



Director's Perspective

by Elaine Gallagher, RN, PhD

Belated good wishes to all of you for 2007. I also want to extend a warm thank you to all of the researchers, staff, volunteers and students who make the Centre on Aging at the University of Victoria an exciting and productive place to carry out age-related research and activities. Each of you plays a vital role in contributing to this world class centre. It has been a busy and productive few months at the Centre on Aging and we are excited about the many upcoming events and activities outlined in this bulletin. I will briefly highlight some of our recent accomplishments and upcoming events.

We have finalized the signing of Memorandum of Understanding for the COACH Collaborative Research Unit (Centre on Aging/Continuing Health) – formed between the Centre on Aging at UVic and the Continuing Health Services Division of the Vancouver Island Health Authority (VIHA). Terms of reference have been agreed to and we are compiling a list of benefits to be derived from membership in this collaborative. We anticipate testing the new relationship on one or more projects in the coming months and will keep you apprised.

Our Centre is a member of BCNAR – the BC Network for Aging Research. The Network held a provincial conference and AGM on February 1 and 2 at the Morris J. Wosk Centre for Dialogue in Vancouver. The conference was entitled “Building Health Research Capacity in BC: Utilization, Integration and Access to Health Data.” A live telecast was broadcast to the University of Victoria for those unable to attend in person. Our BCNAR Regional Liaison Officer – Joan McHardy – organized this opportunity. BCNAR is working with the Institute on Aging to host the 2007 Summer Program in Aging (SPA) at Harrison Hot Springs in June (see page 11). If you are considering registering, do so early as spaces will be limited and available on a first come basis.

In lieu of a Community Forum event this year, the Centre will host a Research Showcase on June 20.



This is an exciting opportunity for researchers to share their work with each other and with members of the public. The event is co-hosted with VIHA and we are planning to set up opportunities for researchers, clinicians, policy makers and the public to dialogue about potential applications of some of the research being carried out. Watch for upcoming news about how to register.

In cooperation with the BC Ministry of Health, the Centre was also pleased to co-host a free Public Forum entitled World Health Organization (WHO): Perspectives on Active Aging. I served as Master of Ceremonies for this event on Tuesday, February 13, at 7:30 pm at the BC Royal Museum. The featured speaker was Dr. Alex Kalache, Director of the Division on Aging and the Life Course with WHO. Dr. Kalache is an exceptional scholar and eloquent speaker. We have an exciting line-up of colloquium speakers this term which started in January with Dr. James Thornton, on February 14, Laura Funk, March 20, Andrew Wister and April 11, Dr. E. Paul Zehr. These are free lectures so do take advantage of the opportunity to hear world class scholars present their work.

INSIDE . . .

News from the Centre.....	2
A Showcase of Research in Aging.....	4
News from the Survey Research Centre	6
News from COAG Ladner Office.....	7
Why do people give? by Karen Whyte.....	7
Growth and Change at the Centre on Aging.....	8
Collaborative Research Teams	9
Asian Heritage Month.....	9
MasterMinds Lecture Series	10
2007 Summer Program in Aging.....	11
Living a Healthy Life with Chronic Conditions	12

News from the Centre

Welcome New Staff and Students

Heather Cooke recently assumed the position of Project Coordinator for the Individualized Care for Persons with Dementia in Long-Term Care: What's Best for the Resident? study (PI: Neena Chappell; Co-PIs: Colin Reid and Helena Kadlec). Along with Dr. Reid, Heather is based out of the Health Studies program at UBC Okanagan. She has worked in the field of dementia care for more than 10 years, and recently received her MA in Gerontology from SFU.

Heather Chase is a research assistant working on Neena Chappell's Dementia Project and Cora Smith is the new MSFHR research assistant. Joshua Goldberg is the new BC Rural & Remote Health Site Coordinator. Brydon Blacklaws is Denise Cloutier-Fisher's honour's graduate student in Geograpy and Jim Harrold is Denise's new PhD student in Geography. Gerry Giesbrecht is Holly Tuokko's new research assistant and graduate student. Meg Cains is also Holly's new graduate student in Psychology.

Denise Cloutier-Fisher and Karen Kobayashi have hired two research personnel to work on the Nurseline Research Project. Marlie Manning is the Research Coordinator and Nancy Gray-Hemstock is a Research Assistant with this project. They will be with us until the end of March 2007 and possibly longer.

Jenny Boothman is a fourth year nursing student doing her final practicum with Wanda Martin. She is learning about nursing research and helping with getting the new booklet on "How to Support a Family Caregiver" out to the public. Jenny would like to use this practicum as an opportunity to gain a deeper appreciation for the pivotal role research plays in knowledge development.

Sarah Anderson is a third year nursing student doing her practicum with Elaine Gallagher. She is helping with a variety of Centre-related activities, including the Valued Elder Recognition Awards.

Welcome to all!

Goodbye and good luck

Analisa Blake successfully defended her thesis with Denise Cloutier-Fisher and is now working at the new Compost Education Centre in Fernwood.

Theresa Hogg-Jackson has also left us to work at VIHA.

New Research Projects

Elaine Gallagher and Anita Molzahn are working with Vancouver Island Health Authority to design a study to describe the characteristics and quality of life (QOL) of current users of Adult Day Centres (ADC) on Vancouver Island and determine the outcomes of use of standardized assessment tools in practice. The ultimate goal of the research will be to identify best practices to enhance QOL and reduce rate of injuries from falls in clients of ADCs.

Centre on Aging Dr. David Chuenyan Lai Scholarship

LAURA FUNK

has been awarded this scholarship for the 2006/2007 academic year.

The Dr. David Chuenyan Lai Scholarship is for all Masters and PhD students of any year whose supervisor is housed at the Centre on Aging at the University of Victoria. The award is based on academic merit with additional consideration given to clarity of research focus and related work and volunteer experience.

If you would like to donate to this scholarship, please contact the Development Office, Alumni House at 721-7624 or devdonor@uvic.ca.

New Book Mild Cognitive Impairment: International Perspectives

Edited by Holly Tuokko & David Hultsch
(Taylor & Francis) ISBN 1841694665

"This valuable volume brings the kind of broad perspective to mild cognitive impairment that has long been needed. Rather than basing conclusions on a single sample or framework, the editors have pulled together articles from leading research groups around the world. This is the kind of comprehensive approach that is needed for developing systematic and valid definitions of mild cognitive impairment (MCI) and identifying better tools that make it possible to differentiate between benign memory changes in later life and the early signs of pathological processes."

- Dr. Stephen H. Sarit, Professor and Head, Dept. of Human Development and Family Studies,
The Pennsylvania State University

News from the Centre

Awards

Congratulations go to Lesley Ritchie (PhD student in the clinical psychology training program supervised by Holly Tuokko) as the recipient of the Dr. Robert Michael Peet Graduate Scholarship. This scholarship is awarded annually to a graduate student in the Department of Psychology whose focus of study is in the area of clinical neuropsychology. Selection of the recipient was made by the Graduate Admissions and Awards Committee upon the recommendation of the Department of Psychology.

BCNAR Seed Grant Recipient 2006

The second Seed Grant Competition for BC-based researchers working in the area of aging and health was awarded to this University of Victoria project:

Factors influencing strength participation in older adults

Exploratory/Pilot Study Grants
Rachel Dean & Dr. Ryan Rhodes,
team co-leaders.

BCNAR Travel Grant Recipients November 2006

As part of its mandate to develop research capacity in the aging and health area, BCNAR offered four \$2,500 grants to enable health professionals to attend the Statistics Canada 23rd International Methodology Symposium held from November 1-3, 2006 in Ottawa.

One of these grants was awarded to:

Diane Boman-Allan,
Research Associate at the Centre on Aging
University of Victoria

The Centre on Aging Supports Community-Based Research at the University of Victoria and worldwide

Budd Hall has submitted a partnership application with seven Canadian universities and seven others from around the world. An application entitled *Community Knowledge Infrastructure Network (CKIN)* has been submitted to the Strategic Grants and Joint Initiatives Division of SSHRC. The Centre has endorsed this opportunity. It is meant to create a strong partnership that focuses on community-based research. The network will facilitate intellectual exchange and build on the expertise of local, national and international scholars.

Recent Awards

from the Michael Smith Foundation for Health Research Infrastructure Grant

Teaching release awards have been offered to:

Alexandra Branzan Albu
Daniel Bub, Michael Hunter, Michael Masson
Anita Molzahn, Andre Smith and
Peter Stephenson

*The following have been offered travel awards to
attend national and international conferences:*

Alexandra Branzan Albu, Neena Chappell, Sherry Lynch,
Patrick McGowan
Patricia McKenzie, Anita Molzahn and
Holly Tuokko

Thank You

Kristina Kowalski would like to thank all of the drivers and former drivers who took part in the Master's thesis research project: To drive or not to drive?

Holly Tuokko, Kristina Kowalski, Wendy Lindstrom-Forneri and Gerry Geisbrecht would like to thank all the people who took part or expressed an interest in taking part in their Roadwise Review project. Stay tuned for updates on project findings!



Nominate a volunteer for the VALUED ELDER RECOGNITION AWARD in 2007

This award acknowledges those who have made outstanding contributions in their community during the last ten years.

Lois Edgar will be contacting interested agencies in early 2007.

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

News from the Centre

New Grants since Sept 2006

Project Title: Understanding the needs of caregivers of mentally ill older adults: Hearing their voices to inform services. Holly Tuokko (P.I.); Co-Investigators: Penny MacCourt, Jane Milliken, Bev Wilden. \$50,000 (2006-2008). Funder: BC Medical Services Foundation/Vancouver Foundation.

Northern Aboriginal Communities Diabetes Self-Management Project. Patrick McGowan. \$84,500 (2006-2007). Funder: Public Health Agency of Canada.

Advance Care Planning in the British Columbia Health Care System. Elaine Gallagher (P.I.) Co-Investigators: Deborah L. O'Connor, Heather C. Lambert, Holly A. Tuokko, Laura E. Watts, Kirsten Kramar. \$20,000 (2006-2007). Funder: SSHRC-CURA.

Development of a Canadian Rural and Remote Age Friendly Community Guide. Elaine Gallagher. \$15,000 (2006-2007). Funder: 2010 Legacies Now. \$143,000. Funder: Public Health Agency of Canada.

Canadian Longitudinal Study on Aging. This award represents two small sub-groups of the larger CLSA study. Parminder Raina (P.I. – McMaster); Co-Investigators: Margaret Penning, Holly Tuokko et al. \$150,000 (2006-2007). Funder: Canadian Institutes of Health Research.



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/friends.htm

Friends of the Centre on Aging meets on the second Wednesday of every month.

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

A Showcase of Research in Aging

Wednesday, June 20th, 2007
David Strong Building, University of Victoria

The Centre on Aging (COAG) at UVic has held a MSFHR Infrastructure Grant since 2003 – some of these funds have been employed to help the Centre to increase its research capacity and to expand its research initiatives with community partners. As a result, the Centre on Aging (COAG) and the Vancouver Island Health Authority (VIHA) are pleased to co-sponsor a celebration of aging research. We are co-hosting a one-day event to provide an opportunity to share findings with researchers, students, community partners, government, VIHA, and others who are interested.

The preliminary format for the day includes:

- o 2-3 plenary speakers
- o Concurrent sessions
- o Poster presentations
- o Student poster/paper competition with prizes

If you have any questions about the event please contact Julie Shaver at
jshaver@uvic.ca or (250) 721-6368.

News from the Centre

New Publications

Carson, A.J., Chappell, N.L., & Knight, C.J. Promoting health and innovative health promotion practice through a community arts centre. *Health Promotion Practice*. Advanced online access published on June 30, 2006;

Chappell, N., Funk, L.M., Carson, A.J., MacKenzie, P. & Stanwick, R. (2006) Multilevel community health promotion: How can we make it work? *Community Development Journal*, 41(3), 352 – 366.

Chappell, N.L., Funk, L.M., & Allan, D. (2006) Defining Community Boundaries in Health Promotion Research. *American Journal of Health Promotion*, 21(2), 119-126. doi:10.1177/1524839906289342.

Funk, L.M., Allan, D.E., & Chappell, N.L. (2007, in press). Testing the relationship between involvement and perceived neighborhood safety: a multinomial logit approach. *Environment and Behavior*.

Hawthorne, G., Davidson, N., Quinn, K., McCrate, F., Winkler, I., Lucas, R., Kilian, R., & Molzahn, A. (2006). Issues in conducting cross-cultural research: Implementation of an agreed international protocol designed by the WHOQOL Group for the conduct of focus groups eliciting the quality of life of older adults. *Quality of Life Research*, 15, 1257 – 1270.

Laidlaw, K., Power, M.J., Schmidt, S., & WHOQOL-OLD Group. (2007, in press). The Attitudes to Ageing Questionnaire: Development and psychometric properties. *International Journal of Geriatric Psychiatry*.

Low, G., & Molzahn, A.E. (2007, in press). Replication of a quality of life model for older adults. *Research in Nursing and Health*.

Molzahn, A.E. (2007, in press). Spirituality in later life: Effect on quality of life. *Journal of Gerontological Nursing*, 33. Molzahn, A.E., & Page, G. (2006). Field testing the WHOQOL-100 in Canada. *Canadian Journal of Nursing Research*, 38(3), 106 – 123.

Paskulin, L., & Molzahn, A.E. (2007, in press). Quality of life of older adults in Brazil and Canada. *Western Journal of Nursing Research*.

Paskulin, L.M.G., & Molzahn, A.E. (2006). Canada and Brazil: Health satisfaction of older adults. *Perspectives: Journal of the Gerontological Nurses Association*, 30(2), 5 – 15.

Robinson, J., & Molzahn, A.E. (2007, in press.) Sexuality and quality of life of older adults. *Journal of Gerontological Nursing*.

Votova, K., & Wister, A.V. (2007). Self-care dimensions of complementary and alternative medicine use among older adults. *Gerontology*, 53: 21– 27.

Williams, A., Crooks, V., Stajduhar, K.I., Allan, D., & Cohen, R. (2006). Improving Canada's Compassionate Care Benefit: Recommendations from Family Caregivers Providing End-of-Life Care for Relatives with Advanced Chronic Illness. *International Journal of Palliative Nursing*, 12(9), 438 – 445.

A booklet was developed by: Jennifer Duda (3rd year nursing student), Meredith Grey (4th year nursing student) and Wanda Martin, Project Coordinator, along with help from the Friends of the Centre on Aging, called **“How to Support a Family Caregiver.”** The booklet gives information and tips on how friends and family can help people who are caring for those with serious and life-threatening illness. It is from the qualitative phase of the Kelli Stajduhar's study on Family Caregiver Coping in End-of-life Cancer Care. The booklet can be downloaded at http://www.coag.uvic.ca/eolcare/for_family_caregivers.htm

INFORMAL LECTURES

The Healthy Lifestyle – Elixir of Life

Dr. Wister

Lansdowne Lecture

Tuesday, March 6th at 7:00 pm

Engineering and Computer Science Building,
Room 108

Free and open to the public

Dr. E. Paul Zehr, Director,

Rehabilitation Neuroscience Laboratory,
School of Physical Education

Wednesday, April 11, 3:00 - 4:30 pm

MacLaurin Building, Room D115

Free and open to the public.

News from the Centre

Presentations

The following presentations were given by Holly Tuokko's research team (students and post-doctorals bolded) in the fall of 2006:

Dean, R., Tuokko, H. & Rhodes, R. (Oct., 2006). Physical activity, health symptoms and driving difficulties in older adults. Canadian Association on Gerontology Annual Scientific and Educational Meeting, 35, 88.

Ebert, P. & Tuokko, H. (Oct., 2006). Predictors of memory compensation strategies in healthy older adults. Canadian Association on Gerontology Annual Scientific and Educational Meeting, 35, 85.

Milliken, J., Wilden, B., Tuokko, H. & **MacCourt, P.** (Oct., 2006). Supporting caregivers of elderly people with mental health problems: Preliminary study. Canadian Association on Gerontology Annual Scientific and Educational Meeting, 35, 78.

Milliken, J., Wilden, B., Tuokko, H. & **MacCourt, P.** (Nov., 2006). Supporting caregivers of elderly people with mental health problems. Paper presented at the Canadian Association of Schools of Nursing National Research Conference, Victoria, BC.

Stepaniuk, J. & Tuokko, H. (Oct., 2006). Personality and behavioral impairments as risk factors for dementia: Part of the puzzle. Canadian Association on Gerontology Annual Scientific and Educational Meeting, 35, 87.

Stepaniuk, J. & Tuokko, H. (Nov., 2006). Personality and behavioral impairments as early markers: Identifying those at risk for Alzheimer's disease. Poster presented at the Alzheimer Society of Canada Conference, Toronto, Ontario.

Tuokko, H. (Oct. 2006). Psychology and aging: A mini-protocol. In the CIHR-Sponsored Symposium: Studying adult development and aging: Planning for the Canadian Longitudinal Study on Aging. Canadian Association on Gerontology Annual Scientific and Educational Meeting, 35, 89.

News from Survey Research Centre

The Survey Research Centre (SRC) has been very busy with requests for web-based survey services. Web surveys are a relatively new service at the SRC and can be a very cost effective method of data collection for some types of populations and sampling frames. We can create the survey in a web format, send e-mail invitations to participants, send reminder e-mails to those who may not have completed a survey, and capture their responses directly into a database. Individual passwords for possible participants can be used to enhance security and limit the number of responses from an individual, if needed. It is a very exciting capability which lends itself well to studies of organizations where e-mail address list are readily available or easily compiled.

We currently have two live web-based surveys. One is a study called Canadian Veterans in Transition, conducted by Dr. Tim Black, Education, Psychology & Leadership Studies (EPLS), UVic, for the Royal Canadian Legion (RCL) Dominion Command. A link to the survey has been placed on the RCL homepage where participants are encouraged to visit the site through newsletters and posters. Additional recruiting is being passed to other veterans-related organizations such as the Army, Navy and Airforce Veterans, and Canadian Peacekeeping Veterans Assoc. It has been exciting to monitor the exponential increase in responses as "word of mouth" generates interest.

Another web-based study is entitled Impacts-Benefits Agreements in BC. This study, funded by the Water Street Institute in Vancouver, will build a catalogue of benefits agreements between industry, government and First Nations to identify key features of agreements, and negotiation successes or difficulties in constructing these agreements. Dr. Rod Dobell, School of Public Administration (PADM), UVic, is the lead investigator. Recruitment is through an e-mail invitation campaign to the principals of record for recent agreements and it is hoped that the data will reflect the point of view of all parties involved. Reminder e-mails will be sent out to try to assure all parties are represented.

Telephone survey calling will resume in March expanding an earlier pilot study called Fair Pharmacare, which has been delayed while protocols and freedom of information issues are worked out. Recruitment is being done through Patrick McGowan's Chronic Disease Self Management Program and the SRC will provide the telephone interviewing service with enrolled participants. This project will keep our callers working through to May of this year. Busy times indeed!

News from Ladner

Aboriginal Diabetes Initiative

The Centre on Aging's Ladner Office is involved in an exciting project with funding from the Federal government's Aboriginal Diabetes Initiative. Leader-training workshops for the Chronic Disease Self-Management Program (CDSMP) will be held in six remote Aboriginal communities around BC, including:

- Moricetown (February 19 to 22)
- Bella Bella (February 26 to March 1)
- Gitsegukla (March 12 to 15)
- Kitkatla (March 26 to 29)
- Penticton (March 12 to 14)
- Prince George (April 1 to 3)

The trainings in Penticton and Prince George are being offered in conjunction with the two major aboriginal diabetes conferences and will represent professional development for those attending.

The Ladner office staff will train up to 80 people. These newly trained leaders will provide the six-session CDSMP in their own communities. Last year, workshops held as part of this Initiative took place in three Nuu-chah-nulth communities (Port Alberni, Tofino, Gold River), Lillooet, Osoyoos, and Penticton. During 2006 these Leaders delivered the community program to several remote communities across BC including Atlin.

This year the Penticton Training will also provide an opportunity for two of last year's leaders to receive additional training to become Master Trainers. The CDSMP is seen as an effective program in developing community capacity to address health in small communities.

The Canada Health Portal

Do you need one-stop access to authoritative health information from multi-jurisdictions?

The Canada Health Portal is the health cluster on the Canada Site (www.canada.gc.ca) that provides easy access to trusted government health information and services. This site links you to a variety of on-line resources to help you make informed health decisions. Visit www.healthportal.gc.ca.

Why do people give?

By Karen Whyte, MA

I began my role as Development Officer for the Office of the Vice-President Research in June 2006. For those of you who may not have heard the term before, "Development Officer" is a euphemism for fundraiser. One reason this euphemism exists is that people may not fully understand what motivates philanthropy. They worry that the whole business is non-consensual, perhaps a bit annoying, like those phone calls you don't answer at dinner time.

Since June, I've had opportunity to learn more about why people make charitable donations. People's reasons for donating are personal and varied, but there is a common theme. They want to make a difference! And they've decided that supporting students and research at the University of Victoria is the best way to do that. My role is to help the donor do what they want to do by providing them with information about funding priorities at UVic.

The main priority for fundraising this year is to increase support for graduate students. The University of Victoria offers fellowships and assistantships. UVic grad students are also very successful in applying for grants from external granting organizations. In fact, UVic grad students surpassed SFU, U of A, McGill, Queens, UBC and U of T in successful applications to academic granting agencies. Where UVic falls short compared to other universities is in the donor awards, scholarships and bursaries available to grad students. These sources can only be created from the generosity of individual and corporate donors.

The Centre on Aging has just begun to support grad students through one small scholarship. A second small scholarship will be awarded for the first time in the fall of 2007. The Centre sees this as a starting point and would like to provide more scholarships and research support to grad students with an academic focus in aging. I am now working with the Centre's fund raising committee to help them reach this goal.

I meet with current and potential donors and talk with them about the difference their support to grad students will make. Why should donors support grad students? Because grad students are the largest body of researchers on campus, they challenge and inspire undergraduates through their teaching and they are the leaders of tomorrow.

Development officer or fundraiser? Either term will do. I love the work because I get to meet amazingly generous people who want to have a real impact on their world. If you're interested in talking about how you can make a difference at UVic, please call me at 250-721-6696.

Growth and Change at the Centre on Aging

by Lois Edgar

The Michael Smith Infrastructure Award has allowed the Centre to capture many great opportunities during the last four years. During the last year alone we have been able to develop new programs and training that will make a difference for decades to come.

The accomplishments of our students, staff and faculty have been enhanced. And the new associations it has allowed us to build are incredible. Our students have had the opportunity to attend conferences such as the Canadian Association on Gerontology, the Gerontological Society of America, the BC Network on Aging Research, and the BC Rural and Remote Health Research Network. Our senior researchers have travelled more extensively, going to international conferences and training sessions such as the International Sociological Association Congress in Durban, South Africa and a motivational interviewing workshop at the University of North Carolina at Chapel Hill, North Carolina.

We have been able to support students and faculty in their research endeavours as well. Students have learnt about the requirements of starting research projects while working with researchers. Faculty have been able to focus on conducting more research – forming new partnerships to actual projects. COACH, which stands for Centre on Aging – Continuing Health (VIHA) is our newest collaboration. COACH is committed to co-operation in research endeavours; to sharing academic materials and publications and to the exchange of personnel for research and research-related activities. We continue to train research staff through our Collaborative Research Workshop series. The latest workshop: “Collaborative Research Teams: Using Drama to Explore Difficult Situations” is described on page 8. We would like to thank Dr. Warwick Dobson and his graduate and 4th year applied theatre students for their assistance. The researchers were able to see forum theatre used with real-life scenarios. Dr. Jan Storch, UVic and Sue McRae, VIHA, also shared their collaborative research experience as part of the workshop.

When we began the Michael Smith Infrastructure funding, there was an impressive group of researchers

from the social sciences and human and social development, as well as other university partners, and community partners including VIHA and the provincial government. Now the group has grown. In the original categories, new members continue to join our research team plus the membership of our researchers is growing to include engineers, lawyers, consultants, and care facilitators.

We are proud of all of the researchers involved in the infrastructure grant:

Alexandra Branzan
Albu Diane Allan
Anne Bruce
Daniel Bub
Neena Chappell
Iris Chi
Denise Cloutier-Fisher
Roger Dixon
Veronica Doyle
Jennifer English
Elaine Gallagher
Lucia Gamroth
Shixun Gui
Thomas Hadjistavropoulos
Marcus Hollander
Weimin Hu
David Hultsch
Michael Hunter
Peter Kirk
Karen Kobayashi
Nicol Korner-Bitensky

David Lai
Francis Lau
Edward Leung
Merry-Jo Levers
Penny MacCourt
Patricia Mackenzie
Shawn Marshall
Michael Masson
Elizabeth McCarter
Carol McDonald
Ian McDowell
Patrick McGowan
Marjorie McIntyre
Phyllis McGee
Vicki McNulty
Victor Minichiello
Anita Molzahn
Norm O'Rourke
Trudy Pauluth-Penner
Margaret Penning
Michelle Porter
Mary Ellen Purkis
Alice Jean Raffan
Colin Reid
Ryan Rhodes
Nola Ries
Vicky Scott
Brent Small
Andre Smith
Kelli Stadjuhar
Richard Stanwick
Peter Stephenson
Esther Strauss
Holly Tuokko
Beverley Wilden
Andrew Wister
Zheng Wu
E. Paul Zehr

Canadian Association on Gerontology  Association canadienne de gérontologie

Call for Abstracts

Calgary, AB November 1-3, 2007

Applications must be sent electronically no later than March 30, 2007. All abstracts need to be submitted using our online form. Javascript needs to be enabled on your computer.

http://www.cagacg.ca/conferences/callforabstracts/index_e.php

“Collaborative Research Teams: Using Drama to Explore Difficult Situations” by Phyllis McGee

On November 3rd, the third workshop in our Collaborative Research Workshop series was held in the Medical Sciences Building at the University of Victoria. This series is a joint effort between the Centre and Vancouver Island Health Authority’s Research and Academic Development department, with the goal of increasing our combined capacity to conduct high-quality health-related research. Support for this workshop was received from UVic Office of Research Services; Victoria Palliative Research Network New Emerging Team; BC Network for Aging Research, Rural and Remote Health Research Network, and the Disability Health Research Network and involved participation from the Centre on Aging, School of Nursing, Theatre Department, as well as VIHA’s Research and Academic Development Department.

Entitled “*Collaborative Research Teams: Using Drama to Explore Difficult Situations*,” this workshop explored some of the many challenges encountered in working on collaborative research teams and how they can be addressed. Using a technique called “Forum Theatre,” events based on real-life scenarios were adapted for the stage and performed by experienced student actors from Dr. Warwick Dobson’s graduate and fourth year applied theatre class. Audience members were given an opportunity to reflect upon the incidents and events, become involved in the process of changing how the scenario unfolded, and then review the event from a new perspective. The workshop also featured Dr. Janet Storch, UVic and Sue McRae, VIHA, who had worked together on a highly successful collaborative research team. They shared their collaborative process, highlighting the components that they believe led to the success of their research team.

Approximately sixty individuals participated in the morning workshop. The audience included researchers and students from UVic, as well as health providers from VIHA who were interested in increasing their knowledge and skills in the collaborative research process. There was active participation from audience members as they engaged in the forum theatre technique of freezing the action on stage and proposing alternative responses to explore ways of changing behaviours and responses to see if they could lead to more positive outcomes. Overall, the response to the workshop was very positive with participants reporting an increased awareness of potential approaches to addressing the challenges encountered when working on collaborative research teams. It will assist them in opening up dialogue with their colleagues on approaches to addressing these issues. The workshop was video-taped and presented to forty-two VIHA personnel and academics in Parksville, BC on February 9th.

Asian Heritage Month May 2007

The Centre on Aging, University of Victoria, and the Silver Threads Service, are working together on a program on

May 4 and 5, 2007
to celebrate Asian Heritage Month.



A Banquet will be held at the Golden City Restaurant (\$20 per person, including GST and tips). Tickets can be purchased from Victoria Silver Threads Service: 388 4268

Senator Vivienne Poy is the Guest of Honour.

Invited politicians and guests:
Senator Poy and Lieutenant Colonel Dr. Neville Poy;
Ida Chong, Minister Responsible for Seniors;
Mayor and Mrs. Alan Lowe, City of Victoria;
Mayor and Mrs. Jack Mar,
Central Saanich Municipality;
Councillor Charlayne Thorntoe-Joe of Victoria
and Mr. Thorntoe- Joe;
Councillor Jackie Ngai, Saanich Municipality

Dr. David Turpin, President of University of Victoria, will host Dr. Poy. Guests include Dr. Elaine Gallagher, members of the Organizing Committee, Chancellor Ron and May Lou Poy and other guests for Dim Sum Lunch at the Golden City Restaurant

1.00 p.m. Panels held at Silver Threads Service
286 Hampton Street:

Speakers & Topics include:

Dr. Vivienne Poy	Chinese Women Immigrants
Ms. Noreen Lerch	Punjabi Senior Immigrants
Dr. Neena Chappell	Chinese Senior Immigrant
Speaker pending:	Korean Senior or Women Immigrants

MASTERMINDS

••• An Art Exhibition by UVic Retirees •••

From April 13 through June 7, 2007, the UVic Retirees Association and the Centre on Aging are hosting an art exhibit by the UVic retirees' community in the Maltwood Art Museum and Gallery.

The show will highlight the diversity and talents of twenty-two active artists.

The Gallery hours are 9:00 am to 4:00 pm, Monday through Friday.

Works of the following will be shown:

Anne Algard, Mowry Baden, Pat Martin-Bates, Anne Bushnell, Frank Churchley, Rachel Coward, Donna Danylchuk, Walter Dexter, Pat George, Donald Harvey, Jean Ives, Donald Lobb, Elizabeth Milton, Sophia Morrison, Walter Riedel, Margaret Simpson, Helen Smith, Kris Tangri, George Tiessen, Elizabeth Tumasonis, Pieter vander Leeden, Jennifer Waelti-Walters

••• A Lecture Series by UVic Retirees •••

The UVic Retirees Association and the Centre on Aging will present a series of four lectures by UVic retirees from April 11 to May 2, 2007. The lectures will be held every Wednesday at 7:00 p.m. in the Hickman Building, Room 105. Please register @ 472-4473 and plan to arrive early, because seating will be limited.

April 11—Dr. Elizabeth Tumasonis, Is There Art after Sixty? Late-Life Style in Art—An exploration of great works of art created by artists over sixty

Dr. Elizabeth Tumasonis is an Associate Professor Emeritus of the Department of History in Art at UVic. As well as teaching and writing, she served as Chair of the Department for several years. Her publications reflect a scholarly interest in painting, sculpture, and architecture of the modern era, from late 18th Century to the present. Dr. Tumasonis is an outstanding teacher and lecturer. She was the first winner of the UVic Alumni Association Award for Excellence in Teaching, and was awarded the prestigious 3M Fellowship for Excellence in Teaching, a Canada-wide honour. She is well known in the community for her lectures at the Art Gallery of Greater Victoria.

April 18—Dr. Martin Hocking, Does Air Travel Make You Sick? Aircraft Cabin Ventilation Concerns: Comparisons with Submarines to Spacecraft—Air quality in enclosed spaces

*Dr. Martin Hocking is a Professor Emeritus of the Department of Chemistry at UVic where he taught industrial chemistry and air pollution control. He is internationally known for his research and writing on environmental concerns. His writing includes five books on pollution control, one of which is *Air Quality in Airplane Cabins and Similar Enclosed Spaces*; 80 papers; many contributions to conference proceedings, book chapters and technical periodicals. As well, he holds ten Canadian and U.S. patents. He is a Fellow of the Chemical Institute of Canada and the Royal Society of Chemistry (U.K.), a member of the American Chemical Society, and a member of the ASHRAE Committee SPC 161P (Subject: Air Quality Within Commercial Aircraft) of the Canadian Standards Association.*

April 25—Dr. Mary Wynne Ashford, War as a Preventable Disease—The role of civil society in preventing war

*Dr. Mary-Wynne Ashford holds both an M.D. and a Ph.D. Prior to her retirement, she was a family practitioner. As well, her career included teaching high school chemistry and teaching in the Faculty of Education at UVic. Dr. Ashford became active in the nuclear disarmament movement in 1984. She has worked with physicians through the International Physicians for the Prevention of Nuclear War and its Canadian affiliate, Physicians for Global Survival. She has written and lectured in some 20 countries and worked in France as a Nobel Emissary of the IPPNW. Among her awards are the Gandhi Award from SFU and the Governor General of Canada's Medal on two occasions. In 2006, she published *Enough Blood Shed: 101 Solutions to Violence, Terror, and War*.*

May 2—Dr. William Valgardson, The Curious Mind—An exploration of the creative process

*Dr. William Valgardson is a novelist, short story writer, and poet and a Professor Emeritus of Writing at UVic. He is best known for *God Is Not A Fish Inspector*, *The Girl With the Botticelli Face*, and *Gentle Sinners*. In addition to authoring seven novels and short story collections, he has authored six children's books, two plays, twenty-six radio productions, eight film and tv productions, and two volumes of poetry. His works have been translated into a dozen different languages. He has been the recipient of many awards and honours, including the Ethel Wilson Prize in Fiction; the Golden Sheaf Award, Yorkton International Film and Video Festival; and the Vickey Metcalfe Award for Best Story of the Year for Children.*

**Institute of Aging (IA)
& the British Columbia Network on Aging Research (BCNAR)
2007 Summer Program in Aging (SPA)
June 4 to 7, 2007
Harrison Hot Springs, BC
Application Guidelines and Process**

Applications are invited from trainees in research in aging at the Masters, Doctoral and Post Doctoral levels, to apply for the 2007 Summer Program in Aging (SPA) to be held at Harrison Hot Springs in British Columbia from June 4 through 7, 2007.

BACKGROUND

The Summer Program in Aging (SPA), offered by the CIHR Institute of Aging and the British Columbia Network on Aging Research (BCNAR), is designed to offer advanced training to students and post-doctoral fellows involved in aging research that addresses one or more of the CIHR-Institute of Aging's research priorities in:

- Fundamental research
- Clinical research
- Health services research
- Social research
- Aim / Objectives

The aim of the 2007 Summer Program in Aging is to offer advanced training to students involved in aging research that will cross disciplines, sectors, institutions, and geography.

Participants will have an opportunity to:

- Gain an understanding of processes critical to academic success, through plenary and practical sessions.
- Examine grant preparation, peer review, communication, knowledge transfer and ethics in the context of research on aging.
- Network with other young researchers in aging and with academic mentors from across the country.

ELIGIBILITY

Applicants must:

- be enrolled full time or part time in a Master's or PhD program or hold a postdoctoral fellowship at a Canadian University.
- be Canadian citizens or have landed immigrant status.
- have research interests, a thesis subject or a post-doctoral project in the field of aging.
- be committed to attending the entire Summer Program in Aging (June 4-7, 2007)
- not have attended any of the previous Summer Institutes funded by CIHR's IPPH or IHSPR or the 2005 FORMSAV Summer Program or the 2006 CIHR- IA/FormSaV Summer Program
- have a commitment from applicant's academic supervisor to provide a \$200.00 registration fee from his/her research funds if the applicant is accepted.

Supervisors are asked to support only one trainee per annual Summer Program in Aging.

For more info please go to <http://www.cihr-irsc.gc.ca/e/33047.html>

DEADLINE FOR APPLICATION IS MARCH 15TH.

A free, six-week course:

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Please register early by calling the number listed below.

Fairfield New Horizons (Craft Room)
1- 380 Cook Street, Victoria, BC
Tuesdays, 9:30 am to 12:00 pm
January 23 to February 27, 2007

Henderson Centre (Muffin Nook)
2291 Cedar Hill X Road, Victoria, BC
Tuesdays, 12:30 pm to 3:00 pm
February 13 to March 20, 2007

Gordon Head Recreation Centre
4100 Lambrick Way, Victoria, BC
NEW DATES: Thursdays, 1:00 pm to 3:30 pm
February 1 to March 8, 2007

Sunrise Senior Living
920 Humboldt Street, Victoria, BC
Fridays, 1:00 pm to 3:30 pm
February 16 to March 23, 2007

Yakimovich Wellness Centre
1454 Hillside Avenue, Victoria, BC
Tuesdays, 1:00 pm to 3:30 pm
February 6 to March 13, 2007
(Parking is limited but on a major bus route)

Oak Bay Recreation Centre (Arena Boardroom)
1975 Bee Street, Victoria, BC
Saturdays, 9:30 am to 12:00 noon
February 17 to March 24, 2007
(Maximum 10 participants)

Sidney Silver Threads at the Shoal Centre
10030 Resthaven Drive, Sidney, BC
Wednesdays, 1:30 pm to 4:00 pm
February 7 to March 14, 2007

Esquimalt Health Unit (Multipurpose Room)
530 Fraser Street, Victoria, BC
Wednesdays, 1:00 pm to 3:30 pm
February 21 to March 28, 2007

To REGISTER or for ADDITIONAL INFORMATION
on all the courses listed above, please contact: Mark Davies, Program Coordinator
Phone: Toll-free at 1-866-902-3767 Email: mvdavies@dccnet.com

Grace comes from an examination of one's life in which you realize that you don't deserve what you're getting, yet you're getting it anyway ... it's the difference between seeing life as an entitlement and seeing it as a gift. *Gregg K. Rech*

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, Elaine Gallagher, Anita Jessop, Phyllis McGee, Karen Whyte, Patrick McGowan, Tom Ackerley