



Director's Perspective

by Holly Tuokko, PhD, RPsych

Those who study adult development and aging know that gains and losses are inherent in the developmental process. Similarly, gains and losses are reflected in organizational development and change. July 2009, marked the appointment of the fourth Director of the Centre on Aging, 17 years after its inception. Building on its initial strong foundation, the Centre outgrew its office space on the second floor of the McPherson library, attracted a strong group of dedicated, high caliber researchers (students, staff, and faculty members) and flourished in terms of research productivity. In June of 2009, the Board of Governors of the University of Victoria approved, upon the recommendation of the Senate, Centre status for the Centre on Aging for the period 1 April 2009 – 31 March 2014. As the Centre has matured, great strides have been made and, alongside these gains, some losses have been incurred.

Since the printing of the last Bulletin, we were saddened by the loss of 3 of the Centre's long-term research affiliates to cancer: Drs. Morgan Baker, Harry Foster and Esther Strauss. The heart-and-soul of the main office, Lindsay Cassie, has moved on to new adventures in her life and we wish her great happiness. In the fall of 2009, we received confirmation that the funding for Centre's MSFHR Research Unit Infrastructure Award and the MSFHR BC Network for Aging Research will end (March, 2010). Sadly, we will be losing some highly-skilled research staff in the months to come. Of course, the Centre's capacity to engage and support research and research-related activities on and off campus is likely to be reduced in response to these changes. We will be seeking ways to minimize the impact of these losses.

As we know from the study of aging, with change and development, there are also gains. Since the printing of the last Bulletin, we have gained new students – some returning for a higher degree (e.g., Moira Cairns) and some beginning their graduate studies (e.g., Catharine Sparks). In early October, we happily welcomed Leah Potter as the Centre on Aging secretary. Some of you may recognize her name as she has been involved with research for a number of years in the Office of Research Services. We have re-gained Kelli Stajduhar and Margaret Penning who are back from leave (maternity and study

leaves, respectively). We welcomed a new faculty member, the Mohr Chair in Adult Development and Aging, Dr. Scott Hofer who arrived with his family in July 2009. He brings with him cutting-edge expertise in longitudinal methodology that will be of great value to the Centre on Aging as we move forward to realize the goals set forward for the next five years in the fall 2008 Centre on Aging Review Report.



The goals set forward for the next five year period focus on continued enhancement of the research and training mandates of the Centre. Specifically, Centre researchers will continue to develop their ongoing research programs. In addition, they are engaging in more and more longitudinal research. These are studies where individuals are seen repeatedly over a long time period. They are fundamental to the study of aging as they allow us to understand how people change over time. The ongoing Victoria Longitudinal Study is an example of a study that has been following people for many years. In the past, Centre researchers were heavily involved with the Canadian Study of Health and Aging where participants were seen 3 times, once every 5 years. More recently, the Centre secured space for the Candrive Clinic in University House 3 where

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DIRECTORS'S PERSPECTIVE *continued*

data is being collected at regular intervals as part of a 5-year nation-wide study of drivers 70 years of age and older. Moreover, researchers from the Centre have assumed leadership roles in one of the largest longitudinal research studies to be conducted anywhere in the world, the Canadian Longitudinal Study of Aging (CLSA). Data collection is slated to begin in the fall of 2009 through the Survey Research Centre affiliated with the Centre on Aging. Later, in 2010, a clinical data collection site for the CLSA will be established within the Vancouver Island Health Authority.

With this increasing emphasis on longitudinal research comes the need to ensure that researchers (i.e., students, staff, and faculty members) are well trained in the types of research designs, methods and analyses required to understand what this type of data can tell us about the aging process. The Centre is well positioned to foster the growth of training initiatives that provide this type of specialized knowledge and expertise so that the data acquired can be used to its full capacity.

Our challenge, over the short term will be to find positive ways to adapt and respond to our losses. As we know from research on aging, situations of adversity are also opportunities for growth; a positive opportunity for questioning one's goals, priorities and assumptions. We have begun this process and anticipate that some "short term pain" may occur as we move toward the "long term gain". These losses and gains are reflections of the Centre on Aging's development, maturity and resilience. As noted by Carl G. Jung, the founder of analytical psychology, "We cannot live the afternoon of life according to the program of life's morning."

HERALD MOHR MD AND WILHELMA MOHR MD CHAIR IN ADULT DEVELOPMENT AND AGING



The Chair in Adult Development and Aging has been accepted by Dr. Scott Hofer and he joined UVic on July 1, 2009. Dr. Hofer has a joint appointment between Psychology and the Centre on Aging. He is a highly qualified specialist in longitudinal research using studies on aging spanning eight countries and will be in a position to put UVic on the world forefront in this area of research.

Welcome new staff

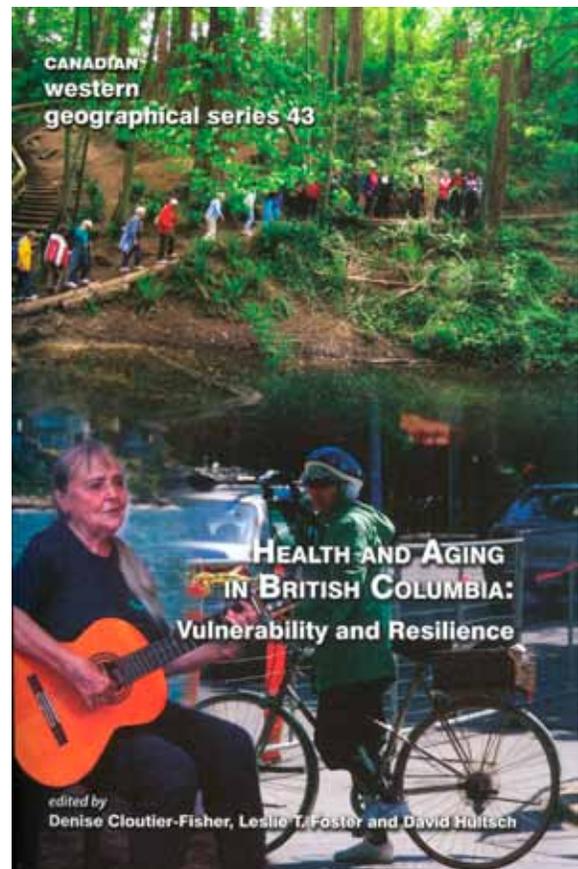
ANDRIA SCANLAN has joined Margaret Penning's team working on the Canadian Longitudinal Study on Aging.

ROB HAMILTON has just joined Neena Chappell's *Alzheimer Drug Therapy Initiative* project as a Research Assistant.

FAYE WOLSE is the project coordinator for the newly funded *The Interpretation and Practice of Family Empowerment in Home Care Nursing: Palliative and Chronic Illness Contexts* project. This qualitative study examines the interpretation and practice of family empowerment in home care nursing interactions.

LEAH POTTER has recently joined the administrative team at the Centre. Many of you may know Leah from her previous position in the Research Ethics office. She brings years of experience in university administration and is looking forward to learning more about the research and work of the Centre on Aging.

New Book



Congratulations!

Congratulations to **JANET LOVE** who has been awarded the 2009 CIHR – Frederick Banting and Charles Best Canada Graduate Scholarships – Doctoral Award for three years at \$35 000 per year. Janet is also the recipient of the 2009 SC-CÉ Excellence in Research on Aging from the Canadian Association of Gerontology. She took Third Place Student Poster Competition at the British Columbia Psychogeriatric Association, Richmond, BC, April 30 – May 2, 2009 for her Poster presentation on *Getting Around Town: How Does Transportation Contribute to an Age-friendly Community?*

ERIN GRANT received Second Place for Student Poster Competition at the British Columbia Psychogeriatric Association, Richmond, BC, April 30 – May 2, 2009 for her poster entitled “*Assimilative and Accommodative Coping: Protection from Depression in Mid to Late-Life.*”

LINDA OUTCALT has been awarded the SSHRC Scholarship for 2009-2010 (J.A. Bombardier Canada Graduate Scholarship) for \$17,500. Linda received the Sara Spencer Foundation Research Award for \$850 and a BC Government Research Grant for Student-Led Research in the Social

Policy Field for \$1500. She has also been awarded the BCNAR Student Data Collection Award for \$1400.

SARA STONER, intern, (Denise Cloutier-Fisher, internship supervisor) received \$15,000 (\$7,500 from MITAS Inc. with matching \$7,500 from BC MoHS) to study *Building healthy, disaster-resilient communities in the face of earthquake hazards in coastal British Columbia.*

LAURA FUNK has received a CIHR, Post Doctoral Fellowship, starting September 1, 2009 – August 31, 2012 – total funding for three years is \$135,000. She will be working with Kelli Stajduhar to study *The interpretation and practice of family empowerment in home care nursing: Palliative and chronic illness contexts.*

DAVID CHUENYAN LAI was invited by David Miller Mayor of the City of Toronto, (as an Honorary Advisor), to officially open its Chinese Gateway in Toronto Chinatown (Eastern District). David was presented with a Certificate of Merit for his contribution to the Gateway Project.

New Grants

Kelli Stajduhar and Gweneth Doane are Principal Investigators along with co-Investigators Darcee Bidgood, Heather Cook, Joanne Dolynuk, Alice Gelpke, and Elaine Hampson on the two year CIHR Knowledge to Action (KTA) funded project *Knowledge translation in action: Improving the quality of care at the end of life*, for \$196,307.

Kelli Stajduhar is Principal Investigator with Co-Investigators Denise Cloutier-Fisher, Laura Funk; Mary-Ellen Purkis, Barbara McLeod, Della Roberts (Fraser Health Authority); Allison Williams (McMaster); and Valorie Crooks (SFU). Their project, *The Interpretation and Practice of Family Empowerment in Home Care Nursing: Palliative and Chronic Illness Contexts*, has been funded by CIHR Institute on Aging for one year. They will use the \$95,649 budget for an ethnographic study exploring the meaning and practice of ‘family empowerment’ in home care nursing interactions.

Kelli Stajduhar is the Principal Investigator along with co-investigators Laura Funk, Samar Aoun (Curtin University, Australia), Chris Toye (Curtin University, Australia), and Gunn Grande (University of Manchester) on an *International Collaborative on Palliative Family Caregiving*. The collaborative is funded by the CIHR Meetings, Planning and Dissemination (MPD) Program. This funding, \$15,046, will be used to bring the group together to develop their first research proposal for an international, collaborative research study.

Penny MacCourt has received a grant from the Alzheimer Society of Canada (September 1, 2009 – August 31, 2011) to study *Disenfranchised grief and dementia: A coaching intervention to empower caregivers*. Co-Investigators are Holly Tuokko, Marianne MacLennan (VIHA), Betty Anderson and Debbie Ribeyre. They have received \$120,000 for this study.

New Publications

Funk, L.M. (2009). Prioritizing Parental Autonomy: Adult children's accounts of feeling responsible and supporting aging parents. *Journal of Aging Studies*. doi: 10.1016/j.jaging.2008.03.003

Funk, L.M. and Kobayashi, K. (2009). 'Choice' in filial care work: moving beyond a dichotomy. *The Canadian Review of Sociology*. 46(3). 235-252.

Funk, L.M. and Stajduhar, K.I. (2009). Interviewing family caregivers: implications of the caregiving context for the research interview. *Qualitative Health Research*, 19(6), 859-867.

Carson, A.J., Chappell, N.L. & Dujela, C.E. (2010). Power Dynamics and Perceptions of Neighbourhood Attachment and Involvement: Effects of Length of Residency versus Home Ownership. *Housing, Theory & Society*, forthcoming.

Parke, B. & Chappell, N.L. (2010). Transactions between Older People and the Hospital Environment: A Social Ecological Analysis. *Journal of Aging Studies*, forthcoming.

Chappell, N.L. & Dujela, C. (2009). Caregivers – Who Copes How? *International Journal on Aging & Human Development*, forthcoming.

Chappell, N.L. (2009). Comparing Caregivers to Older Adults in Shanghai. *The Asian Journal of Gerontology and Geriatrics*, forthcoming.

O'Rourke, N., Chappell, N.L. & Caspar, S. (2009). Measurement and Analysis of Individualized Care Inventory Responses Comparing Long-Term Care Nurses and Care Aides. *The Gerontologist*, forthcoming.

Cloutier-Fisher, D., Foster, Leslie T., & Hultsch, D. (eds). 2009 *Health and Aging in British Columbia: Vulnerability and Resilience*. Canadian Western Geographical Series 43.

CONFERENCE PAPER:

2009 Outcalt, Linda and Laura Funk, PhD. "Paid Companions: Fictive Kin and the Commodification of Care." 3rd International In Sicknes and In Health Conference: Government of the Self in the Clinic and the Community. April 15-17, 2009. Victoria, BC.

Canadian Longitudinal Study on Aging (CLSA)

UVic is involved in a nationwide, \$30 million aging study, funded by CLSA, which will take two decades. Principal Investigators on the project are Dr. Parminder Raina, McMaster University, Dr. Christina Wolfson, McGill University, and Dr. Susan Kirkland, Dalhousie University. Dr. Margaret Penning and Holly Tuokko, University of Victoria, together with a multi-disciplinary research team comprises more than 160 researchers from 26 universities across Canada. It is one of the world's largest studies on aging with plans for fifty thousand Canadians between 45 and 85 to be interviewed.

The multidisciplinary approach to this study is unusual. It brings together the biology of aging along with the social, psychological and other aspects of aging to see how they intersect over time. The results will be essential to proper planning of services for our aging population. Twenty thousand participants will be interviewed by telephone every three years, with the remainder interviewed in person. The latter group will also undergo clinical assessments. UVic's Centre on Aging is one of three sites in Canada that will begin conducting phone interviews this fall.

As one of 10 sites collecting data from in-person interviews starting in the fall of 2010, the Centre will also team up with researchers in other UVic departments and the Vancouver Island Health Authority to collect data on 3,000 area residents.

for more information, visit www.clsa-elcv.ca

News from the Centre



Bradley Gerhart, Phyllis McGee,
Holly Tuokko & Stephanie Melvin

This summer, Holly Tuokko and Phyllis McGee set up the Candrive Clinic in a University House 3 – a 1964 house on the outer edge of campus. Outside the University's busy inner core and surrounded by trees and walking trails, this is an ideal location for the clinic. Older drivers are able to drive up to the front door of the house and park their vehicles. The clinic is on the ground floor and there is a ramp for those with mobility devices, as well as an automatic door opener for easy access. When it comes time for installing the in-car recording devices, Phyllis is just steps away from participants completing questionnaires in the clinic.

On September 21st, an Open House was held to introduce the Candrive Project and Clinic to the research community. Those invited included research affiliates and students with a focus in aging, project collaborators from the BC's Superintendent of Motor Vehicles and BC's Provincial Licensing Division, the "Friends of the Centre on Aging," and the University buildings and grounds staff who assisted in the set up of the clinic. Off campus guests included Vicki McNulty from the Vancouver Island Health Authority, Stephanie Melvin, Director of Hearings and Fair Practices at the Office of the Superintendent of Motor Vehicles as well as Bradley Gerhart, Senior Policy Advisor, of the Policy and Research Branch, Office of the Superintendent of Motor Vehicles. Attendees enjoyed coffee, cake and strawberries while learning about the study, testing their braking and turning reaction times on the Vericom, checking their vision, and learning what a goniometer is.



Visit from Palliative Care Scholars

From June 15 -19, 2009, Dr. Kelli Stajduhar hosted four international palliative care scholars as part of the International Collaborative on Research in Family Care-giving in Palliative and End of Life Care. Visiting scholars included Dr. Samar Aoun (Director of the Western Australia Centre for Cancer and Palliative Care at Curtin University of Technology, Perth, Western Australia), Gunn Grande (Senior Lecturer at the School of Nursing, Midwifery & Social Work, University of Manchester), Chris Todd (Professor of Primary Care and Community Health/Director of Research, School of Nursing, Midwifery & Social Work, University of Manchester) and Christine Toye (Associate Professor in the School of Nursing and Midwifery at Curtin University of Technology, Perth, Western Australia). As well as developing a research proposal with Kelli Stajduhar and Laura Funk (Centre on Aging), the group gave a community presentation and attended a dinner hosted by the Centre on Aging.



November 11-14, 2009

CSEP 2009 will be the premier pre-Olympic Games exercise science and physical activity conference. The conference will take place in scenic Vancouver Canada (the host city for the 2010 Winter Olympic and Paralympic Games) 93 days prior to the opening ceremony (November 11-14, 2009).

**For a detailed outline of the conference please visit:
www.csep.ca.**

Centre on Aging Graduate Students in Paris

This July, several of the Centre on Aging's current and recently graduated students attended the 19th World Congress of Gerontology Geriatrics, in Paris, France.



Enjoying the sights & sounds of Paris



CIHR Institute of Aging reception at the Canadian Ambassador's House

Shelly Waskiewich, Janet Love, Laura Funk, Heather Cooke, Rachel Dean, and Allison Bielak attended, and were involved in the following posters and presentations:

- Bielak, A.A.M., & Anstey, K.J. (2009, July). *An 11 year study of the covariation of depressive symptoms and cognition in very old adults without dementia: The DYNOPTA project.* (Paper).
- Chappell, N., & Funk, L. (2009, July). *Cross-cultural differences in filial caregivers: Canadians, Chinese, and Chinese-Canadians.* (Poster).
- Cooke, H.A., & Smith, A. (2009, July). *Traditional vs. Pod-Style: An Exploration of the Effects of Architecture on Quality of Care in Nursing Homes.* (Poster). *Exploring older adults beliefs about strength training.* (Poster).
- Dean, R.N., Rhodes, R.E., Wharf-Higgins, J., & Tuokko, H.A. (2009, July). *Exploring older adults beliefs about strength training.* (Poster).
- Funk, L. & Chappell, N. (2009, July). *Attitudes of filial responsibility: are they associated with well-being and burden among three cultural groups of caregivers?* (Poster).
- Love, J., Tuokko, H., & Gallagher, E. (2009, July). *Perspectives on transportation: Building on the Age-friendly Cities Project - A World Health Organization Initiative.* (Poster).
- Penning, M.J., Funk, L., & Liu, G. (2009, July). *Evaluating the UCLA and De Jong-Gierveld Loneliness Scales for Research on Aging.* (Poster).
- Waskiewich, S., & Stajduhar, K.I. (2009, July). *Family caregiver coping in end of life care for people with dementia.* (Poster).

Welcome new staff at the Ladner Office



Welcome to **CAROL SICOLI**, who is responsible for coordinating self-management programs in the Vancouver Coastal Health region. Her initial involvement with the program began as a participant and then as a volunteer leader.

Carol, a strong advocate of health and well-being, has an extensive background as a human resources practitioner and facilitator in adult learning.



Welcome to **ROBERT TOEWS** who is responsible for coordinating self-management programs in the Vancouver Coastal Health region. Robert brings with him a diverse background in family and community based mediation, life coaching plus extensive non-profit volunteer involvement as Vice Chairman, Friends For Life Society including leader and Master Trainer at Centre of Aging since 2005. His passion, positive energy and enthusiasm for self-management programs are evident when the outdoors beckons him whether kayaking, hiking, snowshoeing or trekking long distances like the Camino de Santiago, a 900 kilometer pilgrimage walk. Although he experiences multiple health conditions, that doesn't stop him from promoting, organizing and delivering self-management programs within his area of responsibility.

Robert brings with him a diverse background in family and community based mediation, life coaching plus extensive non-profit volunteer involvement as Vice Chairman, Friends For Life Society including leader and Master Trainer at Centre of Aging since 2005. His passion, positive energy and enthusiasm for self-management programs are evident when the outdoors beckons him whether kayaking, hiking, snowshoeing or trekking long distances like the Camino de Santiago, a 900 kilometer pilgrimage walk. Although he experiences multiple health conditions, that doesn't stop him from promoting, organizing and delivering self-management programs within his area of responsibility.

Punjabi CDSMP for Punjabi speaking People in Surrey

The Centre on Aging Ladner office is pleased to announce the first CDSMP Leader Training Workshop for bilingual, Punjabi and English, participants in Surrey, BC. The coordinator of the program, Jay Bains, comes to the Ladner office with many years of volunteer management and community development in the Indo-Canadian community. Thanks to a grant from Fraser Health, a year-long project is now underway to implement the CDSMP in Punjabi.

Welcome to **CHALLAYNE KENNEY** who coordinates the Chronic Disease Self-Management Program for the Fraser Health Region (west). Her supporting background includes a Masters in health education and experience in coordinating community health promotion projects. Challayne's passion lies in exploring health education strategies that facilitate improvement in quality of life for persons with chronic conditions.



Welcome to **SUZANNE HARMANDIAN** to our Ladner Office administrative team. Suzanne will be providing support and coordination assistance for the various self-management programs. Suzanne brings an extensive background in office procedure, has excellent organizational skills, and has several years experience working in law offices in British Columbia and England.



Welcome to **JAY (JAGDEV) BAINS** who is the new Punjabi Self-management Program Coordinator in Surrey. Jay is a Paul Harris Fellow Rotarian with meaningful experience in employment, mentoring, health and wellness initiatives. A humble personality with Masters Degrees in English and Physical Education, Jay has a well developed sense of multiculturalism and he speaks Punjabi, Hindi and Bengali comfortably. His expertise includes: facilitating workshops, recruiting, training, and empowering volunteers to initiate leadership activities. Practising and writing articles on yoga and health is his passion.



Some people, no matter how old they get, never lose their beauty - they merely move it from their faces into their hearts.

Martin Buxbaum

In Memorium



Dr. Morgan Baker passed away peacefully at home on August 19, 2009 after fighting a short battle with cancer.

Morgan started his teaching career in the Department of Sociology at UVic in 1978. For more than 30 years, he taught and researched in the areas of theory, social psychology, small group dynamics, social gerontology, statistics, and death and dying. He was a popular teacher and accomplished scholar. Morgan researched and was housed at the Centre in the 1990s and remained a valued colleague after returning to his teaching department.



Dr. William Gibson died at his Oak Bay home on July 5th, 2009. He was 95. He was a University of Victoria chancellor, chair of the Centre on Aging Advisory Board, medical researcher and philanthropist.

He had a life-long love for all aspects of medicine and education. Bill wrote 11 books and more than 150 scientific papers, his final book was completed in 2007 and chronicled the scientific and humanitarian contributions by physicians over the age of 65. His involvement at the university and the Centre never wavered. Bill is an inspiration that we hope to emulate – viva la revolution!



Dr. Esther Strauss succumbed on June 17, 2009 after a three-and-a-half-year battle with ovarian cancer.

Esther taught in the Department of Psychology and forged a highly successful collaboration (Project MIND) with Drs. David Hultsch and Michael Hunter. They investigated how short-term fluctuations in a person's reaction time predict later mental decline.

Esther was a research affiliate of the Centre on Aging and her impact on students, colleagues and the university was substantial. She was one of those people who did it all and did it well. We deeply mourn her passing.



Dr. Harold Foster passed away peacefully on August 15, 2009. He was a professor at the University of Victoria's Department of Geography for 41 years. He taught medical geography, disaster planning,

and supervised masters and doctoral students.

Harry authored, or edited over 400 publications, the majority of which focussed on reducing disaster losses or identifying the causes of chronic disease or longevity. He published hypotheses on the origins of numerous diseases, including myocardial infarction, AIDS, cancer, diabetes, schizophrenia, multiple sclerosis, ALS, Alzheimer's and Parkinson's diseases, stroke and AIDS. As a research affiliate Harry was an active member of the Centre before and after his retirement. His support will be greatly missed.

Valued Elder Recognition Award 2009

Congratulations to all the VERA nominees and recipients!



Not all of the nominees were able to attend the tea and be in this photo.

The nominees for 2009 were: Dorothy Adam, Molly Beddington, Ruth Botten, Elaine Brown, Ken Brown, Bob Carter, Shirley Craig, Terry Cushing, Yvonne Dion, Donna Dippie, Helen Dubas, John And Gloria Hopewell, Bill Hustler, Fred Jauck, Akiko Kamitakahara, Joan Lawrence, Jeanne "Jan" Martin, Russ McClellan, Betty Murphy, Carol Pickup, Audrey Prokosch, Marjorie Schmidt, Jack Smith, Marjorie Squires, Eve Taylor, Anne Tyler, Dave Welch, and Til Wilson.

Recipients

TERRY CUSHING

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



Nominated and Supported by:

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

AKIKO KAMITAKAHARA

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



Nominated and Supported by:

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



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 Leah Potter @ 721-6369 or Lois Edgar @ 721-6524, ledgar@uvic.ca.



Students, make sure you check out our new "Student Connection" section of the Centre on Aging's website:

<http://www.coag.uvic.ca/students/>



PRESENT YOUR WORK TO THE WORLD

CALL FOR ABSTRACTS

Deadline: January 15, 2010

The International Society for Gerontechnology invites you to submit an abstract for the 7th World Conference. Presentation options include symposia, free papers and posters. Accepted abstracts will be published in *Gerontechnology*, the official journal of the society.

To submit online or for more information visit www.sfu.ca/isg2010

7th World Conference • May 27-30

hosted by Simon Fraser University Gerontology Research Centre



GERONTOLOGY

Senior Friendly Business Award 2009

Think about your favourite restaurant.

Are the menus in large print and easy to read?

Are washrooms readily accessible, clearly marked, and convenient for seniors with mobility aids?

Are handrails and coat hooks provided in the washrooms?

Are the staff kind, courteous, and helpful?



In short – is the business Senior Friendly?

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

The award honours businesses in the Capital Regional District that provide the most friendly, high-quality services and facilities to customers 55 years of age or over. Let the Centre know about your choice for this award.

To complete on line go to:

http://www.coag.uvic.ca/community_business_award_form.htm

For more details phone the Centre on Aging at 250-721-6369.

Completed forms may be faxed to: 250-721-6499.

***NOTE: Restaurants are our ONLY business focus this year.
The nomination deadline is November 30th.***

LIVING A HEALTH LIFE WITH CHRONIC CONDITIONS VOLUNTEER LEADER TRAINING SESSIONS:

Yakimovich Wellness Centre (Chronic Disease)

1454 Hillside Avenue, Victoria, BC
Fridays, 1:00 pm - 3:30 pm Oct. 30 - Dec. 4, 2009
(Maximum 16 participants)

Victoria Silver Threads (Chronic Disease - for CANTONESE speaking participants)

1728 Douglas Street, Victoria, BC
Fridays, 9:30 am - 12:00 pm Nov. 6 - Dec. 11, 2009

The Jesken Aerie (Langford/Westshore) (Chronic Disease -RESTRICTED to RESIDENTS except with permission of facility)

817 Goldstream Avenue, Victoria, BC
Wednesdays, 1:00 pm - 3:30 pm Oct. 21 - Nov. 25, 2009
- register: 250-474-1524 extension 4
(Maximum 12 participants)

Westcoast General Hospital (Diabetes Education Room) (Chronic Disease)

3949 Port Alberni Highway, Port Alberni, BC
Wednesdays, 3:00 pm - 5:30 pm Oct. 28 - Dec. 2, 2009

Comox Valley Nursing Centre/Primary Health Care (Chronic Pain)

615 Tenth Street, Courtenay, BC
Wednesdays, 2:15 pm - 4:45 pm Oct. 14 - Nov. 18, 2009

Campbell River (Chronic Pain)

Ironwood Place
1351 Ironwood Street, Campbell River, BC
Thursday - Sunday, 9:30 am - 3:30 pm, Oct. 22 - 25, 2009
(Maximum 14 participants)

Cowichan Independent Living (Chronic Disease)

321 Coronation Avenue, Duncan, BC
Fridays, 1:00 pm - 3:30 pm Nov. 6 - Dec. 11, 2009

Comox Valley Nursing Centre/Primary Health Care (Chronic Disease)

615 Tenth Street, Courtenay, BC
Fridays, 1:00 pm - 3:30 pm Nov. 6 - Dec. 11, 2009

Port McNeill

Medical Clinic (Chronic Disease)
2161 McNeill Road, Port McNeill, BC
Dates and times - be announced.

To register call 1-866-902-3767
www.coag.uvic.ca/cdsmp
(click on Vancouver Island Health Authority)



**University
of Victoria**

**Centre
on Aging**

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: Lois Edgar, Anita Jessop, Patrick McGowan, Holly Tuokko