



University of Victoria

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# THE BULLETIN Since 1992

Newsletter of the Institute on Aging and Lifelong Health



### Highlights:

- New Self Management Health Coach Program
- Elaine Gallagher Travel Award
- Upcoming Colloquium Series
- Masterminds

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**PECHA WHAT? PECHA WHO? PECHA KUCHA! A LIVELY PRESENTATION THAT GIVES SPEAKERS 6 MINUTES AND 40 SECONDS (TOPS!) TO TALK ABOUT THEIR RESEARCH**

**WANT TO GIVE PRESENTING A TRY? PLEASE CONTACT THE INSTITUTE ON AGING AND LIFELONG HEALTH AT [AGING@UVIC.CA](mailto:AGING@UVIC.CA)**

2017

# PECHA KUCHA

**WHEN:**  
WEDNESDAY,  
MARCH 22, 2017

**WHERE:**  
HARO ROOM -  
CADBORO COMMONS

**4:30 - 6:30 PM**

**REGISTER: [AGING@UVIC.CA](mailto:AGING@UVIC.CA)**

**REFRESHMENTS WILL BE PROVIDED  
FULL CASH BAR AVAILABLE**

# News at the Institute

## Scott Hofer Receives Honorary Doctorate

Congratulations to our director, Scott Hofer! On October 20, 2016, the University of Gothenburg conferred upon Scott an honorary doctorate for his world-class research on individual differences in development and aging-related processes, longitudinal studies, and developments in research methodology, during the white-tie Conferment of Doctoral Degrees ceremony in Gothenburg, Sweden.

“This is such an honor and one that I share with my great friends and colleagues in Gothenburg” says Scott. “It has been a true privilege to collaborate with a number of faculty members and students, particularly Professor Boo Johansson, over many years at the University of Gothenburg. This is a wonderful recognition for our many shared achievements. I look forward to further developing our collaborations and exchange with the University of Gothenburg.”



Scott Hofer and Boo Johansson

Scott's research has made a significant impact in the field of aging-related changes in cognition and health. A major feature of his work is the development of international collaborations for the coordinated analysis of existing longitudinal data, and the scientific discovery of lifespan determinants of within-person processes leading to change in health, physical function, and cognition.



# Thoughts from the Associate Director



This is exciting! My first Associate Director comments section since accepting the position back in May 2016. I have met and talked with many of our members and affiliates over the last six months, but I welcome this opportunity to formally say hello. I am pleased

to say the Institute on Aging and Lifelong Health team has been busy. 2016 marked the year of our name change to reflect a broader vision of our dedication to improving health and well-being across the lifespan, reflective of the fact that modifiable lifestyle and contextual factors influence aging and health outcomes later in life. My role as Associate Director has been to assist Scott Hofer, our Director, and the talented team at the Institute in devising a new communication plan to engage faculty, students, partners and community. We are happy to say that the initial draft of this strategy is complete and much of it is being implemented as we move forward with a larger strategic plan for the future of the Institute.

Some of the changes to the Institute for 2017 will be challenging, but we believe very rewarding for our members. For example, we are organizing our team within key research clusters in the areas of cognitive health, health and healthy habits, frail elderly and end-of-life care, technology and health, and health policy. The clusters are meant to increase the efficiency and effectiveness of research programs, funding of projects and communication for each of these areas where

our team has considerable strength. We are also undertaking a more formalized student training program for applied research methods, recruitment, analyses, and knowledge translation skills. The approach will provide very high value to our faculty/affiliates and their trainees while making the best use of our already successful colloquium speaker series. For our community partners, we will also be enabling more visible opportunities for research engagement, including volunteering for studies of interest, donations for research projects and student scholarships, and feedback mechanisms for future studies that will advance important health research that has community impact. Last but certainly not least, Dr. Hofer and I have both listened to the consistent feedback to simply provide more opportunities for the Institute team to share ideas. We all know that many of the seeds that become great research projects are planted through opportunities to share thoughts and ideas in less formal circumstances. Our plan is to continue to host these informal get-togethers every month to grow new research ideas and form collaborative partnerships for research in the years to come.

While the strategic initiatives noted above are necessary for any organization to act with purpose, they do not convey the energy and enthusiasm from the excellent staff, faculty, partners, and volunteers I have had the privilege to collaborate with even across this short time since taking on this position. The Institute on Aging and Lifelong Health team works with passion and dedication to improving the lifelong health and quality of life of an increasingly diverse population and to assist health care providers, and the government in meeting these challenges through meaningful research. I am grateful for the opportunity to assist as a team member with the Institute and look forward to a wonderful, healthy, and productive 2017 for all.



# Associate Director ~ Ladner Office

## The New Self-Management Health Coach Program



In spite of the chilly weather things are still “chugging along” at the Ladner Office. At year end we had implemented 238 community Self-Management programs throughout the province, along with the online program. The Chronic Pain is the most requested program followed by the Chronic Conditions, Diabetes and Cancer

programs. Information, schedules and locations of these free programs can be found at [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca) or by calling 1-866-902-3767 toll free. As well, the new Self-Management Health Coach Program for persons with any type of chronic health condition, is being implemented province-wide and has been finding its legs this fall. This program is the result of positive findings of research funded by the Lawson Foundation of Canada. The main impetus for this research was to develop an intervention that would be helpful to people who were experiencing difficulty in managing type 2 diabetes.

This project involved a partnership with the University of Victoria (UVic), the 11 Diabetes Centres in the Fraser Health Region and a 40-member community advisory committee. The project objectives were to investigate feasibility and effectiveness of peer coaching, how peer coaching works, the acceptability of lay peer coaches to both clinicians and subjects and the applicability of peer coaching for persons experiencing other chronic conditions.

During the two-year project, UVic recruited and trained 100 coaches who had type 2 diabetes themselves and had taken a community Self-Management program. Training included using behavioural change strategies, navigating the healthcare system and information on type 2 diabetes. Diabetes educators recruited 150 English-speaking adults with type 2 diabetes living in the Fraser Health Region who were experiencing difficulty with management. Both the coaches and subjects completed questionnaires at baseline, and at six and 12 months. Outcome measures included: A1C, activation, empowerment, self-efficacy, self-reported health, fatigue, pain, depression, communication with physician, medication adherence, health literacy, emergency department visits and nights in hospital in previous six months. In addition, qualitative research methods (i.e., Grounded Theory) were used to gather perspectives and opinions from subjects, coaches, diabetes educators and members of a community advisory committee.

The baseline to six month comparisons found “very encouraging” improvements in outcome measures,



## Associate Director ~ Ladner Office

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particularly: A1C, activation, depression, self-efficacy, communication with health care professionals and diabetes empowerment. We are confident that these positive changes will remain at 12 months. Through the process of implementing the program we have also obtained valuable information on recruiting coaches and participants, training coaches, pairing coaches with participants, length and intensity of the intervention, liaising with diabetes health professionals and monitoring and supporting coaching integrity. The project has demonstrated that peer coaching is a viable and effective public health intervention and has a role in the spectrum of ongoing diabetes care, and importantly that the intervention can be widely disseminated.

The good news is that we are now implementing the Self-Management Health Coach Program province wide for approximately 300 subjects each year, and so far have trained an additional 65 new coaches in: Delta, Langley, Abbotsford, Nanaimo, Victoria, Salmon Arm, Kelowna, and Vancouver.

Anyone interested in becoming a Coach or wanting more information about the Self-Management Health Coach Program can contact:  
Sofia Khouw (604-940-3573),  
Suzanne Harmandian (604-940-8973), the main Line:  
604-940-1273, 1-866-902-3767,  
or email: [smhcoach@uvic.ca](mailto:smhcoach@uvic.ca).

Dr. Patrick McGowan  
Associate Director, Ladner

## Elaine Gallagher Travel Award



The **Elaine Gallagher Travel Award** was set up to support students who have conference presentations accepted and are conducting research that influences health and aging-related outcomes.

If this describes your work, apply for the Elaine Gallagher Travel Award.

Find more information at [uvic.ca/aging](http://uvic.ca/aging)

Deadline: March 1, 2017



# Self-Management Health Coach Program

## Wellness, Confidence & Motivation

### FOR PARTICIPANTS LOOKING FOR A HEALTH COACH

- ◆ Do you feel stuck in managing your health?
- ◆ Do you want to be more physically active?
- ◆ Are you lacking the motivation to change?

#### Coaches can support you to:

- ◆ TAKE ACTION
- ◆ Identify your barriers to change and deal with them
- ◆ Be more self-confident
- ◆ Get supported socially and emotionally
- ◆ Initiate and maintain behavior change

#### FREE telephone support program for individuals:

- Age 18 and over
- Living with chronic health condition(s)
- Keen to improve wellness
- Have specific health goal(s) to achieve

### FOR VOLUNTEERS WHO ARE INTERESTED IN BEING A HEALTH COACH

- ◆ Do you live with chronic conditions or with someone who does?
- ◆ Do you like to help people?
- ◆ Are you interested in empowering others?

**Time Commitment:** Successfully attend 2 day training AND a minimum commitment of 3 to 6 months to support a participant by way of a weekly 30 minute telephone call. Trainings are available in select communities.



**FOR MORE INFORMATION:** [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)  
**CONTACT US:** [smhcoach@uvic.ca](mailto:smhcoach@uvic.ca) 604-940-1273 or 1-866-902-3767



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& Lifelong Health

Self-Management  
*British Columbia*



# News at the Institute

## New Research Funding – Using Technology to Reduce Health Care Transitions

Three IALH research affiliates have received a 2017 Convening & Collaborating (C2) Award from Michael Smith Foundation for Health Research (MSFHR). Dr. Sandra Hundza (Exercise Science, Physical & Health Education), Dr. Debra Sheets (Nursing) and Dr. Stuart MacDonald (Psychology) are part of a team led by Cheryl Beach (Fraser Health) that will bring together experts and stakeholders to explore how to reduce transitions from assisted living to residential care by

leveraging available technologies.

MSFHR's C2 award program is designed to support capacity-building for conducting research and increasing evidence use in practice and policy. Grants are used to facilitate planning, collaboration and knowledge exchange between researchers and health care professionals.

## Kelli Stajduhar Receives Nursing Research Award

Dr. Kelli Stajduhar (Nursing) has received the 2016 Award for Excellence in Nursing Research from the Canadian Association of Schools of Nursing. This award recognizes outstanding achievements in nursing research, including obtaining funding, sharing results, mentoring students and colleagues, and raising the profile of nursing research.

Kelli's research focuses on improving care for patients and families. While working as a nurse in various clinical settings, Kelli recognized early in her nursing practice that patients who have chronic life-limiting conditions should be receiving better care throughout their illnesses, up until death.

Throughout her research career, Kelli has taken a collaborative approach, building partnerships with community, government, and research institutes. Her work emphasizes the importance of using both academic and practice wisdom. She builds enduring and productive relationships which help to facilitate the exchange of information. An important part of the work she does involves knowledge translation, ensur-

ing that research findings can be integrated into nursing practice as quickly as possible.

In addition to these direct research accomplishments, Kelli is also a keen mentor to graduate students and colleagues. She sees that helping practicing nurses to become passionate about research is key to ensuring that research is relevant and useful, and that developing research skills in graduate students is essential for building the capacity and sustainability of nursing research.

Congratulations, Kelli. This award is very well deserved!



*Kelli Stajduhar (middle), at the CASN award ceremony with nominators Dr. Sally Thorne (left, UBC) and Dr. Gweneth Doane (right, UVic).*



## News at the Institute

### Denise Cloutier Chairs Steering Committee for Population Health Data Analysis Certificate program

Dr. Denise Cloutier (Geography), is the new chair of the Steering Committee for the Professional Specialization Certificate in Population Health Data Analysis (PHDA). Dr. Cloutier has a strong background in research and analysis using administrative health data, making her a natural fit for oversight of the PHDA program as chair and faculty advisor. The steering committee is both interdisciplinary and multi-institutional in nature, reflecting the multidisciplinary focus of the program. Committee membership includes representatives from the University of Victoria, University of British Columbia, Simon Fraser University, University of Northern British Columbia and the University of Western Ontario.

This program is offered as a partnership between the University of Victoria, Division of Continuing Studies, Department of Geography, and Population Data BC (PopData), the PHDA program includes a unique balance of theory and practical hands-on analytic work. Students benefit from the program's fully online UVic

Moodle course environment and the remotely accessed analytic training lab hosted through Population Data BC's Secure Research Environment (SRE). Population Data is a multi-university, data and education resource facilitating interdisciplinary research on the determinants of human health, well-being and development. It is home to one of the world's most comprehensive collections of health care, health services and population health data. These data include longitudinal, person-specific, de-identified health data on BC's 4.6 million residents, from 1985 forward. The organization offers a variety of data services to researchers including data access, linkage, storage and analytic software within a specialized SRE. Skillsets acquired through the PHDA program benefit health professionals and social science researchers interested in accessing and working with administrative data available through Population Data BC.

## Self-Management

*British Columbia*

Persons with chronic health conditions and family members can participate in self-management programs offered in communities throughout BC at no cost. These are evidence-based programs which provide information, teach practical skills and give people the confidence to manage their health condition(s).

For more information, please visit the website at [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca) or call toll-free at 1-866-902-3767.





## *Professional Specialization Certificate in Population Health Data Analysis (PHDA)*

The Professional Specialization Certificate in Population Health Data Analysis (PHDA) is a fully online, non-credit certificate program designed to serve the needs of researchers, analysts, policymakers and professionals in population health and related social science disciplines.

Course offerings include: an introduction to working with administrative data, epidemiology, program monitoring and evaluation, longitudinal data analysis and spatial epidemiology, as well as special topics. All courses are 13 weeks in duration and involve review of videos, completion of readings, submission of written assignments as well as participation in online discussions and hands-on lab based activities. All lab and related final project work is completed within a remotely accessed Secure Research Training Lab (SRTL). Final projects in each course provide students with the opportunity to apply their newly developed skills and knowledge to a topic of individual work or research interest.

The multidisciplinary focus of the program attracts a diverse cross section of health professionals seeking to update their skills and knowledge or learn new analytic techniques. Our students bring a wealth of experience and knowledge to share with their online colleagues, supporting a rich, practice-based learning environment. PHDA students represent a wide scope of academic backgrounds at the Masters and PhD levels from Population and Public Health, Epidemiology, Environmental Studies, Statistics, Sociology, Kinesiology and Biomedical Communications, to Medicine, Psychology, Geography, Biostatistics and International Health.

The benefits they find from completing our courses are equally diverse from software and analytic skills upgrading, to exploration of new analytic techniques or career opportunities. Knowledge and skills learned within the full certificate program or stand-alone professional development courses can support work in a number of growing areas including: data analytics, data management, analysis and evaluation of evidence-based practices and patient reported outcomes, health informatics, disease surveillance as well as broader research in health geomatics.

Some of our graduates have shared such learning experiences with us and their comments can be viewed at: <https://www.popdata.bc.ca/etu/testimonials/PHDA>

For general information—including program and course pre-requisites, course descriptions, and professional development credit visit our program website at: [www.popdata.bc.ca/etu/PHDA](http://www.popdata.bc.ca/etu/PHDA)

For more application and registration details contact:  
Maxine Reitsma, Program Coordinator  
UVic Continuing Studies  
Phone: 250-721-8481 | [phda@uvic.ca](mailto:phda@uvic.ca)



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## Student Profile ~ Drew Halliday



Drew Halliday started his Ph.D. in Clinical Neuropsychology at the University of Victoria under the co-supervision of Drs. Stuart MacDonald and Mauricio Garcia-Barra in 2016. Growing up in Abbotsford with both parents working as health care professionals steered Drew's interest towards helping people

at a very young age. While navigating back and forth through different social sciences courses in his undergraduate years, Drew saw psychology as a missing link that could connect his passion for helping people to an understanding of what makes individuals unique despite so many similarities.

In this ever-evolving field, Drew recognizes how our understanding of the human brain is still at the surface and strives to contribute to the knowledge of mental health through his research. Working part-time as a behavioural therapist, he realized that with the very data-driven field of behavioral therapy, he was not able to impact brain health as he desired, and therefore found himself drawn towards neuropsychology. When asked why neuropsychology, Drew explains how it is a comprehensive approach to understanding the super fascinating human brain while factoring in aspects like social context and genetics.

Drew studies how our early lifestyle influences our later life, and how brain and behaviour are related. He is interested in identifying the neurophysiological changes that occur before neurodevelopmental and neurodegenerative conditions manifest as behaviour.

According to Drew, identifying the early biomarkers of neurodegenerative conditions like dementia could help detect these conditions early, reduce health risks, and lead to effective interventions.

Accompanying Dr. Stuart MacDonald to England for a conference, Drew came across a great opportunity to join a global health project. He had no idea that reading what he called a very dry manual of a functional near infrared spectroscopy (fNIRS) for Dr. MacDonald would play a significant role in getting him this great prospect. The opportunity, which he grabbed with both hands, led him to sub-Saharan West Africa to collect the first functional neuroimaging data reported in African infants. The objective of the project was to investigate the effects of malnutrition on infant neuro-cognitive development.

Between traveling to Italy as a part of a university summer program, teaching English in Morocco and working for the Bill and Melinda Gates Foundation in England, the decision to come back to Victoria certainly did not seem alluring at the time. However, looking for a place to call home, Drew returned to the West Coast to pursue his masters under his former supervisor Dr. MacDonald.

Drew's first-hand experience with the fNIRS serves as a forefront in his research undertakings. Drew points out how researchers often ignore the variability in neural activity and only focus on averages to derive results but this ignored information can have use of its own. The study conducted to find this difference showed that computing both mean and variability are associated with faster responding, though computation based on mean is more accurate.

Drawing on the results of his master's thesis, Drew is



## *Congratulations to our 2016 Scholarship Winners!*



### **Kelsey Rounds**

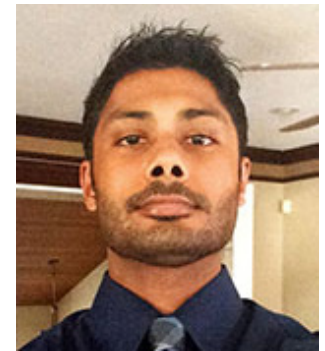
#### *Dr. David Chuenyan Lai Scholarship*

The Dr. David Chuenyan Lai Scholarship is given to students studying aging, and whose supervisor resides at IALH. Kelsey is a PhD student in the School of Nursing. His doctoral research will focus on examining transgender elders and resilience. Transgender-specific research is an emergent focus area. His supervisors are Dr. Kelli Stajduhar and Dr. Bernie Pauly. Congratulations, Kelsey!

### **Jordan Ali**

#### *Alice Lou-Poy Scholarship*

The Alice-Lou Poy Scholarship is given to students studying dementia. Jordan is a Clinical Psychology PhD student in the Department of Psychology. His research concerns pathological cognitive decline in older adults and prodromal forms of dementia. His supervisor is Dr. Colette Smart. Congratulations, Jordan!



### **Emilie Crevier-Quintin**

#### *Neena L. Chappell Scholarship*

The Neena L. Chappell Scholarship is given to students studying aging. Emilie is a Clinical Psychology PhD student in the Department of Psychology. Her dissertation research aims to clarify how executive functions, the functions most sensitive to cognitive aging, differ across older adults. Her supervisor is Dr. Mauricio Garcia-Barrera. Congratulations, Emilie!

## Student Profile ~ Drew Halliday

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currently using functional near infrared spectroscopy to find alternative uses for cerebral oxygenation in older adults who are at risk for adverse age-related health outcomes. He believes studying these changes could contribute to early identification efforts, which could inform effective interventions.

While many of us find it hard to admit having a fear of failure, Drew acknowledges that with the satisfaction that he achieves from getting good results, fear of failure is also strong motivator when things get intense. Reflecting on the opportunities he had and things he learned along the way, he encourages his fellow students to take risks and to not shy away from exciting opportunities.



# Faculty Profile ~ Dr. Patrick McGowan

Dr. Patrick McGowan envisioned the Chronic Disease Self-management Program BC about 35 years ago to help people living with chronic diseases and has been a strong force behind it ever since. Dr. McGowan points out how a person with any type of chronic condition only interacts with a health care professional for no more than five to ten hours per year, which is not enough time to learn to deal with something they have to live with, possibly for rest of their life. Dr. McGowan recounts his experiences with assisting patients diagnosed with different types of arthritis during the early years of his career. These patients were doing everything advised by their health care professionals but showed no signs of improvement. Oddly, their abilities were deteriorating despite doing everything right.

Dr. McGowan acknowledges how the inability to take charge of one's own health is often crippling, and with the upsurge in the number of people experiencing chronic health conditions, there is an imperative need for health education programs. He vividly recalls patients asking for skills to manage their own health, skills they can use for rest of the 364 and a half days a year they spend without direct guidance from health care professionals. "Educating people on how to manage their own health is about giving them the confidence and motivation to face the day-to-day challenges that come with chronic health conditions," he says.

Determined to provide the patients affected by some type of chronic health condition autonomy over their own health, Dr. McGowan came across the self-management program at Stanford University while investigating the concept of self-management. He has been working collaboratively with Stanford University ever since to find better ways for patients to maintain self-sufficiency.

The element that makes this program stand out among the sea of other health education programs is its peer delivery. It teaches people to be self-dependent while working alongside health care professionals. These free, two-and-a-half-hour long workshops pair up two trained individuals with chronic conditions to deliver a six-session program to a group of 10-15 people. The purpose of the program is to teach them tools and techniques to better manage their condition on a daily basis.

Dr. McGowan's vision to help those affected by chronic conditions received support from the BC Ministry of Health in 2002, which helped spread this program throughout the province. Every year Dr. McGowan and the staff at the Ladner satellite office offer approximately 300 of these programs to over 3000 people experiencing chronic health conditions throughout B.C. Once started as an education program to help people with arthritis, the program now covers conditions such as chronic pain, diabetes, and cancer. The program is available online and by telephone to accommodate people in rural areas, those who cannot leave their homes, and those who do not feel comfortable participating in a group. The program is taught in several different languages, including Punjabi and Chinese, and to aboriginal communities.

Along with assisting people in Germany, China and Brazil, and in other provinces around Canada, to adapt the programs to their own contexts, Dr. McGowan successfully evaluated the effectiveness of these programs in 15 randomized control and longitudinal studies. Dr. McGowan's 35-year journey of finding and evaluating ways to assist people with chronic health conditions has helped thousands of people and continues to do so.



## How are walking patterns of older adults linked to memory and health?

**What?** We're conducting an observational pilot study that will help us to understand how unobtrusive motion sensors can be used to measure activity (walking) in the home, and how this activity relates to memory and health.



**Long-term goal?** Design future technologies to support and improve quality of life as people grow older at home, especially if they are at risk for memory or health problems.

### Eligibility?

- ✓ 62 years of age or older,
- ✓ Live at home alone, and
- ✓ Have Shaw or Telus Internet connection.



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For more information, please contact **Vincenza Gruppuso**  
at **(250) 472-5697** or **vincenza@uvic.ca**.

This study is being conducted in conjunction with a larger ORCATECH project at the Oregon Health and Science University (OHSU) in Portland, OR.

## *Lifelong Health: Strategies for living Well*

**Spring 2017 Colloquium Series**  
**Tuesdays, 10:30AM - 11:30AM**  
**MSB 160**

### Speakers:

Neena Chappell - University of Victoria - **February 28**

Christiane Hoppmann - University of British Columbia - **March 7**

Robert Stawski - Oregon State University - **April 4**

Kelli Stadjuhar - University of Victoria - **April 11**

**Come early! Refreshments served at 10:00 AM.**

**Or join us using Vidyo – check our website for details: [uvic.ca/aging](http://uvic.ca/aging)**



## Community Profile ~ Lori McLeod



Lori McLeod vividly recalls a story about her former mother-in-law, Donna, cheated out of nearly \$10,000 by a “Lovely Couple”. Upon further investigation, much to Lori’s horror this lovely couple had developed similar friendships with other tenants in the same seniors-only apartment building. Lori

recalls how Donna, a bright, spry senior was ashamed of being duped and, like many others, was not willing to press charges. Wondering what makes seniors so vulnerable Lori discovered they were often “the forgotten constituent” on many fronts.

As Director of Community Relations and Assistant to the General Manager at CHEK TV and a responsible member of the community, she felt compelled to do something to make a difference. To raise awareness and to support older adults, Lori joined the communication committee for the Juan de Fuca Hospitals Foundation, now the Greater Victoria Eldercare Foundation. Her enthusiasm soon earned her the position of Executive Director for the Eldercare Foundation where she leads the overall management, strategic development, and growth. She has successfully built the Foundation’s identity as a community leader in improving care and quality of life for older adults. She strongly believes that motivating and guiding the board members, staff and volunteers is an integral part of her duty to build a supportive, connected community together.

Driven to spread awareness of seniors-focused resources and services, and to educate older adults

to make their aging journey smoother, the Eldercare Foundation launched their Embrace Aging initiative in March 2006. The initiative, strongly supported by the Institute on Aging and Lifelong Health, is built on the four pillars of Be Well, Be Safe, Be Connected and Be Enriched. Through projects like Embrace Aging, the Eldercare Foundation aims to shine a spotlight on the seniors’ services sector in BC. This initiative has now spread from Greater Victoria to Vancouver Island, the Lower Mainland, and the Okanagan connecting people of all ages to the wealth of resources, activities and educational opportunities available in their communities. Working with partners such as BC Healthy Communities, Victoria Foundation, and Island Health, activities, focus groups and education sessions are hosted every year to connect people of all ages. Lori believes connecting people gives them a sense of belonging, making them more proactive, more informed, and self-reliant. These skills will help them to be better prepared to seek and to receive help needed in unfortunate events, such as what happened to Lori’s former mother-in-law.

Among other ventures, Lori and the Eldercare Foundation are currently working with partners across BC to lay the groundwork for a province-wide senior’s strategy to ensure seniors in BC will have choices, services, and supports to age in place with dignity, no matter where they live or what their personal circumstances are.

Along with serving on the advisory board of the Institute on Aging and Lifelong Health, Lori is the President of the Rotary Club of Oak Bay. Additionally, Lori volunteers for the Capital Regional District Outcomes Monitoring Collaborative and Seniors Serving Seniors. For all her contributions and efforts in making a difference in the lives of older adults she was listed among Black Press’s Milestone Women of 2014.





## 2016 Valued Elder Recognition Award Recipients

On September 30, 2016, we had the pleasure of presenting our annual Valued Elder Recognition Awards (VERA) to 15 outstanding individuals. This award recognizes dedicated volunteers who have given exemplary service to helping others in the Capital Regional District (CRD) for at least 10 years.

**Shelagh Bell** volunteers because she cares about supporting a vibrant and inclusive community. Her belief in fostering authentic relationships makes her a vital part of the Saanich Hospital community. Everyone around her admires her sense of humor, skill and dedication. She hopes to leave something behind that would make people smile and laugh.

She is an integral member of the up-and-coming musical duo "Double Trouble" and regularly performs for residents, staff, and visitors in a monthly musical program, "Unknown legends: live at the Chapel". She also supports all the music therapy programs at the Saanich Peninsula Hospital Foundation.

Shelagh continues to exemplify a commitment and passion through volunteering at the age of 90. She is a

role model among her peers.

**Julie Chupick** is a retired nurse and has been volunteering all her adult life. She has a keen sense of "doing her part" to make her corner of the world a better place. She has provided exemplary services to people and organizations in the CRD for 30 years. She has given generously of her time, effort, and creativity with no expectation of any remuneration.

She started volunteering for the Canadian Cancer Society in the Cancer Clinic when her husband recovered from prostate cancer. She, along with her husband, supported those with cancer and their family members. Over the years, she has privately visited older sick or isolated community members on a weekly basis to give them support and comfort.

**Frances Cornish** started volunteering with the Art Gallery of Greater Victoria upon completing a double major in history and art history. She volunteers at the Art Gallery in order to contribute to the community and to enjoy her love of the arts. She has been volunteering at the Gallery for 32 years and been involved



# 2016 Valued Elder Recognition Award Recipients

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in special projects including selecting art for Government House during the Commonwealth Games. She realizes the importance of art in determining our view of world history.

Frances feels strongly about taking care of the dying and has volunteered at Hospice for over 32 years as well. This is something she began while working as a nurse, and still finds rewarding.

According to her, "both of these institutions illustrate how to support the whole community, whether it is in expanding our knowledge of beauty and art, the influence of our common history or in providing care for us in our final days. They have both enriched my life and made me a better person."

**Muriel Dunn** started many of her volunteer activities while working as a nurse. When asked why she volunteers, she says "I love to be around people. I had been a RN for 45 years and during my working days I volunteered at a school, the Esquimalt Community Soup Kitchen and I lent a helping hand as an RN to seniors. I love to help others!"

Muriel provides dependable service and support to military families through the Resource Centre by providing information and referrals. At Mount St. Mary's she focuses on making a home-like environment so those with differing abilities are supported to maintain their independence, dignity, and quality of life.

**Audrey M. Farnden** has been volunteering with Our Place for 21 years and the significant reason she volunteers is to connect with the community. She was inspired by her mother, a woman who used to "feed hungry men 'off the rails'" and she says, "it's amazing

how regular meals and getting cleaned up can help people; it gives them self respect and dignity." She is seen as the epitome of community involvement by her friends and fellow volunteers.

She and her husband fostered children in their home for 11 years. Several of these children had learning disabilities, and are the reason she founded the South Vancouver Island Learning Disability Association. Audrey's advocacy for those with learning disabilities provided support and education in a time when children with disabilities were stigmatized and not well understood.

**Glenys Hughes** went to a renowned stage school in London, England when she was 14 years old and has volunteered with many theatre communities since then. The St. Luke's Player's Community Theatre, Langham Court Theatre, and Bastion Theatre have all had the privilege of her support backstage.

She has contributed over 1,000 hours at the Piercy Respite Hotel where she provides tours to the families, one-on-one visits, and supports small group activities. Why does she do it? Because she enjoys being with people, and aside from helping families, she loves the amazed response to the Hotel and all it offers.

Glenys feels she has had a good life, good health, and wants to give back. According to her peers, she adds value to the Piercy Respite Hotel and recognizes the needs of guests, their families and the staff.





# 2016 Valued Elder Recognition Award Recipients

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**Faith Magwood** has always provided support to family members of the elderly residents in extended care facilities. However, she realized the need is more than she could provide as a retired social worker. Her solution: joining with the families of care residents and founding the Family Caregivers Network. An agency that has benefitted the community by giving information and support to caregivers for over 30 years. She considers herself as “an enthusiastic cheer leader” of the organization.

She is also a founding member of the Single Parent Resource Centre established to provide emotional and practical support for single parents. She has served with many agencies in the Capital Regional District by being on the executive committees, advisory committees, as a board member, and acting as chair over the years. She finds volunteering immensely rewarding, however she feels “it can be frustrating and exhausting at times but overall it gives back more than you can possible give.”

**John Arthur McBride** reached out to the Oak Bay Emergency Program when his son asked him a question “How do we prepare for an emergency?” and he has been volunteering there ever since. He is the Outreach Coordinator and supports the Emergency Preparedness Education Team. He is an original member of the five-member level one team, which responds in local emergencies when people evacuate from their homes – usually for house and apartment fires. He is also a member of the Emergency Support Services Team, a group he trains to respond to evacuee needs in larger emergencies or catastrophic disasters.

He volunteers to inform and help his community prepare for an emergencies or disasters and to give back to his community. He also enjoys working with the

Oak Bay Emergency Program volunteers and working with people in the community.

**John H. McEown** is a passionate philanthropist born in Saskatoon, Saskatchewan. He learned to give back to society from his father and now is a major donor to many local charities. He has also invested his time and talents through his volunteer work. He likes to be personally involved with the organization and believes “charitable organizations hold our community together and create a caring and compassionate place.”

John plays a part with many foundations in our community – from the arts to social causes. He has helped ensure the future of the Victoria Symphony through his own gifts and with work on a very generous pledge and donation program – something he has done with the United Way and Victoria Foundation too. His leadership is a beacon for them to follow. He is a truly valued elder with his internal and external circle of influence.

**Barbara Nyland** joined the First Unitarian Church of Victoria in 2005 to meet new people and to help with its goals of making the world a better place. She has been involved in many activities with her church such as teaching Sunday school, cooking for the Sandy Merriman house, taking care of one of the gardens, working on the newsletter and acting as a special events fundraiser. Currently, Barbara, along with her husband, helps in the office, where people enjoy her vibrant presence.

She also works with the British Columbia Fruit Testers Association where she was editor of the Cider Press for many years (1994-2005). This relationship began after she wrote an article for them. She embraced their goals of trying different fruits in our climate and telling



# 2016 Valued Elder Recognition Award Recipients

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the public what they learned. She is still writing articles for the Cider Press and has been a director of the association since 2007.

Two things were mentioned in her letters of support. One, everyone enjoys her sense of humour. Two, her modesty: Barbara has volunteered in other groups, like the Sooke Garden Club, but she makes no mention of these activities.

**Cora Thomson** and her dog Corrie visit the residents at Broadmead and other care facilities every week as a part of the St. John Ambulance Therapy Dog Program. They provide joy to the people who are unable to have pets as well as provide someone to visit them. She realizes some residents do not have family nearby and visiting with her dog makes them happy. Recently, she and Corrie have started volunteering with children in a reading program. She thoroughly enjoys her volunteer activities and her team members find her incredibly valuable.

Cora started working as a stewardess with Canadian Pacific Airlines and then worked at the UVic Student Financial Aid Office before retiring. She enjoys needlework and uses her talent to repair the alter clothes for St. Luke's Church. She has been a member of the Embroiderers Guild of Victoria.

**James A Tyre** has been involved in Scouts since he was a youth and has maintained a strong commitment with them ever since. His service in training and committee work is exemplary. And, if that isn't enough, in 2002 he joined the 2nd Canadian Baden-Powell Guild, a group of former Scouts who support local scouting. He has been the Guild Master and currently serves as treasurer.

Jim served in the Royal Canadian Navy for 25 years and throughout all of his time in the military was a Scouting volunteer. He has put countless hours into planning and delivering programs and courses for both youth and adult volunteers. He volunteered as a leader of youth in Cubs and Scouts, and developed an orientation course for new volunteers. Jim has a special talent of training others; his leadership style draws out the best in them.

Jim has been involved with the Canadian Forces Sailing Association since 1964 and serves on the membership committee. He produces all their membership cards and the club's newsletter.

**James (Jim) Cecil Upright** retired at the age of 45 with the support of his wife so he could devote more time to volunteering with the Scouts and his church, something he started doing in the 1940s. He says he got serious about it in the 1950s and then became a fulltime volunteer at age 45. He was recovering from polio in the spring of 1954 when he helped start a scout troupe in Edmonton. Ever since he and his family have been part of Scouts Canada.

Jim always had an interest in electronics, starting in his teenage years. He turned that interest into a career as a radio and microwave technician. He became a manager and after 25 years of work continues to use his 60 years of experience in electronics in his volunteering work.

Jim has been volunteering with many agencies in the CRD including Scouts Canada, Camp Pringle at Shawinigan Lake, St. Aidan's United Church, and West-coast Amateur Radio Association. He has also been Block Watch Captain for the last 15 years.



# 2016 Valued Elder Recognition Award Recipients

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**Betty and Peter Walsh** have been volunteering with Oak Bay Lodge for over 18 years. They started volunteering with the therapy swimming pool where Peter was one of the swimming assistants. Betty volunteered in cataloguing, sorting and checking books in library. Now they are a part of the Lodge Family.

Though they are not able to put in as many hours in volunteering as they have in the past they can always be counted on to assist with events for the Lodge. They continued to work on special events such as Oktoberfest, Christmas and New Years' parties, and summer barbeques. Peter still regularly helps with the bowling program and both are always quick to offer a hand.

They have always enjoyed volunteering with sports: they were at UVic for the Commonwealth Games and international soccer tournaments, and we can't leave out all the hours with their children's schools for cross-country.

**Pattie Whitehouse** and her dogs are perfect volunteers. Pattie, Bannag, and Cuilti, having been visiting groups and individuals, participating in events (including pet expos, parades, de-stress days, and summer playgroups), and acting as ambassadors for PATS (Pacific Animal Therapy Society) with other organizations since 1991.

In 1993, Pattie organized the PATS Pet Loss Support Line – she developed the program structure, organized the training...and then trained the other volunteers in basic support skills and grief issues, then monitored and supported them. To raise awareness, she gave talks, wrote articles, and responded to requests from journalists...and of course, took many calls herself.

Pattie has been involved in her neighbourhood since she moved into the CRD in 1984. From helping with events, editing newsletters and books, to working with a crisis line, Pattie goes where she can fill a need.



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## CanAssist invites seniors to test innovative technologies

Thanks to funding from the BC Ministry of Health, CanAssist is developing technologies designed both to help seniors remain living at home for as long as safely possible and to reduce stress among families and other caregivers.

CanAssist occasionally requires seniors and their caregivers to test these new tools and answer questionnaires related to a product's effectiveness in addressing a range of cognitive and physical challenges. If you are interested in being a tester, please visit [www.canassist.ca/testers](http://www.canassist.ca/testers) to learn about our current opportunities.



# MASTERMINDS 2017

UVIC RETIREES ASSOCIATION AND INSTITUTE ON AGING  
FREE PUBLIC LECTURE SERIES



**April 5<sup>th</sup>** | A MIXED BLESSING: ADAPTING TO RETIREMENT AFTER 40 YEARS

Dr. Lynne Van Luven, Professor Emerita, Department of Writing

**April 12<sup>th</sup>** | HARASSMENT AND HUMAN RIGHTS

Dr. Barbara Whittington, Professor Emerita, Department of Youth and Child Care

**April 19<sup>th</sup>** | PERSONALIZED DIAGNOSTICS, HEALTH AND DISEASE

Dr. Terry Pearson, Professor Emeritus, Environmental Studies

**April 26<sup>th</sup>** | THERE'S MAGIC IN THE WEB OF IT: PUTTING SHAKESPEARE ONLINE

Dr. Michael Best, Professor Emeritus, Department of English

PLEASE REGISTER FOR THESE FREE LECTURES BY EMAILING [aging@uvic.ca](mailto:aging@uvic.ca)  
OR CALLING 250-721-6369.

The series is co-hosted by the UVic Retirees Association and the Institute on Aging and Lifelong Health, with the support of the University of Victoria. There is a free lecture every Wednesday evening from April 5 – 26, 2017. For more information, please visit [www.uvic.ca/masterminds](http://www.uvic.ca/masterminds).



# Integrated Palliative Approach to Care in Acute Care

Acute care can be a place of stress and uncertainty – it's where you go when you are having a health crisis and you need sustained medical attention. However, it has been reported that care given in acute care units can sometimes be less than ideal, particularly for people who have life-limiting conditions.

In an attempt to improve the quality of care delivered to patients with life-limiting conditions in acute care settings, Dr. Kelli Stajduhar (Nursing), along with a team in a Fraser Health acute care medical unit, have recently begun a project to bring research findings into practice: Integrated Palliative Approach to Care in Acute Care (iPAC-AC). Dr. Neil Hilliard, Medical Director for Palliative Care in Fraser Health, and Dr. Rick Sawatzky, Trinity Western University, are co-principal investigators.

Using participatory approaches, inquiry and action are combined to support the integration of a palliative approach into the care of people with life-limiting conditions. Core components of a palliative approach involve adopting the foundational principles of palliative care, adapting palliative care knowledge to the illness trajectories of people with life-limiting conditions, and embedding adapted knowledge “upstream” into the delivery of care.

Within the acute care unit, this project is being facilitated by two clinical nurse specialists, who are ideally placed to play a central role in knowledge translation; to have contact with multidisciplinary team members, patients and families; and to be responsible for integrating practice change in acute care. The work is guided by the Knowledge-As-Action Framework, which was specifically developed by Dr. Stajduhar and her colleagues to support a practice-oriented collaborative approach to knowledge translation at the point-of-care.

At the end of this one-year catalyst project, the research team will develop evidence-informed recommendations for integrating a palliative approach into acute care medical units, with the aim of scaling up lessons learned across the Fraser Health Authority.

Action research projects such as this one are one way to move research findings into health care practice. The research is designed to support the health care team to use research findings in a way that allows them to apply new ideas directly to the care they provide to patients and families on a daily basis.

This research is funded by the Canadian Frailty Network.



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## Stay up to date with all the latest Institute news and events. Join our mailing list!

To sign up for our electronic mailing list, send us an email at [aging@uvic.ca](mailto:aging@uvic.ca) or phone us at 250-721-6369. All we need is your name and email address, and you will receive our newsletter, event announcements, and research developments and opportunities.



# UVRA Elder Academy ~ Upcoming Events

## 1. MINI MEDICAL SCHOOL

The series will cover the following topics and issues. What does a positive test result mean? Why does it matter how many pillows you sleep with? What is this drug doing to your body? Medicine can seem mystifying at times. This lecture series will focus on explaining the basics of a variety of medical topics ranging from cardiac issues and mental health to preventative medicine and navigating Canada's complex healthcare system.

**Dates:** January 14th, 21st, 28th; February 4th, 11th, and 18th.  
**Time:** 10:00am - 12:00 noon, Saturday morning  
**Location:** Medical Science Building, Room 150  
**Cost:** Free

## 2. THE GERMAN LIED: BIG EMOTIONS IN SMALL PACKAGES

The series will introduce listeners to one of the important genres of 19th-century music—the German Lied. A Lied (song in the German language) usually involves only two performers—a singer and a pianist—and usually lasts only a few minutes. But within this small frame, one finds the most profound emotions and ideas. The series will trace the history of the genre and will present a wealth of examples. The speaker, music theorist and pianist Harald Krebs, will collaborate in performance with soprano Sharon Krebs. Knowledge of the German language is not required; translations of all texts will be provided.

**Dates and times:** March 4th, 11th & 25th; April 2nd  
**Time:** 10:00am - 12:00 noon  
**Location:** MacLaurin Building, Room B037  
**Cost:** \$6.00 per individual session; \$20 for all four sessions

## REGISTRATION AND PAYMENT OPTIONS

**If you do online banking**, you can now pay via INTERAC e-transfer. You will be given instructions on how to use e-transfer, and the answer to the security question for this transaction, when you register either by phone (250-472-4749) or email (uvra@uvic.ca).

**Alternatively**, you can pay by cheque, made out to UVic Retirees Association, and mail it to: UVRA, PO Box 1700, Stn. CSC, Victoria, BC V8W 2Y2. If you have access to UVic's Campus mail, just put 'UVRA – R-Hut' on the inter-office envelope. **Please include a completed registration form with your cheque.**

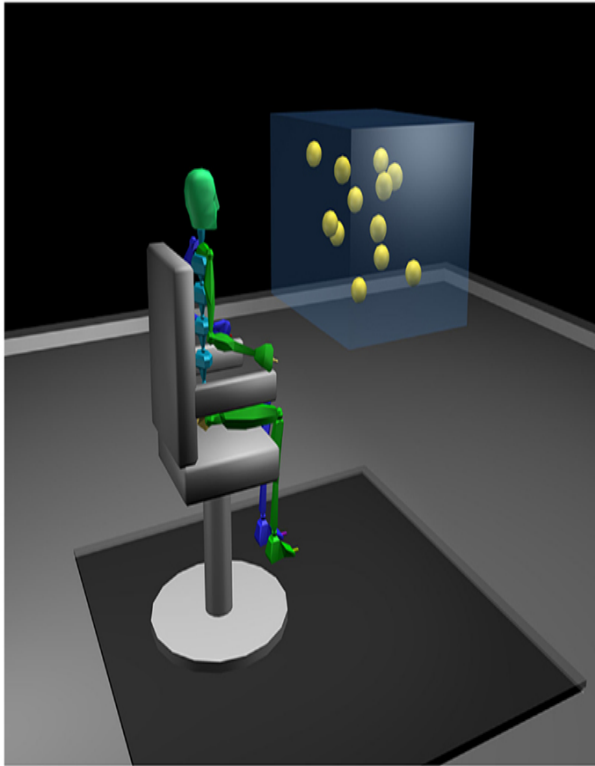
**Or bring your payment** to the UVRA office, located in R-Hut, Room 108, in the Institute on Aging and Lifelong Health (formerly called Centre on Aging). This building is located at the corner of Vikes Way and McKenzie (on the outside side of the ring). There is a small parking lot in front of R-Hut. If you do not have a UVic Parking pass, you can use a "Centre on Aging" space and record your vehicle's make, model and license number at Reception upon entry to R-Hut. If the UVRA office is not open you can leave your cheque, and your completed registration form, at Reception, anytime weekdays, between 8:30am and 4:30pm.



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Retirees  
Association



# Interested in improving your attention in busy situations?



Sometimes, there's too much going on around us and it's hard to stay focused like when we're trying to read in a noisy environment.

And sometimes it's hard to keep track of things around us like when we're trying to safely drive a car.

We're looking at ways to improve the ability to focus attention and keep track of things by using the Neurotracker, a 3D computer game.



## You are eligible to participate in this study if:

- You are 60 years of age or older with no neurocognitive disease such as Alzheimer's disease
- You have no history of color blindness or significant visual loss
- You are not currently in recovery from a concussion or other brain injury

**No game or computer experience is required!**

For more information, please contact Caroline at [cspaner@uvic.ca](mailto:cspaner@uvic.ca).



# Interested in getting more involved with the Institute on Aging and Lifelong Health?



Think about volunteering! Many opportunities are available for students and community members.

If you are a student with work study hours, consider applying for a position with us this fall.

Check [www.uvic.ca/aging](http://www.uvic.ca/aging) for opportunities.



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Articles, photographs, and submissions provided by Denise Cloutier, Ann Greenwood, Harjot Grewal, Vincenza Gruppuso, Scott Hofer, Lois Holizki, Patrick McGowan, Cara Pearson, Nina Perisic, Leah Potter, Ryan Rhodes.

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

*Research throughout  
the life course*



The Bulletin is published twice annually.

**Editor: Lois Holizki**

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