REMEMBERING DAVID CHUENYAN LAI

By Lois Holizki

David Chuenyans Lai, has been involved with the Institute on Aging and Lifelong Health since the 1990s when he introduced then-director, Neena Chappell, to his colleagues at East China Normal University. This was the start of an incredibly productive research relationship that spanned decades. In 2003, when David retired, he chose to establish the Centre on Aging’s first Scholarship. He worked with the Development Office at the University of Victoria (UVic) and the Chinese Consolidated Benevolent Association to ensure a lasting legacy. Today, the David Chuenyans Lai Scholarship is the cornerstone of the Institute on Aging and Lifelong Health’s student funding in support of aging research. David’s generosity has allowed 13 students to benefit including the first recipient who is now on faculty at the University of Manitoba.

David has received many honours over the years. As Grace Wong Sneddon and Reeta Tremblay wrote for their in memoriam of David:

Through his scholarly work and community engagement, he demonstrated an outstanding vision in preserving the history and culture of Chinese Canadians and more than 40 Chinatowns across Canada. He was awarded the Order of Canada, the Gabrielle Léger Award of the Heritage Canada Foundation, the Heritage Award of the B.C. government, a Victoria Leadership Award and was made an honorary citizen of the City of Victoria.
David worked tirelessly to promote multiculturalism. He believed the Canadian mosaic was something to strive for and inspired others to work for its achievement. He shared that his part was to document the history of Chinese Canadians – their struggles and their achievements – and to restore Chinatowns across Canada, starting with Victoria. He continued to work well after his diagnosis and created resources that you can find at the Institute on Aging and Lifelong Health. The Chronological Chart of Chinese Canadian History was first published in the 1990s and included a section on the comparison of China and Canada, and their relationship. In 2012, a second chart updated and modified the first chart, emphasizing the hard journey of Chinese Canadians from segregation to integration in the history of Canada. The chart was created at Simon Fraser University’s David Lam Centre and supported by many including local agencies including the Victoria Foundation, UVic, and the Chinese Consolidated Benevolent Association – Victoria (a complete is included here). Visit our office to see the updated chart in the lobby of the institute and online. In one of his last works, David published The History of Hongmen and Chinese Freemasons in Canada (Commercial Press, Hong Kong, April 2015) where he used 50 years of research to document the Chinese Freemasons, otherwise known as Hongmen. Part of the book discusses the society’s part in the anti-Manchu revolution between 1911 and 1912.

In 2014, he was appointed to the Legacy Initiatives Advisory Council (LIAC) providing the provincial government with advice on implementation of the legacy projects resulting from the Chinese Historical Wrongs Consultation Final Report. He received one of the annual Chinese Canadian Legend awards presented by the Asian Business Network Association. David remained on LIAC for the rest of his life and sat on the Multicultural Advisory Council of BC.

David was more than his accomplishments, he was a good friend, and that is what I will remember most. He was always willing to share his knowledge and appreciative of his excellent working relationship with everyone at the Institute. Tours of Chinatown, lunches with colleagues, reading his next publication are all memories enhancing my life and David’s associates and friends.

HOLLY TUOKKO HAS RETIRED

By Lois Holizki

Holly Tuokko, PhD, RPsych has retired from the University of Victoria (UVic). Holly has been an active member of the University of Victoria since she became a graduate student in 1979. After completing her PhD in 1983, she taught as a sessional instructor, adjunct professor and finally, in 1997, associate professor in the Department of Psychology. During her teaching career she joined the Institute on Aging and Lifelong Health and became a research affiliate, of the then Centre on Aging, in 1993.

While she continued and expanded her research interests, Holly was the associate director (1999-2002), acting associate director (2006, 2008-2009) and director (2009-2014) of the Centre on Aging.

The difference Holly has made to research, psychological testing and policy relating to older adults is monumental. Her caring and direct approach has provided a unique opportunity to share her expertise within our community. Her innovative nature has led to new ways of sharing findings from her research. An example of the impact she has made is in her transportation research.

Starting in 1995 with the Canadian Study of Health and Aging, Holly developed a program of research examining transportation in a scientifically sound and clinically meaningful way. The Capital Regional District (CRD) Traffic Commission and Canadian Institutes of Health Research (CIHR) are just two of the diverse funding agencies supporting her program cumulating with CIHR’s support of CanDrive, a study that ended in 2016.

Dr. Holly Tuokko (left) with a CanDrive participant (right).
During her transportation journey, Holly was a leader in new ways to share results and develop dialogue. *No Particular Place to Go* was a study looking at older drivers and driving cessation. The data collected helped to develop a play. The play was presented live across Vancouver Island with focus group discussions. The play was made into a DVD with an accompanying resource to facilitate self-assessment and dialogue with families and caregivers. The DVD is still used today and the resource guide, now entitled *Down the Road*, was updated in 2014 and is available on the institute’s website on the Research toolkits page.

Not only is her work innovative, it has the ability to stand the test of time.

As a clinical neuropsychologist, improving the quality of life for older adults with her research was only one method of involvement with our community. While she was always an active contributor to UVic, she was, and is, an avid supporter of our Greater Victoria community. She was a member of the Capital Regional District (CRD) Traffic Safety Commission (TSC) for many years and continues to chair the Board of Directors for Seniors Serving Seniors.

It has been a pleasure and honour to work along side such an active and distinguished member of the UVic community. Holly’s contributions have changed the face of aging research in Canada, provided a better assessment of older adults, and better training resources for clinical psychology students.

Her final book (so far), *Neuropsychology of Cognitive Decline: A Developmental Approach to Assessment and Intervention* was written with her colleague Dr Colette Smart. Details on the book are available online.

I won’t go into Holly’s long and prestigious list of academic memberships. The point of all her work, especially her community engagement, has always been to make things better. With that in mind, if you would like to honour Holly, please consider supporting the Holly Tuokko Undergraduate Research Scholarship. It will honour the 21 years she has given to research at the Institute on Aging and Lifelong Health and student mentoring in the Department of Psychology. Complementing the Jamie Cassels Undergraduate Research Awards (JCURA) program whose purpose is to encourage undergraduates to pursue innovative and original research to enhance their learning, this scholarship will provide research funding to students in their fourth year or above to undertake and complete research in the areas of health and aging.

Dr Borycki is the Director of the Social Dimensions of Health, and Health and Society programs. Her research interests are in the areas of health management, disease management, nursing informatics and the effect of technology upon nurses’ work, as well as evaluation of the impact of information technology in health care.
Holly Tuokko Undergraduate Research Scholarship Donation Form

The Holly Tuokko Undergraduate Research Scholarship honours the 21 years Dr Tuokko has given to research at the Institute on Aging and Lifelong Health while mentoring students in the Department of Psychology at the University of Victoria. Complementing the Jamie Cassels Undergraduate Research Awards (JCURA) program, which encourages undergraduates to pursue innovative and original research in order to enhance their learning, the Holly Tuokko Undergraduate Research Scholarship will provide funding to students in their fourth year, or above, to undertake and complete research in the areas of health and aging. Celebrating Dr Tuokko's legacy to UVic with this scholarship pays tribute to the contributions she has made to implementing innovative strategies for highlighting research on aging on and off campus, interdisciplinary and clinical mentorship, and her unfailing service to our community – in the CRD and at UVic.

YOUR GENEROSITY IS GREATLY APPRECIATED. THANK YOU!

Please return form and payment to:

For more information on giving, including deferred giving, please contact:

Lois Holizki, Manager
Institute on Aging and Lifelong Health
250-721-6524
ialhmanager@uvic.ca

Moses Mukasa
Development Officer
250-721-6044
soscdevt@uvic.ca

UVic Development Office
PO Box 1700 STN CSC
Victoria, BC V8W 2Y2

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Holly Tuokko Undergraduate Research Scholarship Donation Form

Please accept my one-time donation:
☐ $25  ☐ $50  ☐ $75  ☐ $100  ☐ $150  ☐ $200  ☐ Other $________

☐ I would like to receive more information about making a gift through wills, life insurance, endowments, stocks, bonds, or trust. Please contact us for further information – we welcome your inquiries!

Please accept my ongoing monthly donation:
☐ $5  ☐ $10  ☐ $15  ☐ $20  ☐ $25  ☐ $30  ☐ Other $_____  

For ongoing monthly donations: ______________

☐ For 1 year  ☐ For 2 years  ☐ ________ years

Method of donating:
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☐ I would like more information on bequests and planned giving
☐ I would like to receive newsletters and notices about upcoming Institute events
For most Canadians, good palliative care is still not a given, despite its many proven benefits that add up to a longer, more comfortable time before death. Access to the services involved, from medical to social to psychological, is uneven across the country and is not universally funded. On November 1, our research team released a report called, “Too Little, Too Late: How we fail vulnerable Canadians as they die and what to do about it,” which explores findings from a community-academic research project in Victoria.

To conduct the study, we spent over 300 hours with 25 people over a two-year period or until they died.

Our participants belonged to a segment of Canadian society who had less access and quality of care as a result of living in poverty, homeless or barely housed, disabled, racialized, mentally ill, or using illicit drugs. On top of it, they were living with conditions that would lead to their death such as cancer, lung disease, and liver failure.

We conducted almost 150 interviews with this group, their chosen support people (e.g., street family), and service providers, as well as key informants including managers, medical directors, executive directors, and policy makers.

We found that our dying participants bore the brunt of all the commonly experienced injustices lived routinely by people living in poverty and homeless including stigma and criminalization. Because of the need to survive, palliative care and even discussions about death and dying were simply absent from participants’ everyday realities and the prevue of their support persons and community-based service providers.

People in the street community typically die suddenly from overdoses and accidents, making deaths from life-limiting conditions unexpected and unprepared. Furthermore, participants had witnessed many people in their social networks dying and had often been told that they were also going to die because of their “lifestyle.” This had the effect of making end-of-life diagnosis and conversations less serious or significant.

Many had experienced a lifetime of poor treatment, stigma, and discrimination in health care settings, which resulted in avoidance and distrust of mainstream health care institutions (e.g., hospitals) and medical professionals. Participants were diagnosed late in their trajectory and many were not identified as in need of palliative care until they were actively dying.

Not surprisingly, the navigation of multiple systems like social assistance, shelter and housing, and food banks became harder at the end-of-life. Lack of continuity between these systems and consistency in palliative care service providers created barriers to care for this community, where relationships of trust are paramount.

For most Canadians, good palliative care is still not a given, despite its many proven benefits that add up to a longer, more comfortable time before death. Access to the services involved, from medical to social to psychological, is uneven across the country and is not universally funded. Dr. Kelli Stajduhar from the Institute on Aging & Lifelong Health and the UVic School of Nursing along with the Equitable Access to Care team spent more than 300 hours with 25 homeless or barely housed people in Victoria over a two-year period or until they died. They attended trips to medical appointments, made observations of interactions between health and social care workers, and conducted almost 150 interviews with others who were either friends, partners, chosen family of study participants, or service providers.
“TOO LITTLE, TOO LATE” CONTINUED…

To put some recent recommendations into practice, we have begun a new project funded by the Canadian Cancer Society Research Institute called Integrated Palliative Approaches to Care in the Inner City (IPAC-IC). In this project, we are working with a group of housing, shelter, support, and peer workers from six organizations to support and build capacity in the integration of a palliative approach to care in the inner city community. This means taking the important principles of palliative care (e.g., alleviation of symptoms, focus on quality of life, addressing what is most important for people facing serious illness and their chosen supporters, psychosocial, spiritual and peer support) and embedding them upstream into everyday care that happens in the community, wherever that happens to be.

Our report, “Too little, too late: How we fail vulnerable Canadians as they die and what to do about it,” can be accessed on our website at www.uvic.ca/peol or email mollison@uvic.ca for a copy.

Our research could not have been accomplished without the guidance and advice of Victoria’s Palliative Outreach Resource Team (PORT). Research partners include: Victoria Cool Aid Society, Victoria Hospice Society, AIDS Vancouver Island, Canadian Institute for Substance Use Research, British Columbia Centre on Substance Use, University of Victoria Schools of Nursing & Social Work, Trinity Western University School of Nursing, and Inner City Health Associates (Toronto). This study was funded by the Canadian Institutes of Health Research.

FALL COLLOQUIUM: DISPLAYING HEALTH DATA

The Fall 2018 Colloquium series, “Displaying Health Data,” discussed information visualization and statistical graphing in health research. Information visualization and statistical graphing is the engine of knowledge mobilization, a vehicle that delivers ideas and insights across the boundaries of professional expertise. We must do it well! But what does “well” mean?

The series invited the speakers to share examples of “good” and “bad” information displays from their work. What inspired their solutions? What compromises did they have to make? A well-designed information display or statistical graphic should require minimal explanation. However, learning how to make such displays is aided by explaining the design and development process. The speakers took us behind the scenes of display production and shared practical wisdom for displaying data in health research.

Thank you to the colloquium speakers:
• Dr Barbara (Basia) Andraka-Christou (UCF)
• Dr Will Beasley (University of Oklahoma Health Science Center)
• Martia Gully (island health)
• Dr Andriy Koval (BC Observatory, University of Central Florida (UCF)
• Anthony Leamon (Island Health)
• Dr Ken Moselle (Island Health)
• Shannon Tracey (University of Victoria)

Congratulations to Doctoral Student in Nursing, Erin Donald, on being one of six recipients of the 40th Annual BC Care Providers Associations (BCCPA) 2018 “40 for 40” Bursary Program. Recipients were selected based on their 500-word application or two-minute video discussing why they wanted to attend the 2018 Annual BCCPA Conference in Whistler.

Dr Neena Chappell (Emeritus) was awarded an Honorary Doctorate of Laws from Royal Roads University for her continuous research contributions to the study of aging as well as ways examining the ways in which the quality of life of seniors, caregivers and family members can be improved.

Dr Chappell’s research focuses on health behaviours in respect to caregiving to older adults, care for people with dementia, aging and ethnicity as well as the quality and cost-effectiveness of community-based home and residential care.
THE VALUED ELDER RECOGNITION AWARD

The Valued Elder Recognition Award (VERA) came into being when concerned, involved seniors wished to honor and celebrate their fellow volunteers. The name VERA was chosen because it represents:

- The word veracity, meaning truthfulness and honesty.
- The Latin root, verax veracis from verus, “true.”
- In Slavic languages, this given name means “faith.”

Today’s Valued Elder Recognition Award honours each nominee, all of whom exemplify VERA. The Institute on Aging & Lifelong Health and the Eldercare Foundation want to recognize and honour these individuals who, over their lifetime, have given exemplary service in helping others.

VERA SELECTION COMMITTEE

For 2018

Scott Hofer, Director, Institute on Aging and Lifelong Health
Lois Holizki, Manager, Institute on Aging and Lifelong Health
Lori McLeod, Executive Director, Eldercare Foundation
Leah Potter, Administrator, Institute on Aging and Lifelong Health

VERA PLAQUE

All Valued Elder Recognition Award recipients are commemorated on plaques located at the Institute on Aging and Lifelong Health, R Hut, UVic campus; off McKenzie Avenue. Please come and visit us!
VERA 2018 RECIPIENTS CONT...

BILL ISRAEL

In 1989, Bill began volunteering with Big Brothers and Big Sisters of Greater Victoria. He served as the Chair of the Board of Directors (BOD) for two consecutive terms from 1994-1998. Then worked with United Way of Greater Victoria in 1999 where he became a member of several committees. He was on the Board of Directors from 2001-2010 and was the Chair of the Board for two terms between 2006-2010. In addition, Bill was the Chair of the Major Gifts Committee for the 2010-2011 Campaign; plus, the Campaign Cabinet, 2010-2014, 2017-2018. Currently, Bill participates on the Community Philanthropic Advisory Council, volunteering with their fundraising efforts.

In recent years, after retiring as a Professional Management Consultant in Human Resources and Training in 2008, Bill became a Volunteer Trainer for the Advance Care Planning program with the Vancouver Island Health Authority. He also volunteers with Laren Society, The Bill Mudge Halfway House, The Salvation Army Halfway House, The Church of Truth, Community of Conscious Living, in addition to, The Restorative Justice Coalition of William Head Institution. Bill also volunteers his services in advanced care planning, social functions, plus, events, by facilitating an intensive journal program for inmates and leading a three-hour monthly workshop for the Recovery Skills Program.

IN THEIR WORDS...

I’ve always been grateful that I came to know “Mr. Israel” as a key-player in one of this community’s largest fundraising organizations, but I’ve always been more honored to call him Bill, and get to know him as one of the kindest volunteers I’ve had the pleasure to meet—Lilaine Galway, enrolment Coordinator, Big Brothers Big Sisters of Victoria

VERA 2018 RECIPIENTS CONT...

CHRISTINE JOHNSTON

“Saying yes to life and whatever life offers” is Christine’s life motto. She has volunteered with the First Unitarian Church of Victoria since 1997 and has provided services in roles such as President, Treasurer of the Social Justice Coalition, Chair, of the Refugee Sponsorship Committee. As an individual, Christine has sponsored several families who have immigrated to Victoria. She received The Knight Award, which is given by the national Canadian Unitarian Council to one person in Canada every year.

Since 1999, she has volunteered with the Kairos branch, a multi-faith organization which focuses on social justice, human rights, and compassion, at local, national, and international levels. In this position, she represents the Unitarians and shares her own concerns for local poverty, ill-health, environmental concerns, and the wellbeing of First Nations.

In 1999, Christine started the Victoria support team for Child Haven International which oversees the adoption of children in India, Nepal, Tibet, and Bangladesh. In addition, since 2000, Christine has volunteered with several other groups including the Stephen Lewis Foundation’s Grandmothers Helping Grandmothers in Africa, Canada Tibet Committee, West Coast Environmental Law, along with, other local initiatives such as The Dandelion Society and Mustard Seed.

IN THEIR WORDS...

She exemplifies the best in all of us as we age and attempt to serve and give meaning to a better way of life—Galina Coffey Lewis
VERA 2018 RECIPIENTS CONT...

GAELAN DE WOLF

Gaelan has been volunteering with the Oak Bay Emergency Program since 1989, providing local residents in the District with education on how to best prepare for any emergency or natural disaster if one should occur. During the Oak Bay Summer Markets, she shares “her friendly and positive manner. Gaelan is always very helpful in representing Oak Bay Emergency”—John McBride.

In 2008, she commenced volunteering with the Monterey Recreation Centre, a service that provides Oak Bay seniors with opportunities to learn, socialize and maintain healthy lifestyles. Gaelan has assisted with Canada Day events, the Annual Bazaar and Rummage Sale, the Family History Club, the Merry Widows Club, the Computer Club, and the Monterey Recreation Activity Association.

IN THEIR WORDS...

What is it like to work with Gaelan? You are always struck by her warmth, openness and enthusiasm; and that doesn’t change… She makes all the volunteers feel valued. She is always kind… Gaelan is one of life’s unsung heroes and it is time to recognize her many contributions. She is always there when you need her… She recognizes and celebrates the value everyone brings to any place where she is involved
— Eileen Grant, Manager, Oak Bay Emergency Program (OBEP)

VERA 2018 RECIPIENTS CONT...

ISLA EVANS

Isla has been volunteering since the 1990s, supporting residents, spreading joy and helping people become healthier. She delivered meals to residents for Meals on Wheels from 1990 to 2002, distributed personalized Christmas hampers for the Mustard Seed Food Bank to residents, plus volunteered at Thrifty Foods Sendial since 1993 as a personal shopper.

From 2000-2003, Isla helped spread the Christmas spirit by serving dinner with the Glad Tidings Church; 2008-2016 she helped raise cancer awareness and provide support by walking in the Breast Cancer Awareness and Terry Fox Walks. Isla personally raised $20,000 in donations from these walks. Her supportive and caring nature is demonstrated by her donations of personal furnishings to help support immigrants.

IN THEIR WORDS...

Simply put Isla is an inspiration to us all… We are all richer for having known and worked with Isla for the past several years—Norma Haskett, Irene Magil, Francine Theoret, Linda Lomas, Ted Riches and Sharon Welby; Friday Shopping Group Fairfield Thrifty Foods
VERA 2018 RECIPIENTS CONT...

ISOBEL CARTER

Isobel has been volunteering by playing the organ at Hymn Sing at the Beacon Hill Villa since 2005. Since then, she has only missed one opportunity to play the organ due to a bad cold. In addition, she plays the organ for several churches around the James Bay area.

At Beacon Hill Villa, she has a very easy-going spirit. When the recreation manager’s toddler presses all of the buttons and changes the settings to the organ, Isobel will simply laugh and change the settings back. At 98 years old, when Isobel isn’t able to volunteer in person, she provides services over the computer from her home.

IN THEIR WORDS...

Isobel is extraordinary because she continues to prioritize giving back to the community and she overcomes the challenges in her path. It is apparent that Isobel has maintained exceptional level health and she is proof that having a positive outlook and helping others is not just good for the community, but it promotes personal wellness and is part of our nature as human beings.

— Doug Csima, General Manager

VERA 2018 RECIPIENTS CONT...

JOAN BRILLINGER

Joan has volunteered with the Esquimalt United Church. In 1973, she became a Sunday school teacher, a music teacher, and has sat on several committees. Joan has helped children from the ages of 3 to 14 years old learn the history of religion and ancient stories through music, drama as well as arts and crafts.

In addition to being a music teacher at church, she joined the choir in 1986. She participated in a ukulele singers group with the Juan de Fuca Senior Centre from 1995 to 2001 and was a member of the Hampton Singers with the Silver Threads Senior Centre from 2005 to 2010, where she helped entertain in care homes and senior residences.

Her interest in conducting research lead to Joan volunteering with the Victoria Operatic Society to produce a 50-year Anniversary Book highlighting the past work and history of the organization in 1995. In 2012, Joan used these research skills to explore the 100-year history of the Esquimalt United Church and compile a 100-year Anniversary book filled with pictures and historical documents.

IN THEIR WORDS...

When Joan’s physical limitations forced her to give up the digging, hoeing and raking at church garden work parties, she turned instead to providing muffins to feed the volunteers and bringing plants from her garden for the annual plant sale— Marjory Acton, volunteer, Esquimalt United Church
VERA 2018 RECIPIENTS CONT...

JOAN CHEVRIER

With a veteran husband, Joan has been a member of the Canadian Peacekeeping Veterans Association since 1991 where with her genuine caring nature, she provides assistance and guidance to Veterans and their families. In 2012, Joan was nominated for the Queen’s Diamond Jubilee Media for her work and in 2015, she became the Membership Chair.

Since 2001, Joan has been a member of the Royal Canadian Legion Branch #91 and is responsible for preparing, cooking and catering weddings and Celebrations of Life. As she loves to help others and enjoys a challenge, Joan has made the skirt for the stage and covers for two pool tables.

As a member of the West Shore Lions Club since 2001, Joan was awarded the Lions Foundation of Canada Judge Brian Stevenson Fellowship medal in 2006 and has been the President of the Club three times. She helps cater the pancake breakfast for local schools, Remembrance Day events, and lunches for after school programs.

IN THEIR WORDS...

When I asked her why she enjoyed doing so much volunteer work she said, “I like working with different people and those in need of help in any area. My greatest enjoyment in life is to help children in need, seeing the wonderful expression on people’s faces when we do something special for them”—Marilyn Sjostrom, Royal Canadian Legion, Prince Edward Branch #91

NANCY SING

Nancy began volunteering in 1970 with Victoria Chinatown Lions, where she helped sell raffle tickets at their events and served as the Fundraising Committee Chair for the Baton and Drum Corp from 1970 to 1972. During these years she also volunteered with the Children’s International Summer Village where she supported the junior leadership program by acquiring donations of food for meals at the camp.

Nancy began to volunteer at the Uplands Golf Course from 1985 to 1988 where she served on the Board of Directors to help ensure the long-term sustainability of the club. This led her to her creative idea of donating Uplands golf members time as caddies and put the $15 caddy fee towards the BC Children’s Hospital which raised $2,100 the first year, and $5,000 the following.

Between 1990-1994, during the Commonwealth Games, Nancy provided reception duties, supported pre-game events, and served on the Venue Protocol Team. For more than a decade (2005-2017), Nancy volunteered with artsREACH Society, the non-profit organization started by her daughter. She served on the planning committee for the annual Golf for Art Tournament and supported the annual Colour Your Palate fundraiser. Since 2016, Nancy has been volunteering with the Goward House Society where she provides reception duties and is an instructor of a beginner Chinese Mah Jong course.

IN THEIR WORDS...

artsREACH would not be the success it is today, without the support that my mother provided to help us raise funds and awareness of this valuable community program—Marilyn Sing
VERA 2018 RECIPIENTS CONT...

SYLVIA CAMPBELL

Sylvia began volunteering in 1988 with AIDS Vancouver Island, where she enjoyed traveling to high schools to distribute pamphlets, condoms, and give information to teens about AIDS. In 1992 she volunteered with St. Aidan’s Community Services where she was on the building committee to plan the new addition to the church. She helped prepare the opening of the daycare by leading interviews for the Early Childhood Educator and chose the furnishings for the daycare.

From 1993 to 1995, Sylvia volunteered with the Vancouver Island Cancer Lodge where she helped serve supper as well as prepare and clean-up the area for tea. This volunteer service was inspired by the care that she and her husband Jim had received while he attended the lodge for radiation treatment.

Since 1997, Sylvia has been volunteering with St. Aidan’s United Church of Canada Thrift Shop. She’s the founder, coordinator, and manager and oversees the operations of the thrift shop, its volunteers and coordinates with other non-profit agencies in the Capital Regional District. As Sylvia says “I volunteer because God has been good to me, and I like to give back.”

IN THEIR WORDS...

It is a privilege to have Sylvia as a friend. She is kind and compassionate, and has added so much to the life of St. Aidan’s United Church with all her contributions through the years— Sheila Taylor, St. Aidan’s United Church
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 our website 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?

NOMINATOR AND SUPPORTER INFORMATION:
NOMINATOR: Only one nominator is required. Please include a letter of support and the following information for yourself: name, agency, relationship to nominee, phone number, email address and mailing address.

SUPPORTERS: A minimum of three additional supporters are required. Letters of support must be received by the nomination deadline, July 19, 2019, and include the following information: supporter’s name, agency, relationship to nominee, return address, phone number and email address.

The Guidelines for a Letter of Support can be found on the Valued Elder Recognition Award page of our website or by calling our office at 250-721-6369.
We want to hear from YOU!

RESEARCH STUDY:
A PATIENT-ORIENTED APPROACH TO IMPROVING AT HOME CARE:
UNDERSTANDING CURRENT CHALLENGES

TO ASK QUESTIONS OR SIGN UP, CONTACT:
DR. JODIE GAWRYLUK: 250-721-7549; GAWRYLUK@UVIC.CA

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.

VOICES IN MOTION:
INTERGENERATIONAL CHOIR

Voices in Motion is an intergenerational choir for community-dwelling people living with memory loss and their family caregivers in Victoria, BC. It is a partnership between a multidisciplinary team of researchers at the University of Victoria, students at St Andrews High School and Pacific Christian School, and Island Health (community partner).

Researchers are exploring the impact of participation in a choir by persons living with dementia and their caregivers, and high school students. Our research team is interested in hearing about participant experiences of the choir, including reasons for participation, how it affects quality of life and well-being and what impact it may have on social networks with others.

The Voices in Motion Intergenerational Choir is looking for dedicated volunteers. If you’re interested or would like further information, please contact Dr Debra Sheets at dsheets@uvic.ca
Voices in Motion is a joyful intergenerational choir for persons with memory loss, their caregivers and high school students.

We’re recruiting for two new choirs now!
Both choirs will be part of the research study that explores the impact of participation in an intergenerational choir on social connections and quality of life.

Interested?
If you have mild to moderate dementia or you’re a family caregiver for someone with dementia, check out the eligibility and study requirements at uvic.ca/voicesinmotion.

If you have any questions or are interested in participating, please contact 250-721-8595 or voicesinmotionchoir@uvic.ca.

The project is funded by the Alzheimer’s Society Research Program and Pacific Alzheimer Research Foundation. Community collaborators include St. Andrews High School, Pacific Christian School and Island Health.

WELCOME AND FAREWELL!

Welcome Kaitlin Blackwood who joined IALH in June as the research coordinator for the Manning Cognitive Health Initiative (CHI). Kaitlin is an alumna from the psychology Honours program here at UVic where she studied under Dr Stephen Lindsay. Prior to joining CHI, Kaitlin worked as a clinical research coordinator with Island Health’s department of Research and Capacity Building.

Kaitlin was the Clinical Research Coordinator for SpecTRA, a $9.6 Million proteomic biomarker study for Transient Ischemic Attack where she was based out of the Stroke Rapid Assessment Unit at Victoria General Hospital. During SpecTRA, Kaitlin oversaw many sub-studies, one of which (DEPICTS) was a direct collaboration with Drs Hofer, Moselle, and Koval. This study looked at the etiology and prevalence of mild cognitive impairment in TIA and Minor Stroke. Prior to SpecTRA, Kaitlin worked with vulnerable populations through her front-line work with Island Health’s departments of Mental Health and Substance Use and Residential Services. Outside of work, you can usually find Kaitlin playing ukulele on the beach.

Farewell Dr Andriy Koval, a data scientist with a background in quantitative methods and an interest in data driven models of human aging. Andriy received his PhD in Quantitative Methods from Vanderbilt University (2014), where he focused on longitudinal modeling, statistical graphing, and reproducible research.

He joined the Integrative Analysis of Longitudinal Studies of Aging (IALSA) network at UVic as a postdoctoral student. Directed by Drs Andrea Piccinin and Scott Hofer, Andriy developed reproducible tools (with R and GitHub as the key components) for implementing coordinated statistical analyses among multiple longitudinal studies of human...
aging during the first year of this two year appointment with IALSA. Andriy has promoted practices of paired programming and social coding in collaborative projects spanning multiple labs and data sources completed reproducible projects. His two—year funding from the Canadian Institutes of Health Research (CIHR) Health System Impact Fellowship through the BC Observatory for Population and Public Health, BC Centre for Disease Control, and Provincial Health Services Authority, BC allowed him to continue working with Island Health and UVic. In addition to assisting the Observatory in its support of provincial and regional surveillance programs, enhance provincial capacity and coordination, and provide partner organizations with an opportunity to set collaborative priorities and develop joint work plans.

Andriy has accepted a Faculty position at the University of Central Florida and will be returning to the institute during the summer months to beat the heat! He will be deeply missed for his caring attitude, brilliant slogans and titles, as well as his weekly meetings with the Data Science Studio members.

Welcome Claire Sauvage-Mar who graduated with a Bachelor of Arts in Political Science in 2011 from Baltimore, MD. More recently in the past year, she graduated with a Masters of Science in Kinesiology from the University of Victoria with her thesis “Way2Go! Social Marketing for Girls’ Active Transportation to School.”

She has worked on research projects with Island Health and the UVic School of Exercise Science, Physical and Health Education as well as provided various roles as a research assistant throughout graduate school. She’s called research participants to remind them to fill out surveys, has held focus groups in church annexes, and has tabulated statistical findings for research reviews.

She views every experience as an opportunity to learn.

Welcome Delaney McCartan, who started working at the institute as a work study student while she was pursuing a diploma in public administration. Delaney graduated in June 2017 with distinction from the Sociology Honours program with a business minor and social justice diploma. After completing her work study position, she worked at the institute as a research assistant before becoming an administrator in July.

Throughout her undergraduate degree, she endeavoured in different opportunities such as volunteering with Rotaract UVic, was on the Board of Directors for the University of Victoria Student Society and worked for the Faculty of Human and Social Development.

Outside of working at the institute, Delaney works for a start-up company, “Swell Social” where she manages social media accounts for local companies including Finest At Sea Victoria and WestCoast Fertility, to international brands with KODAK Smart Home. In her spare time, you can find her in the gym or studying to become a personal trainer.

WELCOME AND FAREWELL CONTINUED

Currently, Claire is the Victoria Assistive Devices and Coaching study (VADAC) Trial Coordinator (formerly ePRO) where she is researching how smart home technology can improve self-management of chronic disease.

She is also supporting workshop delivery for the Integrative Analysis of Longitudinal Studies of Aging network, a global powerhouse of advanced statistical modeling on aging and health outcomes. Outside of work, Claire enjoys playing volleyball and other sports, reading and writing, hosting various speaking events, and collecting pearls of knowledge on how to lead a healthy and balanced life.
Farewell Cara Pearson! Cara joined the institute in 2010 after coming to us from Engineering. With a keen interest in public health, she graduated from the Masters of Public Health from the University of Victoria after spending a ten-month secondment with Dr Kelli Stajduhar.

Cara completed several projects and learning activities during her practicum. The first project was a submission to the Select Standing Committee on Health in the BC Legislature, which she completed under the supervision of the iPANEL co-leaders, Kelli Stajduhar and Carolyn Taylor, and with feedback from the iPANEL advisory board. The Select Standing Committee on Health is an all-party committee whose mandate is to identify strategies to maintain a sustainable health care system. As such, the committee had put out a call for submissions on how to maintain a sustainable health care system in British Columbia, with one specific area being in end-of-life care. Working on this project was a unique way to use a concise writing style directed at a political, decision-making audience rather than an academic one. Working with her supervisors, Cara drew on iPANEL research and expert knowledge to put together a submission called “Improving palliative and end-of-life care in British Columbia: Cost effective strategic innovations for a sustainable health care system.” Kelli Stajduhar, as the iPANEL research lead, was then invited to give a presentation to committee. Keen to explore the connections between palliative care and public health, specifically health promotion, Cara also completed a literature scoping review for her master’s project. She conducted a systematic search of peer-reviewed literature, found 36 articles on this topic, and then analyzed them in order to create a conceptual picture of their content.

In May 2018, Cara was offered a position with Global Child at the Human and Social Development Faculty as a program manager. We wish her the best of luck on her endeavours and know that her contributions to children’s rights will be long lasting! Thank you Cara for all of your hard work throughout the years at the institute, you will be missed.

Victoria Assistive Devices and Coaching Study (VADAC)

The VADAC trial will enroll older adults (65+) with chronic diseases. The three-month trial will measure the change in self-management behaviours as well as hospital readmission. Participants will be asked about their experiences as patients with chronic disease, their mood, and their confidence in managing symptoms and their healthcare roles at home. They will complete weekly email health surveys regarding their medication, health system use (i.e., visit to doctor), and use of novel patient reported outcome (PRO) measurement technologies.

The VADAC study will help us work out whether technology is helpful for older adults who experience life with a chronic disease by making their self-management easier; or, if technology is not more helpful and they are still returning to hospital for reasons that could have been avoided with good self-management habits. The study investigators think that it is likely that there will be a difference, and that new tools like home monitoring systems will be helpful. We have designed the study with patients in mind to test if we are right, while also introducing participants to new self-management tools and techniques we believe can improve their lives.
THE VADAC STUDY IS RECRUITING SENIORS WHO:

- Are living in the Greater Victoria area;
- Living alone in their own home;
- Have one or more chronic health conditions; and who
- Have been hospitalized in the last 3 months.

Eligible seniors will be randomly assigned to one of 3 groups. For a period of 3 months, seniors in:

- **Group 1** will receive weekly 30-minute telephone calls from a trained peer coach starting immediately.
- **Group 2** will receive weekly 30-minute telephone calls from a trained peer coach after a 3-month wait.
- **Group 3** will receive weekly 30-minute telephone calls from a trained peer coach AND will use assistive devices that are installed in their home by the study team at no cost.

For more information or to enroll in this study, please contact the Health Coach Coordinator, Suzanne, at 1-866-902-3767 (toll free) or email VADAC@uvic.ca

Congratulations
Dr Denise Cloutier–Department of Geography, on being elected as one of the Gerontological Society of America 2018 Fellows. Dr Cloutier received this award as she not only demonstrated the highest class of membership within the Gerontological Society of America, but also based on her outstanding work in gerontology.

Dr Cloutier’s research interests surround the topics of promoting cognitive health and healthy aging as well as aging in place, in vulnerable populations as well as in small, rural, and remote communities.

Thank you to those who attended the 13th Annual Lafayette Health Awareness Forum

“A primer on pain in 2018: How it affects us and what we can do about it”

The Lafayette Health Awareness Series began in 2006 with a dialogue on the topic of breast cancer, which impacted the Lafayette String Quartet profoundly when one of its members was diagnosed and treated in 2001.

The Lafayette Health Awareness Forum was created to provide expert and updated health information to the public in a free forum on various health topics. With the quartet’s experience that what affects one – eventually affects us all, it was their wish in their 20th anniversary year (2006) to offer some tangible way to share with the community their gratitude for this universal connection. The Lafayette Health Awareness Forum brings this interconnectedness to our local community and provides the opportunity for specialists, health professionals and the general public to meet and dialogue on important health topics.
The 13th Lafayette Health Awareness Forum was held on October 4, 2018 at the David Lam Auditorium at UVic. The evening opened with the Lafayette String Quartet performing Beethoven’s String Quartet in F Minor, Op. 95. Their performance was followed by presentations by Launette Rieb, Patrick McGowan, and Nelson Svorkdal on this year’s topic of A Primer on Pain in 2018: How it affects us and what we can do about it. After a question period, the quartet closed the evening with their performance of Debussy’s String Quartet in G minor, Op. 10, to a standing ovation.

From left to right: Marjon Blouw, Nelson Svorkdal, Sharon Stanis, Launette Rieb, Patrick McGowan, Joanna Hood, Pamela Highbough Aloni, Ann Elliott-Goldschmid, Allen Hayashi, and Amita Modi

Audio recordings of the speakers’ presentations are available on the Lafayette String Quartet website at http://lafayettestringquartet.ca/lafayette-health-awareness/.

The Institute on Aging and Lifelong Health is proud to partner with the Lafayette String Quartet on their innovative annual event.

CONGRATULATIONS TO IALH RESEARCH AFFILIATES

Congratulations Dr Eike-Henner Kluge — Department of Philosophy, on receiving one of three, Canada’s highest academic honour as the 2018 Fellows of the Royal Society of Canada. Dr Kluge’s research interests includes medical informatics, police ethics, biomedical ethics focusing on ownership and patenting of tissues, informed consent, codes of ethics as well as physicians and the pharmaceutical industry.

Congratulations Dr Michael Masson—Psychology, on receiving the 2018 Donald O. Hebb Distinguished Contribution Award which highlights his dedicated research contributes to the study of cognitive science including the brain and it’s behaviour. Dr Masson’s research interests are around cognitive health, specifically cognition and action, human memory and Bayesian analysis of data.

Dr Michael Prince—Social Policy, as he has been appointed as new chair for Community Living of British Columbia. Dr Prince’s research interests include trends in social policy over the past 25 years, present and future generations as well as aboriginal governance.

Congratulations Dr Ryan Rhodes—Associate Director, IALH and Faculty of Exercise Science, Physical and Health Education, on receiving a UVic REACH Silver Medal for Excellence in Research. His research examines two principle questions regarding the relationship between implementing physical activity into our daily routines and how to be motivated to become more active. Dr Rhodes is particularly interested in researching exercise adherence, intervention strategies to promote physical activity, and social cognitive theories of exercise behaviour change.
SAVE THE DATE: MASTERMINDS 2019

The University of Victoria Retirees Association (UVRA) and the Institute on Aging and Lifelong Health will present the annual series of free lectures in April 2019.

When: Wednesday evenings in April from 7:00PM to 8:30PM
Where: University of Victoria campus (Specific location, TBD)

Details will soon be available on the Institute on Aging and Lifelong Health’s website, www.uvic.ca/aging

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2018-2019 SCHOLARSHIP RECIPIENTS

Congratulations to this year’s scholarship recipients!

Lisa Ohlhauser—
Neena Chappell
Scholarship

Shannon Tracey—
Dr. David Chuanyan Lai
Scholarship

Drew Halliday—
Elaine Gallagher Award

Chantel Mayo—
Elaine Gallagher Award

Jordan Ali—
Alice Lou Poy Graduate
Scholarship

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EXPERIENCES WITH AGING STUDY

We want to hear about your experiences with aging!

We are seeking healthy adults living independently in the community (i.e., not in supported living) who are willing to discuss how thinking abilities change with age.

If you are over 65 years of age and have no concern about your cognitive abilities, we want to hear from you.

This study has 3 parts, scheduled at your convenience:

1. TELEPHONE SCREENING (~45 mins)
   You will answer medical and demographic questions to ensure you are eligible

2. COGNITIVE TESTING (~3 hours)
   You will complete several standardized tests and questionnaires

3. INTERVIEW & SALIVA SAMPLE (1.5 hours)
   You will take part in an interview about your experiences with aging. We will collect a saliva sample for genetic testing

For more information, please contact us at smartlab@uvic.ca or 250-472-4194

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ELIGIBILITY
- 65+ years old
- No concerns about thinking abilities
- No history of stroke, epilepsy, or other neurological issue
- Have a close friend/family member willing to answer questions about your health and thinking

ALL COLLECTED DATA WILL REMAIN CONFIDENTIAL

COMPENSATION
You will be provided $10 for each in-person session
PUT LIFE BACK IN YOUR LIFE

Free Workshops for Adults

- Learn techniques to better manage your health
- Set goals and problem solve
- Communicate more effectively with your family, friends and health care team
- Deal with stress and difficult emotions
- Take action and live a healthier life

Family Members and Friends Welcome

REGISTRATION REQUIRED

NEW SELF-MANAGEMENT
HEALTH COACH PROGRAM
FREE one-on-one phone support will help you get the most out of life!

DATES AND TIMES

UPCOMING SELF-MANAGEMENT PROGRAMS IN VICTORIA

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: New Horizons – James Bay at 234 Menzies Street

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: Greater Victoria Public Library – Juan de Fuca Branch at 1759 Island Highway

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: Metchosin Seniors Information and Resource Centre at 4495 Happy Valley Road

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, 3950 Cedar Hill Road
EXPERIENCES WITH AGING STUDY

Are you concerned about changes in your thinking?

We would like to understand more about what cognitive complaints/concerns people have as they age.

If you are over 65 years of age, live independently in the community (i.e., not in supported living), and have concerns about changes in your thinking abilities, we want to hear about your experiences.

This study has 3 parts, scheduled at your convenience:

1. TELEPHONE SCREENING (~45 mins)
   You will answer medical and demographic questions to ensure you are eligible.

2. COGNITIVE TESTING (~3 hours)
   You will complete several standardized tests and questionnaires.

3. INTERVIEW & SALIVA SAMPLE (1.5 hours)
   You will take part in an interview about your experiences with aging. We will collect a saliva sample for genetic testing.

ELIGIBILITY
- 65+ years old
- Concerns about thinking abilities
- No history of stroke, epilepsy, or other neurological issue
- Have a close friend/family member willing to answer questions about your health and thinking

ALL COLLECTED INFORMATION WILL REMAIN CONFIDENTIAL

COMPENSATION
You will be provided $10 for each in-person session

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 minutes in length.
- We can 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

For more information, please contact us at smartlab@uvic.ca or 250-472-4194
Articles and submissions provided by Lois Holizki, Delaney McCartan, Ashley Mollison, Leah Potter, and Kelli Stajduhar. Photographs provided by the Department of Human and Social Development, the Faculty of Psychology, and UVic Torch Spring 2018. Research recruitment posters provided by Jordan Ali, Marcy Antonio, Jodie Gawryluk, Claire Sauvage-Mar, and Debra Sheets.

Editor: Lois Holizki
Institute on Aging and Lifelong Health
University of Victoria
PO Box 1700 STN CSC
Victoria BC V8W 2Y2
Phone: 250-721-6369
Fax: 250-721-6499
E-mail: aging@uvic.ca
Website: uvic.ca/aging

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