



THE IALH UPDATE

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Canadian Blood Services Makes Changes to Donation Screening



Canada's 1980s tainted blood product scandal, wherein thousands of Canadians inadvertently acquired HIV and Hepatitis C, entrenched a long-standing policy barring all sexually active men who have sex with men from donating blood.

Dr. Nathan Lachowsky, Associate Professor in UVic's School of Public Health and Social Policy and IALH Research Fellow, partnered with the [Community-Based Research Centre \(CBRC\)](#), a Vancouver-based non-profit that promotes the health of people of diverse sexualities and genders through research and intervention development who have advocated to change this policy for years. Dr. Lachowsky and CBRC's research included visiting Pride festivals across Canada, conducting in-person surveys with over 3000 gay, bisexual, queer, Two-Spirit, and trans men, and having peer researchers screen participants for HIV and Hepatitis C. This helped us understand who was living with an infection, and who was willing to donate blood. Dr. Lachowsky's team studied this novel approach to community-based screening, and found it was an effective and relatively simple approach to implement with many benefits and some drawbacks. The vast majority of gay, bisexual, queer, Two-Spirit and trans men will not acquire HIV in their lifetime, and over 90% were willing to donate if they were eligible. In April 2022, Canadian Blood Services announced they would lift the ban on sexually active men who have sex with men and replace it with a gender-neutral approach that screens all donors for specific practices associated with HIV transmission. This should improve the sufficiency of the blood supply while maintaining Canada's blood supply as one of the safest in the world. This change should be implemented by September, which will allow new safe donors to provide much needed blood and reduce institutionalized stigma against sexual and gender minorities. Much work remains to understand the impacts of this policy change, and how it is taken up in practice.

To read more about the study, see <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-022-13525-x>.

To read more about Canadian Blood Services' announcement, see <https://toronto.citynews.ca/2022/04/28/canada-blood-donation-ban-end/>.

Congratulations to...



Congratulations to Dr. Kelli Stajduhar on being named UVic's newest Tier 1 Canada Research Chair (CRC) on Palliative Approaches to Care in Aging and Community Health.

Read the press release by UVic at <https://bit.ly/395dKqP>



Congratulations to Dr. Nancy Clark, IALH Research Fellow and Assistant Professor in Nursing, on receiving HSD's Early Career Research Excellence Award. Her research focuses on immigrant and refugee mental health and meaningful inclusion of diverse communities in her work. Nancy is a co-lead of IALH's Populations & Health research cluster.

Congratulations to PhD Graduate Tomiko Yoneda



Tomiko (Tiko) Yoneda, who has been an IALH Student Affiliate since 2016, graduated this June with a doctorate in psychology. Tiko was also one of two students recognized with the UVic Governor General's Gold Medals during convocation.

Earlier this year, a research article that looks at certain personality traits as indicators for mild cognitive impairment, was published in the journal *American Psychological Association*. Dr. Yoneda was the Principal Investigator in this study.

Using data from the Rush Memory and Aging Project (N = 1954; baseline Mage = 80 years; 74% female), this study examined the extent to

which conscientiousness, neuroticism, and extraversion were associated with transitions between cognitive status categories and death. Results of the study indicate higher conscientiousness was associated with a decreased risk of transitioning from no cognitive impairment (NCI) to mild cognitive impairment (MCI), while higher neuroticism was associated with an increased risk of transitioning from NCI to MCI.

Listen to Dr. Yoneda explain more in this interview with *Sunday Extra*: <https://www.abc.net.au/radionational/programs/sundayextra/13915758>

Other researchers in this study include Dr. Scott Hofer, IALH Director, and Dr. Andrea Piccinin, IALH Research Fellow and Tiko's graduate supervisor. To read the journal article, see <https://pubmed.ncbi.nlm.nih.gov/35404649/>

Remembering Dr. Karen Kobayashi

Dr. Karen Kobayashi, Professor of Sociology, and prominent research fellow of many years with the Institute on Aging and Lifelong Health, has passed away.

Dr. Denise Cloutier, close friend and colleague of Dr. Kobayashi's, remembers Karen's amazing ability to connect with everybody she met, and her genuine interest in 'seeing' people.



Karen's colleagues in Social Sciences created this tribute, included here with permission:

It is with great sadness that we announce the passing of Dr. Karen Kobayashi, Professor, Department of Sociology, and Associate Dean (Research and Graduate Studies), Faculty of Social Sciences. Throughout her career, Karen was also a Research Fellow with the Institute on Aging and Lifelong Health at the University of Victoria. Karen died on May 28, 2022, after a long and courageous struggle.

Karen was a valued member and strong contributor to the department of Sociology for close to 20 years. She was a very successful and popular teacher, and mentored many students over the years. Karen regularly taught the department's 'Introduction to Sociological Research' course and was responsible for instilling a passion for sociology into many students.

Karen was a passionate advocate and champion for understanding and reducing social inequalities. As a third generation Japanese Canadian, she was a powerful voice for redress regarding injustices faced by older adults, diverse immigrant and Indigenous populations, and Japanese Canadians during, and after the internment. As a social gerontologist and researcher, she often used life course and intersectionality approaches to draw attention to structural, cultural, and individual characteristics and experiences affecting health and aging. In her roles as colleague and Associate Dean Research in the Faculty of Social Sciences, she championed and supported critical, responsive, and accountable scholarship and knowledge mobilization. Her own research reflected her deep values of collaboration, active engagement, respect, and giving back to the research communities, participants, other investigators, and to the students with whom she worked.

To all who knew her, Karen was a wise and inspiring colleague, mentor and friend. She was cherished by many people, including her husband, Cary Hayashi, their teenage son, Kaelan, her immediate, and extended family, and her innumerable close friends at UVic, and beyond. All of us who knew her will miss a highly intelligent, energetic woman with an exceptionally friendly and charismatic personality. Our grief is lessened only slightly with the heartening reflection that we had the honour to know her.

Notes of condolence to the family may be sent via soscoff@uvic.ca.

Resources

Call to Mind: Listening to Family Caregivers

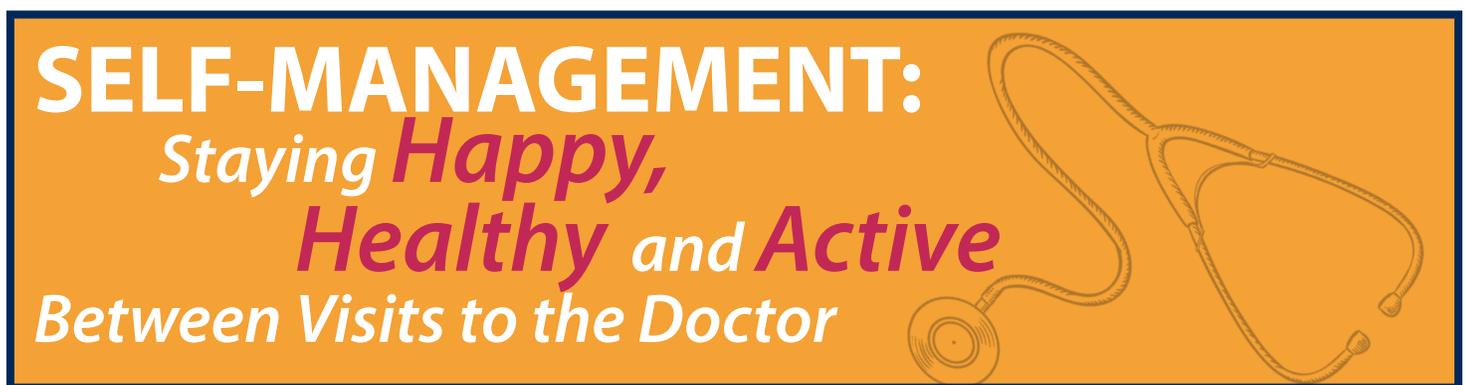
Call to Mind: Listening to Family Caregivers was presented as a hybrid online/in-person event on May 18, 2022 at the University of Victoria.

Recognizing that more than one million British Columbians are unpaid caregivers for a family member or friend with a long-term health condition, a distinguished panel of experts provided information about policy, research, supports and resources for caregivers, and discussed love, memory loss, and the challenges and joys of caregiving.

The event was hosted by Debra Sheets, PhD, the Call to Mind podcast host, and moderated by Jen Lyle, CEO, Alzheimer Society of BC, with panelists Isobel Mackenzie, BC Seniors Advocate; Barb McLean, ED, Family Caregivers of BC; and Brenda Brophy, family caregiver and Call to Mind storyteller.

The event recording can be viewed here: https://youtu.be/gHcC6_ce-og.

Dr. Kate Lorig: Self-Management – Staying Happy, Healthy and Active Between Visits to the Doctor



On June 1, 2022, IALH had the pleasure of hosting Dr. Kate Lorig, founder of the Self-Management Resource Center self-management programs and Professor Emerita at Stanford University's School of Medicine. Dr. Lorig presented *Self-Management: Staying Happy, Healthy and Active Between Visits to the Doctor*.

Even if we have long-term conditions like arthritis, heart disease, diabetes, or Parkinson's Disease, we want to continue doing the things we need and want to do. At the same time, there are challenges such as pain, depression, fatigue, disability, and/or anxiety. Relationships with friends and family change and we may not know how to use our limited time with health care providers. This session highlighted some concerns from the audience and then became the focus of the session. It is hoped that each person left with new ideas and the commitment to try a new tool to manage their long-term condition.

The recording is available on our YouTube Channel <https://www.youtube.com/watch?v=TNHSDucRI5E&t=3308s>

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