



Celebrating 15 years of research throughout the life span

Director's Perspective

by Elaine Gallagher, RN, PhD

As the first newsletter of 2008, I am pleased to provide an overview of the Centre on Aging activities for the past six month period. Highlights of 2008 are also included.

Research Grants

A variety of research grants have been received by Centre researchers. These will be detailed in our Annual Report to be completed in February. Of particular note are five grants to Kelli Stajduhar totalling over \$1.25 million dollars, at least two grants to Neena Chappell and two to Holly Tuokko. Our Michael Smith Infrastructure grant has recently been renewed so we are assured of continued funding until March of 2009. We anticipate being invited to reapply for continued funding later this year.

Community University Research Partnerships

The Centre also engaged in two pieces of contract research this past semester. The Vancouver Island Health Authority contracted with us to provide a literature review concerning the "Physical Design Dimension of an Elder Friendly Hospital". We employed Dr. Belinda Parke to carry out this review and submit a report. We also conducted a study for the Public Health Agency of Canada concerning Age-friendly Remote and Rural Communities. In cooperation with Drs. Verena Menec and Janice Keefe, I served as the lead on the initiative. The final report is available on line at: http://www.hc-sc.gc.ca/seniors-aines/pubs/age_friendly_rural/index_e.htm

IDOP, VERA Award and Age-friendly Business Award

On October 1, 2007, we celebrated the International Day of Older Persons at the Salvation Army Citadel, in cooperation with the BC Ministry of Health and the Municipality of Saanich. The event served as the BC launch of the World Health Organization's Age-friendly Cities Guide. We were pleased to award Kari Moore and William Young with our Valued Elder Recognition Awards, both of whom have given exemplary service to the Victoria community for many years. The event served as an announcement of the first annual Age-friendly Business Award given by the Friends of the Centre. A short ceremony giving the award is being planned for early in the New Year. The award recipient is Thrifty Foods in Sidney, BC.



Personnel Updates and Training Opportunities

Dr. Eric and Shelly Mohr, UVic alumni, have provided a generous gift to be used to hire a developmental psychologist in a shared position between Psychology and the Centre on Aging. A search committee has been formed with the Centre Director, Holly Tuokko, Neena Chappell and David Hultsch representing the Centre. The ads have been placed and we anticipate short-listing and interviewing the candidates in the New Year. Candidates will be asked to give a public talk and the dates and times of these will be posted.

Nicole Smith was hired as our Research Coordinator this summer. Unfortunately she has been lured into a position at the Ministry of Health and will be leaving us early in the New Year. The position has been reposted.

We housed two 4th year Nursing students for their practica this semester - Janet Richardson and Jo Matlock. Janet worked with Kelli Stajduhar on end-of-life issues while Jo reported to Elaine Gallagher and assisted on several Centre projects. Dr. Lucia Gamroth of the School of Nursing has recently retired.

Continued page 2 ...

Inside

News from the Friends of the Centre	2
News from the Centre	3 - 5
Knowledge Translation: Creating a Win-Win	6
Community Forum	7
Report from Visiting Fulbright Scholar, Margaret Cruikshank	8
Masterminds	9
Dr. William Gibson's new book "Old Endeavour"	11
Living a Healthy Life with Chronic Conditions	12

Margaret Cruikshank joined us at the Centre this fall for six weeks as a Fulbright Scholar. She gave several public talks, attended a variety of classes on campus and met with a variety of interested community groups. Her work focuses on Critical Gerontology and looks at women's experiences with aging.

Upcoming Events

A new scholarship has been formed by Dr. Lou-Poi, the UVic Chancellor, in memory of his mother. It will be available for the 2009-10 academic year. Our 2008 Community forum is scheduled for February 21. The title is "Life Journey" and we look forward to a rich array of workshops and speakers on the theme of life histories. Overall, 2008 is shaping up to be another successful year for the Centre. Thank you to all of you who make this possible.



News from the Friends of the Centre

by Andrew Maxwell, President

New Horizons have granted the Friends of the Centre \$20,000.00 toward the cost of running the "Guided Autobiography" project. Detailed planning for the project will start in January. Partners contributing to the project are Saanich Silver Threads, the Family Caregivers Network, and the Centre on Aging. Other groups who have supported our application include the First Metropolitan United Church, Cordova Bay 55 Plus and Saanich Volunteers. Recently Veterans Affairs has expressed an interest and is investigating the possibility of supporting the project.

Stay tuned for details on this project! Three sets of the workshops will be given in 2008. We look forward to offering this program and having the Guided Autobiography program become a part of our partners' community programming.

The first Seniors Friendly Business Award will be given in January 2008. The award was prepared, organized and adjudicated by a Friends' sub-committee. As with any new award we are attempting to improve the nomination process, so if you have any ideas we would be happy to hear from you. We will be distributing the 2008 nomination forms starting in September and the

deadline this year will be Friday, November 14.

The Friends will continue to support the Centre in many of the activities we have assisted with over the years. In particular we will be working on the Valued Elder Recognition Award – please see contact information on the bottom of this page. We will also support the Community Forum which is now a biennial event. And the Research Snapshots remain a vital part of sharing research which the Centre sees as essential in caring out its mandate.

The Friends have been continuing to develop as an organization over the last year. We have now separated the function of Secretary-Treasurer into a Secretary and a Treasurer. Our current structure is:

President: Andrew Maxwell
Secretary: Pam Munch
Treasurer: Nancy Gray-Hemstock
Vice-President: Bernie Paillé

We would like to invite you to join us at 1:30 pm on the second Wednesday of the month and discover what the Friends are about. The next meeting is Wednesday, February 13. Please call 250-721-6369 for details.

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



2008 VALUED ELDER RECOGNITION AWARD POTENTIAL RECIPIENTS

Lois Edgar will be contacting interested agencies in early 2008.

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

Information about the award is available on our website at http://www.coag.uvic.ca/community_vera.htm

*Congratulations
Everyone!*

News from the Centre

*Congratulations
Everyone!*

Premier's Awards

by Vicky Scott

The BC Falls and Injury Prevention Coalition is one of the nominations selected as a regional finalist for the Premier's Awards!

Vicky Scott, Bonnie Lillies, Donna Ross, Fabio Feldman, Tom Macleod, Teresa Dobmeier, **Elaine Gallagher**, Lillian Baaske, Tessa Graham and Matt Herman are invited to attend the Award Ceremony in Prince George on Thursday, January 31, 2008.

Each regional finalist will be an award recipient, but the level of the award--Gold, Silver, Bronze, or Finalist--will not be announced until the ceremony.

Thank you all for the great work. These are exciting times for falls prevention with the media coverage of the falls week, Fabio's recent media fame, enhanced funding within VIHA and the CIHR Award for Knowledge Translation for BC Falls Prevention work to name but a few recent successes.

Student Achievements

Holly Tuokko's student, **Megan O'Connell**, successfully defended her PhD thesis on December 18th. It was entitled, "Diagnosing dementia with cognitive tests: Are demographic corrections useful?"

Mary Green, student of Patricia MacKenzie, successfully defended her MA thesis entitled "Case Study of First Nations Elders' Care Facilities."

Welcome New Staff

Welcome to Amanda Piotrowski, 3rd year nursing student doing community placement with Elaine Gallagher. Amanda transferred to UVic from College of the Rockies in Cranbrook, BC. She is looking forward to exploring new ways of community nursing practice by working with the staff here at the Centre.

JANET STEPANIUK

has been awarded the 2007
Neena Chappell scholarship.

The David Chuenyan Lai Scholarship 2007 has
been awarded to **RACHEL DEAN.**

LESLIE RITCHIE was awarded the UVic
Howard E. Petch Research Scholarship.

Congratulations!



The SFU Alumni Association is pleased to congratulate recipients of the 2007 Outstanding Alumni Awards:

Dr. Elaine Gallagher, Professional Achievement

Dr. David Granville, Academic Achievement

Dr. Mark Jaccard, Academic Achievement

Ms. Alison Lawton, Service to the Community

*Awards will be presented on February 19, 2008 at a
dinner event held at the Vancouver Four Seasons Hotel.*

Dr. Elaine Gallagher, PhD '88 - Professional Achievement,
Director of the Centre on Aging, University of Victoria

Dr. Elaine Gallagher is an internationally renowned leader in the gerontology profession. A nurse scientist with a primary interest in how aging people interact with their environments, her research focuses on falls among the elderly, caregiver support, home care, health promotion and community development. Her many awards include the Researcher Award of Excellence from the Canadian Association of Nurse Researchers, the RNABC Award of Excellence in Nursing Research, and the Victoria YWCA Woman of Distinction Award. A professor in the School of Nursing at the University of Victoria, Dr. Gallagher is the Director of the UVIC Centre on Aging and also holds an adjunct appointment in SFU's Gerontology Program. She serves on the board of the Canadian Association of Gerontology, as a co-leader for the BC Network for Aging Research, and as a distinguished fellow with the Canadian Centre for Elder Law Studies. She recently began working with the World Health Organization's Age-Friendly Cities Project, which strives to make cities around the globe more safe, accessible, supportive, and inclusive for the rapidly growing number of older persons. Her contributions to this project will benefit us all in the years to come. Elaine was the first person to receive a PhD in Gerontology from SFU in 1988, and she continues to be a leader in everything that SFU stands for - innovation, research excellence, helping others, and thinking of the world.
Source: Simon Fraser University Alumni Outstanding Alumni Awards, http://www.sfu.ca/alumni/our_alumni/outstanding/, Accessed Jan 2, 2008.

*Congratulations
Everyone!*

News from the Centre

*Congratulations
Everyone!*

Lucia Gamroth Retires

by Nicole Smith



Lucia Gamroth, RN, BSN, MPA, MS, PhD
(Oregon Health Sciences)

On December 31, 2007 the School of Nursing at the University of Victoria will bid a happy retirement to Professor Lucia Gamroth. Dr. Gamroth has been a professor at the University of Victoria since 1995 and a research affiliate with the Centre on Aging for the past twelve years.

The success of Dr. Gamroth's career began in 1972 after receiving her Bachelor's of Science in Nursing. She went on to complete her Doctorate Degree in 1991 at the Oregon Health Sciences University and served as Assistant Professor at the University in the School of Nursing from 1994 to 1995. In the fall of 1995, Dr. Gamroth moved to Victoria and has been a Professor within the School of Nursing at the University of Victoria ever since. Dr. Gamroth has dedicated her life to improving the health of older persons within the community and to teaching and academic excellence. Her research and practice interests include lived experience in aging, transitions in the lives of older persons, the meaning of health to older persons, individualized

care within health care systems, the impact of nursing practice on quality of life of clients, and most significantly, autonomy in long term care. Currently, Dr. Gamroth is involved in research focusing on the evaluation of the Undergraduate Nurse Project, a three-year study funded by the Ministry of Health Planning for \$400,000. Some of her past research has included Evaluation of the Seven Oaks Territory Care Program funded by the Vancouver Island Health Authority for \$20,000; the Prior Learning Assessment Implementation and Evaluation for the Collaborative Nursing Program in BC funded by the Ministry of Education for \$30,000; the Evaluation of Heritage Woods – An Innovative Living Centre for Demented Older Persons funded by Vancouver Island Health Authority for \$20,000; and Evaluation of Pioneer Place funded by Vancouver Island Health Authority for \$5,000.

Dr. Gamroth has sat on various professional and community organization boards involving nursing and gerontology; she has received several awards for her research and teaching excellence, including the 'Excellence in Nursing Education Award' in 2002. Her academic work includes numerous published refereed articles, abstracts, books and book chapters and invited presentations, including keynote addresses at prestigious academic conferences all over the world. She has served on over 20 supervisory committees for graduate students and has been a valued asset to the School of Nursing at the University of Victoria in developing and delivering course curriculum.

Dr. Gamroth's dedication and commitment to research in aging, as well as to the Centre has contributed immensely to improving the quality of health care for seniors in BC. Her leadership and excellence within nursing education has produced a future generation of knowledgeable, caring and compassionate health care professionals. It is with great pleasure that all of us at the Centre celebrate the successes of her career and wish her the best in her retirement.



Anita Molzahn (nursing) has been awarded the prestigious annual Ethel Johns Award from the Canadian Association of Schools of Nursing (CASN), presented in recognition of distinguished service to nursing education in Canada. During Molzahn's tenure as dean of the Faculty of Human and Social Development (1996-2003) and director of the School of Nursing (1992-96) academic programs in the school grew substantially and the nursing curriculum was recognized as among the most innovative in Canada. Molzahn is acclaimed internationally for her work on quality of life, particularly in the context of nephrology care. Recently she has participated in an international study of quality of life and healthy aging in association with the World Health Organization and colleagues from 22 countries. She is the past chair of the Kidney Foundation of Canada and the American Nephrology Nurses Association. At present she is the coordinator of the new PhD program within the school.

New Publications

- Crooks, V., Williams, A., Stajduhar, K.I., Allan, D., & Cohen, S. R. (2007). Family caregivers' information transfer and knowledge acquisition geographies – the case of Canada's Compassionate Care Benefit. *Canadian Journal of Nursing Research*, 39(3), 36-54.
- Garrett, D.D., Tuokko, H., & Stajduhar, K.I., Lindsay, J., & Buehler, S. (In press). Planning for end-of-life care: Findings from the Canadian study of health and aging. *Canadian Journal on Aging*.
- Liu, G. Vikat.A. (2007). Does Divorce Risk in Sweden Depend on Spouses' Relative Income? A Register-Based Follow-up Study of Marriages in 1981-1998. *Canadian Studies in Population*, 34(2).
- Martin, W., Grey, M., Webber, T., Robinson, L., Hartt, N., Cairns, M., & Stajduhar, K.I. (2007). Balancing dual roles in end-of-life research. *Canadian Journal of Oncology Nursing*, 17(3), 141-143.
- Molzahn, A.E. (2007). Spirituality in later life: Effect on quality of life. *Journal of Gerontological Nursing*, 33(1), 32 - 39.
- Molzahn, A.E. (2007, in press). Commentary on 'Operating room culture in Taiwan'. *Western Journal of Nursing Research*
- Molzahn, A.E., & Shields, L. (2008, in press). Why we don't talk about spirituality?. *Canadian Nurse*.
- Molzahn, A.E., Bruce, A., Shields, L. (2008, in press). Learning from stories of people living with chronic kidney disease. *Nephrology Nursing Journal*.
- Paskulin, L.G., & Molzahn, A.E. (2007). Quality of life of older adults in Canada and Brazil. *Western Journal of Nursing Research*, 29(1), 10 - 26. DOI: 10.1177/0193945906292550.
- Paskulin, L.G., & Molzahn, A.E. (2007). Response by Girardi Paskulin and Molzahn, *Western Journal of Nursing Research*, 29(1), 32 - 35. DOI: 10.1177/0193945906292553.
- Robinson, J., & Molzahn, A.E. (2007). Sexuality and quality of life of older adults. *Journal of Gerontological Nursing*, 33, 19 - 27.
- Stajduhar, K.I., Allan, D.E., Cohen, S.R., & Heyland, D. (In press). Preferences for location of death of seriously ill hospitalized patients: Perspectives from Canadian patients and their family caregivers. *Palliative Medicine*.
- Stajduhar, K.I., Martin, W., Barwich, D., & Fyles, G. (2007). Factors influencing family caregivers' ability to cope with providing end of life cancer care at home. *Cancer Nursing*, 31(1), 1-9.
- Zhang, W.; Liu, G. (2007). Childlessness, psychological well-being, and life satisfaction among the elderly in China. *Journal of Cross-Cultural Gerontology*, 22(2), 185-203.
- end of life and their families: Impact on satisfaction with end of life care. Paper presented at the 2007 Canadian Association of Hospice Palliative Care Conference, Toronto, ON.
- Roberts, D., Stajduhar, K.I., & McLeod, B. (May, 2007). Home care nursing decision guide – Determining visiting for palliative patients. Paper presented at the BC Hospice Palliative Care Conference, Vancouver, BC.
- Stajduhar, K.I., Allan, D., Cohen, R., & Heyland, D. (November, 2007). Preferences for location of death: Perspectives from Canadian patients and their family caregivers. Paper presented at the 2007 Canadian Association of Hospice Palliative Care Conference, Toronto, ON.
- Stajduhar, K.I., Martin, W., Barwich, D., & Fyles, G. (November, 2007). Factors influencing family caregivers' ability to cope with providing end of life cancer care at home. Paper presented at the 19th annual Canadian Association of Nurses in Oncology Conference, Vancouver, BC.
- Stajduhar, K.I., Thorne, S.E., McGuinness, L., & Kim-Sing, C. (November, 2007). Helpful and unhelpful communications in the context of advanced cancer. Paper presented at the 19th annual Canadian Association of Nurses in Oncology Conference, Vancouver, BC.
- Thorne, S.E., Harris, S.R., Hislop, G., Kim-Sing, C., Oliffe, J., Stajduhar, K., Armstrong, E.A., & Oglov, V. (November, 2007). Cancer care communication in the diagnostic period: Initial reports and one-year retrospective. Paper presented at the 19th annual Canadian Association of Nurses in Oncology Conference, Vancouver, BC.
- Thorne, S.E., Hislop, G., Stajduhar, K.I., & Oglov, V. (November, 2007). The "appearance" of time: Compassionate communication in cancer care. Poster presented at the National Forum on Cancer Care for all Canadians, Vancouver, BC.
- Thorne, S.E., Oliffe, J., Hislop, G., Oglov, V., Armstrong, E.A., Stajduhar, K., Harris, S., Kim-Sing, C. (November, 2007). Looking back: Retrospective patient perspectives of difficult cancer care communication in the diagnostic period. Poster presented at NCIC's 60th anniversary celebrations, Toronto, ON.
- Williams, A., Crooks, V., Stajduhar, K.I., Cohen, S.R., Brazil, K., & Allan, D. (November, 2007). An evaluation of Canada's Compassionate Care Benefit: Perspectives of Human Resources Personnel and Employers. Paper presented at the 2007 Canadian Association of Hospice Palliative Care Conference, Toronto, ON.

Presentations

- Cairns, M.M., & Stajduhar, K.I. (May, 2007). Bereaved family caregivers' adjustment to loss. Poster presented at the BC Hospice Palliative Care Conference, Vancouver, BC.
- Funk, L.M., & Stajduhar, K.I. (September, 2007). Interviewing family caregivers: Implications of the caregiving context for the research interview. Paper presented at the 8th Advances in Qualitative Methods Conference, Banff, AB.
- Hislop, G., Thorne, S., Oglov, V., Armstrong, E.A., Oliffe, J., Harris, S., Kim-Sing, C., & Stajduhar, K. (November, 2007). Cancer care communication around the time of diagnosis: Lessons learned. Poster presented at the 2nd International Cancer Control Congress, Rio De Janeiro, Brazil.
- Homer, S., Allan, D., Rocker, G., Dodek, P., Stajduhar, K.I., & Heyland, D. (November, 2007). Prognosis with patients at the
- Principal Investigator: Laurene Shields; Co-Investigators: K. Stajduhar, A. Bruce & A. Molzahn. "Re-stor(y)ing life within life threatening illness." Granting Agency: Canadian Institutes of Health Research, \$246,826.
- Principal Investigator: F. Lau; Co-Investigators: K. Stajduhar, R. Fainsinger, M. Downing, V. Baracos, K. Fassbender, D. Bidgood, L. Cummings, M. McLennen. "Timely access to end-of-life care for patients with life-threatening illness." Granting Agency: Canadian Institutes of Health Research, Michael Smith Foundation for Health Research, Alberta Heritage Research Foundation, \$345,000.
- Principal Investigator: G. Grande; Co-Investigators K. Stajduhar, L. Kristjanson, S. Aoun, & C. Toye. "Workshop to develop International Collaborative on Family Caregiving Research in Palliative and End of Life Care." Granting Agency: The British Academy, \$15,000.

“Knowledge Translation: Creating a Win-Win”

by Sandra Lee and Phyllis McGee

In late November, 2007, Phyllis McGee, COAG and Sandra Lee, BCNAR traveled to Campbell River, Courtney/Comox and Nanaimo to present 3 seminars entitled, “Knowledge Translation: Creating a Win-Win”. The seminars were sponsored by the Centre on Aging (COAG), BC Network for Aging Research (BCNAR), and Research and Academic Development, Vancouver Island Health Authority (VIHA).

A total of 33 people, including care providers, decision makers, nurse educators, graduate students, and academics attended the seminars to increase their insight into knowledge translation and gain an understanding of knowledge translation as it relates to their roles, jobs or positions.

The up-island seminars were adapted from a recent collaborative research workshop held in the spring of 2007 in Victoria where a variety of health researchers, clinicians and decision-makers gathered to present and discuss their approaches to knowledge translation, how they see their role in the process and some of the challenges they encounter.

From the spring workshop, two video excerpts were selected for presentation in the seminars. In the first excerpt, participants watched a panel of researchers, decision and policymakers and care providers from UVic (Holly Tuokko, Vicky Scott), VIHA (Lynn Stevenson, Beth Bourke) and the Ministry of Health (Victoria Schukel, Vicky Scott) speak about their roles in knowledge translation and what they need from colleagues to assist them in carrying out their roles. Panel members were given, and fully embraced the opportunity to respond to the comments made by their fellow panel members. In the second excerpt, Kelli Stajduhar shared 3 examples from the field of collaborative research studies that successfully incorporated knowledge translation into the process. In all three seminars, those in attendance participated in thoughtful and engaging discussions on a wide range of issues related to knowledge translation that they identified as being relevant to them in their work.

The sessions concluded with two presentations on initiatives to facilitate collaborative research and knowledge translation. First, Sandra Lee, the BC Network

for Aging Research Regional liaison discussed BCNAR and how it advances collaboration among researchers.

Second, Phyllis McGee, Health Research and Community Liaison, spoke about COACH, a network for collaborative research that is based on a Memorandum of Understanding between Centre on Aging, UVic and Continuing Health Services, VIHA to promote effective collaborative relations with respect to research, research education and academic exchanges.

All aspects of the seminars received high ratings. Attendees in each community rated the overall content of the sessions to be very good to excellent and indicated that they saw the topic of knowledge translation as being very relevant to their daily work. Almost all participants reported that they had gained a

better understanding of the many ways in which knowledge can be transferred between research, practice and policy; and that their understanding of the potential roles that they can play in the transfer of knowledge within their various positions and to support their colleagues had been enhanced. In addition, participants were very appreciative of the opportunity to learn and explore issues related to knowledge translation and the research support networks available to them. They expressed great appreciation for the opportunity and convenience to learn in their own communities. For COACH and BCNAR, the seminars fulfilled an important objective to connect with practitioners and academics in the VIHA region beyond the Victoria area.

Information from the seminar discussions will be used to explore and guide the next steps in furthering knowledge translation in aging research on Vancouver Island. Sandra and Phyllis will now compile information obtained from the seminar discussions, identify relevant themes, and make recommendations for further action.

The opportunity to make new connections with practitioners and academics in building research relationships is critical to knowledge translation. COAG, BCNAR, and VIHA would like to extend a special thank you to VIHA employees Sandie Somers, Geri Perrierevely and Lori Amdam for their support in facilitating the seminars in their regions.



University of Victoria Centre on Aging *presents*

Community Forum 2008

Thursday, February 21, 2008

8:30 to 4:00 David Strong Building



Life Journey

Keynote Speakers:

Robert Tate

Department of Community Health Sciences
University of Manitoba

Laura Watts

Canadian Centre for Elder Law Studies

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



Report from visiting Fulbright Scholar MARGARET CRUIKSHANK At the Centre on Aging, Sept. 24 – Nov. 2, 2007

The senior specialist grant gave me an invaluable opportunity to advance my knowledge of aging, especially the feminist and humanistic aspects of the field.

My main activities were speaking to classes on the campus of the University of Victoria and meeting with scholars and students at the Centre on Aging. I gave a public lecture on Oct 25, "Feminism and Critical Gerontology: Dialogues and Debates." The lecture drew a good mix of Victoria residents and people from campus.

Centre Director Elaine Gallagher, a nursing professor and gerontologist who has received many honors for her research, did an outstanding job of welcoming me, introducing me to people, and explaining work in my field in Canada. It was a privilege to be associated briefly with Dr. Gallagher. She took me to an aging conference in Kelowna, BC, where I met a number of prominent gerontologists, both academics and health researchers. As a result of these contacts, I was invited to give two talks: to the British Columbia Ministry of Health, Policy Rounds, and at Simon Fraser University.

At the University of Victoria, I spoke to these classes:

- A seminar for students in a nursing department doctoral program
- A nursing dept class on women's health
- An undergraduate social work class

My presentation for social work was later taped by graduate students for use in future classes.

Nursing professors Carol McDonald, Majorie McIntyre, and Margaret Scaia were especially welcoming and supportive, as was social work professor Nancy Pike.

I gave two informal talks in the Centre on Aging, open to scholars and staff of the Centre and people from other campus programs. The first was on the social construction of aging, and the second was on healthy aging. Lively discussions followed my presentations. I also spoke briefly at a meeting of Friends of the Centre, members of the Victoria community.

Several scholars and research assistants at the Centre who took time to meet with me and explain their work were:

- Phyllis McGee
- Margaret Penning
- Sandra Lee
- Laura Funk
- Kristine Votova
- Holly Tuokko

I was invited to speak to an anthropology class on "Aging Representations and Identities" but a time could not be worked out. I was able to talk about my work with anthropologist Peter Stephenson, however. It was he who recommended me to Elaine Gallagher and the Centre on Aging,

I also met with Dr. Stephenson's research assistant, Cora Smith, to discuss issues such as elders' beliefs about prescription drugs.

Women's Studies invited me to lecture on queer theory and feminist gerontology, and I was able to attend another lecture they sponsored, by Farzana Doctor, an Indo-Canadian writer from Toronto. At my suggestion, she has been invited to give a reading on my campus, University of Maine, next April. This is a good example of the cultural networking made possible by Fulbright grants. Women's studies chair Annalee Lepp and I had a wide-ranging discussion of our field's history and current standing.

During my time at the Centre I prepared a bibliography on critical gerontology for Dr Gallagher and advised her on new books I suggested for the campus library. I also outlined a short course on feminist gerontology/critical gerontology and left a packet of relevant articles for use at the Centre.

I gave a talk to the fellows of the Centre for Religion and Society at the university and later attended one of their regular coffee conversations.

I met with the dean of graduate studies at the University of Victoria and the associate dean, Aaron Devor and Pat Mackenzie, both of whom expressed interest in my work.

While I was at UVic I met with two journalists working on aging issues, one from Toronto and one from the local paper in Victoria. These sessions were very stimulating and informative on both sides. The Victoria journalist wanted ideas for her column on senior issues, The Power Years.

Although I had limited time to take part in community events, these were an important part of my experience in Victoria:

- By Dr. Gallagher's invitation, I attended the World Health Organization's Day of the Older Person, Oct. 1, where the collaboration between the Saanich Silver Threads and UVIC's Centre on Aging was highlighted. Saanich (part of greater Victoria) has been named an age-friendly city by the WHO.
- I talked on aging lesbian issues to the Victoria Lesbian Senior Care Society and met with members of the Society at a dinner several days later.
- I visited Goward House, a progressive senior centre located in an old mansion, that hosts a monthly art show opening and displays works by local artists. Other activities include tai chi, qi gong, pool and bridge.
- At Queenswood Centre, an ecumenical retreat centre where I was housed during my term at the Centre on Aging, I gave a talk on spirituality and aging to a small but appreciative audience. In addition, I took part in meditation sessions with a Buddhist monk and discussed collaborating with him on an article on spirituality and aging.

Victoria has one of the oldest populations in Canada. I was able to observe active elders as I rode on buses and walked in parks and along beaches.

After my Fulbright term was completed, I was invited to give talks at Simon Fraser University and at the University of British Columbia, both in Vancouver. At Simon Fraser, my talk was co-sponsored by women's studies and the department of gerontology. SFU gerontologists invited me to a lecture and reception the following day, where I met researchers and graduate students. At the University of British Columbia, I spoke first at a women's studies lunch series and the next day to the department of human kinetics (including social scientists as well as physical education and body movement professors). Before my talk I met with several professors in the department. I was driven to UBC by Elvi Whittaker, a distinguished anthropologist and Canadian women's studies pioneer. I was delighted to meet another well-known UBC anthropologist, Julie Cruikshank, who told me about our ancestors in Aberdeen.

These visits allowed me to build on the gerontology and women's studies contacts I made at the University of Victoria. I was especially glad to learn about SAGA at UBC, the Centre for Autobiography, Gender, and Aging, headed by Valerie Raoul.

My impression of gerontology in British Columbia is that it is much better funded, more collaborative, and more interdisciplinary than gerontology in the U.S. Work I found while in Canada will help me revise and update my 2003 book *Learning to be Old: gender, culture, and aging*.

My experience as a senior specialist was extremely positive.



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

The Friends of the Centre is an expanding group that contributes to the Centre's mission and goals. They assist in the communication of research results, collaborate with researchers in the dissemination of new knowledge about aging, and assist with various events and awards of the Centre.

If you are interested in furthering the quality of life we experience as we age and wish to become involved in projects and activities that relate to the aging process, then we invite you to consider volunteering at the Centre. The time required will depend on your schedule and interests.

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

www.coag.uvic.ca/community_friends.htm

The Friends of the Centre on Aging meet on the second Wednesday of every month. If you are interested, please contact Lindsay Cassie @ 721-6369 or Lois Edgar @ 721-6524, ledgar@uvic.ca.

MASTERMINDS

■ Lectures by UVic Retirees ■

Wednesdays, April 9 – May 7 7:00 pm Hickman Building, Rm 105

April 9 Dr. Nicholas Russell, heritage buildings in Victoria

April 16 Dr. Patricia Roy, the history and end of discrimination against Japanese and Chinese Canadians

April 23 Prof. Juliana Saxton, reminiscence theatre—theatre techniques, memory, and meaning

April 30 Dr. Paul West, keeping Victoria beautiful without the use of pesticides

May 7 Dr. David Sanborn Scott, hydrogen defense against climate catastrophe

The series is co-hosted by the UVRA and the Centre on Aging with the generous support of the University.

BC Psychogeriatric Association 2008 Conference *Making a Difference* - *Bridging the Gaps*

Open to all persons involved in geriatric care

Sessions:

- Increasing clinical skills
- Creating links between services
- Meeting the needs of rural communities
- Responding to excessive behaviours
- Interpretation of treatment option assessment tools
- Individualized care
- Preventing functional decline in acute care

May 1 - May 3
Prestige Inn, Cranbrook, BC
www.bcpnga.bc.ca

*None of us
is as smart as all of us*
- Japanese proverb



BC NETWORK FOR AGING RESEARCH

Conference Travel Awards

Are you a BC based graduate student or researcher who plans to present a paper or poster at a conference?

BCNAR is offering Travel Awards for graduate students and researchers who are actively engaged in research on aging.

Applications are due on the first of each month.

www.bcnar.ca/opportunities-funding.html



ATTENTION STUDENTS ... DID YOU KNOW?

The University of Victoria's Centre on Aging offers financial aid for students' conference travel costs!

As part of our mandate to develop research capacity, and facilitate knowledge exchange in the area of aging, the Centre on Aging is offering five grants of \$500 each to University of Victoria graduate students who are actively engaged in research on aging.

Applications can be found at the Centre or online at www.coag.uvic.ca/students/resources.htm

*Note: A valid UVic Netlink ID
is required to access the website.*

Deadline is the 1st of each month, from Nov. 1, 2007 to May 1, 2008 or until all funds have been awarded.

*Thank you to the
Michael Smith Foundation for Health Research
infrastructure grant (2003-2009)
for making this offer possible.*

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

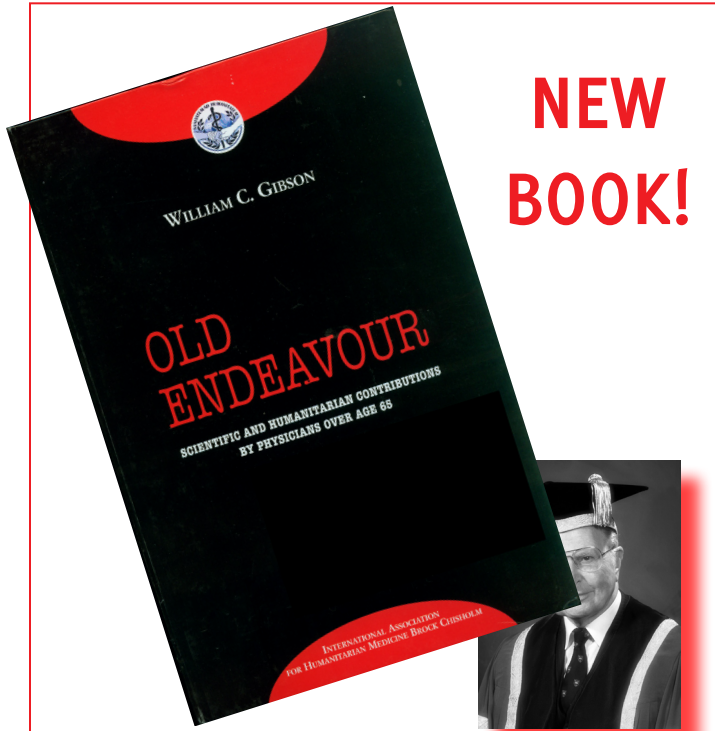
coag.uvic.ca

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

**University
of Victoria**



**Centre
on Aging**



**NEW
BOOK!**

OLD ENDEAVOUR

**SCIENTIFIC AND HUMANITARIAN CONTRIBUTIONS BY
PHYSICIANS OVER AGE 65**

William C Gibson

Former Advisory Board Member of the Centre on Aging, medical historian, professor, neurophysiologist, teacher, doctor, civic leader, bibliophile, writer and Chancellor Emeritus,
University of Victoria

With the current changes in population dynamics people are living longer, and more senior citizens are marking important contributions and achievements. *Old Endeavour* presents 129 crisp and challenging biographical studies that show how retired physicians and scientists from all parts of the world, imbued with social and humanitarian concerns, have significantly enriched medical, scientific and social progress “after 65.”

This inspiring and enriching book should be read by all students of the sciences and social disciplines, by statisticians and academic planners, government authorities and by all those who are fascinated by human endeavour, young and old.

To order: contact@iahm.org
ISBN: 978-88-902020-1-8



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

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

There you will find information about travel grants, student fellowships and awards, and student lunch sessions. There are also many useful links and data sources to explore.

COACH

facilitating research on health and aging

A Collaborative Research Unit

**Centre on Aging, Continuing Health
(COACH)**

What is COACH?

COACH is a network for collaborative research that is based on a Memorandum of Understanding between the Centre on Aging, University of Victoria and Continuing Health Services, Vancouver Health Authority (VIHA) to promote collaborative relations with respect to research, research education and academic exchanges. Through this cooperative partnership, COACH seeks to bring together the knowledge, expertise and resources of UVic and VIHA to improve the health and care of seniors in the region.

Vision: COACH to be recognized in BC as a leading innovator in brokering and facilitating collaborative research endeavours between UVic and VIHA to improve the health and care of seniors in the health authority’s catchment area, demonstrate models of excellence in seniors’ health care and demonstrate effective and sustainable collaborative research partnerships. This vision will be achieved by engaging in mutually agreed upon scientific research, building research skills and capacity, mobilizing the transfer and utilization of knowledge, and exchanging personnel for research-related activities.

Become a Member today

Membership is open to individuals from UVic, VIHA and community health professionals with an interest in enhancing the health, care, and social well-being of adults as they age. Membership is free of charge. For more information and membership forms, please contact: pmcgee@uvic.ca

A free, six-week course:

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Please register early by calling the number listed below.

disAbility Resource Centre
321 Coronation Avenue, Duncan, BC
Fridays, time to be announced January 18 to February 22, 2008

Yakimovich Wellness Centre
1454 Hillside Avenue, Victoria, BC
Thursdays, 1:00 pm to 3:30 pm January 24 to February 28, 2008

Fairfield New Horizons
1 - 380 Cook Street, Victoria, BC
Fridays, 9:30 am to 12:00 pm January 25 to February 29, 2008

Sunrise Senior Living
920 Humboldt Street, Victoria, BC
Fridays, 1:00 pm to 3:30 pm January 25 to February 29, 2008

Gordon Head Recreation Centre (Finnerty Room)
4100 Lambrick Way, Victoria, BC
Thursdays, 1:00 pm to 3:30 pm February 7 to March 13, 2008

Henderson Centre
2291 Cedar Hill X Road, Victoria, BC
Mondays, 1:15 pm to 3:45 pm February 11 to March 17, 2008

Oak Bay Recreation Centre
1975 Bee Street, Victoria, BC
Tuesdays, 12:30 pm to 3:00 pm February 12 to March 18, 2008

Shoal Centre
10030 Resthaven Drive, Sidney, BC
Wednesdays, 1:30 pm to 4:00 pm February 13 to March 19, 2008

Victoria Chinese Pentecostal Church
2215 Dowler Place, Victoria, BC
Saturdays, 1:00 pm to 3:30 pm March 1 to April 5, 2008
For Cantonese-speaking participants.

To register call 1-866-902-3767

www.coag.uvic.ca/cdsmp (click on Vancouver Island Health Authority)

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:
Margaret Cruikshank, Lois Edgar, Elaine Gallagher, Anita Jessop,
Sandra Lee, Andrew Maxwell, Phyllis McGee, Vicky Scott, Nicole Smith



**University
of Victoria** | Centre
on Aging

 Celebrating
15 years
of research throughout the life span