Interested in learning more?

Contact us at 250-721-6369 or aging@uvic.ca for the links associated with these icons:

Read        Listen        Watch

Photos
Delaney McCartan
Leah Potter
Arlene Senft

Design
Delaney McCartan

Editors
Harjot Grewal
Scott Hofer
Lois Holizki
Delaney McCartan
Leah Potter
Arlene Senft
The UVic Institute on Aging and Lifelong Health is located in R Hut on the University of Victoria campus, led by director Scott Hofer, PhD, Professor, Psychology, Harald and Wilhelma Mohr Chair in Adult Development and Aging.

Established in 199 as the Centre on Aging, the institute has grown to advance knowledge in the fields of aging and health, based on scientific rigour and applied relevance.

Our overall aim is to improve the health and quality of life of an increasingly diverse population, and to assist in meeting the challenges and potentials of an aging population.

In 2017-2018, the institute celebrated 25 years of research excellence. We look forward to developing our next 25 years of innovative research that will make a difference in people’s lives.
The BC government provides resources to the Institute on Aging and Lifelong Health’s Ladner site to deliver Self-Management BC programs. We implement a variety of self-management and health coaching programs for people experiencing chronic physical and mental health conditions. These evidence-based programs: Community Self-Management Programs, Health Coach Program, and Online Program, are provided to people throughout the province at no cost. The programs help people with chronic conditions to manage daily challenges and maintain an active and healthier life. Participants gain knowledge, learn strategies and techniques, and gain the motivation and confidence needed to manage their health.
• **244** Self-Management BC programs were offered in English-speaking, Punjabi, Chinese, and Indigenous communities, for **over 2400** participants within BC’s five health authorities.

• The Health Coach program is a telephone-based coaching program that support people to become better self-managers. In 2018, health coaches were matched with **150** participants.

• **12** online programs were implemented to 289 participants across British Columbia.

• **30** new health coaches were trained.

• **15** workshops were delivered to 276 health care professionals on ways to use self-management support strategies to patients.
The institute supports several major research projects, providing direction that strengthens key partnerships, and will provide lasting scientific resources and increase collaborative research and training opportunities. We undertake and support health-related research in many forms with research methods relevant to supporting the opportunities and challenges of aging individuals, families and communities.

We promote and conduct rigorous basic and applied research to improve the health and quality of life of individuals across their life course.

We strive to improve the health and quality of life of a diverse population of older adults and to assist their families, health care providers, and the government in meeting the challenges and potentials of an aging population.
Our Objectives

- To advance knowledge on aging and lifelong health
- To provide advanced training to researchers which includes post-doctoral, graduate, and undergraduate training within the area of aging and lifelong health
- To mobilize knowledge on aging and health with decision makers, scientists, practitioners, and the public
- To facilitate the translation of research findings into interventions, services, products, and policies relevant to our society
- To facilitate communication and collaboration among researchers, older adults, clinicians, government officials, and our wider community.
IALH AFFILIATES
Affiliates include UVic faculty, students and post-doctoral fellows, international researchers, and Victoria community members

PUBLIC EVENT ATTENDEES
The Institute on Aging and Lifelong Health partnered with organizations to hold five major events. Events in 2018 included: the CLSA Participant Event, Spring and Fall Colloquium series, Lafayette Health Awareness Forum, and the Masterminds Series

FUNDING RECEIVED
IALH UVic faculty research affiliates received a total of $7,038,812 from national and international funding agencies to conduct research related to aging and lifelong health

JOURNAL ARTICLES PUBLISHED
IALH UVic faculty research affiliates, in collaboration with students, post-doctoral fellows, external and community affiliates published 172 peer-reviewed journal articles

CONFERENCE PRESENTATIONS
IALH affiliates participated in knowledge mobilization through 81 conference presentations in the form of papers, workshops and keynote addresses
Publication Comparison (2017 vs. 2018)

IALH UVic Faculty Research Affiliate Funding Received

$65,250 (MSFHR)
$63,930 (UVic)
$1,366,049 (Other)
$2,210,000 (BCMoH)
$33,000 (NSERC)
$815,342 (SSHRC)
$2,485,241 (CIHR)

Michael Smith Foundation for Health Research (MSFHR)
University of Victoria internal grants (UVic)
Tri-Council funding: Natural Sciences and Engineering Research Council (NSERC), Social Sciences and Humanities Research Council (SSHRC), Canadian Institutes of Health Research (CIHR))
BC Ministry of Health
Other
Ami Bitschy – Project Coordinator (iPANEL)
Kaitlin Blackwood – Project Coordinator (CHI)
Paul Brewster, PhD – Neuropsychologist (CHI)
Denise Cloutier, PhD – Research Affiliate (GEOG)
Erin Donald – Graduate student
Carren Dujela – Project Coordinator
Harjot Grewal – Research Assistant
Scott Hofer, PhD – Director
Cameron Holizki – Research Assistant
Lois Holizki – Manager
Delaney McCartan – Administrative Assistant
Andrea Mellor – Graduate student
Jo Ann Miller, PhD – Project Site Coordinator (CLSA)

Ashley Mollison – Research Coordinator (EAC)
Leah Potter – Administrator
Kaitlyn Roland – Research Analyst
Claire Sauvage-Mar – Research Trial Coordinator (VADAC)
Arlene Senft – Administrator
Kelli Stajduhar, PhD, RN – Research Affiliate (NURS)
Shannon Tracey – Graduate student
Stacey Voll – Data Analyst
ABOUT THE INSTITUTE

LADNER SITE

Jagdev (Jay) Bains – Coordinator, South Asian Self-Management Programs
Casandra Banman – Coordinator, North Self-Management Programs
Lana Berry – Coordinator, Fraser (East) Self-Management Programs
Christine Bramwell – Project Support
Rhonda Carrière – Coordinator, Fraser (South) Self-Management Programs
June Clearsky – Coordinator, Indigenous Provincial & Fraser (North) Self-Management Programs
Mark Davies – Senior Coordinator, Vancouver Island Self-Management Programs
Julieta Gerbrandt – Qualitative Researcher
Karen Hannah – Coordinator, Self-Management Health Coach Program
Suzanne Harmandian – Program Assistant, Research
Fran Hensen – Project Lead (VADAC)
Lisa Herriot – Program Assistant, Self-Management Health Coach Program
Navah Jacobs – Research Assistant and Data Coordinator
Courtney Kang – Coordinator, Chinese Self-Management Programs
Naida Khan – Project Support
Charles Labun – Coordinator, Interior Self-Management Programs
Sherry Lynch – Research Associate
Norma Mah – Project Support
Patrick McGowan, PhD – Associate Director, Ladner, Project Lead, BC Self-Management Programs
Ginette McLennan – Project Support
John Murphy – Coordinator, Vancouver Coastal Self-Management Programs
Louise Rolland – Office Manager and Coordinator, Sunshine Coast Self-Management Programs
Shayan Shakeraneh – Research Assistant
John O. Anderson, PhD – UVic Retirees Association representative
Elizabeth Borycki, PhD – Research Affiliate, Health Information Science
Judy Brownoff – Councillor, District of Saanich
Brian Christie, PhD – Research Affiliate, Division of Medical Sciences
Scott Hofer, PhD – Director, Institute on Aging and Lifelong Health (ex-officio)
Lisa Kalynchuk, PhD – Associate Vice President Research
Michael Masson, PhD – Associate Dean, Faculty of Social Sciences
Patrick McGowan, PhD – Associate Director, IALH, Ladner site (ex-officio)
Lori McLeod – Executive Director, Eldercare Foundation
Ryan Rhodes, PhD – Associate Director, IALH, UVic site (ex-officio)
Julie Shaver – Manager, Palliative and Dementia Care
Debra Sheets, PhD – Research Affiliate, School of Nursing
Martin Wale, MD (chair) – Provincial Medical Lead, BC Medical Quality Initiative, BC Ministry of Health
Bev Wilden (past chair) – Community member
ABOUT THE INSTITUTE

STUDENT AFFILIATES

Ambar Abrar– Social Dimensions of Health
Adeshina Alani– Computer Science
Camille Angus– Social Dimensions of Health
Marcy Antonio– Interdisciplinary, Nursing and Health Informatics
Paule Bellwood– Health Information Science
Stan Bersenev– Social Dimensions of Health
Melody Burgoyne– Social Dimensions of Health
Mario Cartie– Sociology
Correne DeCarlo– Psychology
Erin Donald– Nursing
Emily Duggan– Psychology
Illia Fernandez– Psychology
Branda Guan– Public Health & Social Policy
Ryan Habibi– Computer Science
Drew Halliday– Psychology
Sabrina Kazi Haq– Sociology
Oleksandra Hararuk– Computer Science
Arne Hetherington– Kinesiology
Sally Hughes– Social Work
Jill Injet– Education
Sherin Jamal– Social Dimensions of Health
Ali Jordan– Psychology
Prithviraj Kangjam– Health Information Science
Keita Kawai– Psychology

Mushira Mohsin Khan– Sociology
Jamie Knight– Psychology
Susan Kuruz– Nursing
Janet Love– Psychology
Zheng Min– Education
Shahrokh Mohammadzadeh– Nursing
Helen Monkman– Health Information Science
Stela Musteata– Division of Medical Sciences
Lisa Ohlhauser– Psychology
Trudy Pauluth-Penner– Social Dimensions of Health
Lori Rietze– Nursing
Kelsey Rounds– Nursing
Nasrin Saleh– Social Dimensions of Health
Yilan Shen– Nursing and Health Informatics
Kristen Silveira– Psychology
Päl Skar– Nursing
Caroline Spaner– Psychology
Tomiko Yoneda– Psychology

POST-DOCTORAL AFFILIATES

Jonathan Rush, PhD—Psychology
Elisabeth Antifeau– Interior Health Authority
Samar Aoun, PhD– Latrobe University
Carl Asche, PhD– University of Illinois
Paul Brewster, PhD– Island Health
Anne-Marie Broemeling, PhD– University of British Columbia
Arlene Carson– AJ Carson Consulting & Research
Iris Chi, DSW– University of Southern California
Elizabeth Dow, PhD– University of Fraser Valley
Veronica Doyle– Consultant
David Evans, MD– Island Health Authority
Laura Funk, PhD– University of Manitoba
Mehdi Ghotboddini, PhD– Island Health Authority
Gunn Grande, PhD– University of Manchester
Shixun Gui, PhD– East China Normal University
Su-Er Guo, PhD– Chang Gung Institute of Technology
Taylor Hainstock– Island Health Authority
Ann Holroyd, PhD, RN– Vancouver Island University
Weimin Hu, PhD– Island Health Authority
Peter Kirk, MB– University of British Columbia
Sharon Koehn, PhD– Centre for Healthy Aging at Providence
Andriy Koval, PhD– University of Central Florida
Daniel Lai, PhD– Hong Kong Polytechnic University
Penny MacCourt, PhD– BC Psychogeriatric Association
Lynne MacFagden, EdD– North Island College
Margaret Manville, MD– Island Health Authority
Anita Molzahn, PhD– University of Alberta
Patrick Ng– Calgary Chinese Elderly Citizens Association
Mark W. Novak, PhD– Oregon State University
Norm O’Rourke, PhD– Simon Fraser University
Belinda Parke, PhD, RN– University of Alberta
Clare Porac, PhD– Penn State Erie, The Behrend College
Colin Reid– University of British Columbia Okanagan
Leslie Roos, PhD– University of Manitoba
Richard Sawatzky, PhD, RN– Trinity Western University
Victoria Scott– BC Ministry of Health Planning (Retired)
Richard Stanwick, MD– Island Health
Chris Toye, PhD– Curtin University
Laura Watts– Canadian Centre for Elder Law
Andrew Wister, PhD– Simon Fraser University
Zheng Wu, PhD– Simon Fraser University
Zachary Zimmer, MD– University of Utah

Community Affiliates
Judy Brownoff– District of Saanich
John Gray– Community member
Lori McLeod– Eldercare Foundation
Ken Moselle, PhD– Island Health Authority
Julie Shaver– Seniors Directorate, Ministry of Health
Christie Simon– Toronto Central Community Care Access Centre
Martin Wale, MD– BC Ministry of Health
Bev Wilden– Community member
Strategic research initiatives

The Institute on Aging and Lifelong Health provides research and support to increase innovation, impact, and productivity of our faculty and student affiliates, as well as our research partners. We have identified three primary strengths on which to advance leading-edge research: Vulnerability and Frailty, Lifelong Health, and Cognitive Health. Crosscutting research approaches include observational and experimental designs and data collection, an emphasis on improving health services and technological innovations, and advances in data analytics and rigorous replication research.

Our three research initiatives on Vulnerability and Frailty, Lifelong Health, and Cognitive Health build on a strong legacy of research at the University of Victoria (UVic). The UVic strategic priorities are advanced by the institute’s priorities and are set to advance research excellence and impact our aging society. Our local, national and international research activity and knowledge mobilization promotes student success, and facilitation of collaboration, partnerships and interdisciplinary approaches on campus and with our external colleagues.
### STRATEGIC RESEARCH INITIATIVES

#### Promoting Cognitive Health

*To delay the onset and alter the rate of cognitive decline and improve the lives of people with cognitive disorders*

- **Longitudinal Studies and Interventions**
  - Longitudinal Studies
  - Randomized Trials
  - Intensive Measurement
  - Community-based participatory research

- To lead international collaborative analysis of longitudinal studies of cognitive aging and dementia.
- To develop a prospective cohort study to improve the accuracy of detecting cognitive change and risk for dementia.
- To advance prevention and treatment options for individuals with subjective cognitive decline and cognitive impairment.

#### Lifelong Health

*To optimize the health and well-being of individuals and families across the life course*

- **Longitudinal Studies and Interventions**
  - Longitudinal Studies
  - Randomized Trials
  - Intensive Measurement
  - Community-based participatory research

- To engage in innovative and population-relevant health behaviour research to improve health outcomes and promote physical, mental, and social well-being.
- To address the social, environmental, economic, and cultural factors related to healthy and age-friendly communities.

- **Care and Technological Innovations**
  - Health Informatics
  - Mobile Apps Home-Based Monitoring
  - Assistive Technology
  - Usability Health Services and System Innovations

- To develop and validate light-touch, low cost mobile assessment tools for accurate and early detection of subtle cognitive decline.
- To develop protocol for transactional data flow (e.g., risk factors, cognitive assessment) with health care providers.
- To develop methods for designing, testing and deploying mobile, home-based technologies and assistive technologies.

- In partnership with CanAssist, to identify and address challenges for individuals with cognitive decline and impairment.

- To integrate physical activity monitoring into mobile health and cognitive assessment apps for use in research and health care settings.
- To develop long-term usability and usage tracking and analysis (of apps, patient information systems and other innovations) over time and over distributed settings.

- To advance development and evaluation of assistive technology, in partnership with CanAssist, to support independence and autonomy at home.
- To improve health services for those at end of life and for vulnerable populations.
- To provide continual feedback and refinement from end-user studies to improve design and impact of technologies to support independent living.

- **Data Analytics**
  - Quantitative Methods
  - Qualitative and Mixed Methods
  - Research Synthesis
  - Health Data Analytics

- To advance neuroscience tools and designs to improve sensitivity and specificity to detect subtle cognitive change.
- To support and advance methods for reproducible and replicable research in cognitive health and dementia.
- To advance precision cognitive health research and quantify individual risk.

- To develop real-time analytics to provide individualized feedback regarding impact of lifestyle change on health, cognitive, and well-being outcomes.
- To support research using integrative and big data analytics to improve individual and population health outcomes.

- To advance data analytics for detecting change and quantifying individual risk for acute events with home-based monitoring.
- To build learning analytic systems in health care for improving clinical decision support, care coordination, and patient outcomes.

#### Vulnerability and Frailty

*To delay functional loss, improve autonomy and independence, and enhance quality of life, until the end of life*

- **Longitudinal Studies and Interventions**
  - Longitudinal Studies
  - Randomized Trials
  - Intensive Measurement
  - Community-based participatory research

- To improve predictive models to identify individuals at risk for transitions into higher levels of care.
- To meet the needs of vulnerable populations (e.g., persons living with dementia, end of life, caregivers) in the achievement and promotion of quality of life.

- To advance development and evaluation of assistive technology, in partnership with CanAssist, to support independence and autonomy at home.
- To improve health services for those at end of life and for vulnerable populations.
- To provide continual feedback and refinement from end-user studies to improve design and impact of technologies to support independent living.

- To advance data analytics for detecting change and quantifying individual risk for acute events with home-based monitoring.
- To build learning analytic systems in health care for improving clinical decision support, care coordination, and patient outcomes.
The Institute on Aging and Lifelong Health is dedicated to community engagement and knowledge mobilization by holding captivating events.
CLSA Participant Event: “Study Participants Ask, Researchers Respond”

The Canadian Longitudinal Study on Aging (CLSA) is a large, national, long-term study that will follow approximately 50,000 men and women who are between the ages of 45 and 85 when recruited, for at least 20 years. The CLSA collects information on the changing biological, medical, psychological, social, lifestyle and economic aspects of people’s lives. These factors will be studied to understand how, individually and in combination, they have an impact in both maintaining health and in the development of disease and disability as people age.

On August 28th, 2018, the CLSA Data Collection Site at University of Victoria in partnership with Island Health, hosted a seminar for CLSA participants to discuss specific measures included as part of the CLSA, how some of the data are being used, and what we are learning from the study. The event took place at the University of Victoria.

Speakers included:

Scott Hofer, PhD, Director, Institute on Aging and Lifelong Health, University of Victoria, Mohr Chair in Adult Development and Aging
Denise Cloutier, PhD, Professor, Department of Geography, University of Victoria
Debra Sheets, PhD, Associate Professor, School of Nursing, University of Victoria
Marilyn Bater, MD, Geriatrician, Island Health Authority

The event was moderated by the CLSA Victoria Local Site Coordinator Jo Ann Miller, PhD, and was live streamed on the CLSA website and social media channels.
Our colloquium series hosts a number of experts from the University of Victoria and other institutions to showcase our research, as well as fostering academic dialogue with students, faculty members, researchers and the general public.

**Spring 2018 Colloquium Series**

**A Smartphone App, Games, and Research Ideas for Mild Cognitive Impairment**  
Presented by: Robert McLeod, PhD, University of Manitoba  
March 13, 2018, 10:30 to 11:45a.m.

**Myths and Realities of Aging in BC**  
Presented by: Isobel Mackenzie, BC Seniors Advocate  
March 20, 2018, 10:30 to 11:45a.m.

**The Gut**  
Presented by: Adam Con, Associate Professor, School of Music  
April 3, 2018, 10:15 to 11:30a.m.

**Fall 2018 Colloquium Series**

**Transactional Data of Island Health: How Patients Vote with their Feet**  
Presented by: Ken Moselle, PhD, Island Health Authority, and Andriy Koval, PhD, BC Observatory for Population and Public Health, University of Central Florida  
November 28, 2018, 1:00 to 2:00p.m.

**Visualizing Logistic Regression with the “Coloring Book” Technique: A Study in ggplot2**  
Presented by: Andriy Koval, PhD, BC Observatory for Population and Public Health, University of Central Florida  
November 28, 2018, 2:00 to 3:00p.m.
 Nuances of Information Sharing and Data Display in a Mobile Application for Students with Substance Use Disorder

Presented by: Barbara (Basia) Andraka-Christou, University of Central Florida

November 29, 2018, 1:00 to 2:00p.m.

Optimizing Public Health Surveillance through Reproducible Reporting: Response to Opioid Crisis on Vancouver Island

Presented by: Shannon Tracey, University of Victoria

November 29, 2018, 2:00 to 3:00p.m.

Building Pipelines and Dashboards for Practitioners: Mobilizing Knowledge with Reproducible Reporting

Presented by: Will Beasley, PhD, University of Oklahoma Health Science Center

November 30, 2018, 1:00 to 2:00p.m.

Constructing Workflows for Reproducible Analytics: Suppressing Small Counts for Provincial Chronic Disease Dashboard

Presented by: Andriy Koval, PhD, BC Observatory for Population and Public Health, University of Central Florida, and Anthony Leamon, Island Health Authority

November 30, 2018, 2:00 to 3:00p.m.
For 13 years the Lafayette String Quartet has joined with health professionals to bring expert information to our community on various health topics which affect us all.

*The Lafayette Health Awareness Series began in 2006 with a dialogue on the topic of breast cancer, which impacted the Lafayette String Quartet profoundly when one of its members was diagnosed and treated in 2001.*

The Lafayette Health Awareness Forum was created to provide expert and updated health information to the public in a free forum on various health topics. With the quartet’s experience that what affects one eventually affects us all, it was their wish in their 20th anniversary year (2006) to offer a tangible way to share with the community their gratitude for this universal connection. The Lafayette Health Awareness Forum brings this interconnection to our local community and provides the opportunity for specialists, health professionals and the general public to meet.

The 13th Lafayette Health Awareness Forum was held on October 4, 2018 at the UVic David Lam Auditorium. The evening opened with the Lafayette String Quartet performing Beethoven’s String Quartet in F Minor, Op. 95. Their performance was followed by presentations by Launette Rieb, Patrick McGowan, and Nelson Svorkdal on “A Primer on Pain in 2018: How it affects us and what we can do about it”. After a question period, the quartet closed the evening with their performance of Debussy’s String Quartet in G minor, Op. 10, to a standing ovation.

The Institute on Aging and Lifelong Health is proud to partner with the Lafayette String Quartet on their innovative annual event.
The annual Masterminds Lecture Series is presented by the University of Victoria Retirees Association (UVRA), in partnership with the Institute on Aging and Lifelong Health, with support from the University of Victoria. Created in 2006, the series gives back to the community while highlighting the contributions of retirees. The 2018 presentations were:

**Diaries of a missionary doctor: A family history**
Discover letters and journals revealing the fascinating life of the Colwell family in BC and India.
Presented by: Dr Dean Goard
April 4, 2018 at 7:00p.m.

**Watching learning happen: From neural networks to social networks**
Learning is at the heart of the human experience and is central to what we think, do and feel. Explore the complexities and challenges of how we learn.
Presented by: Geraldine Van Gyn
April 11, 2018 at 7:00p.m.

**Let the images speak: Historic re-photography in Canada’s Mountain West**
Hike Canada's ranges to see how scientists with cameras are revealing climate change.
Presented by: Mary Sanseverino
April 18, 2018 at 7:00p.m.

**On land and seafloor: Earthquake early-warning systems**
Ocean Networks Canada is in a unique position to detect subduction earthquakes through the operation of seismic sensor networks both on land and the seafloor.
Presented by: Bob Crosby
April 25, 2018 at 7:00p.m.
VALUED ELDER RECOGNITION AWARDS (VERA)

The Valued Elder Recognition Award (VERA) was developed by Friends of the Centre on Aging in 2000, to honour and celebrate fellow elder volunteers in the Capital Regional District (CRD).

Starting in 2016, the Institute on Aging and Lifelong Health and the Greater Victoria Eldercare Foundation began partnering to present the VERA. With the Eldercare Foundation’s support, the VERA recognizes those who make a difference each and every day. Agencies and individuals are invited to make one nomination each year.

The Valued Elder Recognition Award honours each of the nominees who have given exemplary service to helping others in the CRD. The Institute on Aging and Lifelong Health and the Eldercare Foundation recognize and honour these individuals and thank them for all they have contributed to the community. Recipients are nominated through their volunteer organization, and are recognized and celebrated at our annual award ceremony held on the United Nations’ International Day of Older Persons, October 1st.

2018 VERA Recipients (from L to R): Isobel Carter, Nancy Sing, Joan Brillinger, Bill Israel, Isla Evans, Gaelan de Wolf, Sylvia Campbell, Joan Chevrier (unable to attend: Christine Johnson, Leona Russell)
<table>
<thead>
<tr>
<th><strong>VERA RECIPIENTS</strong></th>
<th><strong>Sylvia Campbell</strong></th>
<th><strong>Isobel Carter</strong></th>
<th><strong>Joan Chevrier</strong></th>
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<tr>
<td>Joan Brillinger</td>
<td>AIDS Vancouver Island, St. Aidan's Community Services, Vancouver Island Cancer Lodge, St. Aidan's United Church of Canada Thrift Shop</td>
<td>Beacon Hill Villa Hymn Sing, James Bay Churches</td>
<td>Canadian Peacekeeping Veterans Associations, Queen’s Diamond Jubilee Media Nominee, Royal Canadian Legion Branch #91</td>
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<tr>
<td>Sylvia Campbell</td>
<td>Big Brothers Big Sisters of Greater Victoria, United Way of Greater Victoria, Advance Care Planning VIHA, Laren Society &amp; The Bill Mudge Halfway House, Salvation Army Halfway House, Church of Truth, Community of Conscious Living, William Head Institution</td>
<td>First Unitarian Church of Victoria, The Knight Award Recipient, Kairos Branch, Chil Haven International, Stephen Lewis Foundation's Grandmothers Helping Grandmothers, Dandelion Society, Mustard Seed</td>
<td>Saanich Volunteer Services</td>
</tr>
<tr>
<td>Isobel Carter</td>
<td>Victoria Chinatown Lions, Baton and Drum Corp, Children's International Summer Village, Uplands Golf Course, Ladies Club Captain, BC Children's Hospital, Commonwealth Games, artsREACH Society, Colour Your Palate Fundraiser, Goward House Society</td>
<td>Oak Bay Emergency Program, Oak Bay Summer Markets, Monterey Recreation Centre, Monterey Recreation Activity Association</td>
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<tr>
<td>Joan Chevrier</td>
<td>Meals on Wheels, Mustard Seed Food Bank, Thrifty Foods Sendial Program, Glad Tidings Church, Breast Cancer Awareness, Terry Fox Walk</td>
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<td>Bill Israel</td>
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<td>Christine Johnston</td>
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<td>Leona Russell</td>
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<td>Gaelan de Wolf</td>
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</table>
Delaying the onset and altering the rate of cognitive decline and improving the lives of people with cognitive disorders
Brian Christie– Division of Medical Sciences
Effects of exercise on the human brain; electrophysiological, immunohistochemical, molecular and behavioural research methods to elucidate learning and memory mechanisms in the aging brain; hippocampal formation throughout the lifespan

Adam Con– School of Music
Tai Chi Chuan practice and neuroscience research; how neuroscience is related to motor neuron

Mauricio Garcia-Barrera– Psychology
Clinical neuropsychology; understanding as well as developing a theoretical and evidence-based model of executive functioning; concussions; neuroimaging; sport concussions

Jodie Gawryluk– Psychology
Identification of brain changes–functional or structural–that occur earliest in the Alzheimer's disease process and, how such changes relate to cognitive ability; clinical neuropsychology; neuroimaging

Scott Hofer– Psychology, IALH Director
Identification and explanation of individual differences in developmental and aging-related processes; analysis and evaluation of longitudinal and life course studies; intensive measurement designs; developments in research methodology focused on measurement and analysis of change
Andre Kushniruk – Health Information Science
Evaluation of the use and usability of information systems; design and evaluation methodologies; eHealth and telemedicine; consumer informatics; cognitive aspects of decision support systems

Stuart MacDonald – Psychology
Patterns and predictors of cognitive decline in the healthy elderly; developmental transition between primary and secondary aging; individual differences in cognitive aging; cognitive neuroscience of aging

Michael Masson – Psychology
Cognition and action; human memory; Bayesian analysis of data; investigating embodied cognition with manual interactions used when identifying manipulable objects

Andrea Piccinin – Psychology
Lifespan development; developmental research methods; cognitive function in later life from a lifespan individual differences perspectives; universal challenges of sciences; developing construct measurements, study designs, statistical analyses to address essential developmental questions
Colette Smart– Psychology
Understanding the neural mechanisms underlying meditation practice in healthy and clinical populations; neural and neuropsychometric correlates of everyday functioning in older adults

Holly Tuokko– Psychology (Emeritus)
Clinical neuropsychology; clinical aging; older driver safety; cognitive impairment including dementia; everyday competence
**Bidirectional Structural and Functional Plasticity in the Aging Brain**

Principal Applicant: **Christie, B.**

$33,000 — Natural Sciences and Engineering Research Council of Canada (NSERC) Discovery (2018-2019)

**Fetal Alcohol Effects and Choline Intervention**

Co-Investigator: **Christie, B.**

$1,258,515— National Institute on Alcohol Abuse and Alcoholism (NIAAA) (2018-2023)

**Ambulatory Methods for Measuring Cognitive Change**

Co-Investigator: **Hofer, S.**

$13,000,000— National Institutes of Health/NIA 1U2CAG060408
Optimizing the health and well-being of individuals and families across the life course
Elizabeth Borycki– Health Information Science
Health management, organization, and strategy; disease management, respirology, and geriatrics; nursing informatics and the effect of technology upon nurses' work; evaluation of the impact of information technology in health care; clinical informatics

Denise Cloutier– Geography
Healthy aging; the continuum of care; aging in place; health care reform or restructuring; vulnerable populations; aging in small, rural, and remote communities

Angela Downey– Peter B. Gustavson School of Business
Health promotion; accounting; finance; and worksite wellness

Michael Hayes– School of Public Health & Social Policy
Health inequities; disability; public policy; obesity; health literacy; population health promotion

Sandra Hundza– School of Exercise Science, Physical and Health Education
Neural control of human movement; neural control of limbs and trunk during walking with aging, after injury (e.g., stroke), and with disease; rehabilitation and assistive devices and technologies related to mobility
Freya Kodar – Faculty of Law
Pensions, debtor, and creditor relations; social welfare law; feminist analysis of law; torts

Alex Mu-Hsing Kuo – Health Information Science
Health Big Data analytics; health data interoperability; health database & data warehousing; data mining application in healthcare; e-health and clinical decision support system

Nathan Lachowsky – School of Public Health & Social Policy
Sexual health; global health; lesbian, gay, bisexual, transgender, queer, and two-spirit (LGBTQ2S) people; HIV prevention and care; health equity; interdisciplinary approaches; indigenous health; mixed methods; community-based research; public health surveillance; infectious diseases; population health

Sam Liu – School of Exercise Science, Physical and Health Education
Chronic disease prevention and management; eHealth/mHealth, Big Data and health surveillance; physical activity; health promotion

Anastasia Mallidou – School of Nursing
Health services research; knowledge translation; leadership for shaping effective and efficient healthcare systems
Jeannine Moreau– School of Nursing
Critical discourse analysis; women's health; feminism and postmodernism; nursing education; gerontology and ageism

Pamela Moss– Studies in Policy & Practice
Body politics; women with chronic illness; theories of body and embodied theories; women's health; feminist research methodologies; autobiographical writing; contested illness; disabling subjectivities; alternative healing practices; chronic fatigue syndrome; veterans with PTSD

Morgan Price– Computer Science; Division of Medical Sciences
eHealth; Electronic Health Records; consumer eHealth; decision support; safer medication management; action research methods; continuity of care

Michael Prince– Studies in Policy and Practice
Trends in social policy, past, present, and in the next generations; federal-provincial relations; aboriginal governance; policy making in the community
Ryan Rhodes – School of Exercise Science, Physical and Health Education

Exercise adherence; intervention strategies to promote physical activity; social cognitive theories of exercise behaviour change; personality and exercise behaviour; exercise and quality of life; exercise among special populations

E. Paul Zehr – School of Exercise Science, Physical & Health Education

Neural control of human movement after stroke and spinal cord injury; arm and leg coordination during walking; enhancing neuroplasticity, biomechanics, motor behavior, and exercise physiology
An interpersonal relationships intervention for improving cardiovascular health in youth

(Applicants) Chen, E., Grant, K.E., (Members) & Rhodes, R.E.

$815,601 National Institutes of Health, National Heart, Lung, and Blood Institute (2018-2023)

Disparities in cardiovascular (CV) diseases by socioeconomic status (SES) and race/ethnicity are pronounced in our society, and the processes that lead to these disparities begin in childhood. Previous intervention efforts have targeted individual lifestyle changes in health behaviors, but with limited success in low SES, minority youth. The study proposes a novel intervention to reduce CV risk in low SES, minority children (under 21 by NIH guidelines) that focuses on social relationships, specifically mentoring, as a way to create bi-directional benefits for CV health in youth. The rationale for this intervention is based both on work showing that receiving social support has benefits for physical health, and on work demonstrating that helping others is associated with better physical health.
Childhood Healthy Weights Early Intervention Program*
Co-Investigators: Naylor, P.J., & Liu, S.
$60,000 MITACS (2018-2019)

Creating a Healthier Community through Indigenous Approaches to Health and Wellness
Co-Investigators: Bredin, S.D., Norman, M.E., Oh, P., & Rhodes, R.E.
$10,000 Canadian Institutes for Health Research (CIHR) Planning and Dissemination Grant (2018-2019)

Develop a Web-Based Childhood Healthy Weights Early Intervention Program
Principal Investigator: Liu, S.
$10,000 Michael Smith Foundation For Health Research (MSFHR) Reach Award (2018)

Developing an Indigenous Cultural Safety Training Impact Assessment Tool in Higher Education Settings
Collaborators: Antoine, A., Hobenshield, S., McIvor, O., Ormiston, T., Rhodes, R., Thomas, R.
$61,748 SSHRC Insight Development Grant (2018-2020)

Development and Validation of Perceived Social Influence Scale in Sport, Physical Activity, and Education Contexts
Chan, D.K.C., & Rhodes, R.E.
$63,460 The University of Hong Kong Research Committee (2018-2019)
Evaluating the Effects of a Smartphone Education Program on Student Learning and Well-being

Applicant: **Liu, S.**

Co-Applicants: Mueller, U., & **Rhodes, R.**

$74,961 SSHRC Insight Development Grant

HIV Pre-Exposure Prophylaxis Implementation to Key Priority Populations Across British Columbia: Towards HIV Elimination

Principal Applicant: **Lachowsky, N.**

$10,000 MSFHR Implementation Science Team Development Grant (2018-2019)

Improving Use of Technologies to Support the Disabled

Principal Investigator: **Borycki, E.**

$20,000 University of Victoria (UVic) CanAssist (2018-2019)

Engaging Indigenous Ways of Knowing Within Higher Education


Increasing Dog-Walking in the Community: What is the Potential of Wearable Dog Trackers?


$73,000USD The PAWalks Trial. Human-Animal Bond Research Institute (2018-2020)
Knowledge Mobilization Workshop to Support Healthful Aging for Older Adults in Rural Communities

Principal Investigator: Cloutier, D.
Co-Principal Investigator: Kobayashi, K.

$3,000- Regional District of the Central Kootenay Community Development Grant

Lytton First Nation: Enhancing Health and Wellness through a Community-Based, Health Research Network

Principal Investigators: Hare, J., Warburton, D.E.R.,
Co-Investigators: Bredin, S.S.S., Mihalynuk, T.V., Miles, R., Norman, M.E., Oh, P., Rhodes, R.E.

$75,000- CIHR Operating Grant Network Environemnts for Indigenous Health Research Development Grants (2018-2019)

Rethinking Social and Political Dimensions of Indigenous Mental Health with Indigenous Social Media

Collaborators: Ansloos, J., Woodruff, E., & Liu, S.

$68,965 SSHRC Insight Development Grant (2018-2020)

Supporting Culturally Appropriate Coming of Age Resources for Urban Indigenous Youth on Vancouver Island: (Re:) Connecting with Self-Determined Health and Wellness

Co-Applicants: Cloutier, D., Chuckry, J., & Mellor, A.

$49,256 SSHRC Special Call: Indigenous Research Capacity and Reconciliation–Connection grants

The Feasibility and Acceptability of Online Screening, At-Home Dried Blood Spot Collection, and Peer-Based Linkage to Care for HCV Micro-Elimination Among Gay, Bisexual and Other Men Who Have Sex with Men in British Columbia

Principal Applicant: Lachowsky, N.

The Role of Increasing Cognitive Impairment on Usability and Usefulness of Mobile Apps to Support those with Dementia*

Principal Investigator: Borycki, E.

$20,000 UVic Internal Research Grant (2018-2019)

Transforming Our Understanding, Enhancing our Practices: Engaging Indigenous Ways of Knowing in the Promotion of Healthy Lifestyle Behaviour


$109,911 CIHR Catalyst Grant (2018-2019)

Transgender Population Health and Engagement in Patient-Oriented Research: A Community-Based Participatory Study

(Principal Applicant) Devor, A.H., Lachowsky, N.J., & Tei, C.

$40,000 CIHR Strategy for Patient-Oriented Research (SPOR) Patient-Oriented Research Collaboration Grants

TransPULSE Canada: A National Study of Transgender Health

Co-Applicant: Lachowsky, N.

$1,298,201 CIHR Project Grant (2018-2023)

Using ‘Brain Backs’ for Multiple Health Behaviour Change: Planning the First-in-Canada Evaluation of Implementation Intentions at Scale

Principal Investigators: Grimshaw, J.M., Pressseau, J., Squires, J.E.


$20,000 CIHR Planning and Dissemination Grants (2018-2019)
Understanding the Contraceptive Health Care Needs of Patients in British Columbia*

Co-Applicant: Lachowsky, N.

$20,000 Vancouver Foundation, Field of Interest Participatory Action Research Convene Grant (2018-2019)

What will it take to Decrease the Burden of the HIV and STI Epidemics among MSM in British Columbia, Canada? A Sexual Network Modeling Analysis, Combining Syndemic Theory, to Evaluate the Impact of Behavioural and Biomedical Interventions for HIV and STI Prevention

Co-Investigator: Lachowsky, N.

$810,900 CIHR Project Grant

Yú usnewas (Taking Care of Each Other): Life Promotion through Indigenous Youth Community Capacity Building


$200,000 SSHRC Partnership Development Grant (2018-2021)
To delay functional loss, improve autonomy and independence, and enhance quality of life until the end of life
Anne Bruce – School of Nursing
End-of-life care; nursing services; nursing education; contemplative practices in health care

Neena Chappell – Sociology (Emeritus)
Caregiving to older adults; care for people with dementia; aging and ethnicity; quality and cost-effectiveness of community-based home and residential care; Canadian health care restructuring and reform

Elaine Gallagher – School of Nursing (Emeritus)
Gerontology; health promotion; community development; elder abuse; falls among the elderly

Karen Kobayashi – Sociology
Sociology of aging, ethnicity, and immigrant status; family dynamics and intergenerational relationships; health and illness; long-term care; dementia; research design

Patricia McKenzie – School of Social Work
Healthcare; aging; interdisciplinary practice; rural communities
Patrick McGowan – School of Public Health & Social Policy
Self-management health education programs for persons experiencing chronic health conditions

Margaret Penning – Sociology
Social support, informal and formal care in relation to chronic illness and disability; mental health and well-being; impact of structural inequalities on health and health care; Canadian health care restructuring and reform

Debra Sheets – School of Nursing
Gerontology and geriatric nursing; healthy aging; family caregivers; evaluation; geriatric nursing education; end-of-life care

André Smith – Sociology
Health and illness; dementia care; health policy; mental illness; qualitative methodologies; aging; and social inequality
**Kelli Stajduhar – School of Nursing**

Palliative and end-of-life care; family caregiving; home care; HIV/AIDS; oncology; vulnerable and marginalized populations; gerontology; health services research; qualitative and quantitative research methods; mixed method study design; collaborative, participatory research

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**Lynne Young – School of Nursing (Emeritus)**

Family health promotion research; heart health; program evaluation; complex health challenges
VULNERABILITY AND FRAILTY
RESEARCH GRANTS AND PROJECTS

An Interpersonal Relationships Intervention for Improving Cardiovascular Health in Youth
Applicants: Chen, E., Grant, K.E., (Members) Rhodes, R.E
$815,601 National Institutes of Health, National Heart, Lung, and Blood Institute (2018-2023)

A Knowledge Mobilization Workshop to Support Healthful Aging for Older Adults in Rural Communities
Principal Investigator: Kobayashi, K.
$3,000 Regional District of the Central Kootenay Community Development Grant

An Inter-Provincial Comparison of Innovative Programs that Help Individuals and Families affected by Life-Limiting Chronic Illnesses Navigate End-of-Life
Principal Investigators: Urquhart, R., Tschupruk, C., Pfaff, K., Stajduhar, K., & Warner, G.
$124,540 SPOR PIHCI Network, Comparative Program and Policy Analysis Grant; CIHR $124,540; MSFHR $15,250 (2018-2020)

Bereavement and Experiences of MAiD Prescribers
Trouton, K., MacDonald, L., Beuthin, R., Daudt, H., Thompson, M., Collis, K., & Bruce, A.

Complexity of Caregiving Experiences and Outcomes: Understanding the Role of Social Statuses and Social Resources
Co-Applicants: Bierman, A., Penning, M.J., & Venturato, L.
$65,410 SSHRC Insight Development Grant (2018-2020)
Ease e-Home: Plug and Play Technologies to Support Older Adults with Dementia and their Caregivers

Principal Investigator: Sheets, D.
Co-Investigators: MacDonald, S., Smith, A., & Hundza, S.

$50,000 SPARK Program, Centre for Aging and Brain Health Innovation (CABHI) (2018-2019)

Ease e-Home is an innovative project aiming to develop a system of “smart home” using voice-assisted technologies for older adults with memory loss or dementia and their caregivers. The project uses Amazon Echo as the smart home hub, connecting Alexa, the voice-controlled personal assistant, to a customized suite of smart devices. Researchers are investigating how voice-assisted technologies can support the care of older adults and the impact on social connections, cognition and quality of life.
Evaluation of a Mindful Self-Care for Caregivers Course
Principal Investigator: Sheets, D.
$7,000 UVic Internal Research/Creative Project Grant (2018-2019)

For Study of the Effects of Immigrant Status, Gender and Race Intersections on Well-Being in Middle and Late Life
Applicant: Penning, M.J.
Co-Applicants: Wu, Z., & Chappell, N.L.
$156,607 SSHRC Insight Grant (2018-2021)

Improving Palliative Care in the Home and Community: Building CAPACITI (Community Access to Palliative Care via Interprofessional primary care Teams Intervention)
$1,216,350 CIHR Project Grant (2018-2022)

Patient Self-Management Programs and Health Professional Self-Management Support Training
Principal Investigator: McGowan, P.
$2,210,000 British Columbia Ministry of Health (2018-2019)

Supporting Quality of Life Assessments of Frail Older Adults and their Family Caregivers
$99,937 Canadian Frailty Network, 2018 Catalyst Grant Competition
Tackling the Home Care Challenge: A Mixed Methods Study of Publicly Funded Home Care Services in 4 Canadian Cities

Principal Investigators: Stajduhar, K.I.


$856,800 CIHR Project Grant (2018-2022)
Institute on Aging and Lifelong Health affiliates conduct research and promote knowledge mobilization through various avenues.
TABLE OF CONTENTS: APPENDICES

Appendix A: Affiliates in the Media
Appendix B: Presentations and Addresses
Appendix C: Scholarship and Award Recipients
Appendix D: Published Books
Appendix E: Published Book Chapters
Appendix F: Published Refereed Journal Articles


Zehr, E.P. (April 13, 2018). Chasing Captain America explores the science behind the ‘super soldier serum’ (Radio interview). Quirks and Quarks with Bob McDonald-CBC Radio One.


Sheets, D. (June 24, 2018). *Study Looks at Potential of Artificial Intelligence To Help Those With Memory Loss* (Interview). CBC News


Sheets, D. (August 26, 2018). *Singing can have positive effects on people with dementia, says researcher* (Radio interview). North by Northwest with Sheila MacKay, CBC Radio One.


**APPENDIX B**

**PRESENTATIONS AND ADDRESSES**

**JANUARY**

**Cloutier, D.** (January 9, 2018). *Aging Gracefully? Reflections on Aging, Place and Lifelong Health.* UVic Speakers Bureau, St. Aidan’s Church-Men Group, Victoria, BC.

**FEBRUARY**

**Cloutier, D.** (February 22, 2018). *From home to ‘home’: Considerations for a move into residential care.* Family Caregivers of BC.


**MARCH**

**Cloutier, D.** (March 13, 2018). *Aging Gracefully? Reflections on Aging, Place and Lifelong Health.* UVic Speakers Bureau, Best Western Hotel Inner Harbour, Victoria, BC.


**APRIL**

**Cloutier, D., & Kobayashi, K.** (April 4, 2018). *‘This is my Home!’ An Asset-based Approach to Aging in Place in Rural Communities.* Interior Health Authority, Lunch and Learn.

**Macintosh, A.** (April 12, 2018). *The influence of development, energetics, and behaviour on the mechanical competence of the female skeleton.* The 87th Annual Meeting of the American Association of Physical Anthropologists, Austin, TX.

**MAY**

**Cloutier, D., & Penning, M.** (May 1, 2018). *Understanding the Long-Term Care Trajectories of Persons with Dementia: A Western Canadian Study.* International Symposium on Population Aging and Policy Responses, University of Victoria, Victoria, BC.
Sheets, D. (May 8, 2018). On a High Note: An Intergenerational Community Choir for People with Dementia and their Caregiver. Symposium on Innovations in dementia care and research: From community to clinic, Five Days in May, Island Health Authority, Victoria, BC.


Cloutier, D. (May 28-31, 2018). Adding Life to Years for Long-term Care Residents - Seniors Adding Life To Years (SALTY). Canadian Association on Health Services and Policy Research (CAHSPR), Montreal, QB.

Hofer, S. M. (June, 2018). Integrative approaches and opportunities for examining life course, biopsychosocial models of multi-morbidity. Academy of Behavioral Medicine Research, Hilton Head Island, SC.

Sheets, D. (June 20, 2018). On a High Note: The Benefits of Community Choirs for People Living with Dementia and their Care Partners. Seniors Serving Seniors, Victoria, BC.


Prince, M. (June 27, 2018). Next Steps on Employment for Persons with Disabilities. School of Public Policy Workshop on Meaningful Employment for Neuro-Diverse Adults, University of Calgary, Calgary, AB.

Hofer, S. M. (June, 2018). Integrative Longitudinal Lifespan/Lifecourse Research Retrofit current ongoing aging studies (e.g., parallel analyses of cohorts across life course, pooling data from younger cohort with aging cohorts; linking estimates of empirical relationships in theoretical pathways of influence). Expert Meeting on Using Longitudinal Studies of Younger cohorts for Aging Research, National Academy of Sciences, Committee on Population, Division of Behavioral and Social Sciences and Education, Keck Center of the National Academies of Sciences, Engineering, and Medicine, Washington, DC.
**July**

**Hofer, S. M.** (July, 2018). *Integrative Data Analysis of Longitudinal Studies on Aging and Dementia: Replicating International Research through Coordinated Analysis*. COSMIC consortium meeting, Alzheimer’s Association International Conference, Chicago, IL.

**Masson, M.E.J.** (July, 2018). *Intentions and actions* (Address). Donald O. Hebb Distinguished Contribution Award Address, Annual meeting of the Canadian Society for Brain, Behavior, and Cognitive Science, St. John’s, NL.


**August**

**Cloutier, D., & Hofer, S.M. & Sheets, D.** (August 28, 2018). *The Canadian Longitudinal Study on Aging (CLSA) and the Determinants of Health, Panel Discussion*. University of Victoria, Victoria, BC.

**September**

**Deckha, M.** (September 6, 2018). *Something to Celebrate?“ De-listing Dairy in Canada’s National Food Guide*. Eggs, Milk and Honey: Law and Global Bio-Commodities, Western Sydney University, Sydney, AU.

**Prince, M.** (September 11, 2018). *Economic Inclusion through Accessible and Equitable Labour Markets*. ParlAmericas Annual Hemispheric Conference, Victoria, BC

**Sheets, D., & MacDonald, S.** (September 18, 2018). *Voices in Motion: The Power of Music for Caregivers and People with Dementia*. Family Caregivers of BC Webinar, Victoria, BC.

**Kuo, A.M.H.** (September 18, 2018). *Web-based Database: System Analysis and Design– A Case Study*. Thai Health Professionals, Victoria, BC.


Deckha, M. (September 14, 2018). *Graduate Funding Opportunities and Applications.* Graduate Student Seminar Series, University of Victoria, Victoria, BC.

Zehr, E.P. (September 17, 2018). *Science and the Superhero in You.* Vancouver Public Library, Science Literacy Week, Vancouver, BC.

Zehr, E.P. (September 18, 2018). *Science and the Superhero in You.* University of Victoria, Science Literacy Week, Victoria, BC.

Smith, A. (September 21, 2018). *Voices in Motion: Choir participation and its impact on stigma and social isolation.* Island Health World Alzheimer’s Day Event, Victoria, BC.


Stajduhar, K.I. (October, 2018). *Access and Equity in Palliative Care.* Centre for Education and Research on Aging and Health Palliative Care Conference, Thunder Bay, ON.


Stajduhar, K.I. (2018, October). *Living well until you die.* Wonderful Wednesdays, St. George’s Anglican Church, Victoria, BC.
Zehr, E.P. (October 1, 2018). Superheroes & Senescence: From Batman to Captain American and Beyond. International Day of Older Persons, Victoria, BC.


Prince, M. (October 22, 2018). Electoral Reform in BC. PROBUS, Victoria, BC.


Prince, M. (December 5, 2018). *Indicators regarding disability and employment in Canada*. National Conference on Disability and Work, Ottawa, ON.


Mallidou, A.A. (December 12, 2018). *Dancing: An Activity that Stimulates the Whole Brain, Increases Mood and Makes People Happy*. UVic Speakers Bureau, Breechwood Retirement Living, Victoria, BC.
**Best Early Career Abstract**
Awarded to: Ryan Rhodes
Presented by: Children and Families Special Interest Group ISBNPA

**Building Connections Fund**
Awarded to: Alison Macintosh
Presented by: University of Victoria

**Donald O. Hebb Distinguished Contribution Award**
Awarded to: Michael Masson
Presented by: Canadian Society for Brain, Behavior, and Cognitive Science

**Eber Service Award**
Awarded to: Scott Hofer
Presented by: Society of Multivariate Experimental Psychology

**Fellowship**
Awarded to: Denise Cloutier
Presented by: Gerontological Society of America

**Fellowship/Distinguished International Affiliate**
Awarded to: Ryan Rhodes
Presented by: American Psychological Association (Society for Health Psychology)
Kennedy Y.H. Wong Distinguished Visiting Professorship
Awarded to: Ryan Rhodes
Presented by: Hong-Kong Baptist University

Pathway to Patient Oriented Research Award: Steps towards an evidence-based exercise intervention in patients with multiple sclerosis
Awarded to: Jodie Gawryluk
Presented by: $20,000 Michael Smith Foundation for Health Research

REACH Award Outstanding Research Scientist of the Year
Awarded to: Ryan Rhodes
Presented by: Office of the Vice-President, Research, University of Victoria

Royal Roads University LLD (hon)
Awarded to: Neena Chappell
Presented by: Royal Roads University

Scholarly Conference & Artistic Performance Travel Grant
Awarded to: Alison Macintosh
Presented by: University of Victoria

Student scholarship recipients
The Institute on Aging & Lifelong Health's students are working to build equity and create opportunities to support their important work, both now and into the future. Recipients of the 2018-2019 scholarship and awards are:

Neena Chappell Scholarship
Awarded to: Lisa Ohlhauser

Elaine Gallagher Travel Award
Awarded to: Chantel Mayo

Dr. David Chuenyan Lai Scholarship
Awarded to: Shannon Tracey

Alice Lou Poy Graduate Scholarship
Awarded to: Jordan Ali

Elaine Gallagher Travel Award
Awarded to: Drew Halliday
Gaszo, A. & Kobayashi, K.M. (2018). *Continuity and Innovation: Canadian families in the new millennium.* Showcases how emerging and leading sociologists of the family explore the contemporary moments and experiences of Canadian families while investigating the past and extrapolating the implications of these moments and experiences for the future. Scarborough, ON: Nelson.


Zehr, E.P. (2018). *Chasing Captain America: How advances in science, engineering, and biotechnology will produce a superhuman.* The form and function of the human body, once entirely delimited by nature, are now fluid concepts thanks to recent advances in biomedical science and engineering. Professor, author, and comic book enthusiast E. Paul Zehr uses Marvel’s Captain America—an ordinary man turned into an extraordinary hero - thanks to a military science experiment, as an entry-point to this brave new world of science, no longer limited to the realm of fiction. Toronto, ON: ECW Press.
APPENDIX E
PUBLISHED BOOK CHAPTERS


Gaszo, A. & Kobayashi, K.M. (2018). Families as we know and have known them. In A. Gaszo & K.M. Kobayashi (Eds.), Continuity and innovation: Canadian families in the new millennium (pp. 3-13). Scarborough, ON: Nelson.


Wright, B., & Zehr, E.P. (2018). Doctor strange, master of the medical and martial arts. In M.D. White (Ed), Doctor strange and philosophy (pp. 207-216). Glasgow, UK: John Wiley & Sons Ltd.


Lee, Y., & Penning, M.J. (2018). The determinants of informal, formal, and mixed in-home care in the Canadian context. *Journal of Aging and Health 0*(00), 1-23. doi: 0.1177/0898264318789579


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<tr>
<th>Type of presentation</th>
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<tbody>
<tr>
<td>Presentation</td>
<td>Chappell, N.</td>
<td>Diversity of Experience in Caring for Family Members with Dementia</td>
<td>January</td>
<td>Arts, Humanities, Social Sciences and Education Conference, Honolulu, HI.</td>
</tr>
<tr>
<td>Presentation</td>
<td>Hunter, S., Rosu, A., Hesketh, K., Rhodes, R.E., Rinaldi, C., Rodgers, W., Spence, J.C., &amp; Carson, V.</td>
<td>Associations between the objectively measured environment and toddlers’ physical activity and sedentary behaviour in a sample of toddlers</td>
<td>February 11-14</td>
<td>Active Living Research Conference, Banff, AB.</td>
</tr>
<tr>
<td>Presentation</td>
<td>Lee, E.Y., Hesketh, K.D., Hunter S., Kuzik N., Rhodes, R.E., Rinaldi, C.M., Spence, J.C., &amp; Carson, V.</td>
<td>Meeting new Canadian 24-Hour Movement Guidelines for the Early Years and associations with adiposity among toddlers living in Edmonton, Canada</td>
<td>February 11-14</td>
<td>Active Living Research Conference, Banff, AB.</td>
</tr>
<tr>
<td>Paper presentation</td>
<td>Hensen, F., McGowan, P., &amp; Khouw</td>
<td>Collaborating With and Involving Community Resources to Address Frailty</td>
<td>March</td>
<td>Fraser Health Public Forum, Surrey, BC.</td>
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<tr>
<td>Poster presentation</td>
<td>Kennedy, M., Sheets, D., MacDonald, S., Smith, A., Asche, C., Sima, C., Gali, B., Malone, M., &amp; Young, W.</td>
<td>Voices in Motion: An International Choir for Older Adults with Dementia and their Caregivers</td>
<td>April 6</td>
<td>15th Annual Geriatric Services Conference, Vancouver, BC.</td>
</tr>
<tr>
<td>Presentation</td>
<td>Connell, L., Williams, R.E., Rhodes, R.E., &amp; Emerson, J.</td>
<td>A systematic review and meta-analysis of the outcome expectancy construct in physical activity research</td>
<td>April 11-14</td>
<td>Society of Behavioural Medicine Annual Meeting, New Orleans, LA.</td>
</tr>
<tr>
<td>Presentation</td>
<td>Lim, C., &amp; Rhodes, R.E.</td>
<td>Working out with F.I.D.O. (Frequency, Intensity, Duration, &amp; Outcomes) - A feasibility randomized controlled trial</td>
<td>April 11-14</td>
<td>Society of Behavioural Medicine Annual Meeting, New Orleans, LA.</td>
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<td>April 11-14</td>
<td>Society of Behavioural Medicine Annual Meeting, New Orleans, LA.</td>
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<tr>
<td>Presentation</td>
<td>Grant, S., Juba, M., Quinlan, A., &amp; Rhodes, R.E.</td>
<td>Understanding action control of physical activity among mothers with young children</td>
<td>April 11-14</td>
<td>Society of Behavioural Medicine Annual Meeting, New Orleans, LA.</td>
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<td>Presentation</td>
<td>Husband, C., &amp; Rhodes, R.E.</td>
<td>Initial validation of a new three phase habit measure in the physical activity domain</td>
<td>April 11-14</td>
<td>Society of Behavioural Medicine Annual Meeting, New Orleans, LA.</td>
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<tr>
<td>Presentation</td>
<td>Lim, C., &amp; Rhodes, R.E.</td>
<td>Working out with F.I.D.O. (Frequency, Intensity, Duration, &amp; Outcomes) - A feasibility randomized controlled trial</td>
<td>April 11-14</td>
<td>Society of Behavioural Medicine Annual Meeting, New Orleans, LA.</td>
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<tr>
<td>Symposium presentation</td>
<td>Rhodes, R.E.</td>
<td>Bridging the intention-behavior gap in physical activity: A review of evidence from the multi-process action control framework</td>
<td>April 11-14</td>
<td>Society of Behavioural Medicine Annual Meeting, New Orleans, LA.</td>
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<tr>
<td>Podium presentation</td>
<td>Macintosh, A.</td>
<td>The influence of development, energetics, and behaviour on the mechanical competence of the female skeleton</td>
<td>April 11-14</td>
<td>87th Annual Meeting of the American Association of Physical Anthropologists, Austin, TX.</td>
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<tr>
<td>Poster presentation</td>
<td>Macintosh, A.</td>
<td>Testing the feasibility of estimating total body, lean and fat mass from skeletal properties</td>
<td>April 11-14</td>
<td>87th Annual Meeting of the American Association of Physical Anthropologists, Austin, TX.</td>
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<tr>
<td>Poster presentation</td>
<td>Macintosh, A.</td>
<td>Biomechanical signatures of watercraft use in Holocene foragers and modern athletes</td>
<td>April 11-14</td>
<td>87th Annual Meeting of the American Association of Physical Anthropologists, Austin, TX.</td>
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<tr>
<td>Presentation</td>
<td>Rhodes, R.E.</td>
<td>Meet the Experts</td>
<td>April 12</td>
<td>Society of Behavioural Medicine Annual Meeting, New Orleans, LA.</td>
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<td>Type of presentation</td>
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<td>Presentation</td>
<td>Smith, A.</td>
<td>Reducing Antipsychotic Use in Residential Care: Exploring the Role of Organizational Readiness for Change</td>
<td>May 1</td>
<td>International Symposium on Population Aging and Policy Responses, Victoria, BC.</td>
</tr>
<tr>
<td>Presentation</td>
<td>Rhodes, R.E.</td>
<td>Experimental manipulation of affective judgments about physical activity: A systematic review and meta-analysis of adults</td>
<td>June 3-6</td>
<td>International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Hong Kong, China.</td>
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<tr>
<td>Presentation</td>
<td>Rhodes, R.E.</td>
<td>Predictors of Stationary Cycling Exergame Use among Inactive Children in the Family Home</td>
<td>June 3-6</td>
<td>International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Hong Kong, China.</td>
</tr>
<tr>
<td>Presentation</td>
<td>McEwan, D., Bennett, E.V., &amp; Rhodes, R.E.</td>
<td>A team within a group: Developing a grounded theory of teamwork in group exercise</td>
<td>June 6-8</td>
<td>the 6th International Conference on Qualitative Research in Sport and Exercise, Vancouver, BC.</td>
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<tr>
<td>Type of presentation</td>
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<td>Presentation</td>
<td>Deckha, M.</td>
<td>Reconciliation, Legal Precedent and Animal Advocacy: Harnessing Indigenous legal subjectivities for animals to transform the colonial classification of animals as property</td>
<td>June 8</td>
<td>Law and Society Association Annual Meeting, UBC, Vancouver, BC.</td>
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<tr>
<td>Paper presentation</td>
<td>Sheets, D., MacDonald, S., Smith, A., Kennedy, M., &amp; Sima, C.</td>
<td>Finding Our Forte: The Benefits of a Community Choir for People Living with Dementia and their Care Partners</td>
<td>June 27-28</td>
<td>Thirteenth International Conference on The Arts in Society, Emily Carr Art Institute, Vancouver, BC.</td>
</tr>
<tr>
<td>Poster presentation</td>
<td>Bruce, A.</td>
<td>“Mindfulness gets thrown around all the time, but what does it mean in practice?</td>
<td>July 10-13</td>
<td>International Conference on Mindfulness (ICM), Amsterdam, Netherlands.</td>
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<tr>
<td>Presentation</td>
<td>Haq, S. &amp; Penning, M.J.</td>
<td>Social determinants of racial disparities in cognitive impairment in later life in Canada</td>
<td>July 15-21</td>
<td>ISA World Congress of Sociology, Toronto, ON.</td>
</tr>
<tr>
<td>Paper</td>
<td>Cloutier, D. &amp; Penning, M.J.</td>
<td>Common Pathways and Predictors of the Trajectories of Persons with Dementia through Long-Term Care over Time - a Western Canadian Study</td>
<td>July 25-29</td>
<td>Alzheimer's Disease International Conference, Chicago, IL.</td>
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<tr>
<td>Paper presentation</td>
<td>Gontcharov, I., Grenier, A., &amp; Kobayashi, K.</td>
<td>KMb Innovation in Aging and Technology Research.14th Global Conference on Ageing: Toward a Decade of Healthy Ageing: From Evidence to Action</td>
<td>August 8-10</td>
<td>IFA 14th Global Conference on Ageing, Toronto, ON.</td>
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<tr>
<td>Workshop presentation</td>
<td>Rhodes, R.E.</td>
<td>Grant writing for success</td>
<td>September 11</td>
<td>Hong Kong Baptist University Speaker Series, Hong Kong, China.</td>
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<tr>
<td>Workshop presentation</td>
<td>Rhodes, R.E.</td>
<td>Systematic reviews and meta-analyses</td>
<td>September 13</td>
<td>Hong Kong Baptist University Speaker Series, Hong Kong, China.</td>
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<tr>
<td>Workshop presentation</td>
<td>Rhodes, R.E.</td>
<td>Publishing and scientific writing</td>
<td>September 18</td>
<td>Hong Kong Baptist University Speaker Series, Hong Kong, China.</td>
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<tr>
<td>Seminar presentation</td>
<td>Rhodes, R.E.</td>
<td>Transforming exercise intentions into habits</td>
<td>September 27</td>
<td>Hong Kong Baptist University Speaker Series, Hong Kong, China.</td>
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<tr>
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<tr>
<td>Poster presentation</td>
<td>Knight, J. E., Yoned, T., &amp; Piccinin, A.M.</td>
<td>Olfactory Decline is an Early Indicator of Cognitive Decline</td>
<td>October</td>
<td>AGE-WELL’s 4th Annual Conference and AGM, Vancouver, BC.</td>
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<tr>
<td>Seminar presentation</td>
<td>Rhodes, R.E.</td>
<td>Review of evidence from the multi-process action control framework</td>
<td>October 4</td>
<td>Hong Kong Baptist University Speaker Series, Hong Kong, China.</td>
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<tr>
<td>Seminar presentation</td>
<td>Rhodes, R.E.</td>
<td>Promoting physical activity across the lifespan and the role of family</td>
<td>October 16</td>
<td>Hong Kong Baptist University Speaker Series, Hong Kong, China.</td>
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<tr>
<td>Paper presentation</td>
<td>Gontcharov, I., Grenier, A., &amp; Kobayashi, K.</td>
<td>Knowledge Mobilization Infrastructure in Aging and Technology Research: Preliminary Results from an Action-Oriented Study</td>
<td>October 18-20</td>
<td>47th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology.</td>
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<tr>
<td>Presentation</td>
<td>Sheets, D., Hogan, D., Gallagher, E., Aganeta, H. Toohey, A.</td>
<td>A Tale of Eight Cities: Age-Friendliness, socio-economic inequalities in Age-Friendliness and the health of older people</td>
<td>October 18-20</td>
<td>Canadian Association on Gerontology Annual Meeting, Vancouver, BC.</td>
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<tr>
<td>Presentation</td>
<td>Beach, C., Sheets, D., MacDonald, S., Hundza, S., &amp; Mitz, A.</td>
<td>Technologies in Assisted Living: What can we accomplish today and in the future?</td>
<td>October 18-20</td>
<td>Canadian Association on Gerontology Annual Meeting, Vancouver, BC.</td>
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<tr>
<td>Presentation</td>
<td>Sheets, D., MacDonald, S., &amp; Smith, A.</td>
<td>Voice-assisted technologies to support people living with dementia and their care partners</td>
<td>October 18-20</td>
<td>Canadian Association on Gerontology Annual Meeting, Vancouver, BC.</td>
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<tr>
<td>Presentation</td>
<td>Sheets, D., MacDonald, S., Smith, A., Kennedy, M., &amp; Phinney, A.</td>
<td>Focusing on Forte: The Benefits of a Community-based Choir for People Living with Dementia and their Care Partners</td>
<td>October 18-20</td>
<td>Canadian Association on Gerontology Annual Meeting, Vancouver, BC.</td>
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<tr>
<td>Paper presentation</td>
<td>Gontcharov, I., Grenier, A., &amp; Kobayashi, K.</td>
<td>KMb Innovation in Aging and Technology Research: Preliminary Results from an Action-Oriented Study</td>
<td>October 18-20</td>
<td>AGE-WELL 2018 Conference, Vancouver, BC.</td>
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<tr>
<td>Paper presentation</td>
<td>Wu, Z., Penning, M.J., &amp; Browning, S.</td>
<td>Age Discrimination in Middle and Later Life: Implications for Mental Health and Life Satisfaction</td>
<td>October 18-20</td>
<td>Canadian Association on Gerontology Annual Meeting, Vancouver, BC.</td>
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<tr>
<td>Paper presentation</td>
<td>Penning, M.J., Wu, Z., &amp; Browning, S.</td>
<td>Age, Gender and Racial Discrimination: The Implications of Intersecting Inequalities for Mental Health and Life Satisfaction in Middle and Later Life</td>
<td>October 18-20</td>
<td>Canadian Association on Gerontology Annual Meeting, Vancouver, BC.</td>
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<tr>
<td>Poster presentation</td>
<td>Haq, S. &amp; Penning, M.J.</td>
<td>Racial Minority Status and Older Adults’ Access to and Satisfaction with Health Services in Canada</td>
<td>October 18-20</td>
<td>Canadian Association on Gerontology Annual Meeting, Vancouver, BC.</td>
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<tr>
<td>Poster presentation</td>
<td>Browning, S. &amp; Penning, M.J.</td>
<td>Social Location and Health Outcomes among Caregivers</td>
<td>October 18-20</td>
<td>Canadian Association on Gerontology Annual Meeting, Vancouver, BC.</td>
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<tr>
<td>Paper presentation</td>
<td>Kennedy, M., Sheets, D., MacDonald, S., &amp; Smith, A.</td>
<td>Raising our voices together: Effects of high school student participation in an intergenerational choir for people with dementia</td>
<td>October 19</td>
<td>47th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.</td>
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<tr>
<td>Paper presentation</td>
<td>MacDonald, S.W.S., Sheets, D.S., Smith, A.P., Trites, M., Kennedy, M., &amp; Tamburri, C.</td>
<td>Evaluating the impact of a social intervention on psychological outcomes for people with dementia</td>
<td>October 19</td>
<td>47th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.</td>
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<td>Presentation</td>
<td>Cloutier, D.S., &amp; Kobayashi, K.</td>
<td>A Cup Half-Full: Using an Asset-Based Community Development (ABCD) Approach to Support Healthy Aging for Older Adults in Rural Communities in Western Canada</td>
<td>October 19</td>
<td>Canadian Association on Gerontology Annual Meeting, Vancouver, BC.</td>
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<td>Presentation</td>
<td>Smith, A., Kurucz, S., Dawkes, A., Kampen, R., &amp; Erb, T.</td>
<td>The role of organizational culture in reducing antipsychotic drug use in residential care</td>
<td>October 19</td>
<td>47th Annual Scientific and Educational Meeting of the Canadian Association of Gerontology, Vancouver, BC.</td>
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<td>Paper presentation</td>
<td>Smith, A., Sheets, D., MacDonald, S., &amp; Kennedy, M.</td>
<td>Using social network analysis to assess the benefits of social relationships in an intergenerational dementia choir</td>
<td>October 19</td>
<td>47th Annual Scientific and Educational Meeting of the Canadian Association of Gerontology, Vancouver, BC.</td>
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<td>Paper presentation</td>
<td>Sheets, D., MacDonald, S., Smith, A., Kennedy, M., Asche, C., &amp; Sima, C.</td>
<td>On a high note: supporting quality of life and well-being through participation in an intergenerational dementia choir</td>
<td>October 19</td>
<td>47th Annual Scientific and Educational Meeting of the Canadian Association of Gerontology, Vancouver, BC.</td>
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<td>Podium presentation</td>
<td>Macintosh, A.</td>
<td>Selective sacrifice of reproductive tissues under ultramarathon related energetic stress: The adaptive significance of variation in lean and fat mass among men and women</td>
<td>October 31- November 3</td>
<td>46th Annual Meeting of the Canadian Association for Physical Anthropology Symposium, London, ON.</td>
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<tr>
<td>Poster presentation</td>
<td>Macintosh, A.</td>
<td>Diaphyseal strength indices and the interpretation of terrestrial and marine mobility among foragers</td>
<td>October 31- November 3</td>
<td>46th Annual Meeting of the Canadian Association for Physical Anthropology Symposium.</td>
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<td>Poster presentation</td>
<td>Lewis, N., Yoneda, T., Knight, J., DeVito, A., Muniz Terrera, G., &amp; Hofer, S.M.</td>
<td>Access to Cognitive Resources in Early Life and Transitions Across Cognitive States in Middle and Older Adulthood</td>
<td>November</td>
<td>Gerontological Society of America Annual Scientific Meeting, Boston, MA.</td>
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<tr>
<td>Symposium presentation</td>
<td>Yoneda, T. &amp; Piccinin, A.</td>
<td>A Coordinated Analysis Examining Personality Change in Older Adults: Consistent Results despite Heterogeneity Between Datasets</td>
<td>November</td>
<td>Gerontological Society of America Annual Scientific Meeting, Boston, MA.</td>
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<td>Symposium presentation</td>
<td>Yoneda, T., Graham, E. K., Lewis, N. A., Johansson, B. &amp; Piccinin, A.</td>
<td>Covariation Between Change in Neuroticism and Change in Cognitive Functioning</td>
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<td>Poster presentation</td>
<td>Knight, J. E., Yoneda, T., &amp; Piccinin, A. M.</td>
<td>Systematic Review of NIRS Studies in Human Orthonasal Olfaction</td>
<td>November</td>
<td>Gerontological Society of America Annual Scientific Meeting, Boston, MA.</td>
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<td>Presentation</td>
<td>Sheets, D., MacDonald, S., Johnson, J., &amp; Kivnick, H</td>
<td>Note-Worthy: Exploring the Impact of an Intergenerational Choir on Persons with Dementia and Their Caregivers</td>
<td>November 14-18</td>
<td>Gerontological Society of America, Boston, MA.</td>
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<td>Presentation</td>
<td>Nathoo, F. S., Kilshaw, R. E., &amp; <strong>Masson, M.E.J.</strong></td>
<td>A Bayesian alternative to within-subject confidence intervals</td>
<td>November 16</td>
<td>Annual meeting of the Psychonomic Society, New Orleans, LA.</td>
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<td>Presentation</td>
<td>Teskey, M., Bub, D. N., &amp; <strong>Masson, M.E.J.</strong></td>
<td>Tactile perception during reach-and grasp action observation</td>
<td>November 16</td>
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<td>November 16</td>
<td>Northwest Cognition and Memory conference, Richmond, BC.</td>
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<tr>
<td>Paper presentation</td>
<td><strong>Smith, A.</strong>, &amp; <strong>MacDonald, S.</strong></td>
<td>Finding our forte: The benefits of an intergenerational choir for people living with dementia and their caregivers</td>
<td>November 27</td>
<td>the Island Health “Healthy Ageing: Evidence-Informed Care for Seniors in Any Setting” Conference, Nanaimo, BC.</td>
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