with a CD of the PowerPoint presentation is available from the Centre on Aging. In February, 2008 we will be hosting a Community Forum. The theme, *Life Histories*, will be reflected in keynote speaker Dr. Robert Tate. It should be an exciting event.

Someone once said *"Life is not measured by the number of breaths we take, but by the moments that take our breath away."* – Unknown

I know many of you share my joy in the work we do at the Centre.

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News from the Centre

Welcome New Staff and Students

JANET RICHARDSON is a 4th year nursing student doing her practice course for “Nurses Influencing Change”. She will be working with our team on “Measuring the Quality of End-of-Life Care Provided in Inpatient Health Care Settings” study.

HASSAN CHAWDHURY is a research assistant working with Margaret Penning on a project examining the meanings and predictors of frailty in later life. He is also a first year Master’s student in the Department of Sociology.

SANDRA LEE is the new BCNAR Regional Liaison Officer for Vancouver Island. Sandra is available on Tuesdays and Wednesdays from 8:30 am to 4:00 pm. Membership in BCNAR is free and provides many benefits. Further information can be found at www.bcnar.ca.

NICOLE SMITH, our new Research Coordinator, has just completed her Masters’ degree in Behavioural Medicine with Ryan Rhodes, School of Physical Education. Her thesis was entitled ‘Investigating the effects of physical activity on the symptoms of Attention-Deficit Hyperactivity Disorder in children.’ Nicole is a Michael Smith Foundation for Health Research Junior Trainee.

Three Project Coordinators were hired for the Canadian Longitudinal Study on Aging. They are:

- 1) **GUIPING LIU, PhD**, who has a doctorate in demography from Renmin University in Beijing, China. He will be working with Margaret Penning.
- 2) **LAURA FUNK, ABD**, a PhD student in the Department of Sociology and she will be working with Guiping Liu on this project.
- 3) **BEN CHOU**, a full-time *psychology theme* project coordinator for the Canadian Longitudinal Study on Aging with Dr. Holly Tuokko.

Their roles will include overseeing development of the social science components of the CLSA. They will work in consultation with the local theme leaders and colleagues from across Canada.

JO MATLOCK is a 4th year nursing student at UVic. A portion of the BScN program at UVic is devoted to working with the community. She hopes to enrich the community by raising awareness of the Centre on Aging.

COBY TSCHANZ is an RN and PhD student with Kelli Stajduhar working on “Measuring the Quality of End-of-Life Care Provided in In-patient Health Care Settings” project. Coby also works at Victoria Hospice Society as staff nurse.

New Ladner Office Student:

NATALIE GAUTHIER is a fourth year Simon Fraser University student with a major in anthropology and gerontology minor. She has a nursing and reminiscence care manager background, along with extensive volunteer experience in hospital settings, long term care facilities, and non-profit organizations. She has been interested in the aging population for a long time and her education has been primarily focused there. Her aspirations for the future includes entering a Gerontology Master’s program, then from there,

proceed onward to get a Gerontology PhD. Her goal is to become a researcher within a framework that is structured around self management, chronic illness, the life course trajectory and the healthy promotion for those living with a chronic illness. Natalie became interested in dementia/ Alzheimer’s disease, arthritis, diabetes, AIDS, and depression, among other chronic conditions. As an undergraduate who will be obtaining a degree in the spring 2008 convocation, she feels that this student placement is another way to enhance interactions with researchers and common folk on various topics on aging and health promotion.

New Research Projects

Kelli Stajduhar is a co-investigator with Principal Investigator P. Hudson and co-investigators T. Trauer, B. Kelly, L. Kristjanson, L. Oldham, C. Nordstrom, V. White, M. Summers, C. Hall, and T. Thomas on “*Improving the psychological function of family caregivers of palliative care patients: A randomised controlled trial.*” Funding is provided by the National Health and Medical Research Council, Australian Government, \$300,000 (AU).

Kelli Stajduhar is a co-investigator with Principal Investigator P. Hudson and co-investigators T. Trauer, E. Lobb, L. Oldham, L. Kristjanson, et al. on “*Helping family caregivers of palliative care patients manage their role: Evaluation of a hospital-based group education program.*” Funding is provided by the National Health and Medical Research Council, Australian Government, \$219,810(AU).

Kelli Stajduhar is a co-investigator with Principal Investigator Laurene Shields and co-investigators A. Bruce & A. Molzahn on “*Re-stor(y)ing life within life threatening illness.*” Funding is provided by the Canadian Institutes of Health Research, \$246,825.

Neena Chappell is the Principal Investigator on a recently awarded standard research grant from SSHRC for \$79,000, entitled “*Filial Responsibility Across Cultures: A Comparison of Filial Attitudes and Behaviours in Caregiving to Older Adults.*” Co-investigator Kee Lee Chou is from Lingnan University, Hong Kong. University of Victoria’s Laura Funk and David Lai are collaborators.

Holly Tuokko is the Principal Investigator on “*Seeing is believing: Using social science theory to examine how theatre performance affects audience beliefs.*” Co-investigators are Denise Cloutier-Fisher, Warwick Dobson, Monica Prendergast, and Ryan Rhodes. Funding is provided by SSRHC, \$98,735.

Holly Tuokko is the Principal Investigator on “*Understanding the needs of caregivers of mentally ill older adults: Hearing their voices to inform services.*” Jane Milliken (Nursing) and the VIHA’s clinical nurse specialist in geriatric psychiatry Bev Wilden are investigators on the project with Project Coordinator Penny MacCourt. Funding is provided by the Vancouver Foundation and the BC Medical Services Foundation, \$50,000.

Marcus Hollander and Neena Chappell are Co-Principal Investigators on “*Unpaid Caregivers in Canada: Replacement Cost Estimates.*” Funding is provided by HRSDC, \$55,000.

News from the Centre

HOLLY TUOKKO and A.J. RAFFAN win Excellence in BC Healthcare Awards

from the Health Employers Association of British Columbia and the Excellence in BC Healthcare Awards Judging Committee



From right to left: Linda Petch, Chair of the Health Employers Association of BC Board of Directors; Holly Tuokko, Professor, Dept. of Psychology and Centre on Aging; AJ Raffan, Regional Knowledge Manager for Central Care Corporation; and R.M. Louise Simard, President and CEO of the Health Employers Association of BC.

Holly Tuokko and her research team were awarded Top Innovator - Affiliate for the Inaugural Excellence in BC Healthcare Award. Her team won the award for their work at Sandringham Care Centre and was selected from a list of approximately 10 semi-finalists. There were a total of 143 nominations received in all categories from across the province. The award was presented on Monday, June 25, at the Hyatt Regency in Vancouver, where a short audio visual presentation about her winning nomination, followed by the presentation of the award from the HEABC Board Chair, Linda Petch and the Minister of Health, Honourable George Abbott took place.

DR. VICKY SCOTT has been awarded the 2007 CIHR Knowledge Translation Award. This award honours and supports teams or organizations that make an outstanding contribution to the health of Canadians or to the health system through exemplary knowledge translation. The aim of the award is to recognize excellence in knowledge translation, and to provide financial support to further foster excellence in knowledge translation in Canada.



The CIHR Knowledge Translation Award consists of a certificate of recognition and a grant of \$100,000 for achievements with an impact at a national or international level and \$20,000 for achievements at a local or regional level. These awards include some of the highest honours the research community bestows upon its peers and recognize community leadership and collaboration in advancing new knowledge.

Significance of Dr. Scott's Work

Dr. Scott's work is having an impact and changing policies and practices at local, provincial, national and international levels. As a result of her efforts, BC is now recognized nationally and internationally as a leader in the field of falls prevention among seniors. In BC, the number of fall prevention programs rose from only 12 in 2001 to over 125 in 2006. Falls coordinators have been appointed in every health authority and measurable reductions in hospitalizations and deaths due to falls have been documented. Nationally Dr. Vicky Scott was one of two principal authors of the 2005 Public Health Agency of Canada Report on Seniors' Falls in Canada, and successfully presented "The Evolution of Falls Prevention in BC" at the Canadian Injury Prevention Conference in Halifax, Nova Scotia, in November 2005. She was recently awarded \$360,000 by the Public Health Agency of Canada to develop and test a curriculum for fall prevention specialists.

RYAN RHODES received a distinguished scholar award in June from the North American Society for the Psychology of Sport and Physical Activity for early outstanding achievements in his scientific career. **RACHEL DEAN** has won an award from CIHR for her research and an article on aging which is to appear in the next CIHR Institute of Aging e-bulletin. The article addresses why older adults choose to engage in weight training and explores the factors that influence strength training participation in individuals 55 years and older.

DR. EIKE-HENNER KLUGE has been awarded the Abbyann D. Lynch Medal in Bioethics by the RSC: The Academies of Arts, Humanities and Sciences of Canada. The award recognizes a major contribution to the field of bioethics by a Canadian.

DR. PAUL ZEHR has recently been named as the Director for the Centre for Biomedical Research.

News from the Centre

HOLLY TUOKKO WINS CAG AWARD



Dr. Tuokko has been selected as this year's recipient of the Canadian Association on Gerontology's Award for Contribution to Gerontology. The award will be given out at the opening ceremonies of the Canadian Association on Gerontology's 36th Annual Scientific and Educational Meeting being held November 1, in Calgary, Alberta at the Calgary Hyatt Regency.

Congratulations, Holly!

Participation in Ministry of Health Policy Rounds

Karen M. Kobayashi

On September 27, 2007, Denise Cloutier-Fisher and Karen Kobayashi were invited to give a presentation on their research program on social isolation among older adults in British Columbia at the Ministry of Health's Policy Rounds. The presentation generated much interest among a significant number of employees from different departments across the Ministry (e.g., Acute Care, Community Care, Knowledge Management) with approximately 30 individuals in attendance. This interest was also reflected in the degree of engagement of the audience with Drs. Cloutier-Fisher and Kobayashi as participants both commented and asked extremely relevant and important questions on the measures used to assess social isolation, the nature of the data collection process, and the connection of the findings to existing health care policy and future program development for older adults in the province. Overall, the experience was mutually beneficial to both the presenters and the audience and served to enhance the already strong ties between the UVic Centre on Aging and the BC Ministry of Health.

"First you are young; then you are middle-aged; then you are old; then you are wonderful." - Lady Diana Cooper

Centre on Aging

Dr. David Chuenyan Lai Scholarship

Amount of Award for 2007-08: \$600

This is an invitation to apply for the Dr. David Chuenyan Lai Scholarship for all Masters and PhD students of any year whose supervisor is housed at the Centre on Aging at the University of Victoria.

Please submit your application to the Director of the Centre, Dr. Elaine Gallagher. The award will be based on academic merit with additional consideration given to clarity of research focus and related work and volunteer experience.

Please provide your name, contact information, GPA based on last 30 units of coursework and a one paragraph (200 words limit) description of your research interest area and your previous work and volunteer experience.



Elaine Gallagher travelled to Australia in September where she was one of 10 keynote speakers from 6 countries, in the International Urban Design Conference in Queensland. The conference's theme was "Waves of Change - Cities at Crossroads." Elaine's talk was called "Age-Friendly Cities and Remote and Rural Communities." Her talk discussed the concept of age-friendliness, and presented results from a 26 country WHO Age-friendly Cities project and a Canadian Study of Age-Friendly Rural and Remote Communities. Data for the cities study was collected by holding eight focus groups in each of the three Canadian cities (Halifax, NS; Portage la Prairie, MB; and Saanich, BC). Funding for both studies was provided by the Public Health Agency of Canada, BC Ministry of Health and the 2010 legacies.

News from the Centre

New Publications

- Lai, D.W.L. & Chappell, N.L. (2007). Use of Traditional Chinese Medicine by older Chinese immigrants in Canada. *Family Practice*, 24(1), 56-64.
- Hollander, M.J. & Chappell, N.L. (2007). A comparative analysis of costs to government for home care and long term residential care services, standardized for client care needs. *Canadian Journal on Aging*, forthcoming.
- Funk, L.M., Allan, D.E., & Chappell, N.L. (2007). Testing the relationship between involvement and perceived neighbourhood safety: A multinomial logit approach. *Environment and Behavior*, 39(3), 332-351.
- Reid, R.C., Chappell, N.L., Gish, J.A. (2007). Measuring family perceived involvement in individualized long-term care. *Dementia: The International Journal of Social Research and Practice*, 6(1), 89-104.
- Chappell, N.L. & Kusch, K. (2007). The gendered nature of filial piety - A study among Chinese Canadians. *Journal of Cross-Cultural Gerontology*, 22, 29-45. (<http://www.springerlink.com/content/j3528006q65646kl/>)
- Low, G., & Molzahn, A.E. (2007). Replication of a quality of life model for older adults. *Research in Nursing and Health*, 30, 141-150. DOI: 10.1002/nur.
- Laidlaw, K., Power, M.J., Schmidt, S., & WHOQOL-OLD Group. (2007). The Attitudes to Ageing Questionnaire: Development and psychometric properties. *International Journal of Geriatric Psychiatry*, 22, 367 – 379. (DOI: 10.1002/gps.1683).
- Low, G., Molzahn, A.E., & Kalfoss, M. (2007, in press). Quality of life of older adults in Canada and Norway: Examining the Iowa Model. *Western Journal of Nursing Research*.

Books

- Chappell, N.L., & Penning, M.J. (2007). *Health and Health Care Throughout the Lifespan*. Don Mills, ON: Oxford University Press.
- Chappell, N.L., MacDonald, L., & Stones, M. (2007). *Aging in Contemporary Canada* (2nd ed.). Toronto, ON: Pearson Educational.

"Everybody who keeps the ability to recognize beauty will never become old"
- Franz Kafka

Presentations

- Chappell, N. (2007). "Reflections on research in aging". Keynote address, 25th Anniversary Celebration, Centre on Aging, University of Manitoba, Winnipeg, October.
- Chappell, N. (2007). "Family, and paid care at the interface: 'Nanny' care for older adults in Shanghai. Canadian Association on Gerontology, Calgary, October.
- Chappell, N. (2007). "Developing a research program on access to care for ethnic minority seniors". Canadian Association of Gerontology, (Koehn, S. & Chappell, N.L.), Calgary, October.
- Chappell, N. (2007). "Caregiving research: What's changed?" Keynote address, Research Showcase, University of Victoria, June.
- Chappell, N. (2007). "Economic globalization and informal caregiving". Canadian Sociology Association, Saskatoon, May.
- Chappell, N. (2007). "Social capital: How important is it for our health", (Chappell, N.L., Gregg, A. & Funk, L.M.) International Conference on Sociology, Athens, Greece, May.
- Chappell, N. (2007). "Chinese senior immigrants". Asian Heritage Month, Victoria, May.
- Chappell, N. (2007). "The research-practice interface", Keynote address, Symposium on Access to Care Among Ethnic Minority Seniors, Vancouver, April.
- Chappell, N. (2007). "Caregivers in an aging society with a note on ethnicity", Special Senate Committee on Aging, Ottawa (by teleconference), March.
- Chappell, N. (2007). "Measuring community in health promotion research", University of Saskatchewan, Saskatoon, February.
- Gallagher, E. (2007). "Perspectives on WHO Age Friendly Cities Program", Deakin University, Australia, September.

MASTERMINDS

■ *Lectures by UVic Retirees* ■

Wednesdays, April 9 – May 7

7:00 pm

Hickman Building, Rm 105

Mark your calendar!

News from the Centre

Friends of the Centre

Henry Au attended the Canadian Fall Prevention Curriculum Workshop in February and is planning to attend the Facilitator Fall Prevention Workshop in October. His goal is to facilitate the Fall Prevention Program in the community.

Henry Tak Pui Au and Em Ly have been teaching the Chronic Disease Self-management Program as volunteers since 2006 in the Chinese Community. Using Cantonese, they have taught this program four times. The participants have commented that after completing the course, their chronic conditions improve, they have less pain, are able to look after themselves better, and their quality of life improved. This program is sponsored by the Centre on Aging, University of Victoria, Ladner. The Vancouver Island co-ordinator is Mark Davies and the Director of the program is Dr. Patrick McGowan. The other health authority program coordinators are Terry Cayer and Karen Hannah. More information can be found on the last page of this newsletter, or by clicking www.coag.uvic.ca/cdsmp.



The Friends of the Centre on Aging are volunteers. They include individuals, not-for-profit agencies, and organizations who have an interest in aging-related issues.

The 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. The time required will depend on your schedule and interests.

More information and an online application form is available on our website at:

www.coag.uvic.ca/community_friends.htm

The Friends of the Centre on Aging

meet on the second Wednesday of every month.

If you are interested, please contact Lindsay Cassie @ 721-6369 or Lois Edgar @ 721-6524, ledgar@uvic.ca.

Popular Course by UVic Helps People Feel Better

By Murray Langdon

*Taken from the Saanich News
Wednesday, September 12, 2007*

If you're dealing with a chronic condition, a six-week University of Victoria course might be what the doctor ordered.

UVic is again offering a program that teaches people how to deal with such conditions as asthma, heart disease, fibromyalgia, bronchitis, arthritis and depression. The free course is led by volunteers, most with chronic conditions themselves.

"It is grass roots, it's people helping people," said Mark Davies, from UVic's Centre of Aging in Ladner.

The Chronic Disease Self-Management Program, designed for groups of 10 to 15 people, is offered at community centres across the region.

Classes take place once a week, lasting just over two hours. Funded by the Ministry of Health, Davies said the program has been a huge success.

People have reported they've developed better coping strategies, better communication with their doctor or health-care team, better management of their own symptoms, less fatigue and less stress.

"People have said 'it changed my life, it's something I can't get anywhere else,'" Davies added. "It gives people the confidence that this is their life and this is what they can do," he said.

The focus is to teach people how they can live with their conditions, but to take some of the anxiety and uncertainty away from patients. Davies hopes to expand the number of class offerings.

So far, 14 groups have been organized, with classes set to start soon. There's even a class to be held in Chinatown in Victoria, in Cantonese. The next batch of classes will be held later this year and another one in spring.

Anyone interested in registering can call 1-866-902-3767 or visit: www.coag.uvic.ca/cdsmp.

This story was also carried in the Oak Bay News.

"And in the end, it's not the years in your life that count. It's the life in your years." - Abraham Lincoln

New Report from
Canadian Institute for Health Information
Health Care Use at the End of Life in Western Canada

By *Bernie Paille*

Understanding how Canadians make use of health care services in the last year of life is important to health care planners and decision-makers from coast to coast. CIHI's Health Care Use at the End of Life in Western Canada takes a closer look at some of the important issues around end-of-life care, including where people die, variations in hospital use and seniors' community-based prescription drug use.

Studies have shown that when given the option, most people would prefer to die at home, but CIHI's report found the majority of deaths in Western Canada occurred in a hospital setting. Results show that in-hospital deaths were more common in Manitoba (68%) and Alberta (65%) than in British Columbia (52%) or Saskatchewan (51%). The study examined four broad categories of patients who were nearing the end of their lives. Terminal illness patients (68%), which include those with cancer, were the most likely to have died in a hospital, compared to organ failure (62%), frailty (50%) or sudden death (29%) patients. Of the almost 37,000 people who died in hospital, just over a quarter received some form of palliative care, and the majority of these were terminally ill patients.

Hospital use, both the proportion of dying persons hospitalized and the total average number of days spent in hospital, was typically lower in B.C. compared to the other three provinces. While

hospital use increased for most individuals in the last six months of life, it rose most rapidly for those in the terminal illness group. Within the six months before death, 75% of terminally ill patients were hospitalized, compared to 57% of those in the organ failure group and 43% of those in the Frailty group.

The study found marked differences in pain management at the end of life. Variations exist in the dispensing of morphine-equivalent (a standardized measure of pain medication) drugs in the community. Pain-medication use was lower in B.C. than in Saskatchewan and Manitoba (data for Alberta were not available), and Saskatchewan had the highest morphine-equivalent prescription drug use at all time periods during the last year of life. Patients dying of a terminal illness had the highest use of prescription drugs compared to other groups, particularly within 30 days before death, indicating a stronger reliance on drugs—including those used for pain management—as death approached. Further from death, particularly between 6 and 12 months before death, Organ Failure and Frailty decedents showed higher drug use. As expected, morphine-equivalent use was highest among the terminal illness decedent group.

To download the pdf, go to: <http://www.globalaging.org/health/world/2007/end.pdf>



Theme: Life Histories

University of Victoria Centre on Aging *presents*
Community Forum 2008

Thursday, February 21, 2008

8:30 to 4:00 David Strong Building

Theme: Life Histories

Keynote Speaker: Dr. Robert Tate

Department of Community Health Sciences

University of Manitoba

Open to the public. Seating is limited. For more information call 721-6369.

Margaret Cruikshank, Fulbright Scholar, is Visiting the Centre on Aging for 6 weeks

This is taken from “*The University of Maine News*” April 26, ‘07.



ORONO, Maine – Margaret “Peg” Cruikshank, lecturer in women’s studies and faculty associate of the Center on Aging, has been awarded a senior specialist Fulbright grant for fall 2007.

Cruikshank will conduct aging research on Canadian women at the Centre on Aging at the University of Victoria, British Columbia. She also will conduct seminars, give public lectures and mentor junior faculty.

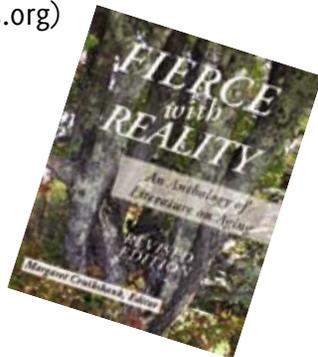
Cruikshank has written many articles and two books on aging, including *Learning to be Old: gender, culture, and aging* (Rowman & Littlefield, 2003) and *Fierce with Reality: an anthology of literature on aging* (Just Write Books, Topsham, 2007).

A Corea, Maine resident, she has been a member of the University of Maine faculty since 1997, and taught previously at City College of San Francisco.

The Fulbright Program, America’s flagship international educational exchange activity, is sponsored by the U.S. Department of State, Bureau of Educational and Cultural Affairs. Over its 60 years of existence, thousands of American faculty and professionals have studied, taught or done research abroad, and thousands of their counterparts from other countries have engaged in similar activities in the United States.

Recipients of Fulbright Scholar awards are selected on the basis of academic or professional achievement and because they have demonstrated extraordinary leadership potential in their fields.

The Fulbright Scholar Program Web site (www.cies.org) has additional information about its programs and scholarships.



University
of Victoria



Centre
on Aging

presents an INFORMAL LECTURE

Feminism, Aging, and Critical Gerontology: Dialogues and Debates

PEG CRUIKSHANK
University of Maine

Thursday, October 25
3:00 – 4:30 pm
Room C126,
David Strong Building

PEG CRUIKSHANK
University of Maine

A feminist perspective on women’s aging has especially flourished since 2000. A parallel development, critical gerontology, described by Stephen Katz as a “thought space”, has also challenged some assumptions found in mainstream gerontology. Aging, like gender, is socially constructed.

Seating is limited. Free and open to the public.
Please RSVP to 721-6369.



“We do not grow absolutely, chronologically. We grow sometimes in one dimension, and not in another; unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present, and future mingle and pull us backward, forward, or fix us in the present. We are made up of layers, cells, constellations.”
– Anais Nin

Greetings from the Kingdom of Humanity!

Noreen Lerch

I am here managing the Home Health Care Program (HHC) of the National Guard Health Affairs in Jeddah, Saudi Arabia, a city of about three and a half million situated on the Red Sea. Egypt is irresistibly close. This is my adventure, and I would like to share some parts of it with you.

The hospital and residential compound where I live is a 45 minute drive from the centre of Jeddah in the middle of the desert. We are surrounded by low mountains, kind of like giant sand dunes. The hospital and residential compound are enclosed by walls and guarded by the National Guard. In order to enter the compound, identification must be shown at two check points. It is very safe and it is possible to leave the door or windows open when sleeping or away.

The grounds are described in the hospital brochures as the finest gardens in the Kingdom. Certainly, they are carefully tended and irrigated. There are gorgeous palms and other trees, some covered in blossoms. In between there is sand. There are lovely walkways between the buildings at the hospital and here at the residential compound. Today in the garden I saw a bird called a woofa. It is about the size of a small crow, has a long curved beak, brown head and a body with black and white stripes like a zebra.

Most of the medical staff live in apartments on one of three compounds where there is a fire department, municipal building, grocery store, restaurant, coffee bar, sports and recreation centre, hairdresser and barber, boys and girls schools, playgrounds, a small untended library, ping pong room and an Olympic size pool. There is air conditioning everywhere, so one comes in from the blazing heat and after the initial "ahhhh" of cooling down it is downright cold. It has been averaging well into the 40s outside but I have taken to wearing long pants and warm socks in the office.

Buses are provided to take staff to the city for shopping during the day and in the evening. Generally, the buses go to the old Jeddah souk, or to one of the many spacious and modern malls. Familiar shops abound - the Body Shop, Burger King, Coffee emporiums (Starbuck's and Second Cup are two), Marks and Spencer, Guess, Mexx, Toys R Us and other children's specialty stores and giant 24 hour supermarkets known as hypermarkets.

Building is going on everywhere. At National Guard they are building a new wing for the hospital and a new building for Home Health Care is planned. We are located just off to the

side of a new freeway to Mecca (spelled Makkah here). This freeway is "state of the art" and already heavily traveled. Apparently during the "Haj", it is fully laden with Islamic pilgrims who come from all over the world.

We work ten hour days Saturday to Wednesday. The people I work with are terrific. We have a mix of Jordanians, Egyptians, Philipinas, Saudi, New Zealanders, one Sudanese, and me.

Nursing in Saudi is very different from the west. There are many considerations related to privacy for women. Women's wards are for females only, and unless there is a good reason for the presence of a male, they will not be allowed to enter. There are segregated waiting rooms for men and women in all the areas such as the Emergency Department, the laboratory for tests, or at the pharmacy. Many patients have a "sitter" who stays with them and cares for them. When you enter a patient's room you might find people sleeping on the floor, because that is what they do at home. The initial challenge is to determine which person is the patient, because as often as not, the sitter is in the bed and the patient is sleeping on the floor.

When I mention gerontology, I get puzzled looks. The population here is very young with the majority of the population under 40. There is a very high rate of diabetes, about 35%, along with very common renal failure, and "diabetic foot". I am seeing many cases of "superbug" positive patients and several cases of TB.

The staff at the hospital seem quite young. They are multi-national, with a large component from the Philippines, South Africa, New Zealand and Australia. I am one of three Canadians, one of whom left to return to Canada today. I have been enjoying the opportunity to spend time in the community with the home health nurses. It is an experience few really get to have, because we serve people from all socio-economic levels from royalty to the poorest of the poor. Also, Saudi society is very conservative and the country is essentially closed to tourism.

This is a marvellous opportunity and I am enjoying it very much. More next time!

These websites provide some information about Jeddah, and about King Abdulaziz Medical City (King Khalid Hospital).
<http://www.travel-images.com/saudi-arabia.html>
<http://www.nursinginsaudi.net>





Moving Forward, Moving Beyond

November 8 - 10, 2007
Sheraton Vancouver Wall Centre
To register, to to:
<http://www.ccels.ca/conferences.htm>
Deadline for registration is October 22.



Calgary, AB
November 1-3, 2007

**“Chinook Winds,
Shaping the Landscape of Aging”**

<http://www.cagacg.ca/conferences>

THE GERONTOLOGICAL SOCIETY OF AMERICA

60th Annual Scientific Meeting

**‘The Era of Global Aging:
Challenges and Opportunities’**

November 16-20, 2007
Hilton San Francisco, San Francisco, CA

The Centre on Aging
has launched an updated website.
We are working to make more research
information available and accessible.

coag.uvic.ca

If you have events that you would like
posted on our calendar, please email details
to senage@uvic.ca.

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*Do you know
of a volunteer
in the community
to be nominated
for VERA?*



2008 VALUED ELDER RECOGNITION AWARD POTENTIAL RECIPIENTS

*Lois Edgar will be contacting
interested agencies in early 2008.*

Please call or send her details at
ledgar@uvic.ca or 721-6524.

Information about the award is available on our
website at
www.coag.uvic.ca/vera.html

The District of Saanich World
Health Organization’s Global
Age-Friendly Cities Project,
available at www.saanich.ca
and the WHO Global Age-
Friendly Cities Guide avail-
able at www.who.org.

International Day of Older Persons 2007

Lois Edgar



VERA recipient Kari Moore, Valerie Kuehne, Elaine Gallagher and VERA recipient William Young

This year's lecture began with greetings from the university given by Valerie Kuehne, VP External Relations. Our Friends of the Centre President, Andrew Maxwell, also welcomed the audience and introduced the Valued Elder Recognition Award recipients for 2007, Kari Moore and William Young. Elaine Gallagher, Director of the Centre awarded the honourees and introduced the new Senior Friendly Business Award. This new award is meant to honour those businesses in the Capital Regional District that provide the most friendly, high quality services and facilities to assist seniors (55+) in their shopping and related activities. Business award nominations for 2007 will be accepted until October 15 and presented later this year.

The lecture focused on the release of the World Health Organization's (WHO) release of the Age-friendly Cities Guide and Index. Tessa Graham, Executive Director of Healthy Children, Women & Seniors at the BC Ministry of Health gave an overview of the WHO project. She told us about the 35 cities around the world invited to participate in the study and the resulting guide which highlights eight age-friendly topics that were identified in previous research on the characteristics of elder-friendly communities: outdoor spaces and buildings, transportation, housing, respect and social inclusion, social participation, communication and information, civic participation and

employment, and community support and health services.

Susan Brice, Councillor, District of Saanich, introduced us to Saanich's involvement with the project and the District's publication that looks at Saanich's best practices and suggests an action plan for the future.

Saanich, in association with the University of Victoria, conducted focus groups that had residents identify common barriers in each of the eight age-friendly topics. After analysis of the data was complete, Saanich noted the things they were doing right, but more importantly, made a commitment to improve things in 2008. This will make Saanich a leader in elder friendly communities in Canada and around the world.



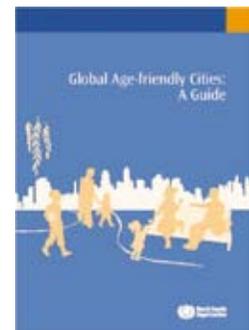
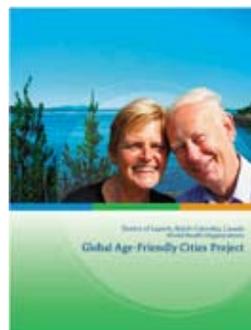
Elaine Gallagher discussed our aging society and the research completed in Saanich. She gave information on 10 rural and remote communities in Canada that the federal government has funded for similar research, as this is an important part of Canada's experience.

We would like to thank the funding agencies involved in these projects: the Public Health Agency of Canada and the government of BC including ActNowBC, the Ministry of Health and 2010 Legacies.

If you would like to see the reports you can access them online at:

The District of Saanich, BC, Canada, World Health Organization's Global Age-Friendly Cities Project (<http://www.gov.saanich.bc.ca/resident/community/services/senior.html#who>)

The World Health Organization's Global Age-friendly Cities: A guide. (http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf)



VERA Recipients 2007

Kari Moore

Kari has been said to be “the heart and soul of the local Ukrainian community”. She is the president of the Ukrainian Business and Professional Association in Victoria and plays a leading role in community life including fundraising, celebrations, and the preservation of Ukrainian customs. She was the driving force behind the fundraising drive to establish a



Ukrainian Studies Endowment at UVic, has facilitated educational programs for the Ukrainian Canadian Congress in Victoria, and has assisted in organizing an exhibit on the internment of Ukrainians during WWI at the Royal BC Museum. Her accomplishments are innumerable and it will have to suffice to say, in this short introduction, that Kari has dedicated her talents and energy into making a significant contribution to the community of which she is part. “Kari has provided a bridge between Vancouver, Victoria and other cities in BC which brings people together, working for a common cause in a spirit of comraderie and high achievement.” – Supporter

Volunteer highlights:

- 1992-present Ukrainian Canadian Congress Victoria
- 1992-2007 Annual fund raiser, co-organizer Christmas Eve Traditions
- 1994 Commonwealth Games volunteer
- 1994-2007 Treasurer, Ukrainian Studies Society
- 1994-2000 Co-chair & treasurer, scholarship fund, Pearson College
- 2000 Co-chair and organizer of Ukrainian Showcase
- 1994-2007 President, Ukrainian Canadian Professional & Business Assoc.
- 1994-2007 Chair, Strata Council
- 2003-2005 Treasurer, University Women’s Scholarship and Bursary Society
- 2004-2007 Vice President, St. George’s Ukrainian Orthodox Church

William Young

William is a member of the Volunteer Program at Victoria General Hospital, and to date has contributed 13,280 hours of his time and energy to the Emergency Department. In an environment that is often tense, unpredictable, and high-stress, William demonstrates calm leadership reaches people of all ages. His kind words, reassurances, caring and simple thoughtful acts



provide invaluable support to people who are frightened and confused. William diligently organizes the Red Cross medical equipment loan program, ordering, stocking and providing access to walkers, wheelchairs, crutches and canes. Recognizing the importance of increasing awareness around risk behaviours for youth, William is also involved with the new PARTY program (Prevent Alcohol and Risk Related Trauma in Youth). He is there to help students cope with the trauma witnessed throughout the day and recognizes that while emotionally difficult to attend, has life saving impacts for youth and people in the community.

“Bill is a very caring and committee individual who truly makes a difference to the patients, families, visitors and staff in our emergency department.” – Supporter

“Bill enjoys the sharing of thoughts, feelings and ideas and so...I watch as he brings comfort, a candy, says the right thing, visits in an isolation room, brings coffee, act in a VIHA documentation video, shares his music pod, gives genuine compliments, walks in the sunshine or rain with a patient, makes a new friend, orientates new volunteers and smiles shyly.” – Supporter

Volunteer Highlights:

- 1994-present Volunteer Program, Victoria General Hospital
- Red Cross Loan Depot & Volunteer Resources, PARTY Program
- Jewish Community Centre

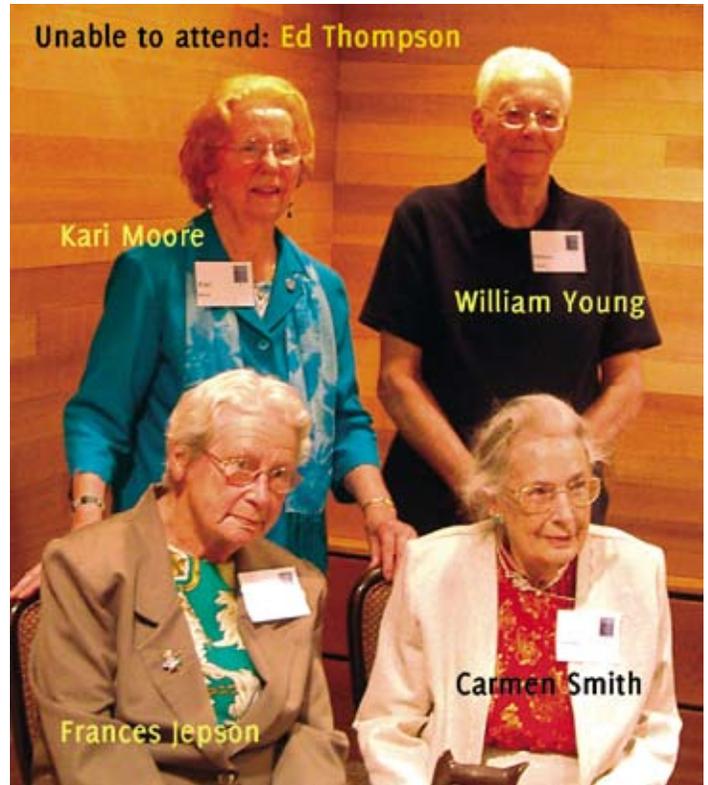
VERA Nominees 2007

Name of Nominee **Organization**

Frances Jepson James Bay School, James Bay Care Centre Thrift Shop, James Bay United Church, James Bay New Horizons
Nominators: Reverend Larry Scott, James Bay United Church
 Kim Dixon, James Bay New Horizons
 Doug Elkey, James Bay Care Centre
 Jesse Hyder, James Bay Community School Centre

Kari Moore Ukrainian Can. Professional & Business Assoc., University Women's Scholarship and Bursary Society, St. George's Ukrainian Orthodox Church
Nominators: Ludmilla Weaver, St. George's Ukrainian Orthodox Church
 Harold Caldwell, Strata Corp. #1032
 Robert Herchak, Ukrainian Professional and Business Association of Victoria
 E. Cairine Miner, University Women's Club of Victoria
 Pat Sembaliuk, Ukrainian Studies Society
 Julia Stashuk, Ukrainian Cultural Centre of BC, Serhy Yekelchuk, University of Victoria

Carmen Smith Victoria Art Gallery, University of Victoria,
 Goward House Senior Activity Centre
Nominators: June Burley and Hennie Nyhof, Goward House Senior Activity Centre
 Donna Brown, English Language Program, UVic



Name of Nominee **Organization**

Ed Thompson Gorge Road Hospital, Victoria General Hospital, Victorian Retirement Community
Nominators: Petra Slaughter, Victoria General Hospital, VIHA
 Bob Darroch, Greater Victoria Hospital Fire and Security Services, VIHA

William Young Victoria General Hospital, Red Cross Loan Depot & Volunteer Resources, PARTY Program
Nominators: Petra Slaughter, Victoria General Hospital, VIHA
 Janet Calnan, Victoria General Hospital Jewish Community Centre

"How does one keep from "growing old inside"? Surely only in community. The only way to make friends with time is to stay friends with people.... Taking community seriously not only gives us the companionship we need, it also relieves us of the notion that we are indispensable."

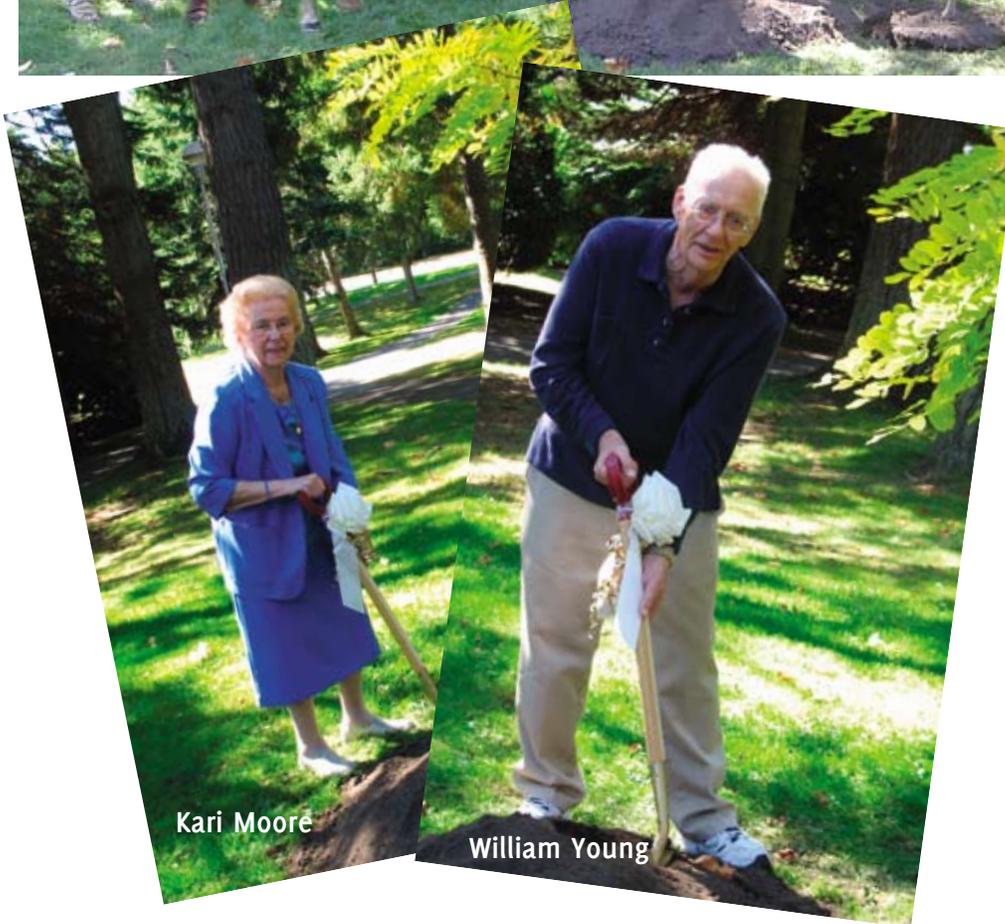
- Robert McAfee Brown:

VERA tree planting 2007



Robinia pseudoacacia 'Frisia': Black Locust

A fast-growing cultivar of the native deciduous locust, 'Frisia' Black Locust is probably capable of reaching 30 to 50 feet tall with a spread of 30 to 40 feet. The upright growth and short, irregular branches cast light shade below the tree, allowing a lawn to thrive. The 6 to 14-inch-long, dull, yellow leaves, made up of multiple leaflets, are some of the last to appear in spring and often drop early in the autumn, just barely fading to a sickly yellow/green before dropping. The yellow foliage lasts only for a short period in the spring in the south. For approximately a 10-day period in late spring, the trees are festooned with four to eight-inch-long, dense clusters of extremely fragrant, one-inch white blossoms (similar to sweet-peas) which are literally "alive" with the bustling activity of visiting bees. The honey which is produced is quite delicious and sought-after. The two to four-inch-long, dark red to black, leathery seeds pods which follow will persist on the trees throughout the winter.



Kari Moore

William Young

*"Too old to plant trees for my own gratification,
I shall do it for my posterity."* — Thomas Jefferson

The Centre on Aging is celebrating its 15th Anniversary!

by Lois Edgar

When I think about the Centre it's hard to believe that fifteen years of research and community involvement have passed. The principles guiding the research haven't changed over the years but the style and volume certainly has. As the Centre has grown in size, there have been dramatic changes in the way we look at and utilize research. From the funding agencies to the policy makers and the community at large, to the researchers and their staff, our perspectives have made research into an integral part of improving our quality of life. All right, the researchers and their staff *always* held the view that the research was important to improving quality of life but the way in which they pursue that vision has been transformed.

While involving seniors and sharing research results is nothing new to the Centre, how we do it has changed. We are asking seniors and the community for more input into the research we propose. Sometimes this is difficult, as we may use the same words, but mean different things or make assumptions around activities that are clear to us, but not to the other people involved. No communication is without challenges, but the results are well worth it. Being able to help conduct research that answers questions that seniors want addressed, and in a way that will supply the best possible outcomes, is truly rewarding.

Often the research conducted at the Centre supplies statistically significant support of things "we've always known" or is "just common sense." But this is an important step in helping everyone view seniors and issues relating to seniors in a realistic light and allow suitable assessment. When we have the opportunity to contribute information that is surprising, unexpected, or takes



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common sense to a new level, we are further able to support change. The policy that arises from thorough assessment, backed by good science, opens the door to better lives, new research and new forms of collaboration. I now view collaboration as a constant of change – just like any good relationship. This idea of collaboration is my perception of the Centre. The Centre began with 29 research affiliates who were part of the University of Victoria. Today the Centre has offices at UVic and Ladner with project offices in many communities. And while we continue to have research affiliates (43 at UVic and 20 external), we have so many more involved with the Centre. There are research colleagues that provide us with international, national, provincial and local perspectives; volunteers who assist anyone involved with the Centre and its research mandate; students who study aging, work on Centre projects, and conduct their own research; and community partners who help us share our information and help us focus on needed research.

As we all know inclusion is important in any community and leads to better understanding. This is what Centre research strives for with its collaboration, because we do want to make a difference in peoples' lives.

 Celebrating
15 years
of research *throughout the life span*

A free, six-week course:

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Please register early by calling the number listed below.

St. Joseph's General Hospital (Board Room)
2137 Comox Avenue, Comox, BC
Tuesdays, 10:00 am to 12:30 pm October 2 to November 6, 2007

Shoal Centre
10030 Resthaven Drive, Sidney, BC
Wednesdays, 1:30 pm to 4:00 pm October 3 to November 7, 2007

Haven Society, Nanaimo, BC
Thursdays, 1:30 pm to 4:00 pm October 4 to November 8, 2007
Register: 250-754-0764 (Maximum 15 participants)

Victoria Chinese Pentecostal Church
2215 Dowler Place, Victoria, BC
Wednesdays, 2:00 pm – 4:30 pm.
October 17 to November 21, 2007
For Mandarin-speaking participants.

Bowen Park Complex
500 Bowen Road, Nanaimo, BC
Wednesdays, 2:00 pm – 4:30 pm. October 17 to
November 21, 2007.

Yakimovich Wellness Centre
1454 Hillside Avenue, Victoria, BC
Thursdays, 1:00 pm to 3:30 pm November 1 to December 6,
2007.

Courtenay/Comox, BC
Community Living BC, 107 - 555 Fourth Street, Courtenay
Thursday to Sunday, 10:00 am to 4:00 pm, December 6 to 10,
2007

VANCOUVER ISLAND Health Region - Contact **Mark Davies** at
604-940-3580 or toll-free 1-866-902-3767 or email [mvdavies@](mailto:mvdavies@dccnet.com)
dccnet.com

Chilliwack, BC - Chilliwack Library, 45860 - 1st Avenue
Friday and Saturday, November 9 and 10, Tuesday and Wednesday,
November 13 and 14 from 10:30 am to 4:30 pm

INTERIOR Health Region - Contact Terry Cayer at toll-free 1-866-
902-3767 or email: tcayer@dccnet.com

Kamloops, BC - Desert Gardens, 540 Seymour Street
Monday to Thursday, October 1 to 4 from 9:30 am to 4:00 pm

Kelowna, BC - Kelowna Health Centre (2nd fl Boardroom), 1340
Ellis Street
Thursday to Sunday, November 22 to 25 from 9:30 am to
4:00 pm (except Thursday, 10:30 am to 5:00 pm)

NORTHERN Health Region - Contact **Terry Cayer** at toll-free 1-866-
902-3767 or email: tcayer@dccnet.com

Fort St. John, BC - Fort St. John Health Unit (Multi-Purpose Rm),
10115 - 110th Avenue
Thursday to Sunday, 9:30 am to 4:00 pm,
September 20 to 23, 2007

Smithers, BC - Healthy Living Centre, 1070 Main Street
Thursday to Sunday, 9:30 am to 4:00 pm, October 18 to 21, 2007

VANCOUVER COASTAL Health Region - Contact **Karen Hannah** at
604-940-3568 or toll-free 1-866-902-3767 or email [khannah@](mailto:khannah@dccnet.com)
dccnet.com

CONTACT INFORMATION:

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

Articles and submissions by:
Henry Au, Lois Edgar, Elaine Gallagher, Anita Jessop, Karen Kobayashi,
Noreen Lerch, Patrick McGowan, Bernie Paille



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 Celebrating
15 years
of research throughout the life span