

Annual Report 2010



**Centre on Aging
University of Victoria
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Table of Contents

Director's Summary	2
Advisory Board Chair's Summary	4
President of the Friends of the Centre on Aging's Summary	5
Students	6
Student Affiliates	6
Awards Received in 2010	6
Graduated in 2010	7
In Memoriam	7
Karen Kobayashi	8
Patrick McGowan	9
Progress in Each of the Programs	9
Lawson Foundation Self-Management Program Study for People Living with Type 2 Diabetes	10
Quotes from Participants	10
Participant Success Story	11
Kelli Stajduhar	12
David Chuenyan Lai	13
Research Highlights	15
Andrea Piccinin	15
Colette Smart	15
Debra Sheets	15
Mobilizing Knowledge	16
International Day of the Older Person	16
Community Forum	16
Reel Spirituality	18
Integrative Analysis of Longitudinal Studies of Aging Conference	19
Community	20
Valued Elder Recognition Award	20
Senior Friendly Business Award	21
Funding	22

Director's Summary

In 2010, the Centre on Aging continued to pursue the goals of maintaining excellence in research while building our strength in longitudinal studies and enhancing our collaborative partnerships. Of particular note are two conferences held in Vancouver and Victoria featuring researchers from the Centre on Aging and specifically focusing on cutting-edge issues in longitudinal research. Dr. Scott Hofer, *Harald Mohr, M.D. and Wilhelma Mohr, M.D. Research Chair in Adult Development and Aging*, figured prominently in both of these events. Dr. Hofer spoke on “*Inferential issues for the analysis of longitudinal studies of aging*” at the BC Network of Aging Research 5th Annual conference *Opportunities at the Crossroads of Scientific Discovery: Design and Analysis of Longitudinal Data for Interdisciplinary Research Across the Lifespan* held in Vancouver January 2010. Dr. Margaret Penning and Dr. Holly Tuokko were involved in planning this last, successful event hosted by the BC Network of Aging Research. Dr. Hofer also hosted a conference held in June 2010 in Victoria, *New Methods for the Integrative Analysis of Longitudinal Studies of Aging*, that welcomed researchers from across Canada and around the world to engage in a stimulating week of discussion and planning.



Also in 2010, the next steps were taken in building collaborations between the Centre on Aging and the Vancouver Island Health Authority (VIHA). Plans were finalized for the Canadian Longitudinal Study on Aging (CLSA) Research Clinic to be located at the Gorge Road Hospital site. Renovations should be completed in 2011 and data collection begin for over 3,000 CLSA participants aged 45-85 years. The University of Victoria, VIHA and the Greater Victoria Elder Care Foundation formed a new alliance – the Vancouver Island Partnership for Aging Care – to facilitate research, education, policy and practice by promoting excellence and innovation to enhance optimum aging of seniors on Vancouver Island. This group will work together on topics of common interest to enhance quality of life for seniors in our region.

Centre on Aging researchers continued to forge new partnerships and engage in collaborative research with their partners. Dr. Kelli Stajduhar embarked on new research projects relevant to multidisciplinary collaboration on quality of dying and knowledge transfer for family caregiving in palliative end-of-life care. Dr. Patrick McGowan expanded his project space in Ladner to be able to provide a broader range of self-management training programs to wider audiences.

The Centre on Aging's flagship events were, once again, well received in the community. The ***International Day of the Older Person*** lecture, “A New Era of Snake Oils: Chemically Ripping off the Elderly and Not-so-old” was given by Dr. Reg Mitchell (Prof Emeritus, Dept Chemistry, UVic) to 115 attendees on Oct. 1, 2010. At the same venue, the ***Valued Elder Recognition Award*** recipients, Lyne England, Liz Underwood, and Josephine Wingerter, were honored.

In 2010, the Centre on Aging embarked on a new initiative to co-sponsor a film series, *Reel Spirituality*, with the Centre for Religion and Society. Some of the films that were shown highlighted issues relevant to aging. The films were open to the public and were followed by brief discussions.

Finally, 2010 was a banner year for student engagement with the Centre on Aging. We saw the highest number of applications from graduate students for the scholarships we award for research related to aging. This speaks to the growth in student interest in aging and the breadth of excellent work being done across the UVic campus! We also welcomed four student affiliates to the Centre on Aging and are pleased to see them volunteering to play active roles within the Centre on Aging.



Administrative Group: left to right: Guiping Liu, Arlene Senft, Lois Edgar, Cara Pearson, Holly Tuokko (director). Absent: Tom Ackerley and Leah Potter.

Decorating Committee: left to right: Cara Pearson, Nancy Davis, Lois Edgar, Carren Dujela, Holly Tuokko, Arlene Senft.



Advisory Board Chair's Summary

Over the course of the past year, the Centre has had both challenges and achievements in meeting the continuing growth and development of its activities as it gains recognition for the excellence of its research in aging. Recognition is clearly noted in the acknowledged successes of the Centre's scholars, both faculty and students. The success of the students has led to community support for the scholarships offered through the Centre.

The Advisory Board's role is to provide support to the Director of the Centre, Dr. Holly Tuokko, and to assist her in achieving the goals of the Centre's five year Future Directions plan. We also take great pride in being the "ambassadors" for the Centre and sharing our knowledge of the Centre's work in the broader community.

The Advisory Board has also taken steps to work more closely with the Friends of the Centre. Many of the Friends have become involved with the Advisory Board. As well, the Advisory Board is assisting the Friends with projects such as the Valued Elder Recognition Award.

This year we have focused on streamlining the functions of the Board and its relevance to the priorities of the Centre and the University. Four committees have been established: Community Relations, Fund Raising, Internal Communications, and Education. With this change the members of the Advisory Board have expanded to include students, faculty, administrative staff from the Centre and the University at large, and representatives of both government and non-governmental organizations with the reorganization the Centre. I look forward to working with this expanding group in the coming years.

The committees are chaired by faculty who work closely with the Director and the Advisory Board. The chairs are:

- Education, Stuart MacDonald
- Fund Raising, Lori McLeod
- Knowledge Mobilization – Internal Communications, Kelli Stajduhar
- Knowledge Mobilization – Research and Community Relations, Denise Cloutier-Fisher

I wish to thank Dr. Holly Tuokko, the faculty, staff and community partners for an excellent year.

Respectfully submitted,
Geri Hinton
Chair



Friends of the Centre on Aging President's Summary

In April we continued our enthusiastic support of the Masterminds Lecture Series in collaboration with the University of Victoria's Retirees Association, the Office of Vice President External Relations and the Centre on Aging. In 2010, attendees heard presentations on reflections on the Olympics and how winning is a mind game, the history of British Colonial Judges between 1800 and 1900, why there should be Kindergarten for Three- to Five-Year-Olds, and, how some merchants are ripping off the Elderly and the Not-So-Old, as well as viewing an exciting art exhibit at the Maltwood Gallery.



The Valued Elder Recognition Award (VERA) was developed by the Friends of the Centre and we have been instrumental in the nomination and selection process. In 2010, the award was presented to Lyne England, Liz Underwood, and Josephine Wingerter on October 1, the International Day of the Older Person.

The Friends have also developed the Senior Friendly Business Award (SFBA) that is presented annually. The committee is chaired by Elmer Berlie and the other members include Velma Haslin, Jim Lodge and Pat Kenny. Banks and Credit Unions were the focus business for 2010, and the Friends will be presenting the fourth SFBA to the TD Canada Trust on Shelbourne Street, and the Island Savings Credit Union on Jacklin Road in Langford. Each financial institution provides seniors with excellent service, paying special attention to seniors' mobility concerns. This will be the last SFBA presented. Other avenues for acknowledging business initiatives to support seniors are being investigated by the Knowledge Mobilization - Research and Community Relations Committee.

The Friends are keenly participating in the Centre's Advisory Subcommittees. Each subcommittee has at least one Friend as a contributing member, as follows:

- Education – Velma Haslin & Diane McLaren
- Knowledge Mobilization: Research and Community Relations – Irene Block & Sylvia Purdon
- Knowledge Mobilization: Internal Communication – Bernie Paillé
- Fundraising – Ray Welch & Alfred Lyon

Respectfully submitted,
Bernie Paillé
President

Students

Our students are vital to the Centre on Aging. They provide research assistance on our projects and direction to our research training. They affiliate themselves with the Centre and its mandate while working as part of their studies and research. They contribute our committee's activities.

Student Affiliates

Anna Braslavsky is one of four graduate students who became student affiliates of the Centre on Aging in 2010. She is a Master's student in the Clinical Psychology (Neuropsychology emphasis) program at the University of Victoria. Her primary research interest is in the diagnostic sensitivity of cognitive and physiological markers in the detection of cognitive impairment likely to progress to dementia. Early detection and treatment of physiological abnormalities is an important step for delaying the onset of mild cognitive impairment leading to dementia. Her research co-supervisors are Dr. Stuart MacDonald and Dr. Holly Tuokko.

In addition to being a student affiliate, Anna has been involved in the work of the Centre on Aging through her role as a committee member on the Knowledge Mobilization - Community Relations subcommittee of the Advisory Board. This subcommittee is primarily involved in the planning and execution of events geared towards sharing research information with members of the community. Anna believes "this is one of the most important roles of the Centre on Aging - providing graduate students with the opportunity to share the results of research with the public and with persons who may be directly affected by the contents of our research programs." The Centre on Aging also provides a venue in which graduate students from different disciplines, all conducting research on aging, can come together and discover each other and the wide range of research topics being examined in different units and faculties at the University of Victoria. Anna believes that "Centre on Aging plays a vital role in linking student researchers together to foster the potential for cross-disciplinary research initiatives."

Students who became affiliates in 2010:

- Anna Braslavsky, Clinical Psychology, Neuropsychology, MA student
- Correne DeCarlo, Clinical Psychology, PhD student
- Janet Love, Lifespan Development, Psychology, PhD student
- Amir Sepehry, Lifespan Development, Psychology, PhD student

Awards Received in 2010

- Anselm Strauss Award for Outstanding Qualitative Family Research from the US National Council on Family Relations: Awarded to **Laura Funk** (as a CIHR post doctoral fellow) and **Kelli Stajduhar** (Laura's supervisor) Presented at the 72nd National Council on Family Relations Annual Conference, November 2-6, 2010 in Minneapolis, MN
- Centre on Aging Scholarships
 - The Neena Chappell Scholarship for \$850 was received by **Jennifer Helfer**, a PhD student studying biology with Dr. Brian Christie (Biology, Island Medical Program)
 - The David Chuenyan Lai Scholarship for \$675 was received by **Paul Brewster**, a graduate student studying clinical neuropsychology with Dr. Stuart MacDonald (Lifespan development) and Dr. Holly Tuokko (Director, Centre on Aging, Clinical psychology)
 - The Alice Lou-Poy Scholarship for \$700 was received by **Alexandra (Sasha) Jouk**, a graduate student studying clinical neuropsychology with Dr. Holly Tuokko

- The Rotary Club of Saanich Scholarships for \$750 each were received by **Correne DeCarlo** (Clinical neuropsychology) and **Janet Love** (Lifespan development) who are both graduate students studying psychology. Correne's and Janet's supervisor is Dr. Stuart MacDonald.
- UVic graduate student awards for outstanding academic achievement
 - Awards to **Jessica Simpson**, MSFHR Junior Graduate Trainee, Division of Medical Sciences (student of Brian Christie in the Division of Medical Sciences)
 - Robert W. Ford Graduate Scholarship, awarded by the University of Victoria, 2010-2011, \$4,700.00
 - Alexander and Helen Stafford MacCarthy Muir Graduate Scholarship, awarded by the University of Victoria, 2010-2011, \$3,975.00
 - Martlet Chapter IODE Graduate Scholarship for Women, awarded by Marlet Chapter IODE, University of Victoria, 2010-2011, \$325.00

Graduates of 2010

Department	Student & Degree	Thesis Title	Supervisor
Public Administration	Sarah Cornia MPA	Enhanced nursing roles with the potential to improve health care in Canada	E. Warburton
Public Administration	Natalie Desimini MPA	Facility-based long-term care in Canada: examining the potential for a federal role in improving quality and consistency of access	E. Warburton
Geography	Eric Druyts MSc	Regional, temporal and age trends in avoidable hospitalization rates among older adults in British Columbia, Canada, 1991-2000	D. Cloutier-Fisher

In Memoriam

Shelly Waskiewich worked at the Centre on Aging and then began her master's degree in aging through an Individual Interdisciplinary Degree Program in the fall of 2007. Her co-supervisors were Dr. Kelli Stajduhar (Nursing) and Dr. Holly Tuokko (Psychology). Shelly was diagnosed with cancer in 2009 and died on September 5th, 2010. She was 34 years old.

Shelly will always be remembered for her sense of humour, her infectious smile, her kindness, her zest for life, her passion for research in general, and for her own research in particular. Shelly was determined to complete her thesis research (Title: End of Life in Long-Term Care from the Perspectives of Care Aides) and was working on the data analysis until one month before she died. She was committed to ensuring that her research made a difference, and it has.



Karen Kobayashi

Dr. Kobayashi is an Associate Professor in the Department of Sociology and a Research Affiliate with the Centre on Aging. She is a social gerontologist who uses a life course perspective to explore the intersections of structural, cultural, and individual factors and experiences affecting health and aging in the Canadian population. She believes that in order to develop a better understanding of the nexus between micro- and macro-levels of analysis in sociological theory, a mixed-method approach to research is needed.



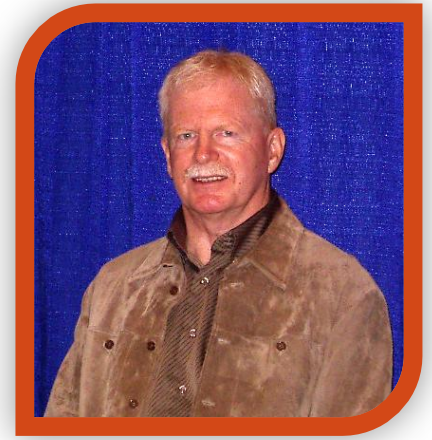
Her scholarly interests lie broadly in the areas of family and intergenerational relationships, ethnicity and immigration, dementia and personhood, and health and social care. The vast majority of her research to date has been developed and carried out collaboratively in interdisciplinary teams, spanning disciplines in the social sciences (i.e., sociology, geography, anthropology), human and social development (nursing, child and youth care), and medicine (neurology, geriatrics, geriatric psychiatry), and across a number of academic institutions (UBC, SFU, and Carleton) and departments within the BC Ministry of Health (Pharmacare, Chronic Disease and Injury Prevention, Healthy Living and Sport (former)).

She has been nominated to and held positions in the Canadian Sociological Association and the Canadian Association on Gerontology, and is currently co-leader of the Ethnicity and Aging theme team for the National Initiative for the Care of the Elderly. In addition to her participation in organizations at the national level, Karen sits on the CIHR-IA's Social Dimensions of Aging review committee, and has been a reviewer for SSHRC in both their standard research grant and CURA competitions. Provincially, she is a member of the MSFHR's Research Trainee Fellowship Committee in Population Health.

With recent funding from the Canadian Institutes of Health Research, the Social Sciences and Humanities Research Council, the BC Ministry of Health, and the Michael Smith Foundation for Health Research, her current research program examines the social, economic, cultural, and health dimensions of an aging population with particular foci on: (1) the relationship between social isolation and health among older adults (with Dr. Denise Cloutier-Fisher); (2) the "healthy immigrant effect" in later life (with Dr. Steven Prus); (3) evaluating shared site intergenerational programs in the context of social, health, and educational outcomes for older adults and students (with Dr. Valerie Kuehne); (4) older visible minority immigrant women's health and well-being (with Dr. Sharon Koehn); (5) new and emerging family formations, i.e., stepfamilies and Living-Apart-Together (LATs), and the implications of changing family relationships for social support in later life (with Dr. Laura Funk); (6) caregiver appraisals of the efficacy of cholinesterase inhibitors (with Drs. Neena Chappell and Andre Smith); and (7) evaluating the Residential Program Care Delivery Model in the Fraser Health Authority (with Drs. Denise Cloutier-Fisher and Kelli Stajduhar).

Upcoming projects in these areas include: (1) the application of intersectionality theory to an examination of the "healthy immigrant effect" by gender, class, age, and ethnicity; (2) the development of a socially- and culturally-relevant chronic disease management model for older visible minority immigrant women to address issues of inequality vis-à-vis health and social care access; (3) an expansion of the dementia caregiver appraisal study to include an in-depth exploration of the salient theme of "hope and ambivalence" in the caregivers' narratives; and (4) a qualitative comparative study of the nature of social isolation between men and women in later life.

Patrick McGowan



The Ladner Office offers a variety of community self-management programs led by trained volunteers. All of these programs are supported by research. The term “self-management” is used to mean the tasks that an individual must undertake to live well with one or more chronic conditions. These tasks include gaining confidence to deal with medical management, role management, and emotional management. 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. Topics include managing symptoms, making lifestyle changes such as eating healthy and being physically active, communicating effectively with the health care team, setting goals and learning problem-solving strategies. The Diabetes and Chronic Pain programs include specific information on the respective conditions. The Chronic Disease Self-Management Program is offered in Punjabi and Chinese, as well as in an online format. Another interactive group program is **A Matter of Balance**. This program uses goal setting and problem solving to reduce older adults’ fear of falling, and was launched in 2010 in selected communities in BC. Another program launched in 2010 is 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. Participants also receive newsletters and tip sheets to support them in pursuing their physical activity goals.

Progress in Each of the Programs

Participants – This year was the busiest yet, with 2,421 British Columbians involved as leaders or participants. Since 2000, over 14,500 British Columbians have participated in a self-management program. The demand for the Chronic Pain Self-Management Program continues to grow, as few community-based services are available for people living with chronic pain. The program, introduced in April 2009 represents 40% of workshop participants in the year 2010. Active Choices currently has 50 trained coaches and 53 participants from around BC. Future trainings are planned for both the Fraser and Northern Health regions.

Reach of the Program – In 2010, a self-management program was offered within a 50 km radius to 75% of British Columbians living in communities with 3000 or more residents.

Ethnic Communities – The Chronic Disease Self-Management Program for Chinese-speaking participants in the Lower Mainland saw 47 leaders trained and a number of workshops scheduled for 2011 as a result of a partnership with the multicultural agency SUCCESS – Vancouver. Following the positive results of a pilot in Fraser Health, the Punjabi CDSMP is now province-wide, with programs in Abbotsford, Burnaby, Mission, Nanaimo, Richmond, Surrey, Vancouver, and Victoria and future plans for implementation in Kamloops, Port Alberni, and Williams Lake. In 2010, 59 leaders were trained and the program was delivered to 161 participants. The focus in Aboriginal communities has been on leader trainings with workshops held in Vancouver, Hope, Penticton, Haida Gwaii, Sechelt, New Westminster, Terrace, and Bulkley. There have been 14 six-session workshops with 137 people participating.

In the Loop Program

In the Loop is a health and wellness email letter that provides the latest BC health news, health tips, and program updates from the Ladner Office’s provincial self-management programs. It is distributed twice a month to people

who have participated in self-management programs since 2008, but may be sent to anyone who requests it. The first letter was sent on October 22, 2010 and current distribution is 900. Soon persons accessing the webpage will be able to register with the click of a button. According to the *Public Health Agency of Canada*, there are clear associations between being lonely and having poor health. This letter encourages participants, particularly those living in the more remote areas, to maintain their “connection” with the lessons and practices learned in the programs.

Lawson Foundation Self-Management Program Study for People Living with Type 2 Diabetes

This “first of its kind” study, involving people with type 2 diabetes, is looking at the outcomes of participants in three groups: those taking the Diabetes Self-Management Program; those taking the Chronic Disease Self-Management Program (for all chronic health conditions); and those who are not participating in a self-management program. Researchers will look at participants’ health care use two years before and two years after taking the program or joining the study, and they will also look at lab results and questionnaires at three points in time. The study, being conducted in the Vancouver Coastal and Fraser Health regions, will investigate whether participation in the Diabetes or Chronic Disease Self-Management Programs will have an effect on the use of health care services and whether there is a difference in effectiveness between the two programs. If this research demonstrates that the Diabetes Self-Management Program is more effective than the Chronic Disease Self-Management Program in improving patient outcomes, it can become a low cost and widely available program for people with diabetes, and enhance the services available for diabetes care in BC. If the Diabetes Self-Management Program is found to have the same effectiveness as the Chronic Disease Self-Management Program, then only one program may be offered. The study continues to recruit participants to achieve the target of 120 participants in each of the three groups.



Quotes from Participants

“I wish this program (Chronic Pain) was available nine years ago when I was first diagnosed. I will not hesitate to recommend this program to doctors, for their patients, in the hope that they will benefit as much as I have.”
(Chronic Pain Self-Management Program participant)



“I am writing this letter to tell you how impressed I am with the pain management course I have just completed. I was a reluctant participant. In fact, I thought I would turn up for a couple of sessions and then drop out. However, after the first session, I began to see its value and could hardly wait for the next one. ...By the end of the sessions we all got the idea of setting doable goals and not feeling defeated if life interfered...I for one am sorry that the course is over.” (Chronic Pain Self-Management Program participant)



“This class came at a most opportune time for me. Prior to this, I was preparing to speak to my doctor about taking medication for depression. But with the support and very helpful information given by the facilitators and others in the class, my mental state turned around.” (Chronic Disease Self-Management Program participant)

“I knew that this would be a good program for me. I had a lot of knowledge and ideas but needed the guidance to make it work for me. I found the program helped me to get started and help me to choose the best approach to be successful in managing my condition. Also, I found that I learned a lot from the other participants.” (Chronic Disease Self-Management Program participant)

“I would recommend this great program to anyone who, like me, has ‘lost their way.’ It’s a great way to get ‘back on track.’” (Diabetes Self-Management Program participant)

“I have been a social worker throughout my career. The information, demonstration and motivation we received is awesome. Simple language to the level of common people opened up our eyes and made us realize that learning is a lifelong process. It is difficult to get up-to-date information but we consider ourselves lucky to get the right information in the Punjabi Language.” (Chronic Disease Self-Management Program – Punjabi speaking Leader)

Participant Success Story

Linda is a young Aboriginal woman who attended Vancouver Native Health Society’s (VNHS) diabetes self-management program with her partner in fall 2010. She heard about the program through a peer leader. She decided to join the diabetes self-management program, because she knew there would be other Aboriginal participants, peer leaders and staff. During an interview she said: “The Aboriginal focus is important, because I am Aboriginal. I can be myself. It’s comfortable.”

Linda and her partner were regular and active members of the group. They were always keen to learn new information about how to better manage Linda’s diabetes. When asked in an interview whether participating in the group had influenced her confidence in any way, Linda said: “Oh yes. I want to eat healthier. It has lifted my spirit and my confidence. I tell everybody about the group. I think it’s just amazing!”



Kelli Stajduhar

The Interpretation and Practice of Family Empowerment in Home Care Nursing: Palliative and Chronic Illness Contexts.

Family caregivers play a critical, and arguably, the most prominent role in supporting chronically ill and dying elderly at home. In 2009, Dr. Kelli Stajduhar and an interdisciplinary team of academics and clinical nurse leaders received funding from the Canadian Institutes of Health Research for a two year study to explore the interpretation and practice of family caregiver empowerment in home care nursing.

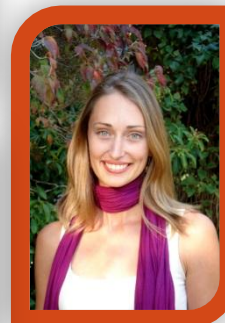


During the first year of the study the team interviewed 13 managers and leaders in home health in three BC health authorities. This past year the team has been following home care nurses on their visits to families to observe how nurses work together with family caregivers to manage care of a loved one at home. The study also explores how the experiences and practices of home care nursing may differ between patients who are dying at home and patients who are living with chronic illness.

Following a period of observations family caregivers, patients and home care nurses who are involved in the study are then invited to be interviewed. These interviews help further explore what has been observed and allows caregivers and nurses to comment on their experiences. For example, home care nurses are asked to describe the strategies they might use to empower a caregiver, or the types of things that help or hinder their ability to do so. Family caregivers and clients are asked to reflect on and to comment on their experiences with home care nurses. Observations and interviews are ongoing and participants for the study are currently being recruited in Greater Vancouver and in Greater Victoria.

The study has the potential to influence how home care nurses support family caregivers of chronically ill or dying patients by bringing to light the ways nurses empower family caregivers to care for their loved one at home. The ultimate aim of the study is to inform and support home care nurses' ability to support clients and family caregivers.

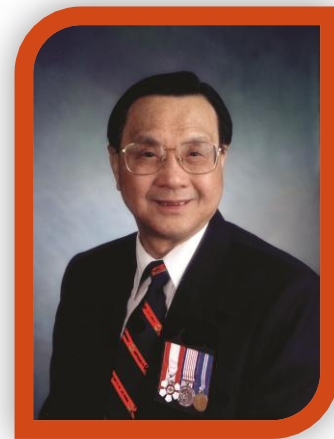
Team members: Allison Williams, Della Roberts, Denise Cloutier-Fisher, Mary Ellen Purkis, Valorie Crooks, Barbara McLeod, Laura Funk, Christie Beveridge, Faye Wolse, Melissa Giesbrecht, Carolyn Wilkinson, Elizabeth Causton



David Chuenyan Lai

David Chuenyan Lai had a successful launch of his book *Chinese Community Leadership: Case Study of Victoria in Canada*. The launch was held at the University Club, University of Victoria, on May 11, 2010. The launch was hosted by the Faculty of Humanities, Faculty of Social Sciences, University of Victoria Libraries, the Centre on Aging, and the UVic Bookstore.

In the following excerpt from the book's preface Dr. Lai explains why he chose the Chinese Benevolent Association in Victoria.



"The Chinese Benevolent Association in Victoria, established in 1884, is called the Chinese Consolidated Benevolent Association (CCBA). I chose it for a detailed study for five reasons. First, CCBA was an official voice for all Chinese across Canada for twenty-five years (1884–1909) before the Chinese Consulate-General was established in Ottawa in 1909. A study of the work of CCBA reflects the early history of Chinese in Canada.

Second, CCBA is the only CBA in Canada that preserves records of its constitutions, routine meetings, circulars, notices, donation receipts, correspondences, newspaper clippings, posters, old photographs, and a great variety of other historical documents. In September 1970, I discovered cardboard boxes of these archival materials in the association's unheated and dusty basement. I was permitted by Sam Lum, CCBA President, to browse through the materials. Some go back to the 1880s. Indeed, no other CBAs in Canada has maintained their vitality and kept records of its work for more than a century as has Victoria's CCBA. The archival materials are indispensable in the study of the association's development and the early history of Chinese in Canada. To do this work, I received a grant from the Social Science Research Centre of the University of Victoria from 1970 to 1972, and was given permission by Augustine Low, CCBA President in 1971, to do a preliminary catalogue of the archival materials. Study of CCBA archives will not only lead to an insight into the operation of Victoria's CCBA but also lead to the discovery of many events in other Chinatowns which have been unknown to the public. This book taps a rich vein of data in a selection of hitherto unpublished records held by CCBA. It includes, for the first time, a pristine reproduction of the most important documents from the association's archives. I have selected some important documents and translated the text into English. I vacillated between a word-by-word translation and the translation of only the main idea of the text. I decided on the latter.

Third, Augustine Low invited me in 1972 to be an Honorary Advisor of CCBA and assist the association in looking after the archives and organizing the transfer of them to the university library for preservation. Most are preserved in the library of the University of Victoria; some have been digitized for public use. As CCBA's Honorary Advisor, I am trusted as an insider. I attend its meetings and participate in discussion on important issues, and can plough through documents in the association's archives. Historical research into CCBA's minutes and other documents has caused a substantial revision about its internal structure, and the image of reticence and appeasement that had generally been accepted by Western society. CCBA's activities and personalities still echo in the present in haunting ways. I am a good friend of many CCBA directors who represent various Chinese social and economic associations. With their help, I have been able to study their archives and find additional information on Chinatown's leadership pattern and power structure.

Fourth, in terms of the size of the Chinese population and its businesses, Victoria's Chinatown was unequivocally the largest in Canada for fifty years before it was overtaken by Vancouver's in the 1910s. It held second place for thirty years before dropping to third place after Vancouver's and Toronto's Chinatown in the 1940s. In the past three decades, Victoria, unlike other metropolitan cities, did not have a great influx of new Chinese immigrants. The 2006 census reveals that Canada had a Chinese population of 1,346,510: Metropolitan Areas of Toronto (537,060), Vancouver (402,000), Montreal (82,665), Calgary (75,410), Edmonton (53,670), Ottawa-Hull (36,605), Winnipeg (16,695), Hamilton (13,600), Victoria (13,550), Kitchener (10,970), Windsor (8,830), and other cities and towns (95,455). In term of population size, Metropolitan Victoria was in the ninth place, but it has the oldest surviving Chinatown in Canada which still retains its nineteenth century townscape. It is the only Chinatown in Canada that has a complete history of a functioning Chinatown dating back from the first Chinese arrival in Canada in 1858 to the present. It was designated in December 1995 as a National Historic District by the Government of Canada. For nearly thirty years before the trans-continental Canadian Pacific Railway was completed, Victoria was the first port of entry of nearly all Chinese immigrants from China to Canada. No one can study the history of Chinese in Canada without reference to Victoria, and no descendants of Chinese immigrants entering Canada before the 1890s can trace their roots without returning to Victoria's Chinatown.

Finally, Victoria has been my home since I landed in Canada. I know the Chinese community and its history very well. I have become a collector of Chinese archival materials about Chinese voluntary associations across Canada. In this book I have utilized all the available Chinese documents extensively as a way to analyze CCBA's leadership and many historic events."



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. This year, five new research affiliates joined our ranks, bringing with them keen interests and expertise in a broad range of research areas relevant to aging: Dr. Debra Sheets (NURS), Dr. Elizabeth Borycki (HINF), Dr. Andrea Piccinin (PSYC), Dr. Michael Hayes (Director, Health Education and Research) and Dr. Colette Smart (PSYC). We shine the spotlight on three of these exceptional new additions to UVic and the Centre on Aging!



Dr. **Andrea Piccinin** is an Associate Professor in the Department of Psychology and studies cognitive function in later life. She is particularly interested in how physical health affects cognitive changes as people age. She also has a keen interest in the measures and methods used to study older adult development. These interests come together in her quest for ways to compare and integrate information collected from many people over time by many different researchers in many different parts of the world. Her central role in the Integrative Analysis of Longitudinal Studies on Aging (IALSA) network, a collaborative, interdisciplinary, international group of researchers, speaks to her dedication to understanding how individuals develop throughout later life.

Dr. **Colette Smart** is an Assistant Professor in the Department of Psychology and a clinical neuropsychologist. Her research interests fall broadly in the areas of neurorehabilitation and neuropsychological interventions. Neurorehabilitative approaches take into consideration the interactions and relations among the biological, psychological and social aspects of neurocognitive and neuropsychiatric disorders like Alzheimer disease and other forms of dementia. These interventions are evidence-based and have been shown to be effective for a wide range of conditions. Dr. Smart is particularly interested in interventions for older adults at risk for cognitive decline and the use of mindfulness-based stress reduction for older adults with cognitive complaints (pre-mild cognitive impairment).

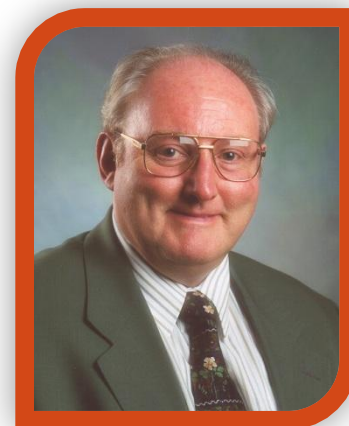


Dr. **Debra Sheets** is an Associate Professor in the School of Nursing with 30 years of experience as a registered nurse. Her specific areas of research expertise include aging policy, program evaluation, and family caregiving. Program evaluations are central to the development of evidence-based interventions. Her research on family caregiving includes examining the impact of innovative caregiver support programs on caregivers. She is also heavily involved in evaluating the impact of innovative patient care initiatives such as goal-directed care planning in different settings including the Emergency Department. Finding effective ways to enhance access to community-based services and benefits by older adults is another high-impact research interest for Debra.

Mobilizing Knowledge

International Day of the Older Person

“Snake Oils” were popular in the 19th century but thanks to the Internet their re-emergence is now a multi-billion dollar industry. You can find “cures” for almost anything ‘On the Web’, in magazines, in e-mails. Amazingly most are in the \$20-\$50 range and many target the elderly who ‘need’ all these extra additives, cleansers, super ‘V.’ Dr. Reginald Mitchell discussed some of the more interesting examples and de-bunked them during the International Day of the Older Person Lecture on October 1, 2010.



While currently retired from the University of Victoria, Dr. Mitchell is a productive and respected researcher, and an award-winning teacher. He is a member of the Canadian, British and American Chemical Societies, and has been on the executive of the Vancouver Island Section of the Chemical Institute of Canada since 1976, having previously served nationally as a councilor and director. For more than 25 years he was involved in organizing the Vancouver Island Regional Science Fair. As Dr. Zonk, he demonstrated the wonders of chemistry to more than 50,000 British Columbia youngsters. He still appears regularly on Victoria’s CFAX radio station, talking about chemistry in everyday life. He has received many awards, including the BC Science Council’s Eve Savory Award for Science Communication and the BC Faculty Association’s Faculty Member of the Year Award in 2000, the UVic Alumni Award for Excellence in Teaching in 2001, the Craigdarroch Research Award for Science Communication in 2005, and the Royal Society of Canada McNeil Medal for Science Communication in 2006.

Community Forum

Celebrating Healthy Aging and the research supported by the Michael Smith Foundation for Health Research was the Community Forum topic for 2010. The details of the daylong event are described below.

Morning Panel: Presented by David Hultsch, Marianne McLennan (VIHA) and John Challis (MSFHR)

An introduction to, and discussion about, the Michael Smith Foundation for Health Research (MSFHR) infrastructure award. Dr. Hultsch, who developed the Centre on Aging (COAG) proposal for the infrastructure award, set the stage for the day and shared his thoughts on the benefits of this award. Dr. McLennan shared her perspective of the research partnership between UVic and the Vancouver Island Health Authority (VIHA) that developed under a memorandum of understanding signed by the two organizations in 2006. Dr. Challis spoke to the direction MSFHR is taking now and the challenges of research and infrastructure funding.

Afternoon Panel: Presented by Valerie Kuehne, Karen Kobayashi, and Arlene Carson

Starting in 2001, a unique “immersion” model of intergenerational programming has seen youth from one Canadian school spend several weeks during their fall and spring semesters in daily interaction with older adults at their retirement community. In this session, panel members described preliminary findings from an in-depth qualitative case study of this program and a retrospective review of the impact the program had on prior participants and the wider community. To our knowledge, this UVic-CIHR funded study is the first to research an “immersion” model of intergenerational programming.

MORNING WORKSHOPS

Investigating residential care bathing systems: Intimate encounters in not so private spaces. Presented by Ann Holroyd and Jeannine Moreau

The purpose of the study is to investigate residents' and staff members' experiences and perspectives with three residential care bathing systems: en-suite showers, Arjo tubs, and mobile shower units. This research intends to inform what we know about each residential care bathing system. Also offered is knowledge and understanding of the influence of physical environments where bathing takes place and institutional factors that shape experiences for both Resident Care Attendants (RCAs) and residents. This study involves an examination of the meaning of the bathing experiences for residents with various levels of cognitive ability and the RCAs who work in the residential care setting.



No Particular Place to Go: Bringing data to life through interdisciplinary research on older driver safety. Presented by Trudy Pauluth-Penner and Denise Cloutier-Fisher

For many older adults, driving is associated with independence, personal identity and self-esteem. When driving stops, whether through voluntary or involuntary routes, older adult drivers can experience reduced mobility, increased isolation and declines in physical and mental health. This research project engages a diverse group of researchers from the arts and social sciences to explore the attitudes, challenges and behaviours associated with older driver safety through the medium of an applied theatre project – notably, a play. The research goals set out to examine thoughts and beliefs about older driver safety that are held by different groups in society. A second research question was to evaluate if watching the play had an impact on the thoughts and beliefs of the audience members.

So you got Funded ... Now what? Negotiating what you need out of the research relationship. Presented by Kelli Stajduhar

This workshop will highlight some of the opportunities and challenges that arise when conducting applied health services research. Discussions will focus on the kinds of negotiations that are required to develop mutually satisfying research relationships between researchers in the academic setting and clinicians and administrators in health authorities.

AFTERNOON WORKSHOPS

Collaborative Approaches to Fall Prevention Research in British Columbia. Presented by Vicky Scott, Sarah Elliott and Alison Sum

The Centre of Excellence on Mobility, Fall Prevention and Injury in Aging represents a unique approach to fall prevention research based on collaboration between researchers, health care providers and policy makers with a shared goal of improving the health and safety of older British Columbians. This presentation provides highlights of findings from studies targeting high risk groups in home care, assisted living and residential care settings, as well as descriptive studies on fall related morbidity and mortality among BC seniors, and directions for future studies and collaboration.

Predicting Cognitive Decline in Later Life. Presented by David Hultsch

Years of research has made it clear that cognitive change in later life is not uniform. Some persons show substantial decline in their cognitive abilities with increasing age, whereas others maintain a profile of stability or even show evidence of growth. The working hypothesis of Project MIND is that these two types of change (short-term fluctuations and more permanent long-term change) are linked. This talk reviewed results from this research showing that inconsistency in speed of responding is associated with age as well as conditions involving neurological damage such as head injury, Parkinson's disease and Alzheimer's disease.

Studying Very, Very Large Populations Over a Long Time. Presented by Moyra Brackley and Andria Scanlan

This session explored what information collected over extended periods of time (longitudinal data) can tell us about aging, health and health care. Examples from two different research programs were discussed. The first was an ongoing UVic Centre on Aging research program studying health care service use over time among those aged 50 and over in British Columbia. The second was the forthcoming Canadian Longitudinal Study on Aging (CLSA), a 20-year national study of adults aged 45 and over, scheduled to begin in 2010.

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 2010 were:

- September 24, 2010: **Crash**
 - Paul Haggis, USA, 2004, 112 min.
 - A provocative look at the complexities of racial conflict in America, *Crash* is that rare cinematic event – a film that challenges audiences to question their own prejudices. Diving headlong into the diverse melting pot of post-9/11 Los Angeles, this compelling urban drama tracks the volatile intersections of a multi-ethnic cast, examining fear and bigotry from multiple perspectives as characters careen in and out of one another's lives. No one is safe in the battle zones of racial strife, or immune to the simmering rage that sparks violence – and changes lives.
- October 29, 2010: **Tsotsi**
 - Gavin Hood, South Africa, 2005, 94 min.
 - We live in such jaded and cynical times that it has become hard to believe in the possibility of somebody totally changing into a new person. The writer Athol Fugard suggests that lives can be turned around – all it takes is someone to serve as a catalyst for the transformation. In this powerful story the protagonist, Tsotsi, inadvertently steals a young child and is left with a series of life changing dilemmas as he descends into loneliness, anger and alienation before coming to an understanding of human decency and kindness.
- November 26, 2010: **The Visitor**
 - Tom McCarthy, USA, 2007, 104 min.
 - Sixty-two-year-old Walter Vale is sleepwalking through life. Having lost his passion for teaching and writing, he fills the void by unsuccessfully trying to learn to play classical piano. When his college sends him to Manhattan to attend a conference, Walter is surprised to find a young couple has taken up residence in his apartment. Victims of a real estate scam, the Syrian man and his Senegalese girlfriend have nowhere else to go. In the first of a series of tests of the heart, Walter reluctantly allows the couple to stay with him.

Integrative Analysis of Longitudinal Studies of Aging Conference

The first Integrative Analysis of Longitudinal Studies of Aging Conference was held at the Laurel Point Inn, June 22 through 25, 2010. This international conference, organized by Drs. Scott Hofer and Andrea Piccinin, brought together cutting edge researchers from around the world.

The purpose of the meeting was to discuss the scientific discovery of factors across the life course that influences aging-related change in health, physical functioning, and cognition and the impact on research priorities internationally. Another purpose was to engage both substantive and methodological researchers in the development and application of methods for cross-study comparison, meta-analysis and research synthesis of longitudinal studies of aging.

During their discussions the researchers focused on the great need for application and development of methodology for the direct comparison and replication of results across independent longitudinal studies of aging. Other issues that need to be resolved and consistently applied in order to provide a basis for cross-study comparison of results are inferential and design issues that complicate the analysis of longitudinal aging data. This will ensure that comparing and synthesizing results across longitudinal studies will be made easier. However meta-analysis of current longitudinal studies needs to occur and considerable time was spent working to that end.

While the participating researchers all work on longitudinal studies, they are also members of collaborative networks. Researchers discussed the current aims and activities of their networks while looking for cross-study collaboration opportunities. They also spent time learning new methods of data analysis and causal inference in longitudinal observational studies.



Community

Valued Elder Recognition Award (VERA)

The Valued Elder Recognition Award, more affectionately known as VERA, was presented at the International Day of Older Persons Lecture on October 1, 2010. The recipients for 2010 were:

- Lyne England who was nominated by the Greater Victoria Seniors
- Liz Underwood who was nominated by A'Len Rainbow Inspirations, Elder Committee and the Longhouse Committee
- Josephine Wingerter who was nominated by St. Elizabeth Church

Lyne England is a member of Regional Family Council and the chair for two years. She is Director for Advocates for Care Reform, Vancouver Island, a Vancouver-based organization that supports, assists and encourages the formation of Family Councils. She was chair of the Saanich Peninsula Health Association for two years and lends her support to the South Island Health Coalition and the Mental Health Association. She solicits funds for the Cancer Society and has been a member of the Gordon Head Lions Club for the past six years – two as chair. One of her supporters told us that “as the founder of the B.C. Family Council much of her endeavour touches on a range of related topics in her work as an advocate.”



Liz Underwood is an integral part of the ongoing World Wide Healing Initiative started in 2004. She is a mentor and works daily with the girls' groups at Tsawout. She spent a decade working with youth lacrosse teams and is seen as “a spirit guide with ‘healing hands’ by her community”. “Liz has mentored girls from three to twelve years old, teaching them respect for elders and for each other as well as craft skills.” “Liz has led the successful fundraising of the \$16,000 needed to take nine elders to the World Wide Healing initiative in Hawaii.”



Josephine Wingerter “started her volunteer work early with the Cub-Scouts and Girl Guides in Medicine Hat. She and her husband became involved with the youth in the community. In 1985 she and two other ladies began the Soup Kitchen at St. Elizabeth Church for the poor in the area. The Soup Kitchen soon became ‘Friendly Hours’ which added a social aspect. It now attracts 50 to 60 who come for a nourishing lunch. Josephine Wingerter has shown by her example how a life lived with a desire unselfishly to help others does make a difference to many.”



Senior Friendly Business Award (SFBA)

The Senior Friendly Business Award began in 2007 and emerged from the Age Friendly Cities Project undertaken by the World Health Organization in 33 cities in 22 countries. The award was developed here in Victoria by a committee of volunteers associated with UVic's Friends of the Centre on Aging. The committee members were Velma Haslin, Pat Kenny, Jim Lodge and Elmer Berlie, as the chair. They created a nomination form and dealt with all the details involved with the nomination and selection process.

The criteria of the Senior Friendly Business Award are based on "A Checklist of Essential Features of Age-friendly Cities" created by the World Health Organization. This checklist encourages businesses to address the challenges that seniors face every day. The Senior Friendly Business Award congratulates those who are making a difference for seniors and promotes awareness of the need for this type of business initiative.

The purpose of the award is to stimulate businesses in the greater Victoria Area to become more senior friendly. While Victoria has long been a retirement 'hot spot', the percentage of the population over age 65 has grown in recent years and will continue to grow. Along with the increasing size of the senior population, we are also seeing an ever-increasing use of technology for personal banking. So, it is wonderful to know that some financial institutions continue to value relationships with their customers and go the extra distance to provide outstanding service to seniors in our community.

Each year a different type of business is given the opportunity to shine. In 2010, banks and credit unions were chosen. It is with great pleasure that we presented the 2010 Senior Friendly Business Award for Banks to Carolyn Rioux, the Manager of TD Canada Trust, Shelbourne, and for Credit Unions to John Kazanowski, the West Shore Branch Manager of Island Savings.



TD Canada Trust



Island Savings

Funding

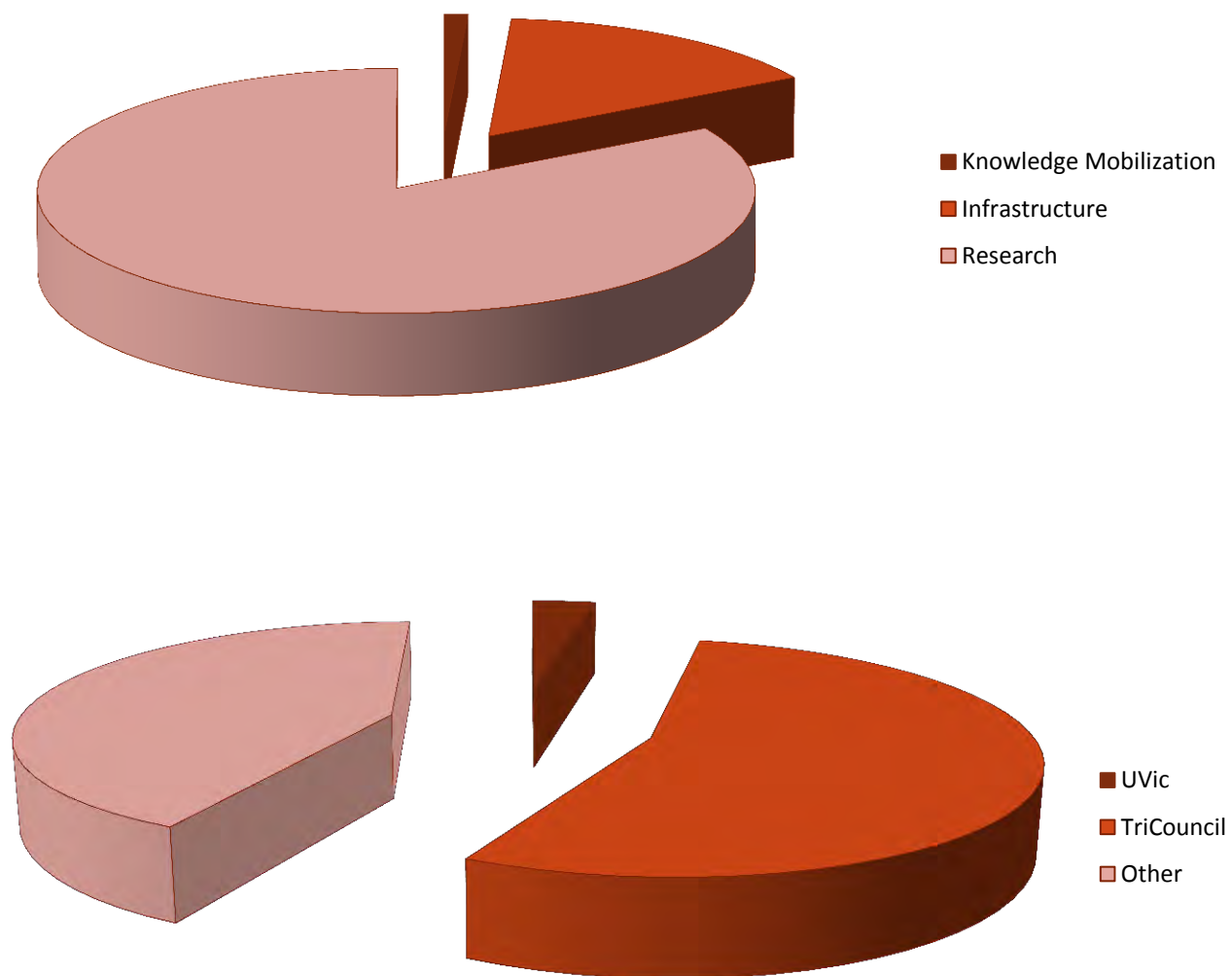
Research funding amounts are given as the total amount of the funding award. Funding is only listed once, in the year the funding is received, and regardless of the length of the research project.

Total funding in 2010: \$6,000,685.20

Total research funding: \$4,995,833.00

Total knowledge mobilization \$65,000.00

Total infrastructure funding: \$939,852.20



Centre on Aging's Total Funding in 2010



**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