

DIRECTOR'S PERSPECTIVE

by David F. Hultsch, PhD



As many of you know, I will be stepping down as Director of the Centre at the end of this June. It is hard to believe that so much time has gone by so quickly. It is less difficult to believe that the individuals affiliated with the Centre continue to be highly productive in their research and related activities.

Since the publication of the last issue of The Bulletin, faculty affiliated with the Centre have been awarded new research grants totaling over four and a half million dollars. Details of these recent awards are shown on page 8.

We are now into our third year of the MSFHR Infrastructure Grant. One of the goals of this grant has been to facilitate new research collaborations, particularly those including researchers from various community organizations such as VIHA. Under the leadership of Phyllis McGee, Health Research and Community Liaison Officer and an advisory committee

consisting of university and community members, we have launched a substantial number of new initiatives. One of these recent initiatives is a series of research design and methodology workshops organized by the Centre and VIHA aimed at academics, health care providers, and other professionals. The first workshop was held on December 2nd in Victoria and video-linked to other locations on the Island. This workshop focused on two questions: How can the questions that arise through clinical observation become the foundation for evidence-based knowledge? How can the development of interdisciplinary research partnerships lead to useful evidence-based knowledge?

The BC Network for Aging Research is continuing to develop. Regional Liaison Officers have been hired (Reba Chaplin is the RLO for Vancouver Island), Colin Reid from UBC Okanagan has joined the Executive Committee representing the Interior Health Region (Other members are Lynn Beattie, Gloria Gutman, Dawn Hemingway, Andrew Wister, and myself), and an Advisory Committee is being organized. I would like to highlight two recent initiatives. First, the network recently accepted

applications for seed grants that will provide up to \$3500 to assist in the development of projects (e.g., pilot data, team building) resulting in a larger proposal for external funding. Margaret Penning's research team received one of these grants to assist in their work on frailty and health service use. Second, the Network is organizing a workshop on dementia research to be held on January 26th to facilitate the exchange of ideas, building of new teams, and development of new projects in this area of research. This event will coincide with BCNAR's first annual meeting.

As usual, the Centre will be organizing or participating in many events this winter and spring to disseminate information to the public. I would like to mention two in particular. This year's Community Forum

Continued next page

INSIDE...

Neena Chappell Scholarship Fund....	3
News from the Friends	4
Events Calendar	5
Masterminds Lecture Series	6
BC Network on Aging	7
News from the Centre	8
Report from Peter Stephenson	9
Reminiscence Theatre Program	10
Promoting Action Toward Health	11
Baby Boomers Health Dynamics	12
Valued Elder Recognition Award.....	13
Community Forum	14
Mock Trial	14
Comfort & Care for Family Caregivers	15

focuses on enhancing capacity in later life. We have an exciting series of talks and workshops that should be of interest to many individuals, please see details regarding this event on page 14. Similarly, the Centre is one of several organizations involved in "Embrace Aging – Spotlight on Growing Old" coming up in March 2006. This month-long event filled with a wide range of events aimed at opening a dialogue about aging and dispelling myths about the latter part of the life cycle. The Centre will co-host (with the Greater Victoria Eldercare Foundation) an exhibit in the Maltwood Gallery by fabric artist Deirdre Scherer. Also in collaboration with the UVic Retirees Association, we are organizing a series of lectures by retired UVic faculty, details of these lectures can be found on page 5.

In spite of illness, in spite even of the arch-enemy sorrow, one can remain alive long past the usual date of disintegration if one is unafraid of change, insatiable in intellectual curiosity, interested in big things, and happy in a small way.

– Edith Wharton

World Health Organization Quality of Life (WHOQoL-OLD) INSTRUMENT DEVELOPMENT AND STUDIES

We have been involved in the development of an add-on module for the WHOQoL measures of quality of life for use with older adults. The add-on module, known as the WHOQoL-OLD, was developed following the usual WHOQoL methodology. In the pilot phase of the study, 22 centres from around the world carried out focus groups with older adults, with lay caregivers, and with professionals working with older adults in order to identify gaps in the WHOQoL-100 pertaining to quality of life of older adults. Items generated from the focus groups were then tested in over 7400 respondents from the centres, with items being tested and reduced using both classical and modern psychometric methods. These analyses suggested other gaps, so further items were generated that specifically assessed intimacy in older adults. A field trial study was then carried out with another 5500 respondents, again using both classical and modern psychometric methods. The outcome of this second round of data collection and analysis is a 24-item 6-facet module which can be used in conjunction with the WHOQoL-BREF or the WHOQoL-100 for assessment of quality of life in older adults. A paper with the psychometric properties of the instrument has been published in *Quality of Life Research* and the instrument is available for research purposes from the principal investigator for each country involved in the project (Anita Molzahn in Canada).

The two data sets have also been used by members of the research team to examine factors explaining quality of life of older adults. The research team has also been involved in the development of a measure of older adults' attitudes to aging. Further publications are forthcoming in these areas.

Anita Molzahn, RN, PhD,
Professor School of Nursing, University of Victoria
Elaine Gallagher, RN PhD,
Professor School of Nursing, University of Victoria
Valerie Kuehne PhD,
Associate Professor and Vice President External,
University of Victoria
Herb Northcott,
PhD Professor Department of Sociology,
University of Alberta

The Neena Chappell Scholarship Fund



Jan Robertson, Elaine Gallagher,
Neena Chappell and David Hultsch



Rick Payne, Jan Robertson, Helen Simpson, Donna
Kirk and Denise Cloutier-Fisher



We would like to thank the Victoria Gerontology Association for their generous donation to the new Chappell Scholarship to honor one of Canada's most distinguished scholars in the field of aging, Dr. Neena Chappell. A ceremony was held on Nov. 25th at the University Club to celebrate this event. This is the first scholarship established at the University of Victoria to support graduate students who are focusing on aging. For further information, please contact Dr. Elaine Gallagher at 250-472-5697 or by e-mail at egallagh@uvic.ca. Elaine will be forming a Fund Raising Committee and two members of the VGA have volunteered already. The first task of the committee will be a letter-writing campaign.

The University of Victoria's reputation for scholarly achievement has been enhanced throughout the years by the generosity of its alumni and friends. Endowment gifts reflect this tradition of generosity perpetuated by people who care deeply about the university's mission. Donations are fully eligible for tax credits.

A scholarship can be the deciding factor in the decision to pursue Graduate Education or in selecting which university to attend. The opportunity to work with world class researchers like Dr. Chappell is also a deciding factor. This scholarship will bring essential elements to the University of Victoria, an institution that has always had a reputation for superior educational opportunities.

CONGRATULATIONS TO:

David Lai was appointed as a member of Premier's Council on Aging and Seniors' Issues on October 3rd. He was also appointed to the Multicultural Advisory Committee of British Columbia by Ministry of Community, Aboriginal and Women's Services for the year of 2006. Also, on Jan 1 2006, he was invited by the Victoria Chinese New Horizons Association to be its advisor.

Chi Zheng presented his paper titled "Changes in hospitalization among older adults living in British Columbia: Rural-urban differences, 1990-2000" at a conference of the Federation of Canadian Demographers on November 18th in Montreal.



David Lai and Premier Campbell

Update on *Caregivers: Why Some Cope Well Project*

We are now working on data analysis and writing papers. One of the papers we are currently focusing on involves looking at the predictors, including personality factors of problem- and emotion-focused coping both cross-sectionally and longitudinally (how coping styles change over time and the predictors of that change). The other paper is concentrating on identifying which caregivers are at-risk for burnout, both cross-sectionally and over time. In addition to this project, Carren has also been spending some time on data analysis for the PATH project. Submitted by Carren Dujela: Project Coordinator for Neena Chappell.

NEWS FROM THE FRIENDS


The "research snapshots," one of the Friends ongoing projects that assist in the communication of research results, is in its 6th year. There are now over 40 of these "lay language" brief summaries of published research reports. The goal is to produce 12 yearly. There are several new members of the Friends group who are interested in being involved in this project. Andrew Maxwell & Daphne Chazottes have been writing the bulk of the Snapshots over the last several years and so this will be a welcome help. The newest snapshots produced are *The Bereavement Experience Following Home-Based Family Caregiving for Persons with Advanced Cancer* by Daphne Chazottes and *Unemployed Older Workers: Too Young to Retire but too Old to Retrain?* by Andrew Maxwell.

The Friends are currently developing an event for the Embrace Aging project focusing on recognizing VERA. The 19 current and past recipients of this award will be profiled on the COAG website. Poster displays including a picture and background information as a rotating exhibition during March 2006 is an idea that is still developing. An outcome of this Embrace Aging project will be the ongoing recognition, beginning in 2006, of all of the VERA nominees through profiling on the website.

The spiritual eyesight improves as the physical eyesight declines. – Plato



Masterminds: A Lecture Series by UVic Retirees

Each Wednesday evening at 7:30 PM in March, 2006, a presentation will occur in the auditorium of the Hickman Building (Rm. 105) on the UVic campus, presented by the UVRA and the Centre on Aging as a part of  Embrace Aging Month. If you wish to attend, please register by calling 472-4473, and plan to arrive early. Seating will be limited. There is no admission charge. The auditorium is wheelchair accessible.

- March 1 **DR. BRIAN WHARF AND DR. MARILYN CALLAHAN *Grandmothers Raising Grandchildren: The Underground Child Welfare System***
Dr. Wharf began his career as a practising social worker. When he was appointed at UVic, he was charged with the development of the School of Social Work. After serving as the Director of the School, he became Dean of the Faculty of Human and Social Development. He is well-known for his work in social policy, particularly in the area of child welfare.
Dr. Callahan has had wide and varied experience in the area of social work from practise to teaching and research. Having been appointed to the School of Social Work in its early years, she was involved in the development of the on- and off-campus programs. She is well-known for her diverse research interests, ranging from social work practise to child welfare issues.
- March 8 **DR. HAROLD COWARD *Can the Religions Live Together?***
Dr. Coward is an internationally known specialist in philosophy and religion, and was the founding Director of UVic's Centre for Studies in Religion and Society. He is a member of the Genome B.C. Board of Directors. He has directed the Humanities Research Centres for the past 18 years. He is a prolific writer, having authored 14 books, edited 30 others and authored many articles. In 2002, Dr. Coward was selected as one of the "25 Power Thinkers in BC" by the B.C. Business Magazine.
- March 15 **DR. CHRISTOPHER BARNES *The NEPTUNE Project: Transforming Our Understanding of the Deep Ocean Environment***
Dr. Barnes is the project director for NEPTUNE Canada. He has served as Director of both the Centre of Earth and Ocean Research and the School of Earth and Ocean Sciences. His distinguished career has included many publications, service on boards and councils, medals and awards, including a Distinguished Fellowship in the Geological Society of Canada and being appointed as a Member of the Order of Canada.
- March 22 **DR. PAT MARTIN-BATES *Inscapes in Time's Eye: A history of printmaking, including projection of an extensive slide collection***
Dr. Martin-Bates is an internationally known artist and printmaker, a founding member and president of the Limners, and an active supporter of artistic endeavors throughout the community. She has received many honours for her work, including election to the Royal Canadian Academy of Arts. Having exhibited throughout the world, examples of her work can be found in some of the most important collections of contemporary art, including the National Gallery of Canada and the Museum of Modern Art in New York.
- March 29 **DR. DONALD LOBB *A Digital Photographic Tour of Germany and Its Neighbors*** Digital images of Germany, Austria, Switzerland, and France – streetscapes, restoration and image editing.
Dr. Lobb was a faculty member of the Department of Physics and Astronomy, a member of the TRIUMF team, and often taught courses on optics. His physics avocation is photography. He has photographed UVic and Island Rugby and Vikes sports, having produced 45679 sports photos. In 1999, he was the first recipient of The Times Colonist: Publisher's Award for Community Contribution. He has served on the Maltwood Curatorial Advisory Committee. His work has been exhibited in the McPherson Library, the Maltwood Museum, the University Club, and Fine Arts 2005.



BC NETWORK
for AGING
RESEARCH

BCNAR has announced the launch of their new website. Please visit them at:
<http://www.aginghealthresearch.ca>

BCNAR RESEARCH SEED GRANT RECIPIENTS 2005

BCNAR is pleased to announce the successful applicants in our 1st Seed Grant Competition for BC-based researchers working in the area of aging and health. In December 2005 Four Seed Grants of \$3,500 each were awarded.

Exploratory/Pilot Study Grants

Karin Blouw, Martha Donnelly, Frances Sampson, Mary Smith & Ruby Gordon: *Development of a culturally sensitive depression and suicide risk assessment tool for use with First Nation Elders*

Kalina Christoff, Howard Feldman, & Bradley Hallam: *Cognitive Characterization of Individuals Genetically At-Risk for Frontotemporal Dementia*

Margaret Penning & Zheng Wu (Co PIs), Neena Chappell, Denise Cloutier-Fisher, Karen Kobayashi & Andre Smith: *Frailty in Later Life: Meaning, Social Bases and Impact on Health Service Utilization*

Team Development Grant

Sharon Koehn (PI), Habib Chaudhury, Elisabeth Drance, Romyne Gallagher, Al Hendricks, Jean Kozak, Dora Replanski, Jim Sands, Charmaine Spencer, Elizabeth Stanger, Ann Vanderbijl, & Susan Poshan Wong: *Ethnic Minority Seniors in Care Team*

Projects & Programs

BCNAR Database of Research on Aging in BC,
1984 - Present

The BCNAR Database of Research on Aging in BC contains citations of work by BC authors on individual or population-aging-related topics published between 1984 and the present. It lists journal articles, books, book chapters, and reports as well as theses on aging-related topics. To submit citations for inclusion in this database, please send an email to bcnar@sfu.ca.

The 'GIVING VOICE TO SENIORS' Project invites community seniors to participate in a Focus Group or Survey

Victoria community Seniors are being asked to discuss what 'Successful Aging' means and what are the influences. The project also asks how the community can best support successful aging needs and interests.

This project informs community seniors' service organizations (not-for-profit, government, business) of the reported seniors' successful aging needs, interests and thoughts in support of planning for relevant and meaningful programs and services.

If you are, or know someone who is:

- living in Victoria downtown area, Esquimalt, Saanich or Sidney
- 55 + years old
- active OR non-active in their community
- managing independently in the community OR require assistance to get out OR feeling socially isolated
- willing to call, or be approached to participate in the project survey or focus group.

Contact the Project Coordinator ASAP:

Lori Goodwin lori_goodwin@yahoo.ca
phone: 384-2529 or cell: 858-0789

This project is sponsored by Silver Threads Service in collaboration with Royal Roads University Graduate Studies.

**HelpAge
International**

Leading global action on ageing

HelpAge International have relaunched their website www.helpage.org to provide a wider range of information on ageing and development issues in a clearer, more accessible way.

The new site focuses on five priority themes: social protection, livelihoods, rights, HIV/AIDS emergencies.

It contains more news, statistics, case studies and quotes from older people. It has a new section for the media. Resources have been reorganized throughout the site and are listed by region, type and theme.

We have expanded the section about us to provide more details about our network structure and our relationships with partners and donors.

Ample links are an essential feature of the new site, linking policy and practice, and sources of further information.

The new launch follows extensive consultation with staff and partners across the world. New technology makes the site easy to update – so please visit often.

NEWS FROM THE CENTRE

WELCOME TO:

Gwyneth Brogan, third year UVic Nursing practicum student of Elaine Gallagher.

Terry Cayer, the new CDSMP Coordinator at the Ladner office.

Michael Corman and Richard Trawick, Neena Chappell's Research Assistants

Rachel Dean, PhD student of Holly Tuokko & Ryan Rhodes

Jennifer Duda who is joining Kelli Stajduhar's research team as a third year UVic Nursing practicum student

Kristine Kowalski Research Assistant and *Janet Stepaniuk*, honours grad student of Holly Tuokko

Mike Kozakowski, webmaster

Bev Rowlands, Lucia Gamroth's Research Assistant

Arlene Senft is now MSFHR Administrative Assistant, as well as Project Coordinator for Project MIND

NEW GRANTS

Holly Tuokko received a grant of \$3,500 from BC Mental Health and Addictions Research Network Development Funds. Co-investigator with Milliken, J. (P.I.), Wilden B., & MacCourt, P. (Supporting Caregivers of Elderly People with Mental Illnesses and Addictions).

Patrick McGowan received three new grants: 1) Michael Smith Foundation for Health Research Seniors Preventative Health Intervention Program, \$100,000, Co-PIs Patrick McGowan and Denise Cloutier Fisher

2) British Columbia Ministry of Health Services - Self-Management in Nisga'a Communities, \$30,000

3) Health Canada – Aboriginal Diabetes Initiative Supports for Self-Management Programs in Aboriginal Communities, \$60,000

E. Paul Zehr received \$480,000 from the Heart and Stroke Foundation of Canada – Utilization of spinal circuitry and cutaneous feedback for recovery of walking after stroke. Paul also received \$35,000 from the Rick Hansen Man in Motion Foundation

– Efficacy of coupled rhythmic arm and leg movement as an alternative to body weight supported walking training for recovery of walking after incomplete spinal cord injury. Co-investigators are Dr. Dan Ferris, UMich USA, and Dr. Ryan Rhodes, UVic.

Eike-Henner W. Kluge received unattached research grant as recipient of the Researcher of the Year award of the Faculty of Humanities for 2004/2005.

Analisa Blake received a grant of \$2,000 from the Edward Bassett Family Scholarship Fund to study environmental sustainability, food security, urban agriculture and health.

As mentioned earlier, a \$3500 seed grant from BCNAR was received by Margaret Penning & Zheng Wu (Co PIs), Neena Chappell, Denise Cloutier-Fisher, Karen Kobayashi & Andre Smith: *Frailty in Later Life: Meaning, Social Bases and Impact on Health Service Utilization*

SURVEY RESEARCH CENTRE UPDATE

The Survey Research Centre has been busy this fall. In late September, we started a random digit dialing survey called Fair Pharmacare. The co-investigators are Dr. Sebastian Schnieweiss from Boston & Women's Hospital (Harvard Medical School) and Dr. Malcolm Maclure, HEIS, UVic. This survey was a pilot project to evaluate the province's utilization of the income subsidized, drug assistance program with residents 65 and older. One hundred completed surveys were obtained for the pilot and the continuation of this project with 1500 more surveys starting at the end of January.

Currently we are working on a project called *Making Meaningful Connections* for Dr. Denise Cloutier-Fisher, GEOG-COAG, and Dr. Karen Kobayashi, SOCI. This survey will identify socially isolated seniors in BC and discuss their medical services utilization. This socially isolated group will be passed over to the BC Nurseline who will conduct a series of intervention calls over a 6 month period with the participants. The investigators are looking to see if medical services are being utilized effectively and efficiently by socially isolated seniors. This phase of the project will be complete in late January, 2006.

Both of these projects have been funded by the CIHR and the BC Ministry of Health.

Report from Peter H. Stephenson, Professor of Anthropology Michael Smith QHR

I am currently winding up SSHRC supported field research and interviews in Flevoland, the Netherlands. The research is being conducted in the city of Almere on the relationship between rapid urban development and modernist planning in the everyday lives of marginalized population segments, including the elderly. The spatial aspects of exclusion and the spatial nature of meaning are central to the research. The publication goal is an ethnography directed at students in social sciences: especially in health sciences overlapping with anthropology, geography, urban studies, and European studies. The major population groups interviewed are: “ouderen” (seniors), adolescents, disabled persons using motorized wheelchairs and scooters, and immigrants (especially Turkish migrants). The project was described in a recent Dean’s invitational lecture to an enthusiastic downtown audience consisting of many seniors.

The manuscript of a book tentatively titled, “Zombie Factory” on the relationship between popular misconceptions of “stress” and early mortality experiences in post-industrial societies, especially among middle-aged executives has recently been completed. The book takes the position that in neuro-physiological and social terms these deaths correspond to sudden death or “Voodoo Death” experiences widely described in the ethnographic literature. The book is co-authored with Michael Korovkin, (MD), director of a stress research unit and a department of anthropology in Rome. The book will likely be published in Russian, by Aletheia. We are currently seeking English and Italian language publishers.

An earlier book, *The Hutterian People* (1990) has just been translated into Russian for publication by the National Library of Science (St. Petersburg) in a series devoted to “classic” studies of ethnic minorities. I expect final publication in approximately a year.

Research grant applications for work in the area of First Nations housing, and a letter of intent for an MCRI grant dealing with the future of coastal communities in BC and Newfoundland in view of climate change. I am a co-applicant.

In Montreal this May (2006) I have organized a special session on Anthropology and Aging for a conference especially devoted to revisiting the question of Human Nature. The conference is organized by the Canadian Anthropology Society.

In May of 2005 I was the key note invitational speaker at 5th International Symposium on Cultural Gerontology, “Current and Future Pasts”, held at the Open University, Milton Keynes, UK. May, 2005. The lecture was videotaped and archived. The most recent previous speaker was Jay Gubrium.

A recent publication which deals in large part with the issues of ethnicity and health care across the life span is:

“Health Care, Religion and Ethnic Diversity in Canada”, Pp. 201-221 in Paul Bramadat and David Seljak, *Religion and Ethnicity in Canada*, Nelson: Toronto (2004).

OTHER PUBLICATIONS:

Power, M., Quinn, K., Schmidt, S. & WHOQOL-OLD Group (2005). The development of the WHOQOL-OLD module. *Quality of Life Research*, 14, 2197-2214.

Molzahn, A.E., & Page, G. (in press). Field testing the WHOQOL-100 in Canada. *Canadian Journal of Nursing Research*.

Molzahn, A.E. (in press). Spirituality and quality of life of older adults. *Journal of Gerontological Nursing*.

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



A n n o u n c i n g

The grant award from the Society for Arts in Health Care, to Vancouver Island Health Authority Day Programs and Applied Theatre Consulting Services, for expansion of the Reminiscence Theatre program.

Applied Theatre Consulting Services (ATCS) (an organization that designs and implements arts programs across health care, education and arts contexts, with a mission of enhancing quality of life), artistic director Trudy Pauluth-Penner, and Terry Manzo and Vicki McNulty from Vancouver Island Health Authority Day Programs, have been awarded a grant from the Society for the Arts in Health Care, to expand its Reminiscence Theatre programming. We are delighted to report that this grant enables us to expand the Reminiscence Theatre programming across Vancouver Island and surrounding Gulf Islands. In addition, we have been accepted to present our project paper, entitled *Reminiscence Theatre: A creative process fostering well being for seniors*, at the upcoming SAH (Society for the Arts in Health Care) conference in Chicago from April 26-29, 2006.

We are very pleased with this honor. Our earlier pilot project, entitled *A Living History*, implemented in two Western community day programs, benefited the participants. In this program, those who attended participated in drama sessions, interviews, play and story development. The project culminated in a performance that was documented on DVD for invited guests. Participants received a booklet compiled of their stories and the play, with an accompanying DVD for their personal memoirs. This project was of immense value in that it enhanced the quality of life for participants, honored their contributions to society, and was viewed as also of benefit to staff, caregivers and family.

In addition to the VIHA expansion, ATCS in collaboration with the University of Victoria theatre department's Dr. Warwick Dobson, present a performance festival on March 18, 2006 as part of the Embrace Aging month long celebration, Spotlight on Growing Old. Plans are under way for an

accompanying educational program that offers Reminiscence Theatre lectures, panel discussions and project preparation professional development workshops. The educational symposium is geared to community groups that would like to implement Reminiscence Theatre projects of their own. These projects will be brought to fruition throughout the following year, and showcased as part of the upcoming Reminiscence Theatre festival slated for 2007. As well, the festival will highlight international Reminiscence Theatre presentations with guest artists including Pam Schweitzer from London, England's Age Exchange, and Kassel Germany's DeSpiel intergenerational theatre company.

ATCS is preparing to found a permanent Reminiscence Theater centre / institute in the Victoria area, offering outreach programming, research projects, in house art exhibits, and professional development sessions. We are delighted with the community interest and support for Reminiscence Theatre. We look forward to playing our part in enhancing quality of life for our older adult population through the arts. For more information on either the VIHA Reminiscence Theatre programming, or the Embrace Aging performance day on March 18, 2006 (at the University of Victoria theatre department – Barbara McIntyre Studio), or the upcoming Reminiscence Theatre festival in 2007, feel free to contact the ATCS director, Trudy Pauluth-Penner, at 385-7260, or voice mail at (250) 416-1199, or email at troods@hotmail.com. For information on the SAH grant, national awards, arts and healing link: www.thesah.org/template/page.cfm?pageid=86.

Trudy Pauluth-Penner
ATCS Artistic and Executive Director

PATH Update

The Promoting Action Toward Health (PATH) community health promotion research project is in the final stages of its involvement in community initiatives. The past several months have seen many of its activities evolve to continue in the community.

Programs at Quadra Arts Centre (QAC) have concluded. We would like to thank Blanshard Community Centre, L'Ecole Quadra, School District #61, the Vancouver Island School of Art, Fifth Street Bar and Woodfired Grill, and all instructors, participants and supporters of the Quadra Arts Centre. Thank you also to the PATH volunteer distribution network, merchant neighbours and organizations for posting QAC flyers and notices. Arts in the community continue as Carolyn Knight, the QAC coordinator, moves to her new role as Artist in Residence along with Blanshard Community Centre youth worker Jody Bauche, in a multi-arts project for 12 to 17 years olds. Volunteers and other community centre staff are also involved in this multi-arts project to support creativity in Hillside-Quadra youth.

Both Carolyn and Nancy Davis (PATH project coordinator) are also helping to coordinate Quadra Village Days, a local celebration in the Hillside-Quadra area this May. Linda Outcalt, research assistant with the PATH project, is currently gathering feedback from community groups and organizations about PATH, and she will continue on with Blanshard Community Centre in her role with the community newsletter.

The community gardens group (also known as Urban Harvest) has developed a strong steering committee. We would like to thank Leni Hoover for her help with this committee while Jackie Robson, our community gardens coordinator, has been away December and January. The group is still pursuing a number of site options, some of which may be suitable demonstration or mini-garden sites. We will continue to press for a large site as Jackie returns in February, but the smaller sites will help keep up our momentum – we won't lose hope!

PATH would also like to take this opportunity to thank community residents and the numerous community groups and organizations in the Hillside-

Quadra area who have been a part of PATH over the last several years. These include Blanshard Community Centre, the Neighbourhood Action Group, Lifecycles Project Society, Groundworks, the Inter Cultural Association, and many local businesses. So many allowed PATH into their community to learn about building healthy communities. We have learned much from your openness, energy, ideas and commitment!

Another big 'thank you' to everyone who participated in the second round of PATH survey interviews. We have completed these interviews (which were a follow-up to the original "Health and Community in the Hillside-Quadra Area" survey in 2001-2002) with approx. 600 of the original 918 respondents.

While PATH's work with community initiatives is completed, the work of analyzing the data, interpreting what we have learned, and sharing that with the community will continue for another year. PATH research associates Laura Funk and Arlene Carson will continue with the project in 2006-2007 to analyze the data from many sources related to building healthy communities. Carren Dujela will continue assisting with data analysis. Published academic papers to date include:

Chappell, N. and Funk, L. (2004) Lay Perceptions of Neighbourhood Health. *Health and Social Care in the Community*, 12(3), 243-253.

Chappell, N., Funk, L., Carson, A., Mackenzie, P., and Stanwick, R. (2005). Multi-Level Community Health Promotion: How can we make it work? *Community Development Journal Advance Access published online on July 12, 2005.*

Carson, A. J., Chappell, N. L., & Knight, C. J. (in press, 2006) Promoting health and innovative health promotion practice through a community arts centre. *Health Promotion Practice*.

Chappell, N., Funk, L., and Allan, D. (in press, 2006) Defining community boundaries in health promotion research. *American Journal of Health Promotion*.



Baby boomers sport waistline woes

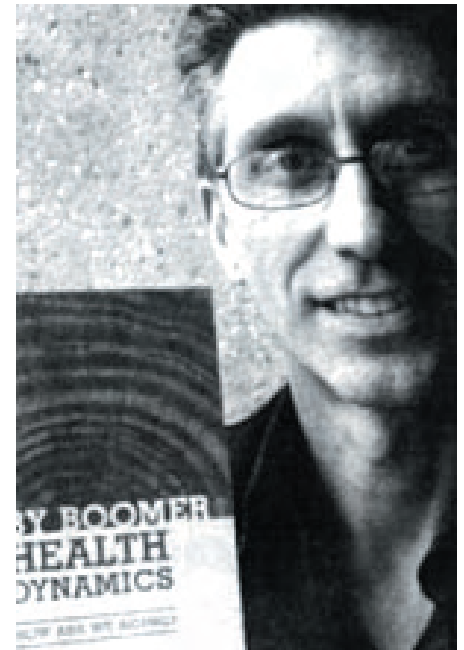
As chair of the Department of Gerontology at SFU, Andrew V. Wister wrote *Baby Boomer Health Dynamics: How Are We Aging?* (UTP, 2005). Citing obesity as 'the new tobacco,' Wister concentrates on smoking, unhealthy exercise, obesity and heavy drinking and speculates on the impact of baby-boomers on the health care system in the next ten to 30 years.

From Baby Boomer Health Dynamics Press release (2005):

Today's aging baby boomers are much better behaved, when it comes to leading a healthy lifestyle, than their middle-aged counterparts of 25 years ago. But, for one paradoxical reason, they are not aging any better than their forefathers, says Andrew Wister in his new book, *Baby Boomer Health Dynamics: How are we Aging?*

Wister, an internationally respected gerontologist and chair of Simon Fraser University's gerontology department, says Canadians' Achilles heel is their weight. "Comparing the baby boomers today with persons their age 25 years ago, smoking had declined by half; sedentary and infrequent exercise had dropped by 40 percent, and heavy drinking is down by two-thirds," explains Wister. "But obesity, defined as persons with a body mass index of 30 or higher, has doubled in only 15 years, which has not been offset by only modest improvements in physical activity."

Using several parameters for analyzing population health, such as life experiences and leisure-time physical activity, Wister analyses six national Canadian health surveys (late 1970s to 2001) to unravel the exercise-obesity paradox. "The cause is changes in the quality and quantity of food consumption beyond which exercise levels have been



Andrew V. Wister

able to counter, such as the super-sizing of fast food," reasons Wister. "Twenty five percent of the energy we burn comes from the other food group of the Canadian Food Guide, including pop, chips and desserts. Twenty percent of all meals are eaten outside of the home, many at fast food restaurants; 27 percent of people eat at least one meal in their car a week."



VICTORIA OSTEOPOROSIS INFORMATION & SUPPORT GROUP

Are you living with low bone density or osteoporosis? Would you like to have more access to education and support in your own community?

Bring your questions and join us for our next meeting.

Patricia Flanigan B.Sc. Certified Orthotist is the guest speaker and the topic is: "From the Ground Up" - an overview of how the position of the feet on the ground affects the ankles, knees, hips, pelvis and low back - common problems with these joints and how orthotics might relieve them.

James Bay New Horizons Seniors Centre, 234 Menzies Street

Monday, 6 February 7 pm – 8:45 pm

\$2 suggested drop-in fee Information: 721-0880

Why not get involved and make a positive move toward bone health?

UVic Research study seeks participants

The University of Victoria's Centre on Aging is seeking participants for a new research study entitled, "Family Caregiver Coping in End-of-Life Alzheimer and Cardiopulmonary Care".

The research team's objective is to learn about coping with the demands of providing care, the factors that helped or hindered a caregiver's ability to cope, and the coping strategies used.

They are specifically interested in end-of-life Alzheimer and Cardiopulmonary care.

Participation will include a face-to-face interview lasting no more than two hours. Participants will be asked a series of questions and engage in a conversation with one of the research staff about their caregiving experience.

Family members or friends who cared for someone who died from Alzheimer or heart or lung disease (cardiopulmonary disease), within the past one to three years, are invited to take part in this study.

Additionally, participants must reside in Victoria and be willing to share their experience of coping with the demands of providing care. All interviews are confidential and participation is voluntary.

By gaining a better understanding of how family members and friends of people with Alzheimer's disease and cardiopulmonary disease cope with the demands of caregiving and what influences their ability to cope, researchers can learn how to help family members and friends who may require support from the health care system.

For those interested in participating, or for more information, please contact Shelly Waskiewich in Victoria at the Centre on Aging, 472-4474.

The VERA Award

The Centre on Aging, University of Victoria, marks the United Nations' International Day of the Older Person on October 1st with the presentation of the Valued Elder Recognition Award (VERA). The award recognizes and honours individuals who have given exemplary service to helping others. Recipients are further acknowledged with a tree planted in their honour at UVic and a plaque at the Centre.

The VERA nomination process has undergone changes. We are now contacting agencies to request their assistance with identifying volunteers who met the following criteria:

- The individual must have made an exemplary contribution within the CRD for a minimum of ten years and not have been paid for the contributions for which they are being honoured.
- While the contributions must have been made within the CRD, the individual need not be residing in the CRD at the present time.
- The individual must agree to stand for the nomination.
- The contributions made by the nominee must be supported by individuals in the community.
- Posthumous awards will not be given.

Once volunteers have been nominated, the agency has the opportunity to either supply a letter of support or take part in an interview. The nominees are contacted and interviewed by our volunteers, the Friends of the Centre, or staff from the Centre.

After all the interviews are compiled, a tea recognizing the valuable contribution made by these individuals and their agencies is held. Prior to the International Day of the Older Person Lecture series, a selection committee made up of seniors, community members, and UVic faculty and staff representing the spirit of VERA select the current year's recipients.

If you would like to nominate a volunteer, or if you would like to include your agency on our contact list, please inform Lois Edgar at 721-6524 or ledgar@uvic.ca



Disabilities Health Research is one of the least funded categories of research in British Columbia

THE NEW DISABILITIES HEALTH RESEARCH NETWORK (DHRN)
will work to change that.

The DHRN invites you to join the new Disabilities Health Research Network (DHRN), supported by the Michael Smith Foundation for Health Research (MSFHR).

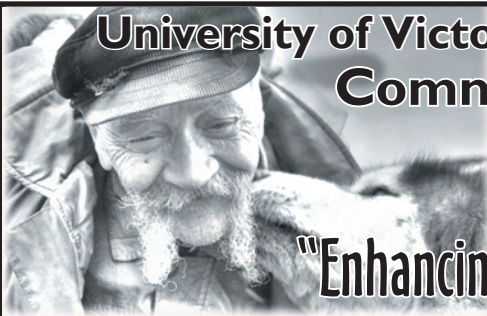
Your participation in this new Network is a critical factor towards its success

To become a DHRN Member, please send your name, occupation/title, email to info@dhrn.ca

A DHRN Coordinator will contact you regarding the next steps.

Membership benefits include receiving information on research funding opportunities, funding-mentorship workshops, increasing awareness of disability needs and issues, and linking community organizations with academic researchers

If you would like more information, please contact the Network Coordinator at info@dhrn.ca, call 604.737.6267, or visit our website www.dhrn.ca



**University of Victoria's Centre on Aging
Community Forum 2006**

art & creativity social isolation
memory finances
nutrition housing law
nurse practitioners

"Enhancing Capacity in Later Life"

Thursday, February 23, 2006 8:30 to 4:00

University of Victoria's David Strong Building

www.coag.uvic.ca

Register: 721-6369

Open to the public

PRESENTERS:

- ◆ Elaine Gallagher, Associate Director Centre on Aging and Professor, School of Nursing and Veronica Doyle, Regional Director, Housing and Community Resource Development, VIHA. Topic: Enhancing capacity in supportive living. [workshop]
- ◆ Prue Cunningham and Cynthia Tandy, Nutritionist, VIHA. Topic: Healthy eating for older adults [workshop]
- ◆ Robert Dalton, Associate Professor, Faculty of Education, University of Victoria Topic: "Ever learning, ever growing: art experiences for the elderly." [closing speaker]
- ◆ Laura Watts, Centre of Aging and Law, University of British Columbia. Topic: Consent and the law. [workshop]
- ◆ Lynn Guengerich, MS, RN, Nurse Practitioner Program Coordinator, University of Victoria and Marie Weatherby, Nurse Practitioner for Fraser Health, Hawthorne Senior Care Community. Topic: Role of the nurse practitioner and the specific health needs of seniors. [opening speakers]
- ◆ James Darke, Phillips, Hager and North Investment Management Ltd. Topic: Getting more for your dollars. [workshop]
- ◆ Mike Masson, Professor, Department of Psychology. Topic: Enhancing capacity of memory. [workshop]
- ◆ Patrick McGowan, Associate Professor, Centre on Aging Topic: Using self-management to enhance individual and community capacity building. [workshop]

MOCK TRIAL
**"You be the Judge:
what constitutes negligence
in facility care?"**

February 14, 2006

8:30 to 3:00

**Queen Alexandra
Auditorium
2400 Arbutus Rd.**

Elaine Gallagher & Holly Tuokko are currently working with VIHA, the Law School, Psychology Dept. and the Nursing faculty to hold a one day workshop on senior's health and complex care. In the morning, a mock trial is planned, with regard to a case involving an elderly person in a care facility. VIHA staff and UVic faculty and students will then meet in interdisciplinary groups to discuss the trial. Elaine and Holly are developing a research component to investigate the impact of an interdisciplinary group discussion and panel presentation on decision making.

Registration is free, but space is limited. Please RSVP to Lindsay Cassie@721-6369

THE STUFF THAT LEADERS ARE MADE OF

Citizens who have shown leadership in the community were honoured on January 24 with Victoria's Leadership Awards. The annual awards are a partnership between Leadership Victoria, the Rotary Club of Victoria - Harbourside, and the University of Victoria. The awards recognize and honour people who contribute to the community and inspire and mentor others to become involved and participate in the life of our city and surrounding community.

In 2006, a total of 14 people were nominated for the four awards. Among those nominated were Dr. Elaine Gallagher and Dr. Holly Tuokko of UVic's Centre on Aging.

Information about the winners, including biographies and photographs, is available online at www.leadershipvictoria.ca/VLA_Nominees_2006.pdf

**LAURA FUNK's
Brown Bag Lunches
are held in the
Human & Social Devt. Bldg.
Rm. A250 12 noon to 1:15**

Tues., March 7 - Arts-Based Inquiry

Wed. March 29 - Issues of Community-Based Research

Tues. April 25 - GIS: An Introduction for Non-Geographers

AARP Canada Retirement Summary



In October 2005 AARP released the results from a major international poll of the general population in ten countries, including the Australia, Canada, France, Germany, Italy, Japan, the Netherlands, Sweden, the United Kingdom and the United States that they had commissioned from HarrisInteractive. Four hundred randomly selected respondents, ages 30-65, were surveyed in each country. The interviews were completed via computer-assisted telephone surveys in the country's native language. Their primary goal was to improve understanding of attitudes and behaviors surrounding personal and national retirement issues, and to assess the public's confidence in having sufficient income to retire comfortably, attend to their health and long-term care needs, and live securely after leaving the workforce. Results revealed some unique views on retirement in the different nations, including attitudes on how retirement income security should be provided in the future. Here are some highlights from the Canadian study.

Canadian respondents, as a whole, are optimistic about retirement. Many Canadians do not see retirement as an 'end to work'. Instead, most envision transitioning to part-time employment or a lifestyle that balances work and leisure. More than three in four (77%) Canadian respondents, compared to 57 percent of the total, are "somewhat" to "very" optimistic about retirement. This places Canadians among the most optimistic of all the countries surveyed, with only Australia reporting the same level of optimism.

Canadians are more likely than the survey total to have given thought to their retirement. Two in three Canadian respondents (66%) say they have given retirement "some thought" or "a lot of thought," significantly above the overall average of 58 percent. The United States and Germany, with 73 percent each, are the only countries that report a greater amount of thought about retirement planning. In fact, the proportion of Canadians giving retirement "a lot of thought" (31%) is more than double the proportion in Japan (15%), Italy (12%), and Sweden (12%).

Canadian respondents, similar to those in the UK, Germany, and Italy, expect to be particularly reliant upon their government for their health care costs in retirement. Among Canadians, nearly half (45%) believe that government should pay the highest share of their health care costs (vs. 36% total). Respondents were asked to rate their trust in their government's ability to cover both current and future retiree health care obligations. On a scale where zero represents "absolutely no trust" and 10 represents "total trust," the mean ratings for the Canadian government's ability to provide health care benefits to current (5.3) and future (4.5) retirees reveal low levels of trust, but ratings show that Canadians are somewhat more positive than other countries surveyed, with overall averages of 4.5 and 3.8. As with respondents in the other countries surveyed, Canadians anticipate retirement health care costs to be borne by a number of sources. Nearly one-third (32%) feel that the government will pay "all" or "most" of their health care costs, similar to the rate across all countries surveyed (34%), and approximately one-fourth (27%) plan to use their own savings or income for such expenses.

Overall, Canadians consider themselves to be in good health, with 85 percent rating their health status as "good," "very good," or "excellent," and are more likely than those in other countries to report their health as "excellent" (29% vs. 23% total). This puts the US on par with Canada, the UK, and the Netherlands in terms of personal health status, with only Australia reporting substantially better health. In contrast, Germany, Italy, Sweden, and Japan have much higher proportions of residents reporting "fair" or "poor" health than in Canada.

You can find a copy of the complete Canadian summary at: [/www.aarp.org/articles/GAP/IRSS_Canada.pdf](http://www.aarp.org/articles/GAP/IRSS_Canada.pdf)

FAMILY CAREGIVERS NETWORK SOCIETY



Join us for a buffet lunch and a presentation by internationally recognized speaker and author

Pat Samples, MA

Comfort and Care for Family Caregivers

Based on Pat's book *Daily Comfort for Caregivers*, this experiential workshop will guide you through a three-part process that helps you restore your peace of mind and be more productive in handling your daily responsibilities.

Friday, May 12, 2006 9:30 am – 1:30 pm
Holiday Inn, Topaz Room, 3020 Blanshard Street
\$35.00 for FCNS members • \$40.00 for non-members

Limited seating. Register by May 5th by calling 384-0408 or email fcns@telus.net.
Early Bird Registration: Register and pay before April 7th and be entered in a draw for a free copy of Pat Samples' book *Daily Comfort for Caregivers*.

CELEBRATE FAMILY CAREGIVER WEEK IN BC MAY 13 – 19, 2006

We gratefully acknowledge VIHA, the BC Gaming Commission and University of Victoria, Centre on Aging for partial funding of this event.

To register for the free, six-week course,
LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS,
call the registration phone number provided for each location below. Please register early.

Silver Threads, Saanich, 286 Hampton Road, Victoria, BC
Wednesdays, 1:00 pm to 3:30 pm Jan. 11 to Feb. 15
Register: Mark Davies at 1-866-902-3767 or
mvdavies@dccnet.com

Duncan United Church (Fellowship Room)
6741 Bell McKinnon Road, Duncan, BC
Fridays, 9:00 am to 12:00 pm Jan. 13 to Feb. 17
Register: Mark Davies at 1-866-902-3767 or
mvdavies@dccnet.com

Gordon Head Recreation Centre
4100 Lambrick Way, Victoria, BC
Tuesdays, 1:00 pm to 3:30 pm Jan. 17 to Feb. 21
Register: Mark Davies at 1-866-902-3767 or
mvdavies@dccnet.com

BC Public Service Agency
(Occupational Health Programs Boardroom)
201 - 3200 Shelbourne, Victoria, BC
Wednesdays, 2:30 pm to 5:00 pm Jan. 18 to Feb. 25
Register: Mark Davies at 1-866-902-3767 or
mvdavies@dccnet.com

Sunrise Senior Living Sunrise of Victoria
920 Humboldt Street, Victoria, BC
Fridays, 1:00 pm to 3:30 pm Jan. 20 to Feb. 24
Register: Mark Davies at 1-866-902-3767 or
mvdavies@dccnet.com

Oak Bay Recreation Centre, 1975 Bee St., Victoria, BC
Tuesdays, 1:00 pm to 3:30 pm Jan. 24 to Feb. 28
Register: Mark Davies at 1-866-902-3767 or
mvdavies@dccnet.com

Kiwanis Village, 3055 Cook Street, Victoria, BC
Wednesdays, 2:00 pm to 4:30 pm Feb. 1 to March 8
Register: Mark Davies at 1-866-902-3767 or
mvdavies@dccnet.com

Esquimalt Health Unit (Multi-purpose room)
530 Fraser St., Victoria, BC (co-sponsored by Silver
Threads)
Wednesdays, 1:00 pm to 3:30 pm Feb. 1 to March 8
Register: Mark Davies at 1-866-902-3767 or
mvdavies@dccnet.com

Fairfield Activity Centre Society (New Horizons)
1-380 Cook Street, Victoria, BC
Fridays, 9:30 am to 12:00 pm Feb. 3 to March 10
Register: Mark Davies at 1-866-902-3767 or
mvdavies@dccnet.com

Silver Threads, Saanich, 286 Hampton Road, Victoria, BC
Wednesdays, 1:00 pm to 3:30 pm Feb. 22 to March 29
Register: Mark Davies at 1-866-902-3767 or
mvdavies@dccnet.com

Panorama Recreation Centre (Boardroom)
1885 Forest Park Drive, North Saanich, BC
Mondays, 9:30 am to 12:00 pm Feb. 27 to April 3
Register: Mark Davies at 1-866-902-3767 or
mvdavies@dccnet.com

**BECOMING A VOLUNTEER LEADER FOR
LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS**

For information about becoming a Volunteer Leader and details about Leader Training Workshops, please contact Mark Davies at 604-940-3580 or toll-free: 1-866-902-3767, or email mvdavies@dccnet.com



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

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