

THE IALH UPDATE

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UVic Institute on Aging & Lifelong Health

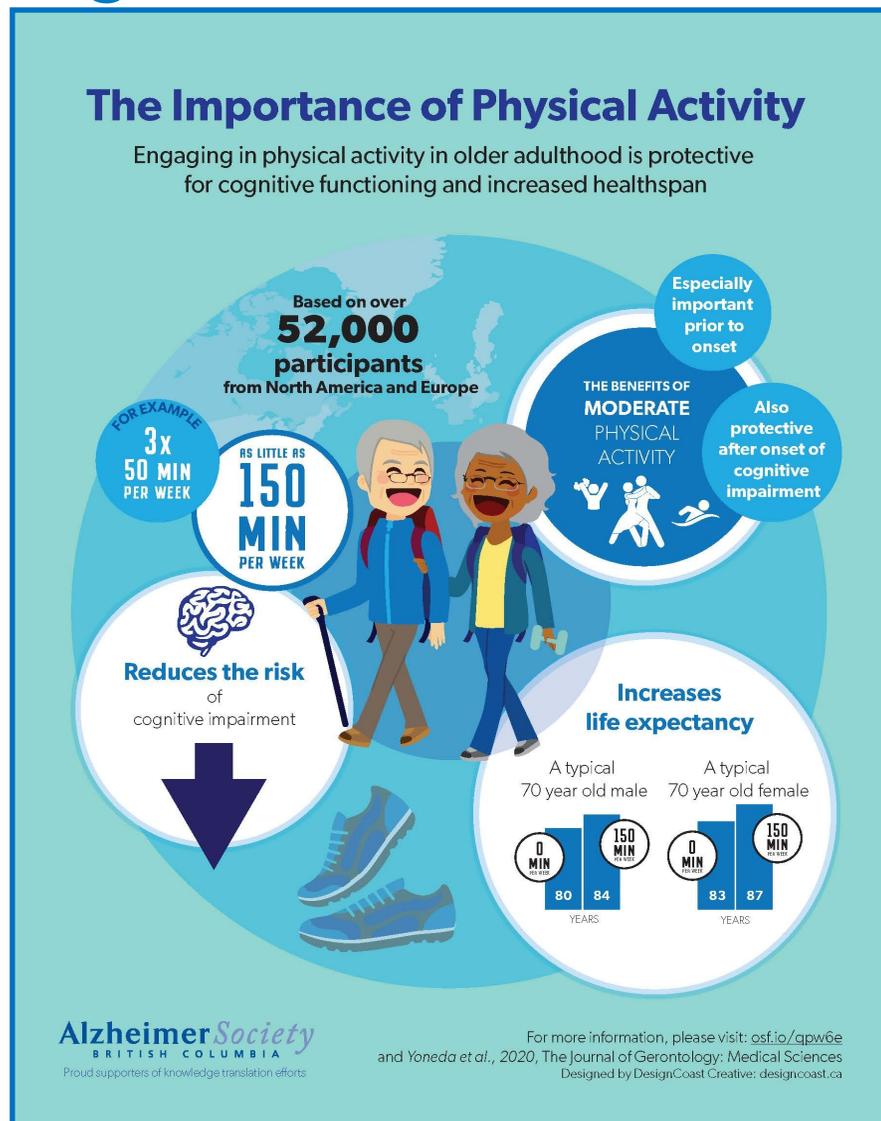


[@UVicAging](https://twitter.com/UVicAging)

The University of Victoria campus will be closed from Friday, December 25, 2020 — Sunday, January 3, 2021.

We wish you good health and happiness for the coming year.

Physical Activity Improves Cognitive Health



Tomiko Yoneda, a PhD candidate in Psychology and IALH Student Affiliate, is the lead author on a recent paper exploring the impact of physical activity in older adulthood on transitions between cognitive status categories (non-impaired, mildly impaired, severely impaired) and death.

In a meta-analysis of 14 longitudinal studies, the researchers found that more physical activity was associated with longer life expectancy in individuals 60 years of age and older (the average age of participants in the various studies ranged from 70 to 82). More physical activity was also associated with a decreased risk of transitioning from non-impaired cognitive functioning to mildly impaired cognition. Further, there was some evidence of a protective effect of physical activity on individuals with cognitive impairment (for example, an improvement in cognitive functioning from severely impaired to mildly impaired). Collectively, these findings demonstrate the importance of engaging in physical activity throughout older adulthood.

It is hoped that the above Infographic, which summarizes the findings from this paper, will be shared widely and posted in seniors' centres, Alzheimer Society offices, gyms, etc.

The full article can be found at [doi: 10.1093/Gerona/glaa268](https://doi.org/10.1093/Gerona/glaa268). Many of the authors on this paper are IALH affiliates.

New Physical Activity Guidelines

The Canadian Society for Exercise Physiology (CSEP) has recently released 24-Hour Movement Guidelines for Canadians aged 18 to 64 years and 65 years and older. The guidelines were developed in collaboration with the Public Health Agency of Canada, Queens University and ParticipACTION. They integrate physical activity, sedentary behaviour, and sleep, and apply to individuals regardless of gender, cultural background or socio-economic status.

All adults are encouraged to participate in a range of physical activities each week, including several hours of light physical activities (e.g., standing), moderate to vigorous aerobic activities for at least 150 minutes per week, and muscle strengthening activities at least twice a week. Individuals 65 and older are also encouraged to perform physical activities that challenge balance. All adults are encouraged to limit sedentary time to 8 hours or less and to get 7 to 8 hours of good quality sleep on a regular basis with consistent sleep/wake routines.

Following the 24-Hour Movement Guidelines is associated with: a lower risk of mortality; a lower risk of several chronic conditions (e.g., cardiovascular disease, hypertension, Type 2 diabetes, some cancers, some mental health conditions); and improved physical function, bone health, cognition and quality of life.

The guidelines may not be appropriate for individuals with a disability or medical condition. Ryan Rhodes, an IALH Faculty Affiliate, was involved in the development of the guidelines. For more information on the 24-Hour Movement Guidelines, see <https://csep.ca/guidelines>



Events of Interest:



An Elder Academy Event: End of Life Matters!

Preparing for death is not an easy conversation to have. It is a subject that many of us prefer to avoid or postpone. This series offers four topics aimed at helping us to make informed decisions when it comes time to do so. The four presenters in this series will share their insights and “front line” experiences dealing with these challenging issues.

Dates: Saturdays February 6, 13, 20 & 27, 2021

Time: 10:00AM—12:00PM. Zoom entry starting at 9:45AM

Where: Online via Zoom

Cost: \$20.00 for all 4 sessions

*students attend free but must email UVRAElderAcademyEvents@uvic.ca to register

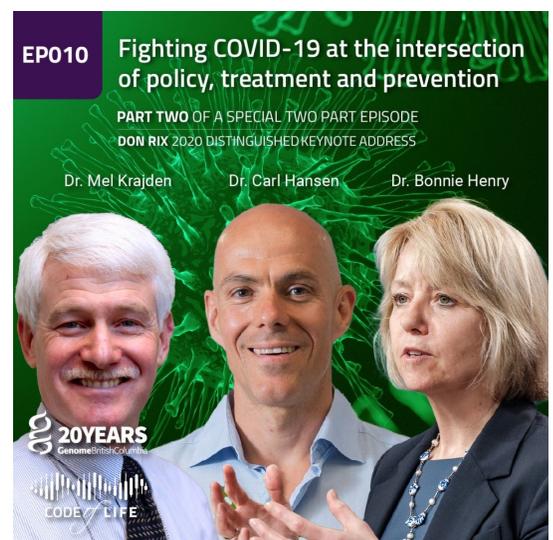
For more information on each presentation, and to register, please visit: <https://www.eventbrite.ca/end-of-life>

The UVic Retirees Association provides the public with better mental and physical health for seniors through stimulating education experiences.

Fighting COVID-19 at the intersection of policy, treatment and prevention—Part Two

This episode of the *Code of Life* picks up where the last one left off: a Q&A with Dr. Bonnie Henry, BC's Provincial Health Officer, Dr. Mel Krajden, Medical Director at the BC Centre for Disease Control, and Dr. Carl Hansen, CEO of AbCellera. This podcast addresses two pressing questions answered about the pandemic — how we got here and where we are going.

[Watch or Listen](#)



Congratulations to 2020/2021 Student Award Recipients

Congratulations to the following individuals who received 2020/2021 scholarships through IALH:

- Matilde Cervantes – Masters student, Social Dimensions of Health
UVic Retirees Association Award of \$1060—Awarded to an outstanding graduate student whose research is focused on individuals 55 years of age and older
- Jamie Knight – PhD candidate, Department of Psychology
Ferguson Graduate Research Award in Digital Health of \$9906— Awarded to an outstanding graduate student whose research is in the area of digital health innovation and application
- Colleen Lacey - Masters student, Department of Psychology
Alice Lou-Poy Graduate Scholarship of \$750— Awarded to an outstanding graduate student conducting research on Alzheimer’s Disease or another form of dementia
- Nathan Lewis - PhD candidate, Department of Psychology
Neena Chappell Scholarship of \$1060— Awarded to an outstanding graduate student doing research on aging
- Cindy McDowell – Masters student, Psychology
PBC Health Benefits Society Scholarship in Lifelong Health of \$15,000— Awarded to an outstanding graduate student whose research is looking at innovations in digital health, well-being and/or cognitive health
- Ashleigh Parker – PhD candidate, Department of Psychology
Dr. David Chuenyan Lai Scholarship of \$790— Awarded to an outstanding graduate student doing research on aging whose supervisor is also affiliated with IALH



Impact of Funding on Previous Student Award Recipients

The generous support of donors plays an integral role in enhancing and advancing research on aging and lifelong health. Whether providing support for research, travel, conferences, or school expenses, donations to the Institute on Aging and Lifelong Health (IALH) help to support the future healthcare professionals, researchers, academics, and policy makers of tomorrow.

Several previous award recipients reflect on how generous donations have made an invaluable impact on their lives:

“As a recipient of the Alice Lou-Poy Graduate Scholarship, I am grateful for the contribution towards my research. I have found it deeply motivating and encouraging to know that donors are willing to support students in the pursuit of knowledge. Funding is a catalyst for science and I am thankful for the opportunity to contribute knowledge to the greater community.” -- Jamie Knight, PhD Candidate, Department of Psychology, Alice Lou-Poy Graduate Scholarship Recipient

“I am very grateful to have received the inaugural UVic Retirees Association Award and honoured to have presented at the Association’s Annual General Meeting. It means so much to me and many other students to be supported by generous donors. Thank you for supporting my dream of becoming a Clinical Neuropsychologist to promote healthy aging as a clinician and as a scientist.” -- Lisa Ohlhauser, PhD Candidate, Department of Psychology, UVic Retirees Association Award Recipient (2019/2020)

“Student awards administered by IALH have allowed me to engage in research aimed at better understanding late-life neurocognitive changes and the protective role of modifiable lifestyle factors. This has included conference and symposium presentations at international conferences in gerontology and neuropsychology”. --Drew Halliday, PhD Candidate, Department of Psychology, Dr. David Chuenyan Lai Graduate Scholarship (2019/2020) and Elaine Gallagher Travel Award Recipient (2018/2019)

“Having that material support really does have an impact on quality of scholarship and quality of life, and how well you are feeling supported by your institution. I have received several scholarships and awards from the institute over the years. Those things have come together to make a positive impact on my time at UVic.” -- Erin Donald, PhD Candidate, School of Nursing, Neena Chappell Graduate Scholarship Recipient (2019/2020)

Research Opportunity

Opportunity for older adults & their caregivers to be involved in a research study on the use of assistive technologies



What are assistive technologies? Assistive technologies are used to support a person to do the things they need to do to maintain or improve their level of independence.

Why is this study being done?

This study aims to improve the use and access to assistive technologies for older adults in British Columbia. The study also aims to develop better ways of assessing the challenges people experience when using assistive technologies. Bringing older adults, their family members, and other caregivers together to talk about assistive technologies will be helpful for health care workers and others.

Who can participate in the study?

If you are an older adult using or wanting to use an assistive technology of some kind, you are invited to share your experiences about such things as ease of access and use, as well as any challenges.

For **older adults**, you must be 55+ years and living independently. **Family members** include anyone who is currently providing care and support to an older adult family member. **Friends, neighbours and other informal caregivers** are also invited to participate if you provide regular support to an older adult. Interested participants must be 19 years or older. You should also be able to complete the interview in English.

What will I be asked to do if I choose to participate?

You will have the option to participate in an initial interview about assistive technologies (up to 1-hour). You may also choose to be part of a group session or participate in other project activities. These will be done either online or over the phone from January – March 2021.

Who is conducting this research?

The co-leads of the research study are Dr. Karen Kobayashi and Robin Syme. They are both at the University of Victoria. Dr. Kobayashi is in the Department of Sociology. She is also a Research Fellow with the Institute on Aging and Lifelong Health. Robin Syme is the Executive Director of CanAssist.

Name of the Study

Knowledge Implementation for Scale-up, Spread, and Sustainability of Assistive Technologies (KISS-AT)

Contact Information

If you are interested in being part of this important study or finding out more information, please contact:
Dr. Gord Miller, Project Coordinator
kissat@uvic.ca or 250-893-5869

Research Team

We are a team of researchers at the University of Victoria, working with CanAssist and the BC Ministry of Health.

Academic Research Contact

Dr. Karen Kobayashi, Co-Lead
kmkobay@uvic.ca

Funded By

This project is funded by the Michael Smith Foundation for Health Research.



Supported by



Aging is not a lost youth, but a new stage of opportunity and strength.

-Betty Frieden