

# THE IALH UPDATE

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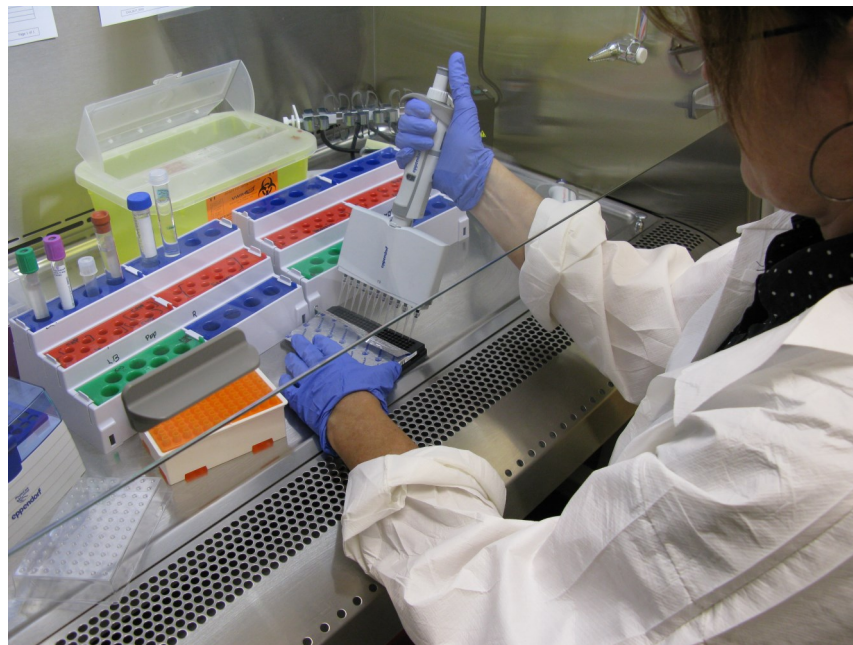
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## Canadian Longitudinal Study on Aging



Pictured: UVic  
CLSA staff  
member Monica  
Kelly processing  
biological  
samples.

The Canadian Longitudinal Study on Aging (CLSA) is following approximately 50,000 Canadians over a 20 year period. 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. At this time, data collection for the first two phases (Baseline and Follow-Up 1) has been completed and data collection for the third phase (Follow-Up 2) is expected to be completed in summer 2021.

The CLSA is both a research study and a research platform. As a research study, the CLSA is designed to look at a number of different factors (e.g., biological, medical, psychological, social and economic) that impact how individuals age. As a research platform, the CLSA is intended to provide research evidence to inform health and social care policies as well as government programs and services. The CLSA recently secured \$9.6 million from the Canadian Foundation for Innovation to renew the infrastructure of the CLSA research platform.

In response to COVID-19, the CLSA developed three sub-studies to explore the impacts of the pandemic. The first study, which was conducted between April and November 2020, explored how CLSA participants were coping with the pandemic and how access to health care services has been affected. Baseline findings from this study are available at <https://www.clsa-elcv.ca/stay-informed/new-clsa/2020/covid-19-study-data-dashboard>.

Launched in November 2020, the second study involves the collection and analysis of blood samples from CLSA participants across Canada to better understand how widespread COVID-19 is among adults over 50. This study is expected to be completed during summer 2021. The third study, which is expected to begin later this year, will examine the effect of the COVID-19 virus on brain health. More information on both of these studies can be found at <https://www.clsa-elcv.ca/participants/clsa-covid-19-studies>.

Through an agreement between UVic and Island Health, IALH supports the UVic CLSA study site which is located at the Gorge Road Hospital in Victoria. At this site, 3053 individuals completed the Baseline phase and 2783 individuals (91.2%) completed Follow-Up 1. Participants from the UVic site have also participated in the first two COVID-19 studies described above. The local primary investigators are Dr. Scott Hofer, Professor in Psychology and Director of IALH, and Dr. Theone Paterson, Assistant Professor in Psychology and IALH affiliate.

For more information on the CLSA, see [clsa-elcv.ca](https://www.clsa-elcv.ca).

# UPCOMING EVENTS:



Since 2006, the UVic Retirees Association (UVRA) and the Institute on Aging and Lifelong Health have sponsored an annual public lecture series on Wednesday evenings in April. In 2020, the series was postponed due to the evolving COVID-19 pandemic. The UVRA and IALH are excited to once again present the series, this time via Zoom Webinar.

More information on the speakers and their topics is available at [www.uvic.ca/masterminds](http://www.uvic.ca/masterminds)

## REGISTRATION NOW OPEN:

<https://events.epl.com/Masterminds2021>



**University  
of Victoria**

Institute on Aging  
and Lifelong Health  
& Retirees Association

## Masterminds 2021 Schedule:

**Wednesday, April 7, 2021 7:00 PM—8:30 PM**

*Plants, People and Places: Lessons in Stewardship and Reciprocity*

Presenter: Nancy Turner, Professor Emeritus,  
Environmental Studies

**Wednesday, April 14, 2021 7:00 PM—8:30 PM**

*Commercial Sex: A Problem of Gender or Social Inequality?*

Presenter: Cecilia Benoit, Professor Emeritus,  
Sociology

**Wednesday, April 21, 2021 7:00 PM—8:30 PM**

*Elementary Particles: The Fundamental Building Blocks of Nature*

Presenter: Richard Keeler, Professor Emeritus,  
Physics and Astronomy

**Wednesday, April 28, 2021 7:00 PM—8:30 PM**

*Thinking About Aging in Place*

Presenter: Mary Ellen Purkis, Professor Emeritus,  
Nursing

## MEAGER & PIECEMEAL :

### How to Improve Canada's Home Care Services



*Kelli Stajduhar*  
University of Victoria  
Co-PI



*Cynthia Yamamoto*  
University of Manitoba  
Graduate Fellow



*Damien Contandriopoulos*  
University of Victoria  
Co-PI



... with invited guest  
*André Picard*  
Canadian Journalist  
The Globe and Mail

### Panel Discussion

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



**WHEN:** April 21<sup>st</sup>, 4:00 - 5:00pm PDT  
**WHERE:** Online via Zoom Webinar  
**REGISTER:** [tinyurl.com/MeagerPiecemeal](https://tinyurl.com/MeagerPiecemeal)

# COMMUNITY:



## Advance Care Planning Videos Released from BC Centre for Palliative Care

The BC Centre for Palliative Care has released two videos to help assist British Columbians with establishing their end-of-life health care plan. The public poll that the centre conducted in 2020 showed that 76% of respondents think it's important to plan for their future health care, but only 33% had heard of advance care planning, and even fewer had recorded their wishes

The first video, *Advance Care Planning is for Everyone*, sets the stage to understanding that Advance Care Planning is a natural part of life planning, no matter who you are or what stage of life you are in. [Watch it here.](#)

The second video, *It's Time to Talk About Advance Care Planning*, walks viewers through the process of Advance Care Planning by using a simple and easy to remember formula: Think, Talk, Plan. [Watch it here.](#)

For more information on the BC Centre for Palliative Care, please visit: <https://bc-cpc.ca>.

## Eldercare Foundation Adopting Pets for Isolated Seniors

The Eldercare Foundation is currently seeking donations from the community to assist in "adopting pets" for seniors in need at the Glengarry, Aberdeen, Priory or Summit long-term care homes for them to love and enjoy.

These cuddly critters are specifically designed for the elderly, and have been shown to reduce stress, loneliness and depression. They are particularly beneficial for those living with advanced dementia or Alzheimer's, helping them remember previous pets they've owned, or renewing the sense of purpose that caring for an animal gave them.

For more information on how to purchase a pet for a local senior, or to contribute to a group adoption, please visit: [www.gvef.org/companion-pet](http://www.gvef.org/companion-pet)



Ronald Bayne was one of Canada's first geriatricians, and contributed substantially to the study of gerontology at McMaster University. Prior to his death on February 26, 2021 (at the age of 98) he produced a short video on death and dying to encourage people to plan for the end with their family members and caregivers. The video can be accessed at <https://vimeo.com/511268822>



Recipients of the 2020 IALH Student Awards were identified in the December 2020 issue of *The IALH Update*. Presentations by each of these students is now available on IALH's YouTube channel at: <https://youtu.be/b9944Oj6hhM>

## STAY CONNECTED WITH IALH



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**Website**

[www.uvic.ca/aging](http://www.uvic.ca/aging)



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