



Director's Perspective

by Holly Tuokko, PhD, RPsych

Happy 20th Anniversary, Centre on Aging and Happy 50th Anniversary UVic! What a year for celebration! Over the past few months, there has been a lot of activity at the Centre in preparation for a very busy and productive year. Our Advisory Board chair and subcommittee chairs have been implementing the integrated plan to guide the Centre's resource allocation and development. This includes updating our Terms of Reference and other related materials. We anticipate these materials will be ready for distribution later this fall.

The Centre's introduction of its Applied Research Colloquium (ARC) in March, as part of UVic's IdeaFest, was very successful with over 120 attendees at the lunch-time panel discussion of "Our aging population and health care: What needs to be done?" hosted by the Office of the Vice President Research. The student poster competition (with support from the Faculties of Graduate Studies, Social Sciences, Human and Social Development and the Vice President Academic & Provost) and reception, sponsored by the Greater Victoria Eldercare Foundation, were a stimulating end to a thought-provoking day. Congratulations to the planning committee for this event!

In the spring of 2012, we welcomed Dr. Vincenza Gruppuso as our Research Coordinator. Vincenza will provide support for the development of research and take a leadership role in knowledge sharing and mobilization activities. She has successfully facilitated two applications for funding to support knowledge sharing activities off and on campus. The Canadian Institutes of Health Research have provided funding to support five informal discussions about research on aging that will provide insight into health-related issues to the general public.



We welcomed Drs. Debra Sheets and Lynne Young, (Nursing), as co-leaders for the Canadian Longitudinal Study on Aging (CLSA) at the University of Victoria. The CLSA is a long-term study that will follow approximately 50,000 Canadians aged 45 to 85 years for at least 20 years (www.clsa-elcv.ca). In this nation-wide study, the Centre on Aging, UVic hosts one of

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Congratulations

Students Funding Success

The Centre on Aging is proud to recognize our students' recent research funding successes. **Cassandra Brown** (PSYC) received a two year award from the Alzheimer Society Research Program (ASRP) with a total award value of \$41,060.

Correne DeCarlo (PSYC) received a three-year award from the Alzheimer Society Research Program, with a total value of \$61,590.

Linda Outcalt has been accepted into the Interdisciplinary PhD program (Sociology and Faculty of Fine Arts) and started her studies in September 2012. Neena Chappell (Sociology and COAG) is her primary supervisor and Mary Kerr (Theatre) is her co-supervisor. Linda has been awarded a Social Sciences and Humanities Research Council of Canada, Joseph-Armand Bombardier Canada Doctoral Graduate Award of \$35,000 for 3 years.

Bryce Mulligan, doctoral student in clinical neuropsychology, received a 3-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.



Join us March 4-15, 2013

For more details check

<http://www.uvic.ca/research/learnabout/news/ideafest/>

Twitter and the Centre on Aging

Follow the Centre on Aging on Twitter @CentreOnAging for knowledge translation, presentation information and related news in aging!



Publications

D. Pacaud, A. Downey, H. Kelley & M. Chiasson. Successful Delivery of Diabetes Self-Care Education and Follow-up through eHealth Media. *Canadian Journal of Diabetes*. Forthcoming Fall 2012.

Higuchi, K; Downey, A; Davies, B; Bajnok, I; & Waggott, M. Using the NHS Sustainability Framework to Understand the Activities and Resource Implications of Canadian Nursing Guideline Early Adopters, *Journal of Clinical Nursing*, Forthcoming 2012.

Upcoming Publication

Drs. Debra Sheets and Elaine Gallagher co-authored an international spotlight article (in press) entitled "Aging in Canada: State of the Art and Science" for *The Gerontologist*. The article describes the demographics of aging in Canada, identifies the main areas of research and key researchers, discusses secondary data sets that are available to researchers, highlights key public policy issues, and discusses emerging issues likely to influence the aging experience in Canada.

Research and Director Featured in UK Periodical, International Innovation

Dr. **Holly Tuokko** and the research of the Centre on Aging (COAG) were featured in the latest issue of *International Innovation*, a UK periodical. The three-page article highlights the need to build a deeper understanding of all aspects of the aging process and COAG's commitment to conducting research that enhances the health, productivity and wellbeing of older adults and their families. The article is available to view at <http://tinyurl.com/coaginternational>.

the five Computer-Assisted Telephone Interviewing sites and one of the 11 Data Collection Sites. We wish to thank Dr. Margaret Penning, former lead of the CLSA at UVic, for her important leadership in the project development and for establishing the strong foundation for the CLSA at UVic.

We welcomed two more faculty members to the Centre on Aging – Dr. Karen Kobayashi (Sociology) who joins us for a three year term and Dr. Colette Smart (Psychology), who is joining us for the Fall 2012 term. We welcome their contributions to the Centre and wish them well in their research pursuits!

Finally, I want to thank all those who contributed to and enjoyed our fall events: a Drive-In theatre presentation of “A League of Their Own” (released in 1992), the Valued Elder Recognition Awards (VERA) and the International Day of the Older Persons (IDOP) lecture. The Drive-In was held in parking lot 10 on the evening of September 8, 2012 as the first of our 20th anniversary events. It was a fund raising activity in support of our graduate student scholarships: the David Lai Scholarship, the Neena Chappell Scholarship, the Alice Lou-Poy Scholarship, and the Elaine Gallagher Scholarship. There was great music from the New Groovement, great food, and a great time was had by all. This year, VERA nominees and recipients were celebrated at the IDOP Lecture given by Dr. Laura Funk, University of Manitoba. Laura was the first recipient of our David Lai Scholarship when she was a graduate student affiliated with the Centre. Thank you to all those who helped make these events so successful!

COAG Scholarship Helped Make Article Possible
Alexandra (Sasha) Jouk, a PhD (PSYC) student affiliate of the Centre on Aging (COAG) and Dr. **Holly Tuokko**, Director of COAG, have published an article in the highly respected, multidisciplinary journal *International Psychogeriatrics*. The article, “A reduced scoring system for the Clock Drawing Test using a population-based sample,” was made possible in part by the Alice Lou-Poy Scholarship.

2012-2013 Scholarship Recipients

We would like to congratulate this year's Centre on Aging scholarship recipients. They are, in alphabetical order:

Heather Cooke, who receives one of the two Centre on Aging Scholarships, is in an Interdisciplinary PhD program.

Sherin Jamal will receive the Neena L. Chappell Scholarship while studying in the doctoral program of Social Dimensions of Health.

Kristina Kowalski will receive one of the two Centre on Aging Scholarships while continuing her Interdisciplinary PhD program.

Bryce Mulligan, a doctoral student in Clinical Neuropsychology, will receive the Alice Lou-Poy Scholarship.

Linda Outcalt will receive the David Cheunyan Lai Scholarship as she works on an Interdisciplinary PhD.



Kristina Kowalski - PhD Graduate student

A new study by Centre on Aging (COAG) student affiliate Kristina Kowalski (INTD) was profiled in the *Times Colonist* on July 15, 2012. *Healthy Bodies, Healthy Minds* is a study on promoting both physical and cognitive health in older adults through engaging in healthy lifestyle behaviours. Kristina has had a wonderful public response from the TC article and other local papers that picked up the story; she has received over 250 calls and emails from people interested in participating in her research.

Valued Elder Recognition Awards

Just as the UN adopted October 1st as International Day of Older Persons in 1990, in 1992 they designated 1999 as the International Year of Older Persons and dedicated the year for movement “towards a society for all ages.” In the declaration they recognized “humanity’s demographic coming of age and the promise it holds for maturing attitudes and capabilities in social, economic, cultural and spiritual undertakings, not least for global peace and development in the next century.” The UN and the Canadian government invited us all to raise awareness and participate in celebrating older adults – an activity that the Centre on Aging embraced. The Valued Elder Recognition Award (VERA) became one of our activities, along with the International Day of Older Persons Lecture Series where the awards are presented.

The first president of our volunteers, who we call the Friends of the Centre, came up with the idea of VERA. Doreen Burrows was one of the first social workers in Victoria to work specifically with older adults and was one of the first supporters of the Centre on Aging. From its inception in 1992 she believed that older adults truly are national treasures. And her belief will once again be supported by the individuals nominated for VERA this year.

The **nominees** in alphabetical order are:

For **Andy Anderson**, volunteering is truly intergenerational in nature. From setting up scholarships at Camosun to raising funds for upkeep of the Brentwood Bay Seniors’ Centre, Andy has put in his best effort.

Agnes Coley describes herself as 92 years young and is still volunteering as often as possible. Is there really anything else to say after that? Agnes has an affinity for the homeless and believes that providing a tranquil setting allows people to respond positively and gives everyone dignity. She has worked at the 9-10 Club since it started and continues to volunteer there today.

Lorraine Collett is often used as an example of a volunteer who uses creativity and approaches even small jobs in a way that exemplifies excellence and makes a difference. She has volunteered throughout her adult life and believes therapeutic volunteering is not only essential for those she assists but for herself as well. The extensive list of agencies and how she has used her own skills and interests to help others is a benefit to our community.



Valued Elder Recognition Awards

Douglas (Doug) Crowe has volunteered throughout his adult life. Some of the work has been personally motivated but all has been driven by his philosophy of community service as a way of life. Doug has worked on large and small jobs in his volunteer career and has remained committed to helping in any way he can.

Helen Evans retired from nursing and took on volunteer activities that seem to rival her work life. In order to give perspective, you need to know that when Helen was working she managed 500 nurses, changed the process of how they were managed and communicated, and dealt with quality assurance for the new process. Then she set up the first Division of Research and Development at Mount Sinai Hospital. Since moving to Victoria, her volunteer work has spanned local to international involvement with all of her local volunteer agencies supporting her nomination.

Audrey Jenkins is truly an important part of the Western Communities – and Metchosin in particular. There isn't a job too small – or too big – for her. She is seen as a person with "joie de vie" and a warmth that makes working with her a reward.

Irene McDonald believes that by volunteering she does what no business or government could pay for. Providing help and support to people and organizations through raising funds and educational programs improves health and quality of life for those who are helped and those who do the helping. She has been an active volunteer in every community she lives in and has used her talents to great advantage for us all.

Jim Ricks volunteers to bring joy – some of it through laughter and some of it, especially around health issues, through knowledge that provides treatment strategies. He believes that cooperation between agencies brings greater good and has supported this

concept throughout his career as a volunteer.

Laurie Rubin has a very busy volunteer life that spans a diverse, broad spectrum of agencies within our community. And the jobs he takes on at these agencies are just as diverse. To quote one of his nominators, "defeat does not seem to be a part of Laurie's inner dialogue" – what a wonderful attribute for our community and as a goal for us all as individuals.

William (Will) Stenton's volunteer life is based on faith and service to the community. So where he lives and is active is where he volunteers. He uses his talents (especially around food) to help and fund raise – something every agency needs these days.

Linda Vance has worked tirelessly for the Greater Victoria Libraries and the Voice of Concern for Animal Life (VOCAL). Her background in office management and accounting has helped in her success as a fund raiser and event organizer. The library has a special place in her heart because of the need she sees for the services they provide in our community and the value she received from it, first as a child and now as an adult.

If you would like more information about the VERA nominees, please go to our website at: http://www.coag.uvic.ca/community_vera.htm.



Centre on Aging Volunteer Jim Lodge

Valued Elder Recognition Awards

While we believe that all of the nominees deserve the award, it is an unfortunate fact that we are unable to award everyone as they deserve. The selection committee had a difficult time deciding who to present with VERA this year. The three recipients are:

Andy Anderson



- 1984 – 1995 Oak Bay Volunteer Services
- 1985 – Present RCMP Veterans Association:
Past President, Chair of National AGM
- 1985 – Present Rotary International: Past President of Oak Bay, Sidney by the Sea and Brentwood Bay Clubs
- 1989 – 1995 Better Business Bureau of Vancouver Island: Chair of Board of Directors
- 1990 – Present BC Fruit Testers Association
- 1997 – 2007 Thrifty Foods Sendial Program
- 2005 – 2008 Tourist Information Officer, Level 1
- 2005 – Present Sidney Lions Food Bank
- 2008 – 2010 SHOAL Centre

Nominated and Supported By:

- Rosie Bowman, President, Victoria RCMP Veterans Association
- Susan Brice, Director, Victoria Silver Threads Service
- Beverley Elder, Administrator, Sidney Lions Food Bank

- Joan Firkins, Zone 25 Regional Rotary Foundation Coordinator
- Wendy Halliday, Rotary Club
- Joan Halvorsen, Executive Director, Oak Bay Volunteer Services
- George Lawson, Central Saanich Police Department
- Judy Wiggins, Manager, SHOAL Centre

“The staff, residents, members and other volunteers looked forward to Andy’s Thursday shifts, because with him came humor, compassion, hard work, and flowers from his garden!” – Supporter

“Andy’s generous contribution of time has been instrumental in the success of the food bank in our community. Never once has he been too busy to give us his full time and attention. ... His attitude towards clients and fellow volunteers is always respectful and upbeat.” – Supporter

“Because of Andy’s lifetime of exemplary service within our Community, the number of people who volunteered to support this nomination, were as varied in age as in experience. Andy is one of those people whose positive attitude, combined with his incredible work ethic, draws people in. He is a mentor who leads by example. And he loves to have fun!” – Supporter

Lorraine Collett



- Early 80s Juan de Fuca Rec Centre: Work with special needs children
- 80s – Early 90s Sooke Highlanders Pipe Band: Historian

Valued Elder Recognition Awards

1986 – Present	City of Colwood Inter Municipality Advisory Committee on Disability Issues
1988	BC Summer Games Victoria
1989 – 1994	Greater Victoria Hospital Society, Gorge Road Hospital: Recreational Therapy
2003 – 2006	VIHA Royal Jubilee: Aphasia program trainer
2003 – 2011	Youth Custody Centre
2004 – Present	Victoria Women’s Transition House: Assistant to shelter manager
2007 – Present	Colwood Heritage Commission
2007 – Present	Glengarry Hospital/Gorge Road Hospital: Recreational Therapy
2011 – Present	VIHA-Victoria General Neurological Unit

Irene McDonald



1990s – to Present	Canadian Club of Victoria: Past President and Board Member Lifelong Member First United Church, Victoria
1986 – 2011	Braefoot Place Strata: President
Over last 20 years	Canadian Cancer Society, BC and Yukon Division: Chair of various committees Capital Regional Family Services: Volunteer counsellor/mentor Other volunteer activities related to education

Nominated and Supported By:

Dianne de Champlain, Victoria Women’s
Transition House, Volunteer Program Coordinator
Elsie Hanson, Youth Custody Centre, Coordinator
of Volunteers
Valeria MacGillivray, VIHA Speech Pathologist,
Supervisor of Aphasia Program
Kathy Nies, Royal Jubilee Hospital and Gorge Road
Hospital, Manager, Volunteer Resources
Fred Ruiz, Victoria Women’s Transition House,
Shelter Manager
David Saunders, Past Mayor of Colwood

*“Lorraine has dedicated her retirement life to
volunteering in several organizations. Lorraine has
not sought recognition, and has quietly contributed
well over a thousand hours of her time to Victoria
Women’s Transition House, and many hundreds of
hours in several other organizations.” – Supporter*

*“Lorraine is one of those individuals that you meet
in your life time that truly inspires people in the
community. ... Lorraine was one of our hardest
working volunteers... Always a smile on her face and
willing to put others in front of herself.” – Supporter*

*“When Lorraine volunteers she works hard! ...
She is attentive to detail, focused, conscientious,
dependable – the adjectives of commendation of her
contribution are endless.” – Supporter*

Nominated and Supported By:

Jim Knock, Board Member, Canadian Club -
Victoria
Sheila MacDougall, Cancer Society
Dr. Allan Saunders, Lead Minister, First
Metropolitan United Church
Beverley Wilden

*“Irene has volunteered where she saw a need, not
for a high profile. When she, or an organization,
identified a need, she organized people, developed
educational programs or helped raise funds to meet
that need. ... She is a shining example of a life well
lived to the benefit of her community.” – Supporter*

Please join us in congratulating the 2012 Valued Elder
Recognition Award recipients.

News from the Survey Research Centre

The Survey Research Centre (SRC) has had a busy summer. One of the biggest projects at the SRC has been continuing to enroll participants into the Canadian Longitudinal Study on Aging (CLSA) and administering the initial one hour interview with the participants.

A well-earned congratulations goes out to the SRC interviewers as at end of September they reached and passed 1,700 completed interviews. The summer saw the interviewers overcome many obstacles from learning the new software upgrades to juggling different calling hours across different time zones trying to find their stride. The SRC has never called during the summer on a project of this size before. The patience and skill of our team and those at the national office of the CLSA has been amazing.

As we add to our interviewer team over the next

few months, we are very excited to see what the upcoming fall and winter season will bring. With the national CLSA team always bringing out improvements to the system we look forward to what our team can do in the future.



SRC interviewers preparing for the start of their day.

SMAART 2013

Multivariate Analysis of Change

June 2013
University of Victoria

This workshop will provide an overview of longitudinal design and analysis, with emphasis on current statistical approaches for the analysis of longitudinal data. Conceptual and research design issues will be discussed throughout with an emphasis on alternative models for explaining and predicting individual-level change.

Join us in June!

More information will be available at www.coag.uvic.ca

Applied Research Colloquium

As a participant of UVic's IdeaFest, the Centre on Aging presented a one-day colloquium. The Applied Research Colloquium was entitled, *Reflecting on Aging: Setting New Directions* presented on March 8, 2012.

The morning featured a keynote address by Colette Smart, PhD (PSYC) who is a research affiliate of the Centre on Aging. She spoke to a capacity crowd on the impact of contemplative practices on the structure and function of the brain, and her current research regarding a potential role for mindfulness meditation in dementia prevention and intervention.

Dr. Smart's talk was followed by a student poster display and a series of concurrent sessions on topics ranging from health care for seniors and in-home care to caregiving and behaviours in aging. A lunch hour panel titled *Our Aging Population and Health Care: What needs to be done?* was sponsored by the Office of the Vice-President Research and was well attended.



One of the posters in the student poster competition.

A closing panel recapped the highlights from the day's presentations and was followed by a reception sponsored by the Greater Victoria Eldercare Foundation and catered beautifully by UVic Catering. At the reception, the student poster excellence awards were announced, with **Rebecca Morris** (SOCl)

taking top prize for her poster, "Exploring the Caregiving Attitudes/Expectations of Adult Stepchildren and Their Stepparents".

The Centre on Aging thanks the following units for their sponsorship of the poster awards: Human & Social Development, Graduate Studies, Vice-President Academic & Provost and Social Sciences.



Our Aging Population and Health Care lunchtime panel





Canadian Institutes
of Health Research

Instituts de recherche
en santé du Canada

Canada

CIHR CAFÉ SCIENTIFIQUE
PRESENTS

Science on tap

Quench your interest

The UVic Centre on Aging presents
CAFÉ SCIENTIFIQUE

**“Living Apart Together (LAT) Relationships: A New
Emerging Family Form in Canada”**

Families in later life are changing in Canada. The emergence of “non-traditional” families and new forms of interdependence in the latter stages of the life course lead to many questions, let’s discuss these questions.

by Karen Kobayashi, PhD

Tuesday, January 15, 2013 6:30PM
Doors open at 5:45PM
Strathcona Hotel - The Maple Room
919 Douglas Street

This is a free event and seating is limited.
Please RSVP to senage@uvic.ca or call 250-721-6369.
Light refreshments are provided & food may be ordered
from the restaurant menu. Full bar available.

Visit www.coag.uvic.ca for details on our 2012/2013 series,
and follow us on Twitter: @CentreOnAging.



New Funding for Centre on Aging Affiliates

UVic Photo Services

The Honourable Tim Uppal, Minister of State (Democratic Reform) made a funding announcement on August 16, 2012 at UVic for a study led by Centre on Aging (COAG) research affiliates Dr. Margaret Penning (SOCl) and Dr. Denise Cloutier (GEOG). The project, examining how older adults navigate through various phases of the long-term care system, including assisted living, hospital and residential care, will receive more than \$330,000 in funding from the Canadian Institutes of Health Research (CIHR) and the Michael Smith Foundation for Health Research (MSFHR). “A clearer understanding of these patterns and their predictors is critical



for the quality of life of older adults and their families and affects health policy decision-making at all levels,” said Dr. Cloutier. The project is among 27 projects recently funded through CIHR’s Partnerships for Health System Improvement program. The program supports teams of researchers and health care decision makers that work together to develop and implement solutions to health care challenges. Projects are co-funded by partners in the public and private sectors. The program is an example of how the Government of Canada is working with partners to improve health care across the country.

“The Michael Smith Foundation for Health Research is pleased to be helping researchers like Drs. Penning and Cloutier ensure health care providers and administrators have the evidence they need to make informed decisions,” said Dr. Diane Finegood, President and CEO of MSFHR. “This partnership with CIHR is one way we ensure new knowledge is translated into day-to-day health care delivery, ultimately leading to improved health outcomes for British Columbians and all Canadians.”



UVic Photo Services

“Fraser Health is the fastest growing health authority in British Columbia, and significant growth is occurring in the older adult population. This collaboration with the University of Victoria’s Centre on Aging allows us to work with researchers who have the same passion for older adult care as we do,” said Heather Cook, Executive Director, Residential Care and Assisted Living. “We are confident that the results of this research project will provide us with valuable information, and assist us in developing services and care strategies to best meet the needs of our growing aging population.”

Thank you!



Dr. Margaret Penning has stepped down from her role as site investigator for the University of Victoria (UVic). Margaret has been involved in the CLSA since planning began in 2002. The Centre on Aging, UVic and the CLSA team thank her for her contributions and leadership in the implementation of the UVic DCS and CATI sites, as well as her work as theme leader for the CLSA Social Theme Working Group.

Student Awards

Dr. Debra Sheets nominated two 4th year nursing students for Jamie Cassels Undergraduate Research Awards (JCURA) offered through the Learning and Teaching Centre. The JCURA provides \$1500 of support for exceptional undergraduate students to obtain a direct research experience. **Sophia Gardezy** is working as a research assistant with the Canadian Longitudinal Study on Aging (CLSA) at the Gorge Hospital where participants undergo a 3 hour clinical assessment. **Brittany Reed** is working with a research team investigating the impact of therapeutic clowning on the quality of life of older adults in residential long-term care

The Centre on Aging received its first Jamie Cassels Undergraduate Research Award (JCURA) through Dr. **Holly Tuokko's** nomination of **Laura Walzak**. This prestigious prize administered by the Learning and Teaching Centre will allow Laura to delve further into older driver decision making. She will conduct group comparisons and analyses using the Canadian Driving Research Initiative for Vehicular Safety in the Elderly (Candrive) common cohort study. Laura's work will focus on attitudes and beliefs toward driving and health status with the intention of providing a solid foundation for future longitudinal investigations within this large cohort of older drivers.

Dr. Debra Sheets nominated **Carmina McGuire** for 2012-2013 CIHR Health Professional Student Research Award which provide \$2125 in funding to work on a research project. Carmina conducted research with Dr. Sheets, and a research team to evaluate the Enhanced Seniors Team (EST) in Nanaimo. The EST is an initiative that Vancouver Island Health Authority (VIHA) launched to improve care for frail, at-risk older adults being seen in the Emergency Department (ED). The EST initiates early, goal-directed care planning and evidence-based interventions to prevent cognitive and functional losses associated with acute illness among hospitalized older patients.



Dr. and Mrs. David Lai at Government House after Dr. Lai received the Queen's Diamond Jubilee Medal, March 16, 2012.

Vancouver Island Partnership for Aging Care

From Research to Reality

Skin Care Fair demonstration



Since joining forces to brainstorm ideas in April 2010, participants from the University of Victoria (UVic), the Greater Victoria Eldercare Foundation and the Vancouver Island Health Authority (VIHA) have formalized their partnership to strengthen care for the elderly both now and well into the future. The Vancouver Island Partnership for Aging Care (VIPAC) promotes effective collaborative relations with respect to research, education and academic exchanges related to the health of older adults. In other words: Research what we're doing now, incorporate new technologies and care models, shape new education programs, effect changes in policy and practice all with the aim of promoting excellence and innovation to enhance optimum aging of seniors on Vancouver Island.

Several initiatives are moving forward and research project findings are being used to translate knowledge in positive ways that impact care for the elderly. The UVic/VIHA led Quality of Life in Adult Day Programs research project resulted in the development of an educational workbook tool

that has been shared with Adult Day Program providers on Vancouver Island. Findings from an End of Life research project led by UVic and VIHA which was conducted at the Aberdeen Hospital have resulted in three knowledge translation projects which were funded by the Eldercare Foundation. The Aberdeen End of Life Library is a valuable resource lending library that is available to residents, family members, staff and volunteers. The End of Life Collage on display in the link-hallway between the Aberdeen Hospital and the Hillside Seniors Health Centre is a powerful piece completed by caregivers to illustrate their experiences, share their feelings with others and provoke

thoughtful discussion. The Aberdeen Residential Skin Care Fair was deemed a huge success in bringing staff, families, residents and volunteers together to discuss and demonstrate delivery of care. It has resulted in a proposal to develop a template that can be shared with other residential care facilities.

Skin Care Fair 2012



Faculty

Welcome New Co-Leads for Canadian Longitudinal Study on Aging

The Centre on Aging (COAG) welcomes Drs. **Debra Sheets** and **Lynne Young** (NURS) as the new site co-leads for the Victoria site of the Canadian Longitudinal Study on Aging (CLSA). The CLSA is a national, long-term study that will follow approximately 50,000 men and women between the ages of 45 and 85 for at least 20 years. The Victoria in-home interviews component of the study began on July 30, 2012 and the interviews at the CLSA Data Collection Site (Gorge Road Hospital) started at the end of August. The CLSA is one of the most comprehensive studies of its kind undertaken to date, not only in Canada but around the world, with data collection sites in seven provinces from British Columbia to Newfoundland.



Dr. **Lynne Young** was nominated and chosen for the 2012 Canadian Association of Schools of Nursing (CASN) Award for Excellence in Nursing Education (Tenured Position). The award acknowledges the contributions and accomplishments of individuals to foster the highest standards in professional nursing education through high quality teaching, mentorship, innovation in education, leadership, and active engagement in promoting excellence in nursing education. The award will be presented at a special awards reception on November 13, 2012 at the annual CASN Council Meeting in Ottawa, ON.



Research Affiliate Funding

Dr. **Vicky Scott** was awarded a 2011 Canadian Institutes of Health Research grant in the Partnerships in Health Systems Improvement program to evaluate the Strategies and Actions for Independent Living (SAIL) program. As the Principal Investigator, Dr. Scott and colleagues will evaluate the cost-effectiveness of the staff fall prevention training program on health promotion and injury prevention among publically-funded home support clients in BC.

Dr. Scott developed this program as a result of home care practitioners across BC expressing a need for an evidence-based initiative designed to work within routine home support service delivery. This study will also identify methods for the sustainability of the program to meet national accreditation standards. Dr. Scott will aim to strengthen the partnership between Vancouver Coastal Health, Fraser Health, the Ministry of Health, and Accreditation Canada – all of whom are represented on the research team of this important study.

Betty Havens Prize for Knowledge Translation in Betty Havens Prize to Neena Chappell

Dr. Neena Chappell, research affiliate of the Centre on Aging, is the recipient of the 2012 CIHR Institutes of Aging Betty Havens Prize for Knowledge Translation in Aging. The aim of the award is to recognize outstanding achievements and excellence in knowledge translation in aging at a local or regional level, and to provide financial support to further foster excellence and innovation in knowledge translation activities. The Betty Havens Prize includes an award of \$50,000.

Diamond Jubilee Medals

In 2012, Queen Elizabeth II Diamond Jubilee Medal is being presented to honour significant contributions and achievements by Canadians as a celebration of Queen Elizabeth II's Diamond Jubilee. During the year of celebrations, 60,000 Canadians will be recognized.

On March 16, 2012, His Honour the Honourable Steven Point presented the Queen Elizabeth II Diamond Jubilee Medal to recipients of the Order of Canada who live on Vancouver Island and the Gulf Islands. Dr. David Chuenyan Lai, Member of the Order of Canada, was one of the recipients at Government House.

For their contributions in Gerontology, Centre on Aging Research Affiliates Drs. Neena Chappell, Marcus Hollander and Margaret Penning were presented with the commemorative medal at the 2012 Annual Scientific and Educational Meeting of the Canadian Association of Gerontology, October 18 – 20, 2012 in Vancouver, BC.



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



2013 VALUED ELDER RECOGNITION AWARD

Please contact us if you are interested in nominating a volunteer

Call 250-721-6369 or visit www.coag.uvic.ca for details

Masterminds 2013

The Masterminds lecture series highlights the continuing contributions of the University of Victoria's retirees to the University and to the community. With the generous support of the University of Victoria, the UVic Retirees Association and the Centre on Aging, a free lecture will be presented each Wednesday in April.

Lectures start at 7:00 pm Harry Hickman Building, Room 105, University of Victoria

Dates to save: April 10, 17 24, and May 1, 2013

More information will be available at www.coag.uvic.ca/events.htm



**University
of Victoria**

Centre on Aging &
Retirees Association

CONTACT INFORMATION

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

You can reach the Centre at 250.721.6369 or fax 250.721.6499

Articles and submissions by: Lois Edgar, Shay Marshall, Lori McLeod, Linda Outcalt, Leah Potter,
Debra Sheets, Colette Smart, Holly Tuokko and Yasmin Yassin

www.coag.uvic.ca

Creating a Lasting Contribution



Contributing to the quality of life for an aging society

Yes, I will support the Centre on Aging!

With my donation of:

- \$25 \$50
 \$75 \$100
 \$150 \$250
 Other \$ _____

Method of Donating:

- MC Card #: _____ Expiry: _____
 Visa
 AMEX Signature: _____
 Cheque attached, inscribed to University of Victoria

Please direct my donation to:

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For more information on giving, please contact:

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