



## Director's Perspective

by Elaine Gallagher, RN, PhD

Welcome to the Fall semester at the Centre on Aging. We are again poised for an exciting year with a full slate of talks, events and research undertakings. Thank you to all of the researchers, staff, volunteers and students who continue to make this an exciting and productive place to carry out age-related research and related activities. Our Michael Smith Infrastructure Grant was extended for slightly more than one more year, taking us to September, 2009, and affording us a rich opportunity to support faculty and students doing world class gerontological research across the campus and with community partners.

The Centre hosted the annual IDOP and Vera Awards Ceremony at the University Centre on September 21. Our keynote speaker was Dr. Max Cynader from the Brain Research Centre at UBC. Over 200 people attended the talk at which time our VERA awards were also presented. Thank you to Denise Cloutier-Fisher for hosting the event and the Centre staff for handling all of the logistics.

Recent visitors to the Centre have included Dr. Hava Golander from the University of Tel Aviv, Dr. Gloria Gutman from Simon Fraser University and Dr. Netta Bentur from the Myers-JDC-Brookdale Institute in Jerusalem.

The Research Showcase will be held in June next year and we hope to see all of our Centre affiliates and students on board with posters and presentations. The call for abstracts will be issued soon.

Many of you know I was involved in an auto accident in Jordan this summer, en route to an International Nursing Conference in Jerusalem. The accident occurred 20 km outside of Petra where I was travelling by car with one of my graduate students to see the ancient ruins located there. Our car struck an object on the road and I awoke from a light sleep in the passenger seat to find the car rotating in the air. Fortunately for us, the people from the nearby village, the police and the ambulance were close by and attended to us in record time.

My two-day stay in a Jordanian hospital and subsequent nine day stay in a Jerusalem hospital have made a lasting impression on me. On one hand, I am convinced more than ever that we have one of the best health care systems in the world right here in Canada. While none of the care I received was hazardous, much of what we expect by way of hospital care is provided by family members in the Middle East. In Jordan, for example, they did not have pillows, night gowns or towels and face cloths. No bathing was offered and we left the hospital in

the same clothes we had on when we arrived two days before.

On the plus side, I was in awe of the kindness and care delivered by Arab, Palestinian and Jewish staff in both Petra Hospital and the large, impressive Adassa Hospital in Israel. Maybe it was because I was identified as a nurse, maybe they just like Canadians, maybe I just was so charming . . . I did not encounter any negative attitudes and was treated extremely well throughout my stay. I made friends among the staff and fellow patients and feel strongly that I want to return to this amazing part of the world.

When I go back, I will visit the sights I missed. I will climb the Mount of Olives and walk in the Garden of Gethsemane. I will visit Bethlehem, Jericho and the Red Sea. I want to swim in the Sea of Galilee. These are the places I grew up in, in my mind, as a young child. I could not believe – as I lay in my hospital bed – that they were just down the road and that I never got to see one of them. I keep thinking there must be a lesson here. An experience like this changes your priorities and makes you realize the precious value of human life, the glorious sound of one's family voices, the smell of the air on Vancouver Island as one disembarks from the plane. Thanks for all of your support.



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## Goodbyes

Adieu to Laurel Hunt. After 6 years with the Ladner Office, Laurel has decided to spend more time with her family and pursue some different interests. We wish her all the best. As well, Lorna Skelton has left the Ladner Office and we wish her all the best.

## Welcome new staff

In September, Denise Cloutier-Fisher welcomed a new graduate student, **SARAH STONER** to the Department of Geography. Sarah has received a two-year grant from the BC Ministry of Health to study earthquake preparedness.

In late September, Denise's PhD student, **JIM HARROLD** successfully completed his comprehensive exams and he is now developing his PhD research proposal to study the impacts of regionalization on the development and delivery of health care and the health of populations.

Welcome **SASHA JOUK** who began her MSc in clinical neuropsychology this fall under the supervision of Holly Tuokko. Her research interests centre on geriatric neuropsychology with a focus on decision-making and cognitive processes in healthy individuals and those with mild cognitive impairment. More specifically, Sasha will be examining attitudes and beliefs about older driver safety. Prior to the University of Victoria, Sasha attended Scripps College in Claremont, California where she received a BA in neuroscience with a minor in Russian Language studies.

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*"Happiness is like a butterfly;  
the more you chase it, the more it  
will elude you, but if you turn  
your attention to other things, it  
will come and sit softly on your  
shoulder" - Thoreau*

## Welcome new staff

Welcome to **HEATHER COOKE** who is completing an Interdisciplinary PhD and has received a SSHRC Doctoral Scholarship (valued at \$35,000 per year for 3 years). Her research interests focus primarily on the social, organizational and physical environments of long-term care facilities. Using data from the CIHR-funded study, *Individualized Care for Persons with Dementia in Long-Term Care: What's Best for the Resident* (Neena Chappell is the PI and Heather the project coordinator), her proposed doctoral research will empirically assess the relationship between the institutional characteristics of long-term care facilities and staff provision of individualized care.

Welcome to **MYRIAM GERBER**, the new full-time project administrator for the *Drug Therapy Initiative - Randomized Controlled Trial Study* with Neena Chappell as PI and Malcolm MacLure as Co-PI, and funded by the Ministry of Health Services, Provincial Government of BC. Myriam was born and raised in Munich, Germany. She moved to Victoria in 2000, and received a BA in Cultural Anthropology from the University of Victoria in 2008. Her research interests cover the areas of cross-generational social and cultural transmission of cultural trauma, such as the Holocaust.

Welcome to **CHELSIE KADGIEN**, the new Interview Coordinator for the *Alzheimer Drug Therapy Initiative's Caregiver Appraisal Study*, funded by the Ministry of Health Services, Provincial Government of BC. Her position involves recruitment of participants, organization of interviews and coordination of interviewing staff. Chelsie recently completed her BSc with distinction at the University of Victoria, majoring in psychology and biology. Before coming to the Centre on Aging she was conducting interviews for the Centre for Addictions Research of BC. She also has a background in staff and volunteer coordination with various non-profit organizations in Victoria.

Welcome **NANCY LEWTHWAITE** and **GINNY ANGUS** to the Centre on Aging. Nancy and Ginny are new research assistants and will be working on the *"Safety Awareness For Elderly Drivers (SAFE): The Development and Evaluation of an Educational Intervention"* project with Wendy Forneri and Holly Tuokko. Nancy and Ginny both have extensive experience working with seniors and will be great additions to this research team.

## Welcome new staff

Welcome to **CAROLYN GREEN**, PhD who has joined the *Alzheimer's Drug Therapy Initiative Randomized Controlled Trial* team, funded by the Ministry of Health Services, Provincial Government of BC, in a coordinating role. She has been combining research synthesis and primary research approaches to target the needs of health care decision makers for research based as well as contextualized research for health policy development in BC from 1992. She has a BHSc(PT) from McMaster, a MSc from the Department of Health Care and Epidemiology at UBC, a PhD in Health Informatics from the University of Victoria, and has recently completed a CIHR sponsored postdoctoral fellowship in Knowledge Translation at the University of Alberta.

**JENNIFER CAMPBELL** started working with Tom Ackerley in the Survey Research Centre in February 2008. Prior to this she was working on the *Filial Responsibility Across Cultures: A Comparison of Filial Attitudes and Behaviours in Caregiving to Older Adults* study, funded by the Social Sciences and Humanities Research Council of Canada. In September, Jennifer completed her training so she could start completing face-to-face interviews for the *Alzheimer Drug Therapy Initiative, Caregiver Study*. She is currently interviewing in Victoria and Vancouver.

**SHAYLENE MARSHALL** is part of the Survey Research Centre team and in February 2008 she started working on the *Alzheimer Drug Therapy Initiative*, funded by the Ministry of Health Services, Provincial Government of BC, building the data base and tracking system. Since this time, she has also been heavily involved in the triage process for this project.

**DANN HOXSEY** was hired in the summer to work with André Smith on qualitative analysis which focussed on the effects of treatment for caregivers on the *Alzheimer Drug Therapy Initiative*. He is also working on the *Dementia Study*, documenting the effects of Alzheimer medication on heuristic care.

## Welcome new staff at the Ladner Office

Welcome to **RHONDA CARRIERE** who coordinates the Chronic Disease Self-Management Program for the Northern Health Region (west) and First Nations communities. Rhonda's background includes experience with various non-profit, volunteer and Aboriginal organizations. She brings more than a decade of experience as the Associate Director of a community-based education program for First Nations people in theology to the CDSMP.



Welcome to **GINETTE MCLENNAN**, a former Elementary school teacher who provides Project Support for the Ladner office. Her organizational skills enable her to effectively manage the registration of participants in workshops and distribution of Workshop and Leader training supplies.



Welcome to **RITA REEVES** who works as the Administrative Assistant overseeing the general operation of the Ladner office. Her initial involvement with the program began as a volunteer leader. This along with her corporate administrative background and organizational experience enables her to effectively support the Ladner team.



Thank you to **DENISE CLOUTIER-FISHER** and **HOLLY TUOKKO** for acting as directors of the Centre of Aging in Elaine Gallagher's absence.

Congratulations to **HOLLY** for her acting role as Associate Dean in Graduate Studies.

# Congratulations!

Congratulations to **MARGARET PENNING** who has received full professorship.

**LAURA FUNK** successfully completed the oral defense of her dissertation entitled: *Responsibility for Aging Parents: Independence and obligation within filial relationships* (Neena Chappell, supervisor). Jay Gubrium was her external examiner.

**DAVID HULTSCH** is the 2008 recipient of the Baltes Distinguished Research Achievement Award from Division 20 (Adult Development and Aging) of the American Psychological Association.

**KRISTINE VOTOVA** has been awarded the UVic Health Research Fellowship 2008/2009. Health Research Fellowships are available to highly qualified graduate students intending to pursue careers in health research where the goal is to benefit human health.

**LINDA OUTCALT** has been accepted into the Interdisciplinary Masters program (sociology and anthropology) beginning in September 2008. Co-Supervisors are Neena Chappell (sociology) and Peter Stephenson (anthropology). Andrea Walsh (anthropology) and Denise Cloutier-Fisher (geography) are serving as committee members. Her research will focus on the growing use of “paid companions” for seniors in Victoria.

**WANDA MARTIN** has been accepted into the PhD program in Nursing, studying with Marjorie McDonald. Her focus is food security as it relates to public health. She is interested in how community food security activities impact household food insecurity. The health authority defines food security by Hamm and Bellows (2003) “Community Food Security is a situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes self reliance and social justice.” Also, Wanda is interested in social, health and agriculture food policy. The risk perception that the public has, due to media influences, around a looming food crisis, the carbon foot print, and how they might influence the local food movement, masking the core issue of the need to obtain food for those most in need will be studied.

**HOLLY TUOKKO** is the Principal Investigator on “*Seeing is believing: Using social science theory to examine how theatre performance affects audience beliefs.*” Co-investigators are Denise Cloutier-Fisher, Warwick Dobson, Monica Prendergast, and Ryan Rhodes. Funding is provided by SSRHC, \$98,735. The project just received \$10,000 from CIHR to produce a DVD for general distribution.

Congratulations to **BELINDA PARKE** for receiving an Assistant Professorship in the Nursing Department of the University of Alberta.

Congratulations to **ANITA MOLZAHN** who has been appointed dean of the Faculty of Nursing at the University of Alberta for a five-year term, effective July 1, 2008.



Formerly a professor of nursing and former dean of the Faculty of Human and Social Development at the University of Victoria, Molzahn received her undergraduate, master’s and doctoral degrees from the U of A. Prior to moving to Victoria in 1992, Molzahn held professorial positions with the university’s nursing faculty as well as a graduate research assistantship with the department of sociology.

Congratulations to **ALEXANDRA (SASHA) JOUK!** She has been awarded the Neena Chappell Scholarship for 2008-09.

Congratulations to **SHELLY WASKIEWICH!** She has received the David Chuenyan Lai Scholarship for 2008-09.

**SHELLY WASKIEWICH** is also the recipient of a University of Victoria Interdisciplinary Fellowship valued at \$12,500 for her Master’s work.  
**Congratulations Shelly! We are all proud of you.**

## Happy Retirement to ...

Harold D. Foster, BSc, PhD (Lond.)  
- professor, UVic Geography, Research  
Affiliate of the Centre on Aging



Harold's research areas include disaster planning and medical geography with focus on the links between health, disease and the geographical environment.

Harold has written many books, among them:  
What Causes Aids?  
What Really Causes Schizophrenia?  
What Really Causes Alzheimer's Disease?  
What Really Causes Multiple Sclerosis? and  
Ozymandias Principles

Harold's contribution will be greatly missed.  
For more information, go to his webpage:  
<http://www.hdfoster.com/>

## News from Ladner

### First Diabetes Self-Management Training in Canada

At the beginning of October, the Ladner office organized a two-day cross training for the new Stanford Diabetes Self-Management Program. This program is targeted to persons with type 2 diabetes and varies from the Chronic Disease Self-Management Program (CDSMP) by the inclusion of 11 different activities dealing specifically with diabetes related information. The training involved seven T-Trainers from BC, three from Alberta, two from Saskatchewan and two Master Trainers from BC and 2 from Ontario. The Ladner office will be implementing the CDSMP in selected communities in the new year.



## Congratulations!

**STUART MACDONALD** is a recipient of a Michael Smith Foundation for Health Research Scholar Award (2008 - 2014). During this period, he will be examining changes in cognitive performance from normal aging through dementia to death. Specifically, he is interested in identifying early risk factors as well as targeting potential lifestyle interventions. A brief summary of the research program is included below:

As the proportion of Canadians over age 65 increases, the prevalence of age-related diseases such as dementia is also increasing, with critical implications for cognitive functioning, health-care expenditures, and quality of life. As dementing disorders develop over an extended preclinical period, pinpointing early risk factors could inform preventative health care. Thus, population-health research on cognitive functioning in the elderly, including in-depth study of patterns and predictors of the transition from intact performance through impairment to death, is imperative.

The goal is to identify factors that predict, and potentially delay or prevent, cognitive aging. To maximize productivity during the scholar period, the proposal requires the collection of new data as well as the analysis of established longitudinal data along three integrated research lines.

A first theme will examine cognitive decline in transition from normative aging to dementia using comprehensive data from the Kungsholmen Project, a population-based study spanning 13 years. Core issues include whether (a) dementia-related decline occurs earlier and accelerates for select cognitive domains, (b) combinations of predictors improve dementia-detection accuracy, and (c) risk factors change in predictive strength in proximity to diagnosis.

Advanced analyses of change will estimate normative and pathological age-related decline, with all research to be conducted at the University of Victoria thereby providing invaluable experience for his graduate students.

A second theme will examine the impact of aerobic training on intraindividual performance variability (a putative index of CNS integrity) and mean cognitive performance for a group of cognitively-intact elderly vs. those at risk of progressing to dementia. These data will be collected at the University of Victoria.

A third theme will examine cognitive training for three groups of older adults (those at low risk, high risk, and with Alzheimer's disease), focusing on whether differences in behavioral and neural plasticity are associated with impairment and can facilitate early-risk detection. The fMRI data to index neural plasticity will be collected at the Karolinska Institute (Stockholm) and Humboldt University (Berlin).

# News from the Centre

## UVIC AWARD WINNERS SHARE GOLDEN MOUNTAIN ACHIEVEMENT

From UVic News Media Tips:

British Columbia has much to celebrate during its 150th anniversary year including the achievements and contributions of its Chinese Canadian population. To commemorate their legacy, the Victoria Chinese Commerce Association presented the 2008 Golden Mountain Achievement Awards and four of the recipients were from the University of Victoria.

The recipients were: associate professor Hua Lin in the University of Victoria's Linguistics department; Yuen-Fong Woon, sociologist and professor in UVic's Pacific and Asian Studies department; **DAVID CHUENYAN LAI**, geography professor emeritus and current member of UVic's Centre on Aging; and Ron Lou-Poy, lawyer and UVic chancellor emeritus.

Woon has conducted wide-ranging research on overseas Chinese in Canada and the life trajectories of Chinese women. Her novel *The Excluded Wife*, about spouses left behind in China, was published in August 1998.

Lai has inspired countless students and visitors during his 35-year teaching career that included over 250 publications and numerous awards. His guided field trips to Victoria's Chinatown and the Chinese Cemetery are only a part of his devotion to community service.

Lin's major research interests are centred on Chinese linguistics and second-language acquisition, and she has lent her extensive expertise to the five-hour TV documentary series *Speaking in Tongues: The History of Language* aired on the Knowledge Network and Channel M in Canada.

Additional details about the Golden Mountain Awards are available at [www.150goldenmountain.ca](http://www.150goldenmountain.ca)



*Dr. David Chuenyan Lai, Geography Professor Emeritus and Research Affiliate of the Centre on Aging, has received a number of awards this fall:*

- 8 Aug. 2008 "**Victoria 'Roots' Community and and Public Service Heritage Award**" by the Association in recognition of distinguished work related to preservation of chinese heritage and roots in Victoria.
- 9 Aug. 2008 "**Mayor's Commendation Certificate**" by City of Victoria in recognition of the VCCA's 150 years in Golden Mountain Achievement Award.
- 13 September 2008 "**Recognition Plaque**" for dedication to the Chinese Community and Contribution to the National Congress of Chinese Canadians, by NCCC.

Six articles in Times Colonist, 3 August 2008, Section E in celebration of "150th Anniversary Chinatown": Victoria's Pearl River Roots, p.2; Chinese Arrived in the late 1700s, p.2; Home Saved Hundreds from Street, p.4; Lepers Sent to D'Arcy Island, p.5; Opium was Economic Engine for City, p.8; and the Reason Why there were so Many Mah in Nanaimo, p.11. David Chuenyan Lai, "Vicissitudes of 150 Years of Golden Mountain Chinese," Dawa Business News, 13 Sept and 11 Oct., 2008, p. C1 ( in Chinese Script).

## New Publications

- Allan, D. E., Waskiewich, S., Stajduhar, K.I., & Bidgood, D. (In press). Palliative care service utilization of a semi-rural program in British Columbia. *Canadian Journal of Rural Medicine*.
- Bellows-Riecken, K.H., Rhodes, R.E. & Hoffert, K. (in press). Motives for lifestyle and exercise activities: A comparison using the theory of planned behavior. *European Journal of Sport Sciences*.
- Bellows-Riecken, K.H. & Rhodes, R.E. (2008). A birth of inactivity? A review of physical activity and parenthood. *Preventive Medicine*, 46, 99-110.
- Berry, T., McCarville, R. & Rhodes, R.E. (2008). Getting to know the competition: A content analysis of publicly and corporate funded physical activity advertisements. *Journal of Health Communication*, 13, 167-180.
- Blanchard, C.M., Fisher, J., Sparling, P., Nehl, E., Rhodes, R.E., Courneya, K.S., & Baker, F. (2008). Understanding exercise behavior in African-American and Caucasian college students: An application of the theory of planned behavior. *Journal of American College Health*, 56, 341-346.
- Blanchard, C.M., Fisher, J., Sparling, P., Nehl, E., Rhodes, R.E., Courneya, K.S., Baker, F., & Rupp, J. (2008). Ethnicity and the theory of planned behavior in an exercise context: A mediation and moderation perspective in college students. *Psychology of Sport and Exercise*, 9, 527-545.
- Blanchard, C.M., Fisher, J., Sparling, P., Nehl, E., Rhodes, R.E., Courneya, K.S., Baker, F. & Rupp, J. (in press). Understanding adherence to 5 servings of fruits and vegetables per day: A theory of planned behavior perspective. *Journal of Nutrition Education and Behavior*.
- Blanchard, C.M., Reid, R., Morrin, L, Rhodes, RE, McGannon, K, Spence, JC, McDonnell, L, & Edwards, N. (in press). Does protection motivation theory explain exercise intentions and behaviour during home-based cardiac rehabilitation? *Journal of Cardiopulmonary Rehabilitation*.
- Blanchard, C.M., Kupperman, J., Sparling, P.B., Nehl, E., Rhodes, R.E., Courneya, K.S. & Baker, F. (in press). Do ethnicity and gender matter when using the theory of planned behavior to understand fruit and vegetable consumption? *Appetite*.
- Bruce, A., Stajduhar, K., Molzahn, A.E., MacDonald, M., Starzomski, R., & Brown, M. (In press). Graduate supervision at a distance: Issues and challenges. *International Journal of Education Scholarship*.
- Cloutier-Fisher, D. & Harvey, J. (2008). Home beyond the house: experiences of place in an evolving retirement community. *Journal of Environmental Psychology*, (doi: 10.1016/j.jenvp.2008.07.002).
- Funk, L.M. (in press). Prioritizing Parental Autonomy: Adult children's accounts of feeling responsible and supporting aging parents. *Journal of Aging Studies*.
- Funk, L., & Stajduhar, K.I. (In press). Interviewing family caregivers: Implications of the caregiving context for the research interview. *Qualitative Health Research*.
- Kliman, A.M. & Rhodes, R.E. (in press). Do government brochures affect physical activity cognition? A pilot study of Canada's Physical Activity Guide to Healthy Active Living. *Psychology, Health and Medicine*.
- Mazzoni, E. R., Purves, P. L., Southward, J. K., Rhodes, R. E., & Temple, V. A. (in press). Effect of indoor wall climbing on self-efficacy and self-perceptions of children with special needs. *Adapted Physical Activity Quarterly*.
- McKay, H.A., Macdonald, H.M., Reed, K.E., Warburton, D.E.R., Rhodes, R.E., Ahmed, Y. & Naylor, P.J. (in press). Beyond physical education: Providing more opportunities for school-based physical activity through Action Schools! BC. *Canadian Journal of Public Health*.
- Nehl, E. Blanchard, C.M., Peng, C.J., Kupperman, J., Sparling, P., Rhodes, R.E., Courneya, K.S. & Baker, F. (in press). Understanding non-smoking in African-American and Caucasian college students: An application of the theory of planned behavior. *Behavioral Medicine*.
- Rhodes, R.E. & Blanchard, C.M. (2008). Do sedentary motives adversely affect physical activity? Adding cross-behavioural cognitions to the theory of planned behaviour. *Psychology and Health*, 23, 789-805.
- Rhodes, R.E., Blanchard, C.M. & Bellows, K.H. (2008). Exploring cues to sedentary behavior as processes of physical activity action control. *Psychology of Sport & Exercise*, 9, 211-224.
- Rhodes, R.E., Blanchard, C.M. & Blacklock, R.E. (2008). Do physical activity beliefs differ by age and gender? *Journal of Sport and Exercise Psychology*, 30, 412-423.
- Rhodes, R.E., Blanchard, C.M., Courneya, K.S. & Plotnikoff, R.C. (in press). Identifying belief-based targets for the promotion of leisure-time walking. *Health Education and Behavior*.
- Rhodes, R.E. & Conner, M. (in press). Comparison of Behavioral Belief Structures in the Physical Activity Domain. *Journal of Applied Social Psychology*.
- Rhodes, R.E. & Dean, R. N. (in press). Correlates of physical activity among older adults. In D. Cloutier-Fisher, L. Foster & D. Hultsch (Eds.) *Health and Aging in British Columbia: Vulnerability and Resilience*. Western Geographical Society.
- Rhodes, R.E. & Dean, R. N. (in press). Understanding physical inactivity: Prediction of four leisure-time sedentary behaviors. *Leisure Sciences*.
- Rhodes, R.E. & Fiala, B. (in press). Building motivation and sustainability into the prescription and recommendations for physical activity and exercise: The evidence. *Physiotherapy Theory and Practice*.
- Rhodes, R.E., Matheson, D.H., Blanchard, C.M. & Blacklock, R.E. (in press). Evaluating time frame expectancies in physical activity social cognition: Are short- and long-term motives different? *Behavioral Medicine*.
- Rhodes, R.E., Plotnikoff, R.C. & Courneya, K.S. (in press). Predicting the Physical Activity Intention-Behaviour Profiles of Adopters and Maintainers using three Social Cognition Models. *Annals of Behavioral Medicine*.
- Rhodes, R.E., Symons Downs, D. & Bellows Riecken, K.H. (in press). Delivering inactivity: A review of physical activity and the transition to motherhood. In L.T. Allerton & G.P. Rutherford (Eds.) *Exercise and Women's Health: New Research*. Earthlink Science Press: Hauppauge, N.Y.
- Rhodes, R.E., Warburton, D.E.R. & Murray, H. (in press). Characteristics of physical activity guidelines and their effect on adherence: A review of randomized trials. *Sports Medicine*.
- Sedgwick, W., Rhodes, R.E. & Crocker, P.R.E. (in press). Personality in sport and exercise. In P.R.E. Crocker (Ed.) *Sport Psychology: A Canadian perspective*. Pearson Education Canada: Don Mills, ON.
- Setton, E.M., Keller, C.P., Cloutier-Fisher, D. & Hystad, P.W. (2008). Spatial variations in estimated chronic exposure to traffic-related air pollution in working populations - A simulation,

- International Journal of Health Geographics, 7:39 (18 Jul 2008) (doi: 10.1186/1476-072X-7-39).
- Smith, N.E.I., Rhodes, R.E., Naylor, P.J. & McKay, H.A. (2008). Exploring moderators of the relationship between physical activity behaviors and television viewing in elementary school children. *American Journal of Health Promotion*, 22, 231-236.
- Stajduhar, K.I., & Cohen, S.R. (In press). Family carers in the home. In P. Hudson & S. Payne (Eds.). *Family carers and palliative care*. Oxford University Press.
- Stajduhar, K.I., Funk, L., Shaw, A.L., Bottoroff, J.L., and Johnson, J. (in press). Resilience from the perspective of the illicit injection drug user: an exploratory descriptive study. *International Journal of Drug Policy*. doi:10.1016/j.drugpo.2008.07.003
- Stajduhar, K.I., Nicol, D., & Martin, W., & Funk, L. (In press). Situated/Being situated: Client and coworker roles of family caregivers in hospice palliative care. *Social Science and Medicine*.
- Taymoori, P., Rhodes, R.E. & Berry, T. Application of a social cognitive model in explaining physical activity in Iranian female adolescents. *Health Education Research*.
- Thorne, S.E., Hislop, G., Stajduhar, K., & Oglov, V. (In press). Time-related communication skills from the cancer patient perspective. *Psycho-Oncology*.
- Trinh, L., Rhodes, R.E. & Ryan, S. (2008). Gender differences in belief-based targets for physical activity intervention among adolescents. *Social Behavior and Personality*, 36, 77-86.
- Warburton, D.E.R., Sarkany, D., Johnson, M., Rhodes, R.E., Whitford, W., Esch, B.T.A., Scott, J.M., Wong, S., Shannon S. D. Bredin, S.S.D. (in press). *Metabolic Requirements of Interactive Video Game Cycling*. *Medicine and Science in Sports and Exercise*.
- Cloutier-Fisher, D. Presented to the Nanaimo Stroke Collaborative on October 8, 2008. The presentation was called, "Beyond the Hospital Walls: Challenges across Time and Space for Stroke-Affected Persons in British Columbia," October 5th, 2008. The research that she presented drew attention to the importance of access to an appropriate range and intensity of rehabilitation services for long-term stroke survivors and the home modifications that they must also often make to ensure quality of life. As part of this presentation, Don and Evelyn Shadbolt, a married couple from Oceanside told the story of their experiences following Evelyn's stroke in 1977. In addition, Kathleen Falvai, the local Stroke Recovery Group Coordinator from Oceanside made a brief statement about the work of the local stroke recovery group and the support they now receive from volunteers and from the Heart and Stroke Foundation of BC. About 80 health care clinicians attended the all day workshop sponsored by the Vancouver Island Health Authority.
- Coble, J. & Rhodes, R.E. Physical activity behaviors and motivations in a adult First Nation population. Presented at the Society of Behavioral Medicine 2008 Annual Meeting, San Diego, CA.
- Funk, L. (2008). The interpretive dynamics of filial responsibility for aging parents: personal accounts compared and contrasted against "the other" in Canadian society. 43rd Annual Meeting of the Canadian Sociological Association. Vancouver, B.C.
- Garrett, D.D., Tuokko, H., & Stajduhar, K.I., Lindsay, J., & Buehler, S. "Planning for end-of-life care: Findings from the Canadian study of health and aging". Poster accepted for presentation at the 17th International Congress on Palliative Care, Montreal, Quebec.
- Mazzoni, E., Purves, L., Southward, J., Rhodes, R., & Temple, V. Effect of indoor rock climbing on self-efficacy of children with motor difficulties. Presented at the 2008 North American Federation of Adapted Physical Activity Symposium. Indianapolis, Indiana.
- Penning, M., Liu, G., & Funk, L. Validation of the MOS Social Support Scale in a Canadian Adult Population. Presented at the 2008 Annual Meeting of Canadian Population Society, UBC Campus, Vancouver. June -- 4 June 6, 2008.
- Rhodes, R.E. Intention-behaviour discordance: Personality, social cognitive and environmental explanations in the physical activity domain. Presented at the North American Society for the Psychology of Sport and Physical Activity 2008 Annual Meeting, Niagara, ON.
- Rhodes, R.E., Blanchard, C.M., Plotnikoff, R.C., Courneya, K.S. & Brown, S. Predicting walking with an integration of the theory of planned behaviour and the perceived built environment. To be presented at the International Society of Behavioral Nutrition and Physical Activity 2008 Annual Meeting, Banff, AB.
- Rhodes, R.E., Blanchard, C.M. & Blacklock, R.E. Should age and gender be considered when targeting for physical activity promotion? Presented at the Society of Behavioral Medicine 2008 Annual Meeting, San Diego, CA.
- Rhodes, R.E., Courneya, K.S., Blanchard, C.M. & Plotnikoff, R.C. Prediction of leisure-time walking: An integration of social cognitive, perceived environmental, and personality factors. Presented at the Society of Behavioral Medicine 2008 Annual Meeting, San Diego, CA.

- Rhodes, R.E. & Matheson, D.H. Does personality moderate the effect of implementation intentions on physical activity? Presented at the Society of Behavioral Medicine 2008 Annual Meeting, San Diego, CA.
- Rhodes, R.E., Warburton, D.E.R. & Coble, J. Effect of interactive video bikes on exercise adherence and social cognitive expectancies in young men: A pilot study. Presented at the Society of Behavioral Medicine 2008 Annual Meeting, San Diego, CA.
- Smith, N.E.I. & Rhodes, R.E. Parental reported physical activity and the symptoms of attention-deficit hyperactivity disorder in children. Presented at the Society of Behavioral Medicine 2008 Annual Meeting, San Diego, CA
- Stajduhar, K.I., Martin, W., & Cairns, M. What makes grief difficult? Paper presented at the 2008 BC Hospice Palliative Care Conference, Surrey, BC (May, 2008).
- Stajduhar, K.I., Nicol, D., & Martin, W., & Funk, L. Situated/Being situated: Client and coworker roles of family caregivers in hospice palliative care Poster accepted for presentation at the 17th International Congress on Palliative Care, Montreal, Quebec (September, 2008).
- Stajduhar, K.I. Why do we have so much trouble translating research into practice? Lessons learned from the field. Invited paper presented at the 18th Annual Hospice Palliative Care Manitoba Conference (September, 2008).
- Stajduhar, K.I. (2008, April). What do Family Caregivers of the Dying Want? Keynote Address given at the Annual District 61 Hospice Conference, Courtney, British Columbia.
- Stajduhar, K.I. (2008, September). The Needs of Family Caregivers at the End of Life. Plenary Address given at the 17th International Congress on Palliative Care, Montreal, Canada.
- Stajduhar, K.I. (2008, September). Living with Dying in a Nursing Home: Are we Providing a Home Away from Home? Keynote Address given at the 18th annual conference of the Manitoba Hospice Palliative Care Association, Winnipeg, Manitoba.
- Williams, A., Crooks, V.A., Stajduhar, K., Allan, D., & Cohen, S.R.. The information transfer and knowledge acquisition geographies of family caregivers: An analysis of Canada's Compassionate Care Benefit. Paper presented at the special session on Health Policy, Annual Meeting of the Association of American Geographers, Boston, MA (April, 2008).
- (2008-2011). Blanchard, C.M. (PI), Dechman, G., Hernandez, P., Spence, J.C., McGannon, K., Rhodes, R.E. Explaining Gender Differences During and After Pulmonary Rehabilitation Using a Mixed-Methods Social Ecological Approach. Social Sciences and Humanities Research Council of Canada, \$146,000.
- (2008). Crook, V. (PI), Stajduhar, KI (Co-I), Schuuman, N., Robinson, C. Palliative Care in Rural and Remote BC: Identifying Research Priorities. BC Network for Aging Research, \$3,484.
- (2008-2009). MacCourt, P. Promoting Excellence in Dementia Care: A Dementia Policy Lens. Alzheimer Society of BC, \$65,225.
- (2008). MacCourt, P. Exploring Disenfranchised Grief in Dementia Caregiving. MSFHR, BCNAR – seed grant, \$4,812.00
- (2008). MacCourt, P. Exploring the Impact of Cancer on Mental Health: Seniors' Experiences and Perspectives. BCPGA, \$99,000
- (2008). McDonald, C. (with Co-investigator: M. McIntyre). Older lesbian's experience of self-disclosure. SSHRC, \$75,816.
- (2008). McGowan, Patrick, PI, and Wilkinson, Susi, co-PI. Co-applicants: Eng, J., MacLure, M., Acheson, S and Lynch, S. Effectiveness of patient self-management and clinician self-management support interventions in secondary stroke prevention. Heart and Stroke Foundation of Canada, \$5,000 (2008-2014).
- Miran-Khan, K. (PI), Li, L.C., Liu-Ambrose, T.Y., Marra, C.A., McKay, H.A., Rhodes, R.E. (Co-PI) et al. Institute Centre for Hip Health and Mobility: A Team Approach to Mobility in Vulnerable Seniors. Canadian Institutes of Health Research (New and Emerging Teams Grant) \$1,500,000.
- (2008). Naglie, G., (PI), Black, S., Freedman, M., Gelinas, I., Herrmann, N., Korner-Bitensky, N., Man-Song-Hing, M., Marshall, S., Rapoport, M., Tang-Wai, D., Tomlinson, GA & Tuokko, H. Assessing driving performance in persons with mild cognitive impairment and mild dementia. CIHR, 191,860.
- (2008-2009). Naylor, P.J. (PI), Rhodes, R.E., Barr, S., Forster-Coull, L. Evaluating the Impact of a School Fruit and Vegetable Snack Program on Canadian School Children's Knowledge, Social Cognitions and Fruit and Vegetable Consumption. Canadian Institutes of Health Research, \$100,000.
- (2008-2014). Raina, P., (PI), Wolfson, C., Kirkland, S., Payette, H., Penning, M., Bergman, H., Wister, A., Corriveau, H., Tuokko, H., Oremus, M., Santaguida, P., Papaioannou, A., Shannon, H., Postuma, R., Kopec, J., Dionne, I., Menec, V., Fulop, T., Chambers, L., Balion, C., Mugford, G., Chappell, N. Canadian Longitudinal Study on Aging (CLSA) Mobility Initiative (CMI)). CIHR Emerging Team Grant – Alliances in Mobility in Aging. \$1,500,000.
- (2008-2011). Rhodes, R.E. (PI), Benoit, C., Blanchard, C.M., Levy-Milne, R., Naylor, P.J., Symons Downs, D. Warburton, D.E.R. Health Behaviours During Early Parenthood: Exploring the Impact of Multiple Children. Social Sciences and Humanities Research Council of Canada, \$217,879.
- (2007-2010). Rhodes, R.E. (PI), Benoit, C., Blanchard, C.M., Levy-Milne, R., Naylor, P.J., Symons Downs, D., Warburton, D.E.R. Obesogenic Behaviours of New Parents: An 18-month Trial. Canadian Diabetes Association, \$191,644.
- (2008). Stajduhar, KI, Coward, H. (Co-PIs with other international Co-I's). Religious Requirements for a "Good Death" in Hospice Care. Canadian Institutes of Health Research, \$164,923.
- (2008). Stephenson, A Pilot Study of Seniors' Expectations with Medication. MSFHR-BCNAR, \$4,893.00.
- (2007-10). Tuokko, H. (P.I.), Prendergast, M., Cloutier-Fisher, D., Dobson, W. & Rhodes, R. Seeing is believing? Using social science theory to examine how theatre performance affects audience beliefs. Social Sciences and Humanities Research Council (SSHRC), \$98,735.

## New Grants

*At twenty we worry about what others think of us; at forty we don't care about what others think of us; at sixty we discover they haven't been thinking about us at all.*  
 ~Anonymous

## FAMILY CAREGIVER COPING IN END-OF-LIFE CANCER CARE - FINAL REPORT

PI: Kelli Stajduhar; Co PIs: Doris Barwich, Gillian Fyles



The specific research objectives of this study were to:

1. Explore factors that influence family caregiver (FCG) coping in end-of-life cancer care;
2. Determine the relationship between these factors and family caregiver outcomes of quality of life and depression;
3. Determine which FCGs are most at risk of negative health outcomes such as reduced quality of life and depression;
4. Determine the FCGs who, in demanding situations, nevertheless seem to manage well and are least at risk of negative health outcomes; and
5. Determine the coping strategies used by FCGs.

Our hope is that the findings from this study will be used to inform the development of health interventions directed toward FCGs having difficulties managing, who themselves may become at risk of needing health care services, and who may experience reduced quality of life, depression, and other health problems as a result of caregiving.

The final report for the coping study is available on the web at [http://www.coag.uvic.ca/eolcare/documents/Coping\\_Report\\_Final.pdf](http://www.coag.uvic.ca/eolcare/documents/Coping_Report_Final.pdf)



Photo by Darren Stone, The Times Colonist. Used with permission.

## Invitation to participate

### “Older Lesbians’ experience of self-disclosure”

This is an invitations to all lesbians, gay women, or those who would identify their intimate relationships to be with women, 60 years or older, to participate in a research study. The purpose of the study is to discover, through audio-taped confidential conversation in the location of your choice, your unique experience of disclosing your sexual orientation. The disclosure may be for the first time, as to a health care provider or a new friend, or it may be the repetitive reminders some find necessary to claim their identity in the world. The researchers also want to know about decisions not to disclose.

**If this is of interest to you, please call or email  
Carol McDonald RN PhD., University of Victoria.**

**She can be reached at 250-472-5280  
to leave a confidential voice mail message,  
or email [carolmcd@uvic.ca](mailto:carolmcd@uvic.ca)**

## “Meadows School Project”

### Intergenerational Programs: Exploration of an Emerging Immersion Model



Kuehne, V. (Principal Investigator), Kobayashi, K. & McCoubrey, S. (co-investigators) with Carson, A. (project coordinator) have received a CIHR Catalyst Grant Program (Pilot Projects in Aging), resulting

in an award of \$49,791 for “Intergenerational Programs: Exploration of an Emerging Immersion Model”. This new research team, made up of Valerie Kuehne and Karen Kobayashi from UVic, Sharon McCoubrey from UBC-Okanagan and Arlene Carson who completed a CHSRF-CIHR post-doctoral fellowship at COAG under Dr. Neena Chappell, will research a unique immersion model of intergenerational programming over the 2008-09 year. The “Meadows School Project” (MSP) sees Grade 5-6 students from a Vernon-area school “immersed” with residents of an assisted living facility for 8 full weeks over the school year. Their research will explore this cutting-edge intergenerational model to establish and refine best practices and promising indicators of outcomes to inform the MSP and other intergenerational programs. The longer-term goal is to develop a collaborative community-based interdisciplinary program of research, the outcomes of which would provide the formative, process, and impact evidentiary base for new intergenerational projects, policy-making, and other dialogues at national, provincial and local levels related to goals of healthy aging, social connectedness, and age-friendly inclusive communities.

*“Age puzzles me. I thought it was a quiet time. My seventies were interesting and fairly serene, but my eighties are passionate. I grow more intense as I age.”*

*~ Florida Scott-Maxwell*

## Participants Still Needed!

### THINKING ABOUT YOUR DRIVING HABITS

Research Study on an Educational Program for Mature Drivers:  
**Drive S.A.F.E.: Safety Awareness for Elderly Drivers**



### Participants Still Needed! Call Today!

We are inviting men and women, 70 years of age and over to participate in a study on driving. This project is being conducted by researchers at the Centre on Aging at the University of Victoria.

#### What is required?

- Complete an initial background & driving questionnaire package
- Attend an In-Class Educational Course (two sessions; 2 hours each)
- Sessions available in August, Sept., Oct., Nov., Dec.
- Two months later, complete a second questionnaire package
- Must have a passenger who rides with you at least once a week. They would need to complete 2 brief questionnaires

#### How will you benefit?

- Learn more about safe driving practices
- Learn strategies to drive safely longer
- Get a free driving handbook for older drivers
- No impact on your driver's license

**IF YOU WOULD LIKE TO PARTICIPATE  
PLEASE CONTACT  
Nancy or Ginny at 250-721-8987**

## *E Paul Zehr's new book – Becoming Batman: The Possibility of a Superhero*



From the Times Colonist. Fri., July 18/08

*Holy human superhero, Batman*

By Rob Shaw

The dream of almost everyone who has flipped open a Batman comic book, to don the cape and cowl and fight crime, is humanly possible, says a University of Victoria professor who has written a book on the subject.

But the stress it would put on the body would make a career as the caped crusader short-lived.

"What I did was draw from all kinds of other activities and say 'What is Batman like?'" said Paul Zehr, a kinesiology and neuroscience professor and author of the new book *Becoming Batman: The Possibility of a Superhero*.

"Part of what he does is like being an NFL running back. Part of what he does is like being an ultimate fighter, like being a boxer... and if you look at all the science behind those things and you put all this together, what does it mean for someone who is actually trying to be Batman?"

"It's not a training manual per se, but it gives the background of what people can really achieve."

Zehr's book is already generating buzz because of the hype about *The Dark Knight* movie, which opens today. The book won't be released until October, through Johns Hopkins University Press, but Internet pre-sales are "through the roof," he said.

Drawing upon hundreds of comic books and graphic novels, Zehr, Director of UVic's Centre for Biomedical Research, delved into the physical fitness and training necessary to pull off Batman's nightly fisticuffs and high-wire acrobatics.

It would require a man at his physical peak, closely resembling an Olympic decathlete, with three to five years of intense physical conditioning and 10 to 12 years of martial arts and motor-skill training, said Zehr.

He'd also need years of practice under incredible pressure, like a soldier or police officer, he said.

But the human body can only handle such stress for so long. Zehr researched athletes like Muhammad

Ali, ultimate fighter Randy Couture and NFL linebackers, and came up with a three-year peak for Batman before he is likely felled by serious injuries, such as repeated concussions.

Even at the height of his powers, Batman's unwillingness to kill would be a major constraint, said Zehr, 40, himself a black belt in Chito-ryu karate.

It's difficult to find non-lethal ways to subdue people intent on killing you, Zehr said. "This is the thing where he gets into a crazy amount of poise and training needed."

Batman is the ideal subject for the research because he's depicted as a mortal human without superpowers or comic-book props, he said.

Zehr's real-life research focuses on body motion rehabilitation after severe spinal-cord injuries and strokes. A lifelong Batman fan, he said he hopes to make science more interesting by integrating it with pop culture.

The reality is that becoming Batman is unlikely, he said. "But it is possible. That's why the book is called *The Possibility of a Superhero*."

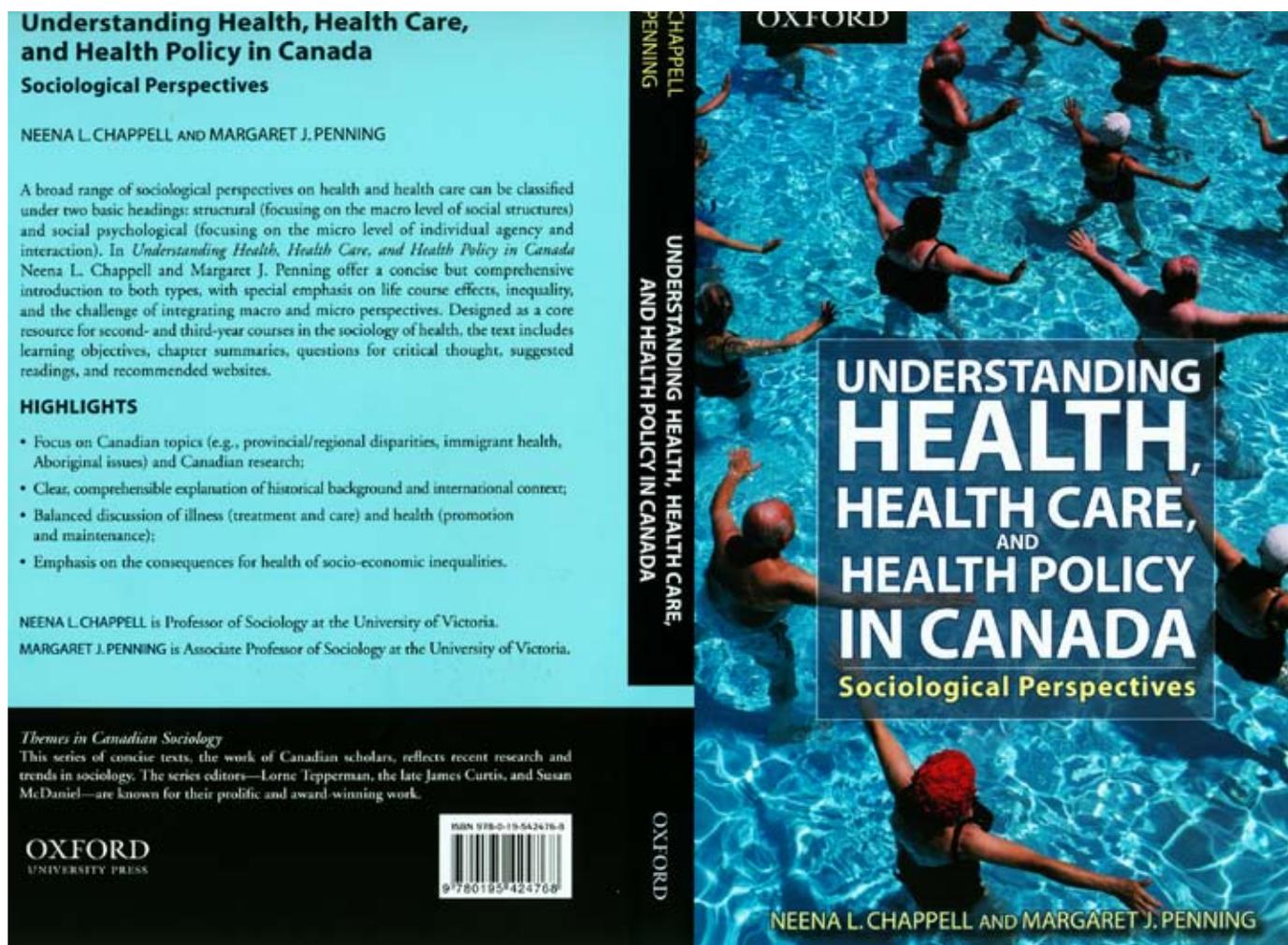
*This article was picked up by the Vancouver Sun and Edmonton Journal.*

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*"How does one keep from "growing old inside"? Surely only in community. The only way to make friends with time is to stay friends with people . . . Taking community seriously not only gives us the companionship we need, it also relieves us of the notion that we are indispensable."*

*~Robert McAfee Brown*

## Chappell & Penning's new book!



## University offers help for senior web surfers

Times Colonist, Thursday, October 02, 2008

A popular University of Victoria course helping seniors to find their way around the Internet returns next month. The program offers **free training for those 60 and older**. Participants learn the basic skills for navigating the net and using e-mail, giving them more ways to keep in touch with family and share photos. Finding search engines, news and banking could also be covered in the course given by UVic computer science students.

There have been four sessions since UVic first offered the program in January. It has been well-received, according to course instructor Warren Shenkenfelder. "When we started we weren't sure if anyone would show up. In the end we had to turn away over 100 people," he said.

**The course spans five Fridays starting Oct. 10.**  
**The weekly sessions run from noon to 1:30 p.m.**  
**in Room 348 of the Engineering/Computer Science building.**  
**To register call 250-472-5759.**

## Pacific Leaders Graduate Student Fellowships

The Pacific Leaders Graduate Student Fellowship will attract top-quality researchers to the B.C. Public Service while producing research to address key issues facing British Columbia. The fellowships support graduate students whose areas of research are relevant to the future of the province.

Pacific Leaders fellows will receive \$20,000 per year for each year of graduate studies up to two years, with up to 20 fellows chosen each year.

This award is intended for students in the final full-time year, or the last two full-time years of either a master's or doctorate degree. Fellows are expected to be employed by the government soon after they finish their degrees.

Applicants must have at least an A-minus average in each of their most recent two years of full-time study and show potential to develop as excellent researchers or analysts. Their research and findings must be available for the use of the B.C. government, and students applying for fellowships must show how their research is relevant to government. Once students complete their graduate degrees, they must work one year for the B.C. Public Service for every year of graduate studies funded through the fellowship. Areas of focus will be related to government's priorities in areas of current and future skills shortage and/or immediate research needs. One area of interest would be research related to planning for an aging population, as outlined in the recently released Seniors in British Columbia: A Healthy Living Framework.

Fellowships are available to students in either master's or doctoral studies. Professional programs or "applied" or "executive" graduate degrees are not included, as these graduate programs have smaller research components.

**The deadline for applications for the Pacific Leaders Graduate Student Fellowship is Oct. 31.**

For more information, contact  
Carolyn Swayze [cswayze@uvic.ca]

To apply go to:  
[http://www.pacificleaders.gov.bc.ca/  
graduateFellowships.htm](http://www.pacificleaders.gov.bc.ca/graduateFellowships.htm)

## 2009 Alzheimer Society Research Program Competition

The Alzheimer Society of Canada (ASC) is pleased to announce the 2009 Alzheimer Society Research Program (ASRP) competition. Through its Bio-medical and Quality of Life streams, the Program supports research into all aspects of Alzheimer's disease and related dementias, with a new emphasis on encouraging Doctoral and Post-Doctoral trainees and Young Investigators. Last year, the Program awarded 27 new grants and training awards amounting to over \$2 million. We expect these numbers to increase in 2009.

Application forms and Application Guidelines are available on ASC's Web site ([www.alzheimer.ca/english/research/re-sprog-download.htm](http://www.alzheimer.ca/english/research/re-sprog-download.htm)). All application materials are provided in downloadable format.

**The deadline for submitting applications for research grants and training awards is November 14, 2008.**

For information regarding the Alzheimer Society Research Program contact:  
Research Department  
Alzheimer Society of Canada  
20 Eglinton Ave. W.  
Toronto, ON M4R 1K8  
Tel: (416) 847-2968  
Fax: (416) 488-3778  
E-mail: [research@alzheimer.ca](mailto:research@alzheimer.ca)

## BCNAR cornucopia of presentations and new student support announced



A recent presentation held at UVIC demonstrated how BCNAR is supporting students. As part of the agenda, four UVIC researchers reflected on their research careers and how they developed an interest in aging. They also provided the audience with advice for careers in research and compelling reasons to make aging their focus. Kristine Votova, a PhD candidate in the Department of Sociology and Research Assistant at COAG shared her perspective as a graduate student. The morning session was expertly moderated by Janet Love, another COAG Research Assistant and MSc student in the Department of Psychology. Thanks to Dr. Stuart MacDonald, Psychology, Dr. Denise Cloutier-Fisher, Geography and Dr. Karen Kobayashi, Sociology for their commitment to research students at UVic.

### STAR: Student training in aging research

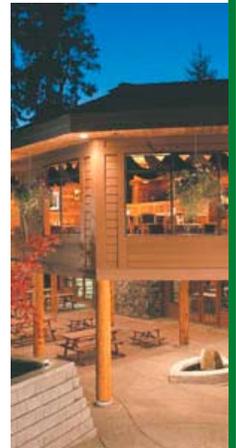


Students are encouraged to join BCNAR and to check out the many ways BCNAR helps graduate students in the field of aging <http://www.bcnar.ca/>. These opportunities are called STAR: Student Training in Aging Research. Funding is available and applications are on the BCNAR site for:

- travel awards to conferences where students are presenting papers or posters on an aging and health related topic.
- student research data collection awards for doctoral or masters thesis or graduating projects. The deadline is **December 15, 2008**.

### An intensive training program will take place February 26–March 1 at Tigh-na-mara.

The STAR workshop will focus on developing specific research skills, including proposal development, grant and manuscript writing, oral and written communication and knowledge translation students will benefit from networking with peers and mentors who are also involved in aging research in BC. Students from all disciplines are encouraged to apply. Selection will be done through a competitive application process. The deadline is **December 1st, 2008**.



BCNAR and the UVIC School of Nursing sponsored a workshop on September 29 Screening for cognitive impairment: A workshop with Dr. Holly Tuokko. The workshop built on Holly's presentation at BCPGA last April. Holly discussed four screens: Mini-mental State, Modified Mini-mental State, Clock-drawing and the Montreal Cognitive Assessment. Strengths and weaknesses for each screen were also discussed. A lengthy question and answer period made the presentation very interactive. Participants represented a wide range of frontline health professions and it was clear they enjoyed the networking opportunity as well as the presentation. The presentation, on DVD, will travel with BCNAR up island in November to Campbell River, Comox and Nanaimo. Details to be announced on the BCNAR Web site

<http://www.bcnar.ca/VIHARegionalPage.html>

**For information on the upcoming BCNAR opportunities, contact Sandra Lee at 472-5467 or [islandliaison@bcnar.ca](mailto:islandliaison@bcnar.ca)**

# Valued Elder Recognition Award 2008

## Congratulations to all the VERA nominees and recipients!

This year, there was a very large number of nominees – thirty-two volunteers were brought forward by their agencies. Thank you to the selection committee: Denise Cloutier-Fisher, Associate Professor, Centre on Aging, Lois Edgar, Administrator, Centre on Aging, Elaine Gallagher, Director, Centre on Aging, Andrew Maxwell, Treasurer, Friends of the Centre on Aging, and Bernie Paille, President, Friends of the Centre on Aging. And an especially big thank you to Beverly Rowlands who worked so hard to make this year such a success!



*VERA nominees at VERA tea, 2008*

### *In alphabetical order, the Nominees for 2008 VERA were:*

Sophia Barber, Noreen Blair, Bob Campbell, Kate Cornish, Prue Cunningham, Terry Cushing, Ruth Davis, Joan Dayton, Noreen de Blois, Mavis DeGirolamo, Ted Deever, Kathleen Desiatnyk, Lauren Dye, Elsie Farr, Frank Gascoyne, Donna Godwin, Meg Gustafson, Denis Lush, Tommy Mayne, Russell McClellan, Fredi McComb, Betty Paquette, Marilyn Peel, Elizabeth Repay, Mel Sumner, Cora Shaw, Basil “Mickey” Stevens, Judith Strother, Jan Tigchelaar, Ruth Timnick, Margaret Trowsdale and Neil Williams.

### **VERA Plaque**

All of the VERA recipients are commemorated on a plaque located in the Hallway in the Centre on Aging in Sedgewick A Wing. Feel free to come and take a look!

# Valued Elder Recognition Award 2008 Recipients



## **PRUE CUNNINGHAM**

### *Volunteer Highlights:*

1987 - present SENDIAL Program, Thrifty Foods

1975 - 1981 B.C. Senior Citizen Council

*Previous years:* Victoria Volunteer Bureau, Victoria Gerontology Assoc., Seniors Serving Seniors, Silver Threads, CNIB, and Golden Ages Group, and SWAP (Students/Seniors Work Assistance Program)



## **MAVIS DeGIROLAMO**

### *Volunteer Highlights:*

1997 - present Intercultural Association, ESL Instructor

Citizenship Tutor, Immigrant Seniors

Board of Directors, United Way, FolkFest, Luminara

1999 - present Glengarry Hospital Richmond Unit

1997 - present Global Village Store

2005 - present James Bay Community Project



## **DONNA GODWIN**

### *Volunteer Highlights:*

1980 - present Peninsula Community Association and Community Counseling Services: Sidney Teen Activity Group, Christmas Hamper Fund

Volunteer Visiting Program, Senior Peer Counselling Service Peninsula Birth Control Clinic  
Emergency Measures Program

1990 - present Saanich Peninsula Hospital Hospice Program

2003 - present Family Caregivers Network



## **FREDI MCCOMB**

### *Volunteer Highlights:*

1993 - present Downtown Victoria Ambassador Program with Tourism Victoria

1995 - present Friends of the Library, Greater Victoria Public Library

1987 - present Victoria's Belfry Theatre

1970's Victoria's Bastion Theatre

1987 - present Victoria Jazz Festival

1980 - present Christmas Hampers program



## **Basil "Mickey" Stevens**

### *Volunteer Highlights:*

1987 - present R.C.A.F. Association, 800 Pacific Wing

1964 - present Kiwanis International

1988 - present Claremont High School KEY Club (Kiwanis Educating Youth)

1992 - present Greater Victoria Public Library

1986 - 1994 Victoria Gerontology Association, Medic Alert Device

## NEW HEALTH AND SENIORS INFORMATION LINE

The Health and Seniors Information Line located at the Ministry of Health, Victoria, BC is a “one stop” location to obtain information on both health and non-health related federal and provincial government programs and services for British Columbia seniors. The Line also provides general public with information about health services and the health care system.

Hours of operation 8:30 a.m. – 4:30 pm  
Monday to Friday  
excluding statutory holidays

**In Victoria call: 952-1742**

Toll-free line across Canada: 1-800-465-4911

*Translation services available in over 130 languages*

### Services Offered

- Assistance in identifying the programs or services available to the caller
- Assistance for seniors in the following financial programs:
  - Housing
  - Financial
  - Health Services
- Provide information on the health authorities:
  - Public Health (flu shots, vaccines, travel immunization)
  - Home and Community Care
  - Mental Health
  - Environment Health
- Assist with HIBC matters (Health Insurance BC) by issuing new replacement CareCard, address change to BC CareCard, issuing application kits to residence of BC, cancelling MSP coverage for a death in a family or direct callers to HIBC.
- Provide interpretation of a wide variety of Health media releases, legislation, policies, programs and services.
- Distribute publications on behalf of program areas or ministries:
  - BC Seniors' Guide (4 languages, French, English, Chinese, Punjabi)
  - BC Health Guides (4 languages, French, English, Chinese, Punjabi)
  - BC Healthy Eating for Seniors Guide (English)
  - Various Pamphlets



Students, make sure you check out our new “Student Connection” section of the Centre on Aging’s website:

<http://www.coag.uvic.ca/students/>

There you will find information about travel grants, student fellowships and awards, and student lunch sessions. There are also many useful links and data sources to explore.



## ATTENTION STUDENTS ... DID YOU KNOW?

**The University of Victoria’s Centre on Aging offers financial aid for students’ conference travel costs!**

As part of our mandate to develop research capacity, and facilitate knowledge exchange in the area of aging, the Centre on Aging is offering grants of \$500 each to University of Victoria graduate students who are actively engaged in research on aging.

Applications can be found at the Centre or online at [www.coag.uvic.ca/students/resources.htm](http://www.coag.uvic.ca/students/resources.htm)

*Note: A valid UVic Netlink ID is required to access the website.*

Deadline is the 1st of each month, from Oct. 1, 2008 to June 1, 2009 or until all funds have been awarded.

*Thank you to the Michael Smith Foundation for Health Research infrastructure grant (2003-2009) for making this offer possible.*

## Conference Announcement

### Re-Imagining Health Services: Innovations in Community Health Conference November 6 to 8, 2008 (Vancouver, BC)

The Canadian Centre for Policy Alternatives-BC and Simon Fraser University's Economic Security Project, along with SFU's Faculty of Health Sciences and UBC's Department of Family Practice and the Western Regional Training Centre for Health Services Research are hosting a conference on community health care solutions and innovations titled Re-Imagining Health Services: Innovations in Community Health.

This conference will explore how community health care can:

- Take pressure off hospitals;
- Allow people to manage their health while living at home and in their own communities;
- Improve the health of vulnerable groups, such as frail seniors, people living with mental illness, and people with disabilities or chronic conditions; and
- Address the socio-economic determinants of health.

The community health sector includes primary health care, community mental health services, residential care, home support, home care, and health promotion.

The conference will highlight positive examples from BC and elsewhere of small and large-scale models for delivering community health services. We will also bring evidence from research and practice together to create a better understanding of how to achieve positive change in the community health sector.

**For more information about the conference, fees, and to register, please visit the conference website at:**  
[http://www.policyalternatives.ca/esp\\_conference](http://www.policyalternatives.ca/esp_conference)

#### CONFERENCE DETAILS AND LOCATION

##### November 6, 2008 - Conference Opening Public Event

7:00-9:00 PM, Vancouver Public Library Downtown – Alice MacKay Room (350 West Georgia St)

The conference will begin with a free public event to share stories of local community health innovators and initiatives. Reservations are required. To reserve, please contact [eloginy@policyalternatives.ca](mailto:eloginy@policyalternatives.ca)

##### November 7-8, 2008 – Re-Imagining Health Services Conference

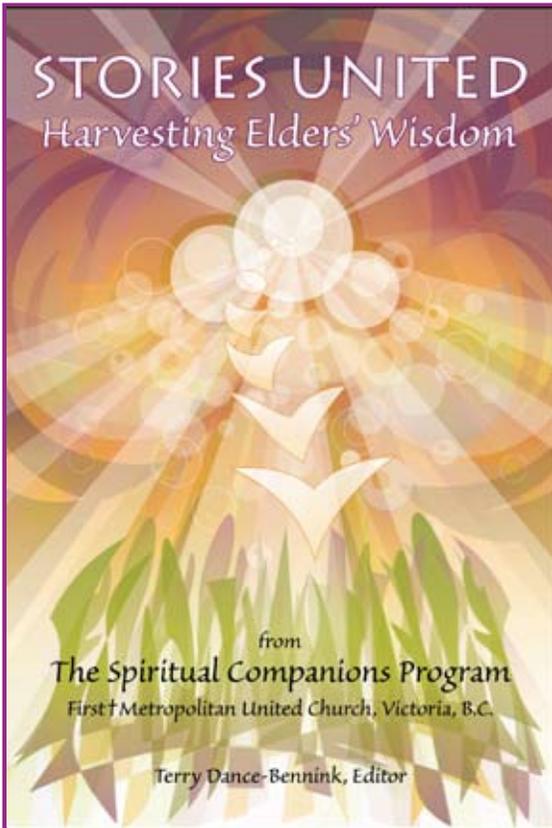
8:30 AM-5:00 PM, UBC Graduate Student Society Building (6371 Crescent Road, UBC campus)

For registered participants, the conference will take place the following two days. It will feature speakers and presenters with both research and practitioner backgrounds, who will share evidence and experience about what works in community health. Together, we will explore how we can achieve positive change in the community health sector.

Students: Registration fees will be waived for students who are interested in volunteering with the conference. Please contact Eloginy Tharmendran ([eloginy@policyalternatives.ca](mailto:eloginy@policyalternatives.ca) <<mailto:eloginy@policyalternatives.ca>> ) if you would like to volunteer.

#### Further questions/information

Please contact Eloginy Tharmendran at 604-801-5121 ext 222, [eloginy@policyalternatives.ca](mailto:eloginy@policyalternatives.ca) <<mailto:eloginy@policyalternatives.ca>> or Thi Vu at 604-801-5121 ext 230, [thi@policyalternatives.ca](mailto:thi@policyalternatives.ca).



## STORIES UNITED – Harvesting Elders’ Wisdom

“Hearts with ears and a pen.” That’s how elders describe 12 lay volunteers at FirstMet Victoria who’ve been trained as spiritual companions to help elders reflect on their life experience and harvest the wisdom in a newly published book “Stories United”.

Many rich stories have been collected during this pilot program sponsored by the Watkins Fund of the United Church of Canada. Elders, ages 75 to 100, are eager to “feast” on their lives in the company of a younger friend. The stories will touch you deeply. The reflection questions at the end of each chapter may prompt you to follow in our elders’ footsteps. Read the book right through or dip into whatever theme will help you on your journey.

- ◆ Early memories ◆ Love and friendship ◆ A life’s work
- ◆ The joys and challenges of growing older ◆ Accepting loss and death
- ◆ Building a faith community ◆ The many faces of God
- ◆ More words of wisdom

An Elders’ Gallery presents each elder’s biography and photo, together with the companion’s photo and the Wisdom Learned from the elder. The Story behind the Stories ends the book for those who wish to learn from our experience. Book reviews by Lois Wilson, Marion Best, Herb O’Driscoll and Tim Scorer are on the back cover.

ISBN 978-1-897518-36-6 published by First Metropolitan United Church  
Visit their website: [www.firstmetvictoria.com](http://www.firstmetvictoria.com) or call (250) 388-5188

# MASTERMINDS

■ Lectures by UVic Retirees ■

Wednesdays, 7:00 pm April 15, 22, 29 and May 6  
University of Victoria, Hickman Building, Rm 105

- April 15 EDWARD ISHIGURO will discuss what everyone should know about food-borne infectious pathogens and food safety.
- April 22 MICHAEL HADLEY will explore the principles and practices of restorative justice as an effective means of dealing with conflict.
- April 29 ERICA DODD will share her research on early mosque inscriptions in relation to current Islamic thought.
- May 6 RALPH HUENEMANN, who has recently returned from working in Beijing, will share his observations of China from an economist’s point of view.

*The series is co-hosted by the UVRA and the Centre on Aging  
with the generous support of the University.*



**BC NETWORK FOR AGING RESEARCH**

### CONFERENCE TRAVEL AWARDS

Are you a BC based graduate student or researcher who plans to present a paper or poster at a conference?

BCNAR is offering Travel Awards for graduate students and researchers who are actively engaged in research on aging.

Applications are due on the first of each month.

[www.bcnar.ca/opportunities-funding.html](http://www.bcnar.ca/opportunities-funding.html)

*There is always a lot to be thankful for, if you take the time to look. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt. ~ Author Unknown*



The Friends of the Centre on Aging are volunteers. They include individuals, not-for-profit agencies, and organizations who have an interest in aging-related issues.

The Friends of the Centre is an expanding group that contributes to the Centre's mission and goals. They assist in the communication of research results, collaborate with researchers in the dissemination of new knowledge about aging, and assist with various events and awards of the Centre.

If you are interested in furthering the quality of life we experience as we age and wish to become involved in projects and activities that relate to the aging process, then we invite you to consider volunteering at the Centre. The time required will depend on your schedule and interests.

More information and an online application form is available on our website at:

[www.coag.uvic.ca/community\\_friends.htm](http://www.coag.uvic.ca/community_friends.htm)

The Friends of the Centre on Aging meet on the second Wednesday of every month. If you are interested, please contact Lindsay Cassie @ 721-6369 or Lois Edgar @ 721-6524, [ledgar@uvic.ca](mailto:ledgar@uvic.ca).

## VISITING PROFESSOR AT THE CENTRE IN AUGUST

**NETTA BENTUR**, PhD, sociologist, academic health research, from the Myers-JDC-Brookdale Institute in Israel, visited the Centre on Aging from August 29 to September 14, 2008. The Myers-JDC-Brookdale Institute is the premier center for applied social research serving Israel, the Jewish world and the international community (<http://brookdale.jdc.org.il/>). Netta specializes in research in palliative care, mapping services and exploring patient and caregiver experiences of care, pain relief and symptom control. She co-authored a report on service provision in Israel in 2004, which included looking at different models and systems by which palliative care is provided.

During her visit, she collaborated with Kelli Stajduhar and looked at what the unmet needs of patients at the end of their life are, as well as the unmet needs of their informal caregivers. Some of her recent publications include:

- "Health Passport" A Health-Maintenance Program for the Elderly in the Community: Evaluation Study. Netta Bentur, Daniella Citron, Svetlana Chekhir, John Lemberger, Liora Valinsky, Yosefa Ben-Moshe (2008, available at <http://brookdale.jdc.org.il/>).
- Elderly Women: Their Situation and Needs, and Directions for Improving Their Quality of Life  
Bentur, N., Citron, D. and Chekhir, S. (2006, available at <http://brookdale.jdc.org.il/>).
- Bentur N., and Resnizky S. (2005). Validation of the McGill Quality of Life Questionnaire in Home Hospice Settings in Israel. *Palliative Medicine*. 19:538-544.
- Shnoor Y., Szlaifer M., Aoberman A., and Bentur N. (2007). The Cost of Home Hospice Care for Terminal Patients in Israel. *American Journal of Hospice & Palliative Medicine*. 24: 284-290
- Resnizky, S. and Bentur, N.(2007). Family Caregivers of Terminally Ill Patients Be a Reliable Source of Information about the Severity of Patient Symptoms? *American Journal of Hospice & Palliative Medicine*. 23: 448-457.
- Bentur N. The attitudes of physicians toward the new "Dying Patient Act" enacted in Israel. Forthcoming in the *American Journal of Hospice & Palliative Medicine* in mid 2008.



# Senior Friendly Business Award 2008

## Think about your pharmacy.

*Are the price tags large and easy to read?*

*Are washrooms readily accessible, clearly marked, and convenient for seniors with assistive devices?*

*Are handrails and coat hooks provided in the washrooms? Are the staff kind, courteous, and helpful?*

## In short — is the business Senior Friendly?

*The University of Victoria Centre on Aging wants you to nominate a pharmacy for the “Senior Friendly Business Award.”*

The award honours businesses in the Capital Regional District that provide the most friendly high-quality services and facilities to customers 55 years of age or better. Let the Centre know about your pick for this award.

**Deadline is November 30th 2008**

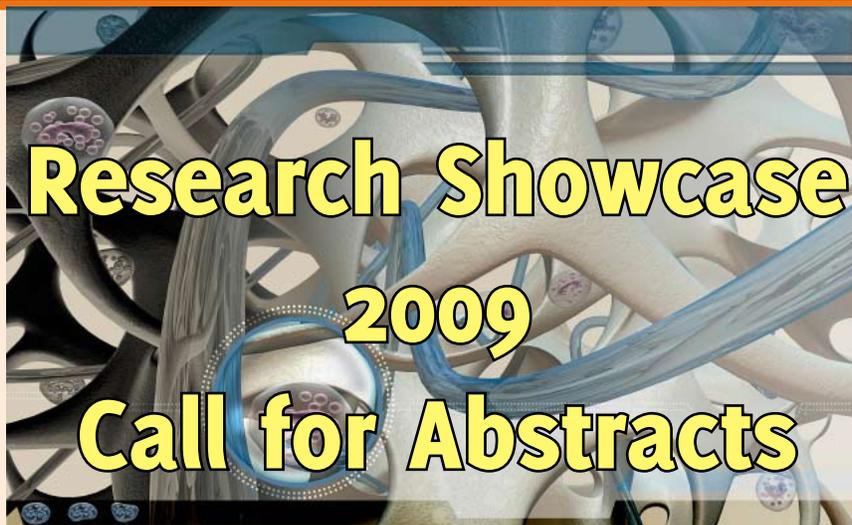
For more details, go to:

**[www.coag.uvic.ca/community\\_business\\_award.htm/](http://www.coag.uvic.ca/community_business_award.htm/)**

or phone the Centre on Aging at 250-721-6369.

Completed forms may be faxed to: 250-721-6499 or mailed to:

Senior Friendly Business Awards Committee & Friends of the Centre On Aging,  
University of Victoria, Sedgewick Building, Rm A104,  
PO Box 1700 STN CSC, Victoria BC V8W 2Y2



## **Showcase of Research in Aging**

**Thursday, June 18th, 2009**

**David Strong Building, University of Victoria**

The Centre on Aging (COAG) at UVic has held a MSFHR Infrastructure Grant since 2003 – some of these funds have been employed to help the Centre to increase its research capacity and to expand its research initiatives with community partners. As a result, the Centre on Aging (COAG) and the Vancouver Island Health Authority (VIHA) are pleased to co-sponsor a celebration of aging research. We are co-hosting a one-day event to provide an opportunity to share findings with researchers, students, community partners, government, VIHA, and others who are interested.

The preliminary format for the day includes:

- 2-3 plenary speakers
- Concurrent sessions
- Poster presentations
- Student poster/paper competition with prizes

**Deadline for entries: March 1st, 2009**

Open to the public. Seating is limited. For more information call 721-6369.

**A free, six-week course:**

## **LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS**

Please register early by calling the number listed below.

### **FALL 2008 WORKSHOP:**

Yakimovich Wellness Centre  
1454 Hillside Avenue, Victoria, BC  
Thursdays, 1:00 pm to 3:30 pm Nov. 6 to Dec. 11, 2008

### **WINTER 2009 WORKSHOPS:**

First Metropolitan United Church  
932 Balmoral Road, Victoria, BC  
Tuesdays, 1:00 pm to 3:30 pm Jan. 20 to Feb. 24,  
2009

Oak Bay Recreation Centre  
1975 Bee Street, Victoria, BC  
Tuesdays, 12:30 pm to 3:00 pm Feb. 3 to Mar. 10,  
2009

Fairfield Activity Centre  
1-380 Cook Street, Victoria, BC  
Saturdays, 9:30 am to 12:00 noon Feb. 7 to Mar.  
21, 2009 (no session March 7)  
(No Class on Saturday, March 7, 2009)

Esquimalt Recreation Centre  
527 Fraser Street, Esquimalt, BC  
Saturdays, 9:30 am to 12:00 pm Feb. 7 to  
Mar. 14, 2009

Henderson Centre  
2291 Cedar Hill Cross Road, Victoria, BC  
Mondays, 1:15 pm to 3:45 pm Feb. 9 to Mar. 16, 2009

Victoria Silver Threads Seniors Centre (Cantonese  
Speaking Only)  
1728 Douglas Street, Victoria, BC  
Fridays, 10:00 am to 12:15 Mar. 13 to Apr. 24, 2009

John Paul II Catholic School (1st floor)  
4006 - 8th Avenue, Port Alberni, BC  
POSTPONED, dates and time to be announced

**To register call 1-866-902-3767**

[www.coag.uvic.ca/cdsmp](http://www.coag.uvic.ca/cdsmp) (click on Vancouver Island Health Authority)



**University  
of Victoria** | Centre  
on Aging

### **CONTACT INFORMATION:**

We invite your submissions, comments and contributions.  
Forward all correspondence to: The Editor, Lois Edgar, Centre on Aging, University of Victoria,  
PO Box 1700 STN CSC, Victoria, BC V8W 2Y2  
or email [ledgar@uvic.ca](mailto:ledgar@uvic.ca) or fax 250.721.6499

Articles and submissions by: Lois Edgar, Elaine Gallagher, Anita Jessop