

SPECIAL
POINTS OF
INTEREST:

- Student profiles & activities
- UVic conferences
- Valued Elder Recognition Awards

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The Bulletin

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Message from the director

As we approach my first year anniversary as director of the Centre on Aging, I want to provide you with some highlights of our achievements. We have developed and focused the centre's activities to better support and communicate the latest research activities of our many affiliates and students; and to better engage and collaborate with our research partners and the community-at-large. We expect our new website to be live by May 2015. I have initiated a new colloquium series initially focused on research methods, and expanded to include cutting-edge seminars and expert panels in support of new collaborative initiatives with Island Health and CanAssist with an emphasis on technology and aging, biomarkers, and patient re-

ported outcomes. The Centre on Aging is now a regular partner with the Lafayette String Quartet in support of their annual Lafayette Health Awareness Forum. Since 2006, this forum has provided an opportunity for health professionals to meet with the community to present and discuss important topics.

The Centre on Aging is actively seeking greater engagement with the Vancouver Island community to help direct our activities, be involved in our research, and help us share

evidence-based research. To facilitate this, we are working to develop a large-scale local cohort through regular assessments on general health and lifestyle, biological samples, and cognitive and physical measurements. One long-term objective of this research is to improve our ability to unobtrusively monitor health factors and detect important early health changes. This early detection allows timely intervention to prevent avoidable health deterioration or loss of independence; and speaks to the need to meas-

ure individuals more frequently than once every few years.

I am currently working with Dr. E. Paul Zehr and others to expand the longstanding COACH-VIPAC



Scott Hofer, Director, Centre on Aging and Professor, Harald Mohr, M.D. and Wilhelma Mohr, M.D. Research Chair

Continued on page 7

Do you know a volunteer you could nominate for VERA?

The Centre on Aging honours the United Nations' International Day of Older Persons and the Government of Canada's National Seniors Day on October 1st with the presentation of the Valued Elder Recognition Award (VERA). The

award, first presented in October 2000, recognizes and honours individuals who over their lifetime have given exemplary service to helping others in the Capital Regional District. Award recipients are further

acknowledged with a plaque at the Centre on Aging office.

The 2015 Valued Elder Recognition Award (VERA) forms are available and ready for your nomination. Please contact Nina Perisic at coagreception@uvic.ca or 250-721-6369.



2014 VERA nominees:

Dr. Stajduhar began her career as a front line nurse, but returned to an academic career with a desire to improve care for palliative patients.



Dr. Kelli Stajduhar

Nina Perisic

The Centre on Aging is pleased to welcome our new administrative assistant, Nina Perisic. She comes to the Centre after completion of her BSc in Biology and Psychology at the University of Victoria. When she is not working, she enjoys yoga, hiking, and getting at least eight hours of sleep a night.



Kelli Stajduhar

As the Canadian population ages, demands are increasingly being placed on our health care system to provide high-quality, compassionate support. This is especially true for end-of-life care where the needs of patients and caregivers are paramount. Nursing researcher and Centre on Aging research affiliate Kelli Stajduhar has dedicated her career to ensuring these needs are being met in an evidence-based and coordinated way. Fueled by a deep commitment to the well-being of patients and their family caregivers, Dr. Stajduhar blends knowledge development and research with advocacy and stakeholder engagement to inform and transform policy and practice related to end-of-life care in BC, Canada and beyond.

The Craigdarroch Awards celebrate outstanding research and creative achievement at the University of Victoria. Dr. Stajduhar won the 2015 Craigdarroch Award for Excellence in Knowledge Mobilization. (The Ring, Wed, 2015-04-08)

Snapshots

On Tuesday, March 31, 2015, the Centre on Aging held the inaugural Research Snapshots Showcase. Undergraduate students presented draft forms of their clear language summaries. The summaries are of published research articles by Centre on Aging research affiliates. The students were



and Tomiko Yoneda. Members of the university and wider

Photo to left shows students in class.

Photo below is at the Showcase.

enrolled in *Writing Research Snapshots: A Seminar on Current Aging and Health Research* course offered by Dr. Scott Hofer, Director of the Centre on Aging with co-instructors Amanda Kelly, Tina Quade

community were invited to a poster exhibition to support the review and development of the research impact snapshots before they are sent to the research affiliates for final approval.



Kate Roland

Dr. Kaitlyn Roland, one of the Centre on Aging postdoctoral fellows, has recently published an article with her thesis advisor Neena L. Chappell. The article *Meaningful Activity for Persons With Dementia: Family Caregiver Perspectives*, is in the *American Journal of Alzheimer's Disease and Other Dementias* (03/2015; DOI:10.1177/1533317515576389) with Dr. Roland as first author.

But this is only part of the story of Kate's activities. In

2012 she developed the online Public Health and Social Policy course *Healthy Ageing*, and has been teaching it since 2013. She continues to develop her original research on Parkinson's disease (PD) looking at the growing incidence of cognitive impairment in persons with PD and how that creates unique challenges for care partners. She presented this research at the International Conference on Alzheimer's and Parkinson's Diseases and Related Neurological disorders in Nice, France.

Kate gives PD caregiver workshops (related to her postdoctoral work) and talks on exercise and physical function (her PhD research topic) for the Parkinson Society BC (Vancouver) and Headway - Victoria Epilepsy and Parkinson's Centre (Victoria). She also teaches yoga classes specifically for persons with PD entitled *Yogadopa*.



Dr. Kaitlyn P. Roland

Taylor Hainstock

Taylor is a second year Master of Arts student in the Social Dimensions of Health Program under the co-supervision of Drs. Denise Cloutier and Margaret Penning. Taylor is also a graduate student affiliate and research assistant at the University of Victoria's Centre on Aging. Graduating from the University of Western Ontario with a Bachelor of Health Science, Honours Specialization in Community Rural Health Development, her primary research interests include health and social service delivery systems, vulnerable populations, and healthy aging.

Her position as a research assistant in BC Trajectories in Care project (Penning, Cloutier et al., 2012-2014), has supported the development of a thesis project that pairs her interests in aging, rural-urban health, transitions between long-term care (LTC) services, and 'care management' as a unique form of care provided by family caregivers. Family caregivers contribute considerable time, energy and resources to providing care to a loved one, often at the expense of their own health and wellbeing. Caregivers provide different levels of care including, but not limited to, direct care (e.g., administering medication, bathing, etc.) and 'care management' activities (e.g., health care

system navigation, arranging formal care services, financial matters, paperwork, and seeking information).

Taylor's thesis project is based at the University of Victoria and reflects a strong partnership with the Fraser Health authority, the most populous and culturally diverse health authority in British Columbia. Drawing on administrative data collected over a four year period (2008-2011), her two-phase, sequential mixed methods project will first explore what predictors (e.g., socio-demographic, health and place of residence [urban/rural]) influence vulnerable older adults' transition between long-term care service and how these factors vary across geographically diverse regions of Fraser Health. Specifically, she is looking at two key transitions in care: the movement from home and community care services to either assisted living or residential care facilities.

The second part of her study will gather information about how family caregivers think about, navigate and manage these two key transitions for a family member. Her research aims to build a deeper understanding of the 'care management' role and will contribute to the limited knowledge base about how these

patterns are different in rural and urban settings. Care management activities are important to examine during transitions in care because it is at this time that many care related decisions are made.

Through insights generated from the combined quantitative and qualitative findings, her research will strengthen and support the larger BC-TIC project and contribute to academic knowledge in the area of care transitions, care management, family caregiving and health geography. Taylor hopes her work will also support efforts to develop more well-informed and relevant resources to most appropriately support patients and families during care transitions.

Taylor is the 2014-2015 recipient of the Dr. David Chuenyan Lai Scholarship from the Centre on Aging and a 2014-2015 UVic Graduate Award recipient.



AN INTERDISCIPLINARY CONFERENCE
ON THE
SOCIAL DIMENSIONS OF HEALTH

CONNECTING THE CONVERSATIONS

Key Note: **Dr. Michael Hayes** Closing Remarks: **Dr. Charlotte Loppie**

UNIVERSITY OF VICTORIA APRIL 23 2015
HICKMAN BUILDING Registration and Sign-in @ 8:00 am

HIGHLIGHTS: India Field School Interactive Theatre Workshop, Interdisciplinary UVIC and VIU panels, 'Rapid Fire' oral presentations and poster sessions

Find us on Facebook or conferences.uvic.ca for more information!

We are personally inviting you to be a part of UVIC's inaugural Social Dimensions of Health (SDH) Conference scheduled for **April 23rd, 2015**! Please visit our [website](#), [Facebook](#) and [Twitter](#) pages to see our tentative program outline and for registration.

Connecting the Conversations: an Interdisciplinary Approach to the Social Dimensions of Health

Building on critical, emancipatory and eco-social theories of health promotion and practices, this interactive, multi-disciplinary initiative is looking for your support! A committee at the University of Victoria, comprised of faculty, student researchers, artists and community practitioners have gathered resources to foster knowledge exchange by launching a one-day, intensive conference that seeks to stimulate conversation between and across disciplines, practices, and community experiences.

Health Determined Drivers with Dimensional Navigators

The social *determinants* of health tell us that the conditions in which we are born, grow, work, live and age influence our health and well-being. This conference seeks to further understand, practice, and report on how interrelated health disciplines can bridge the considerable gaps between our efforts for health equity.

Generating New Ideas, Fostering New Relationships

- Interdisciplinary panel sessions, dynamic rapid-fire oral presentations and a creative, interactive arts based workshop will *connect the conversations* between experts and the next generation of researchers, practitioners and community partners. *Topics include:* interdisciplinary research, community health, community based arts programs, sexual health, public transit and aging, social activity and cognitive function, e-cigarettes and adolescent health.
- **Keynote:** Dr. Michael Hayes **Closing:** Dr. Charlotte Loppie

UVRA Elder Academy Series Indigenous Language Revitalization

Saturday, June 6, June 13, July 4, and July 11, 2015

10:00 AM - 12:00 PM

First Peoples House, University of Victoria



The UVRA is continuing to offer short series on specific topics of interest. We are really fortunate to have this series on Indigenous Language Revitalization with some of the most well-known speakers and researchers in the field who have kindly agreed to share their knowledge with us.

- June 6** **Nqwalutenlhkalha: Our Languages, Voices of the Land plus a tour of the First Peoples House**
Lorna Williams, Wanosts'a7, OBC
(Professor Emerita, University of Victoria, Department of Linguistics and Faculty of Education)
- June 13** **Many Tongues, Many Voices: Languages around the World**
Ewa Czaykowska-Higgins
(Associate Professor, University of Victoria, Department of Linguistics)
- July 4** **Indigenous Language Revitalization: Non-Indigenous Allies in Academia**
Leslie Saxon
(Professor, University of Victoria, Department of Linguistics)
- July 11** **Adult Language Learners in Language Revitalization**
Peter Jacobs
(Assistant Professor, University of Victoria, Department of Linguistics)

The cost to attend is \$6 per individual presentation or \$20 for all four presentations. Due to limited seating, **registration is required.**

Please visit <http://conferences.uvic.ca/index.php/uvraevents/ilr> to register.

For more information, visit <http://web.uvic.ca/retirees/events-elder-academy.html>



University
of Victoria

Retirees
Association

Visiting Faculty

Dr. Michelle
Porter



Michelle Porter is a professor in the Faculty of Kinesiology & Recreation Management and a research affiliate in the Health, Leisure and Human Performance (HLHP) Research Institute at the University of Manitoba.

Dr. Porter is currently at the Centre on Aging collaborating with Dr. Holly Tuokko on their Candrive research, one of many subprojects of this national study.

Candrive is a five year project that follows older drivers and studies key factors impacting their driving safety. Dr. Porter's project, *Driving Patterns of Older Canadians*, examines driving patterns in a large sample of older drivers from different locations across Canada using Global Positioning System (GPS) tracking. Factors such as obeying traffic signs and the effect of climate conditions on driving are examples of elements that are being studied.

Director's Perspective continued from page 1:

(Vancouver Island Partnership for Aging Care) into a broader research and knowledge translation consortium, the Healthy ISLAND Network (ISLAND=Integrative Solutions for Lifespan Aging and Neurodegenerative Disorders). This network is expected to include the UVic Centre on Aging; the Centre for Biomedical Research; Island Health (including the Cerner Corporation); CanAssist; the Island Medical Program; the Canadian Institute for Health Information, and the Greater Victoria Eldercare Foundation. The Healthy ISLAND Network is a partnership to facilitate research, education, policy and practice by promoting innovation that enhances independence, functionality, and quality of life.

This issue of the newsletter focuses on our students, as will every issue in April over the coming years. Take a look ... you'll discover their activities, learning opportunities, and research endeavors.

Save the date

Our annual **International Day of Older Persons (IDOP)** lecture and Valued Elder Recognition Award (VERA) presentation will take place at the Salvation Army Citadel on Friday, October 2, 2015.

Join us at 1:30 pm for the awarding of VERA and a tea. Next you will be part of the Candrive panel as they share preliminary results from the study and show their appreciation to all the participants from the study. Candrive followed 1000 older drivers in seven Canadian cities (including Victoria) for five years. In addition to recording their driving habits using an in-car computerized monitoring device, study participants underwent yearly comprehensive assessments that helped determine the factors that make older persons safe and not safe to drive. A major objective of the study was to develop a screening tool that physicians can use to determine who amongst their older patients is safe and not safe to drive.

Family Reminiscence Theatre Study

An exploration of the impact on psychosocial quality-of-life through active engagement in family reminiscence theatre with older adults in care with mild to moderate cognitive impairment.



I am currently conducting a research study for my dissertation as part of a Social Dimensions of Health PhD program at the University of Victoria. This study explores the impact of active engagement in family reminiscence theatre on older adults in care with mild to moderate cognitive impairment.

Reminiscence theatre is performance created from the essence of real life stories and memories of older adults. In this family reminiscence theatre initiative the researcher will develop, implement and document the process of creating theatre performance from older adults' and family participants' memories and stories. Individual reminiscence/life history interviews will be conducted with the older adult participants, audio-recorded, transcribed verbatim and reviewed with participants for story selection for play devising and consent. A core company of reminiscence theatre artists will collaboratively devise a reminiscence theatre performance from these stories and through group drama workshops with older adult and family participants. The performance will be presented to participants and an invited audience in the care facility.

Research and practice have shown that reminiscence and life review are an integral component of healthy aging in later life. The intent is to honor the contributions of these older adults throughout their lifetime, and provide an opportunity for active engagement in creative activities meaningful to both the older adult and family participants.

Among the objectives are to: reflect on lived experiences; share memories; increase social activity, strengthen relationships and possibly reframe self-perceptions of health and well-being. Overall, a central aim of the research is to advance arts in health initiatives for older adults in facility care, and specifically explore family reminiscence theatre as an initiative to address the current need for innovative, sustainable, dementia-specific programming which promotes quality-of-life for older adults in care.

Written by: Trudy Pauluth-Penner, Interdisciplinary PhD Candidate
Social Dimensions of Health Program

Do you have an iPhone (iPad or iPad Mini)?

If so, please help us test our mental health app.

We are looking for older adults to help us test an iOS app developed for mental health research. Participants will be asked to download our study app onto their iPhone (iPad or iPad Mini). You will be prompted each day to complete a brief mood and daily events questionnaire. Responses will be time and GPS-stamped for research purposes only. The study has been approved by the SFU Research Ethics Board. Please note, that no identifying information will be transmitted. To register, please go to: <http://get.sfu.ca/mMrKPn>. On the webpage, ignore the text (intended for forthcoming participants) and provide your contact information. We will be in touch shortly. For more information, please contact Bobbi Symes at bobbi@wellwithbd.com.



Welcome Ashley Mollison!

The Centre on Aging would like to welcome our new project coordinator Ashley Mollison to the Equitable Access to Care (EAC) for People with Life Limiting Conditions study. EAC is a study undertaken by Kelli Stajduhar and her team. They are currently conducting observations and interviews with 14 vulnerable participants with healthcare access issues who have life-limiting conditions, as well as their support and service providers. To date, they have conducted 43 hours of observation and 24 interviews with clients, and 48 hours of observation and 11 interviews with service providers. Ashley previously worked with the downtown community as the programs coordinator at the Society of Living Illicit Drug Users (SOLID) and a Harm Reduction Support Worker at AIDS Vancouver Island (AVI). She has an MA in Studies in Policy and Practice and is interested in research on harm reduction, critical health, HIV/AIDS, and inclusion and leadership of affected populations in health service development and delivery.



Colloquium Series 2014 - 2015

Optimizing Aging & Health: Methods and Applications was the first of the centre's new colloquium series offered in this academic year. It was developed to highlight substantive and methodological innovations and applications in aging research as part of Scott Hofer's vision as director of the centre. Scott brought his colleagues to share their expertise in a live and an online setting.

Eight presentations were given in the Fall by Andrey Koval who focused on reproducible research and the use of R and RStudio. 10 presentations were given in the Spring term by researchers from UVic, Island Health and North American universities.

This first series enjoyed a great deal of success and we are looking forward to planning the 2015-2016 series with your help. Are there topics you would like presented? Do you have research you would like to present? Are there ways we could do things better? Please let us know your thoughts by contacting Leah Potter at lpotter@uvic.ca. Currently Andrey Koval, Ryan Rhodes and Deniz Erton-Lyons will present during the Fall 2015 series.



Above: Andrey Koval

On the right, from left to right: Ken Moselle and Scott Hofer



Dr. Holly
Tuokko



Holly Tuokko, PhD, R.Psych. is a research affiliate and past director of the Centre on Aging and a Professor in the Department of Psychology at the University of Victoria. A major goal of her research is to establish a "fit" between the needs of the person and the environmental context in which they live, in order to maximize their independent function.

Recently Dr. Tuokko was profiled in *Adult Development & Aging: BioPsychosocial Perspectives (Canadian Edition)* by Drs. Susan Krauss Whitbourne, Stacey B. Whitbourne and Candace Konner (Wiley Press, 2015). In the two page summary Dr. Tuokko responds to questions about her interests, research and advice for future research and researchers.

Have You Lost a Family Member Who Suffered from Cognitive Impairment or Dementia?



Seeking Family Members of Older Adults who were Cognitively Impaired for a UVic Dissertation Research Study on **Advance Care Planning**

What is Required?

- Voice your story/issues/concerns in a 1.5-hour focus group or individual interview

Where/When?

- Held at the Centre on Aging (UVic) - Flexible dates and times

How Will You Benefit?

- Discuss concerns about care received by your loved one
- Become actively involved in research to inform healthcare practice and policy
- Provide suggestions on improving care for a vulnerable population

**If you would like to participate, please contact graduate student,
Anna Jeznach, at 250-721-6368 or abraslav@uvic.ca**

THANK YOU FOR YOUR INTEREST!



University of Victoria

Centre on Aging

Articles and submissions provided by: Arlene Senft, Lois Holizki, Scott Hofer, Taylor Hainstock, Trudy Pauluth-Penner, Cara Pearson, Nina Perisic

We invite your submissions, comments and contributions. Forward all correspondence to the editor, Lois Holizki.

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Research Throughout the Life Course



Masterminds

April 8

Peak experiences in music

Gene Dowling

Mary Kennedy

Ian McDougall

A musician's peak experiences are by nature transitory but whether they take place in a recording studio or a concert hall, even a fleeting moment of musical magic can transform the life that follows. Three UVic music professors sing, play tuba and trombone, and tell stories about the high notes in their musical journeys.

April 15

Woman in the wild

Mary Sanseverino

What has a computer scientist learned from hiking with large-format cameras to shoot remote wilderness vistas and retreating glaciers? In an evening of stories and photography, Mary Sanseverino will lead a visual tour of UVic's Mountain Legacy Project, which investigates environmental change in Western Canada by recreating classic historical mountain photographs.

April 22

Zombie factory: Culture, stress and sudden death

Peter Stephenson

Failing to recognize our patterns of stress can turn us into virtual zombies—or lead to unexpected death. Using narratives of a spy, an executive and a refugee camp worker, author Peter Stephenson draws on his research as a medical anthropologist to talk about how to shake the grip of stress.

April 29

Seeing speech from the inside

John Esling

From the mouths of babes to the laryngeal cavities of fluent language speakers around the world, these are the frontiers of exploration that linguist John Esling has probed. UVic's master articulator will lead a multi-language video and audio tour of phonetics including laryngoscopic videos that document speech production from the inside.

Please register for the free lectures by calling 250-721-6369 or emailing aging@uvic.ca

Plan to arrive early, as seating is limited.

Parking after 6 p.m. is \$2.50. The stadium parking lot is recommended.

More info: uvic.ca/masterminds