



2021 ANNUAL REPORT

**BRINGING OUR DIVERSE
RESEARCH TO LIFE**



University
of Victoria

Institute on Aging
& Lifelong Health

An aerial photograph of a university campus. In the foreground, there are several large, multi-story academic buildings with red brick and grey roofs, interspersed with green lawns and trees. In the background, a large body of water, likely a lake or bay, stretches towards the horizon under a clear blue sky. A small island is visible in the distance. The overall scene is bright and sunny.

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MESSAGE

FROM THE DIRECTOR

As I write this in June 2021, I am cognizant of the impact COVID-19 has had on so many individuals on multiple levels. Congratulations to all IALH faculty and student affiliates who have been able to pivot their research, obtain grant funding, and maintain relationships with collaborators, partners, and other stakeholders over the past 16 months despite COVID-19 restrictions.

Congratulations as well to all IALH faculty affiliates who received funding through UVic's Collaborative Health Grant and/or Research Accelerator Fund. Over 40% of the funding provided through these UVic Health Initiative opportunities was awarded to IALH affiliates. It is anticipated that IALH faculty and student affiliates will continue to be major contributors to the development and implementation of the UVic Health Initiative.

Beginning July 2021, I will be taking a one-year study leave at the University of Zurich where I will be hosted by two research centres: The Jacobs Center for Productive Youth Development and the Center for Gerontology. There will be many opportunities for collaboration with active research in life course epidemiology,

digital health tools and analytics, and integrative longitudinal research.

I'd like to thank Damien Contandriopolous for serving as Acting Director during my leave. I look forward to reconnecting with IALH faculty and student affiliates, meeting visiting post-doctoral fellows and new researchers, and renewing relationships with IALH's partner organizations both within and outside of UVic, upon my return in July 2022.

Scott Hofer, Director



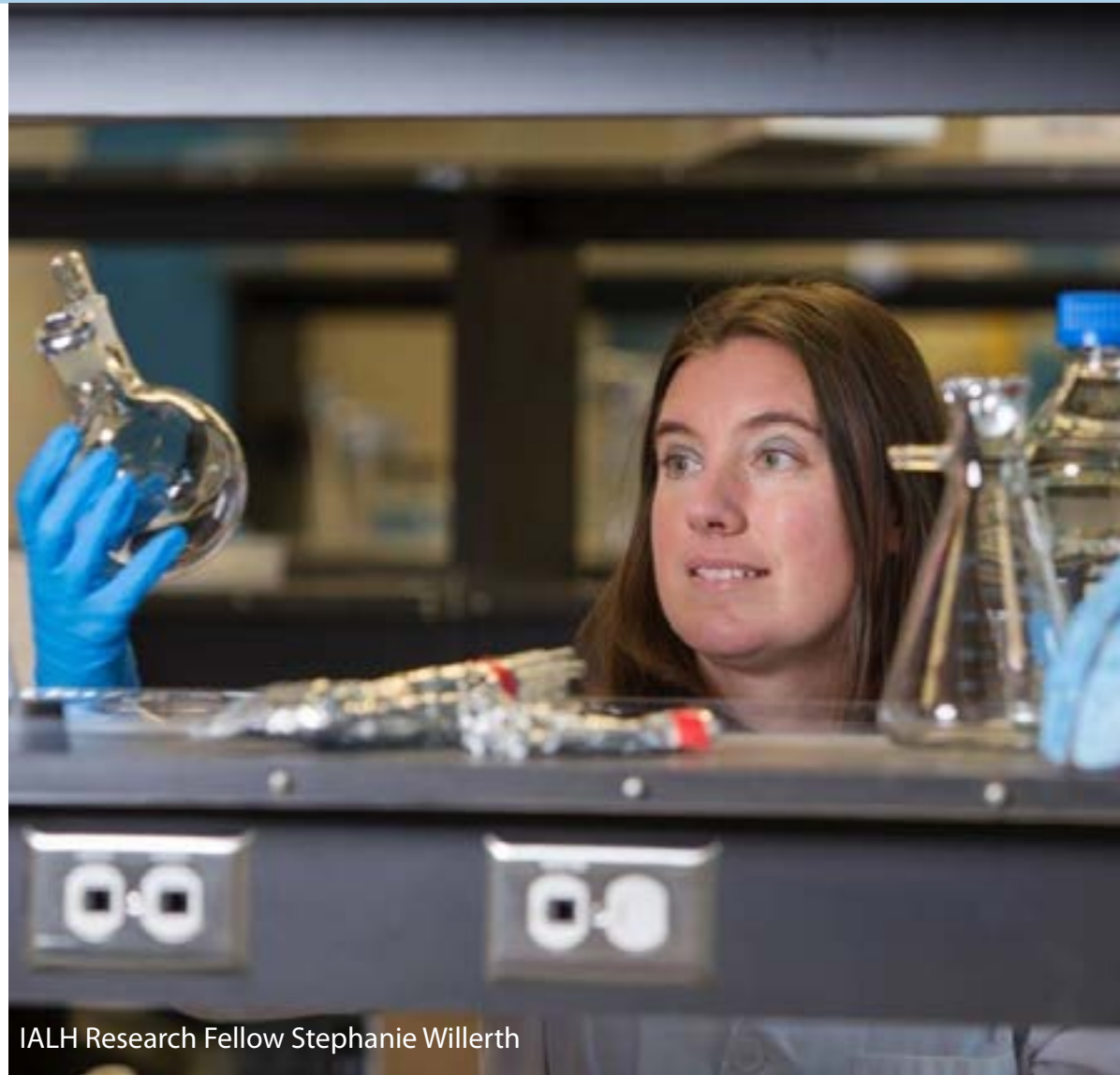
Territory Acknowledgement

We acknowledge and respect the lək'wəŋən peoples on whose traditional territory the University of Victoria stands, and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.

IALH Overview

The Institute on Aging and Lifelong Health encourages, supports and promotes world-class interdisciplinary research which addresses current societal challenges in the fields of health and aging.

The Institute brings together faculty, postdoctoral fellows, and students from 19 departments at UVic as well as community and institutional partners.



Faculty Affiliates

Year	Total	Professor	Associate Professor	Assistant Professor
2019	34	15	11	8
2020	45	17	13	11
2021	58	18	11	29

Year	Total	Health Sciences	Social Sciences	Science & Engineering	Other
2019	34	16	13	2	3
2020	45	20	15	7	3
2021	58	27	19	7	5

Student Affiliates

Year	Total	PhD	Masters	Undergrad
2019	20	17	3	0
2020	43	27	10	6
2021	51	29	18	4

Year	Total	Health Sciences	Social Sciences	Interdisciplinary & Other
2019	20	8	8	4
2020	43	17	18	8
2021	51	18	17	16

Self-Management BC



Self-Management *British Columbia*

The Ladner satellite office of IALH was established in Delta, BC in 2002. A major focus of activity at the Ladner Office (Self-Management BC) is recruiting and training volunteers to deliver self-management programs and training health care professionals to use self-management support strategies when interacting with patients.

Supported by the Province of British Columbia, Self-Management BC provides evidence-based health programs at no cost to participants throughout the province.

<https://www.selfmanagementbc.ca/>



Institute on Aging
& Lifelong Health



Supported by the
Province of British Columbia



2,729

Participated in
the Self-Study
Tool Kit Program

4,207
Total Participants

510

Participated in
the Tool Kit Plus
Calls Program

Self-Management BC 2021

178

Participated
in a 6-Session
Online Self-
Management
Program

415

Completed the
Health Coach Program

375

Participated
in a 6-Session
Virtual Group
Program

IALH Studies in 2021



Canadian Longitudinal Study on Aging

The Canadian Longitudinal Study on Aging (CLSA) is a large national study that is following approximately 50,000 Canadians over a 20-year period. Biological, medical, psychological, social, lifestyle and economic data are being collected in three-year phases from participants who were between 45 and 85 years of age when the study began in 2012. As of December 2021, data collection for the first three phases (Baseline, Follow-Up 1, and Follow-Up 2) had been completed and the fourth phase (Follow-Up 3) had started.

CLSA data are being collected by research staff located at 11 universities across Canada, including the University of Victoria. Through an agreement with Island Health, the UVic study site is located at the Gorge Road Hospital in Victoria.

The CLSA is expected to be completed in 2032. Several publications, webinars and presentations have been produced based on data from the earliest phases. Additional information is available on the CLSA website (clsa-elcv.ca)

Funding

Funded by the Canadian Institutes of Health Research

Investigators

Lead Principal Investigator –
Parminder Raina, McMaster University

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

UVic Locally Responsible Investigators
– Theone Paterson, Assistant Professor, Department of Psychology and IALH Faculty Affiliate; Scott Hofer, Professor, Department of Psychology and IALH Director

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

Research Staff

Deborah Ball, Lindsay Cassie, Doris Davis, Monica Kelly, Tyson Lavigne, Linda Outcalt, Reza Sayar, Deanna Somers and Valerie Soto

MyCogHealth Mobile Health App

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.

Through the app, participants answer short survey questions and participate in brain games. The survey questions address factors that can influence cognitive performance (e.g., fatigue, mood, level of distraction). The brain games are designed to measure three distinct cognitive constructs, namely working memory, perceptual speed, and executive functioning. It is anticipated that the app will ultimately be used in clinical settings to provide more sensitive measures of cognition, daily activities, and wellbeing than those currently available through traditional clinical assessments.

To date, the app has undergone extensive development and simulation testing. A preliminary feasibility trial with healthy older adults was completed in 2020. The goals of the study were to: a) determine if the app was functioning as expected; and b) enable comparisons to be made between the cognitive data collected via the app and traditional paper and pencil tests of cognition. In 2021, the app underwent further development and testing in preparation for inclusion in a large-scale, national study focusing on the prevention of dementia being conducted by the Canadian Consortium on Neurodegeneration in Aging (CCNA).

The CCNA consists of more than 340 clinicians and researchers across Canada who are focused on accelerating research progress on age-related neurodegenerative diseases (including Alzheimer's disease and related dementias). IALH continues to be an active collaborator with the CCNA.



MyCogHealth

Funding

Funding for the initial development of the MyCogHealth mobile health app was provided through a private donation from Neil and Susan Manning to the Victoria Hospitals Foundation. Funding for the ongoing maintenance, development and testing of the app is provided by the Canadian Consortium on Neurodegeneration in Aging (CCNA).

Investigators

Co-Principal Investigators – Scott Hofer, Professor UVic Department of Psychology and IALH Director;

Paul Brewster, Clinical Psychologist, Adjunct Assistant Professor UVic Department of Psychology and IALH Affiliate; and

Jonathan Rush, Post-Doctoral Fellow UVic Department of Psychology and IALH Affiliate

Research Staff

Harjot Grewal and Shahnaz Winer



Funding

Canadian Institutes of Health Research

Investigators

Lead Principal Investigator - Scott Hofer, Professor, UVic Department of Psychology and IALH Director

Co-Investigator - Patrick McGowan, Professor, UVic School of Public Health and Social Policy, and IALH Associate Director

Research Staff

Harjot Grewal, Suzanne Harmandian, Fran Hensen and Helena Kadlec

Victoria Assistive Devices and Coaching (VADAC) Study

Early cognitive, behavioural, and physical changes in health are often difficult to detect with traditional assessment methods. As a result, there may be limited opportunities to provide early interventions that can prevent acute decline in function. Research indicates that hospital admissions of patients with chronic diseases may be preventable with improvements in home self-care, in-home monitoring, self-tracking, and better training in health self-management practices.

The Victoria Assistive Devices and Coaching (VADAC) study, which was completed in 2021, examined the impact of telephone self-management programs and home health monitoring devices on improvements in chronic disease self-management.

The specific research questions were:

- a) Does peer-to-peer coaching help seniors to better manage their chronic health conditions?
- b) Is coaching enhanced by technology such as home-based electronic devices connected to an app?

Study participants were 65 years of age or older, had one or more chronic health conditions, were living on Vancouver Island and had access to internet and WiFi in their homes.

A total of 163 participants were randomly assigned to one of three groups:

- a) Participants in the Control Group received weekly 30-minute telephone calls from a health coach after a three-month waiting period.
- b) Participants in the Coach Only Group received weekly 30-minute telephone calls from a health coach over the three-month study period.
- c) Participants in the Coach and Devices Group received weekly 30-minute telephone calls from a health coach and were asked to use assistive devices for the three-month study period. The devices included a watch (which measured physical activity), a scale (which measured weight), and a sleep pad (which measured light sleep, deep sleep and sleeping heart rate).

In addition, all participants received a copy of the book *Living a Healthy Life with Chronic Conditions* or the book *Living a Healthy Life with Chronic Pain*.

Study outcome measures included: activation level; self-efficacy; pain and fatigue levels; shortness of breath; depression; quality of life; general health; health care utilization; and communication with a family physician. For participants in the Coach and Devices Group, outcome measures also included physical activity level, weight change and sleep quality.



Summary of Findings

Study findings indicated that, compared to participants in the Control Group, those in the Coach Only Group reported decreased depression, higher activation and energy levels and better handling of role limitations due to physical health, social functioning, and communication with their physician.

Participants in the Coach and Devices Group showed similar improvements on these measures. They also showed improved self-efficacy, better handling of role limitations due to emotional problems, higher levels of emotional well-being, higher ratings of general health, and lower pain.

In addition, participants in the Coach and Devices Group typically showed sustained physical activity for the first two months of the study but decreased activity in the third month. In general, participants lost weight or remained stable over the study period. With respect to sleep, more active participants (as measured by the number of daily steps taken) typically fell asleep sooner than less active participants, and heavier participants typically took longer to fall asleep compared to lighter participants. Overall, the longer it took to fall asleep, the more deep sleep participants experienced. (Deep sleep is essential for feeling rested and staying healthy.)

The researchers concluded that having access to a health coach resulted in several positive outcomes for individuals with chronic conditions that lasted at least three months. Using devices (such as a watch, scale and sleep pad) further enhanced some outcomes.

Pictured: Devices used in the VADAC study.

The Collaborative Aging (in Place) Research Using Technology (CART) Study

Funding

Canadian Institutes of Health Research

Investigators

Principal Investigator - Scott Hofer,
Professor, UVic Department of Psychology
and IALH Director

Research Staff

Harjot Grewal and Helena Kadlec



The CART study, which was completed in 2021, used technology to assess activity in participants' homes with the aim of helping people remain independent as they age. Three devices were used: a watch to track daily activity level (i.e., number of steps), a scale to measure weight daily, and a sleep pad that measured several factors related to sleep quality each night. Data were collected over a nine-month period.

The research questions were:

- a) Are there changes over time in participants' activity level, weight and/or quality of sleep?
- b) Are there any changes in activity, weight, and/or sleep quality for different groups of people (e.g., by gender and/or age)?

Participants were 62 years of age or older, physically independent, living alone at home and had an internet connection. A total of 46 individuals participated in the study – 31 were less than 75 years of age; 15 were 75 years of age or older. Further, 32 participants were women and 14 were men.



Summary of Findings

Activity level (as measured by number of steps) indicated that, overall and on average, participants put in about 5200 to 5500 steps per day for the first three months of the study but became less active over time. The number of participants in the study also declined over time with several dropping out after the fifth month. Given the attrition rate, it was difficult to determine whether the perceived drop in activity level was a true finding. With respect to participants who completed the nine-month study, older participants averaged fewer steps per day than younger individuals (3620 vs 5253, respectively). In addition, older participants tended to maintain their activity level over time while younger participants tended to decrease their daily steps. Further, women tended to maintain the same activity level over the nine-month study period whereas several men showed a decrease in physical activity over time.

Participants' weights remained relatively constant over the first six months of the study but increased during the last three months. This finding is believed to be due to the high attrition rates during the latter part of the study. Men generally weighed more than women, and older participants typically weighed more than younger ones.

In general, light and deep sleep remained relatively constant over the nine-month study period - overall, for men vs. women, and for younger participants vs. older participants. One exception was that older participants generally had more deep sleep than younger individuals. (Deep sleep is necessary for feeling rested and staying healthy.)

The researchers concluded that more stable and reliable findings could potentially be obtained by encouraging all participants to provide data each day (e.g., by remembering to wear the watch) and by increasing the sample size.

The Punjabi Type 2 Diabetes Self-Management App Study

This study, which was completed in 2021, took place within the Fraser Health region of British Columbia.

In 2019, four focus groups were conducted with Punjabi adults with Type 2 diabetes who had already completed a Diabetes Self-Management Program. A total of 59 participants offered views and opinions on the creation of a Punjabi Self-Management app to complement existing care. Ayogo Health, the study's industry partner, provided anonymized focus group data to the research team who then identified essential components of the app.

The personalized app, which was developed by Ayogo Health, tailors content to users' specific needs. During account set-up, users select a problem they want to work on and complete a short self-efficacy questionnaire on managing diabetes. The app then provides educational content based on the problem selected. Users subsequently learn to use a problem-solving process and make an action plan to resolve the problem. On a daily basis, 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 they completed it, they are offered another problem area to explore. If they were not able to complete the action plan, a problem-solving process is used and users identify ways to resolve why they could not complete their plan. A new action plan is then established.

Funding

Canadian Institutes of Health Research

Investigators

Lead Principal Investigator - Patrick McGowan, Professor, UVic School of Public Health and Social Policy and IALH Associate Director

Co-Principal Investigator - Scoff Hofer, Professor, UVic Department of Psychology and IALH Director

Co-Investigators – Jay Bains and Shayan Shakeraneh, IALH - Ladner Office

Industry Partners - Brian Carter, VP Strategy, Ayogo Health; Michael Fergusson, CEO, Ayogo Health

Community Partners – Harbinder Bains, BA, BEd; Kamel Dadrao; Raminder Kang, MD; Raminder Kaur, PhD; and Inderjit Sandhu



The iPhone app features 100% Punjabi text and audio; a user tutorial; diabetes self-efficacy questionnaires; reflection questions; self-management strategies informed by the Stanford self-management model; Canadian diabetes resources; and short self-reflection quizzes on one's ability to manage diabetes.

Evaluation of the App

At the planning stage of this project, the research team had anticipated that they would be able to enroll people into a diabetes self-management program and install the app for participants who had compatible cell phones. Using selected outcome measures the plan was then to compare individuals who completed the diabetes self-management program with individuals who completed the diabetes self-management program and had an iPhone. However, as a result of COVID-19 all in-person group activities were discontinued and in-person self-management programs transitioned to virtual delivery. Recruiting efforts designed to interest Punjabi individuals to participate in a virtual self-management program were not successful.

Despite this, an attempt was made to gather information on whether using the app made a difference to Punjabi individuals' health and perceptions. A total of 28 individuals participated in an evaluation of the app. Eight were placed in an app intervention group. The remaining 20 people were placed in the control group, which was subsequently divided into two subgroups based on cell phone usage to determine how similar each was to the app intervention group. Twelve people indicated they used their cell phones for internet, email and texting, while 8 individuals said they were unable to do so.

A questionnaire containing several outcome measures was completed by the 28 participants at baseline and again three months later. These measures included self-rated general health, understanding of diabetes and communication with a doctor, health literacy and service utilization, and attitudes about coping with diabetes.

Results from the small group of Punjabi-speaking users of the app indicated that, even though findings were not statistically significant (due to small sample sizes), several outcome measures suggested a positive shift had occurred over the three-month study period. Of particular note were the following: a) after using the app for three months, participants no longer had problems with written information and expressed increased confidence filling out forms; (b) compared to baseline, some participants were more likely to discuss their personal problems with their doctors although they tended not to change in terms of preparing and asking questions of the doctor; and (c) participants tended to report an improved ability to fit diabetes into their life. The researchers noted that a future assessment of the app using a larger sample size should be conducted.



Pictured left to right: Elizabeth Borycki, Debra Sheets, Nathan Lachowsky, Brian Christie, Hosna Jabbari

WHO WE ARE: THE INDIVIDUALS BEHIND IALH

FACULTY AFFILIATES

The following individuals are UVic faculty members and were IALH Research Fellows, Research Affiliates or Research Scientists in 2021.

Megan Ames
Assistant Professor
Department of Psychology

Robert Beringer
Assistant Professor
School of Public Health and Social Policy

Katherine Bertoni
Associate Teaching Professor
School of Nursing

Elizabeth Borycki
Professor
School of Health Information Science

Paul Brewster
Adjunct Assistant Professor
Department of Psychology

Craig Brown
Associate Professor
Division of Medical Sciences

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

Fred Chou
Assistant Professor
Department of Educational Psychology and Leadership Studies

Brian Christie
Professor
Division of Medical Sciences

Nancy Clark
Assistant Professor
School of Nursing

Denise Cloutier
Professor
Department of Geography

Damien Contandriopoulos
Professor
School of Nursing

Karen Courtney
Associate Professor
School of Health Information Science

Sarah-Louise Decrausaz
Adjunct Assistant Professor
Department of Anthropology

Dzifa Dordunoo
Assistant Professor
School of Nursing

Mauricio Garcia-Barrera
Associate Professor
Department of Psychology

Jodie Gawryluk
Associate Professor
Department of Psychology

Robert (Bob) Gifford
Professor
Department of Psychology

Josh Giles
Assistant Professor
Department of Mechanical Engineering

Ingrid Handlovsky
Assistant Professor
School of Nursing

Brandon Haworth
Assistant Professor
Department of Computer Science

Scott Hofer
Professor
Department of Psychology

Hosna Jabbari
Assistant Professor
Department of Computer Science

Karen Kobayashi
Professor
Department of Sociology

Andre Kushniruk
Professor
School of Health Information Science

Jae-Yung Kwon
Assistant Professor
School of Nursing

Nathan Lachowsky
Associate Professor
School of Public Health and Social Policy

ann-elise lewallen
Associate Professor
Department of Pacific and Asian Studies

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

Stuart MacDonald
Professor
Department of Psychology

Anastasia Mallidou
Associate Professor
School of Nursing

Susan McDaniel
Adjunct Professor
Department of Sociology

Patrick McGowan
Professor
School of Public Health and Social Policy

Helen Monkman
Assistant Professor
School of Health Information Science

Alison Murray
Assistant Professor
Department of Anthropology

Lorelei Newton
Assistant Professor
School of Nursing

Sarah Nutter
Assistant Professor
Department of Educational Psychology and Leadership Studies

Christine Ou
Assistant Professor
School of Nursing

Theone Paterson
Assistant Professor
Department of Psychology

Trudy Pauluth-Penner
Adjunct Assistant Professor
Department of Applied Theatre

Charles Perin
Assistant Professor
Department of Computer Science

Olga Petrovskaya
Assistant Professor
School of Nursing

Andrea Piccinin
Professor
Department of Psychology

Ryan Rhodes
Professor
School of Exercise Science,
Physical and Health Education

Kaitlyn Roland
Adjunct Assistant Professor
School of Public Health and
Social Policy

Jonathan Rush
Adjunct Assistant Professor
Department of Psychology

Debra Sheets
Professor
School of Nursing

Andre Smith
Associate Professor
Department of Sociology

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

Sowmya Somanth
Assistant Professor
Department of Computer
Science

Kelli Stajduhar
Professor
School of Nursing

Paweena Sukhawathanakul
Assistant Professor
Department of Psychology

Nicole Templeman
Assistant Professor
Department of Biology

Marie-Ève (Eve) Tremblay
Associate Professor
Division of Medical Sciences

Brianna Turner
Assistant Professor
Department of Psychology

Stephanie Willerth
Professor
Department of Mechanical
Engineering

Paul Zehr
Professor
School of Exercise Science,
Physical and Health Education

Jie Zhang
Associate Professor
Gustavson School of Business

STUDENT AFFILIATES & POSTDOCTORAL FELLOWS

The following individuals are students at UVic with an interest in the broad fields of health and/or aging, and were IALH Student Affiliates in 2021 or were Postdoctoral Fellows under the supervision of UVic Faculty in 2021

Pictured: Jamie Knight, PhD Student in Psychology.
Credit: UVic Photo Services



Anthony Theodore Amato
Masters Student
Social Dimensions of Health

Masako Anderson
PhD Student
Social Dimensions of Health

Camille Angus
PhD Student
Social Dimensions of Health

Faria Athar
Masters Student
Biology

Coady Babin
PhD Student
Social Dimensions of Health

Tess Carswell
PhD Student
Mechanical Engineering

Matilde (Matty) Cervantes
PhD Student
Interdisciplinary Studies

Simone Cormier
Undergraduate Student
Health Sciences

Erin Donald
PhD Student
Nursing

Gillian Eades Telford
PhD Student
Social Dimensions of Health

Amr Farghali
PhD Student
Health Information Science

Cheyenne Fontanilla
Undergraduate Student
Psychology

Kendall Fraser
Masters Student
Social Dimensions of Health

Maddie Gregory
Masters Student
Psychology

Kareen Hall
PhD Student
Health Information Science

Heather Hollman
PhD Student
Exercise Science, Physical and
Health Education

Junko Fukui Innes
PhD Student
Health Information Science

Sherin Jamal
PhD Student
Social Dimensions of Health

Amy (Ye Rhim) Kim
Masters Student
Health Information Science

Jamie Knight
PhD Student
Psychology

Colleen Lacey
Masters Student
Psychology

Adrienne Lagura
Masters Student
Nursing

Victor Lau
Masters Student
Division of Medical Sciences

Maybins Lengwe
PhD Student
Computer Science

Nathan Lewis
PhD Student
Psychology

Cameron Lindsay
PhD Student
Health Information Science

Cynthia (Cindy) McDowell
Masters Student
Psychology

Ashley Mollison
PhD Student
Social Dimensions of Health

Jordan Monks
Masters Student
Social Dimensions of Health

Lisa Ohlhauser
PhD Student
Psychology

Ashleigh Parker
PhD Student
Psychology

Jessica Percy Campbell
PhD Student
Political Science

Aleah Ross
Masters Student
Exercise Science, Physical and
Health Education

Kelsey Rounds
PhD Student
Nursing

Sanjit Roy
PhD Student
Social Dimensions of Health

Sebastian Santana
Undergraduate Student
Psychology

Vanessa Scarapicchia
PhD Student
Psychology

Morgan Schaeffer
Masters Student
Psychology

Kimberley Shapkin
PhD Student
Nursing

Vidhi Thakkar
Postdoctoral Fellow
2021 Canadian Institutes of Health
Research Health System Impact
Fellowship

Cameron Trim
Masters Student
Exercise Science, Physical and
Health Education

Audrey Tung
PhD Student
Geography

Rebecca Vendittelli
PhD Student
Psychology

Michaela (Kayla) Verlaan
Undergraduate Student
Nursing

Mattie Walker
PhD Student
Social Dimensions of Health

Amanda Webber
Masters Student
Psychology

Catherine Webster
Masters Student
Health Information Science

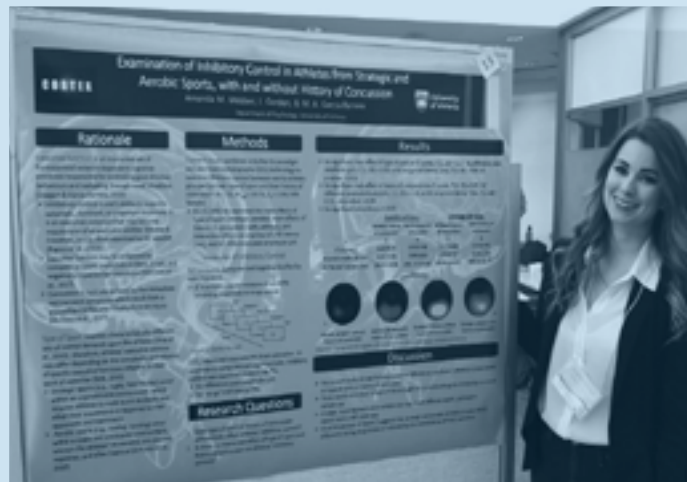
Alex Wells
PhD Student
Public Health and Social Policy

Logan White
Masters Student
Social Dimensions of Health

Tomiko (Tiko) Yoneda
PhD Student
Psychology

Alison Ziesel
Masters Student
Computer Science

Sasha Zinovich
Masters Student
Sociology



Top: left : Ashley Mollison, top right: Sanjit Roy. Bottom left: Amanda Webber, bottom right: Matilde (Matty) Cervantes

WHO WE ARE: IALH STAFF

UVic Campus:

Scott Hofer

Director (on leave July 2021 - June 2022)

Damien Contandriopoulos

Acting Director (July 2021 - June 2022)

Jo Ann Miller

Research Manager

Leah Potter

Institute Administrator

Susana Hedji

Financial Administrator

Ashleigh Enright

Administrative Assistant

Ladner Office:

Patrick McGowan

Associate Director

Christine Bramwell

Program Coordinator:
Interior Health

Julieta Gerbrandt

Project Support

Suzanne Harmandian

Lead, Health Coach Program
Pairing and Support: Vancouver
Island

Navah Jacobs

Research Assistant

David Langer

Program Coordinator:
Vancouver Coastal South

John Murphy

Program Coordinator:
Fraser Health East

Shayan Shakeraneh

HCP Pairing and Support

Naida Khan

Office Manager

June Clearsky

Program Coordinator: Fraser
Health North; Aboriginal Liason

Brenda Gyurkovics

Project Support

Fran Hensen

Health Coach Program
Educator

Courtney Kang

Program Coordinator:
Chinese Programs

Sherry Lynch

Research Associate

Leah Otsig

Program Coordinator:
Vancouver Island

Greg Veltman

HCP Program Support

Jay Bains

Program Coordinator:
Punjabi Programs

Mark Davies

Program Coordinator:
Northern Health

Karen Hannah

Lead, Health Coach Pairing
and Support

Lisa Herriott

Program Assistant

Charles Labun

Program Coordinator:
Fraser Health South

Ginette McLennan

Project Support

Louise Rolland

Program Coordinator: Vancouver
Coastal North; IT Support

2021-2022

IALH Student Awards

UVic Retirees Association Award - \$1060

For students whose research is focused on individuals 55 years of age and older

Cindy McDowell (Masters student, Psychology)

Project Title: *Risk and Protective Factors for Healthy Aging: A Departure from the Traditional Successful Aging Framework*



Ferguson Graduate Research Award in Digital Health - \$10,000

For graduate students whose research is in the area of digital health innovation and application

Heather Hollman (PhD student, Exercise Science, Physical and Health Education)

Project Title: *Physical Activity Promotion Tailored to Postpartum Women with Lumbopelvic Pain*





Neena Chappell Scholarship - \$1200

For graduate students conducting research on aging

Ashleigh Parker (PhD student, Psychology)

Project Title: *Earlier Detection of Alzheimer's Disease: Investigating Brain-Based Changes in Older Adults with Subjective Cognitive Decline*

PBC Health Benefits Society Scholarship in Lifelong Health - \$15,000

For graduate students whose research is looking at innovations in digital health, well-being and/or cognitive health

Aleah Ross (Masters student, Exercise Science, Physical and Health Education)

Project Title: *A Feasibility Study Evaluating an Online Physical Activity Intervention for Young Adults with Mild to Moderate Major Depressive Disorder Engaged in Community Primary Clinical Care Treatment*



Dr. David Chuenyan Lai Scholarship - \$900

For graduate students conducting research on aging whose supervisor is also affiliated with IALH

Audrey Tung (PhD student, Geography)

Project Title: *A Room of One's Own: Holding Space for Under-housed and Overlooked Realities*



Alice Lou-Poy Graduate Scholarship - \$850

For students conducting research on Alzheimer's disease or another form of dementia

Sasha Zinovich (Masters student, Sociology)

Project Title: *Dementia and Medical Assistance in Dying in Canada: A Qualitative Critical Discourse Analysis*



IALH Faculty Awards



Stephanie Willerth

Canadian Society for Senior Engineers Fellowship - Stephanie Willerth

Royal Society of Canada - College of New Scholars, Artists and Scientists - Stephanie Willerth

The College of New Scholars, Artists and Scientists is Canada's first national system of multidisciplinary recognition for the emerging generation of Canadian intellectual leadership.



Robert Gifford



Ryan Rhodes



Marie-Eve Tremblay

Clarivate Highly Cited Researcher - Robert Gifford, Ryan Rhodes, Marie-Eve Tremblay

The title of Highly Cited Researcher recognizes true pioneers in their fields over the last decade, as demonstrated by the production of multiple highly-cited papers that rank in the top 1% by citations for field and year in the *Web of Science*[™].



Helen Monkman

2021 HSD Award for Teaching Excellence - Helen Monkman

This award recognizes excellence in teaching, educational leadership, and innovation across key priorities for Human and Social Development (HSD) including multidisciplinary work, community-based learning and teaching, and distance education.

Dr. Helen Monkman, Assistant Professor with UVic's School of Health Information Science, leads an undergraduate curriculum review, applies her funded scholarship toward community-engaged learning, mentors students, and practices interdisciplinary scholarship.

Her students say:

- "Dr. Monkman challenges us to think critically and stretch intellectually, and encourages us in our career aspirations."
- "Our classes were innovative and inclusive of skill-building and practical experience components."
- "She ensured that each student understood the material by using interactive teaching techniques that challenged the traditional slide and lecture format."



Community Engagement: IALH Events

In 2021, IALH hosted, co-hosted or supported several public events promoting research by UVic faculty and/or students. Due to COVID-19, these events were primarily presented virtually.

IALH strives to create engaging events for our community that are inclusive and accessible. These events were free to attend, and most were recorded and have been posted to our [YouTube Channel](#).

IALH Events: Research Rounds

In a survey sent out in 2019, IALH Faculty and Student Affiliates indicated they would be interested in attending updates on current activities by IALH Affiliates. As a result, IALH began hosting regular Research Rounds, online presentations that highlight the multidisciplinary research being done by IALH Faculty and Student Affiliates. Research Rounds are only available to IALH Faculty and Student Affiliates, Postdoctoral Fellows and staff.

Jan 19 *Introduction to Research Data Management*

Presenter: Shahira Khair, Data Curation Librarian, UVic

Feb 16 *Management of Research Administrative Materials*

Presenter: Dave Young, Records Management Archivist, UVic

Sept 14 *Seeking the Roots of Eco-Anxiety*

Presenters: Robert Gifford, Lauren Colborne, Zahra Asgarizadeh, Department of Psychology, UVic

Oct 12 *Aging, 2SLGBTQ+ Aging, Equitable Access to Health Care and Community Based Research*

Presenter: Robert Beringer, School of Public Health and Social Policy, UVic



IALH Events: Masterminds 2021

Presented by the University of Victoria Retirees Association and IALH, with support from the University of Victoria, the Masterminds Lecture Series featured a new roster of entertaining speakers who dove into their academic and personal passions to bring the audience engaging and visual presentations on an eclectic range of subjects.



**Wednesday
April 7**

Plants, People & Places: Lessons in Stewardship and Reciprocity

Nancy Turner, PhD, Professor Emeritus, School of Environmental Studies, University of Victoria

Indigenous Peoples worldwide have had close and reciprocal relationships with their environments and with the other species on which they depend. Their relationships are underlain with worldviews that encompass other life forms as our generous relatives, to whom we, in turn, owe respect and caring. The lessons are embedded in stories, ceremonies and practical teachings.

**Wednesday
April 14**

Commercial Sex: A Problem of Gender or Social Inequality?

Cecilia Benoit, PhD, Professor Emeritus, Department of Sociology, University of Victoria

Commercial Sex is a controversial issue in most countries today and there is no consensus on the nature of the problem, nor how to address it. In this presentation, Dr. Benoit reviewed the two main positions dividing scholars, the Criminal Code and other legal policies advocated by each position, as well as the consequences for adults who sell sexual services.

**Wednesday
April 21**

Elementary Particles: The Fundamental Building Blocks of Nature

Richard Keeler, PhD, Professor Emeritus, Department of Physics and Astronomy, University of Victoria

Dr. Keeler discussed the fundamental building blocks of nature from the point of view of a particle physicist. Known as the "Standard model", matter and energy were explained by a small number of elementary particles and forces. Some of their properties were discussed and Dr. Keeler took a brief look at some of the open questions challenging the model.

**Wednesday
April 28**

Thinking About Aging in Place

Mary Ellen Purkis, PhD, Professor Emeritus, School of Nursing, University of Victoria

Many of us aspire to "age in place," an idea promoted in mainstream media, and publications aimed specifically at seniors. But what does it mean to "age in place"? What are some practical considerations that need to be confronted in planning for quality of life into our senior years? This interactive talk explored this question of how best to think about aging in place.



IALH Events:

Meagre & Piecemeal: How to Improve Canada's Home Care Services

Wednesday, April 21



What is the current state of homecare, here in Canada, and around the world? How can we learn, improve and move forward while in a state of constant crisis, in the midst of a global pandemic?

Panelists:

Kelli Stajduhar, Professor, School of Nursing, UVic; IALH Research Affiliate; Co-PI, *Tackling the Home Care Challenge*

Damien Contandriopoulos, Professor, School of Nursing, UVic; IALH Research Affiliate; Co-PI, *Tackling the Home Care Challenge*

André Picard, Canadian Health Journalist, *Globe and Mail*

Cynthia Yamamoto, Graduate Fellow, University of Manitoba

Watch this presentation on YouTube: <https://www.youtube.com/watch?v=av00xrhR7o>

IALH Events: National Health & Fitness Day

Saturday, June 5

2021 marked IALH's first year of celebrating National Health and Fitness Day. For the week leading up to National Health and Fitness Day, IALH created a series of vignettes. Each one had a theme of activity or wellness, included research around the theme, and suggested ways to add activities into one's daily routines.

IALH's goal is to continue our relationship with the National Health and Fitness Day alliance, as well as involve local communities and governments in promoting physical activity that is accessible to all.

The vignettes can be viewed at <https://www.uvic.ca/research/centres/aging/assets/docs/ialh-health--fitness-brochure---final.pdf>



IALH Events: International Day of Older Persons

Aging is a Reward, Not a Punishment

Friday October 1

In recognition of the 2021 United Nations International Day of Older Persons, IALH and the Eldercare Foundation presented *Aging is a Reward, Not a Punishment*, a virtual panel session focusing on the positive aspects of growing older, combatting ageism, supporting resilience, and building healthy age-friendly communities.



Panelists:



Dr. Andrew Wister

Director, Gerontology Research Centre and Professor, Department of Gerontology, Simon Fraser University



Jodi Mucha

Executive Director, BC Healthy Communities



Louise Rolland

Program Coordinator, Self-Management BC, Health Coach, End-of-Life Doula, and Director, Heart Centre Foundation



**ELDERCARE
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**University
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Institute on Aging
& Lifelong Health



IALH Events: Lafayette Health Awareness Forum

Navigating through COVID-19: Using Our Collective Wisdom to Guide Us

Thursday, October 7

No matter from where we hail, the pandemic has affected us and leaves us with many questions as we emerge from this last year of continued restrictions and new variants. Panelists discussed vaccines and possible boosters, how those with long-haul COVID are coping, the impact on our First Nations communities, and how to support our mental health as we continue through the many twists and turns of our recovery and the rebuilding of our lives out of this pandemic. Watch this presentation on YouTube: https://www.youtube.com/watch?v=AMa_Y5G9mq0

Panelists:



Dr. Danuta Skowronski

MD, FRCPC, BC Centre for Disease Control



Dr. Jesse Grenier

MD, FRCPC Internal Medicine, Post COVID-19 Recovery Clinic, Providence Health Care



Dr. Shannon MacDonald

BA, MD, Acting Chief Medical Officer, First Nations Health Authority



Dr. Matthew Chow

MD, FRCPC, Child and Adolescent Psychiatry, President, Doctors of BC



Top: Dr. Shannon MacDonald
Center: Nicole Mandryk
Bottom: David Stewart and Sharon Stanis



IALH Events: Pathways to Lifelong Health

The concept of lifelong health can be viewed from multiple perspectives. Panel presentations and concurrent sessions highlighted the depth and breadth of research being conducted by IALH faculty and student affiliates.

Day 1: Tuesday, November 2

Panel presentation

“Brain Changes Over Time”

Stephanie Willerth — [*3D Printing Models of Neurodegenerative Diseases*](#)

Brian Christie — [*Musing with Mnemosyne: Improving Learning Performance in the Aging Brain*](#)

Jodie Gawryluk — [*Neuroimaging Changes in the Brain in Healthy Aging and Alzheimer’s Disease*](#)

Concurrent session

“Explorations in Health: Part 1”

Jessica Percy Campbell — [*Aging in Place with Google and Amazon: The Problem of Privacy and Consent*](#)

Sarah Nutter — [*The Impact of Weight Stigma on Health and Health Care*](#)

Ashley Mollison — [*Research to Improve Access to Care at the End-of-Life*](#)

Panel presentation

“Health and Technology”

Sam Liu — [*Using the Pathverse Platform to Rapidly Prototype and Evaluate mHealth Interventions Aimed to Promote Healthy Living*](#)

Brandon Haworth — [*Representative Digital Humans: The Simulation of People and Crowds for Better Environments*](#)

Elizabeth Borycki — [*Virtual Care in a Post-COVID Era: The Future of Healthcare is Digital*](#)

Concurrent session

“Explorations in Health: Part 2”

Tiko Yoneda — [*Early Indicators and Protective Factors for Cognitive Decline*](#)

Debra Sheets — [*Dementia Inclusive Victoria: An Initiative to Celebrate the Potential of People Living with Dementia*](#)

Cynthia McDowell — [*Music as Medicine: Promoting Dementia Symptom Reduction and Cognitive Health*](#)



IALH Events: Pathways to Lifelong Health

Day 2: Wednesday, November 3

Panel presentation “Life Course Impacts”

Denise Cloutier — [*Pathways Into and Out of Homelessness and Housing Insecurity for Older Women*](#)

Alison Murray — [*Evolutionary Approaches to Understanding Variation in Female Bone Health and Body Composition Across the Lifecourse*](#)

Ryan Rhodes — [*Family Development and Physical Activity*](#)

Concurrent session “Explorations in Health: Part 3”

Mattie Walker — [*Mental Health Research with Trans, Two-Spirit and Nonbinary People: Considerations for Lifelong Health*](#) (Recording not available)

Marie-Ève Tremblay — [*Role of Microglial Cells in the Pathogenesis of Brain Disorders*](#)

Amr Farghali — [*Electronic Prescribing in Community Pharmacies, a Canadian Perspective on Patients’ Safety*](#)

Panel presentation “Health for All”

Nancy Clark — [*Promoting Equitable and Culturally Safe Mental Health Care for Immigrant, Refugee, Ethno-cultural and Racialized Groups in Canada*](#)

Jie Zhang — [*Understanding Home Support Continuity in a Co-Productive Service System*](#)

Concurrent session “Explorations in Health: Part 4”

Jamie Knight — [*The Role of Olfaction in Determining Brain Health*](#)

Karen Courtney — [*Behaviour Change Techniques in Design: A Community-Based Telehealth Kiosk Example*](#)

Nathan Lewis — [*Aging with Purpose: Purpose in Life as a Source of Psychological and Cognitive Resilience*](#)



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