

# 2019 Annual Report



**University  
of Victoria**

Institute on Aging  
& Lifelong Health

# About the Institute

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Established in 1992, the Institute on Aging and Lifelong Health (IALH) is a multi-disciplinary research facility located at the University of Victoria (UVic). The Institute conducts, supports, and promotes high quality, relevant research to improve the health and quality of life of an increasingly diverse population across their adult life.

Healthy aging is a life-long process that is influenced by a wide range of biological, psychological, social, environmental, geographical and cultural factors. Faculty, post-docs, and undergraduate and graduate students from over 20 departments at UVic are formally affiliated with IALH. Collectively, they conduct research in several areas, including, but not limited to: healthy lifestyles; brain health; digital health; aging in place; health equity; health service organization and delivery; and knowledge translation.

Here are ***some examples*** of projects currently being conducted by IALH researchers:

- a large 20-year multi-site longitudinal study being conducted across Canada to better understand factors affecting the health and well-being of individuals 45 years of age and older;
- studies exploring the effects of vascular changes, concussions, and neurological conditions (e.g., multiple sclerosis, Parkinson's disease, Alzheimer's disease and other dementias) on the aging process;
- studies exploring the use of technology (e.g., mobile health apps, assistive devices, virtual care) to positively affect people's behaviour, functioning, quality of life, and health;
- studies examining the impact of the arts (e.g., theatre performances, community-based choirs) on individuals with dementia and their caregivers; and
- studies looking at the availability, quality, and impact of health services on frail, vulnerable and marginalized populations.

## TABLE OF CONTENTS

Director's Message .....	PG 4
Institute on Aging and Lifelong Health, Ladner Office .....	PG 6
IALH Studies in 2019 .....	PG 8
IALH Faculty Affiliates .....	PG 12
IALH Affiliates in the Media .....	PG 18
IALH Student Affiliates .....	PG 20
IALH Advisory Board & Community Partners .....	PG 23
IALH Student Awards .....	PG 24
Faculty Affiliate Award Recipients .....	PG 26
IALH Hosted Events .....	PG 28
IALH Participating Events .....	PG 30



# Director's Message

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The organization and structure of IALH has changed over the last year with a greater emphasis on promoting and supporting research collaborations among IALH affiliates. The restructuring of the Institute led to the creation of a Research Manager position in addition to the Institute Administrator and Finance Administrator positions. The Institute Administrator provides day-to-day leadership, Human Resources, coordination and support to ensure that the Institute operates smoothly and efficiently. The Finance Administrator provides financial and general administrative and grant support for IALH activities and research grants. The Research Manager supports the implementation of IALH strategic research initiatives and related projects (including supervision of project-specific research coordinators), manages the research infrastructure, supports the development of affiliate-led collaborative grant applications, and contributes to building partnerships with the government, health care providers, and community partners.

A couple of years ago, I initiated a broad survey to identify research strengths and areas of grant and publication activity among IALH affiliates. We initially identified five strategic initiatives and then reframed these into three strategic areas (cognitive health, lifelong health, and frailty and vulnerability) and three cross-cutting approaches (longitudinal studies and interventions, care and technological innovations, and data analytics). This framework of strategic initiatives and interdisciplinary/cross-cutting approaches was meant to both highlight and guide research activities with the goal of increasing affiliate-led collaborative research within the institute and with external partners. Although this framework was introduced only a year ago, we have begun to see new research collaborations and increased grant activities related to both substantive and methodological clusters of expertise.



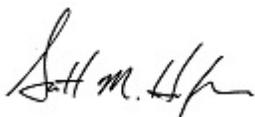
IALH faculty and student affiliates are at the forefront of advancing leading-edge research in cognitive health, health behaviors, lifespan and social determinants of health, health informatics and health systems, health services delivery, technological innovations, end of life care, and data analytics. Over the last year, IALH affiliates have continued to engage in grant development and projects with a number of national and international researchers as well as with industry partners in medicine, nursing, health sciences, social sciences, basic science, and software development (mobile health technologies; integration of patient reported outcomes). This exemplary research provides us with opportunities to share knowledge and create new synergies.

The Institute continues to support partnerships with health authorities and other academic research institutions. For example, the BC Self-Management Program, initiated and directed by Associate Director Patrick McGowan, has maintained close working relationships with the five regional health authorities (Island Health, Interior Health, Fraser Health, Northern Health, Vancouver Coastal Health). Some of the programs available through Self-Management BC are available in other languages (e.g., Punjabi, Mandarin). IALH also has strong partnerships with UVic-based organizations such as CanAssist, the Lafayette String Quartet and the UVic Retirees Association as well as with external organizations such as the Greater Victoria Eldercare Foundation.

In closing, I would like to thank IALH Manager, Lois Holizki, for her years of excellent service to the Institute. Lois was the backbone of IALH for 23 years and the person that everyone turned to for assistance. She advocated for and promoted activities and research that advanced the well-being and interests of the older person. As a gifted administrator, Lois worked with each one of this research centre's Institute Directors, and all levels of staff, faculty and students to make sure the Institute's goals were met on a daily basis. In 2014, she received the President's Distinguished Service Award for her commitment to the Institute and the University of Victoria. On behalf of IALH, I wish Lois all the best in her retirement.

Scott Hofer

Director



# Institute on Aging & Lifelong Health Ladner Office

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## Group Self-Management Programs

Group Self-Management Programs are delivered in communities throughout BC by trained volunteer leaders to groups of 10 to 12 persons once a week for 2 ½ hours for six consecutive weeks. During 2019, 478 trained volunteer program leaders implemented 239 six-session Stanford Self-Management Programs to 2,486 persons with chronic health conditions living in 46 BC communities. A total of 114 community venues (e.g., community centres) provided free program space. Four different self-management programs were delivered: Chronic Pain - 107; Chronic Conditions - 81; Diabetes - 46 and Cancer - 5. A total of 171 programs were delivered in English communities, 33 in Punjabi communities, 29 in Chinese communities, and 6 in Indigenous communities. In addition, 47 leader training workshops were conducted resulting in new program leaders.



*As a Self Management Facilitator, I lead workshops for people with chronic conditions. Over six weeks, participants develop strategies on living their best life possible. While Facilitators also live with chronic conditions, our role here is to chair the meetings, and deliver vetted information. We ensure that the milieu is ethical, positive and supportive. Participants learn through action planning, and the group reinforces the lessons with support, caring, and lived experience. We all cheer as participants gradually empower themselves with new skills and confidence. Their transformation is amazing and I am privileged to witness it.*

*-Barbara Wiggins, Self-Management Program Leader*



## Health Coach Program

In the Health Coach Program, volunteers receive a two-day training and are then paired with a participant for a three-month period. During the three months, Coaches make 30-minute weekly telephone calls to their participant(s) to provide support and guidance to help them make changes to better manage their health condition(s) and associated complications, find helpful community resources, and take action to live a healthier life. During the three-month period, program staff contact the Coaches three times to provide support and encouragement. During 2019, 26 new Coaches were trained and a total of 195 persons were paired with coaches. To date, 106 volunteers have completed the health coach training.



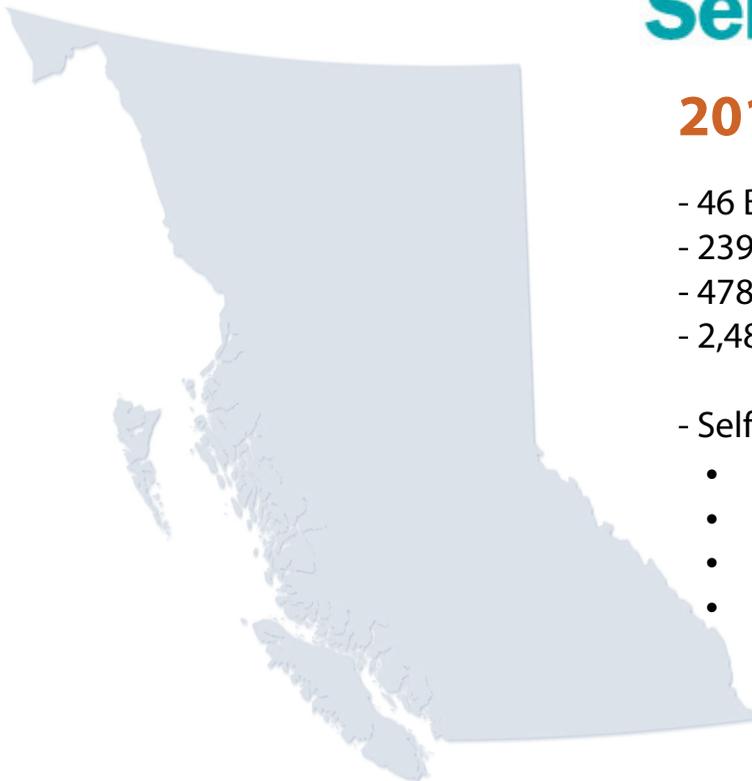
*I was first introduced to the Self-Management programs about nine years ago. I ended up attending the six-week chronic pain program and it literally changed my life. Being in a room with several people who honestly "know how you feel," including the leaders, is a very empowering feeling. Then, someone called to say that there was another program, Health Coaching, where I do one-on-one calls helping participants reach their self-management health goals over a three to six-month period. The fact I can do this from my home for a half-hour per week makes it so much easier to commit. I can't say enough about the Health Coach Program. I firmly believe that it gives what I have gone through in 30-plus years of chronic pain and other conditions validity. I can share with and help others to feel better and maybe they will be able to pay it forward as well.*

*-Lydia Beier, Health Coach*

## Self-Management British Columbia

### 2019 Quick Stats:

- 46 BC communities
- 239 six-week sessions
- 478 volunteer program leaders
- 2,486 participants
  
- Self-management programs delivered:
  - Chronic Pain - 107
  - Chronic Conditions - 81
  - Diabetes - 46
  - Cancer - 5



# IALH Studies in 2019

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## **Canadian Longitudinal Study on Aging**

### **Investigators**

Lead Principal Investigator - Parminder Raina, McMaster University

Co-Principal Investigators - Christina Wolfson, McGill University and Susan Kirkland, Dalhousie University

UVic Locally Responsible Investigator - Scott Hofer, Professor, UVic Department of Psychology and Director, Institute on Aging and Lifelong Health

Locally Responsible Investigators from Simon Fraser University, University of British Columbia, University of Calgary, University of Manitoba, University of Ottawa, McMaster University, Université de Sherbrooke, McGill University, Dalhousie University and Memorial University

Funded by the Canadian Institutes of Health Research

### **Description**

The Canadian Longitudinal Study on Aging (CLSA) is a large, national study that is following approximately 50,000 Canadians over a 20 year period. The CLSA is both a research study and a research platform. As a research study, the CLSA is designed to look at a number of different factors (e.g., biological, medical, psychological, social and economic) that impact how individuals age. As a research platform, the CLSA is intended to provide research evidence to inform health and social care policies as well as government programs and services. The CLSA is enabling researchers to generate new knowledge, and is helping build research capacity in Canada by encouraging current and future researchers to explore new areas of aging.

CLSA data are being collected by research staff located at 11 universities across Canada. The data are collected in three year phases from study participants who were between 45 and 85 years of age when the study began in 2012. Participants can remain in the study: a) if they move from their initial community to another community in Canada or elsewhere in the world; b) if they can no longer answer questions on their own; and c) until they die or choose to withdraw. As of December 2019, data collection for the first two phases (Baseline and Follow-Up 1) had been completed and data collection for the third phase (Follow-Up 2) was in progress.

### **UVic CLSA Study Site**

Through an agreement between UVic and Island Health, IALH supports the UVic CLSA study site which is located at the Gorge Road Hospital in Victoria. At this site, 3053 individuals completed the Baseline phase and 2783 individuals (91.2%) completed Follow-Up 1. Although some participants withdrew from the study, others chose not to complete the second phase, died, could not be located, or will require additional assistance to continue participating. UVic participants currently live on the south, mid and north island, on the Gulf Islands, in other parts of Canada, in the US and Mexico, and in Europe.



IALH would like to recognize and thank the UVic CLSA staff, particularly those who have been with the study since its inception, for their dedication and commitment. In 2019, study staff included: Parisima Ahmadifard, Deborah Ball, Lindsay Cassie, Kayleigh Clark, Doris Davis, Nancy Davis, Ashlee Dronfield, Monica Kelly, Jo Ann Miller, Linda Outcalt, Bernie Paillé and Valerie Soto.

## ***The Victoria Assistive Devices and Coach (VADAC) Study***

### **Investigators**

Lead Principal Investigator - Scott Hofer, Professor, UVic Department of Psychology and Director, Institute on Aging and Lifelong Health

Co-Investigator - Patrick McGowan, Professor, UVic School of Public Health and Social Policy, and Associate Director, Institute on Aging and Lifelong Health

Co-Investigator - Ryan Rhodes, Professor, UVic School of Exercise Science, Physical and Health Education, and Associate Director, Institute on Aging and Lifelong Health

Funded by the Canadian Institutes of Health Research

### **Description**

The goals of the study are: a) to investigate whether technology, such as home-based electronic devices connected to an app, can enhance the health and independence of seniors; and b) to evaluate the relative effectiveness of using devices augmented by coaching in comparison to receiving coaching only.

Study participants are: 65 years or older; have one or more chronic health conditions; are living on Vancouver Island - from Victoria to Nanaimo; and have access to internet and WIFI. Participants are randomly assigned to one of three groups:

Group 1: Participants receive weekly 30 minute telephone calls from a health coach after a three-month waiting period.

Group 2: Participants start receiving weekly 30 minute telephone calls from a health coach immediately.

Group 3: Participants receive weekly 30 minute telephone calls from a health coach AND use assistive devices that are installed in their home by the study team.

All participants receive a copy of "Living a Healthy Life with Chronic Conditions" or "Living a Healthy Life with Chronic Pain".

Study outcome measures include: activation level; self-efficacy; pain and fatigue levels; shortness of breath; depression; quality of life; general health; health care utilization; and communication with a GP.

### **Progress**

To date, 111 subjects have been recruited, trained, and received the intervention(s).

# ***Evaluating the Effectiveness of a Type 2 Diabetes App in South Asian Adults. (Integrating Patient Reported Outcomes and Assessments in Self-Management Programs for Punjabi Adults with Diabetes)***

## **Investigators**

Lead Principal Investigator - Patrick McGowan, Professor, UVic School of Public Health and Social Policy and Associate Director, Institute on Aging and Lifelong Health

Co-Principal Investigator - Scoff Hofer, Professor, UVic Department of Psychology and Director, Institute on Aging and Lifelong Health

Co-Investigator - Shayan Shakeraneh, Institute on Aging and Lifelong Health - Ladner Office

Co-Investigator - Jay Bains, Institute on Aging and Lifelong Health - Ladner Office

Collaborator - Michael Fergusson, Ayogo Health

Funded by the Canadian Institutes of Health Research

## **Description**

This project is taking place within the Fraser Health Region of British Columbia. The initial phase of the study involved a comprehensive literature review of the effectiveness of apps for type 2 diabetes. Then, focus groups were conducted with Punjabi adults with type 2 diabetes who had already completed a Diabetes Self-Management Program. The focus group interviews elicited views and opinions on the creation of a Punjabi Self-Management app to complement existing care. Four focus groups were conducted involving 59 persons. When focus group data were collected, the team identified what people believed were the essential components of the app. Ayogo Health, the study's industry partner, provided anonymized data from the focus groups and started to develop the app on their platform.

A prototype app has been developed. This personalized app tailors content to users' specific needs. During account setup, users select a problem they want to work on and complete a short self-efficacy questionnaire on managing diabetes. Then, the app provides educational content based on the problem selected. Subsequently, users learn to use a problem-solving process and how to make an action plan to resolve the problem. On a daily basis, for the remainder of the week, the app sends specific educational content related to the identified problem. After one week, the app checks in with users to see how they made out with their action plan. If completed, they are congratulated and offered another problem area to explore. If users were not able to complete the action plan, a problem-solving process is used and users identify ways to resolve why they couldn't complete their plan. A new action plan is then established.

App features include: 100% Punjabi text and audio; easy-to-understand; an app tutorial; diabetes self-efficacy and knowledge questionnaires; 16 educational presentations along with additional educational articles and videos; reflection questions at the end of each educational presentation; three core self-management strategies; Canadian diabetes resources; a personalized daily presentation of content; and short self-reflection quizzes on ability to manage diabetes.

As soon as the app is developed, a randomized control trial with Punjabi adults living with type 2 diabetes will be conducted. The research plan is to recruit and randomize participants into a control group that would participate in the Punjabi Diabetes Self-Management Program only, or an intervention group that would receive the Punjabi Diabetes Self-Management Program, as well as the Self-Management app. Questionnaires are to be completed at baseline and six months. To calculate effectiveness of the app, the two groups are to be compared on the outcome measures. These include: Activation; A1C; diabetes empowerment; self-efficacy, self-reported health; fatigue; pain; depression; communication with physician; and health care utilization.

## ***Cognitive Health Initiative – MyCogHealth Mobile HealthApp***

### **Investigators**

Co-Investigator - Scott Hofer, Professor, UVic Department of Psychology and Director, Institute on Aging and Lifelong Health

Co-Investigator - Paul Brewster, Clinical Psychologist, Adjunct Assistant Professor, UVic Department of Psychology and Affiliate, Institute on Aging and Lifelong Health

Co-Investigator - Jonathan Rush, Adjunct Assistant Professor, UVic Department of Psychology and Affiliate, Institute on Aging and Lifelong Health

Funded by a private donation from Neil and Susan Manning to the Victoria Hospitals Foundation

### **Description**

Launched in 2017, the Neil and Susan Manning Cognitive Health Initiative (CHI) is a five-year project being implemented by researchers at Island Health, the University of Victoria and the UBC Island Medical Program. The primary goal of the project is to support advancements and innovations in research and care for individuals with neurocognitive disorders.

Working in partnership with FreshWorks Studio, a Victoria based custom software company, IALH affiliates have been involved in the development and testing of MyCogHealth, a mobile health app designed to assess cognition, mood and daily activities over time. Participants complete specific research study tasks by answering short survey questions and participating in brain games. The survey questions address factors that can influence cognitive performance (e.g., fatigue, pain, mood, quality of sleep, and level of distraction). The brain games, which have been used in previous research studies, are designed to measure distinct and fundamental cognitive constructs – working memory, perceptual speed, and executive functioning. It is anticipated that the app will ultimately be used in clinical settings to provide more sensitive and ecologically valid measures of cognition, daily activities and well-being compared to those currently available through traditional clinical assessments.

To date, the app has undergone extensive development and simulation testing. As measuring cognition over time using a smartphone is a fairly new approach, a preliminary feasibility trial with healthy older adults is being conducted by IALH affiliates to determine if the app is functioning as expected and providing data which are consistent with traditional paper and pencil tests of cognition. The study, which will be completed in 2020, is an important first step towards the research team's long term goal of being able to detect dementia related memory loss earlier.

It is a significant accomplishment for IALH to be an active collaborator as part of the Canadian Consortium on Neurodegeneration in Aging (CCNA). Since 2014, the CCNA has transformed the dementia research environment in Canada by connecting researchers with individuals living with dementia and their families, health care professionals, and government policy makers. Discussions are currently underway with the CCNA to include the MyCogHealth app in a large-scale, multi-domain randomized controlled trial focusing on the prevention of dementia in Canada.

Substantial progress was also made in 2019 to ensure that data from the MyCogHealth app can be stored securely and confidentially at an established data repository in Canada. Through an agreement with the McGill Centre for Integrative Neuroscience, data from the app will be stored in a data repository which has been in operation for 20 years.

# IALH Faculty Affiliates

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## **Elizabeth Borycki, PhD**



Professor, School of Health Information Science

Research interests: Aging and assistive technologies; patient safety and technology; virtual care technologies

## **Alexandra Branzan Albu, PhD**



Associate Professor, Department of Electrical and Computer Engineering

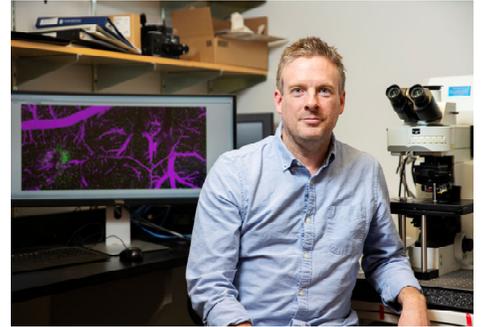
Research interests: Computer vision; medical image processing; artificial intelligence

## **Paul Brewster, PhD**

Adjunct Assistant Professor, Department of Psychology

Research interests: Neuropsychology of aging and dementia; life course socioeconomic influences on late life cognition; advanced psychometric methods

## **Craig Brown, PhD**



Associate Professor, Division of Medical Sciences

Research interests: Brain plasticity; understanding vascular and immunological contributions to age related cognitive decline

## **Brian Christie, PhD**

Professor, Division of Medical Sciences

Research interests: Effects of exercise on the human brain; effects of concussions on cognitive health later in life; use of video games to enhance cognitive health later in life



## **Denise Cloutier, PhD**

Professor, Department of Geography

Research interests: Health services research; healthy aging; healthy communities; social determinants of health; implementation science



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## **Damien Contandriopoulos, PhD**



Professor, School of Nursing

Research interests: Primary care delivery models; nurses' roles in primary care; home care; social network models; health policy making; knowledge translation

## **Dzifa Dordunoo, PhD**



Assistant Professor, School of Nursing

Research interests: Cardiovascular health; global health; quality improvement; knowledge translation

## **Mauricio Garcia-Barrera, PhD**



Associate Professor, Department of Psychology

Research interests: Executive functioning; neuropsychological assessment; concussions; healthy aging

## **Jodie Gawryluk, PhD**



Associate Professor, Department of Psychology

Research interests: Neuropsychology and neuroimaging; identification of biomarkers for neurodegenerative disorders; healthy aging; intervention studies; challenges for individuals with cognitive decline and their caregivers

## **Scott Hofer, PhD**



Professor, Department of Psychology; Director, Institute on Aging and Lifelong Health

Research interests: Cognitive health and dementia; digital health technology; longitudinal studies of aging; integrative data analysis

## **Sandra Hundza, PhD**



Associate Professor, School of Exercise Science, Physical and Health Education

Research interests: Interplay between cognitive and motor decline and the impact on functions; associated assessment techniques and mitigating interventions

## **Karen Kobayashi, PhD**



Professor, Department of Sociology

Research interests: Immigrant and refugee health; social isolation and loneliness; assistive technologies and intervention research; knowledge mobilization

## **Nathan Lachowsky, PhD**

Associate Professor,  
School of Public  
Health and Social  
Policy



Research interests:  
LGBTQ2+  
communities; sexual  
health across the life  
span; sexually  
transmitted infections; HIV/AIDs; community  
based research; mixed and multi-method  
studies; prospective cohort design; health  
equity

## **Freya Kodar, LL.M**



Associate Professor,  
Faculty of Law

Research interests:  
Income support over the  
life course; pensions;  
disability law and policy;  
consumer vulnerability

## **Sam Liu, PhD**

Assistant Professor, School  
of Exercise Science,  
Physical and Health  
Education



Research interests:  
Chronic disease  
prevention and  
management; mHealth;  
web-based interventions;  
big data; data prediction

## **Andre Kushniruk, PhD**



Professor, School of  
Health Information  
Science

Research interests:  
Human-computer  
interaction; user  
interface design and  
testing; usability  
engineering in  
healthcare; assistive  
devices

## **Stuart MacDonald, PhD**

Professor, Department of  
Psychology



Research interests:  
Cognitive aging; early  
detection of cognitive  
impairment; lifestyle  
engagements for  
successful aging; aging in  
place; technology in the  
home; longitudinal data  
analysis

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## **Anastasia Mallidou, PhD**



Associate Professor,  
School of Nursing

Research interests:  
Applied health services  
research; research  
competencies;  
knowledge translation  
competencies;  
leadership in health care  
organizations;

evidence-based practice and health policy;  
healthy aging

## **Alison Murray, PhD**



Assistant Professor,  
Department of  
Anthropology

Research interests:  
Bone biology; skeletal  
plasticity to loading; bone  
hormones

## **Theone Paterson, PhD**



Assistant Professor, Department of Psychology

Research interests: Cognitive and psychosocial  
predictors of health behaviours; impact of  
technology on these behaviours; improved  
measurement and assessment tools for the  
assessment of cognitive decline; development of  
interventions with possible impact on rate of  
cognitive and/or functional decline

## **Patrick McGowan, PhD**



Professor, School of  
Public Health and Social  
Policy

Research interests:  
Interventions for  
individuals with chronic  
health conditions;  
implementation, spread  
and sustainability of

interventions; effectiveness of various  
interventions with specific chronic conditions

## **Helen Monkman, PhD**



Assistant Professor, School of Health Information  
Science

Research interests: Consumer health  
informatics; eHealth or digital health literacy;  
human factors; human-computer interaction;  
information visualization

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## **Trudy Pauluth-Penner**



Assistant Adjunct Professor,  
Department of Theatre

Research interests: Non-pharmaceutical interventions for neurodegenerative disorders; arts-based health research; intergenerational arts-based health research; incorporating intergenerational applied

theatre arts initiatives into residential care facilities; tracking impact of initiatives on health and quality of life of older adults with dementia and their families

## **Andrea Piccinin, PhD**

Professor, Department of Psychology

Research interests: Trajectories of cognitive change in normal aging and neurodegenerative disorders; impact of physical health changes on these trajectories; longitudinal research

## **Ryan Rhodes, PhD**



Professor, School of Exercise Science, Physical and Health Education

Research interests: Behavioural medicine and behaviour change interventions; psychology of physical activity and sedentary behaviour; theories of motivation

## **Jonathan Rush, PhD**

Adjunct Assistant Professor, Department of Psychology

Research interests: Intra-individual processes; well-being; longitudinal methodology and analyses

## **Colette Smart, PhD**

Associate Professor,  
Department of Psychology



Research interests: Bio-behavioural bases of self-regulation; role of self-regulation in trauma and resilience; non-pharmacological interventions for self-regulation; embodied cognition and role of embodiment in self-regulation

## **André Smith, PhD**

Associate Professor,  
Department of Sociology

Research interests: Aging and social capital; role of organizational culture in efforts to reduce anti-psychotic medication in long term care; choir singing for individuals with dementia and their caregivers



## **Debra Sheets, PhD**



Professor, School of Nursing

Research interests: Healthy aging; technologies to support older adults; community-based interventions to support the independence of individuals with

dementia; caregiver supports

## **Kelli Stajduhar, PhD**

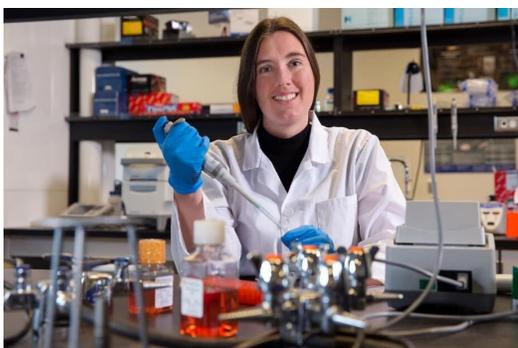


Professor, School of Nursing

Research interests: Chronic and life-limiting conditions; palliative and end of life care; vulnerable and marginalized populations; family caregiving; health services, systems and

policies for an aging population

## **Stephanie Willerth, PhD**



Professor, Department of Mechanical Engineering

Research interests: Neural tissue models of age related disorders (e.g., Alzheimer's, Parkinson's)

## **E. Paul Zehr, PhD**



Professor, School of Exercise Science, Physical and Health Education

Research interests: Enhanced aging; interventions to improve balance and reduce falls

## **Jie Zhang, DBA**



Associate Professor, Gustavson School of Business

Research interests: How to deliver home care efficiently with a high level of continuity; how to organize adaptive service systems to support transitions through the aging process

# IALH Faculty Affiliates in the Media



## **UVic prof has ways to help you keep new year's resolutions**

Ryan Rhodes

Times Colonist

January 2019



## **Planning for death, when life is a struggle — project helps marginalized populations prepare for a dignified end**

Kelli Stajduhar

The Globe and Mail

April 2019



## **A social prescription for dementia care in Canada**

Debra Sheets, Stuart MacDonald  
& André Smith

The Hill Times

June 2019



## **Unlocking the mystery of superhuman strength**

E Paul Zehr

ESPN

June 2019



## **Alberta declares province-wide syphilis outbreak amid surge across Canada**

Nathan Lachowsky

The Globe and Mail

July 2019



## **Chlamydia, syphilis rates increase in Canada — and experts say declining condom use is partly to blame**

Nathan Lachowsky

CBC News

July 2019



## **Sexually transmitted infections rising in Canada**

Nathan Lachowsky

CBC Radio Vancouver

August 2019



## **LGBTQ advocates call for gender-neutral approach to blood donations**

Nathan Lachowsky

CBC News

August 2019



## **Lack of current data on syphilis rates on Prairies slowing government, medical response, experts say**

Nathan Lachowsky

The Globe and Mail

August 2019



**Doctor and nurse go mobile to provide palliative care to Victoria's homeless**

Kelli Stajduhar

CBC News

September 2019



**Is Silver Alert the best way to find missing seniors?**

Debra Sheets

CBC News

October 2019



**1 in 4 young Canadian women say they 'never' use a condom: survey**

Nathan Lachowsky

Global News

October 2019



**We must end the gay blood ban, and it starts with smart policy**

Nathan Lachowsky

HuffPost – OpEd

October 2019



**Canadians get a D in physical activity: Report card**

Ryan Rhodes

Victoria News

October 2019



**The new reality of dating over 65: Men want to live together; women don't**

Karen Kobayashi

The Globe and Mail

November 2019



**Is a lack of other care options adding to medically assisted death?**

Kelli Stajduhar

The Province – OpEd

November 2019



**Seniors are 'stars' at Nikkei Home's Japanese-style dementia program**

Karen Kobayashi

Vancouver Sun

December 2019



**Saanich choir Christmas concert gives a voice to dementia sufferers**

Debra Sheets, Stuart MacDonald  
& André Smith

Victoria News

December 2019



**Depression linked to nutrition in middle-aged and older Canadians**

Karen Kobayashi

Medical Xpress

December 2019

# IALH Student Affiliates

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## **Jordan Ali, PhD Student, Psychology**

Jordan's research interests include cognitive aging, prodromal dementia, and dementia.

## **Camille Angus, PhD Student, Social Dimensions of Health**

Camille's research interests include population health, the epidemiology of healthy/successful aging, social determinants of dementia, prevention of dementia, quality of life and well-being, ethical conduct of research, research methods, longitudinal research methods, research data protection, and data sharing practices.

## **Marcy Antonio, PhD Student, Interdisciplinary Studies (Nursing and Health Informatics)**

Marcy's doctoral research is examining how social connectedness and illness outcomes for individuals with chronic obstructive pulmonary disease (COPD) can be supported through digital technologies. In 2019, she received a Patient-Oriented Research Fellowship from the BC SUPPORT Unit Vancouver Island.

## **Paule Bellwood, PhD Student, Health Information Science**

Paule's research interests include physical activity and the management of chronic diseases, physical activity prescribing, and information technology.

## **Jessica Percy Campbell, PhD Student, Political Science**

Jessica's doctoral research is focusing on aging in place using technology available from Google and Amazon. In 2019, she gave a presentation at the Surveillance Studies Summer Seminar at Queen's University entitled "Seniors in the Smart Home".

## **Matilde Cervantes, Masters Student, Social Dimensions of Health**

Matty's research interests include social determinants of health, healthy aging, mental health, arts-based interventions, social justice, environmental psychology and participatory action research. Her Master's thesis is focusing on the well-being of caregivers participating in an intergenerational community-based dementia choir.

## **Erin Donald, PhD Student, Nursing**

Erin's doctoral thesis is focusing on exploring the care needs and experiences of individuals with mental illness in the palliative phase of care. In 2019, Erin was the lead author on a scoping review examining palliative care for individuals with severe persistent mental illness.

## **Katie Eastman, BA, Psychology**

Following completion of her Bachelor's degree, Katie took a gap year in 2019. Her research interests include promoting healthy aging.



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**Drew Halliday, PhD Student, Psychology**

Drew's research interests include multimodal assessment and intervention.

**Sabrina Kazi Haq, PhD Student, Sociology**

Sabrina's research interests include social determinants of health, aging and health, cognitive functioning, race, immigrants, intersectionality, and social resources.

**Arne Hetherington, PhD, Kinesiology**

Arne completed his PhD in 2019. His research interests include leisure planning for older adults. His doctoral research focused specifically on leisure planning for retirement, well-being, and satisfaction.

**Sherin Jamal, PhD Student, Social Dimensions of Health**

Sherin's research interests include ethno-cultural minority and immigrant older adults, access to health services, long term residential care, palliative and end-of-life care, quality of life, systemic barriers, social justice, and mixed methods research. Her doctoral research is exploring South Asian older adults' and family caregivers' perspectives on access to residential and end-of-life care.

**Jamie Knight, PhD Student, Psychology**

Jamie's research interests include understanding the relation between olfaction (sense of smell) and cognitive functioning. In 2019, Jamie was awarded a three-year Frederick Banting and Charles Best Canada Graduate Scholarship from the Canadian Institutes of Health Research.

**Chantel Mayo, PhD Student, Psychology**

Chantel's doctoral research is focusing on magnetic resonance imaging (MRI) techniques to assess brain structures and function in individuals with multiple sclerosis. Her goal is to improve evidence-based treatments for multiple sclerosis that target improved cognitive and psychosocial functioning.

**Ashley Mollison**

Ashley's research interests include palliative care and end of life care, poverty and homelessness, equity-informed care and harm reduction.

**Lisa Ohlhauser, PhD Student, Psychology**

Lisa's doctoral research is focusing on an exercise intervention for older adults with mild cognitive impairment who are living in residential care. She has co-authored several publications examining the role of white matter in neurological conditions such as Parkinson's Disease and Alzheimer's Disease.

**Lori Rietze, PhD Student, Nursing**

Lori's research interests include advance care planning, end-of-life decision making, and palliative care.

**Kelsey Rounds, PhD Student, Nursing**

Kelsey's research interests include resilience, intersectionality and older T2SGQ+ (trans, two-spirit, and genderqueer) adults. In 2019, Kelsey received a SSHRC Doctoral Fellowship Award.

**Sanjit Roy, PhD Student, Social Dimensions of Health**

Sanjit's research interests include aging, dementia, quality of life, gender biased sex selection, child marriage, maternal and child health, patient oriented research and statistical methods. In 2019, he co-authored a paper examining medical waste management by healthcare facilities in Bangladesh.

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### **Kimberly Shapkin, PhD Student, Nursing**

Kimberley is a Nurse Practitioner who currently works in Seniors Health at Alberta Health Services in addition to completing her PhD via online distance learning. Her doctoral research focuses on decision making in the context of individuals living with neurocognitive disorders.

### **Yilan Shen, Masters Student, Interdisciplinary Studies (Nursing and Health Informatics)**

Yilan has considerable experience in geriatrics and dementia care. Her research interests include gerotechnology and improving quality of life.

### **Taylor Snowden-Richardson, Masters Student, Division of Medical Sciences**

Taylor's research interests include the long-term cognitive effects of concussions and other mild traumatic brain injuries. In 2019, she received the Best Overall Poster Award from the UVic Women in Science Symposium for her poster entitled "Effects of 3D multiple-object tracking on off-the-block reaction time in University of Victoria varsity swimmers: A pilot study".

### **Leah Tidey, PhD Student, Applied Theatre**

Leah's research interests include intergenerational theatre, community-based theatre, sexuality across the lifespan, aging, social policy, feminist methodology, reflexive practitioners, and critical pedagogy.

### **Shannon Tracey, PhD Student, Social Dimensions of Health**

Shannon's research interests include older adults, implementation science, and the use of assistive technologies in home and community care settings.

### **Tomiko (Tiko) Yoneda, PhD Student, Psychology**

Tiko's research interests include identifying early indicators for cognitive decline. In 2019, Tiko was the lead author on a publication examining the importance of maintaining physical activity for transitions between cognitive states.



# Partnerships

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Our partnerships with the Eldercare Foundation, Island Health, and the UVic Retirees Association help us share expertise, enrich the quality of our resulting research, and facilitate our knowledge sharing.

## **Eldercare Foundation**

The Eldercare Foundation supports quality of life for older people on Vancouver Island. Our partnership includes awarding the Valued Elder Recognition Award (VERA), an annual community award recognizing continued community contributions by older volunteers, and presenting the annual International Day of Older Persons lecture. Criteria for the Eldercare Foundation's Funke-Furber Gerontological Research Award and Ruth A Gardner Research Award require applicants to be IALH student affiliates.

## **Island Health**

The Institute on Aging and Lifelong Health partners with Island Health through research, particularly the Neil and Susan Manning Cognitive Health Initiative (CHI), an innovative five-year clinical research program integrating research and care for individuals living with cognitive health issues on Vancouver Island.

IALH Director Dr. Scott Hofer and affiliate Dr. Paul Brewster are the CHI Scientific Co-directors.

## **UVic Retirees Association**

The UVic Retirees Association (UVRA) maintains the relationship between the university and retirees from the university. Since 2006, the UVRA, in partnership with the institute, has presented Masterminds, an annual series of lectures presented by retired UVic faculty and staff.

The new UVic Retirees Association Award is designated for IALH student affiliates who are conducting research with individuals who are 55 and older.

# IALH Advisory Board

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The Institute on Aging and Lifelong Health's Advisory Board reviews and advises on the Institute's policies, directions, and activities. The board is comprised of members representing academia, local government, and community, as well as individuals with an interest in aging and health research. Appointed members serve one five-year term with an option of renewing for one further five-year term.

## 2019 IALH Advisory Board Members

- John Anderson, PhD (UVic, UVic Retirees Association)
- Elizabeth Borycki, PhD (UVic, Health Information Science)
- Judy Brownoff (Councillor, Municipality of Saanich)
- Brian Christie, PhD (UVic, Division of Medical Sciences)
- Scott Hofer, PhD (IALH Director, UVic, Psychology)
- Patrick McGowan, PhD (IALH Associate Director, UVic, Public Health & Social Policy)
- Lori McLeod (Eldercare Foundation)
- Ryan Rhodes, PhD (IALH Associate Director, UVic, Exercise Science, Physical & Health Education)
- Julie Shaver (Ministry of Health)
- Debra Sheets, PhD (UVic, School of Nursing)
- Martin Wale, MD (Chair)
- Bev Wilden (Past Chair)

# IALH Student Awards

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## **Neena L. Chappell Scholarship (2019 award: \$1170)**

For students studying aging

**Recipient: Erin Donald, PhD Student, School of Nursing; IALH Student Affiliate**

Research focus: Persons with mental illness often experience accelerated aging resulting in complex needs associated with high morbidity, early mortality, lower rates of treatment, and reduced access to care intended to manage symptoms and improve quality of life. There is very little research informing care for this population, even as more people are being diagnosed with mental illness than ever before. This includes seniors for whom psychiatric diagnoses and medication are on the rise. A recently published scoping review as well as Erin's doctoral project and subsequent program of research have the potential to improve care for older adults across all care settings, including palliative care.



## **Alice Lou-Poy Scholarship (2019 award: \$830)**

For students studying dementia

**Recipient: Jamie Knight, PhD Student, Department of Psychology; IALH Student Affiliate**

Smelling enables individuals to detect airborne volatile chemicals and influences many aspects of their lives, including memory, mood and emotions. One's ability to smell can be used to screen for the risk of neurodegenerative diseases such as Alzheimer's and Parkinson's long before other symptoms develop. Jamie's research focuses on the link between olfaction and cognition. She is interested in developing a knowledge base regarding the use of inexpensive olfactory tests for the early detection of cognitive impairment as well as the development and testing of olfactory therapies to determine how effective they are at slowing the progression of both olfactory and cognitive decline.

## **Dr. David Chuenyan Lai Scholarship (2019 award: \$870)**

For students studying aging

**Recipient: Drew Halliday, PhD Student, Department of Psychology; IALH Student Affiliate**

Drew's research focuses on the identification of neurocognitive dysfunction that precedes or underpins the behavioural manifestation of pathology in neurological conditions. He has primarily focused on identifying physiological (e.g., brain blood flow) and anatomical (e.g., white matter) factors that relate to neurodegenerative conditions, primarily Alzheimer's Disease and Mild Cognitive Impairment. He is particularly interested in executive functioning given its relevance for successful and independent living. He is also examining the role of protective lifestyles that buffer against the impacts of neurocognitive dysfunction.

## **Elaine Gallagher Travel Award (2019: two awards of \$435 each)**

For students' travelling to a scholarly conference on aging to present a paper or poster

**Recipient: Ashley Mollison, PhD Student, Social Dimensions of Health, IALH Student Affiliate**

Ashley was invited to present at the 6th Public Health Palliative Care International Conference in Blue Mountains, Australia October 13 to 16, 2019. Her presentation was entitled, "Who cares for the dying poor? Developing compassionate inner city communities." A Compassionate Community (CC) is a self-organized group of people who provide care and support to people with serious illness and their families. Drawing on research that she coordinated, Ashley highlighted barriers to care at the end-of-life for marginalized populations (i.e., people living in poverty, homeless, isolated and excluded).

**Recipient: Leah Tidey, PhD Student, Applied Theatre, IALH Student Affiliate**

Leah was invited to present at the Canadian Association on Gerontology in Moncton, New Brunswick on October 25, 2019. Her poster presentation was entitled, "You're Doing What?! At Your Age?!" A three-minute video enabled attendees to hear from older adult and youth collaborators about their experiences in the project. Leah's research aims to analyze the extent of social stigma in regards to sexuality across the life course. She is also interested in how intergenerational, community-based theatre can be utilized to address stigma, build a sense of community and foster new understandings of sexuality across the life course.

## **UVic Retirees Association Award (2019 award: \$1000)**

A new award for IALH student affiliates whose research focuses on adults aged 55+

**Recipient: Lisa Ohlhauser, PhD Student, Department of Psychology; IALH Student Affiliate**

Physical activity has been shown to attenuate symptoms and poor outcomes for individuals with cognitive decline, including dementia. Guidelines on exercise for older adults typically focus on physical health outcomes. However, there is a great need for studies that focus on outcomes such as quality of life, mood, and cognition, and for studies to incorporate outcomes that are identified and valued by individuals. Lisa designed a patient-oriented randomized clinical control trial of an exercise intervention aimed at ameliorating the effects of early cognitive decline in older adults in residential care. Her research addresses current gaps in the literature by being methodologically rigorous and taking a unique patient-oriented approach.

# Faculty Affiliate Award Recipients

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## **Denise Cloutier, Provost Engaged Scholar Award**

The Provost Engaged Scholar award honours tenured faculty members who have demonstrated outstanding scholarship in their field, as well as inspired teaching and community engagement. Denise Cloutier, with co-recipient Brent Mainprize, Faculty of Business, will hold the title of University of Victoria Provost's Engaged Scholar for five years and receive a one-time award of \$10,000 each to support their research, teaching and community engagement.

Over the course of her career, Denise has created better lives for older adults through her engagement with communities across British Columbia, demonstrating the impact of community-University engagement.



## **Kelli Stajduhar, Centenary Medal of Distinction**

The School of Nursing Centenary Medal of Distinction recognizes individuals who have brought high honour to the UBC School of Nursing or to the profession of nursing, and/or who have made long standing/significant contributions to advance the school's vision, mission and mandate.

Kelli's clinical work and research has focused on the health service needs of individuals at the end-of-life as well as the needs of marginalized and vulnerable populations.



## **Nathan Lachowsky, Distinguished Academics -Early in Career Award**

This award, presented by the Confederation of University Faculty Associations (CUFA) of BC, recognizes outstanding contributions made by scholars at relatively early stages in their careers to the community beyond the academy through their academic work.

Nathan's research into the connections between sexual health, mental health and substance use are improving understanding of the complexity of preventing sexually transmitted infections among marginalized populations.

## **Ryan Rhodes, 2019 CHI Best Paper Award**

This award was given at the International CHI conference on Human Factors in Computing Systems for a paper entitled "Social Play in an Exergame: How the Need to Belong Predicts Adherence". In this project, the researchers found that individuals who primarily engage in group play are more likely to adhere to exercise interventions based on exergames than those who primarily play alone.



## Masterminds 2019



**University  
of Victoria**

Institute on Aging  
and Lifelong Health  
& Retirees Association

The Masterminds lecture series is co-hosted by the UVic Retirees Association and the Institute on Aging and Lifelong Health, with the support of the University of Victoria. The annual series consists of free weekly lectures every Wednesday evening in April.



### **April 3, 2019 - "Humanities in the Digital Age: A Quiet Revolution"**

Presented by Claire Carlin, Professor Emeritus, Department of French

This talk explored the ways in which digital humanities have changed the research landscape over the past 20 years, often, though not always, for the better.



### **April 10, 2019 – "Music from the Inside: The 'Flow' of Live Performance"**

Presented by Alexandra Pohran-Dawkins, Professor Emeritus, Department of Music

In this presentation, oboist and Professor Emeritus Alexandra Pohran Dawkins shared thoughts and some of her experiences in her 40-plus years as a performing, recording, and teaching musician.



### **April 17, 2019 – "Arthur O'Meara and Land Claims in British Columbia, 1900-1928"**

Presented by Hamar Foster, Professor Emeritus, Faculty of Law

This presentation looked at the various organizations who worked to settle what was then known as the British Columbia Indian Land Question.



### **April 24, 2019 – "Creating a One Planet Region: Healthy Cities in the 21<sup>st</sup> Century"**

Presented by Trevor Hancock, Professor Emeritus, School of Public Health and Social Policy

This talk explored the creation of communities that are healthy, just and sustainable, while also ensuring high levels of human and social development and a low ecological footprint.

# Valued Elder Recognition Award & International Day of Older Persons



Tuesday, October 1, 2019  
Union Club of BC, Victoria

The Valued Elder Recognition Award (VERA) is celebrated each year in conjunction with the United Nations International Day of Older Persons (IDOP) on October 1st. The purpose of the VERA is to honour volunteers who, over their lifetime, have given exemplary service to helping others in the Capital Regional District (CRD). In 2017, IALH branched out to bring the Eldercare Foundation into the VERA celebration as an esteemed partner for this very worthy volunteer recognition.

With gratitude to The Schenk Group as a venue sponsor, the 2019 VERA and IDOP celebration was held at the Union Club of BC in downtown Victoria.

## The 2019 VERA Recipients (pictured left to right) were:

**Margaret Munro**—nominated by Family Caregivers of BC

**Philip Symons**—nominated by First Unitarian Church of Victoria

**Wendy Leyland**—nominated by Thrifty Foods Sendial Program

**Ron Bilinsky**—nominated by Sooke RCMP

**Iris Schoffer**—nominated by Luther Court Society

**Murray Galbraith**—nominated by Mental Health Recovery Partners, South Island

**Mary Joan Sharkey**—nominated by Saanich Volunteers Services Society

**Dick Bullard**—nominated by The Land Conservancy



Photo: Amanda Arlene Photography

## Cannabis in the Treatment of Pain, Mental Health and Addiction

The 2019 IDOP lecture “Cannabis in the Treatment of Pain, Mental Health and Addiction”, was delivered by Phillipe Lucas, a Research Affiliate with the Center for Addictions Research of British Columbia and a founding Board member of the Multidisciplinary Association of Psychedelic Studies Canada and the Canadian Drug Policy Coalition. Phillipe is also a PhD candidate in the University of Victoria’s Social Dimensions of Health program.



# IALH Supported Events

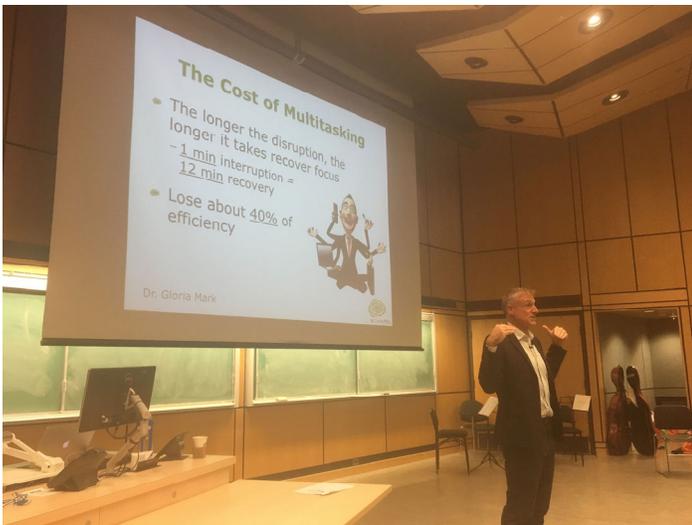


## Lafayette Health Awareness Forum

Minding Our Health in the Cyber Age:  
The Impact of Digital Multitasking on  
our Well-Being

Thursday, October 3, 2019

David Lam Auditorium, University of Victoria



Speaker: Paul Mohapel, PhD, Associate Faculty, School of Continuing Studies, Leadership, Royal Roads University



The Lafayette String Quartet performing at the 2019 Lafayette Health Awareness Forum.

The Lafayette Health Awareness Forum series is produced by UVic Artists-in-Residence, the Lafayette String Quartet, with support from the Institute on Aging and Lifelong Health.

The 14th annual Lafayette Health Awareness Forum offered information on how technological devices are impacting our behavior and neurological capacities, and explored mindful approaches to using technology at work and in our homes.

Dr. Mohapel's presentation focused on the myth of multitasking, mindful approaches to our use of technology, and tips on managing our digital distractions by limiting time spent on email, closing all unnecessary apps and programs while working, taking regular breaks from screen time, keeping mobile devices out of sight while working, and scheduling time to be disconnected each day.

Audience participation included a digital distraction self-assessment to assess whether individual technology habits might be having a negative impact on people's lives. The activity demonstrated the impact of multi-tasking and how trying to do more than one activity at a time reduces attention to detail on all.

The Lafayette String Quartet played two selections to a packed house, with a well-deserved standing ovation at the end of the evening.

# IALH Participating Events

## ITCH Conference

The 2019 Information Technology & Communications in Health (ITCH) Conference took place in Victoria, BC, February 14 to 17, organized in part by Drs. Elizabeth Borycki and Andre Kushniruk (Health Information Sciences, IALH faculty affiliates).

The Institute on Aging and Lifelong Health was pleased to provide financial support to this international biennial conference, themed “From Research to Practice: Improving Usability, Safety and Patient Outcomes with Health Information Technology”.

For more information about the conference, please [visit the conference website](#).

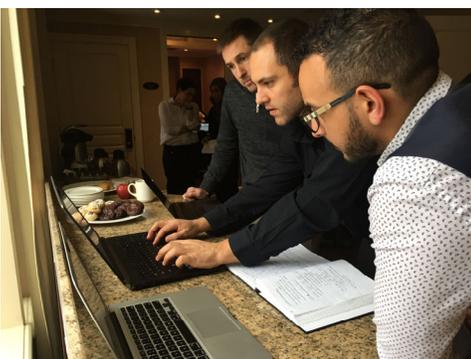


## Ideafest – Healthy Aging: Innovations in Mobile Health

This Ideafest symposium on March 7, 2019, hosted by the Faculty of Social Sciences, was presented by Drs. Mauricio Garcia-Barrera (Psychology, IALH faculty affiliate), Jodie Gawryluk (Psychology, IALH faculty affiliate) and Scott Hofer (Psychology, IALH Director). Their presentations focused on maintaining lifelong cognitive health and factors associated with cognitive decline. The MyCogHealth app, created as part of the Neil and Susan Manning Cognitive Health Initiative, was also demonstrated.

## The 55+ Lifestyle Show

This annual public exhibition, presented by INSPIRED Magazine, took place in 2019 on Tuesday, March 12 at the G. R. Pearkes Recreation Centre. As a booth exhibitor, IALH provided an opportunity for student affiliates to recruit study participants, and for IALH staff to discuss the institute’s research interests and programs with hundreds of members of the public.



## Social Dimensions of Health Student Conference

On April 5, 2019, UVic Social Dimensions of Health students, including several IALH student affiliates, held their third bi-annual conference. IALH provided financial support for the conference, themed “The Intersectionality on Health: Connecting the Dots”. For more information on this student-led conference, please visit the [conference website](#).

## Canadian Sex Research Forum (CSRF) Conference

The CSRF is internationally renowned as one of the highest-quality sexuality research conferences in the world. Dr. Nathan Lachowsky (Public Health & Social Policy, IALH faculty affiliate), along with Dr. John Sakaluk (Psychology) were the local hosts and Program Chairs for the conference, held October 17 to 19, 2019 in Victoria, BC.

The Institute proudly provided financial support for this conference, during which several IALH-affiliated faculty and students were among the presenters. The [conference program is available here](#).

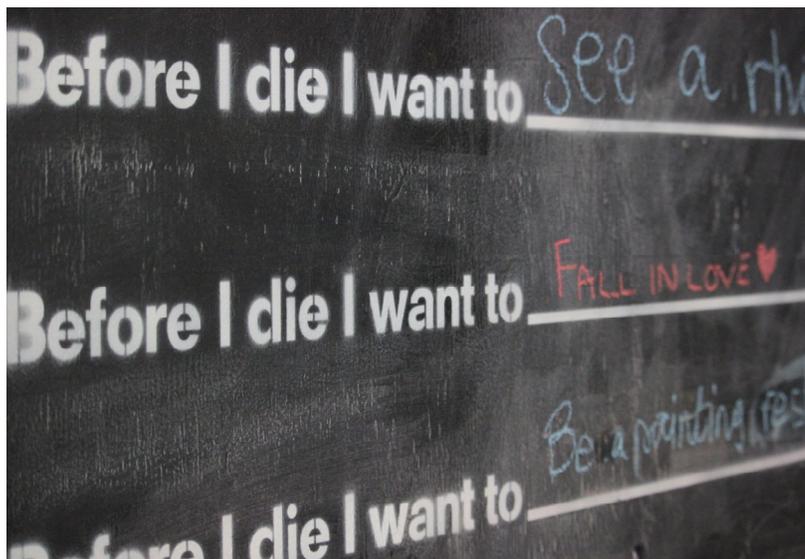
## Canadian Association on Gerontology

At the Canadian Association on Gerontology's (CAG) 48th Annual Scientific and Educational Meeting, held in Moncton, NB in October 2019, numerous IALH faculty and student affiliates presented at symposia and poster sessions. The Institute also contributed to the conference by hosting an information booth .

## Before I Die Wall

"What do you want to do before you die?" This was the question posed to people through a global art project brought to UVic by Dr. Kelli Stajduhar (Nursing, IALH faculty affiliate) and her team from October 30 to November 1, 2019 in the Student Union Building.

The Before I Die wall is a long, tall chalkboard pre-printed with, **Before I die, I want to...** Participants used chalk to fill in their aspirations; at UVic, these included career and education plans, hopes for a family, and travel dreams.



For this project, Dr. Stajduhar's team included PhD students and IALH student affiliates, Erin Donald (Nursing) and Ashley Mollison (Social Dimensions of Health), with supports provided by IALH, the UVic School of Nursing, and Deathly Matters.

## Elder Academy

The UVic Retirees Association (UVRA) offered Elder Academy lectures on Saturday mornings in 2019. Topics included ocean sciences, Canadian politics, artificial intelligence, and a special presentation by artist Robert Bateman on his life and work.

The Institute is pleased to have provided administrative support for the 2019 Elder Academy series. For information on current Elder Academy programs, please [visit the UVRA website](#).