

**DIRECTOR'S PERSPECTIVE**

by David F. Hultsch, PhD



A significant trend in research in general, and health-related research in particular, has been increasing emphasis on the dissemination and translation of research findings into practice and policy. Related to this, there has been increasing effort to develop networks of academic and community-based researchers that can bring new perspectives to the research process and facilitate the dissemination and translation of research into society. The Centre on Aging at the University of Victoria, of course, has had a long history of collaboration with researchers in the community and in dissemination and translation of research knowledge. However, several recent developments reflect our continued commitment to these goals.

First, we have completed the initial two years of work associated with the Michael Smith

Foundation for Health Research (MSFHR) Research Unit Infrastructure Grant. One of the principal goals of this grant has been to facilitate new research collaborations, particularly those including researchers from various community organizations such as the Vancouver Island Health Authority. Under the leadership of **Phyllis McGee**, Health Research and Community Liaison Officer, and an advisory committee consisting of university and community members, we have launched a substantial number of new initiatives ranging from small pilot projects to larger efforts for which external funding has been sought.

Second, **Elaine Gallagher** (Nursing) has assumed the role of Associate Director of the Centre. Elaine has a long history of successfully disseminating the results of her research to various groups and translating outcomes into community interventions, professional practice, and government policy. Elaine will focus on assisting the Centre to build community research partnerships and provide leadership for our effort at dissemination and implementation of research results into the community.

Finally, as we reported in the January edition of the Bulletin, the Centre has been an active participant in the development of the BC Network for Aging Research (BCNAR) funded by the MSFHR as part of its effort to build the province's health research infrastructure. The goal of BCNAR is to increase the overall capacity for aging research and leverage funding by bringing together individuals and organizations with an interest in aging research. The network is intended to provide a framework to transcend disciplines, research streams, institutions, community based organizations and health regions to encourage creative idea and knowledge development, design research strategies, facilitate research training, and undertake

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action and disseminate research information to effect change. Implementation of the BCNAR is currently underway. An Executive Committee consisting of the five original co-leaders who developed the proposal (B. Lynn Beattie, University of British Columbia, Chair; Gloria Gutman, Simon Fraser University; Dawn Hemingway, University of Northern British Columbia; **David Hultsch**, University of Victoria; and Andrew Wister, Simon Fraser University) has been established. An advisory committee representing various stakeholder groups will be created. The Secretariat for the network has been located at Simon Fraser University. The network will also have a manager and five regional liaison officers (one for each health region of the province) responsible for day-to-day operation of the network.

As usual, faculty and students affiliated with the Centre have had a productive spring and summer. I particularly wish to draw attention to the notable achievements of many of the young faculty affiliated with the Centre. In particular, they have been quite successful in competing for operating grants to support their research.

- **Kelli Stajduhar** (Assistant Professor of Nursing) received a grant of \$307,507 over three years from the National Cancer Institute of Canada to study family caregiver coping in end-of-life cancer care.

**Denise Cloutier-Fisher** (Geography) is a co-investigator. Kelli also received \$70,181 from CIHR to for a three-year study of communication between cancer patients and their health care professionals, and is a principal investigator on a new emerging team grant funded by CIHR for 1.5 million dollars over five years to develop projects related to family caregiving in palliative end-of-life care.

- **Denise Cloutier-Fisher** (Assistant Professor of Geography) and **Karen Kobayashi** (Assistant Professor of Sociology) received a one-year grant of \$46,867 from CIHR which was matched by the Ministry of Health Planning to a total of 96,867. They are to conduct a pilot study of telenurse outreach intervention for socially isolated older adults in BC. Denise is also a collaborator (along with **Patricia Mackenzie**, Social Work) on a new emerging team grant funded by CIHR to coordinate studies on improving communication between care providers, patients, and families.
- **Ryan Rhodes** (Associate Professor of Physical Education) has received \$95,000 over two years from SSHRC to develop a theory-based leisure-time walking program.

This outstanding record of achievement by our young faculty

bodes well for the future of the Centre.

Graduate students affiliated with the Centre were also very successful in the spring competition for training support. Five of the six UVic graduate student recipients of a 2005 MSFHR Research Trainee Award are supervised by research affiliates of the Centre. They are:

- Diane Allan (Bomans) who studies with Dr. Margaret Penning (Sociology)
- Allison Bielak who studies with Dr. David Hultsch (Psychology)
- Adrienne Bonfonti who studies with Dr. Cecilia Benoit (Sociology)
- Sandra Hundza who studies with Dr. E. Paul Zehr (School of Physical Education)
- Kristine Votova who studies with Dr. Margaret Penning (Sociology).

Finally, I would like to note that the Centre continues to be a major organizer and sponsor of various lectures, workshops, and conferences designed to inform researchers, professionals, seniors, and the general public about the aging process, services for seniors, and policy issues related to aging. I invite you to review these activities in this publication, and to monitor our website ([www.coag.uvic.ca](http://www.coag.uvic.ca)) for future opportunities.

## NEWS FROM THE CENTRE

### WELCOME AND GOODBYE

The Centre would like to welcome our new faculty, staff and students.

**Kristine Kowalski** - Holly Tuokko's new student will continue with the study of older drivers. Kristine has a background in kinesiology and rehabilitation and is also working with Catherine Mateer (Psychology).

**Beverly Rowlands** is collaborating with Lucia Gamroth (Nursing) on an evaluation study at Oak Bay Lodge, interviewing residents who are recovering from surgery.

**Michael Corman** is working with **Theresa Vladicka** on Neena Chappell's Dementia in Institutional Practice.

**Reba Chaplin**, MSFHR Research Assistant and newly-appointed Regional Liaison Officer for BC Network of Aging Researchers.

**Theresa Hogg-Jackson**, Project Co-ordinator for Denise Cloutier-Fisher and Karen Kobayashi's BC Nurseline Project and Site Co-ordinator of BC Rural and Remote Health Network.

Other research staff who have recently moved on include: Togie Chayanuwat, a co-op student who completed his term building databases for COAG faculty and staff, Kerri Bates, MSFHR Research Assistant, Melissa Smith, Project Co-ordinator for Caregiving Coping project with Carren Dujella, Yali Li, Research Associate to Neena Chappell, and Doug Garrett, Research Assistant to Holly Tuokko. Thank you and good luck!

**Welcome to  
Dr. Elaine Gallagher,**  
as new Associate Director.

Since her focus will be on building community research partnerships and providing leadership for our efforts at dissemination, please contact the Centre with your ideas.



**The University of Victoria's Centre on Aging  
presents**

## TWO Student Lunch Sessions: Publishing in Academic Journals



As graduate students, many of us are struggling to get those first few papers published in academic journals. These two sessions are designed for those interested in advice and tips on publishing academic work – and hearing from those with experience with the process.

**A discussion on publishing QUANTITATIVE work:**  
12:00-1:00 p.m. Thursday, October 6th  
CLEARHUE D124

**A discussion on publishing QUALITATIVE work  
(and mixed methods research, as time permits)**  
12:00-1:00 p.m. Monday, October 24  
CLEARHUE D124

The student lunch sessions are designed for graduate students interested in health and/or aging.

Interested faculty and undergraduate students are also welcome.

Please **RSVP** for either or both sessions to [lmfunk@uvic.ca](mailto:lmfunk@uvic.ca)

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**Upcoming Student Lunch Session in November**

Policy Making and Policy-Relevant Research  
with Elaine Gallagher and Heather Davidson

## THE SURVEY RESEARCH CENTRE

by Tom Ackerley

The Survey Research Centre (SRC) is gearing up for a busy fall this year. Beginning in late September we will start Phase 1 of a telephone survey of seniors in the province of BC who have recently made Pharmacare claims. The broader study, "Outcomes of co-payments and income-based deductibles in British Columbia", is being undertaken by Dr. Sebastian Schneeweis (Brigham and Women's Hospital, and the Harvard Medical School), with co-investigator Dr. Malcolm Maclure (Health Information Science) at the University of Victoria. Phase 1 will be a random dialing campaign to obtain 100 completed surveys. Phase 2 will begin later this fall using a "camouflaged" sample provided by the BC Ministry of Health Services. In all, approximately 1,500 completed surveys are expected. This study is being conducted to learn more about patients' experience with the new

Pharmacare income testing policy introduced in 2003.

Drs. Denise Cloutier-Fisher (Centre on Aging & Geography) and Karen Kobayashi (Sociology) have enlisted the SRC to assist them in finding a sample of 425 individuals in BC to take part in "Making Meaningful Connections: A Pilot Study of a Telenurse Outreach Intervention for Socially Isolated Older Adults in British Columbia". This pilot study will use the BC NurseLine in an innovative way to "reach out" to these socially isolated older adults to improve health status and promote "appropriate" utilization of health care and social services. Following the recruitment of participants by the SRC, BC NurseLine will begin to make twice monthly intervention calls to half of the participants. Results will be compared with the control group (the other half of the sample) where no interven-

tion has occurred. This project will begin in mid-October and the sample will be turned over to the NurseLine by late November for the intervention calling.

There has been a strong interest in the services of the Survey Research Centre, especially with the fall grant submission timetables. The SRC completed the 2004/05 fiscal year with a surplus and it is hoped the continued, growing interest in our services will add to the success we have reached so far. If you have any questions, please contact:

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### *Congratulations to ...*

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**David Lai**, Professor Emeritus, Geography, has been selected to serve on the Premier's Council on Aging and Seniors' Issues. He is a research affiliate of the Centre on Aging and an Adviser of the Victoria Chinese Seniors Association.

David has completed his term as a member on the Multicultural Advisory Council of the Ministry of Community, Aboriginal, and Women's Services for the year 2004-2005, and is now being considered for re-appointment for the year of 2005-2006.

As a National Co-Chair of the National Congress of Chinese Canadians, Dr. Lai was invited by Prime Minister Paul Martin to attend the farewell lunch in Vancouver on 17 September for Mr. Hu Jintao, President of the People's Republic of China.

**Patrick McGowan**, Associate Professor, Centre on Aging/Social Sciences and **Denise Cloutier-Fisher**, Assistant Professor, Centre on Aging/Geography, are winners of HSPRSN 2005 Operating Grants Competition.

The Michael Smith Foundation for Health Research (MSFHR) and

the Health Services and Policy Research Support Network (HSPRSN) are pleased to announce the results of the HSPRSN 2005 Operating Grants Competition.

The \$100,000 grant is funding the Home and Community Care Seniors Preventative Health Intervention Program project. The focus of this project is to assess whether a pharmacist in consultation with family physicians can improve medication management for older patients thus reducing hospital admissions, health services and costs due to inappropriate medication use.

## *Congratulations to Vicky Scott on receiving this new grant:*

Canadian Falls Prevention Curriculum is a project funded by the Population Health Fund of the Public Health Agency of Canada. The \$300,000 over three years, with in-kind funding provided by the Ministry of Health through a grant to the BC Injury Research and Prevention Unit will provide health professional and community practitioners with the knowledge and skills needed to operate from an evidence-based approach to seniors falls and fall-related injury prevention. The curriculum will include a) an approach to selection of interventions consistent with proven prevention strategies, b) an understanding of how to integrate falls prevention programming into existing seniors' health services policies and protocols, and c) knowledge of appropriate evaluation and dissemination techniques.

**Vicky Scott**, PhD, RN, Senior Advisor on Falls Prevention for British Columbia Health Authorities, with the British Columbia Injury Research and Prevention Unit of the Centre for Community Child Health Research, Adjunct Professor, School of Nursing and Research Affiliate with the Centre on Aging, University of Victoria, and University of British Columbia, Faculty of Medicine, Health Care and Epidemiology is the principal investigator. She will be working with co-investigators Ian Pike, Ph.D., Director, BC Injury Research and Prevention Unit; Kathy Belton, M.Ed., Co-Director, Alberta Centre for Injury Control and Research and Lori Weeks, PhD, CCFE, CFLE, PEI Centre for the Study of Health & Aging, University of Prince Edward Island.

The project partners and their agencies are: Ginette Asselin, Public Health Nurse, Injury Prevention Team, Ottawa Public Health; Cathy Bennett, Senior Program Analyst, Public Health Agency of Canada; Olive Bryanton, Chair, Prince Edward Island, Seniors Falls Prevention Coalition; **Elaine Gallagher**, PhD, RN, Associate Director, Centre on Aging, University of Victoria; Sally Lockhart, MSW, Spectrum Solutions, Halifax, Nova Scotia; Martin Schecter, PhD, MD, Professor and Head, Health Care and Epidemiology, Faculty of Medicine, University of British Columbia; Dorry Smith, MA, Social Science Researcher, BC Injury Research and Prevention Unit; and Jeannette Toews, Division of Aging and Seniors, Public Health Agency of Canada.



The Canadian Falls Prevention Curriculum will give participants the knowledge and skills needed to operate from an evidence-based approach to seniors falls and fall-related injury prevention. The course is based on the knowledge that for seniors, the risk of falling and sustaining an injury is influenced by a broad set of health determinants, including physical, behavioural, environmental, social and economic factors. These wide-ranging contributors to falls can only be ameliorated by the coordinated and sustained approach of a multisectoral team of health professionals and community leaders who are well informed in evidence-based practices for prevention.

This course will be pilot tested in two different regions in Canada and revised based on participant feedback. A final pilot will be conducted at a national venue in a third region, with the goal of creating a cadre of trained practitioners with the skills to implement evidenced-based falls prevention programming. A separate facilitators training session will also be offered for those with prior facilitation and/or falls prevention programming experience. Once finalized, the course will be coordinated through the BCIRPU and delivered by trained facilitators across the country on a cost recovery basis.

## BC RURAL AND REMOTE HEALTH RESEARCH NETWORK



We are pleased to announce the successful launch of the British Columbia Rural and Remote Health Research Network (BCRRHRN) on July 18, 2005. The mission of the BCRRHRN is to improve the health of rural and remote British Columbians through the creation of new research knowledge and subsequent translation into practice. The network will facilitate the development of rural health research capacity by encouraging the identification of research questions important to rural populations. It will also support the growth of multidisciplinary approaches to answering these questions while building and nurturing rural community-academic partnerships to support research and knowledge exchange.

To help build research capacity in British Columbia, the BCRRHRN is pleased to announce its first Research Development and Seed Grant competition. The goal of this funding program is to encourage and support new, existing, and innovative research on health issues affecting people living in rural and remote areas of British Columbia. This opportunity seeks to develop rural research capacity among multidisciplinary teams, with an emphasis on creating and nurturing academic-community partnerships.

The BCRRHRN is funded through the Michael Smith Foundation for Health Research. The Network's Secretariat is housed at the University of Northern British Columbia, with regional sites located at the University of Victoria and the University of British Columbia.

**Dr. Denise Cloutier-Fisher**, Assistant Professor of Geography, is the Scientific Co-Director of the BCRRHRN at the University of Victoria. If you would like to learn more about the BC Rural and Remote Health Network please contact Dr. Denise Cloutier-Fisher or Ms. Theresa Hogg-Jackson at the Centre on Aging. You can also learn more about the network on the web at: <http://www.msfr.org/sub-funding-network-networks-rural.htm>

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### BC RURAL & REMOTE HEALTH RESEARCH NETWORK Development Funds/Seed Grants

#### Development Funds Types of Activities Supported:

- Development of collaborative, multi-disciplinary research teams, through networking and brainstorming activities
- Development of an application for external funding (the funding agency/program, competition deadline and magnitude of funding sought must be specified.  
*Maximum request: \$3500, no deadline*

#### Seed Funds Types of Activities Supported:

- Foundational or exploratory work to develop rationales for research questions, experiments or methods
- Preliminary testing of methods or hypotheses
- Collection of pilot data to determine feasibility of new or risky research directions  
*Maximum request: \$7500*  
*Deadlines: Oct. 1, Feb. 1 and June 1.*

Applications can be downloaded at [www.carbc.uvic.ca/mha\\_application\\_for\\_support.pdf](http://www.carbc.uvic.ca/mha_application_for_support.pdf)

# THE BC NETWORK FOR AGING RESEARCH - EMBRACING NEW FRONTIERS

## Purpose

Funded by the Michael Smith Foundation for Health Research (MSFHR), the British Columbia Network for Aging Research (BCNAR) is a progressive network designed to bring together disciplines, research streams, institutions, community-based organizations, health regions and private sector partners with an interest in aging and health-related research. The purpose of the network is to increase research capacity and leverage funding opportunities for aging-related research in British Columbia. Specifically, BCNAR will aid in the development of new research relationships and projects by facilitating communication among network members; providing training opportunities and support for collaboration among sectors; and assisting in the process of bringing the research needs of service providers to the attention of researchers.

## Leadership & Representation

The BCNAR model was developed by an esteemed team of leaders in aging-related research, including B. Lynn Beattie, physician, Director, Alzheimer's Clinic, UBC; Gloria Gutman, social/environmental psychologist, Director, Gerontology Research Centre, SFU; Dawn Hemmingway, Assistant Professor, Social Work Program, UNBC; David Hultsch, life span development psychologist, Director, Centre on Aging, U. Vic. and Andrew Wister, social demographer, Chair Gerontology Department, SFU. The network is divided into the province's five regional health authorities, with a regional liaison officer representing each region and the home base (Secretariat) located at the Gerontology Research Centre at SFU. The Centre on Aging will be providing office space for the newly appointed Vancouver Island Health Authority (VIHA) regional liaison officer, Reba Chaplin. This position will build upon Reba's current work at the Centre as a Research Assistant funded under the MSFHR Infrastructure Grant.

## Foundation of Collaboration

The VIHA region of BCNAR is fortunate to build upon the foundation of research collaboration initiated by Phyllis McGee, Health Research and Community Liaison Officer and the expertise of Elaine Gallagher, the Associate Director at the Centre on Aging. Specifically, Phyllis has been working to facilitate the development of new partnerships and research collaborations among health researchers affiliated with the Centre on Aging, VIHA and other health authorities, and community organizations to increase the Centre's research capacity. Elaine will support BCNAR initiatives by linking interested UVic researchers with BCNAR and contributing knowledge and leadership in her areas of expertise. The experience of Phyllis and Elaine in facilitating collaborative research projects provides this region with a strong foundation to build upon.



BCNAR Partners  
*Gloria Gutman, Dawn Hemmingway, Andrew Wister,  
David Hultsch, Olena Hankivsky*

## Projects

Currently, BCNAR is actively enrolling new members, developing an interactive web-based directory of aging related research publication generated in BC and surveying members to identify the topics and issues that BC researchers are especially well positioned to address. Currently, in the VIHA region, Reba and Phyllis are collaborating with VIHA personnel to design (1) Research/Design and Methodology Workshops to facilitate training and networking among clinicians and University researchers and (2) a Complex Care Workshop/Mock Trial to generate discussion and awareness around some of the complex issues that may arise in caring for older adults.

## The Future: Aging-related Research Collaboration

Until now, there has been no formal mechanism to bring together emerging and experienced researchers across BC with an interest in aging. With limitless possibilities, BCNAR promises to be an excellent forum to facilitate such activity. For more information, or to join BCNAR please email or phone Reba Chaplin at [rchaplin@uvic.ca](mailto:rchaplin@uvic.ca) or 721-6290.

## “EMBRACE AGING – SPOTLIGHT ON GROWING OLD”

In March 2006, the Centre on Aging will co-host, with Greater Victoria Eldercare Foundation (GVEF), an art exhibit by Vermont fabric artist Deirdre Scherer at the Maltwood Art Museum and Gallery at the University of Victoria. This exhibit will be one of many events in a city-wide project called “Embrace Aging – Spotlight on Growing Old.”

Sponsored by GVEF, “Embrace Aging – Spotlight on Growing Old” is a project, which will take place in the Greater Victoria area throughout March 2006. This community project will be a month filled with a wide range of events aimed at opening up dialogue on aging and dispelling some of the myths and common misperceptions around aging and dying by demonstrating positive aspects of aging, spotlighting the tremendous abilities, talents and personalities of seniors in our community and highlighting the programs and activities that enrich their lives.

The University of Victoria, along with other organizations and communities in Greater Victoria, are being invited to participate in this project. Already, numerous ideas have been brought forward from community groups and organizations interested in holding events to celebrate and promote positive aging in Victoria. For example, in addition to the Deidre Scherer art exhibit, Senior Living magazine is planning a Senior Celebration Festival — an entertainment-filled day at Cedar Hill Recreation Centre that will showcase a variety of seniors and senior organizations profiled in the magazine. Also, representatives from local community agencies have come together to coordinate a health and fitness week called “Spring to Life”. This event will provide an opportunity for people to explore the many health and fitness options that are available to older adults in the Greater Victoria area.

The GVEF’s Embrace Aging Committee invites the rest of the community to think about ways to spotlight and celebrate the great examples of positive aging in our community. The goal is to involve as many people as possible in creating events to fit the following categories:

- Performing Arts (theatre, talent shows, dance, music);
- Visual Arts (exhibits, photography, displays);
- Education (seminars, speakers, learning centres, workshops);
- Sports & Recreation;
- Health & Fitness;
- Profiling Seniors (models and mentors for Aging Well);
- Cultural & Spiritual Dimensions (learn ‘how to age’ from various cultures and ethnic communities in our midst).

Events can be as small or large as you wish.

If you or your organization has an event idea that you would like to arrange and host, we invite you to call the Eldercare Foundation at 370-5664 to get your project or activity registered and entered into the Embrace Aging calendar of events. It is hoped that the majority of events will be registered before the end of October 2005. Events and activities will be coordinated and promoted through the Embrace Aging Committee of the GVEF.

In addition, on October 28, 2005 an “Embrace Aging: Community Launch” will be held to showcase some of the events that will be taking place in March 2006. You may attend by contacting the Eldercare Foundation for further information (370-5664).

If you are part of the University community, the Centre on Aging would like to hear about your ideas and events so that we can publicize them on our web-site and in a special University brochure. Also, if we hear from you by October 20th, we may be able to mention your event at the October 28th Community Launch. For this to happen, we need to hear about your event and ask that you contact Elaine Gallagher, chair of the Centre on Aging’s Embrace Aging Committee at 472-5697 or [egallagh@uvic.ca](mailto:egallagh@uvic.ca) If you are interested in reading more about Embrace Aging – Spotlight on Growing Old” go to [www.gvef.org](http://www.gvef.org) and click Aging March 2006 icon.



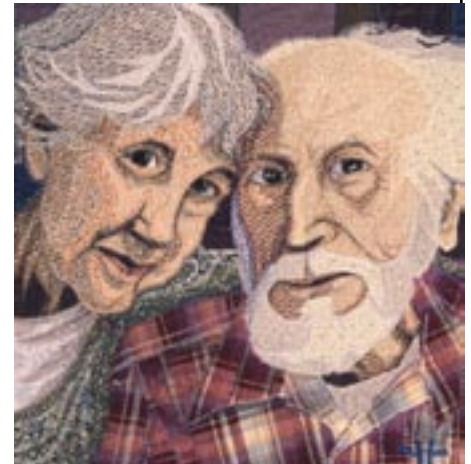


**Art Exhibit @ Maltwood Museum and Gallery, University of Victoria  
March 2006**

**EMBRACING AGING: THE DEIDRE SCHERER EXHIBIT**

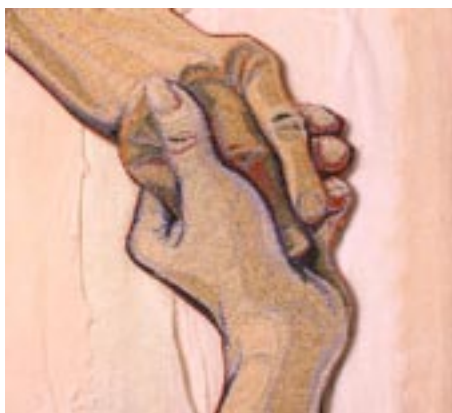
*will include 2 sets of works:*

***Surrounded By Family and Friends***, a series of life-sized fabric and thread works that depicts six distinct death scenes, which include intergenerational and non-traditional families from culturally diverse groups. ***The Last Year***, a series of nine fabric works by Vermont artist Deidre Scherer, portrays the final year in the life of an elderly woman. With immense compassion and respect, Scherer chronicles the woman's journey toward death, from the onset of her decline, through brief reprieves of renewed strength, and finally, to acceptance and release.



By drawing with her scissors, layering the many calico printed fabrics and stitching them down by machine – the wonderful beauty and character of the frail elderly is portrayed. The panels visually communicate the complexity and richness of our relationships at the end of life. Deidre Scherer's work has appeared in more than 150 individual and group shows, including solos at the Baltimore Museum of Art in Maryland; the Everson Museum of Art in Syracuse, New York; the Williams College Museum of Art in Williamstown, Massachusetts; and the Dennis Woodman Gallery in London, England.

*"Families and friends that support a loved one at the end of life behold the most powerful of life's events. These are images of death that present dying as a normal part of living. It is an honour to create art that starts a cultural dialogue with a positive reflection on dying,"* says Scherer. If you are interested in more information about Deidre Scherer's art work go to her website at [www.dscherer.com](http://www.dscherer.com)



**With the focus of Deidre Scherer's work on the older person, end of life issues, palliative care, and death and dying, this exhibit will provide both teaching and learning opportunities for professors and students in the many age related courses offered by the University of Victoria.**

## TAKING CONTROL OF CHRONIC CONDITIONS

Asthma, bronchitis, heart disease, arthritis and depression are but a few of the ailments that many people live with daily. Starting in September, the Centre on Aging will be offering a series of courses designed to help people experiencing these conditions improve their quality of life.

The free six-week courses are part of the Chronic Disease Self-Management Program, a partnership with the Vancouver Island Health Authority and the Silver Threads service.

The courses are offered at many locations in Victoria throughout the fall. Led by volunteers, many of whom are living with a chronic condition, the courses are open to people age 19 and up.

Family, friends, caregivers and neighbours of people experiencing chronic conditions are also welcome to attend the courses, which offer information, problem-solving strategies, and more.



### *The courses are offered at the following locations:*

September 14 to October 19:

Esquimalt Health Unit: Wednesdays from 1:00 p.m. to 3:30 p.m.

Oak Bay Recreation Centre: Wednesdays from 1:00 p.m. to 3:30 p.m.

September 20 to October 25:

Gordon Head Recreation Centre: Tuesdays from 1:00 p.m. to 3:30 p.m.

September 22 to October 27:

Sunrise Senior Living: Thursdays from 7:00 p.m. to 9:30 p.m.

Fairfield Activity Centre Society (New Horizons): Thursdays from 9:30 a.m. to noon

September 29 to November 3:

Sidney Silver Threads at the SHOAL Centre: Thursdays from 1:30 p.m. to 4:00 p.m.

October 5 to November 9:

Silver Threads, Saanich: Wednesdays from 1:00 p.m. to 3:30 p.m.

October 12 to November 23:

Kiwanis Village: Wednesdays from 2:00 p.m. to 4:30 p.m.

October 17 to November 28:

Panorama Recreation Centre: Mondays from 9:30 a.m. to noon

November 1 to December 6:

Oak Bay Recreation Centre: Tuesdays from 1:00 p.m. to 3:30 p.m.

November 2 to December 7:

Esquimalt Health Unit: Wednesdays from 1:00 p.m. to 3:30 p.m.

November 3 to December 8:

Sunrise Senior Living: Thursdays from 1:00 p.m. to 3:30 p.m.

Gordon Head Recreation Centre: Thursdays from 1:00 p.m. to 3:30 p.m.

For more information or to register, visit [www.coag.uvic.ca/cdsmp](http://www.coag.uvic.ca/cdsmp) or contact Mark Davies at 1-866-902-3767 or [mvdavies@dccnet.com](mailto:mvdavies@dccnet.com)

**This is a list of the Snapshots created by the Friends of the Centre. They are available on our website at [www.uvic.coag.ca/publications/snapshots.htm](http://www.uvic.coag.ca/publications/snapshots.htm)**



**Snapshot Author      Snapshot Title**

**2000:**  
 Daphne Chazottes      Mild Mental Impairment: Dementia or a Treatable Medical Condition?  
 Muriel Adey              Health Care in Regression: Issues and Commentaries  
 Francine Halle            Health Care Restructuring and Community Based Care

**2001**  
 Clint Lougheed          Oldster's View of Youngsters  
 Muriel Adey              Aluminum Causes Alzheimer's Disease  
 Jan Martin                The Nature of Falling  
 Jan Martin                The Results of Falls and Injuries in Seniors

**2002**  
 Cora Shaw                New Technology and Older Adults  
 Daphne Chazottes      The Calcium-Selenium-Mercury Connection in Cancer and Heart Disease

**2003**  
 Ross Peters              Use It or Lose It: An Active Lifestyle Moderates the Age-Related Decline in Cognitive Ability  
 Andrew Maxwell        Holes in the Safety Net  
 Andrew Maxwell        Quality of Long-Term Care: Perspectives from the Users of Home Care  
 Ross Peters              The Mental Health of the Childless Elderly: Social Networks Support Their Quality of Life  
 Daphne Chazottes      Keeping a Wary Eye on the Elderly Driver  
 Ross Peters              Ethical Dilemmas in Home Care Case Management of the Elderly  
 Daphne Chazottes      Palliative Care at Home is Not Always a Clear Choice  
 Daphne Chazottes      Most Seniors are Satisfied with Health Care - More or Less  
 Daphne Chazottes      Taking Control of Health Care Decisions in Late Life  
 Ross Peters              Social Support for Patients with Prostate Cancer: The Effect of Support Groups  
 Ross Peters              Exercise After Cancer Diagnosis

**2004**  
 Ross Peters              Social Isolation and Loneliness  
 Ross Peters              Quality of Life: Definitions, Measurement and Application to Practice  
 Daphne Chazottes      Home Alone with Dementia  
 Daphne Chazottes      Use of Memory Compensation Strategies is Related to Psychosocial and Health Indicators  
 Beverly Timmons        Predictors of Anticipating Caregiving in Multigenerational Families: An Exploratory Study  
 Andrew Maxwell        Cognitive Decline in High-Functioning Older Adults: Reserve or Ascertainment Bias?  
 Andrew Maxwell        Ethical Issues in Geriatric Medicine: A Unique Problematic?  
 Andrew Maxwell        In the Middle: Parental Caregiving in the Context of Other Roles  
 Andrew Maxwell        Long-Term Care Restructuring in Rural Ontario  
 Andrew Maxwell        Sociology of Aging in Canada: Issues for the Millennium  
 Andrew Maxwell        Comparative Costs of Home Care and Residential Care

**2005**  
 Andrew Maxwell        The Politics of Health Care Policy: The United States in Comparative Perspective  
 Daphne Chazottes      Lay Perceptions of Neighbourhood Health  
 Daphne Chazottes      Making Sense of Alzheimer's Disease in an Intergenerational Context  
 Daphne Chazottes      Variations in and Factors Influencing Family Members' Decisions for Palliative Home Care  
 Daphne Chazottes      Repartnering After First Union Disruption  
 Daphne Chazottes      Chinese Canadian Beliefs Toward Organ Donation  
 Daphne Chazottes      Aboriginal Beliefs About Organ Donation: Some Coast Salish Viewpoints  
 Andrew Maxwell        Canadian Disability Policy: Still a Hit-and-Miss Affair  
 Daphne Chazottes      The Group Psychotherapy & Home-Based Physical Exercise Trial in Cancer Survivors: Physical Fitness & Quality of Life  
 Daphne Chazottes      Variations in & Factors Influencing Family Members' Decisions for Palliative Home Support Care

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*Snapshots  
 are brief summaries of  
 published research reports in  
 lay language.*

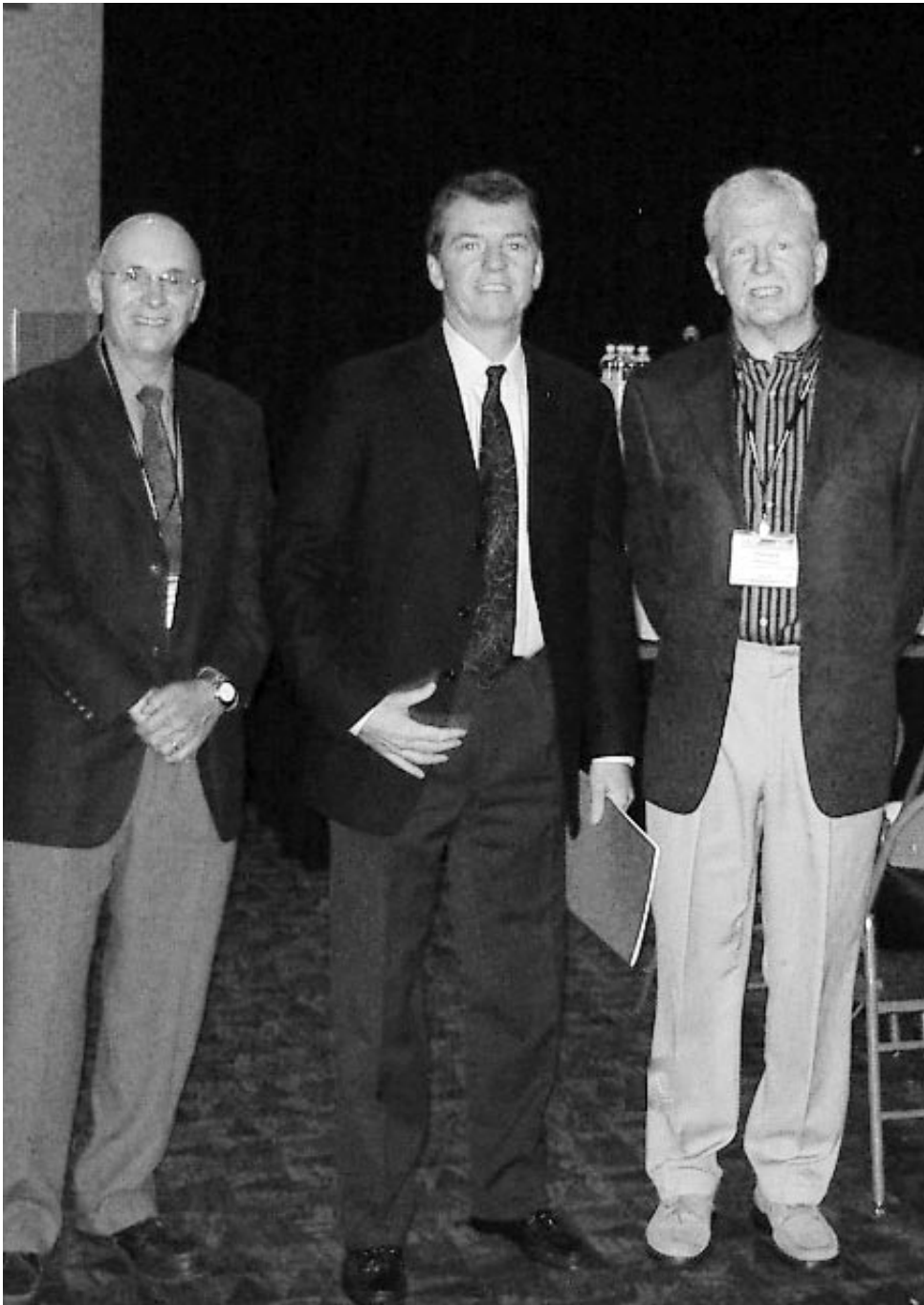
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new perspectives

## International Conference on Patient Self-Management

September 12 - 14, 2005 | Victoria Conference Centre | Victoria • British Columbia • Canada



Drs. David Hultsch, David Turpin, President and Vice Chancellor, UVic and Patrick McGowan

The University of Victoria Centre on Aging Ladner Office staff, while continuing to deliver the Chronic Disease Self-Management program, has been focussed on organizing the International Conference on Patient Self-Management, which was held at the Victoria Conference Centre on Sept. 12, 13 and 14th. The conference co-chairs were Dr. Patrick McGowan, Associate Professor, UVic Centre on Aging and Lori Halls, Executive Director, BC Health-Guide, BC Ministry of Health.

This was the first international conference on patient self-management with over twenty international speakers from twelve different countries. Albert Bandura spoke to over 600 members of the general public at the evening session, including Honorable George Abbott, BC Minister of Health and Howard Waldner, President and Chief Executive Officer of Vancouver Island Health Authority. The goal

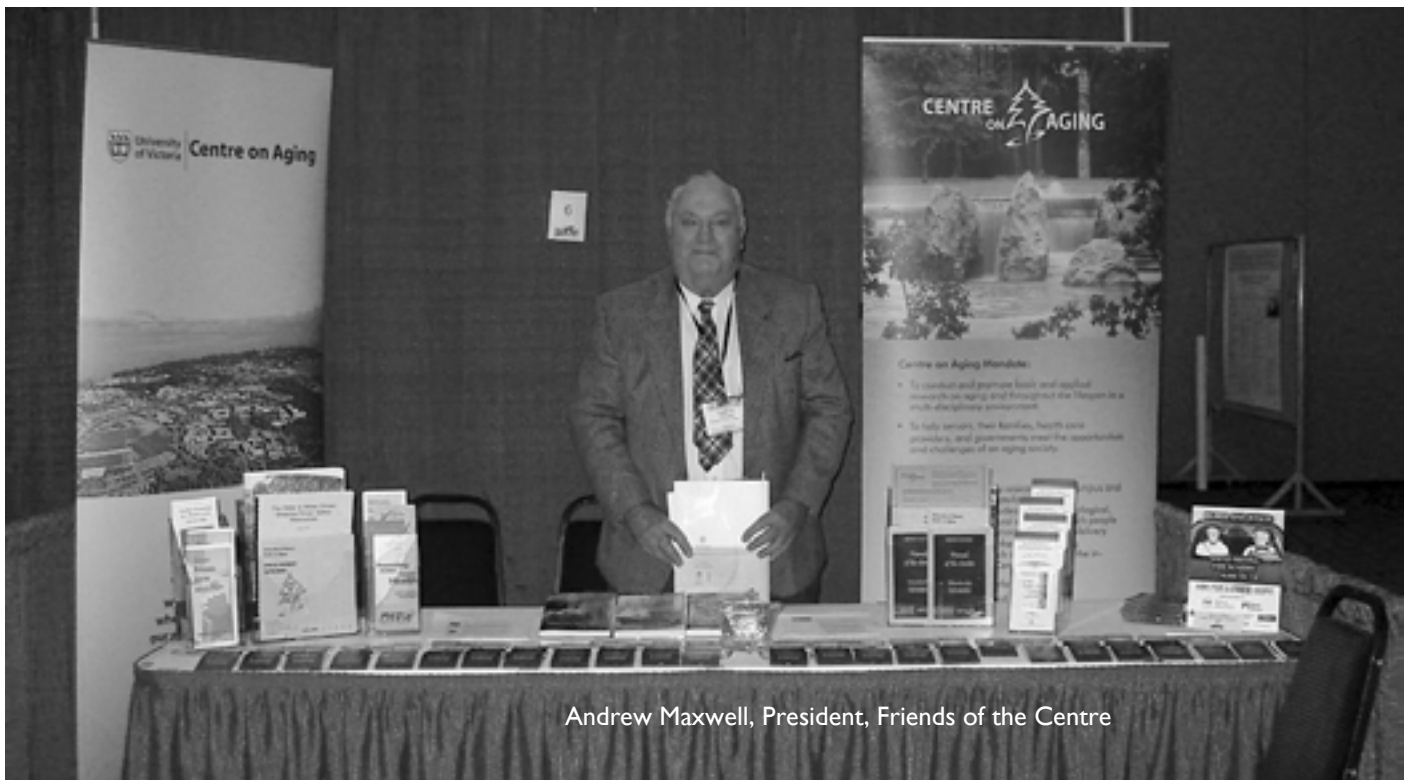
of this conference was to mobilize diverse partners: governments; health authorities; family physicians, other health care professionals and their associations; researchers and universities; non-governmental organizations; community groups; employers; individuals and their families; to work together to encourage, support and enable patient self-management.

Another aim was to help educate people with chronic illnesses become more involved in their own health. This conference brought together the world's leading experts from Canada, the US, England, China and Australia to discuss how professionals involved in patient self-management can get the best possible care for the best possible results. Congratulations to Dr. McGowan and his team for meeting this goal and presenting a world class conference, and initiating a conversation that will continue to further educate the public and professionals dealing with chronic conditions.



Lindsay Cassie and Reba Chaplin, staff of the Centre on Aging at the conference booth.

Special thank you to the Friends of the Centre, Andrew Maxwell, Henry Au, Akiko Kamitakahara, Pat Kenny and Cora Shaw, who assisted by Lindsay Cassie and Lois Edgar manned the Centre on Aging's display booth.



Andrew Maxwell, President, Friends of the Centre

## 2005 VALUED ELDER RECOGNITION AWARD

*This year's nominees are:*

Name of Nominee	Organization	Nominator
<i>Couples:</i>		
Bill & Patricia Hunter	Sooke Area Meals on Wheels	Jim Parsons
George & Ruth Cook	BC Assoc. of Aboriginal Friendship Centres	Paul Lacerte, Warren Clarmont
Vern & Martha Moore	Sooke Area Meals on Wheels	Jim Parsons
<i>Individuals:</i>		
Beth Harmon	Mount Newton Society	Patsy Berger North, Pat Paterson
Bob Campbell	Help Fill a Dream Foundation	Barry George, Lea Dragland
Irene Carruthers	Canadian Cancer Society	Maisie Brenner, Bev Turkington
Janet Lundman	Greater Victoria Citizens' Counselling Centre	Brenda Wilson, Linda Cooney
Joyce Norris-Jones	Vancouver Island Cancer Lodge	Beverley Turkington, Maisie Brenner
June Pryer	BC Schizophrenia Society	Patty Verdone, Elizabeth Cook
Larry Rudosky	Alzheimer's Society of BC	Julie Graham
Elinor Powell	Dispute Resolution Centre	Ester Wiebe
Marjorie Stewart	Project Literacy Victoria	Marie-Germaine Chartrand
Mary Whitehead	St. Vincent de Paul Society	Society of St. Vincent de Paul of Vancouver Island, Grant Coleswell
Mike Brodsky	Victoria Read Society	Helen Thomas, Vicky Austin
Rita Dickson	Meals in Wheels Victoria	Mary Romsby, Candis Elliott
Sid Tukeman	Greater Victoria Citizens' Counselling Centre	Brenda Wilson, Linda Cooney

### ***Congratulations to the following recipients of this year's VERA:***

**Michael Brodsky, George & Ruth Cook, Joyce Norris-Jones, and June Pryer**

**MICHAEL BRODSKY** exemplifies VERA. His volunteer activities span four decades and include so many activities it is difficult to know where to begin. His work with the Victoria READ Society began in 1990 after meeting a young man on a street corner who needed help and ended up spelling out words to find out where he was. Students have credited Mike with having a major role in their improvement in reading comprehension, oral reading and vocabulary development. His former student, Jeremy, says "he is a walking dictionary and there's not much he doesn't know!" He enjoys providing students with books, giving them constructive criticism and presenting complicated topics in a way that the listener can easily comprehend.

Mike's volunteer work began shortly after he became blind in 1973. With the help of the CNIB, he was soon volunteering at the Crisis and Information Line serving on the graveyard shift. He has maintained his ties with CNIB by acting as an Advisory Board member and talking to students at Victoria schools during White Cane Week.

As well, Mike was the volunteer chair of one of the groups welcoming Vietnamese refugees to Canada after the Vietnam War ended.

During this time he has also worked, taken courses at the University of Victoria, and become President of the First Canadian-International Toastmasters. Mike is a long standing member of the Vancouver Island Guide Do Association and a leading advocate for "chirping" stop lights at cross walks.

His volunteer life has closely followed the example his career in the army provided in the earlier part of his life. During WWII he received the Military Medal for courageous leadership under fire and now he has applied his abilities to giving volunteer work a whirl and making our community a better place to live.

**GEORGE AND RUTH COOK** have volunteered in both communities they have lived in, Alert Bay and Saanich. However, they have had great effect on lives throughout BC with their work for the BC Association of

Aboriginal Friendship Centre. In their role of Elder with Friendship Centres they have volunteered for more than 20 years. Ruth supports the Aboriginal Youth Council and works to support women and healing circles. George has been the President of the Victoria Native Friendship Centre and has been an Elder to the Executive for the last eight years. During his tenure at the Friendship Centre George worked on two special projects finding a permanent home for the Centre and the inclusion of first nations in the annual Remembrance Day ceremonies. George and Ruth also volunteer their time to the Tsow-Tun Le Lum Society's Substance Abuse Treatment Centre where they are part of the six week treatment program. Their ability to engage and deal with difficult issues like sexual and substance abuse has allowed them "to help wounded people make their way through the trauma with their counseling and pragmatic approach to the situation."

While Ruth and George volunteer in the CRD they continue to do volunteer work as elders for their home community in Alert Bay, acting as adoptive parents and grandparents to many in the community. Both have travelled internationally on behalf of their church, bringing knowledge, counselling skills, and public speaking to international aboriginal groups.

**JOYCE NORRIS-JONES** has volunteered for 45 years. Regardless of where she has lived she has always been involved in her community and with her children. The range of activities she has been involved with is extensive and include the Boy Scouts and Cubs, Sir James Douglas School, Northridge School, and Colquitz School. She has been with the Vancouver Island Cancer Lodge for nearly 14 years where she has acted as the Volunteer Coordinator both alone and with a co-coordinator. Her sensitivity when dealing with stricken families or people who are alone in the world has made her invaluable to the staff, other volunteers, and most importantly of all, the patients.

Joyce is a member of Needs of Victorians Society where she is involved in raising money for various agencies including the breakfast programs in city schools. This program which started in 2001 is one that Joyce feels very strongly about since the difference a healthy breakfast makes to children who often go without is marked both in their health and performance at school.

Joyce "possesses a real gift for putting people at ease and a sincere interest in them as individuals." She is also

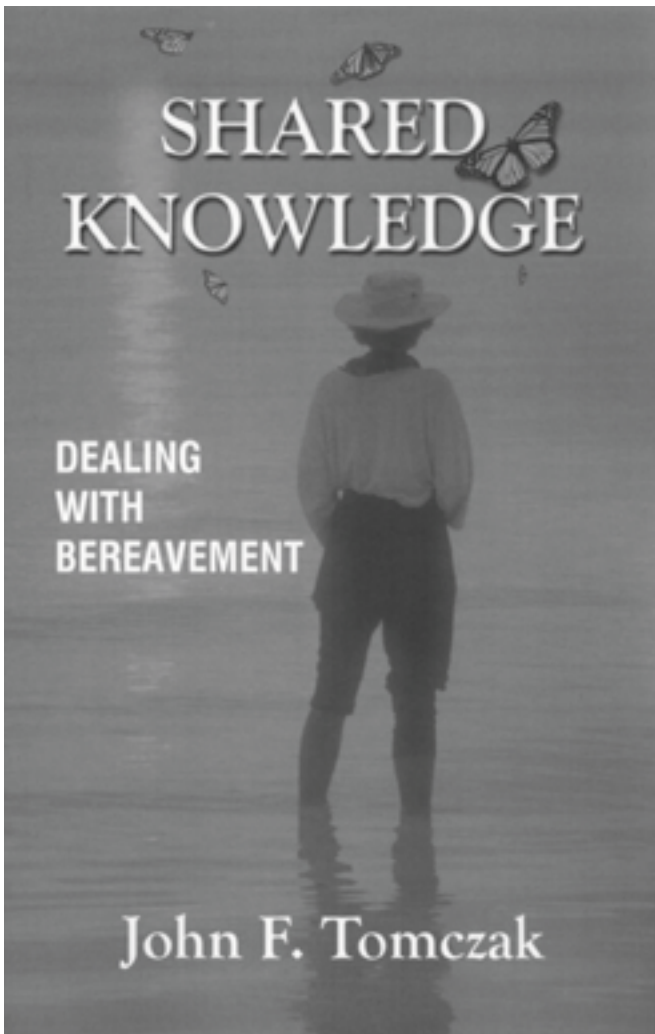
seen as a "very conscientious, reliable and a real asset to the Vancouver Island Cancer Lodge, and is very well liked by staff, volunteers, and patients."

**JUNE PRYER** is a retired registered nurse who began volunteering with the Schizophrenia Society in 1987 when it was known as the Friends of Schizophrenia. She started as an office volunteer and quickly became more involved. She has been on the Board of Directors in various positions including Secretary and Vice-President for two terms. She held these positions while coordinating seven support groups in the Greater Victoria area and working for 10 years on the Memorial Fund committee. With the Memorial Fund she has been involved with interviewing individuals, and family members of those, with significant mental illness to offer financial support for travel and post-secondary education. She has felt very rewarded by helping people with a major mental illness get back into the educational system and the work force through the funds provided by the Memorial Fund.

At the same time, with the help of her husband, she began a newsletter for the Society. The newsletter has evolved over the years but is currently with the Pryors where they work at making the articles "informative, up-to-date and .... from a personal point of view." June also started the Vancouver Island Family Advisory Council, sharing information from the Victoria branch with other smaller communities up island while funding existed for this project.

June volunteers at the Saanich Health Unit with the Baby, Preschool and Flu Clinics, acting as support to the RN staff, while providing reception and secretarial services. She acts as the connection between entrants and the adjudicators with the Greater Victoria Music Festival offering secretarial support to the bands for the last seven years. Joyce's latest volunteering task will be to take part in Provincial Task Force on Strengthening Families.





*Congratulations* to John Tomczak, Friend of the Centre, who has just published his first book, “*Dealing with Bereavement*.” This book was inspired by stories shared by members of the Victoria Hospice Walking Group, of which John is a volunteer and past co-ordinator. The book is \$19.95 and is available from <http://bereavementselfhelp.victoria.bc.ca/indexb.html> or by emailing [John\\_Tomczak@telus.net](mailto:John_Tomczak@telus.net)



*Congratulations to Pat Kenny, one of the Friends of the Centre, who just won a silver medal in horse-shoes at the BC Senior Summer Games!*

*An invitation to join the  
Friends of the Centre*

The Friends of the Centre support the Centre on Aging and help it achieve its short-and long-term goals.

Applications can be picked up at the Centre or you can call Lindsay @ 721-6369.

**MARK YOUR CALENDAR!**

***The 2006 Community Forum***

is on

**Thursday 23 February 2006**

**David F. Strong Building**

***Details to follow in the next newsletter***



**CONTACT INFORMATION:**

We invite your submissions, comments and contributions.

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*Articles and submissions by:*

David F. Hultsch, Tom Ackerley, Lois Edgar, Theresa Hogg-Jackson, Phyllis McGee, Reba Chaplin, Denise Cloutier-Fisher, Anita Jessop