



Director's Perspective

by Holly Tuokko, PhD, RPsych

Our biggest news is that the Centre on Aging completed a move from Sedgewick A (where the centre was housed for 15 years) to R Hut. The planning and execution of the move were coordinated in collaboration with Facilities Management and the Office of the Vice President Research. The Victoria Longitudinal Study (VLS) and the Canadian Driving Research Initiative for Vehicular Safety in the Elderly (Candrive) offices are also now housed in R Hut. A few renovations were required to create spaces where various types of equipment can be set up for data collection purposes, including 12 work stations in the new Survey Research Centre. One of the main reasons for moving to R Hut was to be more accessible to our Friends and partners in the community. R Hut is located on MacKenzie Avenue across from the Centre for Athletics, Recreation, and Special Abilities, presently under construction.

Our 2012-13 Café Scientifique series funded by the Canadian Institutes of Health Research to support six presentations hosted in the community was very well attended and evaluated, and we have received funding to host another six Cafés during 2013-14. The Café held in March of 2013 was part of Ideafest, the University of Victoria's festival celebrating some of UVic's brightest research. We hosted another event during Ideafest: "Emerging Research across the Lifespan" with the Centre for Early Childhood Research and Policy, and the Centre for Youth and Society. Five students from each Centre presented posters, as did high school students and seniors involved in the Greater Victoria Eldercare Foundation's Trust Us program.

In March of 2013, we received notice that the centre's research centre status will expire on 31 March 2014 and that a review of the centre will take

place during the final year of the Centre's approved mandate. A self-assessment report was submitted to the Office of the Vice President Research (OVPR) and the review panel—Drs. Thomas Hadjistavropoulos (Director, Centre on Aging & Health; Professor, Department of Psychology, University of Regina), Janice Keefe (Professor and Director, Nova Scotia Centre on Aging, Lena Isabel Jodrey Chair in Gerontology, Mount Saint Vincent University), and Bernie Pauly (Scientist, Centre for Addictions Research of BC; Associate Professor and Associate Director, Research and Scholarship, School of Nursing, University of Victoria)—will spend two days together at the Centre in November 2013 to meet with representatives from our stakeholder groups (e.g., research affiliates, students, seniors, community partners, senior administration) before submitting their report about the centre to the Vice President Research. We look forward to their comments and recommendations!



continued on page 2

Inside

News from the Centre	2, 3, 12-13
Open House Invitation	3
Valued Elder Recognition Award	4-6, 15
Call for participants, new research	7, 11
CIHR planning grant	8-9
Centre on Aging Cafe Scientifique	10
Centre for Biomedical Research Cafe Scientifique	14
Masterminds	15
Giving to the Centre on Aging	16

Faculty Congratulations

Canadian Academy of Health Sciences

The Centre on Aging is proud to recognize our research affiliates **Cecilia Benoit** (SOC), **Neena Chappell** (SOC), and **Scott Hofer** (PSYC), who were inducted as Fellows of the Canadian Academy of Health Sciences (CAHS). Formed in 2004, CAHS provides assessments of, and advice on, urgent issues affecting the health of Canadians.

American Journal of Nursing Award

Dr. **Kelli Stajduhar**'s book, *Religious Understandings of a Good Death in Hospice Palliative Care*, was awarded an American Journal of Nursing "Book of the Year" award. Congratulations Kelli.

Student Congratulations

Correne DeCarlo (PSYC) received a Phillip Rennick Award from the International Neuropsychological Society. The award was created to honor the contributions of Dr. Phillip Rennick and to recognize the impact he has had in the area of neuropsychology. The award is given to the best submission by a graduate student. She earned the award for her work entitled: *Genetic Influences and Vascular Health Moderate MCI Status and Stability: Evidence from the VLS*.

Anna Jeznach (PSYC) received an Interdisciplinary Fellowship Award from the Technology Evaluation in the Elderly Network for her proposed research on advance care planning for cognitively impaired older adults. This is the first time that these awards have been available to trainees.

Student Welcome

Yukari Furusato is an international student working with Dr. Neena Chappell. Yukari is working on her PhD in the Department of Behavioral Science, Graduate School of Arts and Letters at Tohoku University. Currently, she holds an MA and is a Japan Society for the Promotion of Science Predoctoral Fellow.

Faculty Publications

Dr. **Michael Prince** has published two books that address issues of pensions, aging populations, and intergenerational relations in the Canadian context.

G. B. Doern, A. M. Maslove, and **Michael J. Prince**, *Public Budgeting in the Age of Crises: Canada's Shifting Budgetary Domains and Temporal Budgeting*, Montreal and Kingston: McGill-Queen's University Press, 2013.

James J. Rice and **Michael J. Prince**, *Changing Politics of Canadian Social Policy, Second Edition*, Toronto: University of Toronto Press, 2013.

Living Apart, Together (LAT)

Drs. Karen Kobayashi and Laura Funk's research on short-distance LAT couples in Canada was featured in a MacLean's magazine article by Manisha Krishman on September 17, 2013.



Director's Perspective continued from page 1
In the fall term of 2013, we welcomed Dr. André Smith, recipient of our UVic Social Science Faculty Fellowship for 2013-14, who joins us from the Department of Sociology. We wish him well in his research pursuits!

Finally, I want to thank all those who contributed to and enjoyed our 2013 events including those held in the fall: the Valued Elder Recognition Awards (VERA) and the International Day of the Older Persons (IDOP) Lecture. The VERA nominees and recipient were celebrated with a lunch prior to the IDOP lecture given by Dr. Ryan Rhodes and Kristina Kowalski from the School of Exercise Science, Physical & Health Education at the University of Victoria. They enlightened us about the benefits of 'getting physical' and taught us a few disco moves! Thank you to all those who helped make all of our events so successful!



Twitter and the Centre on Aging

Follow the Centre on Aging on Twitter @CentreOnAging for research updates, event information and related news in aging!

You are invited to the Centre on Aging's

Open House & Holiday Party



Please join us
Wednesday, November 27, 2013
3:00 pm – 6:00 pm
Hut R Building, off McKenzie Ave
University of Victoria

We will also be
launching our
Centre on Aging
Teaching
Resource Toolkit!

There will be food, drink and fun for the whole family!

Please RSVP by November 15, 2013
to senage@uvic.ca
or 250-721-6369

Join us in
our new
location in
Hut R!

Students

2013-2014 Scholarship Recipients

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

Heather Cooke will receive the David Cheunyan Lai Scholarship as she works on an interdisciplinary PhD. Her program of research, other research projects and publications are helping to improve the quality of life for older adults.

Amanda Kelly will receive the Neena L. Chappell Scholarship while studying in the masters of science program of Lifespan Development in the Department of Psychology. This is her first year of study after completing an exemplary undergraduate degree in Biology and Psychology.

Bryce Mulligan, a doctoral student in Clinical Neuropsychology, will receive the Alice Lou-Poy Scholarship. His research on day-to-day variability in cognitive functions is making a difference for older adults with cognitive impairment.

Valued Elder Recognition Awards

VERA was developed in 1999, the International Year of Older Persons, and first presented in 2000. The Valued Elder Recognition Award was developed by a group of seniors who were dedicated to helping the Centre on Aging share its research with, and appreciation of, older adults. Led by Doreen Burrows, the first president of the Friends of the Centre on Aging and one of the first social workers in Victoria to work specifically with older adults, this group worked from a belief that older adults truly are national treasures.



Canada designated October 1st National Seniors Day in 2011. Our federal government sees this as “an occasion for all Canadians to appreciate and celebrate seniors” since they “have helped build our

country and continue to make valuable contributions to Canadian communities, workplaces and society.” These nominees for the Valued Elder Recognition Award are clearly making valuable contributions and are wonderful examples of the spirit of VERA and our federal government’s vision for National Seniors Day. The 2013 nominees in alphabetical order are:

SHEILA M. BLAKE

- 1973 - present Greater Victoria Performing Arts Festival
- 1970s – present Community Arts Council of Greater Victoria
- 1978 – 1987 Art Gallery of Greater Victoria
- 1978 – 1987 Inter-Cultural Association of Greater Victoria
- 1980 – 1990 Victoria Immigrant & Refugee Centre Society
- 1989 – present Belfry Theatre
- 1999 – Present Theatre Inconnu

Nominated and Supported By:

- Clayton Jevne, Theatre Inconnu
- Tara Gilroy-Scott, Belfry Theatre
- Bob William, Community Arts Council of Greater Victoria



Valued Elder Recognition Awards

“Her ability to contribute collaboratively with all in our organization is an inspiration to us all.”

– Supporter

“She has boundless energy and enthusiasm for any challenge, and eagerly jumps into any challenge which benefits arts and culture in our community.”

– Supporter

“Sheila is a prime example of how even as we age we can fill our lives with meaning, give back to our community and fully embrace the values which are most important to us.”

VAUGHN EDWARDS

1989 – 1995	Sea Cadets
2003 – Present	Government House, Rose Garden
2004 – 2009	Government House, Archives

Nominated and Supported By:

Jerymy Brownridge, Government House
 Linda Langwith, Friends of Government House
 Brian A. Rogers, Friends of Government House
 Catherine Spencer, Friends of Government House

“Vaughn is...an excellent ambassador, often seen chatting with visitors or on hand to discuss the roses with VIP guests of the House.”

–Supporter

“This gentleman has quietly served his community and, at the same time, created an inner city garden for all to enjoy.”

– Supporter

“Vaughn is also very much a people person. There are many visitors to the gardens at



Government House, and he always takes the time to answer their questions and to make them feel welcome.”

– Supporter

CAROL PICKUP

1980 – 1981	Victoria General Hospital Foundation
1986 – 1987	Hospice Victoria
1993 – 1996	Saanich Volunteer Services
2005 – present	Friends of the Library
2006 – 2008	South Island Health Coalition
2008 – 2010	The Land Conservancy
2008 – present	Seniors Entitlement Service
2009 – 2011	Saanich Peninsula Health Association
2011 – present	Farmlands Trust
2011 – present	Civic Orchestra of Victoria

Nominated and Supported By:

Lyne England, Greater Victoria Seniors
 Bonita Smith, Civic Orchestra of Victoria
 Wendy Strong, South Island Health Coalition
 Susan Zerby, Saanich Volunteer Services

“A true ‘friend to seniors’, Carol works with compassion as a personal advocate for those who need help. She also promotes partnerships with volunteer organizations that are interested in an array of issues related to seniors’ welfare, health care services and public facilities.”

– Supporter

“Mrs Pickup’s keen sense of responsibility, energetic approach to her work and ability to give attention to detail no doubt comes from her years of service to others. She has been a tireless advocate for others since her



Valued Elder Recognition Awards

retirement.” – Supporter

“...I am aware of how difficult it must be for seniors without a relative to advocate on their behalf, and sincerely hope that Carol can be recognized for the countless hours of work she puts in on behalf.” – Supporter

“Her able stewardship of the garden and its hardworking, cheerful volunteer group makes an invaluable contribution to the Gardens.” – Supporter

“When Dr. Lam, Lieutenant General for British Columbia at that time, suggested that there be formed a society of volunteers to help with the gardens of Government House, Diane Symes was one of the first to sign up. She is supervisor of one of the gardens, has worked in the gardens and brought them to their current beauty ever since.” – Supporter



DIANE SYMES

- 1989 – 1994 Canvasser for Heart, Cancer and Kidney Foundations
- 1989 – 2012 Art Gallery of Greater Victoria
- 1992 – present Government House, Gardens
- 1999 – present Belfry Theatre
- 2007 – present First Metropolitan United Church

Nominated and Supported By:

- Jerymy Brownridge, Government House
- Nairn Hollott, Friends of Government House
- Catherine Spencer, Friends of Government House

“Diane is not only pleasant and dedicated, but has been an extremely reliable member of the Friends for many, many years. It is because of people like Diane that we are able to sustain this spectacular Estate and maintain a strong and positive presence in the community.” – Supporter

The recipient for 2013 is Carol Pickup. Carol is a retired nurse and Saanich Councillor with a gift for fund raising and an interest in activities that improve quality of life – as you can see from the very long list of organizations where she currently (and previously) volunteered. While her volunteer work encompasses more than seniors’ issues, Carol states her purpose in volunteering is “to improve the quality of life in the CRD”. Carol also tells us that her “work with fellow seniors is probably the most rewarding and satisfying.” To quote from her nominator, Wendy Strong, “she cares deeply...and works tirelessly to make life easier”.





Family members, friends, and health professionals caring for
Individuals with Dementia
Needed for a UVic Research Study on
Older Driver Safety

What is Required?

- Voice your story/issues/concerns in a 1-hour focus group.
- You may be asked to view a 50-minute play in DVD-format about issues surrounding older driver safety.
- Individuals outside of the Victoria area are eligible to participate.

Where/When?

- University of Victoria or other convenient community venues. Phone interviews are also possible for those unable to physically attend.
- Ongoing 2013/2014. Specific dates and times to be determined.

How Will You Benefit?

- Be an active contributor to the development of a driving “toolkit” to help other caregivers approach the topic of driving safety with their loved ones/care recipients.
- Receive a hard-copy of the toolkit once it is completed.

**If you would like to participate, please contact Alexandra Jouk at
(250) 532-6361 or ajouk@uvic.ca**

CIHR Planning Grant Meeting

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

The aging population is a well-known global phenomenon that requires more caregivers and/or different models of care delivery. At the same time, resources of any kind (e.g., monetary, human) are limited and the situation is worsened by the chronic shortage of front-line caregivers, who provide the major part of personal care to residents in care facilities. International discussions about quality and quantity of care that older persons in residential care facilities should legitimately receive is increasing, while evidence shows that quality of care (e.g., reductions in pressure ulcers), quality of life, and cost savings are related to staffing level, skills mix and amount of caregiver time spent with residents. For

example, social interaction (the strongest social predictor of emotional well-being) is a crucial resource, a dimension of quality of life, and a protective factor for disability and decline in physical and cognitive functioning as well as for premature mortality. Social networking is one of the most important factors for successful aging measured not only in numbers of years, but also in quality of life (www.bluezones.com). Social isolation among older persons, especially those living in residential care, increases with age that, in turn, results in increased disability.

In BC, according to the existing evidence, of the total amount of investment expenditures (\$45.463 million) across all health authorities during 2010-2011, the majority (58.8%) was invested in increasing the number of care providers and hours for direct care (average across the province 2.98 hours per resident per day) in residential facilities that cost \$38.270



million. Nevertheless, several questions arise:

- If a caregiver provides direct care about three hours per resident per day, where are the rest of the (non-direct care) hours spent?
- If a resident receives direct care about three hours per day, how does one spend the other hours of a day?

What does one want to do? Who can/should support these activities?"

Above all, it is a challenge that such a disproportionate amount of money is being spent on direct care for residents. To address this challenge, the Vancouver Island Health Authority (VIHA) or Island Health (as it has recently been renamed) has set priorities for residential care facilities that include

- individual-centered care to meet resident needs and demands for more options and choices;
- evidence-based practices, knowledge translation activities, and continuing caregiver learning to maximize efficiencies and improve organizational and individual performance levels; and
- application of innovative care delivery models to augment available resources, effectively manage caregiver shortage, and reduce waste of the system (e.g., time, unnecessary interruptions).

The Centre on Aging fully supported and organized the event. Ms. Lynn Cummings, on behalf of VIHA, provided expert advice, facilitated access to and relationships with healthcare professionals and decision makers, and helped to ensure the focus of the grant proposal to be relevant to knowledge users' interests and, in turn, increases the likelihood the findings will be integrated into practice.

All participants indicated a special interest in attending the meeting and contributed to the beginning of new research collaboration. The primary outcome from the event was the development and submission (this Fall) of a collaborative grant proposal in implementing system and resident interventions to improve quality of life of older adults living in residential care settings. The dissemination of specific knowledge translation products resulting from that meeting include a report of participants' experiences and/or challenges of the meeting in collabora-

tively initiating a research program and a summary of literature review findings on the specific proposal topic including key messages to knowledge users and policy and decision-makers.



Science on tap

Quench your interest

The Centre on Aging Presents: The Longevity Revolution: Changing the Rules

Please check our website for changes to schedule

October 23, 2013 Patrick McGowan

"The benefits of self-management of pain for your health"

December 4, 2013 André Smith

"For a brighter tomorrow': Appraising the controversial promise of Alzheimer's drugs with insights from family caregivers and prescribing practitioners"

January 29, 2014 Maneesha Deckha

"Legalizing Assisted Suicide – a step toward equality for vulnerable groups?"

March 5, 2014 Vicky Scott

"Healthy aging through fall prevention among older Aboriginal people"

May 7, 2014 Anne Bruce

"Keeping secrets: Living with life threatening illness"

Sidney, BC, Location TBA

Strathcona Hotel – The Maple Room
919 Douglas Street
at 6:30 pm



Please RSVP to senage@uvic.ca or call 250-721-6369
as seating is limited.
www.coag.uvic.ca



How do everyday events relate to the cognitive functioning of older adults?

Through this study, conducted at University of Victoria, we hope to better understand the changes in daily experience, cognition (thinking abilities), and brain function that can happen as people age. We would like to learn about this by having you complete some tests. The information you provide could lead to the development of preventative strategies and techniques to stave off or delay dementia, which could have an impact not only for affected individuals and their families, but also for public health and society.

Please call or email us if you are:

- Aged 65 to 80 years
- In generally good health with no neurological history (including head injury or stroke)
- Have EITHER
 - No current complaints about your thinking/cognitive abilities, OR
 - Have some complaints about your thinking/cognitive abilities

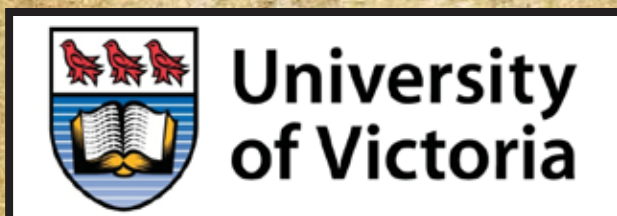
The research procedure involves:

- A brief telephone interview (approximately 30 minutes) to see if you are eligible
- Paper and pencil testing of your mood and mental abilities
- Testing of your mental abilities using a procedure called electroencephalography (EEG)
- Computerized testing of your mental functions at up to 6 brief appointments (1 hour each) scheduled at your convenience over 6 consecutive weeks
- Repetition of the above testing approximately 1 and 2 years following your first visit

Your information/data will not be associated with your name or personal information. This will contribute to your confidentiality. We are happy to communicate the results of the overall study to you, however, your individual results and test data will not be disclosed. Should you have concerns about your health, we encourage you to consult your physician.

CONTACT US AT

smartlab@uvic.ca or 250-472-4194



History of Chinese Migration to Canada, 1858-1966



Dr. David Chuenyan Lai, Research Affiliate of Centre on Aging, has written in a 300-page book, *History of Chinese Migration to Canada, 1858-1966*, with Ding Guo and Bobbie Jia. It is in the Chinese language and will be published in October by People's Publisher in Beijing, the largest

publishing company in China. The book covers the period of discrimination and segregation faced by Chinese Canadians between 1858 and 1966. This is the first Chinese academic book on Migration to Canada written by Canadian citizens.

The book is based not only on English materials but also on many Chinese archival materials such as the Chinese documents and records of the Chinese Consolidated Benevolent Association in Victoria, dated from 1884 to the present, and Chinese newspapers such as Tai Hon Kung Bao (Chinese Times) dated from 1915 to 1992. It is also based on oral history related by pioneer Chinese or their descendants in Canada, and on field studies of Chinatowns across Canada. The field studies were conducted by Dr. Lai over the past 40 years. He has interviewed many local Chinese community leaders and collected a great deal of first-hand information from them. The book has a chapter on Chinese and First Nation people relationships which is a topic that has not been dealt with in other books on Chinese Canadian history.

After the publication of the book, Dr. Lai and Dr. Jan Walls are planning to translate it into English and are in the process of looking for a publisher in Canada.

The next project of Dr. Lai, Mr. Guo and Ms. Jia is to work on another Chinese book, *History of Chinese Migration to Canada, 1967- the present*, which is the period of acceptance and integration of Chinese Canadians in Canada.

Congratulations

CLSA celebrates 1000th participant at UVic site

This September, the University of Victoria (UVic) Data Collection Site marked a new milestone by reaching 1,000 participant visits.

"I would like to take this opportunity on behalf of the **Canadian Longitudinal Study on Aging (CLSA)** to thank our participants. This accomplishment would not be possible without the individuals who have volunteered their time," said Debra Sheets, site co-principal investigator and associate professor at University of Victoria.

"We have a dedicated and highly skilled team of in-home interviewers and data collection site staff, working under the leadership of Lindsay Richier, our project coordinator, who have made this achievement possible only a year after our CLSA site opened," said Lynne Young, site co-principal investigator and professor at the University of Victoria. "A special thank you also goes to the staff at the Centre on Aging at the University of Victoria for their hard work and commitment."

UVic houses one of the three CLSA data collection sites in British Columbia. Over the next two years, the site will welcome 2,000 additional participants. The CLSA follows 50,000 men and women aged 45 to 85 for the next 20 years. Thirty thousand of the 50,000 CLSA participants take part in the study by visiting the data collection sites where they complete physical assessments as well as provide information regarding their physical, emotional and social health functioning. This information will allow researchers to better understand the dynamic process of aging. The remaining 20,000 participants take part in hour-long telephone interviews conducted from four centres across the country, including one at UVic. To date, the UVic team has completed more than 3,500 telephone interviews.



UVic's CLSA Data Collection Site staff celebrating 1,000 completed interviews. Congratulations everyone!

Survey Research Centre

src.uvic.ca

Skilled web survey design & project management to leave you able to focus on other pressing duties



Lois Holizki

Survey Research Centre Manager

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e: ledgar@uvic.ca



University
of Victoria

Centre
on Aging

Science on tap

Quench your interest

Centre for Biomedical Research Presents: **CAFÉ SCIENTIFIQUE**

Please check our website for changes to schedule

Oct 29, 2013 Rustom Bhiladvala
"Nanostructures: Small Talk with Living Cells"

Nov 26, 2013 Jim Tanaka
"The many faces of autism"

Feb 25, 2014 Brad Nelson
"Curing cancer with killer T cells"

Mar 25, 2014 Sandra Hundza
"Locomotion and the aging nervous system"

Apr 22, 2013 Patrick MacLeod
"Genetic Mechanism of Disease... When iron is the Problem"

Strathcona Hotel – The Maple Room
919 Douglas Street at 6:30

Please RSVP as seating is limited: cfbr@uvic.ca or call 250-472-4067
www.cbr.uvic.ca/



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



2014 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 2014

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 Wednesday evenings in April.

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

Dates to save: April 9, 16 23, and 30, 2014

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 Holzki, 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: Neena Chappell, Vincenza Gruppuso, Lois Holzki, Alexandra Jouk,
David Lai, Laura Lawson, Anastasia Malidou, Bryce Mulligan, Arlene Senft, Holly Tuokko and
Marjorie Wilder

www.coag.uvic.ca



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 \$200
 \$250 Other \$ _____

Method of donating: MC Visa AMEX Expiry date: _____

Card number: _____ Signature: _____

Cheque attached, inscribed to University of Victoria

Please direct my donation to:

- Alice Lou-Poy Scholarship David Chuenyan Lai Scholarship Elaine Gallagher Scholarship
- Neena L. Chappell Scholarship Divide my donation evenly between all scholarships
- Community activities General support for the Centre
- Other, please specify: _____

Donor Information: * Required fields, please print

* Name: _____ *Telephone number: _____ Email: _____

*Address: _____ *City: _____ *Province: _____ *Postal Code: _____

I wish to remain anonymous I would like more information on bequests and planned giving

I would like to receive notices about upcoming Centre events and newsletters

For more information on giving, please contact:

Lois Holizki
Manager, Centre on Aging
250.721.6524
ledgar@uvic.ca

Barb Roberts
Development Officer
250.721.6044
soscddevt@uvic.ca

Your generosity is greatly appreciated!

Possibilities for all ages