

Annual Report 2011



SEDGEWICK BUILDING

Centre on Aging
University of Victoria
www.coag.uvic.ca

Table of Contents

Director's Summary	2
In Memoriam	3
Advisory Board	4
Advisory Board Subcommittee Chairs	7
Students	8
Student Affiliates	8
Awards Received in 2011	8
Graduated in 2011	9
Debra Sheets	10
Ryan Rhodes	12
Centre on Aging, Ladner: Patrick McGowan	13
iPanel: Kelli Stajduhar	14
Chinese Heritage Project: David Chuenyan Lai	15
Research Highlights	16
Alexandra Branzan Albu	16
Research Excellence Award: Stuart MacDonald	16
NIRS Scanner	17
New Research Projects	17
Debra Sheets	17
Colette Smart	17
Mobilizing Knowledge	18
International Day of Older Persons	18
Reel Spirituality	18
SMAART	19
Masterminds	20
Community	20
Valued Elder Recognition Award	20
Senior Friendly Business Award	20
Funding	21

Director's Summary

When reflecting back on our accomplishments in the previous year (2011), it is always a challenge to select just a few highlights on which to comment as we engage in so many exciting activities!

A number of particularly salient activities in 2011 involved our relations with the Institute of Aging from the Canadian Institutes of Health Research (CIHR), the major federal funding agency for health-related research. One of these highlights was the successful negotiation with the Institute of Aging to co-host the **Statistical Methods in Aging, Analytical Research Training (SMAART): Longitudinal Analysis** program, held from May 16 to 20, 2011 at the University of Victoria. Thirty-six graduate students, seven faculty members, and four professionals working as researchers attended to learn about longitudinal methods and provide ideas and suggestions about future research capacity building activities that would promote learning and facilitate the development of leaders in the field of aging research in Canada. The input and feedback from the participants were shared with the Institute of Aging and stressed the importance of the Canadian Longitudinal Study on Aging (CLSA), a national, major, broad, longitudinal platform scheduled to collect information on 50,000 Canadians aged 45-85 years for the next 20 years.



And speaking of the CLSA, another highlight of 2011 was the completion of the renovations at the Gorge Road Hospital where the Data Collection Site for the CLSA is located. From 2012-2014, 1,000 participants will visit the Data Collection Site each year where a host of different types of information will be collected and sent to the national coordinating centre at McMaster University. This information, on the changing biological, medical, psychological, social, lifestyle and economic aspects of people's lives, will be compiled with that collected at the other 10 Data Collection Sites in Canada. This valuable information will serve as a platform for researchers studying the health and wellness of Canadian adults as they age. The CLSA will be one of the most comprehensive studies of its kind undertaken to date, not only in Canada but around the world. The CLSA site coordinator, Dr. Margaret Penning, oversaw the establishment of the Data Collection Site at the Gorge Road Hospital as well as data collection through Computer-Assisted Telephone Interviewing that takes place at the Survey Research Centre at the Centre on Aging. In 2011, these telephone interviews, with people from across western Canada, began.

On a smaller scale, in 2011 our Advisory Board subcommittees identified the need to refresh some of the Centre's processes and activities. In addition, they identified the need to work together on issues of common interest. Changes were made to our Annual Report and Bulletin and time was taken to revisit and streamline some of our events and award processes. In 2012, the new, improved versions of our full-day

event highlighting the COAG's research activities, and the Valued Elder Recognition Awards will be put into place.

Finally, in 2011 the number of applications from graduate students for the scholarships to study aging broke the record we set last year! We are delighted to see the continued growth in student interest in aging and the breadth of excellent work being done across the UVic campus!



Administrative group, left to right:
Guiping Liu, Arlene Senft, Lois Edgar,
Cara Pearson, Holly Tuokko
On leave: Leah Potter
Retired: Tom Ackerley

In Memoriam

Andrew Maxwell was the president of the Friends of the Centre from 2004 to 2008 and was an active member from 1999. Andrew was a strong supporter of the Centre's mandate. His vision was to bring research findings into the community in terms that are easy to understand. Having the Friends write the research summaries meant that the very individuals whose quality of life was to be improved played an integral role in the Research Snapshot Program.

Andrew Maxwell, a retired Canadian Army Lt. Col., was born and raised in Northern Rhodesia, now Zambia, educated in England and immigrated to Canada in 1952. He served with NATO, UN Peacekeeping missions and served in Greece as well as in Africa. He was past Chair of the Board, Oak Bay Lodge, and a past President of the Victoria Symphony Society. Andrew will be greatly missed.



Advisory Board

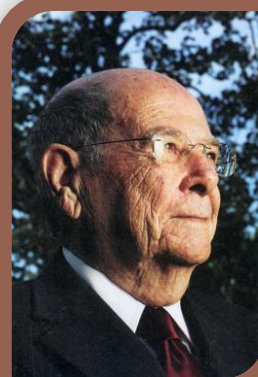


It has been my privilege to serve as Chair of the Advisory Board to the Centre on Aging. I have been continually impressed with the dedication of the faculty, research affiliates and staff in maintaining the excellence with which the Centre has become known. Progress has been made in the work of the four subcommittees (Knowledge Mobilization, Internal Communications, Education and Fundraising), and the Centre has continued to foster and enhance the relationships with its community partners.

Geri Hinton, *Chair, Centre on Aging Advisory Board*

I have been involved with the Centre on Aging for many years and 2011 was a period of great change. The Centre is such a wonderful resource for seniors in our community. I am very active with Victoria Hospice and I am grateful for my association with the Centre.

John Tomczak, *Community Member*



The majority of adults age in the community and remain there, contrary to the idea all end up in long term care. The community research for which the Centre on Aging is so well known is invaluable in supporting community living.

Bev Wilden, *Community Member*

Congratulations to UVic's Centre on Aging for another exceptional year of scholarship, education and outreach. It is a genuine privilege to be part of such a vibrant community passionate about advancing and promoting our understanding of aging. Whether it is the Mastermind lectures, a course in the exploration of aging through films, engaging with community on research, collaboration with partners on grants, or celebration of another long list of publications, the achievements just goes on and on. Keep up the terrific work!

Peter Keller, *Dean, Faculty of Social Sciences*



2011 went by like a whirlwind in disseminating self-management programs – especially in BC's ethnic communities. Our Punjabi Chronic Disease and diabetes programs have been implemented in 12 communities; Chinese versions of chronic disease and diabetes self-management programs are flourishing; and our Aboriginal coordinators have created effective networks and productive working relationships in many communities. As self-management program director I recently completed involvement as Expert Member for the Health Council of Canada Report of Self-Management Support in Primary Care.

Patrick McGowan, Professor, School of Public Health and Social Policy;
Centre on Aging, Ladner Office



The Centre offers a wonderful site for interdisciplinary collaboration. Through these collaborations the integration of research, education and professional practice is being fostered and supported.

Gweneth Doane, Professor, School of Nursing

As the president of the BC Psychogeriatric Association, being a member of the Centre on Aging Advisory Board is of particular interest because I am able to serve as a link between the community members represented by the BCPGA and university researchers who study aging.

John Gray, Community Member



The Centre on Aging provides an invaluable resource to its many research affiliates. In addition to directly supporting my research on memory and aging, the Centre sponsors essential knowledge translation opportunities to present key findings to the community; in 2011, I was honoured to present the annual International Day of the Older Person lecture to several hundred Victorians on strategies for cognitive fitness and aging successfully.

Stuart MacDonald, Associate Professor, Department of Psychology



My seat on the Centre on Aging Advisory Board fosters an important exchange of information and ideas. I learn about the Centre's research and activities and can share information about government initiatives, programs, services and resources available to seniors in British Columbia that are fundamental for ensuring they live active, healthy lives.

Julie Shaver, *Manager, Seniors' Healthy Living Secretariat Ministry of Healthy Living and Sport*

The Centre on Aging provides an important link to the broader and international research community. For example, we have been actively engaged with over 40 longitudinal studies of aging. This collaborative research permits direct comparison of results regarding change in health and cognitive outcomes and the benefits of educational, social, cognitive, and physical activities on maximizing successful aging across countries and birth cohorts.

Scott Hofer, *Professor, Department of Psychology*



The Vision stated in the University of Victoria's Strategic Plan challenges the university *community to become thoughtful, engaged citizens and leaders, prepared to contribute to the betterment of a rapidly changing global society*. The Centre on Aging and its members have made critical contributions demonstrating a long engagement and leadership in the study of aging. The Centre is an outstanding example of community-engaged research and of UVic's commitment to research and scholarship in support of a healthier and more caring society.

Michael Miller, *Associate Vice President Research*

As a member of the Friends for almost a decade, I have witnessed the mutual benefits of the connections between seniors and Centre staff, faculty and students. The Friends of the Centre, a group of volunteers interested in contributing to furthering quality of life through the life course, contribute to the mission and vision of the Centre.

Bernie Paillé, *President, Friends of the Centre*





The sixth annual Masterminds lecture series was successfully presented by the Centre on Aging and the UVic Retirees Association with support from UVic. The main objective of the series is to highlight the continuing contributions of UVic retirees to the University and the community. It is open to the public and attracts large numbers to the campus.

Beverly Timmons, *UVic Retirees Association*

2011 has seen further collaborations with our partners locally, provincially, nationally and internationally. The expansion of our research and knowledge mobilization through these partnerships allows us to grow new and improved methods. Methods that have an impact on day-to-day life, policy and practice.

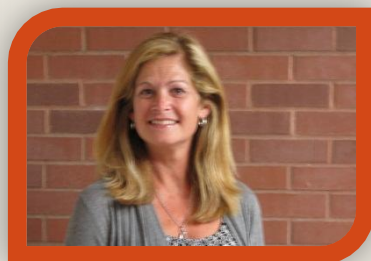
Holly Tuokko, *Director, Centre on Aging; Professor, Department of Psychology*



Advisory Board Subcommittee Chairs



Stuart MacDonald
Chair, Education;
Associate Professor,
Psychology



Lori McLeod
Chair, Fundraising;
Executive Director,
Greater Victoria
Eldercare Foundation



Denise Cloutier
Chair, Knowledge
Mobilization;
Associate Professor,
Geography



Kelli Stajduhar
Chair, Internal
Communications;
Associate Professor,
Nursing

Students

The students at the Centre on Aging are a vital part of our research and governance. They provide research assistance and expertise to our projects and direction to our research training. Students affiliate themselves with the Centre and its mandate as part of their studies and personal research. Their commitment has an impact on the research conducted at the Centre and at the university. They also contribute to our Advisory Board's committee structure.

Excellence in training and the ability to provide support are imperative to the success of our students and the future of research in aging. Laura Funk was a graduate student and post doctoral fellow residing at the Centre on Aging during her training years. In 2011 she accepted a position as an Assistant Professor in the Department of Sociology at the University of Manitoba. Dr. Funk was the first recipient of the first scholarship housed at the Centre on Aging – the David Chuenyan Lai Scholarship in 2006.

Student Affiliates

Paul Brewster, who is a PhD student in the clinical neuropsychology program, became an affiliate in 2011. Paul's research program examines factors that moderate the course of cognitive impairment in normal aging and in individuals who develop dementia. He also looks at the psychometric properties of cognitive tests that are used (or have the potential for use) to detect cognitive impairment in older adults in research and clinical settings. Stuart MacDonald and Holly Tuokko are Paul's supervisors.

Our student affiliates are active members of our committees. In 2011 students on committees are:

- Education:
 - Timal Kannangara
- Fundraising:
 - Kristina Kowalski
- Internal Communications:
 - Paul Brewster
 - Carren Dujela
- Knowledge Mobilization:
 - Anna Braslavsky
 - Heather Cooke
 - Janet Love
 - Cassandra Brown

Awards received in 2011

- Centre on Aging Scholarships
 - The Neena Chappell Scholarship for \$850 was received by **Anna Ruth Patten**, a PhD student studying biology with Dr. Brian Christie (Biology, Island Medical Program)
 - The David Chuenyan Lai Scholarship for \$675 was received by **Heather Cooke**, an interdisciplinary graduate student working on a PhD with Dr. Neena Chappell (Sociology)
 - The Alice Lou-Poy Scholarship for \$700 was received by **Cassandra Brown**, a graduate student studying psychology with Dr. Andrea Piccinin (Psychology)

- The two Rotary Club of Saanich Scholarships for \$750 each were received by **Timothy Mack** (Social Dimensions of Health) and **Catharine Sparks** (Psychology) who are both PhD students. Catharine's supervisor is Dr. Scott Hofer and Timothy's supervisor is Dr. Stuart MacDonald.
- UVic graduate student awards for outstanding academic achievement
 - **Paul Brewster** received a Canadian Institutes of Health Research (CIHR), Doctoral Research Award for his research project *Moderating effects of physical exercise and leisure activity on the course of cognitive impairment in prodromal Alzheimer disease*, 2011-2013 \$105,000
 - **Jacob Grand** received the CPA Certificate of Academic Excellence for his thesis after being nominated by the Department of Psychology
 - **Megan Caines** is one of four national recipients of the Council of Canadian Departments of Psychology (CCDP) Teaching Assistant Awards

Graduates of 2011

Program	Student & Degree	Thesis Title	Supervisor
Clinical Psychology	Paul Brewster, MSc	Measurement equivalence of the neuropsychological test battery of the Canadian Study of Health and Aging across two levels of educational attainment	S. MacDonald and H. Tuokko (Psychology)
Clinical Psychology	Jacob Grand, MSc	Individual differences in cognitive plasticity and variability as predictors of cognitive function in older adults	S. MacDonald and H. Tuokko (Psychology)
Clinical Psychology	Alexandra Jouk, MSc	A reduced scoring system for the Clock-Drawing Test using a population-based sample	H. Tuokko (Psychology)
Psychology	Justin Kantner, PhD	Response bias in recognition memory as a stable cognitive trait	S. Lindsay (Psychology)
Interdisciplinary	Linda Outcalt, MA	Paid companions for the elderly: Ambiguities, relationships and 'being in the world'	P. Stephenson (Anthropology) & N. Chappell (Sociology)
Interdisciplinary Studies	Shelly Waskiewich, MA (posthumous)	End of life in long-term care from the perspectives of care aides	K. Stajduhar (Nursing)

Debra Sheets

Dr. Debra Sheets is an Associate Professor in the School of Nursing and a Research Affiliate with the Centre on Aging. She has been a nurse for over three decades and is board certified as a gerontological nurse and nurse educator. Dr. Sheets earned her doctorate in Gerontology and Public Policy from the University of Southern California. She is an elected fellow of the Gerontological Society of America (GSA) as well as the Association for Gerontology in Higher Education (AGHE). She is a member of Sigma Theta Tau (nursing honour society) and former President of Sigma Phi Omega (SPO), the gerontological honour society.



Dr. Sheets' expertise lies in gerontology and geriatric nursing—and her current research program focuses on evaluation, healthy aging, and nursing education. Since 2009 she has been conducting a three year national evaluation of 14 family and informal caregiver projects funded through an \$8 million dollar initiative by the Harry & Jeanette Weinberg Foundation in Maryland, USA. The purpose of the initiative is to increase support for family and informal caregivers of older adults living in the community. Evaluation findings indicate that the development of local community networks has increased access to information, education and direct services for caregivers. Outcomes show a significant reduction in caregiver risk, burden and depression. Findings also identify innovative and cost-effective models that support family caregivers and reduce or delay institutionalization. For example, the Caregiver Teleconnection project in Texas (<http://www.caregiversos.org>) is a free, bilingual, and confidential program that connects family caregivers to information and support through the telephone or “tele-learning”. The Caregiver Teleconnection is modeled after the highly successful Care-Ring Voice program in Canada. It provides learning sessions on a variety of topics, hosted by professional facilitators and experts. Family caregivers have the opportunity to connect and share with others in their situation during the sessions.

In another ongoing study, Dr. Sheets is conducting (along with Drs. Ann Holroyd and Angela Downey) a three year evaluation of the Enhanced Seniors Team (EST) at Nanaimo General Hospital. The EST is pilot testing a geriatrics model aimed at improving care for frail, at-risk older adults in the Emergency Department (ED). The EST initiates early, goal-directed care planning and evidence-based interventions to prevent cognitive and functional losses associated with acute illness among hospitalized older patients. The evaluation was funded by the Michael Smith Foundation for Health Research (MSFHR) to analyze whether this model is improving health outcomes for older adults is cost-effective, and whether there is a possibility for replication.

Dr. Sheets has a longstanding interest in aging, humanities and the arts. She is a former chair of the GSA Humanities and Arts Committee and currently serves on the editorial board of “The Gerontologist,” a leading journal published by the GSA. She believes in the importance of scholarship on aging, humanities, and the arts as an important dimension in understanding the lived experience of aging. The frameworks and methods of this research focus on meaning and interconnection rather than prediction and explanation. An upcoming research project will look at clown interactions with older adults in residential care as a therapeutic tool to improve quality of life, communication skills, and mood. Clowns provide opportunities for residents to experience humor, playfulness, music and joy in an activity where imagination is more important than memory. Residential staff also experience positive effects from the presence of “care” clowns.

Dr. Sheets is involved in promoting and supporting the synthesis, transfer and utilization of evidence by identifying appropriate, meaningful and effective healthcare practices to improve healthcare outcomes. She is trained in the systematic review research methods of the Joanna Briggs Institute (JBI) and is working with Drs. Lynne Young and

Anastasia Mallidou to apply a gender lens to research on healthy aging. The Women, Health and Aging Team (WHAT) is conducting secondary data analysis on the health of older widows using the Canadian Community Health Survey (CCHS).

Her work in nursing education has contributed to the development of effective and engaging pedagogical approaches for delivering online nursing education. For example, her graduate nursing courses teach future nurse educators how to develop student centred learning using a variety of Web 2.0 technologies including VoiceThreads, Wikis and Blogs. She serves on the editorial board of *Gerontology and Geriatrics in Higher Education*.

Victoria's own clown troupe, caring clowns who visit older adults in residential care.



Ryan Rhodes

Dr. Rhodes is a Professor in the School of Exercise Science, Physical and Health Education and a Research Affiliate with the Centre on Aging. His research training is in the psychology of physical activity and sedentary behaviour. The health benefits of regular moderate-strenuous physical activity have been well established and the health detriments of prolonged sedentary behaviour are very serious. Unfortunately, less than 20% of the Canadian population are physically active at a level that would help their health and reduce their chances of chronic disease. Dr. Rhodes uses motivational theory and innovative intervention practices to try to get Canadians moving more!



His scholarly interests lie broadly in the areas of the role of family and physical activity. Dr. Rhodes is part of several national and international research teams that conduct studies on the promotion of physical activity or healthy eating. These include longitudinal studies of the effect of parenthood on personal health practices; the role of the built environment and physical activity accessibility; the effect that exercise video games (e.g., Wii, video games attached to exercise equipment) may have on improving regular physical activity and reducing sedentary behaviour in youth, adults and older adults; the improvement of motivational theory to understand physical activity and sedentary behaviour; and the effect of planning and scheduling in the formation of health habits. These studies have received funding from the Canadian Institutes of Health Research, the Social Science and Humanities Research Council of Canada, the Canadian Cancer Society, the Canadian Diabetes Association, the Heart and Stroke Foundation of Canada, among many others. Further, Dr. Rhodes has received salary support awards for his work from the Michael Smith Foundation for Health Research, the Canadian Institutes for Health Research, and the Canadian Cancer Society. He has also received four citation awards for outstanding research from the Society of Behavioral Medicine and the Distinguished Early Career Scholar Award from the North American Society for the Psychology of Sport and Physical Activity.

Dr. Rhodes is part of a collaborative research team with Holly Tuokko from the Centre on Aging, and Drs. Joan Wharf Higgins and Vivienne Temple from the School of Exercise Science, Physical and Health Education who have studied dog ownership and its effect on regular walking. One of the team's early publications was the first to show that people who own dogs walk about twice as much as people who do not own dogs in the Greater Victoria area and the obligation and feelings of being a responsible owner account for this walking behaviour. This finding has now been replicated in most industrialized countries around the world. The team then went on to observe six local parks across Victoria and showed that park use was the same for dog walkers across good and inclement weather in an entire year, but non-dog owners only used a park during good weather. They also observed that dog owners displayed constant walking behaviour in their trips to the park, rather than standing around, which supports the premise that dog ownership may be a sustainable form of physical activity. The team's most recent study was just published in *Preventive Medicine* and it featured a randomized controlled trial to promote walking among dog owners who do not currently walk their dogs. Inactive dog owners ($n = 58$) were randomized to either a standard control condition or the intervention (*persuasive material about canine health from walking and a calendar to mark walks*) after completing a baseline questionnaire package and wearing a pedometer for one week. The results showed that both groups increased physical activity significantly across the 12 weeks but the intervention group resulted in significantly higher step-counts compared to the control group (difference of 1823 steps) and showed significantly higher trajectories from baseline to 12 weeks in the self-reported physical activity measures. The results are promising for the viability of increasing dog walking as a means for physical activity promotion and suggest that theoretical fidelity targeting canine exercise may be a helpful approach.

Centre on Aging, Ladner

The Ladner Office offers a variety of community self-management programs led by trained volunteers. In this context self-management is meant to describe the tasks that an individual must undertake to live well with one or more chronic conditions. These programs are based on research and research is an integral part of the program delivery.

The **Chronic Disease, Chronic Pain, and Diabetes** Self-Management Programs are interactive workshops for groups of between 10 and 16 participants, providing them with the tools, skills, and confidence to help manage their chronic conditions. These programs have been offered in the past and the Diabetes and Chronic Pain programs include specific information on the respective conditions. The research shows significant improvement to individual health and has substantiated increased delivery of the programs throughout British Columbia. The Chronic Disease Self-Management Program is also offered in Punjabi and Chinese, as well as in an online format.

In 2010, two new programs were added. **A Matter of Balance**, which uses goal setting and problem solving to reduce older adults' fear of falling, and an individualized program called **Active Choices**. Active Choices provides six-months of one-to-one telephone support to help people increase their physical activity levels safely and regularly. Implementation research is currently underway with both programs.

In 2011, another two new programs were started. **The Arthritis and Fibromyalgia Self-Management Program** is offered throughout the province. This is the original program developed at Stanford University, and serves as the prototype of self-management programs. It's a six-week workshop that helps people with different types of rheumatic diseases, such as osteoarthritis, rheumatoid arthritis, fibromyalgia, lupus, and others to better manage their symptoms and their daily lives. **The Online Chronic Disease Self-Management Program** is another way to be involved with the workshops. Like the community based program the online version is a six-week small-group workshop with two peer facilitators with new lessons posted each week. Each small group (no larger than 25) participates together by logging on at their convenience 2-3 times per week for a total of approximately two hours per week. Because of this continued growth, Ladner added a third office to provide meeting and work space for all its ongoing workshops and research.



Patrick McGowan



Staff from the Ladner offices

iPANEL

Initiative for a Palliative Approach in Nursing: Evidence & Leadership

iPANEL is co-led by Associate Professor Kelli Stajduhar, PhD and Fraser Health Authority Director of End-of-Life Care, Carolyn Tayler. A provincial initiative, this research team is comprised of 15 additional team members from Fraser Health Authority, Vancouver Island Health Authority, Vancouver Coastal Health Authority, Interior Health Authority, University of Victoria, Trinity Western University, UBC Okanagan, and Thompson Rivers University. The

iPANEL team aims to create new knowledge by answering the question “how and in which contexts can a palliative approach better meet the needs of people

(and their families) with advancing chronic life-limiting conditions and guide the development of innovations in health care delivery systems to better support the nursing practice and the health system in British Columbia?”



Kelli Stajduhar

The BC Ministry of Health is a collaborative partner along with international researchers in the UK and Australia. iPANEL was awarded a four-year Michael Smith Investigative Team Award which has allowed the team to move forward their research program which includes a provincial nursing survey and several externally-funded knowledge synthesis and research demonstration projects. These studies, along with others will help inform health system improvements to care of people with advancing chronic life-limiting conditions particularly in acute, residential and home care settings.

People with advancing chronic life-limiting illness such as lung, heart, and kidney disease, cancer or dementia do not always require specialized palliative care services, but they do require care that is aimed at improving their quality of life by preventing and relieving suffering through early identification, assessment and treatment of physical, psychosocial and spiritual concerns. Indeed, most individuals with advancing chronic and life-limiting illness do not access palliative care services but would greatly benefit from the application of the principles of palliative care (a *palliative approach*). By incorporating a palliative approach in care, nurses and other health care providers can better support people with life-limiting conditions and their families. A palliative approach can be provided in any care setting by healthcare professionals, from a range of disciplines, who do not necessarily specialize exclusively in palliation, including residential care, home care, hospital in-patient and out-patient care, and primary care. The iPANEL research program explores how and in which contexts a palliative approach can be best integrated into the care of people with advancing chronic illness in order to enhance the quality of end-of-life care.



Chinese Heritage Project

The David Lam Centre for International Communication at Simon Fraser University launched a Chinese Canadian Heritage Project in the millennium year 2000. Dr. David Chuenyan Lai, Research Affiliate of the Centre on Aging, was invited to write “A Brief Chronology of Chinese Canadian History.”

In 2011 this article was revised into a chart, entitled “A Brief Chronology of Chinese Canadian History: From Segregation to Integration, 1788-2010.” The chart gives an overview of Chinese immigration, segregation, integration and contributions to Canada. It will help current residents of Canada appreciate the benefits this country has reaped through Chinese immigration over two centuries. It will also help newcomers build a sense of pride and belonging through awareness of the role their predecessors have played.

The chart is sponsored by Citizenship and Immigration Canada, Victoria Foundation, Chinese Canadian Stories - a UBC Library & SFU Library Initiative, C. K. Choi Foundation, David & Dorothy Lam Foundation, Chan Better World Foundation, the University of Victoria Vice President Academic and Provost Office, National Congress of Chinese Canadians, Robert and Lily Lee and Family, Peter and Julia Eng, and Jaelyn L. Sheng and family. The Centre on Aging is one of the supporting institutions, providing Dr. Lai’s service to the Chinese Canadian Heritage Project.

For nearly a century, Chinese immigrants were segregated physically, politically, socially and economically from Canadian society. The first Legislative Assembly of British Columbia passed an act in 1872 to disenfranchise Native Indians and Chinese. In Victoria, intermarriage between Chinese and white people required a permit from the sheriff, and Chinese students in primary grades had to go to segregated schools. The federal government discouraged Chinese immigration by imposing a head tax which increased from \$50 in 1885 to \$100 in 1901 and again to \$500 in 1903. Eventually Chinese were not permitted to enter Canada by the Exclusion Act of 1923.

The federal government repealed the Exclusion Act in 1947 and implemented a universal immigration policy in 1967. Most of the post-1967 Chinese immigrants have adapted and are fully integrated into Canadian society. As of 2011, six Chinese Canadians have been elected as university chancellors. Having obtained the franchise, Chinese Canadians

began to participate in politics. Throughout the 1970s and into the 2000s, many Chinese Canadians were elected as MPs, MLAs, mayors and city councilors. So far, a governor general, two senators, and four lieutenant-governors of Chinese ethnic origin have been appointed. Outstanding contributions and services of 51 Chinese Canadians have been recognized by their appointment to the Order of Canada. Chinese Canadians have travelled a long and difficult road from ostracism to acceptance by society. Through time, they have integrated into society and made significant contributions to the growth and prosperity of a multicultural Canada.



David Chuenyan Lai



Research Highlights

The Centre on Aging has a long history of generating new knowledge by conducting, stimulating, and encouraging the research activities of our research affiliates across campus. Our research affiliates bring new projects and collaborations, as well as cutting edge equipment, to conduct research that is acknowledged for its excellence. This year we shine the spotlight on two researchers, two new projects, and one piece of equipment that will have an impact on research at UVic for years to come.



Dr. Alexandra Branzan Albu is an Associate Professor with the Department of Electrical and Computer Engineering and a research affiliate with the Centre on Aging. In 2011 she worked with Dr. Chantal Dumoulin (Associate Professor with the School of Rehabilitation at the University of Montreal) on the development of new, non-invasive techniques for monitoring Stress Urinary Incontinence (SUI) in elderly female patients. SUI is considered a “hidden epidemic” since it affects a large part of the female population, particularly in later life. SUI has a significant negative impact on the quality of life of elderly women. The techniques developed by Drs. Branzan Albu and Dumoulin involve real-time analysis of ultrasound video data acquired during voluntary contractions of pelvic muscles. Technical challenges that Dr. Branzan Albu addressed in her work include variable spatial and temporal resolution of ultrasound videos, as well as the absence of well-defined contours of the urethra and the pelvic muscle. Preliminary results are promising and were presented at the prestigious International Conference on Engineering in Medicine and Biology, which took place August 31 - September 3 in Boston, USA.

2011 was the year to congratulate Dr. **Stuart MacDonald**, who was selected as the annual recipient of the Faculty of Social Sciences Research Excellence Award. The award was presented to Dr. MacDonald at the Excellence 2011 ceremony for Social Sciences, March 31 in the Michelle Pujol Room of the Student Union Building.



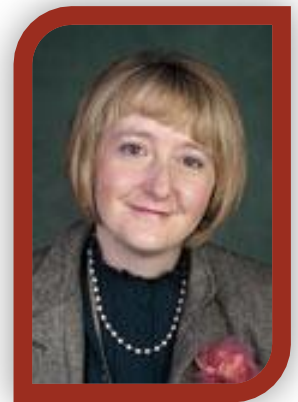


Psychology professors Drs. **Scott Hofer** and **Stuart MacDonald** were awarded Canadian Foundation for Innovation (CFI) and BC Knowledge Development Fund (BCKDF) grants to establish a new Laboratory for Integrative Lifespan Developmental Research for assessing age-related changes in memory and cognition. In recent years, studies of cognitive aging have increasingly indexed biological markers, including brain function. The recently acquired grant funds have facilitated the purchase of new research infrastructure for measuring such biological indicators, including a near-infrared spectroscopy (NIRS) scanner. NIRS technology employs a series of lasers and detectors to optically image how patterns of cortical activation on the surface of the brain change when a participant performs various cognitive tasks. Both NIRS and functional Magnetic Resonance Imaging (fMRI) measure brain activation based on changes in blood flow—specifically the associated changes in oxygenated and deoxygenated hemoglobin—in response to the demands of a given

cognitive task. Drs. MacDonald and Hofer will use NIRS to answer a number of specific research questions in the field of cognitive aging. For example, changes in brain activation patterns measured by NIRS may represent a sensitive risk factor for Alzheimer's disease many years prior to observing mean group differences in memory performance, thus potentially facilitating early detection of those at risk. A primary research goal is to identify indicators of cognitive and functional impairment at an early stage, and to then evaluate the effectiveness of potential interventions including changes in lifestyle and nutrition, or engaging in cognitive or exercise training. The photo shows Drs. MacDonald and Hofer with the NIRS scanner at a demonstration workshop held in April 2011. The Centre would like to congratulate them on this groundbreaking acquisition.

New Research Projects

Dr. **Colette Smart**, a clinical neuropsychologist, has recently been awarded a young investigator grant from the Alzheimer Society of Canada. Drawing on her background in cognitive rehabilitation, she will be implementing a pilot trial of mindfulness-based stress reduction in older adults with subjective cognitive impairment (SCI) to determine whether it will improve cognitive and psychological functioning. Recent research indicates that older adults with SCI's may be at risk for Alzheimer's disease, so the purpose of the project is early detection and prevention-intervention.



Dr. **Debra Sheets** is involved in a three-year evaluation of the Enhanced Seniors Team (EST), funded by the Michael Smith Foundation for Health Research (MSFHR). This project is an initiative under the Care Continuum Transformation Project (CCT) that the Vancouver Island Health Authority (VIHA) has launched to provide more effective care for patients in the most appropriate setting. The EST focuses on improving care for frail, at-risk older adults being seen in the emergency department by initiating early, goal-directed care planning and evidence-based interventions to prevent cognitive and functional losses associated with acute illness among hospitalized older patients.

Mobilizing Knowledge

International Day of Older Persons

Is age just a number? What impact, if any, do crossword puzzles and games like Sudoku have on memory and cognition? On September 30, 2011, the Centre on Aging celebrated the International Day of Older Persons (IDOP) with our annual public lecture given by Dr. Stuart MacDonald. Dr. MacDonald looked at these questions and more while captivating the capacity crowd at the Salvation Army Citadel with his presentation entitled, “Cognitive Fitness: Strategies for Aging Successfully.” Dr. MacDonald discussed the biological, behavioural and environmental influences that relate to aging and changes in memory and physical health; how short bursts of physical activity, attention to diet and social connections may inhibit cognitive decline and Alzheimer’s Disease. Shaw TV was present to video the presentation, which can be viewed online on the Centre on Aging YouTube channel: UVicCentreOnAging. This taped recording was a first for our IDOP Lecture Series and we will continue the practice in years to come.



Dr. MacDonald is a Centre on Aging research affiliate and chair of the Centre’s education committee. His research focuses primarily on individual differences in cognitive aging and the cognitive neuroscience of aging. In particular, Dr. MacDonald is interested in biological aging and how it relates to changes in memory and other cognitive functions. This research has implications for early identification of cognitive disorders and possible effective interventions to slow or stop these changes from progressing.

Reel Spirituality

The Centre on Aging joined the Centre for Studies in Religion and Society as cohost of the Reel Spirituality Film Series in 2010-2011. Friday afternoon was spent in discussion led by various faculty after watching the movie. The movies shown in 2011 were:

- January, 28, 2011: **Harry and Tonto**
 - Paul Mazursky, USA, 1974, 115 min.
 - A 72-year-old man and his cat go on a cross-country journey searching for personal identity. Art Carney won an Oscar for his poignant, witty performance as Harry in this wistful, winning comedy. Director Paul Mazursky has said that he wanted his “hero to be real, cranky, funny – a man who at 72 is what he was at 25, only a little bit slower.” However, some suggest that because Harry is not infirm, the film is “a bit of a cheat from reality.” This portrayal of a late-life journey or elderquest stimulates reflection about the experience of aging and its implication for contemporary families.
- February 25, 2011: **O’Horten**
 - Bent Hammer, Norway, 2009, 90 min.
 - Odd Horton is dependable and contained: he’s a train engineer retiring after 40 years of service, living a simple life. His idea of adventure is to fly from one city in Norway to another. Starting on the night of his retirement dinner, Odd has a series of dislocating experiences: a boy insists that Odd sit by his bedside while he falls asleep; misadventure causes him to miss his last run; he witnesses an arrest; he assists an old man and makes a friend; he takes a trip with a blindfolded driver; he adopts

a dog; he takes stock late one night at the roundhouse; he revisits his mother's disappointment in him. How should he live the rest of his life?

- March 25, 2011: **The Savages**
 - Tamara Jenkins, USA, 2007, 113 min.
 - An irreverent, hilarious and heartbreaking story about a modern American family. The Savages portrays an all-too common dilemma: after drifting apart emotionally and geographically over the years, two siblings, Wendy and Jon, must band together to care for an elderly parent.

Statistical Methods in Aging, Analytical Research Training (SMAART)

SMAART 2011 took place at UVic on May 16-20, 2011, generously funded by Canadian Institutes of Health Research (CIHR) and organized by the Centre on Aging. This five-day program attracted 36 trainees and 11 established researchers from across Canada. In addition to longitudinal data analysis, attendees also took part in several sessions on longitudinal research capacity-building in Canada.

This workshop provided an overview of longitudinal design and analysis, with emphasis on current statistical approaches for the analysis of longitudinal data. Conceptual and research design issues were discussed, with an emphasis on alternative models for explaining and predicting individual-level change. Hands-on training focused on the use of MPlus (www.statmodel.com), a statistical program that has many features of both traditional MLM and SEM approaches. A variety of models were examined and applied to actual data, including models with time invariant and time-varying covariates, factor-level outcomes, alternative time structures, and joint models of correlated outcomes.

After the first day's discussion of key conceptual issues for understanding aging-related change in longitudinal studies, including replication and a discussion of the types of results that focus longitudinal research, the participants were introduced to MPlus, as statistical software that benefits longitudinal analyses. Topics discussed during the workshop included: fitting growth curve models to studies with three or more occasions of measurement, with and without varying time intervals; evaluating alternative time metrics and the effects they have on interpretation of estimates of change and utility for understanding different time-dependent processes; analysis of change across multiple outcomes and change-points (attrition and mortality), considering a set of multivariate growth curve and time-varying covariate models for understanding multivariate change; as well as population inference conditional on attrition and mortality; and the analysis of average and individual change-points.



Masterminds

The sixth annual Masterminds lecture series, offered by the University of Victoria Retirees' Association (UVRA) with support from the Centre on Aging and the University of Victoria, took place every Wednesday evening in April 2011. This lecture series engages the community while highlighting the ongoing research and continuing contributions of UVic retirees. The 2011 lectures were:

- April 6, 2011 – *Move for the Health of It: Fun, Fitness, and Mental Functioning*, by Dr. David Docherty, Professor Emeritus in the School of Exercise Science, Physical and Health Education
- April 13, 2011 – *Understanding the Oceans: New Approaches and Early Results from the NEPTUNE Canada Ocean Network*, by Dr. Christopher Barnes, Professor Emeritus in the School of Earth and Ocean Science and Director of NEPTUNE Canada
- April 20, 2011 – *Spirit of the Arctic: New Directions in Art and Culture*, by Dr. Bill Zuk, Professor Emeritus in the Department of Curriculum and Instruction
- April 27, 2011 – *Continuing Cuts to Health Care: Ethics and Safety Concerns in Hospital and Home Care*, by Dr. Janet Storch, Professor Emerita in the School of Nursing

Community

Valued Elder Recognition Award (VERA)

The Valued Elder Recognition Award, more affectionately known as VERA, was not presented at the International Day of the Older Person Lecture on September 30, 2011. As the Centre's Advisory Board subcommittees identified the need to refresh some of the Centre's processes and activities as mentioned in the Director's Summary, one of the most important activities was the review of the VERA. A great deal of thought was put into restructuring the award process by our volunteers, the Friends of the Centre, our Advisory Board chair, many of the nominators and nominees from previous years, recipients and the staff at the Centre. Out of this seven month process came the new VERA process. In 2012 the new VERA will be introduced and we will begin the award process again.

In the past, the VERA has undergone changes to make the nomination process easier to use and to be less onerous on the nominees. We believe the new process will continue this tradition and we look forward to hearing from the community on how we can continue to improve.

Senior Friendly Business Award (SFBA)

The Senior Friendly Business Award began in 2007 and was concluded in 2010. The award was developed by the Centre on Aging's volunteers, the Friends of the Centre, and we would like to thank Velma Haslin, Pat Kenny, Jim Lodge and Elmer Berlie (chair) for their work. They were the driving force behind this award but with the changes to our committee and volunteer structure at the Centre it is no longer feasible to continue the award.

Funding

Research funding amounts are given as the total amount of the funding award. Funding is only listed once, in the year the funding is received, and regardless of the length of the research project.

Total funding in 2011: \$39,593,307.31

Total research funding: \$38,375,503.28

Total knowledge mobilization \$991,136.50

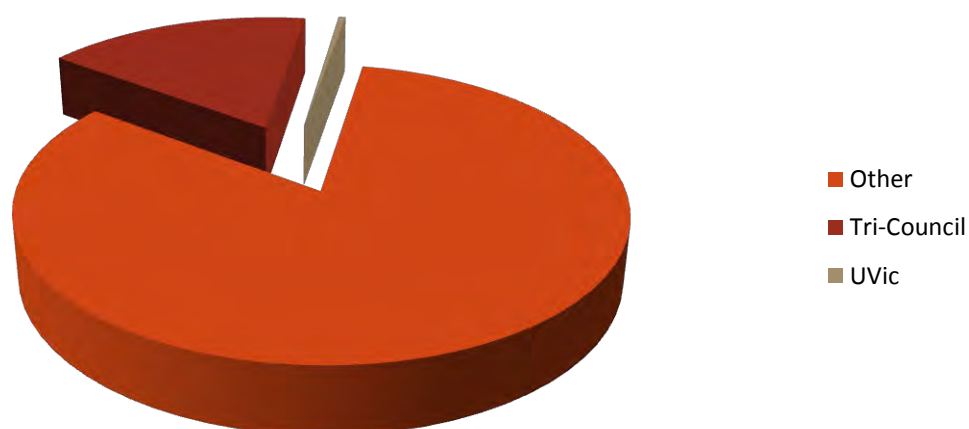
Total infrastructure funding: \$226,667.53

Total funding from Tri-Council sources: \$6,772,558.00

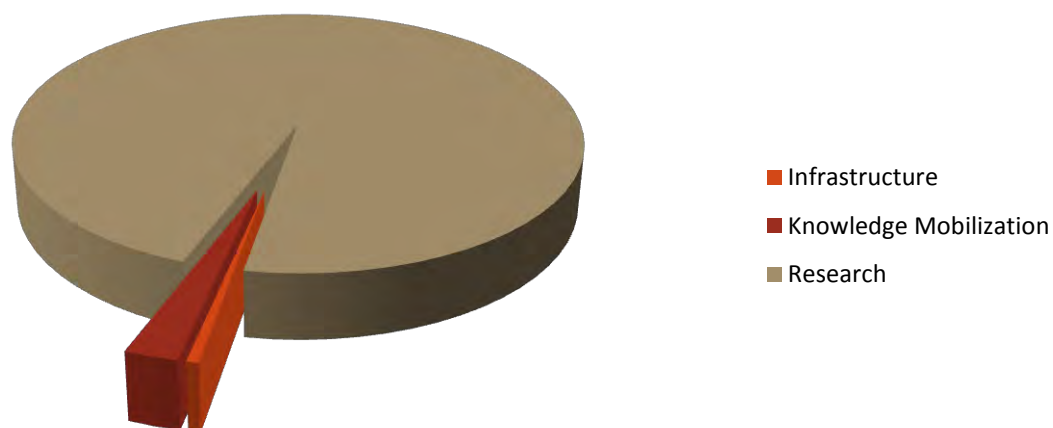
Total funding from UVic: \$172,380.03

Total funding from other sources: \$32,648,369.28

Source of Funding



Use of Funding





**University
of Victoria**

Centre on Aging

**Centre on Aging
University of Victoria**

www.coag.uvic.ca

250-721-6369



Seniors

- Volunteers
- Mentors
- Participants



Faculty

- Researchers
- Educators
- Mentors



Students

- Researchers
- Volunteers
- Trainees



Staff

- Implementors
- Innovators
- Support