Climb for Alzheimer's goes virtual, now open to everyone in British Columbia

Every September, for the last eight years, teams and individuals have climbed their way up Vancouver’s vigorous "Grouse Grind" to raise funds for the Climb for Alzheimer's, an Alzheimer Society of BC annual fundraiser. This year, however, everyone across BC is welcome to join the climb as the event goes virtual. Various hike locations are available on the Society's website.

Approximately 70,000 British Columbians are affected by dementia and the Alzheimer Society of BC is striving for participants to hike 70,000 kilometers collectively this year. Funds raised by this event supports people in our community affected by dementia.

To register for the Climb for Alzheimer's, to donate, or for more information on this event, please visit https://alzheimerbc.akaraisin.com/ui/

June 15 is World Abuse Awareness Day and although the date has come and gone, Elder Abuse is still very much a problem today.

The Victoria Women’s Transition House Society has created this video on Elder Abuse, ways to recognize it and some wonderful community support resources. We encourage you to watch this 20 minute video.

Link for video: https://youtu.be/LIW-M46yxkA

Upcoming Events

An Elder Academy Presentation:

“Two Newsworthy Biomedical Advances that you Should Understand ”
Presented by Edward E. Ishiguro

These presentations are designed to introduce, in a non-technical manner, the audience to two topics presently in the news: Stem Cells and Gene Editing. This presentation will be presented online via Zoom.

Date: Saturday, September 12, 2020 & Saturday, September 19, 2020
Time: 10:00 AM—12:00 PM
Cost: $10.00 for the series

To register for this event, please visit: https://www.eventbrite.ca/e/biomedical-advances

The UVic Retirees Association the public with better mental and physical health for seniors through stimulating education experiences.
Valued Elder Recognition Awards and UN International Day of Older Persons Event

Date: Thursday, October 1, 2020
Time: 2:00—3:15 pm
Cost: FREE

For the past 20 years, in partnership with the Greater Victoria Eldercare Foundation, IALH has hosted a public forum to recognize the UN International Day of Older Persons. This year’s event will take place on Thursday October 1, 2020 from 2:00 to 3:15 pm via webinar.

A three-member panel will explore Social Isolation, Loneliness and Their Impact on Seniors’ Wellbeing. The panelists include Dave Korzinski, Research Director at the Angus Reid Institute, Dr. Verena Menec, a Professor in the Department of Community Health Sciences Rady College of Medicine at the University of Manitoba, and Eddy Elmer, a gerontology researcher and consultant in aging and mental health who is completing his PhD at Vrije Universiteit Amsterdam. Collectively, the speakers will discuss who is affected by social isolation and loneliness and what impact COVID-19 has had, the impact of social isolation and loneliness on people's physical and mental health and how they can affect longevity, and how social isolation and loneliness can be addressed.

Registration for the live event will open September 1, 2020. A link to register will be sent to members of the Institute’s mailing list on or before September 1, 2020. The link will also be posted on our website on September 9, 2020. For those who are unable to attend on October 1, the webinar will be recorded and made available on IALH’s website www.uvic.ca/aging

Preceding this event, we will be highlighting the extraordinary contributions made by local volunteers who have been selected as Valued Elder Recognition Award recipients for 2020.

2020 Lafayette Health Awareness Forum:
“The Art of Living in the Time of COVID”

This annual Health Awareness Forum, created by the Lafayette String Quartet, will be looking at the impact of COVID-19 and ways in which we can get through this pandemic as we learn about the science that is leading us out of it.

Date: Thursday, October 1, 2020
Time: 7:00—8:30 PM
Cost: FREE

Webinar host will be Shelagh Rogers, OC, Chancellor of the University of Victoria, and CBC Radio journalist and host of The Next Chapter.

Featuring guest speakers:
Bonnie Henry MD MPH FRCP Chief Provincial Health Officer, British Columbia; Associate Professor UBC

Steven Taylor PhD, R. Psych, UBC Dept of Psychiatry, author of the Psychology of Pandemics

Terence Tam MD, CCFP (EM), Affiliate Clinical Instructor, Division of Medical Sciences, University of Victoria; Concermtmaster, Victoria Symphony

Featuring a performance by the Lafayette String Quartet, artists-in-residence, University of Victoria. Registration for this free webinar will open in September. As a member of IALH’s mailing list, you will receive advance VIP access to this special event.

Co-hosted by the Lafayette String Quartet, and Institute on Aging and Lifelong Heath.
Research Opportunities:

Psychological Impact of COVID-19

Researchers from the Department of Psychology at University of Victoria are participating in a global collaboration to study the psychological impact of the Coronavirus pandemic and lockdown. They invite people to take part in a short questionnaire exploring the psychological impact of the coronavirus, its effect on our emotions, behaviour and wellbeing. The aim of the survey is to better understand how the coronavirus and the impact the current lockdown is having on our day to day lifestyle, what is helpful, and what may be causing some people to be affected more than others in terms of their wellbeing.

The survey is open to anyone over the age of 16 and able to complete the online questionnaire. They encourage everyone to take part.

The survey takes around 15 minutes to complete and you can take it directly here: https://bit.ly/3IT1WHR

By completing the survey, you will be eligible to enter a draw for one of ten $50 gift cards.

This survey has been approved by the Research Ethics Board at the University of Victoria and the Health Research Authority of the National Health Service (UK).

University of Victoria
Institute on Aging & Lifelong Health

TAKE PART IN AN EXCITING NEW STUDY!
The Victoria Assistive Devices and Coaching (VADAC) Study Is Looking for Participants

The University of Victoria - Institute on Aging & Lifelong Health is conducting an exciting new research study in the lower Vancouver Island area. The study will evaluate the effectiveness of health coaching and home assistive devices. Health coaches provide encouragement and support and teach participants key self-management skills and strategies.

Participants will: Be seniors (65 years+), Be living on Vancouver Island (Victoria to Nanaimo), Have one or more chronic health conditions, and Have an internet connection with Wi-Fi.

Participants will be randomly assigned to one of 3 groups: a group which gets a Health Coach and receives 30-minute weekly telephone calls for a period of 3 months; a group that receives the Health Coach in 3 months; or a group which receives a Health Coach and has assistive devices installed in their home with virtual assistance (telephone and online only – no in-person contact) from a research assistant.

For more information please contact the Health Coach Coordinator, Suzanne:
Tel: 1-866-902-3767 (toll free) or email VADAC@uvic.ca