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HOW TO KEEP TO THOSE DWINDLING NEW YEAR’S EXERCISE INTENTIONS

By Stina Grant and Ryan Rhodes

Did you have the intention to make 2019 the year to embrace physical activity in a big way? Did you shortly thereafter fail to follow through on these shiny new positive intentions? Don’t be discouraged, as you are certainly not alone. In fact, research shows that about half of physical activity intenders fail to follow through and two-thirds of intenders fail to follow through when starting a brand new exercise program. While having shiny intentions is an excellent starting point for behavior change, they are often not sufficient to enact behaviour. This phenomenon has been termed the intention-behaviour gap.

It really comes as no surprise that we don’t always succeed. Physical activity generally and exercise specifically are complex behaviours requiring motivation, concerted self-regulation, and habituation. Our program of research in the Behavioural Medicine Lab is focused on theory and interventions designed to address the intention-behaviour gap. While our work is ongoing, with considerable research still needed to address such an important phenomenon, the results from our lab and related work from our colleagues around the world in health psychology may help you bridge this infamous intention-behaviour gap.

The Institute on Aging and Lifelong Health
Four take-home points to consider:

1. We often form our exercise intentions based on the overwhelming positive outcomes that come from regular physical activity (weight loss, improved appearance, disease prevention). Unfortunately, these positive outcomes are achieved in the long term and have nothing to do with the day-to-day experience of exercise. Research has shown that our enjoyment of the exercise experience is a far more reliable predictor of who will follow-through on intentions than our beliefs about the long-term outcomes of exercise. Indeed, even when the affective experience of a single bout of exercise is measured, research has shown that only how we feel during exercise matters. That great feeling you have when you finish exercise does not predict future participation. The take home point is to spend considerable thought designing your exercise experience to make it as pleasant as possible. We find ways to be “too busy” or “too tired” for experiences that are unpleasant, no matter how good they may be for us in the long-term. An enjoyable exercise experience can mean different things to different people but we recommend self-paced exercise at a bearable intensity, and pairing the activity with other enjoyable aspects such as social activity (friends and family), and maximizing aesthetics (e.g., taking advantage of Victoria’s scenery).

2. Regular exercise takes time and effort, and represents a choice among many other alternatives we have in our day. As a result, motivation alone is often not enough to keep the momentum of those good intentions. Research has shown that people who use and employ planning and self-regulation skills are far more likely to follow-through on good intentions. The take-away point is to include weekly planning of exactly what, where, when and how you will achieve your exercise, followed by back-up plans for what you will do if there are interruptions. Schedule exercise as if it was an important business appointment (what is more important than your health?).
Find a way to monitor your progress using either wearable technology or good old-fashioned calendars and notebooks. Failed intentions should be analyzed and new goals should be set (have a reboot day for your plans every week). Missing a few bouts of exercise is normal but the use of planning skills will make the difference between missing the odd bout and drifting away from those good intentions altogether.

**Reliance on motivation and constant planning is tiring.** In our laboratory, we have spent considerable research on building exercise habits to overcome this challenge. A habit is a behaviour that is implemented with low awareness from repeated environmental cue-behaviour pairing over time. Some researchers suggest that 60% of our daily behaviours are habits! While many people think of bad habits, desired behaviors like exercise are easier to maintain when it becomes a habit. Our research suggests that keeping a specific exercise practice tied to critical environmental cues (e.g., exercise at the same time, or following an existing routine) can help form a habit. This process appears to take about six weeks but the results vary widely by how often one exercises and other factors we yet understand.

**Similar to the benefit of habits noted above, research has shown that building physical activity into your identity helps to translate intentions into behaviour.** Identity is how we self-categorize our experiences and create our own personal standards. Research has shown that the shift in thinking from “I exercise” to “I am an exerciser” can have a profound effect on our behaviour because we have an aversion to being inconsistent with our selves. The take home point is to re-label exercise and healthy living as who you are with affirmation, self-expression (attire and photos), and re-prioritizing your life to place exercise at the level you believe it should sit.
So, imparting words of wisdom from the research so far, don’t give up if you haven’t succeeded in turning your intentions into actions. It happens to the best of us. Instead, focus on your small successes. Try some of these approaches noted above and give yourself the gift of starting over!

For more information on our work please see https://www.uvic.ca/research/labs/bmed/ and https://onlineacademiccommunity.uvic.ca/mpac/

Stina Grant is a graduate student in the School of Exercise Science, Physical and Health Education and Research Trial Coordinator for the Behavioural Medicine Lab.

Ryan E. Rhodes is a Professor of Exercise Psychology, Director of the Behavioural Medicine Lab, and Associate Director of the Institute on Aging and Lifelong Health

References for further reading


We are looking for couples 45-75 years old who are living together to participate in the research study "Physical activity promotion through wearable monitors."

Participants will receive a Fitbit activity tracker (worn like a watch) to use for 3 months. Participants will also complete an online questionnaire and wear an accelerometer (worn like a belt) 3 times, and come to our lab twice for measures of height and weight.

You must have a smartphone or tablet with bluetooth technology to participate and one or both partners must be achieving less than 2.5 hours of moderate to vigorous physical activity per week.

If you are interested or have any questions, contact the lab at 250-472-5288 or email bml@uvic.ca
CONGRATULATIONS DR ELIZABETH BORYCKI, RECIPIENT OF THE HUMAN AND SOCIAL DEVELOPMENT TEACHING EXCELLENCE AWARD

As a world renowned health informatics scholar and director of the Social Dimensions of Health and Health and Society programs, Dr Elizabeth Borycki is a well-deserving recipient of this award. From creating the curriculum for the one-of-a-kind Nursing and Health Informatics Science double-degree program in Canada, to being one of the Top Ten Canadian Women in Digital Health, her dedication as a researcher and teacher are creating transformative paths, especially towards gender equity, in the information technology world.

With a research focus on patient and health information technology safety, management and strategy, Elizabeth was funded $450,000 from the Michael Smith Foundation for Health Research. This grant will aid her in her research “Improving the Safety of Health Information Technology: From International Knowledge to Local Application”.

INFORMATION TECHNOLOGY AND COMMUNICATIONS IN HEALTH (ITCH) 2019 CONFERENCE

The School of Health Information Science 7th Annual Conference on Information Technology and Communications in Healthcare 2019 (ITCH2019) was held February 14-17, 2019. The conference, co-chaired by Dr Elizabeth Borycki and Dr Alex Kuo, focused on Improving Usability, Safety and Patient Outcomes using Health Information Technology, with over 190 participants from 15 countries presenting or attending workshops, poster sessions and oral presentations.

Jamie Cassels, President of the University of Victoria, opened the conference. The conference keynotes were from Europe, the United States and Asia and covered topics that included patient portals, patient engagement, artificial intelligence, big data, electronic health records and decision support systems in health care and their effects on patient safety and outcomes.

The conference proceedings have been published and are available through open access at http://ebooks.iospress.nl/ISBN/978-1-61499-951-5 and are indexed in Medline.

The Bulletin; Volume 27, Issue 1
CONGRATULATIONS DR DENISE CLOUTIER, RECIPIENT OF 2019 PROVOST’S ENGAGED SCHOLAR AWARD

“The award honours tenured faculty members who have demonstrated outstanding scholarship in their field, as well as inspired teaching and community engagement. Cloutier and Mainprize will hold the title of University of Victoria Provost’s Engaged Scholar for five years and receive a one-time award of $10,000 each to support their research, teaching and community engagement.” —UVic News

Institute on Aging and Lifelong Health (IALH) research affiliate and professor in the University of Victoria Department of Geography, Dr Denise Cloutier, received one of two 2019 Provost’s Engaged Scholar Awards alongside Dr Brent Mainprize.

Denise is a health and social geographer with primary research interests in healthy aging, the continuum of care, and aging in place. Whether she is on a panel of researchers discussing the Determinants of Health for the Canadian Longitudinal Study on Aging or presenting her talk “Aging Gracefully: Living a Life of Significance,” as a member of the UVic Speakers Bureau, Denise exemplifies the value of being dedicated to both research and the community.

Her most recent research includes being a principal investigator on the Social Sciences and Humanities Research Council funded grant, “Supporting Culturally Appropriate Coming of Age Resources for Urban Indigenous Youth on Vancouver Island: (Re:) Connecting with Self-Determined Health and Wellness”.

The Institute on Aging and Lifelong Health
your caregiver journey

A tool for navigating the transition from home into a long-term care facility
The Tool

The caregiver tool emerged from a collaborative research project between researchers at the University of Victoria and the Fraser Health region, in British Columbia (BC). This tool is based on experiences and insights from family caregivers’ who have helped family members move from home into a long-term care facility. The researchers then reconnect with the original caregivers and with family support networks across BC to ask about the value of this tool for helping families during this time.

This final tool represents a combination of all of the collected feedback we received. We hope you find this information helpful and informative.

Project Details

The primary research team was Taylor Hainstock, MA, and Denise Cloutier, PhD. Both researchers are affiliates with the Institute on Aging and Lifelong Health at the University of Victoria.

Please contact Denise at dcloutier@uvic.ca for more information about this study, or your local health authority for additional information and resources to help you with this journey. This research was supported by an Internal Research/Creative Projects Grant.
CONGRATULATIONS DR DEBRA SHEETS ON BEING PROMOTED TO PROFESSOR

The Institute on Aging and Lifelong Health is delighted to announce that Dr Debra Sheets has been promoted to Professor! Dr Sheets is a professor in the School of Nursing at the University of Victoria. She received her doctorate in Gerontology and Public Policy from the University of Southern California. She is an elected fellow of the American Academy of Nursing, the Gerontological Society of America and the Association for Gerontology in Higher Education (AGHE). Her research interests focus on gerontology and geriatric nursing—and in particular dementia and caregiving, technology in home care, and creativity and aging.

Dr Sheets is one of the lead researchers for the Voices in Motion Choir—an intergenerational choir for people with dementia and their family caregiver that is reducing social isolation and the stigma of dementia. She is also leading the Ease e-Home project which uses voice first technologies connected to smart devices to enable older adults with dementia to continue to live independently in their homes. Debra served as co-site lead for the Canadian Longitudinal Study on Aging (CLSA) at the University of Victoria from 2012 to 2018, is widely published, and serves on the editorial boards for several leading journals in the field of aging.
Voices in Motion Choir
An intergenerational choir for people with memory loss, their caregivers, and high school students.

HERE COMES THE SUN:
Voices in Motion Spring Concert

April 28 | 2:30–4 p.m.
Students from St. Andrew’s High School
St. Aidan’s United Church,
3703 St Aidans St., Victoria, BC

May 2 | 4:30–6 p.m.
Students from Pacific Christian School
Victoria Christian Reformed Church,
661 Agnes St., Victoria, BC

TICKETS $10
AVAILABLE THROUGH
EventBrite.ca (search Voices in Motion)
St. Andrew’s Regional High School 250-479-1414
Pacific Christian Secondary School 250-479-4532
and St. Aidan’s Church Office 250-477-2089

uvic.ca/voices
HOW THE DATA SCIENCE STUDIO CAME TO BE

By Andriy Koval

The Data Science Studio (DSS) was formed to promote sound practices of longitudinal modeling in their analysis through collaboration between Island Health and University of Victoria (UVic) researchers. This working group was conceived and launched by Ken Moselle, Scott Hofer, and Andriy Koval.

In fall 2014, Scott Hofer organized a colloquium series at the Institute on Aging and Life-long Health (IALH) - then “Centre on Aging” - with focus on reproducible methods and applications in aging research. Andriy Koval, his new postdoc at the time, volunteered to give a series of talks on the use of R and common techniques of reproducible analytics with dynamic documents (view online). Ken Moselle, Enterprise Information Architect at Island Health, attended these lecture series, seeking ways to tap into statistical expertise of UVic to nurse analytical capacities of Island Health. A unique, cross-continuum Electronic Health Records (EHR) system of Island Health has been amassing records since 2007, capturing an almost complete longitudinal picture of patients within the health system.
However, despite the allure of their interoperability, the system’s software ability to share and make use of data, and longitudinal nature, these data did not contribute much to the evidentiary basis of existing policies. Their broad, cross-continuum breadth of health services and highly complex statistical models needed to handle “within-person-over-time” patterns was calling for analytic capacities beyond the scope of Quality Improvement departments within Island Health. The colloquium sparked a vision for a working group that would bring together the expertise capable of releasing the potential of big, cross-continuum EHR for aging research: knowledge of clinical context (Ken), statistical expertise in modeling individual differences (Scott) and applied data science skills for handling big data (Andriy).

In fall 2015, Ken formed an Applied Clinical Research Unit at Island Health. Scott funded Andriy to join this group half-time to work on rendering Island Health’s EHR into a form that can be analyzed and linked to the aging data collected by IALH. Ken and Andriy developed a Clinical Context Coding Scheme (CCCS) [view online], a system for reducing the granularity of Island Health service landscape. One of the first applications of CCCS was development of “patient timelines” for DEPiCTS projects, co-chaired by Scott, which visualized service utilization in the longitudinal context of visiting the Stroke Rapid Assessment Unit (Figure 1). Building on this methodology, Andriy and Ken developed a research proposal for developing a severity scaling method for Mental Health and Substance Use (MHSU) conditions based on the service utilization data of Island Health, which won Andriy a Canadian Institutes of Health Research (CIHR) Health System Impact Fellowship with BC Centre for Disease Control in fall 2017.
Since spring 2018, in partnership with the Observatory for Population and Public Health of BCCDC, Ken, Scott, and Andriy launched a series of regular meetings at IALH, providing a forum for UVic researchers and Island Health analysts, program leaders, and administrators. The name of the working group was chosen to highlight the three aspects of service that the DSS aimed to provide. Ken helps with the protocol submission and navigation within the service landscape of Island Health (Data). Scott advises on the longitudinal methodology and aging research (Science). Andriy promotes skills of reproducible analytics, intelligent programming, and data visualization (Studio). The first season culminated in the Institute’s Fall colloquium series (view online), “Displaying Health Data”, where the DSS showcased the latest activities.

By the start of February 2019, the Data Science Studio helped develop over 10 research protocols, half of which have been submitted to Island Health and are currently under review. For their second season of operation, the DSS hopes to finalize and launch the new Controlled Data Disclosure Environment (CDDE), which would respond to data requests of submitted research protocols for the access to the encounter and diagnostic data. If you would like to be on DSS mailing list, please drop a note to DataScienceStudio@uvic.ca!
Masterminds 2019

Free lecture series every Wednesday evening in April at 7:00pm

April 3
Humanities in the digital age: A quiet revolution
UVic Human and Social Development Building, Room A240
Claire Carlin

April 10
Music from the inside: The ‘flow’ of live performance
UVic Human and Social Development Building, Room A240
Alexandra Pohran-Dawkins

April 17
Arthur O’Meara and land claims in BC, 1900-1928
UVic Harry Hickman Building, Room 150
Hamar Foster

April 24
Creating a one planet region: Healthy cities in the 21st century
UVic Harry Hickman Building, Room 150
Trevor Hancock

To register or for more information, visit uvic.ca/masterminds or call 250-721-6369.
REHABILITATION NEUROSCIENCE LABORATORY KARATE INTERVENTION FOR CHRONIC CONDITIONS

By E. Paul Zehr

One of the research projects currently taking place in the Rehabilitation Neuroscience Laboratory (RNL) is called the “KICC” program. KICC stands for “Karate Intervention for Chronic Conditions” and is a five-week martial arts exercise program. The premise of this research is to investigate the effects of a “mind-body” exercise intervention on balance, strength, spinal excitability, and overall quality of life on both neurologically intact and impaired individuals.

Research in this area is preliminary of the sort, but crucial nonetheless as there is currently a gap in the literature surrounding mind-body exercises. So, what exactly IS a mind-body exercise? Glad you asked. The definition we are using for the purpose of this study is; “Forms of exercise that combine body movement, mental focus, and controlled breathing to improve strength, balance, flexibility, and overall health”.

Some other exercises that fall into this category include Yoga, Dance, Pilates, and other forms of Martial Arts.

There has been overwhelming evidence on the positive effects of aerobic and resistance training programs on individuals living with Neurodegenerative disorders. We hope to replicate these results and decipher whether or not mind-body exercises have additional benefits over these other types of programs.
SHOWING SOME LOCAL LOVE
By Leah Potter

Did you know that each year, organizations across Canada loan an employee to their local United Way for 16 weeks during campaign season? Last fall, I had the amazing opportunity to be the employee on loan from UVic to United Way Greater Victoria (UWGV) as a 2018 Campaign Associate (CA). The CA team was rounded out with representatives from Island Health, Royal Bank, Canada Revenue Agency, BC Transit, and a University of Victoria (UVic) co-op student. It was an extraordinary professional and personal development experience.

We worked closely with the United Way fundraising team to create and kick-off fundraising campaigns with workplaces across Greater Victoria. My favourite parts of being involved with United Way was learning about the extensive programs and support services offered in Victoria, talking with people whose lives and families were profoundly impacted by those supports, and sharing with people how their donations make such a difference. The need for our local network of services is enormous, and it was so gratifying to work on fundraising that supports Victoria by investing in our communities.

I also got to work on the University of Victoria workplace campaign, led by campaign chair Dr Rachael Scarth, which surpassed its $230,000 goal. The University of Victoria 2018 campaign has been nominated for a United Way ‘Community Impact’ Spirit Award. Way to go, UVic!

I am grateful to the University of Victoria for this incredible opportunity, and to Scott, Lois and colleagues at the Institute on Aging and Lifelong Health for their support of my leave to take on this role. It was a life-changing experience, and one I highly recommend.
FAREWELL AND WELCOME

Farewell Claire Sauvage-Mar

After graduating with a Masters of Science in Kinesiology from the University of Victoria with her thesis “Way2Go! Social Marketing for Girls’ Active Transportation to School”, Claire joined the institute as a Trial Coordinator for the Victoria Assistive Devices And Coaching study (VADAC, formerly ePRO). She researched how smart home technology can improve self-management of chronic disease. In addition, she helped navigate the VADAC ethics applications, conducted the in-home personal assessment and worked extensively to prepare the device installation.

We will surely miss her wisdom, her view that every experience is an opportunity to learn, and her caring nature!
Welcome Amanda Webber

Amanda graduated from University of Victoria (UVic) with a Bachelor of Arts honours degree in psychology. Her Honours thesis examined the association between sports activity, concussion, and executive function. Come September, she will begin her master’s program in Lifespan, Health & Development at UVic working under the supervision of Drs Scott Hofer and Mauricio Garcia-Barrera.

She has been fortunate to work as a research assistant for various experts specializing in a multitude of fields in psychology, including developmental, lifespan, and environmental, social, and personality. Most of her research assistantships have involved data collection utilizing computerized cognitive tests and electroencephalography technology, data entry, statistical analyses, and literature reviews. She has recently joined IALH as a research assistant to aid in the development and execution of lifelong health research projects. She is currently working on the Victoria Assistive Devices And Coaching study, administering the cognitive assessment component during in-home visits with clients.

She is still rather new to Victoria and enjoys spending her time exploring all this beautiful island has to offer. She also enjoys yoga, taking her dog Tuna down to Dallas Road, comedy shows, and playing soccer.

Welcome Sasha Zinovich

Sasha is a first-year student studying philosophy at the University of Victoria and has graduated with a Bachelor of Arts in psychology and a concentration in applied psychology from Bishop’s University in 2017.

Sasha joins the Institute on Aging and Lifelong Health from Vancouver Island University (VIU), where she was the Advancement and Alumni Research Officer. Her position included working on department specific and institution wide grant proposals, creating brand standard campaign documents, and actively seeking fundraising opportunities for the University. As a practicum student, Sasha worked at the Youth Centre (Le Lounge) where she developed, coordinated, and delivered three workshops for at-risk and low-income youth while also responsible for researching and helping organize the Stanstead Community Mural Project. Currently, Sasha is a work study student who will work on project development at the institute.

Outside of work, Sasha loves food, traveling, reading and hiking!
UPCOMING SIX-WEEK SELF-MANAGEMENT PROGRAMS IN THE GREATER VICTORIA AREA

Chronic Pain Self-Management Program
The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life.
Location: Cook Street Village Activity Centre

Chronic Conditions Self-Management Program
The workshop helps people with chronic health conditions and their caregivers to better manage symptoms and activities of daily life. Participants receive the “Living a Healthy Life with Chronic Conditions” companion book.
Location: Hillside Seniors Health Centre-Yakimovich Wellness Center

Chronic Pain Self-Management Program
The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life. Participants receive the “Living a Healthy Life with Chronic Pain” companion book and the “Moving Easy” CD.
Location: Metchosin Seniors Information and Resource Centre

Diabetes Self-Management Program
The workshop helps people with type 2 diabetes and their caregivers to better manage symptoms and activities of daily life.
Location: Greater Victoria Public Library—Nellie McClung Branch

DATES AND TIMES

Tuesdays
April 2 to May 7
10:00AM to 12:30PM

Thursdays
April 25 to May 30
1:00PM to 3:30PM

Fridays
April 26 to May 30
6:00PM to 8:30PM

Thursdays
May 9 to June 30
6:00PM to 8:30PM
WELCOME TO OUR NEW AFFILIATES

Tara Erb—Student affiliate, is a research assistant for a study looking at antipsychotic prescribing for persons with dementia in residential care and is a masters student under the supervision of Dr André Smith from the University of Victoria, Department of Sociology. Her research interests include examining the implications of the Indian residential school system and Indian hospitals in relation to the process of transition into and receiving residential care for First Nation elders.

Larry Gray—Community affiliate, is an instructor in Applied Science and Management Division at Yukon College. His main areas of research interests and expertise are conscious aging, conscious “eldering,” as well as cultivating ecological wisdom through personal healing, growth and continued evolution in the second half of life.

Arne Hetherington—Student affiliate, is a University of Victoria PhD candidate from the School of Exercise Science, Physical and Health Education with supervisor Dr John Meldrum. He is currently studying non-financial leisure retirement planning to examine leisure benefits that contribute to well-being in retired adults.

Helena Kadlec—Research affiliate, is an adjunct associate professor of psychology at the University of Victoria with a focus on research in behavioural research design and analysis, applied statistical analyses, survey design and analyses as well as psychometrics and measurement, and mathematical modeling.
**Nathan Lachowsky—Research affiliate,** is an assistant professor in Public Health and Social Policy at the University of Victoria, a Research Director for the Community-Based Research Centre for Gay Men’s Health and a Research Affiliate at the BC Centre for Excellence in HIV/AIDS. His diverse array of research interests include sexual and gender minorities, health security, sexual health, HIV/AIDS and sexually transmitted infections.

**Douglas Laird—Student affiliate,** is an undergraduate student in the department of psychology at the University of Victoria. His interests include liver health and aging with hepatitis C. In addition, he has been involved with applied theatre for dementia and aging.

**Nathan Lewis—Student affiliate,** is a PhD student in psychology at the University of Victoria under the supervision of Dr Scott Hofer. As a researcher in the Laboratory for Integrative Lifespan Research, his area of study is in lifespan development, personality and psychological wellbeing as well as predictors of physical and cognitive health, aging retirement and transitions in older adulthood.

**Alison Macintosh—Research affiliate,** was a research fellow from 2015 to 2018 at Darwin College in Cambridge. She is currently an assistant professor in the University of Victoria Department of Anthropology with research interests in skeletal plasticity, mechanical loading, women’s bone health, as well as early life and later life health.

**Pashta MaryMoon—Community affiliate,** is a death midwife and the executive director of CINDEA (Canadian Integrative Network for Death Education and Alternations). Her research interests involve concerns about alternative deathing options, advanced care planning and Medical Assistance in Death, specifically for those who do not fit the ‘reasonably foreseeable death’ regulation.

**Susan McDaniel—External affiliate,** is a Canadian Research Chair in Global Population and Life Course, the director of the Prentice Institute for Global Population and is a professor of sociology at the University of Lethbridge. As a researcher, her main focus is on population aging and international social policy on and aging and the life course.
Yilan Shen—**Student affiliate**, is currently a University of Victoria masters student in nursing with supervisors Drs Debra Sheets and Karen Courtney. Her research interests includes using gerontechnologies and health information system design to improve quality of life and access of care for geriatric populations.

Shannon Tracey—**Student affiliate**, is a PhD candidate in the Social Dimensions of Health Program under the supervision of Drs Elizabeth Borycki and Denise Cloutier. Shannon is interested in using asset-based approaches for disaster resilience among high-risk populations. In previous research, she focused on resilience at the organizational and community level.

Kaya Yoshida—**Student affiliate**, is an undergraduate student from the School of Exercise Science, Physical and Health Education with a special interest in neuroscience and the aging population. She is a research assistant on the Aging with a Healthy Brain Study through the University of Victoria Concussion Lab and is also interested in healthy aging and associated cognitive decline.
“Supporting Culturally Appropriate Coming of Age Resources for Urban Indigenous Youth on Vancouver Island: (Re:)Connecting with Self-Determined Health and Wellness”

Principal Investigator: Nick Claxton and Denise Cloutier
Co-Investigators: Jennifer Chuckry and Andrea Mellor
Funded by: $49,256-Social Sciences Human Research Council (SSHRC) Special call: Indigenous Research Capacity and Reconciliation – Connections Grants

“Our Trans Health Initiative: A Community-Based Participatory Study of Transgender Population Health in British Columbia”

Nominated Principal Applicant: Nathan Lachowsky
Funded by: $300,000-Vancouver Foundation, Field of Interest Participatory Action Research Investigative (2019-2022)
ENGAGING INDIGENOUS WAYS OF KNOWING TO ENHANCE HEALTH AND WELLNESS INDIGENOUS PEOPLES’ HEALTH

Principal Investigators: Darren E. Warburton & Jan Hare.

Co-Investigators: Shannon S. Bredin, Heather Foulds, Moss E. Norman, Paul Oh & Ryan E. Rhodes

Funding received: $707,625-Canadian Institutes of Health Research (CIHR), Indigenous People’s Health, Project Grant (2018-2023)

Health and wellness promotion within Indigenous men and women is an important line of discovery. New and culturally relevant and safe methods of improving the health and well-being of Indigenous communities need to be addressed that leave sustainable effects within the community. Leading Indigenous health agencies have outlined the need to build our understanding of traditional Indigenous practices to address the knowledge translation gap between Western and traditional practices. Our current proposal is designed specifically to address this need by increasing the understanding and acceptance of traditional wellness by Western healthcare professionals allowing for a truly collaborative approach to health and wellbeing within Indigenous communities.

Our initiative is also intended to enhance the empowerment and self-determination of Indigenous peoples providing greater ownership over health and wellness within their community demonstrating the value of combining both traditional and Western health practices. Moreover, we seek to enhance the cultural competency and cultural safety of our approach to optimize the experience of our participants. We will also explore sex- and gender-based differences in the understanding and acceptance of traditional Indigenous health and wellness practices, the sociocultural and physiological determinants of health and wellness, the dissemination and uptake of knowledge, and the participation in a community-based health and wellness approach. This research will provide important new information regarding the understanding of Indigenous knowledge, traditions, and culture, and the creation of effective, Indigenous-led, community-based wellness initiatives.
Interested in learning more about this research? These articles are hyperlinked for your reading convenience.


**UPCOMING PUBLISHED BOOKS AND BOOK CHAPTERS**


Are you interested in participating in a study examining health in older adulthood?

We have developed a phone app and are seeking participants to take part in a study using this tool.

Am I eligible?
✓ Age 65 - 75
✓ Have not been diagnosed with any kind of memory impairment

What does the study entail?

- A brief (20 minute) telephone screening interview
- Attend two in-person sessions at the Institute on Aging and Lifelong Health (IALH) at UVic
- For 2 weeks, you will complete short surveys and brain games throughout the day on a mobile device, wear a Fitbit, and measure your own blood pressure twice per day (all devices will be provided)

You will receive a $75.00 gift card to Thrifty Foods for your participation

Email: ilife01@uvic.ca
Telephone: 250 472 4862

How can I participate?
Please email or call the iLifespan lab to learn more about the study and to determine your eligibility.
The study will begin between March-May 2019.
Connecting the dots

An Interdisciplinary Conference on the Social Dimensions of Health

Third Edition University of Victoria 2019

Opening Address:
Dr. Charlotte Loppie

Keynote Address:
Dr. Bernie Pauly

Closing Address:
Dr. Nathan Lachowsky

Panel “Art and its Intersections on Health”

Panel "Social Justice and Human rights"

Location: DSB C122 UVic
Date: April 5th. 9:00 a.m. Registration & Coffee
https://sdhconference.wixsite.com/website
Panel “Art and its Intersections on Health”
April 5th, 2019

Debra Sheets Ph.D., MSN, RN, FAAN
Dr. Liliana Kleiner Ph.D.

Lindsay K. Delaronde MFA, ICCP, BFA
Rick Bergh M.Div., CT, NT

Location: DSB C122 UVic
Date: April 5th. 2:15 pm - 3:35 pm
https://sdhconference.wixsite.com/website
Are you living with COPD?

Have you wanted to try, or do you use online technologies such as, the internet, social media, text-messaging, Smartphones, Skype, or video games?

Opportunity to take part in a study that explores how these technologies can support living with COPD.

What does the study involve?

- One interview 30-45 minutes in length.
- The interview can be done in-person, and at a time and location of your choice.
- We can also connect over the phone, or through Skype, Google Hangouts, FaceTime or Zoom.

To verify approval of this study contact Human Research Ethics Office at the University of Victoria 250-472-4545 or ethics@uvic.ca.
3800 Finnerty Rd, Victoria, BC V8P 5C2

To learn more about the study phone, text or email Marcy at:
Phone: 778-533-2232   email: mantonio@uvic.ca
Research Study:

A patient-oriented approach to improving at home care: understanding current challenges

To Ask Questions or Sign Up, contact:
Dr. Jodie Gawryluk: gawryluk@uvic.ca

LOCATION: Monterey Centre, Lilac room
DATE: April 12, 2019
TIME: 10:00 AM

What is the study about?
We want to understand the challenges that you have aging in your own home.

Who can participate?
- People that are age 60+ who have had changes in their memory or thinking skills
- People that are helping care for someone with memory loss
- Participants must live in their own home (not in a place that provides care)
- Participants must be able to discuss ideas and thoughts in English

What’s involved?
A 1.5 hour discussion group to help us learn about challenges in aging at home.
We plan to use this information to come up with potential solutions to current challenges and gaps in care.
The Eldercare Foundation and the UVic Institute on Aging and Lifelong Health will mark the United Nation’s International Day of Older Persons on October 1, 2019 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. Recipients are further acknowledged with a plaque at the Institute on Aging and Lifelong Health.

**SIGNATURE OF NOMINEE:**

By signing, I understand that information submitted in this nomination package may be shared in public communications about the VERA. I agree to stand for this nomination:

Print Name: __________________________

Signature: __________________________

**SIGNATURE OF NOMINATOR:**

The nominator is responsible for ensuring the completeness of the nomination application. Please provide only one nomination per agency.

Print Name: __________________________

Email Address: __________________________
VERA CRITERIA:
1. The nominee must have made an exemplary contribution within the Capital Regional District (CRD) for a minimum of 10 years and must not have been paid for the contributions for which they are being honoured.
2. While the contributions must have been made within the CRD, the nominee need not currently reside in the CRD. For the complete list of CRD municipalities, visit uvic.ca/aging or call 250-721-6369.
3. The contributions made by the nominee must be described in at least four (4) letters of support from agencies or individuals in the community.
4. The nominator must provide one of the letters of support which includes information about the nominee and the criteria listed below.
5. The nominee has not received this award in previous years.
6. Posthumous awards are not given.
7. If you are unable to attend due to reasons other than health conditions, the award will be deferred for the following year.

NOMINEE BIOGRAPHIC INFORMATION:
Please include the following information as a separate biography.

1. Personal information
   - Name, phone number, and email address
   - Municipality in which you live
   - Full address with postal code
2. With which agencies in the CRD do or did you volunteer? For each agency, please provide:
   - A start date and, if still volunteering, say ongoing, or give an end date
   - What do you or did you do there?
   - How many hours do or did you volunteer each week?
   - Why do or did you volunteer there?
   - What do you see as the benefits of this organization to the community?
3. Have you volunteered in any other communities?
   - Name(s) of agencies and communities
   - For how long did you volunteer at each agency?
   - What did you do at each agency?
4. What was your pre-retirement occupation?
5. Is there any other information you would like to share? Do you have any special talents or hobbies?
Articles and submissions provided by, in sequential order, Stina Grant, Ryan Rhodes, Department of Human and Social Development, Elizabeth Borycki, UVic News, UVic Photo Services, Debra Sheets, Andriy Koval, Ken Moselle, Paul Zehr, Leah Potter, Katie Burke, Claire Sauvage-Mar, Amanda Webber, Sasha Zinovich, Nathan Lachowsky, Margaret Penning, Zheng Wu, Michael Prince, Kelli Stajduhar, Rebecca Venditelli, Matty Cervantes, Marcy Antonio and Jodie Gawryluk.

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We invite your submissions, comments and contributions. Forward all correspondence to the editor, Lois Holizki at ialhmanager@uvic.ca.

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