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Ashley Mollison receives prestigious Vanier Canada Graduate Scholarship



Ashley Mollison
Photo Credit: UVic Photo Services

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@UVicAging



UVic Institute on Aging & Lifelong Health

Submissions for the 2020 Valued Elder Recognition Award are in! Thank you to everyone who nominated a volunteer!

A virtual celebration will be held on October 1, 2020. More information to follow.



Pay parking for daily and hourly users will resume on July 2, 2020. Parking fees were suspended on March 20 as part of the university's rapid response to COVID-19. The resumption of regular operations will have no impact on annual permit holders, whose parking permits are valid until Aug. 31, 2020.

“...We still need to change conditions so that health care isn't divided along lines of race, class, gender and ability.”

- Ashley Mollison

Ashley Mollison, one of four UVic Vanier recipients this year, is a PhD candidate in the Social Dimensions of Health program, coordinator of [Equity in Palliative Approaches to Care \(ePAC\)](#), and a long-time activist in social justice, harm reduction and health equity. Her research focuses on building Compassionate Care (CC) models for poor and homeless people who are often excluded from civil society, whose biological family is estranged, whose caregivers are burdened by inequities, and whose homes are deemed inappropriate for care. Relevant to lifelong health and aging, CCs have the potential to fill gaps in health and social care systems enabling people to live a better quality of life at home surrounded by their chosen family and communities. It is essential that CC models not reinforce and perpetuate existing health and social inequities.

[Vanier Canada](#) scholars each receive \$50,000 in funding over three years. This prestigious award is earmarked for outstanding scholars in social sciences and humanities, natural sciences and/or engineering and health.

Kelli Stajduhar, UVic professor in nursing and researcher for the Institute on Aging and Lifelong Health, who is one of Mollison's PhD supervisors, says,

“Ashley's work has resulted in material change in the lives of homeless people as well as financial commitments to address homelessness in our region.”

Congratulations Ashley!

“Be calm, be kind, be safe”

- Bonnie Henry, Public Health Officer of BC

Healthy Debate: Not scared of dying, but of dying scared

A pan-Canadian research team, SALTY, (Seniors – Adding Life to Years), have detailed what many working at the inter-section of palliative care and long-term care have known for years: most Canadians who go into long-term care facilities die there, and many do not receive the dignified and meaningful end-of-life care they very much deserve. This is not the fault of care workers, but rather a flawed system of an underpaid, undervalued, and under-trained workforce.

Dr Kelli Stajduhar, Professor, School of Nursing, and Dr Denise Cloutier, Professor, Department of Geography, both IALH affiliates and SALTY study team members, have authored the below op-ed on the need for change in long-term care homes for residents facing end-of-life transition.

[Read the full article, 'Healthy Debate: Not scared of dying, but of dying scared', here.](#)

Draco, the virtual dragon, fights childhood obesity



Sam Liu, Assistant Professor with UVic's School of Exercise Science, Physical and Health Education and IALH affiliate, is piloting an app for smartphones that features Draco, a

small virtual dragon looking for help finding his home all while encouraging young caregivers and their families to eat healthy and get in some physical activity along the way.

“How do we merge digital technology with in-person intervention to manage childhood obesity? That’s the question we want to answer,” - Sam Liu

The Draco pilot project is one of the digital tools within the Generation Health program, a community based program to promote healthy behaviors for families delivered in partnership with Childhood Obesity Foundation, University of Victoria and the BC Provincial Government. Draco is intended for pre-teen users who will wear a device that will collect data on their activity. For more information about the Draco pilot project, please visit the [UVic News website](#).

Photo: Sam Liu pictured with a young participant while demonstrating the Draco app.

Photo credit: Uvic Photo Services



Vancouver Island & Coast Region!

You're invited to meet BC's Human Rights Commissioner

Thursday, July 9
2:30-4:30pm | Online



The Office of BC Human Rights would like to invite you to a virtual regional conversation in the Vancouver Island/Coastal region on Thursday, July 9, 2020 from 2:30PM - 4:30PM.

These conversations are an opportunity for you to learn more about BC's Office of the Human Rights Commissioner and your rights and responsibilities under B.C.'s Human Rights Code. They also look forward to hearing from you about human rights issues affecting your region.

Considering the potential impact of COVID-19 on older members of the LGBT community in Canada

We all know COVID-19 poses a great risk to our older population, but what about those in a marginalized group? Robert Beringer, a post-doc fellow with the Victoria Hospice Society, has co-authored an article highlighting potential impacts the novel coronavirus has had on the older LGBT community. [View the PDF article here.](#)

[Click here to RSVP](#)

Has COVID-19 affected your physical activity goals?

The stay-at-home order implemented to help control the COVID-19 pandemic is also, unfortunately, having significant negative effects on our mental health and wellbeing. Normally, to improve mental health and wellbeing we look to social connections, routine, and exercise. However, physical distancing and stay-at-home mandates have disrupted these typical activities.

Dr Ryan Rhodes, Professor, School of Exercise Science, Physical, and Health Education, IALH affiliate, is a co-investigator on this UBC-led study. The goal of the SCOPE study is to assess whether exercising with other older adults as part of a socially connected (but physically distanced) exercise program, or a personal exercise program, will significantly improve the well-being and health of older adults (aged 65 years or older) currently living in Canada during the COVID-19 pandemic.

For full study information, including eligibility, please visit the website at www.scopetrial2020.ca



 **The University of British Columbia's**

Seniors COvid-19 Pandemic and Exercise (SCOPE) Study

is seeking adults aged 65 years and older for a 12-week program to increase your levels of physical activity while at home.

for more information go to scopetrial2020.ca or contact kin.scope@ubc.ca

Principal Investigator: Mark Beauchamp

*Note if you 'like' or 'retweet' this post, you may be publicly identified with the study (regardless of whether you participate in the study or not).



Eat your veggies: Nutrition a key ingredient for cognitive health of midlife and older Canadians

Researchers with the Canadian Longitudinal Study on Aging (CLSA) found that individuals who consumed more fruits and vegetables, including nuts and pulses (beans and lentils) scored higher on tests on verbal fluency.

Verbal fluency is an important measure of cognitive function. To test it, subjects are asked to list as many words from a given category as they

can in one minute. This measures language and executive function and can be used to detect cognitive impairment.

Karen Kobayashi, IALH affiliate and UVic Professor in Sociology is a co-author on this study and says *"Obesity has been linked in other research to inflammation and to greater insulin resistance, both of which have been associated to cognitive decline."*

The Canadian Longitudinal Study on Aging (CLSA) is a large, national, long-term study that will follow approximately 50,000 individuals who are between the ages of 45 and 85 when recruited, for at least 20 years. Information on the CLSA can be found at <https://www.clsa-elcv.ca/>

The full article about nutrition and cognitive decline, published by the University of Toronto can be found [here](#).