

Annual Report 2012



**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.....	4
Students	5
Awards Received in 2012	5
Graduated in 2012	6
Retiring Faculty: Jane Milliken	6
Neena Chappell	7
Colette Smart	8
Centre on Aging, Ladner: Patrick McGowan	10
CLSA: Canadian Longitudinal Study on Aging	12
Candrive	14
Research Highlights.....	15
New Research Project: Colette Smart	15
Canadian Association of Schools of Nursing Award: Lynne Young	15
CLSA Data Collection Site (DCS) Equipment.....	15
New Research Project: Margaret Penning and Denise Cloutier	17
Mobilizing Knowledge	18
International Day of Older Persons.....	18
Café Scientifique	18
Applied Research Colloquium (ARC)	19
Masterminds	20
Community.....	20
Valued Elder Recognition Award (VERA).....	20
COAG Drive-In	21
Activities with Others.....	22
Funding.....	23
Appendix A: Books and Book Chapters	25
Appendix B: Grants	27
Appendix C: Refereed Journal Publications	31
Appendix D: Presentations	35

Director's Summary

In 2012, the Centre on Aging celebrated its 20th anniversary and the University of Victoria celebrated its 50th anniversary. When reflecting back to the inception of the centre, it is amazing to consider how the centre's activities have grown and evolved over time. In 2012, growth and evolution occurred in many different facets of the centre's activities. Research affiliates continued to secure funding for a broad range of research projects some of which are detailed in this report. In addition, the centre hosted a number of very successful events. One of these was an Applied Research Colloquium, a full-day event highlighting the centre's research activities, held in March of 2012, aligning with IdeaFest, on campus, and Embrace Aging month, in the community. Embrace Aging began in 2006 and is a month-long celebration of aging sponsored by the Greater Victoria Eldercare Foundation and IdeaFest began in 2012 and is a festival celebrating some of University of Victoria's brightest research. Specific Applied Research Colloquium events taking place throughout the day were co-sponsored by other units or organizations. Over 120 people attended the lunch-time panel discussion of "Our aging population and health care: What needs to be done?" hosted by the Office of the Vice President Research. The student poster competition (with support from the Faculties of Graduate Studies, Social Sciences, Human and Social Development, the Vice President Academic and Provost, and the Vancouver Island Health Authority) and reception (sponsored by the Greater Victoria Eldercare Foundation) were an excellent and stimulating way to end a thought-provoking day. Kudos to Dr. Denise Cloutier for her leadership in the planning of this memorable day!



The Valued Elder Recognition Awards were re-instituted in 2012, once again, being presented in conjunction with the International Day of Older Persons (IDOP) lecture, an event held in the community. In addition, the centre was successful in obtaining funding from CIHR for a Café Scientifique series to highlight aging-related research to the community during 2012-2013. Moreover, the Centre, once again, co-hosted, with the University of Victoria Retirees Association, the Masterminds lecture series. This series of lectures spotlights the work of University of Victoria retirees.

Also during 2012, the faculty complement at the centre changed with Dr. Margaret Penning stepping down as the UVic lead for the Canadian Longitudinal Study on Aging (CLSA) and returning to the Department of Sociology. She remains a research affiliate of the Centre. Drs. Debra Sheets and Lynne Young from the School of Nursing assumed leadership roles for the CLSA. Dr. Karen Kobayashi from the Department of Sociology joined the Centre for a three year appointment. Dr. Patrick McGowan from the Ladner satellite office of the centre received a 3-year grant tenure appointment with the School of Public Health and Social Policy and Dr. Colette Smart from the Department of Psychology joined the research affiliates at the Centre for one term. At the time of the transition in CLSA leadership, the centre's newly hired research coordinator was seconded to provide support in setting up the Data Collection Site (DCS) at the Gorge Road Hospital, returning to her role at the centre in 2013.

In terms of integrating centre-related research with the educational mandate of the university, a Learning and Teaching Centre grant was applied for and obtained in 2012 to explore ways the COAG can contribute to the

educational mandate of UVic. In addition, research affiliates of the centre initiated, negotiated and led an undergraduate cross-listed (Geography, Psychology and Sociology) course in aging which included Continuing Studies participants (offered Jan-April 2012). This course was well-received by the participants and created an opportunity for collaborative teaching and learning across departments and generations that was not available previously. Eligibility of undergraduate students working at the centre to apply for Jamie Cassels Undergraduate Research Awards (JCURA) through the Learning and Teaching Centre was established and two students affiliated with the Centre received JCURAs in 2012. Finally, for the third year in a row, the number of applications from graduate students for scholarships to study aging broke the record! 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: Leah Potter, Holly Tuokko, Vincenza Gruppuso, Arlene Senft, Lois Edgar, Cara Pearson



Ministers visit the centre, left to right: Holly Tuokko; Tim Uppal, Federal Minister of State; and Ida Chong, BC Minister of Community, Sport and Cultural Development

In Memoriam

Akiko Kamitakahara was a tireless volunteer, whose smile and positive energy made a difference at the Centre on Aging. Akiko was a member of the Friends of the Centre and received the Valued Elder Recognition award in 2009 through her nomination from Hospice. Akiko was always willing to help out with an event, research and other activities at the Centre and at other agencies in Victoria. She was always there to lend a hand and make life a little brighter for everyone she met. She will be deeply missed.



Michael Brodsky suffered a sudden catastrophic loss of sight in 1973. Over the following three decades he achieved an outstanding record of dedicated community volunteer service, ranging from CNIB Advisory Board membership to assisting Vietnamese refugee immigrants, mentoring for literacy with the READ Society, serving as the Victoria Toastmasters' Club's grammarian, and volunteering as a Crisis Line counsellor. In 2005 he received the Valued Elder Recognition Award.



Advisory Board



Current members of the University of Victoria Centre on Aging Advisory Board are:

Back row from left to right: Peter Keller, Patrick McGowan, Bernie Paillé, Beverly Timmins, Scott Hofer, John Gray, Martin Wale

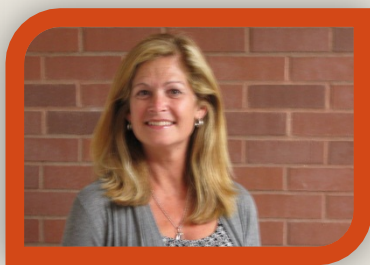
Front row: Bev Wilden (chair), Holly Tuokko, Julie Shaver, John Tomczak, Lois Edgar, Judy Brownoff, Michael Miller

The Centre on Aging would like to thank our retiring Advisory Board members. Their support and guidance has been invaluable. Geri Hinton worked tirelessly as the chair of the Board helping the Centre to realize its new governance structure. Stuart MacDonald, Jim Lodge, Katie Hill and Carol Bremner provided advice that enhanced our mandate.

Advisory Board Subcommittee Chairs



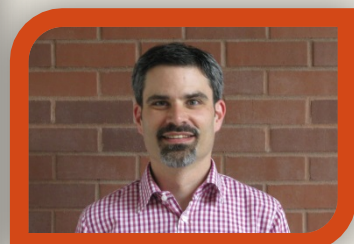
Stuart MacDonald
Chair, Education;
Associate Professor,
Psychology



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



Denise Cloutier
Chair, Knowledge
Mobilization;
Associate Professor,
Geography



Bernie Paillé
Chair,
Communications;
President,
Friends of the

Students

Just as the centre supports our students, the students at the Centre on Aging support the centre through membership on our Advisory Board's committees, with research assistance and direction to our research training. Their expertise and commitment has an impact on the research conducted at the centre and at the university.

Students affiliate themselves with the centre and its mandate as part of their studies and personal research. Our excellence in training also draws them to the centre. Providing support is imperative to the success of our students and the future of research in aging.

In 2012 we formalized a simplified method for students to become affiliates. Using new two-page forms undergraduate and graduate students can, with the support of a faculty member familiar with their work, apply to become an affiliate for the duration of their degree.

Our student affiliates are active members of our committees. In 2012 students on committees were:

- Fundraising:
 - Kristina Kowalski
- Communications:
 - Paul Brewster
- Knowledge Mobilization:
 - Anna Braslavsky
 - Heather Cooke
 - Janet Love
 - Cassandra Brown

Awards Received in 2012

- Centre on Aging Scholarships
 - The Neena Chappell Scholarship for \$850 was received by **Sherin Jamal**, a PhD student studying in the doctoral program of Social Dimensions of Health with Dr. Kelli Stajduhar (Nursing)
 - The David Chuenyan Lai Scholarship for \$675 was received by **Linda Outcalt**, an interdisciplinary graduate student working on a PhD with Dr. Neena Chappell (Sociology)
 - The Alice Lou-Poy Scholarship for \$700 was received by **Bryce Mulligan**, a doctoral student in Clinical Neuropsychology with Dr. Colette Smart (Psychology)
 - The two Centre on Aging Scholarships for \$750 each were received by **Heather Cooke** (Interdisciplinary) and **Kristina Kowalski** (Interdisciplinary) who are both PhD students. Heather's supervisor is Dr. Neena Chappell (Sociology) and Kristina's supervisors are Drs. Ryan Rhodes (Exercise Science, Physical & Health Education) and Holly Tuokko (Psychology).
- UVic graduate student awards for outstanding academic achievement
 - **Cassandra Brown** (PSYC) received a two year award from the Alzheimer Society Research Program (ASRP) with a total award value of \$41,060.
 - **Correne DeCarlo** (PSYC) received a three-year award from the Alzheimer Society Research Program, with a total value of \$61,590.
 - **Linda Outcalt** has been awarded a Social Sciences and Humanities Research Council of Canada, Joseph-Armand Bombardier Canada Doctoral Graduate Award of \$35,000 for 3 years

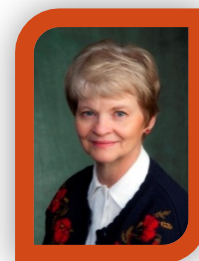
- **Bryce Mulligan**, doctoral student in clinical neuropsychology, received a 3-year doctoral award (\$60,000) from the Alzheimer Society of Canada. He will be conducting a longitudinal study with older adults with subjective cognitive impairment in an attempt to ascertain factors that predict pathological cognitive decline.

Graduated in 2012

Program	Student & Degree	Thesis Title	Supervisor
Sociology	Votova, Kristine / PhD	The medical pluralism paradigm: Examining patterns of use across conventional, complementary and public health care systems among Canadians aged 50 and over	Margaret Penning
Sociology	Pridham, Emily / MA	"If you're not healthy...": Informal caregivers and the ideological imperative to be healthy	Neena Chappell
Clinical Psychology	Braslavsky, Anna / MSc	Association of vascular function and Cognitive Impairment No Dementia (CIND)	Holly Tuokko and Stuart MacDonald
Psychology	Sparks, Catharine / MSc	Impact of health conditions on cognitive change in later life: A cross-study comparative analysis	Scott Hofer
Co-op Combined Biology/Psychology	Kelly, Amanda / BSc Honours	An Investigation of Age Differences in Working Memory and DLPFC Activation Patterns using Near-Infrared Spectroscopy	Scott Hofer
Geography	Stoner, Sarah / MA	Exploring social vulnerability to earthquakes in the Capital Regional District, British Columbia Canada	Denise Cloutier
Geography	Mazzei, Francesco / BA Honours	Exploring the influence of a purpose-built dementia care centre on individual behavior	Denise Cloutier
Geography	Bills, Kathryn / MA	Just a walk in the park, or is it? A case study analysis of a seniors community park in Oak Bay, British Columbia	Denise Cloutier
Co-op Sociology	Morris, Rebecca / MA	Exploring the caregiving attitudes of adult stepchildren and the expectation of older stepparents	Karen Kobayashi
Clinical Psychology	Brown, Cassandra / MSc	Predicting dementia status from mini-mental state exam scores using group-based trajectory modeling	Andrea Piccinin

Retiring Faculty

Jane Milliken, RN, BScN, MA, PhD, retired in June 2012. Dr. Milliken was the Associate Director Undergraduate Education for the School of Nursing and research affiliate of the Centre on Aging until she retired. Her commitment to chronic illness and family caregiving research will be greatly missed.



Neena Chappell

Neena Chappell, PhD, FRSC and Tier 1 Canada Research Chair in Social Gerontology is a professor in the Department of Sociology and was the Centre's first director, serving from 1992-2002. She was recruited to UVic from the University of Manitoba where she had established the research Centre on Aging in 1982 (now in its 31st year and also thriving). She established the centre on the twin pillars of scientific rigour and community relevance. Since stepping down as director she has continued as a research affiliate of the centre.



Throughout her 35 year career, Dr. Chappell's focus has been gerontological research from a social perspective with special emphasis on: informal caregiving, care for those with dementia, and health care policy in Canada and elsewhere, most notably Hong Kong and mainland China. Starting in the 1970s, her early caregiving research helped establish the fact that informal caregivers, family and friends, are the dominant source of care in all societies, including Canada. Since that time, her research has demonstrated such findings as: spousal caregivers tend to let go of a traditional gendered division of labour within the household in the face of serious declines in health in order to cope and maintain their independence as a couple; caregivers are burdened, they also experience many satisfactions from their caregiving and most want to continue in this role; caregiver burden is real, yet it is often intermittent and is manageable for most; caregiver burden affects overall well-being, but the two concepts are not synonymous and many caregivers report good levels of overall well-being; while cultures differ in the extent of their expressed values towards caring for their elderly parents (filial piety in China), all cultures reveal that adult children nevertheless do assist their older parents when the need arises. Current research is analyzing data from almost 1,000 family caregivers in BC who are caring for those with dementia who are taking cholinesterase inhibitors (a medication for dementia), the largest study to be conducted anywhere on caregiver perceptions of the effects of these drugs.

Dr. Chappell's research on care for those with dementia began shortly after her arrival in Victoria, with a province-wide study of special care units and standard wards for the care of these persons. That study remains Canada's only province-wide study of the dimensions of care for those with dementia and revealed that, similar to studies in the U.S. and Italy at the time, none of the dimensions of care believed important for best practices were linked to a number of outcomes for the residents, possibly due to the fact that no facility was implementing all of the dimensions well, although all facilities were implementing some well. Dr. Chappell's subsequent studies developed new measures of the dimensions of care as well as new measures of family involvement for use by researchers, administrators and families. Current research is assessing the validity of some the standard tests used by clinicians in their diagnosis of dementia (such as the MMSE) so they can be more accurately interpreted; developing an index of family involvement in long-term care facilities to be used by administrators to ensure they are putting resources into areas families consider important and helpful; and assessing whether the use of cholinesterase inhibitors by those with dementia is cost-effective in saving dollars through fewer physician visits, hospital and nursing home admissions.

Health care policy has been a long-standing interest. The basic question is: how can we, as a society, provide the care needed by older adults, that is, care that is appropriate, and also cost-effective. Dr. Chappell's research has included studies demonstrating both the appropriateness and cost-effectiveness of home care for an aging society

when embedded within an integrated health care system where low cost substitutions are made for high-cost services, and home is where most older adults want to be. Dr. Chappell's policy pieces appear for example in *HealthCare Papers*, *Health Quarterly* and the *Institute for Research on Public Policy* as well as submissions to provincial and senate committees on aging. A forthcoming book (*Aging in Canada*, by Chappell and Hollander, Oxford University Press, scheduled for release in August 2013) establishes the needs of an aging society, examines family caregiving as the dominant form of care and caregivers' need for support, assesses the evidence on the current health care system, and presents a blueprint for an appropriate and cost-effective health care system for Canada. She is currently applying the model to the development of home care as the system of care for aging in Xi'an, China.

Dr. Chappell has a long history of service to both academic and non-academic gerontological communities. For example, she is immediate past-president of the Canadian Association on Gerontology and current president of Academy II (Social Sciences) of the Royal Society of Canada. She has also received many accolades including the Canadian Institutes of Health Research Betty Havens Award for knowledge translation and outreach, the Queen Elizabeth Diamond Jubilee Medal, the Claude P. Beaubien Medal from the Alzheimer Canada for Excellence in Research, and she has been a distinguished visiting scholar at the University of Hong Kong, to name a few.

Colette Smart

Dr. Smart is an Assistant Professor in the Department of Psychology and a Research Affiliate with the Centre on Aging (COAG). She joined the University in the summer of 2010, prior to which she was working as a clinician and researcher at a large academic medical centre in the United States. Her direct experiences working on the 'frontline' as a clinical neuropsychologist inspired her to move into an academic career to answer pressing questions that have applied and practical value for the individuals whom she serves. Broadly speaking, her research interests involve

understanding the neural bases of self-regulation of cognitive and emotional processes and how this knowledge translates into development of rehabilitation interventions for adults across the lifespan, particularly older adults.



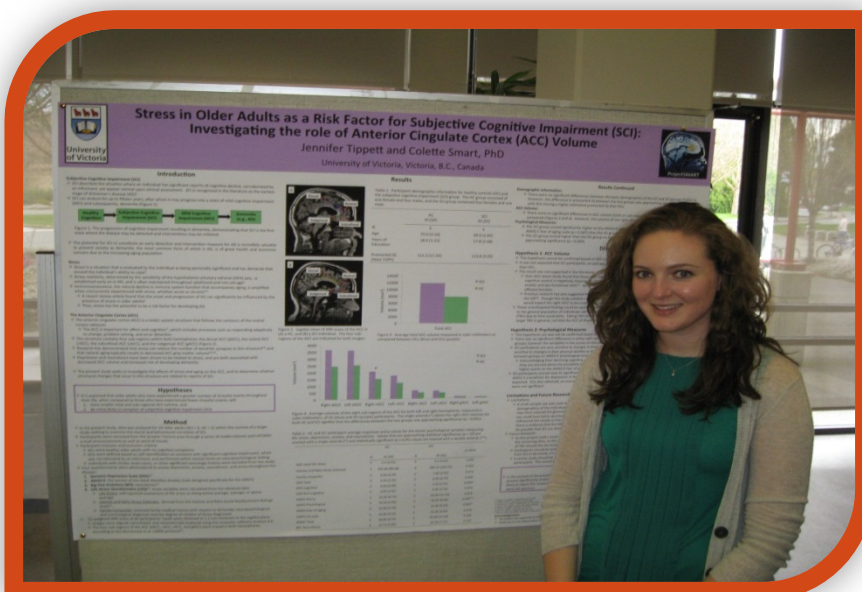
While in clinical practice, Dr. Smart became frustrated with the lack of cognitive rehabilitation services offered to older adults. With emerging knowledge in the field of neuroplasticity showing that positive brain changes are possible across the lifespan, Dr. Smart became inspired to pursue the idea of cognitive interventions with older adults. In particular, her current focus is on older adults with so-called "subjective cognitive impairment" (SCI) – those individuals who have a subjective experience of cognitive decline that is not yet detectable on standardized clinical assessment. A significant number of these individuals are now known to decline to Alzheimer's

dementia, suggesting that they may be an important target for early intervention and prevention. From clinical experience and surveying the literature, it became apparent to Dr. Smart that this group of older adults may be experiencing difficulties in self-regulation of cognitive and emotional processes. Having recently been the co-investigator of a pilot trial examining the application of mindfulness in individuals with chronic mild traumatic brain injury (individuals with similar difficulties in self-regulation), she hypothesized that such training may benefit these

older adults. Shortly after arriving at UVic, she applied for and was successfully awarded a \$45,000 Young Investigator Grant through the Alzheimer's Society of Canada (ASC) to investigate this very question. In the spring of 2012, Dr. Smart conducted a randomized controlled trial involving healthy older adults and those with SCI who received either mindfulness training or education about cognitive aging. The study was conducted in collaboration with colleagues both at UVic (Drs. Stuart MacDonald, Mauricio Garcia-Barrera and Adam Krawitz from the Department of Psychology) and at Brock University (Dr. Sid Segalowitz), which allowed for multi-modal assessment of participants including structural and functional neuroimaging as well as standard behavioural measures. In fact, this was one of the first major studies to involve collection of magnetic resonance imaging data through the recent research partnership with the Royal Jubilee Hospital and Vancouver Island Health Authority (VIHA).

During the fall of 2012, Dr. Smart was granted a one-course teaching release through COAG. This afforded her the opportunity to focus on initial data analysis from her ASC study in addition to preparing and submitting the first major manuscript as well as several conference presentations at national and international conferences. Having the course release also allowed Dr. Smart to submit an application to the Greater Victoria Eldercare Foundation (GVEF) for top-up funding in late 2012, which was subsequently granted in early 2013. This additional funding (approximately \$4,000) will allow for 1-year re-assessment of the participants enrolled in the ASC study, allowing us to answer important questions about the rate of change in cognitive and emotional functioning over time in individuals with SCI, and whether any positive effects of the intervention are robust over time. This is likely to be positive news for the many participants who more or less 'demanded' that we obtain further funding to follow them over time! That is to say, the intervention was extremely well-received with many anecdotal reports about what a positive and meaningful experience it was to participate in the study.

Outside of her own grant-funded research, Dr. Smart is continuing her interest in older adults with SCI through graduate student supervision. More specifically, her doctoral student, Bryce Mulligan, was successful in 2012 in obtaining a 3-year doctoral award that will allow him to conduct a longitudinal study to ascertain sensitive and specific diagnostic measures to identify older adults at risk for pathologic cognitive decline. In terms of other interests in the area of aging, Dr. Smart is very interested in interventions to support caregivers of individuals with dementia and neuropsychiatric disorders.



Meet Jenn Tippet, a research assistant and fourth year undergraduate student in Psychology who completed a year-long independent study project looking at the relationship between life stress, brain volume, and subjective cognitive impairment using data from the ASC grant. The poster was presented at the 2013 Psychology Students of Vancouver Island Poster Session (PSOVIPS), hosted annually at UVic for research conducted in 2012.

Centre on Aging, Ladner

Patrick McGowan

With a staff of 20, Dr. McGowan administers and implements Chronic Disease and Diabetes Programs in English, Chinese and Punjabi; in Aboriginal communities; as well as the Online Chronic Disease, Arthritis and Fibromyalgia, Chronic Pain, and the Active Choices programs in English. Each year over 4000 people participate in these programs which are delivered by trained volunteers in approximately 130 BC communities through funding support from government and research grants.

His research studies the dissemination, reach, effectiveness and sustainability of these types of community programs. These studies have included cultural appropriateness and community impacts in Aboriginal, Punjabi, and Chinese communities and reach, uptake and impact of the English programs in the general population. The reports generated from this research have contributed to provincial, national and international syntheses and meta-analyses conducted by the Health Council of Canada, Registered Nurses Association of Ontario, and the US Centers of Disease Control.

Dr. McGowan oversees the Stanford Master Training process for Canadian provinces and coordinates regular teleconference meetings with program staff across the country. In 2012, through video links and webinars, he and his staff are organizing and delivering up-to-date training for Canadian Master Trainers. As well, he organized the Canadian edition of a new course book participants receive when they take any of the programs.



Patrick McGowan



Participants from the Punjabi community

In 2012 Dr. McGowan conducted two community-level research studies which examined various aspects of program delivery and impact. The first, “The Effectiveness of Diabetes Self-Management in the Canadian Context” was funded by the Lawson Family Foundation, and was a randomized controlled trial involving adults with type 2 diabetes. Subjects were randomly assigned to two versions of a self-management program or to a control group, and outcome measures were collected at baseline, six months and 12 months. The information accrued from this study will be analysed in 2013 and inform a policy level decision regarding the relative effectiveness of these two programs with this target population. The second study, also

completed in 2012, was funded by the Public Health Agency of Canada through the National Diabetes Strategy. It involved the translation of an English diabetes self-management program into Punjabi. Recruiting and training Punjabi program leaders who delivered the program to groups of Punjabi speaking adults in the community was a

pilot to investigate community need, interest, uptake and support for a diabetes self-management intervention. This study has been completed and community participation and implementation was extremely positive with participants providing overwhelming testimonial and support regarding personal benefits. This result informed the policy decision to sustain the program.

With increasing priority during the last five years, Dr. McGowan has been investigating evidence-based methods that influence health care professionals' use of self-management support strategies in clinical practice. These are behavioral change interventions that influence patient behaviors when they leave the clinical setting and return to their home. An important consideration for chronic health conditions since the majority of health outcomes are mediated through patients' own behavior. This research has developed, piloted and delivered in-service training strategies. During 2012, Dr. McGowan delivered 17 half-day training workshops to over 600 health professionals in British Columbia, Ontario, and the Northwest Territories. In addition to this training, he collaborates with several health organizations such as Diabetes Education Centres, Peritoneal Dialysis Units, and Cancer Survival Units on ways to integrate self-management support into practice. The investigation of various types of organizational and structural supports that enable health care professionals to integrate these practices into clinical settings has led to Dr. McGowan presenting this work at professional meetings and conferences and publishing articles and book chapters on this subject in Canadian and international journals.

At the provincial level Dr. McGowan is a member of the Integrated Primary and Community Care Provincial Patients as Partners Committee and chairs the Self-Management Support Committee. In this capacity he is coordinating the provincial use, collection and analysis of the Patient Activation Measure by several health organizations. As well, he is currently co-chairing a group that is developing a provincial three-year plan to advance self-management support in British Columbia.

Over the years Dr. McGowan has developed a national and international reputation for expertise in the area of self-management support and research initiatives. During 2012 he collaborated with researchers in the McGill Back Pain Research Study, the ELLICSR: Health and Wellness & Cancer Survivorship Centre at Toronto General Hospital, and the CIRCLE Collaboration at the Research Centre of Canada to develop culturally appropriate arthritis education for Aboriginal communities.



Dr. McGowan with program participants

CLSA

Canadian Longitudinal Study on Aging

The Canadian Longitudinal Study on Aging (CLSA), involving 11 universities and hundreds of researchers across the country, is underway after more than a decade of planning! The CLSA will recruit a national, stratified, random sample of Canadians aged 45 to 85 years. In 2012, data on more than 15,000 participants has been collected, with the goal of 50,000 by 2015. Participants will be followed for at least 20 years with data collection occurring every three years. All participants are asked a common set of questions to gather information about demographic, social, physical, clinical, psychological, economic, and health service utilization aspects relevant to health and aging. Thirty thousand of the participants will also be asked to provide additional in-depth information through physical examinations and biological specimen collection (blood and urine).



Dr. Vincenza Gruppuso, Centre
Research Coordinator & Acting DCS
Project Coordinator

Drs. Lynne Young and Debra Sheets are serving as co-site leaders at the Centre on Aging, University of Victoria. The University of Victoria is collecting data through telephone interviews as well as doing physical assessments. The computer assisted telephone interview (CATI) site is one of four in the country and is located at the Centre on Aging in the Survey Research Centre (SRC). The CATI site has been active since 2010 and has completed approximately 4,000 interviews. A total of 20,000 telephone interviews will be collected at all sites over the duration of the study. Data collection at the CATI sites uses secure hardware and software systems that store participant data in a de-identified manner. The CATI software schedules interviews, tracks their status and reports on their progress until completion of the study. The UVic CATI site is managed by Lois Edgar and employs 3 supervisors and 20 interviewers.

The Data Collection Site (DCS) opened at the Gorge Road Hospital in August 2012. The physical assessments take an average of three hours to complete and about five participants a day are coming through our clinic. In 2012, data on over 450 individuals had been collected and over the next year, the UVic site will continue to gather data from an additional 1,000 Victoria residents. Study participants return for further testing and interviews every three years for a total of 20 years. Lindsay Richier is the project coordinator for the DCS and manages eight in-home interviewers, as well as lab technicians and research assistants.

A number of enabling units have been established to support the CLSA study which is unprecedented in scope and magnitude. They include the:

- **National Coordinating Centre (NCC)**, McMaster Innovation Park. The NCC is the administrative centre and oversees the logistical processes including recruitment of CLSA participants, developing procedures and protocols, as well as playing a central role in communications, data management and other research tasks.
- **Biorepository and Bioanalysis Centre (BBC)**, McMaster Innovation Park. All biological specimens collected at the 11 DCS sites are shipped to the BBC each week in a cryoshipper. The BBC has 31 cryofreezers that will store up to 8.8 million biological samples (blood and urine) over the course of the study.

- **Genetics and Epigenetics Centre (GEC)**, Centre for Molecular Medicine and Therapeutics at Children's and Women's Hospital, Vancouver, BC. The GEC is the hub for in-depth analysis of genetic and epigenetic markers associated with aging and complex diseases. The CLSA is one of the first long-term studies to measure the evolution of epigenetic markers in a large cohort of subjects.
- **Statistical Analysis Centre (SAC)**, McGill University Health Centre. The SAC is the "information locker" of the CLSA where data is checked for accuracy, derived variables are created, and analyses are conducted for reporting and to prepare the data for analyses and distribution.

The CLSA is one of the most comprehensive longitudinal studies in the world. The ultimate aim of the CLSA is to find ways to improve the health and quality of life of Canadians by better understanding the processes and dimensions of aging. Data from the CLSA will help scientists answer key questions about health and aging, and lead to new insights and better understanding of what it means to age well. Researchers with an interest in aging will have many opportunities to become more actively involved in this project which holds great promise for the future of aging research in Canada. The Canada Foundation for Innovation (CFI) and Canadian Institutes of Health Research (CIHR) have provided \$50 million in funding for the study, with additional support from provincial governments, affiliated universities and research institutions, and health authorities across the country, including our own Vancouver Island Health Authority.



Drs. Debra Sheets, Janet Halliwell, Holly Tuokko & Lynne Young at the DCS Open House

Candrive

Canadian Driving Research Initiative for Vehicular Safety in the Elderly

As we enter our fourth year of the Candrive Common Cohort Study, the research program continues to progress very well. In early July, Ozcandrive researchers from Australia and New Zealand joined our Canadian Candrive researchers for their annual two-day meeting at the University of Ottawa. At that meeting, they reviewed the challenges and successes of the Common Cohort Study being conducted in all three countries, and the study's common and specific subprojects.

During 2012, the Candrive team has been writing papers for publication and presenting research findings at national and international venues. In June, presentations of research findings were made in Banff, Alberta at the 22nd Canadian Multidisciplinary Road Safety Conference. Many of these presentations were written up for publication in scholarly journals and for presentations to the Candrive participants at the end of the study.

The Candrive/Ozcandrive annual meeting included in-depth discussions on the future directions and priorities for Candrive research in older driver safety. Plans to submit further proposals to funding agencies in 2013 are underway.



Holly Tuokko



From left to right: Drs. Malcolm Man-Son-Hing, Holly Tuokko and Phyllis McGee

Dr. Phyllis McGee takes a spin on the racetrack with one of the Candrive participants after installing monitoring technology in his car.



Research Highlights

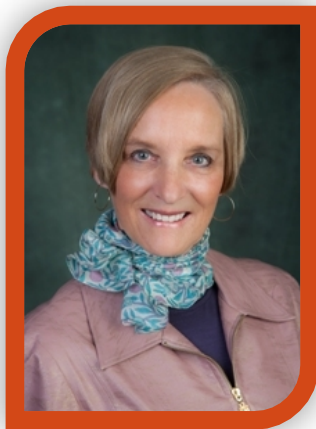
The Centre on Aging continues to generate new knowledge by conducting, stimulating, and encouraging the research activities of our research affiliates across campus. Our research affiliates receive awards and bring new projects and collaborations, as well as cutting edge equipment. This year we shine the spotlight on five researchers, three with new projects, and one who received a prestigious nursing education award. As well, we are showcasing the equipment that will have an impact on research at UVic for years to come and will allow researchers to conduct research that has already been acknowledged for its excellence.

New Research Project

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.



Canadian Association of Schools of Nursing Award



In 2012 we congratulated Dr. **Lynne Young**, who was nominated and chosen for the Canadian Association of Schools of Nursing (CASN) Award for Excellence in Nursing Education (Tenured Position). The award acknowledges the contributions and accomplishments of individuals to foster the highest standards in professional nursing education through high quality teaching, mentorship, and innovation in education, leadership, and active engagement in promoting excellence in nursing education. The award was presented at a special awards reception on November 13, 2012 at the annual CASN Council meeting.

CLSA Data Collection Site (DCS) Equipment

The CLSA is one of the most technologically advanced longitudinal studies ever conducted. The Data Collection Sites (DCS) established at 11 universities have equipment that was funded by a Canada Foundation for Innovation (CFI) award. The advanced technology is evident to all participants on their arrival when they sign a form using an electronic signature pad and are assigned a bar code that is used at each stage of data collection to allow data and personal information to remain separate. All of the site equipment has been integrated with secure open source computer software which permits paperless data collection.

A variety of technologies are used to gather physical assessment measures as well as collect biological specimens (i.e., blood and urine) from participants. Data collection includes measuring lung function with a volume and flow of air spirometer, calculating waist to hip ratio, and measuring blood pressure. Some of the higher tech equipment found at the UVic data collection site (DCS) at the Gorge Road Hospital includes:

Retinal Camera with Digital Imaging: captures high quality crisp, clear images of the back of the eyes (including the retina, optic nerve, and blood vessels). Nothing touches the eyes and no eye drops are needed so it is as easy as getting a photo. The retina image can be magnified approximately 600% producing a retinal image about 16" in diameter. These images can be used to record retinal changes due to diabetes, retinal detachment, glaucoma, macular degeneration and blood leakage.

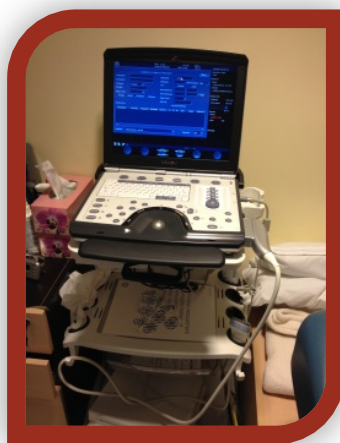


Ocular Response Analyzer (ORA): the only instrument in the world that measures *Corneal Hysteresis (CH)*; an indication of the biomechanical properties of the cornea. This information is different from thickness or topography, which are geometrical attributes of the cornea. CH is a tissue property and provides more comprehensive information about changes in the functioning of the eye over time.



DEXA (Dual X-ray Absorptiometry): a technique for measuring bone density which involves a minimal exposure to radiation – about as much as a dental X-ray. The DXA scanner produces 2 X-ray beams, one high, and one low, energy. Bone density is measured by calculating the difference between the two beams passing through the bones. DXA scans focus on two main areas — the hip and the spine. Scanning generally takes 10 to 20 minutes to complete and is painless.

GE Vivid I Cardiac Ultrasound: imaging technology that allows real-time visualization of cardiac structural anatomy and measurement of aortic calcification and carotid intima-media thickness (c_iIMT).



Beckman Coulter Blood Analyzer: an automated blood analyzer that provides whole blood sample processing and can run parameters such as white blood count (WBC), red blood count (RBC), hemoglobin (Hgb), and hematocrit (Hct).



New Research Project

Drs. **Margaret Penning** (Professor, Sociology) and **Denise Cloutier** (Associate Professor, Geography) are leading a research team that is examining transitions and trajectories in care for older adults. The focus is on the health service experiences of older adults as clients of home care, assisted living, and long-term residential care and their experiences of moving within and across each of these care systems. Two research questions are being addressed:

1. What are the most common trajectories experienced by older adults transitioning through the long-term care system? (i.e., including home care, assisted living, and residential care)
2. How do individual factors (social, psychosocial, health) influence these transitions and trajectories?

Research evidence suggests that older adults are most vulnerable to changes in health status during care transitions. Using administrative data gathered from clients in receipt of care in the Fraser Health Authority, this project will explore common pathways and the range of factors influencing them. One of the longer term project goals is to better understand the role of social, psychological and health-related conditions on patterns of change. More comprehensive knowledge about patterns of transitions and the factors influencing them is critical to support aging in place and for enhancing quality of life among older adults and their families. A second major goal is to be able to provide information to health authority planners that can be used to promote resource allocation decisions to reduce pressure on scarce resources and to foster health system improvements.

This innovative project received over \$330,000 in funding for 2012-2015 from the Canadian Institutes for Health Research (CIHR) Partnerships for Health Systems Improvements Program, and the Michael Smith Foundation for Health Research (MSFHR). The project is being conducted in partnership with the Fraser Health Authority and draws on the expertise of an interdisciplinary network of university and health sector collaborators including psychologists, sociologists and health information specialists from the University of Victoria and the University of Manitoba, as well as data analysts, project managers and decision makers from the Fraser Health Authority.



From left to right: Dr. Diane Finegood (President & CEO of MSFHR), Dr. Michael Miller (Associate VP Research), Dr. **Denise Cloutier**, Tim Uppal (Federal Minister of State), Dr. **Margaret Penning**, Deanne Taylor (Fraser Health Authority), Ida Chong (BC Minister of Community, Sport and Cultural Development), Dr. Reeta Tremblay (VP Academic & Provost), Dr. Holly Tuokko (Director, Centre on Aging)

Mobilizing Knowledge

International Day of Older Persons

Families of older persons are changing in Canada, including the emergence of “non-traditional” families and new forms of interdependence between kin. Stepfamilies, grandparents raising grandchildren, multigenerational living, and non-cohabiting relationships in late life lead to questions: What are the implications for intergenerational relationships in families; how are responsibilities interpreted within families; and what are the implications for exchanges of support between older persons and their family members? On October 1, 2012, the Centre on Aging celebrated the International Day of Older Persons (IDOP) with our annual public lecture given by Dr. Laura Funk. Dr. Funk looked at these questions and more while captivating the audience at the Salvation Army Citadel with her presentation entitled, “Linked Lives of Older Persons: Continuities and Change in Families.” Dr. Funk discussed how Canadian society and culture contribute to these changes that define family and the central role it plays in our identities, experiences and well-being.



Dr. Funk is a Centre on Aging research affiliate and completed her graduate and post graduate work at the University of Victoria. Her research addresses issues of support, caregiving and responsibility across the life course. Dr. Funk joined the Department of Sociology at the University of Manitoba in July 2011 where she is an assistant professor. Her upcoming research gained awards that include *Exploring Policy Opportunities for Supporting the Well-Being of Caregivers of Older Manitobans* (2013-2016) from the Manitoba Health Research Council (Establishment Grant as principal investigator) and *The Right to Clean Water in First Nations: The Most Precious Gift* (2013-2016) from the Social Sciences and Humanities Research Council of Canada (Partnership Development Grant as co-investigator, K. Busby, principal investigator).

Café Scientifique

The Centre on Aging joined the Centre for Biomedical Research (CBR) as part of their Café Scientifique series in 2011-2012. These evening presentations in the Maple Room at the Sticky Wicket (Strathcona Hotel) in downtown Victoria were very successful and we were introduced to another knowledge mobilization strategy. With encouragement from CBR the Centre on Aging received funding from the Canadian Institutes of Health Research (Dr. Denise Cloutier principal investigator) for our own series of Café Scientifiques in 2012 for the 2012-2013 series (all presentations were given in 2013).

The COAG sponsored presentations of the CBR cafés in 2012 were:

- September 27, 2011: **Vinay Bharadia**
 - “From Brain Scans to Crossword Puzzles: The Latest Developments in the Early Detection and Prevention of Alzheimer Disease”
 - Interview with Dave Dickson on CFX 1070AM available at <http://cbr.uvic.ca/outreach/cafe-scientifique>
- January, 24, 2012: **Dr. Alexandra Branzan Albu**
 - “Artificial Intelligence: Friend of Foe?”

- Interview with Dave Dickson on CFX 1070AM available at <http://cbr.uvic.ca/outreach/cafe-scientifique>
- Martlett article by Michelle Wright available at http://cbr.uvic.ca/images/stories/file/martlet%20story-%20artificial%20intelligence_friend%20or%20foe_24jan2012.pdf
- February 28, 2012: **Dr. Kelli Stajduhar**
 - "Death, Dying and Palliative Care"
 - Interview with Dave Dickson on CFX 1070AM available at <http://cbr.uvic.ca/outreach/cafe-scientifique>

Applied Research Colloquium (ARC)

The Centre on Aging's first Applied Research Colloquium, "Reflecting on Aging: Setting New Directions," was a great success! Held on March 8, 2012 in the Cadboro Commons building, the free, day-long event was generously supported by the Greater Victoria Eldercare Foundation and the Office of the Vice-President Research.

The day began with a keynote presentation by Dr. Colette Smart, "Mindfulness Meditation: A New Frontier in Dementia Prevention and Intervention," discussed cutting-edge research on the impact of mindfulness practices on brain function and structure. In the morning, two sessions of concurrent presentations touched on topics such as caregiving, developmental disabilities and aging, health self-management, behaviours in aging, social support, and nursing. Throughout the day there were three discussion panels:

- A morning panel, "Addressing Ageing for Individuals with Developmental Disabilities and Their Families – A Collaborative Approach"
- A lunchtime panel, sponsored by the Office of the Vice President Research, "Our Aging Population and Health Care – What Needs to Be Done?"
- A closing panel that recapped the highlights from all the day's presentations.

Another highlight from the day was the student poster competition. The prize for undergraduate student poster went to Wendy Anthony, for her poster entitled "Extreme Ageing: An Integral Systems Perspective." Graduate student winners were:

- 1st place: Rebecca Morris, for her poster entitled "Exploring the Caregiving Attitudes/Expectations of Adult Stepchildren and Their Stepparents"
- 2nd place: Alexandra (Sasha) Jouk, for her poster entitled "A Reduced Scoring System for the Clock Drawing Test Using a Population Based Sample"
- 3rd place: Karla Gallagher, for her poster entitled "Efficacy of a Group Exercise Program Using Large Amplitude Movements in Improving Mobility in Older Adults with Parkinson's Disease"

Student poster winners were announced at the end of the day during a networking reception, which was sponsored by the Greater Victoria Eldercare Foundation.

Masterminds

The seventh 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 2012. This lecture series engages the community while highlighting the ongoing research and continuing contributions of UVic retirees giving the community an opportunity to learn from a lifetime of research, creativity, and involvement. The 2012 lectures were:

- April 4, 2012 – ***The Climate of Victoria: Characteristics, Variations, and Control***
 - by Dr. Stanton Tuller, Professor Emeritus in the Department of Geography
 - Victoria's friendly climate draws visitors, retirees and envious looks from around the world. But what are the key controls of our local climate, and why do microclimates vary so markedly around the Capital Region? Dr. Tuller explained how energy and mass transfers, combined with ground surface types, generate some interesting aspects of Victoria's climate.
- April 11, 2012 – ***The Emergence of Architectural Modernism in Greater Victoria***
 - by Prof. Martin Segger, former director and curator of the Maltwood Art Museum and Gallery, and a former senior research associate in the Centre for Global Studies and adjunct professor in the Department of History in Art.
 - During the 1950s and 1960s, a small number of architects changed Victoria's built environment with forward-looking plans and bold new forms. Major projects of the period were UVic's Gordon Head campus and Centennial Square in the core of the city. This presentation drew on research on the development of a regional modernist aesthetic in the post-war Victoria urban landscape.
- April 18, 2012 – ***How Age-Friendly is BC?***
 - by Dr. Elaine Gallagher, Professor Emerita in the School of Nursing
 - What makes a community senior-friendly? In an attempt to enhance the activity level and independence of seniors living throughout the province, a three-year research study was conducted in over 30 communities.
- April 25, 2012 – ***Challenging Science Illiteracy: Celebrating Canadian Successes and Building for the Future***
 - by Dr. Larry Yore, Professor Emeritus in the Department of Curriculum and Instruction
 - Are our students science and math literate? This presentation described the successes of Canadian and BC schools in promoting reading, mathematics and science literacy for all students, according to the results from the Organization for Economic Co-operation and Development Programme for International Student Assessment.

Community

Valued Elder Recognition Award (VERA)

The Valued Elder Recognition Award, which is more affectionately known as VERA, was presented at the International Day of Older Persons Lecture on October 1, 2012. Over the years VERA has undergone changes to make the nomination process easier to use and to be less onerous on the nominees. We believe this newest updating to the process has continued this tradition. In fact, the newly restructured award process was well received with positive feedback from those supporting the 11 nominations. The recipients for 2012 were:

- **S.C. (Andy) Anderson**, nominated by Oak Bay Volunteer Services, Zone 25 Regional Rotary Foundation, and the Central Saanich Police Department
- **Lorraine Collett**, nominated by the Victoria Women's Transition House, Youth Custody Centre, and Royal Jubilee and Gorge Road Hospitals
- **Irene McDonald**, nominated by Canadian Club of Victoria, Cancer Society, and First Metropolitan United Church



S.C. (Andy) Anderson volunteers to make our community a better place to live. For over 25 years he has worked with many agencies where his compassion has made him a role model who is seen as upbeat, generous, and having an incredible work ethic and a good sense of humour.

Lorraine Collett believes therapeutic volunteering is as important for her as it is for the people she helps. This showcases another creative outlet that allows her to excel at every job she does with the many agencies she works with in Victoria. Her quiet, inspirational, hard-working, conscientious and dependable contributions are always appreciated.



Irene McDonald volunteers to support people and organizations that improve health and quality of life. She has volunteered throughout her life in every community she has lived in. Her supporters describe her as humble, active, tireless, hard-working, dedicated and compassionate.

COAG Drive-In

On Saturday, September 8, 2012, the Centre on Aging hosted an old-fashioned drive-in movie event to raise funds for scholarships for students who study aging. As a part of the centre's 20th anniversary celebrations, the movie shown was the 1992 hit, *A League of Their Own*, which debuted the same year the centre was founded. The event included the following food vendors: Dog Nation, WannaWafel, Puerto Vallarta Amigos, and an ice cream truck. As well, entertainment was provided by the 11-piece funk band The New Groovement. A bouncy castle was available for the children. Entrance was by donation, and all money raised went towards the Centre on Aging's scholarship funds.

This event was sponsored by Volkswagon Victoria, Pepsi, CTV, CFAX 1070, and the Times Colonist. We thank them for their generous contributions, as well as the offices of Corporate Relations and Campus Security, without which this event would not have been possible.

Activities with Others

Community Services Networking & Information Fair

On February 23, 2012, the Centre on Aging provided a display at the Community Services Networking and Information Fair held at Central Baptist Church in downtown Victoria. The table was staffed on a rotating schedule by centre staff and volunteers (Vicki McNulty and Ladner self-management volunteers). This was a wonderful opportunity to promote the Self-Management programs.

Minister Wong Roundtable

On March 2, 2012, the Centre on Aging hosted a round table event attended by The Honorable Alice Wong, Minister of State for Seniors, as well as several local seniors organizations. Minister Wong was interested in hearing from local stakeholders in order to inform future government initiatives that will address elder abuse and other important issues.



From left to right: Rick Hoogendoorn, Isobel MacKenzie, Marguerite Rowe, Lori McLeod, Minister Wong, Susan Brice, Holly Tuokko, Teri Varcoe, Jane Sheaff, F. Kenneth Walton.

2012 Seniors Expo

On Tuesday, March 6th, the centre was represented at the 2012 Seniors Expo held at Pearkes Recreation Centre. Over 2,500 people from the community attended and viewed over 125 exhibits. The table was staffed on a rotating schedule of centre staff and volunteers. This venue provided an opportunity:

- for researchers to recruit participants for research studies;
- to disseminate information about completed research; and
- to promote the upcoming events including the Masterminds lecture series in April, the COAG Drive-In fundraising event for student scholarships September 8th and the International Day of Older Persons lecture on October 1st.

New Student Orientation Information Carnival

A New Student Orientation Information Carnival was held on Tuesday, September 9, 2012 with Centre on Aging involvement. Students were invited to complete a short true or false quiz about aging and were rewarded with a

variety of small gifts. For many students this was their first exposure to a research centre and they were curious about what we do. Others were keen to talk about their experiences with grandparents and other elders in their lives.

Council of Senior Citizens' Organizations (COSCO)

Penny MacCourt represented the centre at the 2012 COSCO conference, October 1-2, 2012, in Vancouver, BC. The theme of the conference was: "The Joys and Tears of Living Longer."

Canadian Association on Gerontology (CAG)

October 18-20, 2012 was the 41st Annual Scientific and Educational Meeting of CAG. Staff, students and faculty were fortunate that *Aging in a Changing World* was in Vancouver allowing many more to attend. As usual the centre had an exhibit table to provide information about research and courses at UVic. During the meeting, research affiliates and students presented:

- **Keynote:** Neena Chappell (outgoing president of CAG)
- **Symposia:** Margaret Penning, Karen Kobayashi
- **Oral Presentations:** Denise Cloutier, Jeannine Moreau, Holly Tuokko, Alexandra Jouk, Debra Sheets, Patrick McGowan, Andre Smith, Kristine Votova, Linda Outcalt, Anastasia Mallidou, Heather Cooke
- **Student Poster Competition (Masters Level):** Cassandra Brown, Kyle Plumb, Rebecca Morris, Sean Browning, Bridget McGowan
- **Posters:** Annie Robitaille, Tina Quade, Janet Love, Carren Dujela, Patrick McGowan

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 2012: \$9,830,265.96

Total research funding: \$7,175,696.00

Total knowledge mobilization \$2,424,971.00

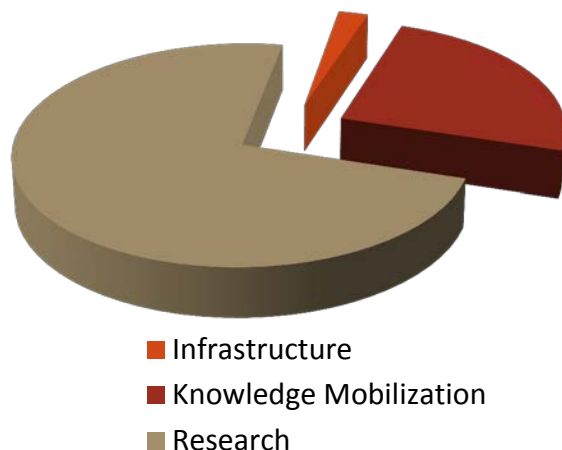
Total infrastructure funding: \$ 229,598.96

Total funding from Tri-Council sources: \$3,360,245.00

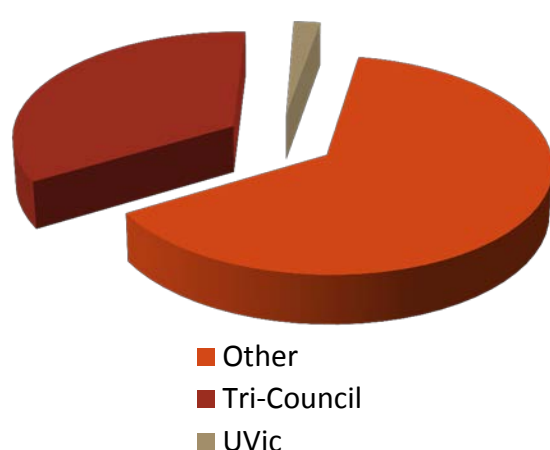
Total funding from UVic: \$ 210,050.96

Total funding from other sources: \$6,259,970.00

Use of Funding



Source of Funding



Appendix A: Books and Book Chapters

Bruce, A. (2012). Welcoming an old friend: Buddhist perspectives of good death. In H. Coward & **K. I. Stajduhar** (Eds.), *Religious understandings of a good death in hospice and palliative care* (pp. 51-75). Albany, NY: SUNY Press.

Chappell, N. L., & Hollander, M. (2012) *An appropriate and cost-effective health care system for an aging society*. Oxford University Press.

Coward, H., & **Stajduhar, K. I.** (Eds.). (2012). *Religious understandings of a “good death” in hospice/palliative care*. Albany, NY: SUNY Press. **Winner of an American Journal of Nursing Book of the Year Award: Hospice Palliative Care Category.**

Hofer, S. M., Rast, P., & Piccinin, A. M. (2012). Methodological issues in research on adult development and aging. In S. K. Whitbourne & M. J. Sliwinski (Eds.), *Handbook of developmental psychology: Adult development and aging* (pp. 72-96). New York, NY: Wiley-Blackwell.

Hofer, S. M., Thorvaldsson, V., & **Piccinin, A. M.** (2012). Foundational issues of design and measurement in developmental research. In B. Laursen, T. D. Little, & N. Card (Eds.), *Handbook of developmental research methods* (pp. 3-16). New York, NY: Guilford Press.

Macionis, J. J., Jansson, S. M., & **Benoit, C. M.** (2012). *Society, the basics* (5th Canadian ed.). Scarborough, ON: Pearson Education Canada.

Mateer, C., & Smart, C. (2012). Cognitive rehabilitation: Innovation, application and evidence. In S. Koffler, J. Morgan, I. S. Baron, & M. Griffenstein (Eds.), *Neuropsychology: Science and practice, Volume 1* (pp. 222-255). New York, NY: Oxford University Press.

McIntyre, M., & McDonald, C. (2012). Nursing philosophies, theories, concepts, frameworks and models. In B. Kozier, G. Erb., A. Berman, S. R. Bouchal, S. Hurst, L. Yiu, L. S. Stamler, & M. Buck (Eds.), *Fundamentals of nursing: Concepts process and practice* (9th ed.). Toronto, ON: Pearson Education Canada.

Walls, T. A., Barta, W., Stawski, R. S., Collyer, C., & **Hofer, S. M.** (2012). Timescale dependent longitudinal designs. In B. Laursen, T. D. Little, & N. Card (Eds.), *Handbook of developmental research methods* (pp. 46-64). New York, NY: Guilford Press.

Wu, Z., Li, S., & Kampen, R. M. (2012). Marriage and family. In Z. Liang (Ed.), *Demography. Series on western research in the humanities and social sciences* (pp. 3-50). Beijing, China: Renmin University of China Press. (In Chinese)

Appendix B: Grants

(Sorted by last name of the first principal investigator)

Principal Investigators	Co-Investigators	Title of the Grant	Dates	Amount	Funder
Antifeau, E., Doane, G., & Reimer-Kirkham, S.	Pesut, G., Porterfield, P., Roberts, D., & Stajduhar, K. I.,	Integrated knowledge translation: Examining the efficacy of a collaborative knowledge translation approach	2012	\$200,000.00	Michael Smith Foundation for Health Research (MSFHR)
Blanchard, C. M.	Fowles, J. R., Giacomantonio, N. B., Plotnikoff, R. C., Rainham, D. G. C., Rhodes, R. E., Shields, C. A., & Vallis, M. T.	Lifestyle activity correlates For diabEtics (LIFE)	2012- 2015	\$101,749.00	Canadian Institutes of Health Research (CIHR)
Cloutier-Fisher, D.		Café Scientifique: The longevity revolution	2012- 2013	\$3,000.00	CIHR
Cloutier-Fisher, D., & Penning, M. J. AWARDED AND DECLINED		Transitions in care pilot project: Understanding patient trajectories through residential and home care environments	2012- 2013	\$7,000.00	UVic IRG Program
Cloutier-Fisher, D., & Penning, M. J.	MacDonald, S., Funk, L. M., Gill, R., Golightly, S., & Lau, F., Taylor, D. (Fraser Health)	OPTTICS: Older persons transitions and trajectories in care study, an examination of transitions and trajectories in late life care: Patterns and predictors	2012- 2015	\$333,225.00	CIHR and MSFHR
Faulkner, G.	Costas-Bradstreet, C., Berry, T. R., Deshpande, S. A., Latimer, A. E., Rhodes, R. E., Spence, J. C., & Tremblay, M. S.	Active 20/20: Developing an evaluation plan for a national physical activity policy	2012- 2013	\$24,812.00	CIHR

Principal Investigators	Co-Investigators	Title of the Grant	Dates	Amount	Funder
Faulkner, G., & Spence, J. C.	Berry, T. R., Cameron, C., Deshpande, S. A., Latimer, A. E., Plotnikoff, R. C., Rhodes, R. E., & Tremblay, M. S.	ParticipACTION after 5 years: Assessing impact on the promotion of physical activity and the behaviour of Canadians	2012-2014	\$152,237.00	CIHR
Frisch, N., & Hamilton, S.	Borycki, E. , Lawrie, B., MacPhee, M., Mallidou, A. , Mickelson, G., Redekopp, M., & Young, L.	Health Services Researcher Pathway	2012-2013	\$100,000.00	MSFHR
Funk, L.	Kobayashi, K.	Loving together, living apart: Exploring commitment in long distance couples	2012-2013	\$7,000.00	University of Manitoba University Research Grants Program
Gallagher, E.	Cloutier-Fisher, D. , Maltais, D., & Nickel, D.	Age-friendly community indicators	2012	\$47,200.00	Public Health Agency of Canada
Hundza, S. R		Age-related differences in modulation of reflex activity during walking	2012	\$7,000.00	UVic Internal Research Grant
Hwang, S.	Aubry, T., Benoit, C. , Dunn, J., Farrell, S., Hoch, J., Hubley, A., Hulchanski, J., Klodawsky, F., Maclaurin, B., Palepu, A., Shapcott, M., Stergiopoulos, V., & Worthington, C.	Population health interventions to end homelessness	2012-2013	\$200,000.00	CIHR

Principal Investigators	Co-Investigators	Title of the Grant	Dates	Amount	Funder
MacDonald, S.	Garcia-Barrera, M.	Characteristics and correlates of intraindividual variability in executive control processes	2012-2017	\$125,000.00	Natural Sciences and Engineering Research Council of Canada (NSERC)
McDonald, L.	Lowenstein, A., Mackenzie, C., Marziali, E., Fuller-Thomson, E., Wideman., Gutman, G., Kobayashi, K. , Kryzanowski, L., Beaulieu, M., Donahue, P., & Baecker, R.	Engaged scholarship: Evaluation of knowledge mobilization for older adults in the community	2012-2019	\$2,194,095.00	Social Sciences and Humanities Research Council (SSHRC) Partnership Grants
McGowan, P.		The effectiveness of diabetes self-management program in a Canadian setting	2012-2015	\$40,000.00	Lawson Foundation
McGowan, P.		Patient self-management programs and health professional self-management support training	2012-2015	\$6,000,000.00	BC Ministry of Health Services
McLeod, B. E., & Pesut, B.	Doane, G. A., Hutchings, D. M., & Stajduhar, K. I.	A symposium on translating knowledge for a palliative approach in nursing	2012	\$24,876.00	CIHR
Rhodes, R. E.		Gamefit - Neurogame	2012-2014	\$16,000.00	Networks of Centres of Excellence (NCE)
Sheets, D.		Developing evidence to internationalize nursing curricula	2012	\$7,500.00	UVic Learning & Teaching

Principal Investigators	Co-Investigators	Title of the Grant	Dates	Amount	Funder
Sheets, D.		JBI Comprehensive Systematic Review Training Workshop 2012, Queen's University, Joanna Briggs Collaboration for Patient Safety, Kingston, ON, July 9-14, 2012	2012	\$1,500.00	UVic Nursing (Partial funding)
Thorne, S.	Hislop, G., Kim-Sing, C., Oliffe, J., & Stajduhar, K. I.	Does communication really matter in cancer care?	2012	\$3,000.00	CIHR (Café Scienfitique)
Tuokko, H.	MacDonald, S., Kobayashi, K., & Gruppuso, V.	University of Victoria Learning and Teaching Development Grant	2012-2013	\$5,473.10	UVic Learning & Teaching

Appendix C: Refereed Journal Publications

- Aoun, S. M., Bentley, B., Funk, L. M., Toye, C., Grande, G., & **Stajduhar, K. I.** (2012). A 10-year literature review of family caregiving for motor neurone disease: Moving from caregiver burden studies to palliative care interventions. *Palliative Medicine*, 26(6), 842-850.
- Beuthin R., Holroyd A., **Stephenson P.**, & Vegsund, B. (2012) Metaphors and medication: Understanding medication use by seniors in everyday life. *Canadian Journal of Nursing Research*, 44(3), 150-168.
- Blanchard, C., Rainham, D., McSweeney, J., Spence, J., McDonnell, L., **Rhodes, R. E.**, Reid, R., McGannon, K., & Edwards, N. (2012). Community SES, perceived environment, and physical activity during home-based cardiac rehabilitation: Is there a need to consider the urban vs. rural distinction? *Journal of Urban Health*, 89(2), 285-295. doi:10.1007/s11524-011-9661-7
- Brown, C. L.**, Gibbons, L. E., Kennison, R., **Robitaille, A.**, Lindwall, M., Mitchell, M., Shirk, S., Atri, A., Cimino, C. R., Benitez, A., **MacDonald, S. W. S.**, Zelinski, E., Willis, S. L., Schaie, K. W., Johansson, B., Dixon, R. A., Mungas, D., **Hofer, S. M.**, & **Piccinin, A. M.** (2012). Social activity and cognitive functioning over time: A coordinated analysis of four longitudinal studies. *Journal of Aging Research*, vol. 2012, Article ID 287438, 12 pages. doi:10.1155/2012/287438
- Burr, J. F., Shephard, R. J., & **Zehr, E. P.** (2012). Clearance for physical activity and exercise after stroke and spinal cord injury. *Canadian Family Physician*, 58(11), 1236-1239.
- Charalambous, A., **Chappell, N. L.**, Katajisto, J., & Suhonen, R. (2012). The conceptualization and measurement of individualized care. *Geriatric Nursing*, 33(1), 17-27. doi:10.1016/j.gerinurse.2011.10.001
- Clouston, S.**, Kuh, D., Herd, P., Elliott, J., Richards, M., & **Hofer, S. M.** (2012). Benefits of educational attainment on adult fluid cognition: International evidence from three birth cohorts. *International Journal of Epidemiology*, 41(6), 1729-1736. doi:10.1093/ije/dys148
- Dolcos, S., **MacDonald, S. W. S.**, **Braslavsky, A.**, Camicioli, R., & Dixon, R. A. (2012). Mild cognitive impairment is associated with selected functional markers: Integrating concurrent, longitudinal, and stability effects. *Neuropsychology*, 26, 209-223.
- Erten-Lyons, D., Sherbakov, L., **Piccinin, A. M.**, **Hofer, S. M.**, Dodge, H. H., Quinn, J. F., Woltjer, R. L., Kramer, P. L., & Kaye, J. A. (2012). Review of selected databases of longitudinal aging studies. *Alzheimer's & Dementia*, 8(6), 584-589. doi:10.1016/j.jalz.2011.09.232
- Funk, L. M., **Chappell, N. L.**, & Lui, G. (2012). Associations between filial responsibility and caregiver well-being: Are there differences by cultural group? *Research on Aging*, 35(1), 78-95. doi:10.1177/0164027511422450
- Funk, L. M., **Stajduhar, K. I.**, Cohen, R., Heyland, D., & Williams, A. (2012). Legitimising and rationalizing talk about satisfaction with formal health care among bereaved family members. *Sociology of Health and Illness*, 34(7), 1010-1024. doi:10.1111/j.1467-9566.2011.01457.x

- Garrett, D. D., **MacDonald, S. W. S.**, & Craik, F. I. M. (2012). Intraindividual response variability is malleable: Feedback- and education-related reductions in variability with age. *Frontiers in Human Neuroscience*, 6, 1-10. doi:10.3389/fnhum.2012.00101
- Hawley, D. F., Morch, K., **Christie, B. R.**, & Leasure, J. L. (2012). Differential response of hippocampal subregions to stress and learning. *PLoS ONE*, 7(12), e53126. doi:10.1371/journal.pone.0053126
- Higuchi, K., **Downey, A.**, Davies, B., Bajnok, I., & Waggott, M. (2012). Using the NHS sustainability framework to understand the activities and resource implications of Canadian nursing guideline early adopters. *Journal of Clinical Nursing*, 22(11-12), 1707-1716.
- Holroyd, A., Vegsund, B., **Stephenson, P.**, & Beuthin, R. (2012) Medication use in the context of everyday living as understood by seniors. *International Journal of Qualitative Studies on Health Well-being*, 7, 1-12. doi:10.3402/qhw.v7i0.10451
- Kalpouzos, G., Fischer, H., Rieckmann, A., **MacDonald, S. W. S.**, & Bäckman, L. (2012). Impact of negative emotion on the neural correlates of long-term recognition in younger and older adults. *Frontiers in Integrative Neuroscience*, 6, 1-25. doi:10.3389/fnint.2012.00074
- Kobayashi, K. M.**, & Prus, S. G. (2012). Examining the gender, ethnicity, and age dimensions of the healthy immigrant effect: Implications for health care policy. *International Journal of Equity in Health*, 11, 8. doi:10.1186/1475-9276-11-8
- Koehn, S., Neysmith, S., **Kobayashi, K. M.**, & Khamisa, H. (2012). Revealing the shape of knowledge using an intersectionality lens: Results of a scoping review on the health and health care of ethnocultural minority older adults. *Ageing and Society*, 33(3), 1-28. doi:10.1017/S0144686X12000013
- Kowalski, K., **Rhodes, R. E.**, Naylor, P.-J., **Tuokko, H.**, & **MacDonald, S. W. S.** (2012). Direct and indirect measurement of physical activity in older adults: A systematic review of the literature. *International Journal of Behavioral Nutrition and Physical Activity*, 9(1), 148-168. doi:10.1186/1479-5868-9-148
- Laukka, E. J., **MacDonald, S. W. S.**, Fratiglioni, L., & Bäckman, L. (2012). Preclinical cognitive trajectories differ for Alzheimer's disease and vascular dementia. *Journal of the International Neuropsychological Society*, 18, 191-199.
- Lindwall, M., Cimino, C. R., Gibbons, L. E., Mitchell, M., Benitez, A., **Brown, C. L.**, Kennison, R. F., Shirk, S. D., Atri, A., **Robitaille, A.**, **MacDonald, S. W. S.**, Zelinski, E., Willis, S. L., Schaie, K. W., Johansson, B., Praetorius, M., Dixon, R. A., Mungas, D. M., **Hofer, S. M.**, & **Piccinin, A. M.** (2012). Dynamic associations of change in physical activity and change in cognitive function: Coordinated analyses of four longitudinal studies. *Journal of Aging Research*, vol. 2012, Article ID 493598, 12 pages. doi:10.1155/2012/493598
- MacDonald, S. W. S.**, Karlsson, S., Rieckmann, A., Nyberg, L., & Bäckman, L. (2012). Aging-related increases in behavioral variability: Relations to losses of dopamine D1 receptors. *The Journal of Neuroscience*, 32, 8186-8191.
- MacLeod, C. M., Pottruff, M. M., Forrin, N. D., & **Masson, M. E. J.** (2012). The next generation: The value of reminding. *Memory & Cognition*, 40, 693-702.

- Martin Misener, R., Valaitis, R., Wong, S., **MacDonald, M.**, Meagher-Stewart, D., Kackzorowski, J., O'Mara, L., Savage, R., & Austin, P. (2012). A scoping literature review of primary care and public health collaboration. *Primary Health Care Research & Development*, 13(4), 327-346.
- McGowan, P.** (2012). Self-management education and support in chronic disease management. *Primary Care: Clinics in Office Practice*, 39(2), 307-325.
- Mitchell L., **Stephenson, P.**, Macdonald, M. E., & Cadell, S. (2012) Death and grief on-line: Virtual memorialization and changing concepts of death and bereavement on the Internet. *Health Sociology Review*, 21(4), 413-431.
- Mitchell, M. B., Cimino, C. R., Benitez, A., **Brown, C. L.**, Gibbons, L. E., Kennison, R., Shirk, S., Atri, A., **Robitaille, A.**, **MacDonald, S. W. S.**, Lindwall, M., Zelinski, E., Willis, S. L., Schaie, K.W., Johansson, B., Dixon, R. A., Mungas, D., **Hofer, S. M.**, & **Piccinin, A. M.** (2012). Cognitively stimulating activities: Effects on cognition across four studies with up to 21 years of longitudinal data. *Journal of Aging Research*, vol. 2012, Article ID 461592, 12 pages. doi:10.1155/2012/461592
- Molzahn, A., Sheilds, L., **Bruce, A.**, **Stajduhar, K. I.**, Schick Makaroff, K., Beuthin, R., & Shermak, S. (2012). People living with serious illness: Stories of spirituality. *Journal of Clinical Nursing*, 21, 2347-2356.
- Molzahn, A., Sheilds, L., **Bruce, A.**, **Stajduhar, K. I.**, Schick Makaroff, K., Beuthin, R., & Shermak, S. (2012). Perceptions regarding death and dying of individuals with chronic kidney disease. *Nephrology Nursing Journal*, 39(3), 197-204.
- Pacaud, D., Kelley, H., **Downey, A.**, & Chiasson, M. (2012). Successful delivery of diabetes self-care education and follow-up through eHealth media. *Canadian Journal of Diabetes*, 36(5), 257-262. doi: 10.1016/j.jcjd.2012.08.006
- Piccinin, A. M.**, Muniz-Terrera, G., **Clouston, S.**, Reynolds, C. A., Thorvaldsson, V., Deary, I. J., Deeg, D. J. H., Johansson, B., Mackinnon, A., Spiro, III, A., Starr, J. M., Skoog, I., & **Hofer, S. M.** (2012). Coordinated analysis of age, sex, and education effects on change in MMSE scores. *Journals of Gerontology Series B: Psychological Sciences*, 68(3), 374-390. doi:10.1093/geronb/gbs077
- Rast, P.**, **Hofer, S. M.**, & **Sparks, C.** (2012). Modeling individual differences in within-person variation of negative and positive affect in a mixed effects location scale model using BUGS/JAGS. *Multivariate Behavioral Research*, 47(2), 177-200. doi:10.1080/00273171.2012.658328
- Rast, P.**, **MacDonald, S. W. S.**, & **Hofer, S. M.** (2012). Intensive measurement designs for research on aging. *GeroPsych: The Journal of Gerontopsychology and Geriatric Psychiatry*, 25(2), 45-55. doi:10.1024/1662-9647/a000054
- Rhodes, R. E.**, Mark, R., & Temmel, C. (2012). Adult sedentary behaviour: A systematic review. *American Journal of Preventive Medicine*, 42(3), e3-28.
- Robitaille, A.**, Muniz-Terra, G., **Piccinin, A. M.**, Johansson, B., & **Hofer, S. M.** (2012). Multivariate longitudinal modeling of cognitive aging: Associations among change and variation in processing speed and visuospatial ability. *GeroPsych: The Journal of Gerontopsychology and Geriatric Psychiatry*, 25(1), 15-24. doi:10.1024/1662-9647/a000051

- Sheets, D.** (2012). Gerontological nursing: Developing the art and science. *The Gerontologist*, 52(6), 876-879. doi:10.1093/geront/gns132
- Speed-Andrews, A. E., **Rhodes, R. E.**, Blanchard, C., Culos-Reed, N., Friedenreich, C. M., Belanger, L. J., & Courneya, K. S. (2012). Medical, demographic and social cognitive correlates of physical activity in a population-based sample of colorectal cancer survivors. *European Journal of Cancer Care*, 21, 187-196. doi: 10.1111/j.1365-2354.2011.01290.x
- Spulber, G., Niskanen, E., **MacDonald, S. W. S.**, Kivipelto, M., Padilla, D. F., Julkunen, V., Hallikainen, M., Vanninen, R., Wahlund, L.-O., & Soininen, H. (2012). Evolution of global and local grey matter atrophy on serial MRI scans during the progression from MCI to AD. *Current Alzheimer Research*, 9(4), 516-524.
- Thorne, S., & **Stajduhar, K. I.** (2012). Patient perceptions of communications on the threshold of cancer survivorship: Implications for provider responses. *Journal of Cancer Survivorship*, 6(2), 229-237. doi:10.1007/s11764-012-0216-z
- Thorvaldsson, V., Skoog, I., **Hofer, S. M.**, Börjesson-Hanson, A., Östling, S., Sacuiu, S., & Johansson, B. (2012). Nonlinear blood pressure effects on cognition in old age: Separating between-person and within-person associations. *Psychology and Aging*, 27(2), 375-383. doi:10.1037/a0025631
- Trinh, L., Plotnikoff, R. C., **Rhodes, R. E.**, North, S., & Courneya, K. S. (2012). Physical activity preferences in a population-based sample of kidney cancer survivors. *Supportive Care in Cancer*, 20(8), 1709-1717.
- Trinh, L., Plotnikoff, R. C., **Rhodes, R. E.**, Scott, N., & Courneya, K. S. (2012). Correlates of physical activity in population-based sample of kidney cancer survivors: An application of the theory of planned behavior. *International Journal of Behavioral Nutrition and Physical Activity*, 9(1), 96-107. doi:10.1186/1479-5868-9-96
- Valaitis, R., Martin Misener, R., Wong, S., **MacDonald, M.**, Meagher-Stewart, D., Austin, P., Kackzorowski, J., O'Mara, L., & Savage, R. (2012). Methods and technologies used in a scoping literature review of primary care and public health collaboration. *Primary Health Care Research & Development*, 13(3), 219-236.
- Wu, Z.**, Schimmele, C. M., & **Chappell, N. L.** (2012). Aging and late-life depression. *Journal of Aging and Health*, 24(1), 3-28. doi:10.1177/0898264311422599
- Wu, Z.**, Schimmele, C. M., & Hou, F. (2012). Self-perceived integration of immigrants and their children. *Canadian Journal of Sociology*, 37(4), 381-408.
- Zehr, E. P.**, & Loadman, P. M. (2012). Persistence of locomotor-related interlimb reflex networks during walking after stroke. *Clinical Neurophysiology*, 123(4), 796-807. doi:10.1016/j.clinph.2011.07.049
- Zehr, E. P.**, Loadman, P. M., & **Hundza, S. R.** (2012). Neural control of rhythmic arm cycling after stroke. *Journal of Neurophysiology*, 108(3), 891-905. doi:10.1152/jn.01152.2011

Appendix D: Presentations

Benoit, C. (2012, May). *Interrogating structural violence*. Critical Inquiries in Mental Health Inequities: Exploring Methodologies for Social Justice. Centre for the Study of Gender, Social Inequities and Mental Health, Simon Fraser University, Vancouver, BC.

Blanchard, C. M., McSweeney, J., Balish, S., Giacomantonio, N., Reid, R., **Rhodes, R. E.**, Spence, J. C., Murnaghan, D., & McGannon, K. (2012, June). *Distinct trajectories of light and moderate to vigorous physical activity in heart disease patients who do not attend cardiac rehabilitation*. Presented at the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI, USA.

Brewster P., MacDonald, S. W. S., Laukka, E. J., Fratiglioni, L., & Backman, L. (2012, February). *Protective effects of late-life mental activities against cognitive decline in prodromal Alzheimer Disease and their relation to earlier-life reserve proxies*. Poster presented at the 40th Annual Meeting of the International Neuropsychological Society, Montreal, QC.

Brewster, P., Tuokko, H., & MacDonald, S. W. S. (2012, July). *Inter-test variability contributes independently to the five-year prediction of Alzheimer's Disease in non-demented older adults*. Poster presented at the 12th Annual Alzheimer's Association International Conference on Alzheimer's Disease, Vancouver, BC.

Brocardo, P. S., Gil-Mohapel, J., Choquette, W., Gothard, R., Simpson, J., & **Christie, B. R.** (2012, October). *The impact of aging on adult hippocampal neurogenesis, learning and memory*. Poster presented at the annual meeting of the Society for Neuroscience, New Orleans, LA, USA.

Brown, C. L., Piccinin, A. M., Gibbons, L. E., **Robitaille, A.**, Kennison, R. F., Lindwall, M., Mitchell, M., Shirk, S. D., Atri, A., Benitez, A., **MacDonald, S. W. S.**, Zelinski, E., Willis, S. L., Schaie, K. W., Johansson, B., Dixon, R. A., Mungas, D. M., Cimino, C. R., & **Hofer, S. M.** (2012, October). *Social activity and maintaining cognitive abilities in aging: Evidence from up to 21 years of longitudinal data from three nations*. Poster presented at the 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.

Bruce, A. (2012, December). *The many faces of Buddhism: Perspectives on dying*. VIHA-Victoria Hospice Education Series for End of Life Care – Faith, Spiritual and Cultural Perspectives on End of Life, Victoria, BC.

Cater, R., **Hundza, S. R., Love, J. A.**, Birch, B., **Brewster, P.**, Gordichuk, A., Livingston, N., & **MacDonald, S. W. S.** (2012, April). *Gait variability: Implications of assessment technique and analysis method*. Poster presented at the 6th Annual Psychology Students of Vancouver Island Poster Session (PSOVIPS), Victoria, BC.

Chappell, N. L. (2012, April). *An appropriate and cost-effective health care system for an ageing society*. Annual meetings of the College and University Retiree Associations of Canada, Victoria, BC.

Chappell, N. L. (2012, February). *A social perspective on dementia: Research advances and promising directions*. 1st International Symposium on Alzheimer's Disease and Related Disorders, French National Foundation on Alzheimer's Disease, Paris, France.

Chappell, N. L. (2012, May). *Caregiving: Where have we been; What's important for the future?* Spring Research Symposium, Centre on Aging, University of Manitoba, Winnipeg, MN.

Chappell, N. L. (2012, May). *Home care for an aging society: Why it's needed; How it can be effective*. 21st annual John K. Friesen conference, Innovations in Home Care: A Public Policy Perspective, Vancouver, BC.

Chappell, N. L. (2012, October). *An appropriate and cost-effective health care system for an aging society – Implications for China*. International Conference on Policy of Aging and Health, Institute for Population and Development Studies, Xi'an Jiaotong University, Xi'an, China.

Chappell, N. L. (2012, October). *Continuing care as a critical component of integrated care*. 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.

Chappell, N. L. (2012, September). *An appropriate and cost-effective health care system for an aging society*. Keynote speaker at the Aging Research in Newfoundland and Labrador: Achievements and Prospects conference, Corner Brook, NL.

Chappell, N. L. (2012, September). *Leadership and administration: Organization, administration and structure of a NL Centre on Aging*. Aging Research in Newfoundland and Labrador: Achievements and Prospects conference, Corner Brook, NL.

Chappell, N. L. (2012, September). *Reflections, feedback and advice on a NL Centre on Aging: Lessons from the experience of others*. Keynote speaker at the Aging Research in Newfoundland and Labrador: Achievements and Prospects conference, Corner Brook, NL.

Christie, B. R. (2012, February). *Exercising our minds: Effects of exercise on brain structure and function*. Keynote speaker at the Pacific Brain Injury Conference, Vancouver, BC.

Christie, B. R. (2012, May). *The impact of ageing on adult hippocampal neurogenesis, learning and memory*. Canadian Association of Neuroscience, Vancouver, BC.

Clouston, S. A., Kuh, D., Richards, M., & Hofer, S. M. (2012, August). *The implications of educational benefits and propensity for educational attainment in health research*. Annual meeting of the American Sociological Association, Denver, USA.

Cloutier-Fisher, D. (2012, April). *Homes and castles: Seniors living arrangements*. 10th annual College and University Retiree Association of Canada conference and general meeting, Victoria, BC.

Cloutier-Fisher, D., & Keller, C. P. (2012, April). *A wellness atlas for BC*. 10th annual College and University Retiree Association of Canada conference and general meeting, Victoria, BC.

Cloutier-Fisher, D., & Kobayashi, K. M. (2012, November). *The Lone Ranger: a motif for older men with small social networks*. 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego, USA.

Davies, B., **Downey, A.**, Ritchie, J., Ploeg, J., Jarvi, K., & Edwards, N. (2012, June). *Benefits, benefit levers and cost associated with long-term nursing guideline sustainability and spread*. International Nursing Conference – Caring to Know, Knowing to Care, Jerusalem, Israel.

DeCarlo, C. A., Vergote, D., MacDonald, S. W. S., Whitehead, B. P., Westaway, D., Jhamandas, J., & Dixon, R. A. (2012, July). *Genetic markers of cognitive status and stability in the Victoria Longitudinal Study*. Poster presented at the Biennial Meeting of the International Society for the Study of Behavioural Development, Edmonton, AB.

- DeCarlo, C. A.**, Vergote, D., Whitehead, B. P., **MacDonald, S. W. S.**, Westaway, D., Jhamandas, J., & Dixon, R. A. (2012, April). *Testing independent and interactive associations of genetic and other biomarkers of cognitive risk, status and stability in the Victoria Longitudinal Study*. Poster presented at the 14th Biennial Cognitive Aging Conference, Atlanta, USA.
- Deckha, M.** (2012, July). *Intersectional and the privileged human subject*. Preconference Gender and Politics Workshop, International Political Science Association Congress, Madrid, Spain.
- Gainforth, H., Craig, C., Spence, J.C., **Rhodes, R. E.**, Tremblay, M., & Berry, T. (2012, April). *Evaluating the uptake of Canada's new Physical Activity Guidelines*. Presented at the 2012 Annual meeting for the Society of Behavioral Medicine, New Orleans, USA.
- Gil-Mohapel, J., Kannangara, T. S., Bostrom, C. A., Flamank, A., Thompson, L., Cater, R., & **Christie, B. R.** (2012, October). *NMDA receptor GluN2A subunits are required for normal dendritic development of dentate granule neurons*. Poster presented at the annual meeting of the Society for Neuroscience, New Orleans, LA.
- Grand, J. H. G.**, **MacDonald, S. W. S.**, & **Tuokko, H.** (2012, February.) *Intra-individual variability and behavioral plasticity predicts cognitive change in older adults*. Poster presented at the 40th Annual Meeting of the International Neuropsychological Society, Montreal, QC.
- Hallsgrimsdottir, H., **Benoit, C.**, Einarsdóttir, T., & Wrede, S. (2012, June). *Mother-citizens and citizen-workers: First-wave feminist claims for social citizenship in Iceland, Canada, and Finland, 1890 to 1935*. Nordwel International Conference: Cross-Disciplinary Perspectives on Welfare State Development, Odense, Denmark.
- Hallsgrimsdottir, H., Einarsdóttir, T., & **Benoit, C.** (2012, August). *Mother-citizens and citizen workers: Historical contingency, social policy development, and heterogeneity in the gendered meanings of women's citizenship claims in Canada, Sweden, Iceland, and Finland, 1870 to 1930*. 26th annual conference of the Nordic Sociological Association, Reykjavik, Iceland.
- Hawley, D. F., Morch, K., **Christie, B. R.**, & Leasure, J. L. (2012, October). *Region-specific changes in neurogenesis and protein expression in the hippocampus following chronic unpredictable stress and/or learning experience*. Poster presented at the annual meeting of the Society for Neuroscience, New Orleans, LA.
- Hofer, S. M.** (2012, November). *Advancing research on life course epidemiology: Embedding intensive measurement designs in longitudinal research*. Cardiff University, Cardiff, Wales.
- Hofer, S. M.** (2012, October). *Advancing research on lifespan development and aging: Embedding intensive measurement designs in longitudinal research*. University of Ulm, Ulm, Germany.
- Hofer, S. M.** (2012, October). *Advancing research on lifespan development and aging: Embedding intensive measurement designs in longitudinal research*. Bremen University, Bremen, Germany.
- Hofer, S. M.** (2012, September). *Advancing life course epidemiology in ageing research: The potential of measurement intensive designs*. Society for Social Medicine conference, A life course approach to healthy ageing, London, England.

Hofer, S. M. (2012, September). *Advancing research on development and aging: Embedding intensive measurement designs in longitudinal research*. Concordia University, Montréal, QC.

Hofer, S. M., & Rast, P. (2012, October). *Substantial power to detect variance and covariance among rates of change: Results based on actual longitudinal studies and related simulations*. Society of Multivariate Experimental Psychology, Vancouver, BC.

Jansson, M., Roth, E. A., **Benoit, C.**, Hallgrimsdottir, H., & Ngugi, E. (2012, January). *Family kinship patterns and the entry into sex work among women in Kibera, Nairobi, Kenya*. University of Nairobi Collaborative Group Meeting, Nairobi, Kenya.

Kang, C., & **McGowan, P.** (2012, November). *Engaging and empowering Cantonese-speaking seniors to take effective action against chronic disease*. BC Public Health Conference, Burnaby, BC.

Kannangara, T. S., Eadie, B. D., Bostrom, C. A., Brocardo, P. S., & **Chrisitie, B. R.** (2012, October). *The role of the GluN2A subunit of the NMDA receptor in synaptic plasticity and spatial pattern separation in the dentate gyrus*. Annual meeting of the Society for Neuroscience, New Orleans, USA.

Kaskie, B., **Sheets, D.**, Stewart, S., Navarro, A., & Villa, V. (2012, November). *The gerontological imagination: Research from the first doctorates in gerontology*. Symposium presented at the 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Kaushal, N., & **Rhodes, R. E.** (2012, November). *Investigating correlates of habitual exercise behavior: Tracking habit development over 12 weeks*. Canadian Society for Psychomotor Learning and Sport Psychology conference, Halifax, NS.

Kirkland, S., Wolfson, C., Raina, P., Griffith, L., Oremus, M., Balion, C., Emond, P., Wioster, A., **Penning, M. J., Tuokko, H.**, Cynader, M., Kobor, M., Hogan, D., Menec, V., Taler, V., Chambers, L., Payette, H., & Mugford, G. (2012, October). *The Canadian Longitudinal Study on Aging as a platform for research on aging*. 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.

Kivnick, H., **Sheets, D.**, Schmidt, P., & Maier, J. (2012, November). *Integrating the arts and humanities in teaching gerontology*. 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Kobayashi, K. M. (2012, November). *Fraser Health Authority residential program care delivery model evaluation*. 9th Annual Leadership Program for Physicians and Leaders in Long Term Care, Centre for Healthy Aging at Providence, Vancouver, BC.

Latimer-Cheung, A., **Rhodes, R. E.**, Kho, M., Tomasone, J., Perrier, M. J., Gainforth, H., Nasuti, G., & **Kowalski, K.** (2012, April). *Developing evidence-based messages for translating physical activity guidelines into practice*. Annual meeting for the Society of Behavioral Medicine, New Orleans, USA.

MacDonald, M., Parks, A., Allan, D., Tomm-Bonde, L., Valaitis, R., & Schreiber, R. (2012, June). *Factors influencing the implementation of evidence-based core public health programs in BC*. Canadian Public Health Association annual conference, Edmonton, AB.

MacDonald, S. W. S., Brewster, P., Laukka, E. J., Fratiglioni, L., & Bäckman, L. (2012, July). *Intraindividual variability across neuropsychological tasks is associated with risk of Alzheimer's Disease*. Poster presented at the 12th Annual Alzheimer's Association International Conference on Alzheimer's Disease, Vancouver, BC.

MacDonald, S. W. S., Brewster, P., Thorvaldsson, V., Johansson, B., & Bäckman, L. (2012, July). *Moderators of onset and rate of cognitive decline during the prodromal period of dementia*. Biennial Meeting of the International Society for the Study of Behavioural Development, Edmonton, AB.

MacDonald, S. W. S., Love, J. A., Quade, T. L., **DeCarlo, C. A.,** Halliday, D., & Dixon, R. A. (2012, April). *Linking variability, gait, and cognition: What sensorimotor indicators can tell us about cognitive aging*. Poster presented at the 14th Biennial Cognitive Aging Conference, Atlanta, USA.

Mallidou, A. A., Cummings, G., Schalm, C., & Estabrooks, C.A. (2012, October). *QRST: A pilot study*. 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.

McCarthy, B., **Benoit, C.,** & Jansson, M. (2012, July). *Factors linked to selection into sex work: A comparative study of three service occupations*. 22nd Biennial Meeting of the International Society for the Study of Behavioural Development, Edmonton, AB.

McDonald, C., & McIntyre, M. (2012, June). *Hermeneutic understandings of disclosure of sexual orientation: Intersections of aging and feminist and political social communities*. 29th Annual Qualitative Analysis Conference: Cultures of Narrative, St. John's, NL.

McGowan, E., Speed-Andres, A., **Rhodes, R. E.,** Blanchard, C., Culos-Reed, N., Friedenreich, C., & Courneya, K. S. (2012, April). *Sport participation in colorectal cancer survivors: An unexplored approach to promoting physical activity*. Presented at the 2012 Annual meeting for the Society of Behavioral Medicine, New Orleans, USA.

McGowan, P. (2012, May). *Making self-management programs available to all British Columbians*. Canadian Pain Society Conference. Whistler, BC.

McGowan, P. (2012, May). *Using self-management support strategies to influence patient behaviour*. Transforming Wound, Ostomy and Continence Care Conference. Canadian Association for Enterostomal Therapy. Vancouver, BC.

McGowan, P. (2012, November). *Strategies to support patient self-management of chronic wounds*. 18th Annual Canadian Association of Wound Care Conference: A Canadian Healthcare Crisis: Chronic Wounds. London, ON.

McGowan, P. (2012, October). *Self-management programming to enhance level of patient activation*. Addressing seniors' perspectives to sustain quality involvement. 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.

McGowan, P. (2012, October). *Using self-management support with clients. Integrating self-management support into clinical practice*. Continuing Care Conference, Yellowknife, NT.

Moreau, J. (2012, May). *Discourses of functional decline: An exemplary of the politics of knowledge*. Presentation at International Philosophy in the Nurse's World: Politics of Nursing Practice II, Banff, AB.

- Moreau, J.** (2012, October). *Divergent/changing worlds of bathing practices: An examination of residents' and care aides' experiences and perspectives*. Presentation at Canadian Association of Gerontology Conference, Vancouver, BC.
- Mulligan, B. P., **Smart, C. M.**, Krawitz, A., Miller, S. A., Jarvis, S., & **Hunter, M. A.** (2012, June). *Impact of mindfulness training on cognitive regulation indexed by changes in response time intra-individual variability*. Mind and Life Summer Research Institute, Garrison, USA.
- O'Mara, L., Valaitis, R., Regan, S., Kothari, A., Garcia, J., **MacDonald, M.**, Manson, H., & Hunter, D. (2012, May). *Public health policy implementation in one Canadian province: Findings and processes to engage public health decision makers in a program of research*. Policy Research World Conference, Lisbon, Portugal.
- Patten, A. R., Brocardo, P., Sickmann, H., & **Christie, B. R.** (2012, October). *Omega-3 fatty acid supplementation rescues learning and memory deficits associated with Fetal Alcohol Spectrum Disorders*. Poster presented at the annual meeting of the Society for Neuroscience, New Orleans, USA.
- Penning, M. J.** (2012, November). *Caregiving*, 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego, USA.
- Penning, M. J.** (2012, October). *The Canadian Longitudinal Study on Aging as a platform for research on aging*. 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.
- Penning, M. J.** (2012, October). *The Canadian Longitudinal Study on Aging: A foundation for international comparative research*. International Symposium on Aging and Health Policy, Institute for Population and Development Studies, Xi'an Jiaotong University, Xi'an, China.
- Penning, M. J., & Wu, Z.** (2012, May). *Immigration and loneliness in later life*. SSHRC Population Change and Lifecourse Strategic Knowledge Cluster, Toronto, ON.
- Penning, M. J., & Wu, Z.** (2012, November). *Intermarriage and social support in middle and later life*. 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego, USA.
- Phillips, R., McCarthy W., Jansson, M., & **Benoit, C.** (2012, October). *A gendered analysis of trauma as a determinant of mental health and substance use among lower prestige service workers*. Third Biennial Bilingual Conference of the Canadian Society for the Sociology of Health, Ottawa, ON.
- Piccinin, A. M.** (2012, November). *Measurement, statistics, and research design: innovative approaches to the synthesis of knowledge in gerontology: integrative data analysis*. Symposium conducted at the 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.
- Piccinin, A. M.**, Kennison, R. F., Lindwall, M., Mitchell, M., Cimino, C. R., Benitez, A., **Brown, C. L.**, Gibbons, L. E., **MacDonald, S. W. S.**, **Robitaille, A.**, Shirk, S. D., Atri, A., Zelinski, E., Willis, S. L., Schaie, K. W., Johansson, B., Dixon, R. A., Mungas, D. M., & **Hofer, S. M.** (2012, October). *Coordinated analysis of cross-sectional and longitudinal associations between physical and cognitive activity and cognition*. 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.

Quade, T., Love, J. A., & MacDonald, S. W. S. (2012, April). *Determining the associations among stress, age, gait, and cognition: A study of functional ability*. Poster presented at the 6th Annual Psychology Students of Vancouver Island Poster Session (PSOVIPS), Victoria, BC.

Rhodes, R. E. (2012, April). *An action control approach to understanding exercise behaviour*. Annual meeting for the Society of Behavioral Medicine, New Orleans, USA.

Rhodes, R. E., & Dickau, L. (2012, April). *Experimental evidence for the intention-behaviour relationship in the physical activity domain: A meta-analysis*. Annual meeting for the Society of Behavioral Medicine, New Orleans, USA.

Rhodes, R. E., Djukic, J., & Temmel, C. (2012, June). *Neighborhood aesthetics and its association with walking in a Canadian setting: A pilot study*. Annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, USA.

Rhodes, R. E., Mark, R., & Temmel, C. (2012, April). *Correlates of adult sedentary behaviour: A systematic review*. Annual meeting for the Society of Behavioral Medicine, New Orleans, USA.

Rhodes, R. E., Murray, H., Temple, V.A., Tuokko, H., & Wharf Higgins, J. (2012, June). *Pilot study of a dog walking intervention: effects of a focus on canine health*. Annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, USA.

Rhodes, R. E., Nasuti, G., & Fiala, B. (2012, June). *Automaticity as a predictor of exercise action control*. Annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, USA.

Robitaille, A., Muniz, G., Lindwall, M., Piccinin, A. M., Hoffman, L., Johansson, B., & Hofer, S. M. (2012, October). *Physical activity and cognitive functioning among older adults: Within- and between-person cognitive and psychosocial mediators*. Poster session presented at the 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.

Robitaille, A., Muniz, G., Piccinin, A. M., Johansson, B., & Hofer, S. M. (2012, February). *Multivariate longitudinal modeling of cognitive change: Relationship between processing speed and visuospatial ability*. Poster presented at the 2012 Society for Research in Child Development Themed Meeting: Developmental Methodology, Tampa, USA.

Schreiber, R., Tonn Bonde, L., Allan, D., & MacDonald, M. (2012, June). *Fading vision: Knowledge translation in the implementation of public health policy*. Canadian Public Health Association annual conference, Edmonton, AB.

Sheets, D., Cherry, D., Revilla, L., & Kelley, A. (2012, November). *Public awareness and family caregiving: Improving access to information and support*. Symposium presented at the 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego, USA.

Sheets, D., Howland, S., Kelly, A., & Ceja-Aguilar, A. (2012, March). *Supporting family caregivers in culturally diverse communities*. Symposium presented at the Aging in America Conference, Washington, USA.

Sheets, D., Kaye, L., Wolf, M., & Sokolow, T. (2012, March). *Caring for caregivers: Fostering innovative support*. Symposium presented at the Aging in America Conference, Washington, USA.

Smith, A. (2012, October). *Promising a better tomorrow for Alzheimer's disease: A semiotic analysis of cholinesterase inhibitors advertisements in medical journals*. 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.

Smith, A., Kobayashi, K. M., & Chappell, N. L. (2012, July). *Examining the discontinuation of cholinesterase inhibitor therapy from the perspectives of Alzheimer's disease caregivers and physicians*. Alzheimer's Association International Conference, Vancouver, BC.

Smith, A., Kobayashi, K. M., & Chappell, N. L. (2012, November). *Hope amidst uncertainty: The experiences of physicians with prescribing cholinesterase inhibitors*. 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego, USA.

Smith, A., Kobayashi, K. M., & Chappell, N. L. (2012, October). *Discontinuing cholinesterase inhibitor therapy: Connecting caregivers' experiences to clinical practice*. 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.

Sparks, C., Piccinin, A. M., Hoffman, L. R., & Hofer, S. M. (2012, February). *Prediction of change under alternate codings of time*. Poster presented at the 2012 Society for Research in Child Development Themed Meeting: Developmental Methodology, Tampa, USA.

Stajduhar, K. I. (2012, February). *Looking forward, look back: What history can teach us about educating nurses in the care of the dying*. Keynote address, Canadian Association of Schools of Nursing Palliative and End-of-Life Care National Stakeholder Symposium, Toronto, ON.

Stajduhar, K. I. (2012, September). *Family caregiver burden at the end of life*. Plenary address given at the Canadian Academy of Health Sciences Annual Forum, Ottawa, ON.

Trinh, L., Plotnikoff, R. C., **Rhodes, R. E.**, North, S., & Courneya, K. S. (2012, June). *Understanding physical activity among kidney cancer survivors using the theory of planned behaviour*. Annual Meeting of the American College of Sports Medicine (ACSM,) San Francisco, USA.

Tuokko, H., Rhodes, R. E., Love, J. A., Cloutier, D., Jouk, A., & Schoklitsch, A. (2012, October). *Just the facts: Changes in older driver attitudes after exposure to educational interventions*. 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.

Valaitis R., **MacDonald, M.**, O'Mara, L., Martin-Misener, R., Meagher-Stewart, D., Wong, S., Austin, P., Murray, N., Nelligan, P., & Baumann, A. (2012, April). *An ecological framework for public health and primary care collaboration: Reflections from provincial, health unit, and front line perspectives*. The Ontario Public Health Convention, Toronto, ON.

Valaitis, R., O'Mara, L., **MacDonald, M.**, Martin-Misener, R., Meagher-Stewart, D., & Wong, S. (2012, February). *Collaboration between public health and primary care: Creating a theoretical framework*. Chronic Disease Prevention Alliance of Canada (CDPAC). Fourth Pan-Canadian Conference, Integrated Chronic Disease Prevention: It Works! Ottawa, ON.

Votova, K., & **Penning, M. J.** (2012, May). *The Canadian immigrant population aged 50+ and the propensity for integrated care: An examination of equitable access to medical, complementary, and preventive health care services*. Presented at the Canadian Association for Health Services and Policy Research Conference (CAHSPR), Montreal, QC.

Votova, K., & **Penning, M. J.** (2012, October). *Integrative medicine use among Canadian women in middle and later life: Patterns and predictors of medical, complementary/alternative and public health service use*. 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.

Votova, K., Blais, R., & **Penning, M. J.** (2012, May). *'Poly-herbacy' meets 'poly-pharmacy'. An examination of current use of pharmaceutical, over-the-counter, and natural health products among Canadian adults*. Pharmaceutical Policy Research Collaboration (PPRC) Spring Meeting, Montreal, QC.

White, E. R., Brocardo, P. S., Hawley, D., Leasure, J. L., & **Christie, B. R.** (2012, October). *Chronic unpredictable stress attenuates synaptic plasticity in the dentate gyrus and increases the incidence of depressive-like behaviours*. Poster presented at the annual meeting of the Society for Neuroscience, New Orleans, USA.

Wu, Z., Lee, S.M., Edmonston, B., & Hou, F. (2012, June). *An earnings comparison of chinese immigrants and the second generation in Canada and the US*. Annual meeting of Canadian Population Society, Waterloo, ON.

Yao, C., **Hultsch, D. F.**, & **MacDonald, S. W. S.** (2012, April). *Health status moderates the effect of intraindividual variability on cognitive change over a 4-year period*. Poster presented at the 14th Biennial Cognitive Aging Conference, Atlanta, USA.

Young, L. E., **Mallidou, A. A.**, **Sheets, D.**, Liu, G., & **Tuokko, H.** (2012, October). *Transitions in older women's lives: Examining the impact of becoming a widow on health and social participation*. 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.

Young, L. E., **Mallidou, A.**, **Sheets, D.**, Liu, G., & **Tuokko, H.** (2012, October). *Transitions in older women's lives: Examining the impact of becoming a widow on health and social participation*. CIHR Advancing Excellence in Gender Sex and Health Research, Montreal, QC.

Young, L. E., **Sheets, D.**, & **Mallidou, A.** (2012, November). *Older widows: What are the risks for health and well-being?* Aging and Society Conference, Vancouver, BC.



**University
of Victoria**
Centre on Aging

Centre on Aging

University of Victoria
PO Box 1700 STN CSC
Victoria BC V8W 272
Tel: 250-721-6369
Fax: 250-721-6499
Email: senage@uvic.ca
Web: www.coag.uvic.ca



Seniors

- Volunteers
- Mentors
- Participants



Faculty

- Researchers
- Educators
- Mentors



Students

- Researchers
- Volunteers
- Trainees



Staff

- Implementors
- Innovators
- Support