



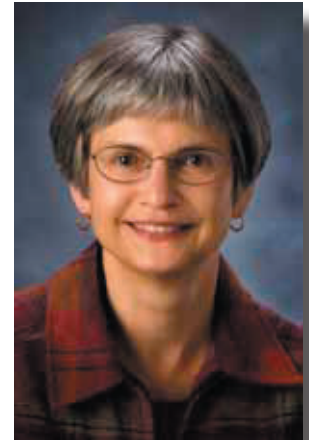
## Director's Perspective

by Holly Tuokko, PhD, RPsych

As anticipated, 2012 is proving to be another year filled with change, growth and celebration at the Centre on Aging. The chair of the Centre on Aging Advisory Board and the board's subcommittee chairs have been meeting to articulate an integrated plan for the Centre activities over the coming period. This plan will guide the Centre's resource allocation and development. There is far more research being conducted through the Centre than at any time in the past, and many new concerns, regarding accountability, security, and sustainability have emerged. Over the next few months, we will have a plan in place and begin to take steps to address these issues.

On March 8, 2012, the Centre will introduce its Applied Research Colloquium (ARC), a full-day event, highlighting the COAG's research activities on aging. This year the ARC will be held on campus (Cadboro Commons) during Ideafest, a week-long event highlighting research at UVic. Our keynote speaker will be Dr. Colette Smart from the Department of Psychology who will speak on "Mindfulness Meditation: A new frontier in dementia prevention and intervention." Poster competitions will be held for undergraduate and graduate students with support from the Faculties of Graduate Studies, Social Sciences, Human and Social Development and the Vice President Academic. More information about this event can be found in this edition of the Bulletin.

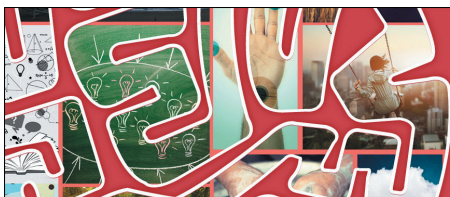
In the fall of 2011, we said farewell to Guiping Liu, our Research Coordinator. This position is central to the operations of the Centre as the incumbent plays a collaborative role both within and outside the Centre with researchers and community partners. The person in this position provides support for the



development and implementation of research, as well as taking a leadership role in knowledge sharing and mobilization activities. We are working to fill this position as the Centre enters the year of its twentieth anniversary! We have many plans for celebrations to take place throughout the 2012-2013 year and will need "all hands on deck"! Stay tuned and check our website, [www.coag.uvic.ca](http://www.coag.uvic.ca), regularly for updates.

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# IDEAFEST | 2012

MARCH 5-10  
[www.uvic.ca/ideafest](http://www.uvic.ca/ideafest)

# Congratulations

## Prof. Scott Hofer Honored by SMEP

The next President was elected by the Society of Multivariate Experimental Psychology (SMEP) at the Annual Meeting that was held at the University of Oklahoma. UVIC Professor Scott Hofer was elected President for the 2013 year. He is now designated President-elect and will advance to the President role after the 2012 meeting in Vancouver BC next October.

Professor Hofer is highly respected for his contributions to the understanding of cognitive and social functioning over the life course, with special emphasis on creative approaches to the design and analysis of longitudinal data that are informative about stability and change in later life. He is also recognized for the service he has provided to SMEP in the role as Coordinating Officer.

SMEP was established in 1964 to promote the development of psychological theory and empirical findings through the use of multivariate models and measurement. The Society is comprised of 65 active members plus additional active emeritus members who meet annually to discuss new research on multivariate approaches and models, as well as on substantive multivariate results in the areas of personality, social, cognitive, developmental, clinical, health and genetic psychology. It supports various programs that promote quantitative training in underrepresented groups, as well as grants and awards to graduate students working on multivariate problems in psychology. The Society's journal, *Multivariate Behavioral Research*, which is published by Taylor and Francis, has an impact rating that puts it in the top tier of methodological and statistical journals.

Being elected President of this 50 year old Society is one of the highest honors that one can receive in quantitative psychology. Previous Presidents include highly respected psychologists such as Raymond B. Cattell, Jacob Cohen, Lewis R. Goldberg, Douglas N. Jackson, John L. Horn, Peter M. Bentler, Jerry S. Wiggins, Jack Block, John R. Nesselroade, Robert MacCallum and Steven West. Professor Hofer's immediate predecessor is Scott Maxwell, who is the current Editor of Psychological Methods.

## Congratulations to all of the Psychology 2011-2012 donor award recipients!

**Kristina Brache**, BC Psychological Association Certificate Award

**Andreas Breuer**, Erich & Shelley Mohr Fellowship In Psychology

**Cassandra Brown**, Alice Lou-Poy Graduate Scholarship (through Centre on Aging) (**Centre on Aging Student Affiliate**)

**Valerie Caldeira**, Quality Move Management Inc/ Allied International Vancouver Graduate Scholarship

**Correne DeCarlo**, W.H. Gaddes Scholarship (**Centre on Aging Student Affiliate**)

**Julie Irwin**, Norma M. Wilson Graduate Scholarship

**Justin Karr**, Dr. Robert Michael Peet Graduate Scholarship

**Janet Love**, R.B May Scholarship (**Centre on Aging Student Affiliate**)

**Rylie Moore**, Arthur Lester Benton Award

**Stacey Ross**, McCall Bros. Graduate Scholarship in Clinical Psychology (**Centre on Aging Student Affiliate**)

**Catharine Sparks**, Rotary Club of Saanich Scholarship (through Centre on Aging) (**Centre on Aging Student Affiliate**)

**Christopher Warren**, Robert, David & Douglas Vickery Award



### Prostate Cancer and Men's Health

Men's Health Initiative of British Columbia (MHIBC): A Vision for a Healthier, Longer Living Man (1 to 1:45 pm)

PSA: Simple Test, Not-So-Simple Solution (1:45 to 2:30 pm)

**Saturday, March 24 1 to 2:30 pm**

**\$45 plus \$5.40 HST CODE: HPHE241**

**REGISTER NOW ONLINE:**

[www.continuingstudies.uvic.ca/health/courses/general](http://www.continuingstudies.uvic.ca/health/courses/general)  
or phone 250-472-4747

# News from the Ladner Office

## Active Choices

Active Choices provides an excellent opportunity to jump-start your exercise resolutions for the New Year. Active Choices is a free, personal, telephone-support program to encourage regular physical activity for people who want to be more active. A physical activity “coach” works with individuals through regular telephone contacts to develop an exercise routine customized to the needs, abilities and goals of each participant. The program teaches self-management skills (such as goal-setting and problem-solving) to help shape exercise habits. This program is available in select communities in BC and involves six-months of contact. Extensive research indicates that if a person consistently incorporates physical activity into their lifestyle for a period of 6 months, it becomes a habit.

The Active Choices Program has begun to appeal to a wide adult audience. Over the holiday season an ad placed in the local papers resulted in about 50 calls and 20 emails and continues to generate interest. As of December 31, 2011 the program has 132 coaches and already in 2012, three training sessions have trained an additional 27 coaches. Coach training involves a 2-day workshop. To date 100 persons have enrolled in the program with 24 graduates 76 in progress. Many of the coaches reported that the training exceeded their expectations and participants agree that their coaches keep them accountable.

Testimonials:

- *This has been great experience for me, it has really made me stop and think about how I talk to people. (Coach)*
- *It got me back on track. I am back walking and I now do the stairs in my building twice a day. (Coach)*
- *The Active Choices Program has been good for me because the calls have kept me on track. Just before I came to the program I had joined a gym and the calls helped to make sure I use it. (Participant)*
- *I really love this program. It is a privilege to be part of the Active Choices program. It has helped me manage my diabetes. I got through Christmas although my Aquacizes were cancelled. I do Aquacizes three times per week and walk in between and it is amazing my glucose readings are now below 7 before that it was 8 and above. My coach is wonderful, she is supportive and knowledgeable and it really is a privilege. I am now down 21 lbs. (Participant)*

For information contact Angela at [angela.activechoices@shaw.ca](mailto:angela.activechoices@shaw.ca) or toll free at 1 877-522-1492.

## Delivery of Self-Management Programs in BC

In looking back at the evolution of self-management programs in BC, the University of Victoria has made quite an impact. Since its inception in 2000, 330 twenty-four hour training workshops resulted in 3445 leaders trained. These leaders, in pairs, have delivered 1,581 fifteen hour workshops to 17,247 participants. This means that during this period 20,692 persons with chronic health conditions were involved in either leading or taking a UVic self-management program. Demand for the Chronic Pain Self-Management Program, introduced to BC in 2009, is increasing and already represents one-third of workshops offered. The fiscal year 2011/2012 is on track to meet the objective of 3200 participants.

## Programs in Ethnic Communities

Program demand in ethnic communities continues to grow. In addition to the larger urban communities Punjabi programs are planned for more distant locations including Prince George, Williams Lake, Port Alberni, Kamloops, Kelowna, and Oliver. Demand for Chinese Self-Management Programs continues to grow. There is also an increase in requests for the self-management programs in First Nations and Aboriginal Communities.

## In the Loop newsletter

The *In the Loop* online health newsletter continues to grow in popularity. This publication, providing BC health news, nutrition tips and up-to-date information on the latest programs and projects happening in BC, is currently being distributed to over 1,250 persons. The *In the Loop* newsletter provides specific health tips that are geared for people living with chronic conditions, information about special events and provincial initiatives, direction to key websites, information from trusted news sources, helpful information on food and nutrition from a HealthLinkBC dietitian, and an opportunity to ask nutrition and health related questions. Subscription is free. To subscribe, email [theloop@uvic.ca](mailto:theloop@uvic.ca).

## Ongoing Research

The Lawson Foundation Diabetes Study is progressing and hopefully all subjects will be recruited by March 31, 2012. Next steps are the pre- and post-follow-up analysis and healthcare utilization calculations. The Public Health Agency of Canada Punjabi Diabetes Project is also progressing successfully and even ahead of schedule. Dr. Patrick McGowan is participating on Health Canada’s Expert Panel on Primary Health Care and Self-Management of Chronic Disease. It is anticipated that the report will be useful to the forthcoming Federal–Provincial negotiations on health care. At the provincial level, Dr. McGowan is leading an evaluation involving a variety of health organizations that use self-management support as a strategy.



# Linda Outcalt

Linda Outcalt's association with the Centre on Aging began in 2001 when she was hired as an interviewer for the PATH project, a five-year community health promotion project. Since that time she has worked on a variety of other research projects at COAG as an interviewer, research assistant and project coordinator, working primarily for Dr. Neena Chappell on research focusing on dementia care in long-term care facilities in BC, responsibility for aging parents in BC and Hong Kong, and health care policy. In addition she has worked on research studies on retirement in small town BC and palliative care. Presently she is the Project Coordinator for the iPANEL Knowledge Synthesis project led by Dr. Kelli Stajduhar and Dr. Rick Sawatzky.

Linda's connection with COAG is also as a University of Victoria graduate student, a journey that started with the PATH project and the coordinator of PATH, Dr. Laura Funk, who became her mentor and friend. As Linda explains: "Mentors have been tremendously important to me. I consider myself so very fortunate to have had a number of wonderful mentors in my life, most recently at UVic with Dr. Laura Funk and Dr. Neena Chappell. Without Laura's belief in my abilities and her unwavering encouragement I doubt whether I would have had the courage to return to university as a mature student, while Neena's constant support and assistance throughout my master's program was invaluable."

But to add some perspective to all of this; at age 64, Linda describes how she feels as if she has lived a number of very different lives already: as a child witness to American racist policies of segregation in the southern United States in the 1950s; as a teenage hippy in 1960s America; as a photographer, weaver and textile artist in Prince Edward Island in the 1970s; as an independent filmmaker in Ontario in the 1980s; and as a mother raising two sons in rural Ontario and New Zealand. During the eight years that she lived in PEI she also nurtured her lifelong interest in independent and international films. In order to showcase films outside of the Hollywood mold, she started a non-profit film society with two other friends, an interest that provided the impetus to return to university and complete her undergraduate degree in Photographic Arts in 1984 at Ryerson University in Toronto.

More recently though, in 2005 at the age of 58, Linda returned to university after more than a 20-year absence, enrolling first in the undergraduate unclassified

program as a mature student. While continuing to work as a Research Assistant for Dr. Chappell she completed 21 units in cultural anthropology in three years



and had an article she wrote as an undergraduate published in a peer-reviewed journal. Then in 2008, she was accepted to graduate school in the MA Interdisciplinary Program (Dr. Peter Stephenson, Anthropology Co-Supervisor and Dr. Chappell, Sociology Co-Supervisor). Her MA research included a visual methods photographic component that focused on paid companions and their elderly clients, a reflection of the changing face of Canadian health care. During her graduate program Linda was awarded a number of scholarships and awards for her master's research which included: a Joseph-Armand Bombardier Canada Graduate MA Scholarship (SSHRC); the University of Victoria President's Research Scholarship; a Sara Spencer Foundation Research Award; a BC Ministry of Labour and Citizens' Services Student Led Research Grant; and a BC Network on Aging Student Data Collection Award. Linda graduated in May 2011, receiving her MA in Interdisciplinary Studies. She has presented her research findings at a number of conferences in 2009 - 2011.

In the future, Linda would like to continue with her academic studies and pursue her research interests on the wide-ranging socioeconomic effects of neoliberalism, the influence of media on societal values, and visual methods. Specifically she would like to undertake an Interdisciplinary PhD, utilizing *photovoice* and ethnographic film in order to investigate ageism, the invisible 'ism' of our time, which generates much disharmony and polarity between generations. But on the other hand, she sometimes feels that if possible, she might simply like to overindulge her other passion, travel, and visit the many places and cultures in the world that she longs to see including South America, the Galapagos and Easter Island; and the Seychelles and Madagascar. She wonders though if she could somehow manage to do both in the years she has left of her life.

# Dr. Brian Christie

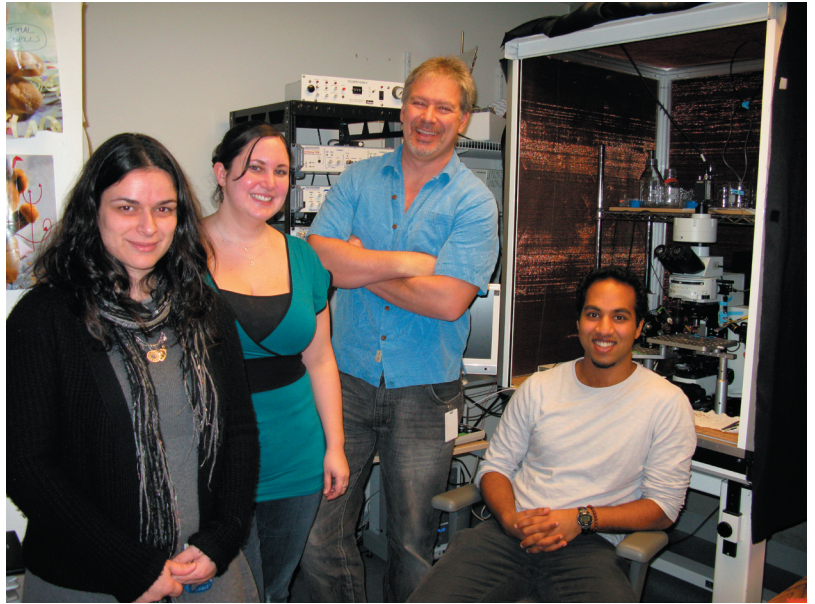
Dr. Brian Christie is an Associate Professor, Michael Smith Senior Scholar, the Director of the Neuroscience Graduate Program in the Division of Medical Sciences at UVic and a Research Affiliate of the Centre on Aging. His laboratory studies how brain function changes across the lifespan, using a brain structure called the hippocampus in rodents as a model.

The hippocampus is believed to be involved in the creation of new memories and recalling certain types of old memories in the adult brain. The hippocampus is also one of the few areas in the human brain that continues to generate new neurons throughout adulthood and it is frequently hypothesized that this neurogenesis is related to its function in learning and memory.

The brain can be seen as a series of connections, where memories, thoughts and consciousness are made up of networks of neurons. These networks are strengthened or weakened by how much the cells communicate with one another, a process known as synaptic plasticity. This synaptic plasticity is how we are able to refine these networks of connections to form new memories or learn new skills and can be used as a measure of how well cells are able to communicate.

Over time, these connections become refined through use into established circuits. The way these circuits function can change as we age due to changes in the types and locations of proteins located in our neurons. The brain disorders common to older individuals are often related to our ability to access these established connections, leading to problems with a number of different cognitive tasks, including memory.

Work in the lab looks at a variety of factors important for retaining a 'young' brain as we age. This includes the impacts of physical activity on brain function in aged animals, the effects of nutritional supplementation, and the changes in proteins in the aged brain.



A large focus of Dr. Christie's work is the effect of exercise on neurogenesis in the aged brain and also how neurogenesis may affect learning and memory. It seems that exercise is not only beneficial for our bodies as we age, but also for our minds. The lab has found that exercise is correlated with increased rates of neurogenesis, as well as improvements in learning and memory in older animals. It is believed that exercise increases the flow of nutrients and oxygen to the brain, and increases the amount of a protein that both stimulates new neurons to grow and increases the ability of existing neurons to communicate effectively with one another. This creates a microenvironment that is very conducive to the growth and survival of new neurons and the strengthening of connections between existing ones. Dr. Joana Gil-Mohapel, recipient of a Michael Smith Post Doctoral Fellowship, has been studying neurogenesis, learning, and memory through the lifespan of laboratory mice. As it is often theorized that neurogenesis in the hippocampus is related to establishing new memories and learning new tasks, she has focused on determining if a reduction in the capacity for neurogenesis in the aged brain is correlated with reduced learning and memory. Unexpectedly, she found that there was a poor correlation between neurogenesis levels and learning and memory performance animals in age. Thus it may be that the aged brain needs lower levels of neurogenesis to function properly than we previously assumed.

*continued from page 5*

Timal Kannangara is a PhD candidate and recipient of an NSERC Scholarship, who is interested in the way cells talk to one another and how this communication changes as we age. He has been studying a protein in the brain, the NMDA receptor, which is important to synaptic plasticity and is involved in strengthening the connections between cells in a network. This protein is highly implicated in disorders such as schizophrenia and bipolar disorder. Timal uses mice that are unable to make the NMDA receptor to see how it impacts the communication between cells over the course of the animals' lifespan.

Anna Patten is a recipient of the Neena L. Chappell Scholarship and a PhD student who is studying the role of oxidative stress in Fetal Alcohol Spectrum Disorders (FASD). Oxidant compounds are a type of toxin that can cause neurons to die or greatly impair their function. In the healthy brain, cells naturally produce anti-oxidants that neutralize these compounds before they cause damage. Individuals with FASD tend to produce fewer anti-oxidants, leading to a build-up of oxidant compounds over time. This is believed to contribute to progressive deficits in learning and memory seen in FASD. Anna is studying the impact of dietary supplementation with omega-3 fatty acids, a known anti-oxidant that naturally occurs in certain foods. This supplementation seems to help prevent the progressive damage that occurs in rats with FASD. This is important for human individuals with these disorders as it may mean that some of the deficits expected later in life can be reduced by this kind of intervention after birth. Anna also plans to study differences in the rates of neurogenesis in animals with FASD compared with normally aging animals. The work of Dr. Christie, his colleagues and students is important as it illuminates not only how our brains change as we age, but also demonstrates practical steps we can take to maintain or improve brain health throughout our lives.

The laboratory receives funding from the Faculty of Medicine at UBC, Michael Smith Foundation for Health Research, Canadian Foundation for Innovation, Canadian Institutes for Health Research, and National Science and Engineering Research Council.

## Anastasia Mallidou

A year ago, Dr. Anastasia Mallidou accepted a faculty position as Assistant Professor in the School of Nursing, University of Victoria. She is teaching quantitative and qualitative data analyses, applied statistics in Nursing, and development of integrative



literature reviews. Recently, Anastasia joined the Centre on Aging as a Research Affiliate. She is interested in studying residential nursing homes in British Columbia and specifically in Vancouver Island.

Her research interests include health services research for shaping effective and efficient health care systems; work environment and context (e.g., organizational culture) and its impact on patient, healthcare provider, and system outcomes; knowledge utilization; leadership and interventions on leadership skills; quantitative research methods such as structural equation modeling; health policy; systematic reviews; and interdisciplinary education and collaborative practice. During her postdoctoral fellowship, she explored healthcare aides' time use within a long-term care facility (nursing home) in Edmonton, Alberta. Her emerging research program focuses on excess (slack) resources (i.e., human, time and space) in healthcare services and their influence on consumer, provider and system outcomes. Researchers and students interested in studying these areas of research are more than welcome to collaboratively explore relevant research questions.

Anastasia has extended experience as a nurse manager and administrator, and senior healthcare administrator in paediatric hospitals in Athens, Greece. She also contributed to academic activities at the University of Athens and the Athens Graduate School of Management (Trent University, United Kingdom). She moved to Edmonton, Alberta for doctoral and postdoctoral studies at the University of Alberta supported by the Canadian Health Services Research Foundation (CHSRF), Alberta Heritage Foundation for Medical Research (AHFMR), Faculty of Nursing University of Alberta, and the Hellenic (Greek) State Scholarships Foundation (IKY).



# *Creating a Lasting Contribution*



## *How can you get involved with the Centre on Aging?*

- Make a financial donation
- Volunteer at Centre on Aging events
- Make a bequest to the Centre in your will
- Donate in lieu of flowers for the bereaved
- Sign up for the Centre's newsletter, the Bulletin

*If you would like more information on any of these activities, please contact:*

Lois Edgar  
Administrator  
Centre on Aging  
University of Victoria  
250.721.6524  
ledgar@uvic.ca

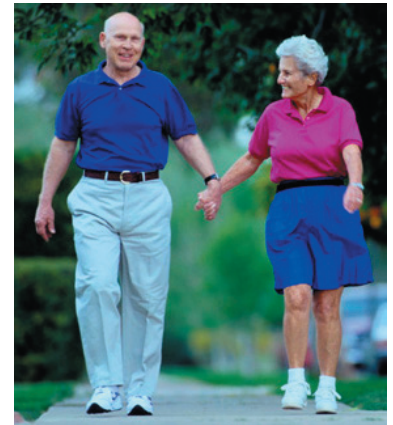
or

Barbara Roberts  
Development Officer  
Faculty of Social Sciences  
University of Victoria  
250.721.6044  
soscddevt@uvic.ca

# Can We Predict Alzheimer Disease?

Principal Investigator: Dr. Stuart MacDonald

The number of older individuals in Canada is growing, and with it the number of Alzheimer disease (AD) cases. Statistics Canada projects 750,000 Canadians will have AD by the year 2031. In response to these projections, research is now being conducted at the University of Victoria examining early blood and cognitive markers of AD. The goal of this research is to search for blood markers that may be present before the symptoms of Alzheimer disease begin to show. The use of these markers combined with other research in the field may one day lead to early detection of this disease. It is our hope that this early detection may allow for future research to develop treatments which may help lead to better health outcomes associated with Alzheimer disease.



## Opportunities to Participate in Research on Alzheimer's

### If you are...

- Over 65 years of age
- In general good health with no negative neurological history including head injury or stroke within the last year

### And have EITHER ...

- No current complaints about your thinking or cognitive abilities
- Some complaints about your thinking or cognitive abilities
- A diagnosis of Mild Cognitive Impairment
- A diagnosis of Alzheimer disease.

### You will be required to...

- Have a brief telephone interview.
- Provide a medical history and, with your permission, a review of your Ministry of Health record
- Attend a 1 ½ - 2 hour testing session where you will complete a series of tasks of memory and light physical activity
- If you are eligible to continue with the study you will be required to undergo a routine blood test



**University  
of Victoria**

Centre  
on Aging

**All information is confidential!**  
For more information please contact us at  
250-853-3838 or [prevent@uvic.ca](mailto:prevent@uvic.ca)



**University  
of Victoria**  
Psychology

## Call for Abstracts: "Aging in a Changing World"

October 18 – 20, 2012

Hyatt Regency Hotel in Vancouver, BC.

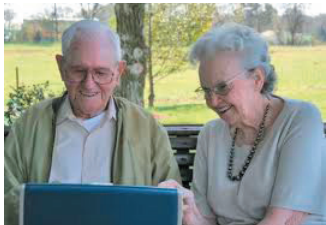
The Canadian Association on Gerontology (CAG) is pleased to announce the Call for Abstracts for our 41st Annual Scientific & Educational Meeting. Individuals are encouraged to submit abstracts that address the conference theme, although all submissions will be given equal consideration.

**Abstracts are due April 2, 2012**

Please visit <http://www.cagacg.ca> to view the Call for Abstracts, information about the Student Poster Competition, travel assistance grants, and the preliminary program.



## Opportunity to Participate in Research on Well-being and Aging Adult Volunteers Age 55+ Welcome!



Well-being is an important aspect of our daily lives, but it is very difficult to measure. Characteristics that impact our sense of well-being can vary from day to day, making it important to assess in everyday life. We will be conducting a study that will help us to better measure “well-being” as it unfolds across time.

### What is required?

- You will be completing an online survey about your day to day experiences.
- The survey will be completed 7 to 14 times over the course of one month.
- No computer? We will provide one for you to use during the study.
- It is anticipated that each survey session will take approximately 25 minutes.

Please contact Jonathan Rush or Catharine Sparks at 250-472-4861 or email: [iLife01@uvic.ca](mailto:iLife01@uvic.ca)

# SMAART 2012

**June 18 - 22, 2012**  
**University of Victoria**

## *Multivariate Analysis of Change*

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

**Save the dates!**

More information will be available at [www.coag.uvic.ca](http://www.coag.uvic.ca)

# Masterminds 2012

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

**April 4, 2012 • Dr. Stanton E. Tuller**

## **The Climate of Victoria: Characteristics, Variations, and Control**

Victoria's friendly climate draws visitors, retirees and envious looks from around the world. But what are the key controls of our local climate, and why do microclimates vary so markedly around the Capital Region? Dr. Tuller will explain how energy and mass transfers, combined with ground surface types, generate some interesting aspects of Victoria's climate.



**April 11, 2012 • Prof. Martin Segger**

## **The Emergence of Architectural Modernism in Greater Victoria**

During the 1950s and 1960s, a small number of architects changed Victoria's built environment with forward-looking plans and bold new forms. Major projects of the period were UVic's Gordon Head campus and Centennial Square in the core of the city. This presentation draws on research on the development of a regional modernist aesthetic in the post-war Victoria urban landscape.



**April 18, 2012 • Dr. Elaine Gallagher**

## **How Age-Friendly is BC?**

What makes a community senior-friendly? In an attempt to enhance the activity level and independence of seniors living throughout the province, a three-year research study was conducted in over 30 communities. In this presentation, Dr. Gallagher will outline many of the lessons learned and will provide guidelines for communities wishing to implement age-friendly initiatives.



**April 25, 2012 • Dr. Larry Yore**

## **Challenging Science Illiteracy:**

### **Celebrating Canadian Successes and Building for the Future**

Are our students science and math literate? This presentation will describe the successes of Canadian and BC schools in promoting reading, mathematics and science literacy for all students, according to the results from the Organization for Economic Co-operation and Development Programme for International Student Assessment. Recommendations will be provided to students, parents, teachers and school districts about policies, programs, practices and leadership.



**Lectures start at 7:00 p.m.**

**Harry Hickman Building, Room 105, University of Victoria**

**Please register by calling 250-721-6369. *Plan to arrive early as seating is limited.***

If you do not have a UVic parking permit, evening permits are available in all parking lots for \$2.25. Parking lot #4, near the stadium, is the closest.

**More information is available at [www.coag.uvic.ca/events.htm](http://www.coag.uvic.ca/events.htm).**



**University  
of Victoria**

**Centre on Aging &  
Retirees Association**

## Can we detect and delay the onset of cognitive decline?

The number of older individuals in Canada is growing, and with it the number of cases of Alzheimer's disease (AD). In response to these rising numbers, research is being conducted at the University of Victoria by Dr. Colette Smart to identify potential early markers of AD (before obvious symptoms appear on tests). Dr. Smart and her team are also trying to determine whether implementing strategies for cognitive and emotional well-being might delay the onset of cognitive decline in those who could be at risk for AD.



### **PARTICIPANTS NEEDED**

Please call or email us if you are:

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

The research procedure involves:

- A brief telephone interview (approximately 30minutes), to see if you are eligible
- Paper and pencil testing of your mood and mental abilities
- Testing of your mental abilities using two procedures called magnetic resonance imaging (MRI) and electroencephalography (EEG)
- Measures to determine how you walk
- Assuming you are eligible and after the testing is complete, you will be invited to participate in one of two groups, lasting for 8 weeks, that are designed to enhance cognitive and emotional well-being.

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

**CONTACT US AT**  
**smartlab@uvic.ca or 250-472-4194**

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



### **2012 VALUED ELDER RECOGNITION AWARD**

Please contact us if you are interested in nominating a volunteer

Call 250-721-6369 or visit [www.coag.uvic.ca](http://www.coag.uvic.ca) for details



# Embrace Aging



March is Embrace Aging Month, a time when the Greater Victoria Eldercare Foundation focuses on connecting seniors and caregivers to resources that will help them Be Well, Be Secure, Be Connected and Be Enriched. To this end, the Foundation sponsors workshops and events that connect participants to inspiring people, ideas, and activities, as well as showcasing resources available to help us all navigate the journey of aging in a positive manner.

In our senior years, most of us want the same things we valued in our youth. We want to feel connected to our family members, our friends and the community at large. Our physical health is important and so is our emotional sense of well-being. We want the world to present us with interesting and enjoyable opportunities for leisure and learning. Perhaps most importantly, we want to feel that we still have something to contribute. A new hobby, the resurrection of an old skill, a chance to meet people with similar interests or advice on how to manage a chronic condition can be a real enhancement to life.

Here are just a few of the free sessions planned for Embrace Aging 2012:

**Yakimovich Wellness Centre, 1454 Hillside Avenue**

March 9 – Good Nutrition as a Tool for Healthy Aging

March 10 - Grief, Loss & Dementia - Caregivers Share Their Journey

March 16 – Making My Money Last as Long as Me

March 24 – No Particular Place to Go – Discussion on issues around seniors' driving

March 28 – Changes to Power of Attorney and Health Agreements

*All sessions at the Wellness Centre are free of charge, but require advance registration. Call 250-370-5641 to sign up.*

**Taoist Tai Chi Centre, 865 Catherine Street**

March 29, 12:30 – 1:30 pm “Try It” Tai Chi. No experience necessary. Pre-register by calling 250-370-5641.

**Oceanside Health and Wellness Fair**

Parksville Community and Conference Centre, 132 East Jensen Avenue, Parksville

March 31, 10:00 a.m. – 3:30 pm

For a full listing of events, community offerings and resource links, visit [www.gvef.org](http://www.gvef.org) and follow the links for Embrace Aging, or call the Eldercare Foundation at 250-370-5664. Brochures are also available at Greater Victoria recreation facilities, public libraries and seniors' centres.



## CONTACT INFORMATION:

We invite your submissions, comments and contributions.

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