



THE IALH UPDATE

Special Edition

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Award

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Lifelong Interest in Patient Care Inspires Creation of the Funke-Furber Gerontological Research Award



Pictured: Erin Donald and Jeanette Funke-Furber outside of IALH

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UVic Institute on
Aging & Lifelong
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Director of Nursing for the Juan de Fuca Hospitals, which were later amalgamated within Island Health. Funke-Furber calls her time working at the Juan de Fuca Hospitals “the golden years of working. It was all about caring for the residents and supporting them.” She also taught nursing administration and nursing issues as an Adjunct Professor at the University of Victoria.

After retiring from the Juan de Fuca Hospitals and the University of Victoria, Funke-Furber stayed connected and participated in organizations that support aging populations. She became the Board President of the Greater Victoria Eldercare Foundation (Eldercare Foundation) and volunteered with the Friends of the Centre on Aging (now the Institute on Aging and Lifelong Health; IALH) at the University of Victoria. In addition to her volunteer work, she co-authored the book *The Forgotten Revolution: The Priory Method: A Restorative Care Model for Older Persons*. “I want to continue the legacy [of care for patients] onwards, and I think research is the best way” says Funke-Furber.

With a desire to continue the legacy of enhancing and advancing patient care, Jeanette Funke-Furber and her husband Robert Furber asked themselves “how can we contribute to ongoing support for residents [in long term care facilities]?” Their answer: Through supporting education and research. Working closely with Lori McLeod, Executive Director of the Eldercare Foundation, Furber and Funke-Furber began to explore the possibility of creating a research award.

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-Jeanette Funke-Furber

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Held and administered by the Eldercare Foundation, with research support from IALH, the Funke-Furber Gerontological Research Award emphasizes the importance of enhancing quality of care for older individuals. University of Victoria graduate students who are focusing on clinical care of older individuals and undertaking an applied research project are eligible to apply for the annual award.

The inaugural recipient of the \$10,000 award in 2020 is Erin Donald, a PhD candidate in the School of Nursing, registered nurse, and IALH Student Affiliate. The award will support Donald in carrying out her research, which “looks at the intersection of palliative care and care for people with persistent mental illness - to go deeper into the theoretical and historical root of how we got to the way palliative care is provided for people with persistent mental illness today.”

Funke-Furber and Donald share both interest and experience working with individuals with mental illness. “I spent three years working in psychiatric nursing so the connection of this current award recipient was fortuitous” says Funke-Furber. After speaking with Funke-Furber, Donald noted,

“It was so fantastic. I think getting that sort of life course view of what it was like to have been in that profession is really valuable”.

Funke-Furber wants the next generation of healthcare professionals to carry on the legacy of enhancing and advancing the quality of care for aging populations through education and research. “I was so lucky, and that is why we want to give some of our luck back to others!”

For more information on the Funke-Furber Gerontological Research Award, and other awards available at the Institute on Aging and Lifelong Health please click [here](#).

For more information on how to donate to the Institute on Aging and Lifelong Health please click [here](#).

For more information on how to donate to the Greater Victoria Eldercare Foundation please click [here](#).

Exploring Family Caregiving in Vulnerable Populations

For most Canadians with life-limiting illness, the majority of care is provided by family caregivers at home. However, not all families are the same nor do dying people always have access to a safe and secure home environment and/or access to family members who are willing and able to provide care. A recent study on access to end-of-life care for structurally vulnerable populations (that is, people living in poverty and experiencing homelessness, social isolation, racism, and stigma associated with mental health issues, substance use, and criminalization) found great variability in how “family” and “caregiving” were defined. While some of the participants had contact with biological family members, often “chosen” or street-family as well as housing and outreach workers took up caregiving roles. However, they did not always receive the same recognition or supports as “traditional” family members. This study, which was funded by the Canadian Institutes for Health Research (CIHR), was led by Kelli Stajduhar, a professor in the School of Nursing and an IALH Faculty Affiliate.

Stajduhar has recently received \$992,000 from CIHR to lead a four-year study which will expand understanding of the non-traditional caregiver experience by exploring a) who provides palliative care, b) what types of supports they provide, c) where care usually happens, and d) the impacts of providing care on caregivers. It is anticipated that findings from this study will result in the development of policies, programs and services that will promote equitable, consistent, and sustainable services to meet the needs of caregivers of structurally vulnerable older adults at the end of life in Canada.

Valued Volunteers Recognized with Award

Our annual event honouring International Day of Older Persons

The Valued Elder Recognition Award, or VERA, was developed in 1999 by the Friends of the Centre on Aging (IALH's original name), and first awarded in 2000. The VERA pays tribute to local volunteers who have given more than 10 years of exceptional volunteer service to organisations within the Capital Regional District (CRD).

In 2016, the Institute partnered with the Eldercare Foundation for the VERA, to recognize and celebrate the exceptional contributions that older adults freely and generously give locally and globally to enhance quality of life for us all.

This year, our Valued Elder Recognition Award recipients were honoured at individual, physically distanced ceremonies at the Yakimovich Wellness Centre in September, and at the online International Day of Older Persons event on October 1, 2020.

The 2020 Valued Elder Recognition Award recipients are:

Eleanore Arkesteyn



- Thrifty Foods, Sidney; Sidney Historical Museum; Vancouver Island Regional Library, Sidney/North Saanich branch; BC Aviation Museum; St Vincent de Paul; Sidney/North Saanich RCMP
- Nominated by Anne Trueman, Staff Lead, Sendial, Thrifty Foods, Sidney

Eleanore pictured with her VERA Award at the Yakimovich Wellness Centre

Andrée Galbraith



- Mental Health Recovery Partners-South Island; Capital Mental Health Association
- Nominated by Hazel Meredith, CEO, Mental Health Recovery Partners -South Island

Andrée pictured with a gift basket from Charelli's at the Yakimovich Wellness Centre

Mary Gidney



- Island Sexual Health; Metchosin Day; Metchosin Arts and Cultural Association (MACCA); Metchosin Fire Department and Emergency Operations Centre; refugee sponsorship
- Nominated by Maria Weaver, Volunteer & Community Engagement Coordinator, Island Sexual Health

Mary pictured with her VERA Award at the Yakimovich Wellness Centre

Suellen Guenther



- Victoria Hospice; First Unitarian Church of Victoria; Single Parent Resource Centre
- Nominated by Barb Boyle, Bedside Singers Program, Victoria Hospice

Suellen pictured at the Yakimovich Wellness Centre

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Dick & Diane Payne



- Oak Bay Emergency Program; Swiftsure; Royal Victoria Yacht Club
- Nominated by Eileen Grant, Manager, Oak Bay Emergency Program

Dick & Diane pictured with their gift basket from Charelli's at the Yakimovich Wellness Centre

Marg Palmer



- The Land Conservancy – Abkhazi Garden; Kildonan - De Mezey Memorial Abbeyfield House; Oak Bay Heritage Foundation; Victoria Horticultural Society
- Nominated by Cherie Miltmore, Volunteer Coordinator, Abkhazi Garden

Marg pictured with her VERA Award at the Yakimovich Wellness Centre

Janice Poulin



- Metchosin Community Association; Metchosin Heritage Committee; Metchosin School Museum; Metchosin Museum Society; Heritage Advisory Select Committee; Metchosin Arts & Cultural Association; St Mary's Church
- Nominated by Barbara Sawatsky, Board Member, Metchosin Community Association

Janice pictured at the Yakimovich Wellness Centre

Beverly Unger



- Victoria Symphony; Our Place; Cool Aid Society; Salt Spring Island Community Centre and Youth Centre; James Bay Community Project
- Nominated by Maria Martins, Community Relations Coordinator, Victoria Symphony

Beverly pictured with her VERA Award at the Yakimovich Wellness Centre

Trudine Wilson



- Ladies Auxilliary, Prince Edward Branch 91, Royal Canadian Legion; Girl Guides of Canada
- Nominated by Belina LeBlanc, Ways and Means Chair, Ladies Auxilliary, Prince Edward Branch 91, Royal Canadian Legion

Trudine pictured with her VERA Award at the Yakimovich Wellness Centre

Donna Zwiers



- Saanich Volunteers Services Society; Times Colonist Book Sale; Garth Homer Society.
- Nominated by Brenda Lynn, Executive Director, Saanich Volunteer Services Society.

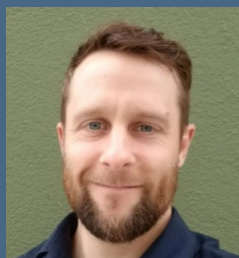
Donna pictured with her VERA Award at the Yakimovich Wellness Centre

Our annual event honouring International Day of Older Persons (Continued)

The tribute ceremony for these extraordinary volunteers opened our first virtual celebration of the United Nations International Day of Older Persons (UNIDOP), emceed by Lori McLeod, Executive Director of the Eldercare Foundation. The 2020 UNIDOP theme is: "Pandemics: Do They Change How We Address Age and Ageing?".

A panellist discussion on social isolation, particularly during a pandemic, followed the VERA ceremony. Who are the most affected by social isolation and loneliness? What is the impact of COVID-19 on social isolation and loneliness? How does this affect people's physical and mental health, and how does it affect longevity? Ways social isolation and loneliness can be addressed were also discussed.

Our panellists for this topical discussion were:



Dave Korzinski, Research Director, Angus Reid Institute;
Demographics of Social Isolation and Loneliness



Verena Menec, PhD, Professor, Community Health Sciences, Rady College of Medicine, University of Manitoba;
Social Isolation and Loneliness



Eddy Elmer, gerontology researcher, PhD candidate, Vrije Universiteit Amsterdam;
The Psychology of Isolation and Loneliness.

View the event recording here : <https://youtu.be/K7k8ldZRF2g>.

This event was co-presented by the Institute on Aging & Lifelong Health and the Eldercare Foundation.



Happy Retirement Arlene!



We say a fond "so long for now" to our Finance Administrator, Arlene Senft, as she begins her retirement on November 5th. Many of you will have had the pleasure of meeting Arlene at a variety of IALH events during her years with the Institute. We will miss Arlene's wisdom, expertise, and wonderful sense of humour, and wish her all the best for a joyous retirement!

Recap: Lafayette Health Awareness Forum

On October 1, 2020 at 7:00PM, the Lafayette String Quartet and Institute on Aging and Lifelong Health presented the 15th annual Lafayette Health Awareness Forum, *The Art of Living in the Time of COVID*. The evening's virtual presentations focused on the science that will lead us out of the pandemic, and the art that will get us through it.

We were honoured to welcome **Shelagh Rogers**, OC, Chancellor of the University of Victoria, CBC Radio journalist and host of “The Next Chapter” as our host for the evening, with distinguished panelists:

- **Terence Tam**, MD, CCFP (EM), Affiliate Clinical Instructor, Division of Medical Sciences, University of Victoria; Concertmaster, Victoria Symphony
- **Steven Taylor**, PhD, R. Psych, UBC Department of Psychiatry; author of the book *The Psychology of Pandemics*
- **Bonnie Henry**, MD, MPH, FRCPC, Chief Provincial Health Officer, British Columbia; Associate Professor UBC

The Lafayette String Quartet performed two pieces: String Quartet in D major, Op. 18 No. 3 - Ludwig van Beethoven, Scherzo: Allegro, and String Quartet in B Major, Op. 18 No. 6 - Ludwig van Beethoven, Scherzo: Allegro.

The Lafayette Health Awareness Forums are offered free to the public. Donations for this year’s forum will go towards establishing a Lafayette Music and Health Legacy Fund to support interdisciplinary research, teaching and community outreach in the area of music and health. Your gift to the fund is gratefully accepted here:

<https://extrweb.uvic.ca/donate-online/lafayette-legacy-fund>

The event recording is available for view on the institute’s YouTube:

<https://youtu.be/Z4UEI-t1DiA>.

Research Opportunities:

Can mobile Brain Games help track age-related memory and attention changes over time?



Help us find the answer by participating in our Research Study!

Our goal is to use Smartphones as a way to look at patterns in thinking abilities, mood and daily activities in healthy older adults.

What Will I Do?	Am I Eligible?
<ul style="list-style-type: none">• Complete Brain Games & Survey Questions<ul style="list-style-type: none">- Daily- For 14 days- Every 3 months- For a total of 6 months	<ul style="list-style-type: none">• Adults 65+• Owner of a Smartphone• No diagnosis of<ul style="list-style-type: none">- Memory impairment- Major illness- Neurological disease or injury- Visual impairment or hand tremor

Interested in Participating?

Contact us to set up a phone interview to assess if you are a good fit for the study:

phone | **250-472-4303**

email | **mycogdesign@uvic.ca**

Upcoming Events of Interest:

Genome British Columbia presents the 2020 Don Rix Distinguished Keynote Address

Battle Lines: Fighting COVID-19 at the intersection of policy, treatment and prevention

British Columbia has provided one of the most effective responses to the pandemic, but it has not been without challenges. This virtual event brings together the perspectives and insights of three BC leaders who have made an indelible impact in the fight against COVID-19.

Featuring **Dr. Bonnie Henry**, BC's Public Health Officer, **Dr. Mel Krajden**, Medical Director at the BC Centre for Disease Control's Public Health Laboratory and **Dr. Carl Hanson**, CEO of AbCellera. Together they will discuss what we know about the virus so far and the challenges we face in preventing the spread while working to provide effective treatments and vaccines.

Wednesday, October 28, 2020 at 5:00 PM PT

BATTLE LINES
FIGHTING COVID-19 AT THE INTERSECTION OF POLICY, TREATMENT AND PREVENTION

A VIRTUAL EVENT
OCTOBER 28, 2020
5:00PM

[Register](#)

An Elder Academy Event— *Climate Change Anxiety: Causes, Consequences, Solutions and Costs*

This series complements the “Living Without Oil” series offered in October 2020. Climate change is insidious; it has occurred since the beginning of time. Is current climate change acceptable? If not, can we effect change: can society stop change or reduce the rate of change? Is reducing the rate of change sufficient? Can we go too far and cause change we do not want? What are the costs of attempting it (financial and societal)? What are the costs if we do not address it? If we fail, what will be the consequences? What makes you anxious about climate change and is this anxiety warranted? You may share some of these questions and perhaps the presentations, which form this series, may provide you with answers.

Dates: Saturdays, November 7, 14, 21, 28, and December 5, 2020
Time: 10:00 AM—12:00 PM
Where: Online via Zoom (a link will be sent upon registration)
Cost: \$25.00 for 5 sessions

For more information on individual presentations, presenters and to register, please visit the [Eventbrite link](#).

Students may attend these sessions at no cost, but must register by emailing UVRAElderAcademyEvents@uvic.ca



University of Victoria

Retirees Association

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

“Be Calm, Be Kind, Be Safe” - Dr. Bonnie Henry