



THE IALH UPDATE

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Voices in Motion Choir Inspires Children’s Book



Priscila Kumar is a student at St. Andrew’s Regional High School. *I Remember* is her first book.

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UVic Institute on Aging & Lifelong Health



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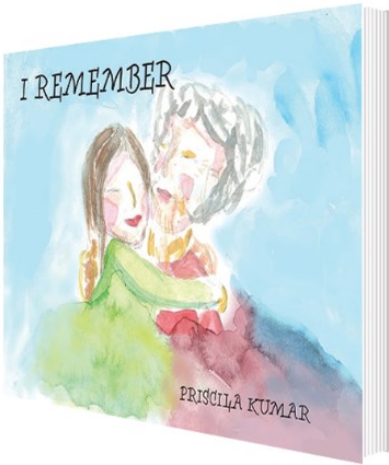
Our heartfelt congratulations goes to Kelli Stajduhar, PhD, RN, for being named one of Canadian Academy of Nursing’s inaugural Fellows. The Fellowship program recognizes and celebrates the most accomplished nurses in Canada and represents the highest honour for Canada’s nursing leaders.

Inspired by friends, high school student Priscila Kumar joined Voices in Motion (ViM) two years ago. Voices in Motion is a multi-generational community choir whose members are people with dementia, their caregivers, and high school students. This innovative project, created by Drs. Stuart MacDonald, Debra Sheets, and André Smith, with Erica Phare-Bergh as the artistic director, is backed by research proving social singing offers an increased sense of well-being, improved cognitive function and socialization.

Priscila felt hesitant, not having known anyone before with dementia. But on her first day of rehearsal, when she walked into the group, she felt everybody there was so friendly, warm, and welcoming that her feelings of nervousness disappeared. Priscila’s favourite moments of the choir are when the choristers share their stories, particularly the older choristers. These stories were the inspiration for her debut children’s book, *I Remember*.

Priscila says,

“I Remember is about... Margaret, who is in the severe stages of dementia. It is affecting her daily life, and she’s finding it hard to do the activities she used to be able to do.”



In the book, Margaret’s daughter Rose is becoming concerned about her mother’s mental health, as she is spending more and more time alone. Rose takes her to a community choir similar to Voices in Motion. Their experiences show them that music is a powerful tool in coping with the sadness that can come with dementia.

For more information about Voices in Motion, to join an online ViM choir, or to buy a copy of *I Remember*, please visit <https://voicesinmotionchoirs.org/>

Upcoming Events:

Valued Elder Recognition Awards and UN International Day of Older Persons Event

Date: Thursday, October 1, 2020

Time: 1:30—3:15 pm via webinar

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 via webinar. The UN has named the theme for 2020's International Day of Older Persons as *Pandemics—Do They Change The Way We Address Age and Aging*.

We will be highlighting the extraordinary contributions made by local volunteers who have been selected as Valued Elder Recognition Award (VERA) recipients for 2020 at 1:30 PM and the panel discussion will begin at 2:00 PM.

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 this free event is now open: <https://tinyurl.com/IDOP2020>

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

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 in 2005, 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 via webinar

Cost: FREE

Hosted by Shelagh Rogers, OC, Chancellor, University of Victoria; CBC Radio journalist, host of *The Next Chapter*.

Featuring guest speakers:

Bonnie Henry MD, MPH, FRCPC, Chief Provincial Health Officer, British Columbia; Associate Professor, University of British Columbia

Steven Taylor PhD, R. Psych, Professor, Department of Psychiatry, University of British Columbia; Author, *Psychology of Pandemics*

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

The evening will feature two performances by the Lafayette String Quartet, artists-in-residence, University of Victoria.

Registration is now open: <https://tinyurl.com/Lafayette2020>

Co-hosted by the Lafayette String Quartet and Institute on Aging and Lifelong Health.

Upcoming Events (Continued):

An Elder Academy Presentation:

“Continuation of Living Without Oil “

This series began in January 2020 with a keynote address, making a case for “living without oil”. In February 2020, presenters discussed the current status of various technologies including hydrogen fuel cell, nuclear, wind energy and wave energy. The remaining presentations scheduled for March 2020 were postponed due to the COVID-19 pandemic. The UVic Retirees Association is pleased to present the remaining sessions this October, beginning with a recap of previous sessions.

Date: Saturday mornings, October 3, 17, 24, and 31, 2020.

Time: 10:00 AM—12:00 PM

Cost: \$20.00 for the series

To register for this event, please visit:

<https://www.eventbrite.ca/e/living-without-oil>

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

Research Brief: Patient Portal Research and Health Equity

Marcy Antonio, an Interdisciplinary PhD student and a Student Affiliate with IALH, is the lead author on a paper entitled *Is research on patient portals attuned to health equity? A scoping review*. The paper, which was co-authored with Olga Petrovskaya (University of Alberta Faculty of Nursing) and Francis Lau (UVic School of Health Information Science), was recently selected by the International Medical Informatics Association (IMIA) Yearbook as one of three papers published in 2019 that has provided “significant research contributions on ethics in medical informatics.”

The scoping review explored how research on patient portals addresses health inequities. “Health inequities” refers to systematic differences in the health status of different population groups due to factors such as socio-economic status, gender and ethnicity. “Patient portals” provide patients with secure online access to their personal health information within electronic medical records and may allow communication with providers through online messaging.

The goals of the scoping review were to: gain an understanding of the health equity concepts addressed in patient portal research; identify gaps in the research; determine whether ehealth-related (electronic health-related) inequities are explicitly acknowledged in studies on patient portals; and identify strategies to reduce health inequities that are being tested in patient portal research.

The authors identified 65 articles for in-depth review and analysis. Four themes were identified: governance approaches, ehealth policies, and cultural and societal values may further inequities; providers and patients differ in preferences for portal use based on social position; diverse user-centred designs can support equitable portal implementation; and strategies are frequently suggested for promoting portal use across populations.

The authors noted that patient portal research focuses on barriers to portal use. This inadvertently shifts responsibility for addressing the barriers to individuals who already experience large health disparities and may conceal the impact of social, technical, economic and political factors on outcomes for different populations. To support equitable health outcomes related to patient portals, equitable strategies at the policy, practice, research and implementation levels need to be developed.

The scoping review can be found at <https://doi.org/10.1093/jamia/ocz054>. The IMIA Yearbook article can be found at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7442530/>

Research Opportunities:



RESEARCH

Psychological Impact of COVID-19

Researchers from the Department of Psychology at the 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 the impact the coronavirus and 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.

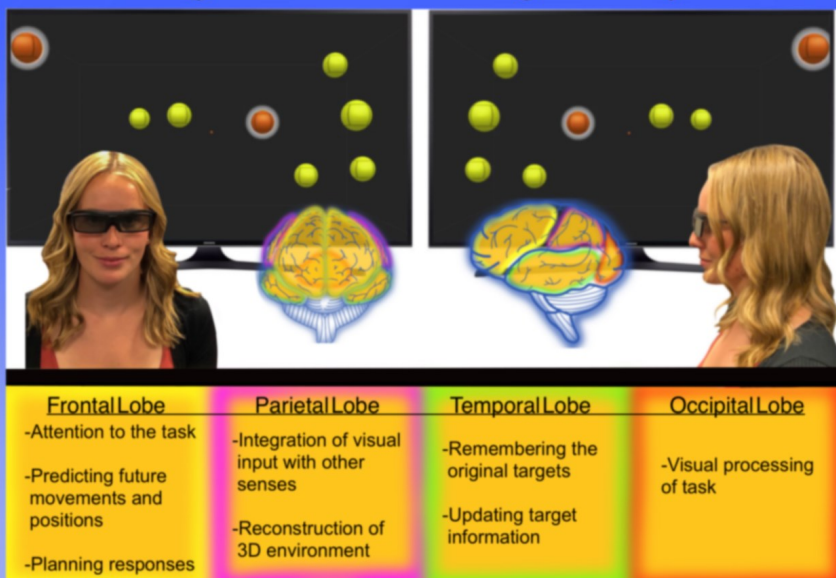
The survey is open to anyone over the age of 16 who is able to complete the online questionnaire. The researchers encourage everyone to take part.

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).

Participants wanted for an in home cognitive training study!



NeuroTracker training engages all four brain lobes simultaneously

The University of Victoria Concussion Lab is conducting a study to examine the utility of a remote version of our cognitive training software, NeuroTracker. We are looking for healthy adults, who have access to a desktop computer, and are interested in cognitive training to enhance brain performance. If you are interested and want to learn more, please contact us!

EMAIL: | brainlab@uvic.ca

SUBJECT: Remote NeuroTracker Study

