



University of Victoria

Volume 25 ~ Issue 2 ~ Fall 2017

# THE BULLETIN Since 1992

Newsletter of the Institute on Aging and Lifelong Health



### Highlights:

Neil and Susan Manning  
Cognitive Health Initiative

Scholarship recipients

2017 Valued Elder  
Recognition Awards (VERA)

iPANEL

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VICTORIA HOSPITALS  
FOUNDATION  
*Giving makes us all better*

WE PLEDGE  
**\$2.5 MILLION**  
OVER FIVE YEARS TO THE VICTORIA  
HOSPITALS FOUNDATION TO ESTABLISH  
**THE NEIL AND SUSAN MANNING  
COGNITIVE HEALTH INITIATIVE**

island health      University of Victoria      UBC

OCTOBER 5, 2017

# Update from the Associate Director ~ Ladner Office

## Adverse Child Experiences (ACEs) and Self-Management

For a long time there has been anecdotal evidence that terrible childhood experiences have an impact on peoples' health in later life.

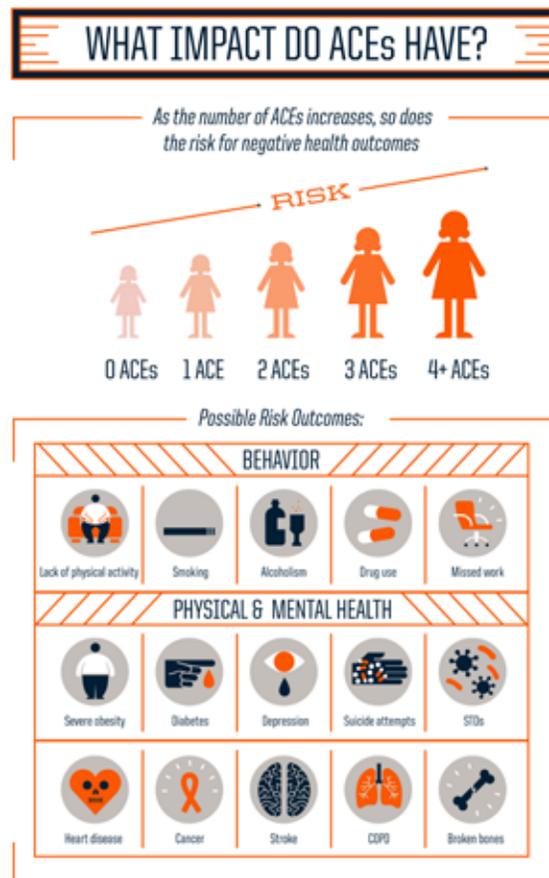
Because of this, the Centers for Disease Control and Prevention (CDC) in the United States, Kaiser Permanente (KP) and Doctors of BC have been studying the effects of adverse childhood experiences (ACEs). ACEs include abuse, neglect and other traumatic experiences that occur to people under the age of 18. As studies have shown adverse childhood experiences negatively impact adult health issues, KP developed a screening tool to assess individual ACE scores. Adverse childhood experiences are the most basic and long-lasting cause of health risk behaviours, mental illness, disease, disability and healthcare costs. People with higher ACE scores identify higher levels of addictions, mental illness, chronic diseases and early death. A history of ACEs is the norm rather than the exception among adult health-care patients.

In the near future, the ACEs screening tool will be used with adults with chronic diseases within the Institute's Self-Management BC Programs, administered province-wide through the Institute's Ladner office. The experience of participating in six-week Self-Management programs, and the life skills and strategies learned, can have a

potential impact in addressing the trauma of ACEs.

Self-Management teaches core skills such as how to use a problem-solving process to resolve life dilemmas or to access services; how to make difficult life decisions; how to start and maintain a healthy behaviour such as exercise, or discontinuing an unhealthy behaviour such as smoking; how to access and use stress management and relaxation techniques; and how to use good communication skills.

The Self-Management Programs will be adding a seventh session to each self-management program to include an explanation of ACEs, the history taking questionnaire, and strategies that may mitigate the adverse effects. Other additions to the program may include a three-session in-person small group series, a three-month stand-alone telephone coaching program, an ACEs telephone counselling line, provincial ACEs support groups, and a repository of information and resources.



I will be participating in the provincial ACEs Summit November 14-15, 2017 in Vancouver, and I look forward to sharing further developments on this topic.

Patrick McGowan  
Associate Director, Ladner

Clipping from *THE TRUTH ABOUT ACEs*, [www.rwjf.org/en/library/info-graphics/the-truth-about-aces.html](http://www.rwjf.org/en/library/info-graphics/the-truth-about-aces.html)



# Director's Message

## The Changing Face of Cognitive Health

The early phases of cognitive, behavioral and physical changes that characterize neurodegenerative disorders are currently difficult to detect at the individual level, diminishing opportunities for both scientific discovery and potential interventions which may be most effective early in the disease progression. Several past directors and many researchers affiliated with the Institute on Aging and Lifelong Health have long been leaders in the field of cognitive aging, neuropsychological assessment, and the promotion of cognitive health. This topic is one of our major strengths and is currently one of the Institute's five strategic research initiatives. It is because of this strength and the shared collaboration and vision with neurology specialists, Drs. Alex Henri-Bhargava and Andrew Penn, that we were able to present details of an initiative that will integrate leading-edge research and care for patients living with cognitive health issues on Vancouver Island.

Susan Manning was diagnosed with dementia two years ago. Neil Manning said the family quickly realized that "while much work has been done in this area, there was still so much more to accomplish in order to solve the riddles surrounding cognitive health diseases." The Mannings decided to look for opportunities closer to home and contacted the UVic Institute on Aging and Lifelong Health, and the seeds of this research collaboration took root.

The team currently working on this research initiative is comprised of members from Island Health, the University of Victoria and the University of British Columbia Island

Medical Program through funding directed through the Victoria Hospitals Foundation.

The **Neil and Susan Manning Cognitive Health Initiative** has taken two years to finalize. To effectively tackle the complexities of cognitive disorders, make advances in treatment, and offer patients a personalized plan of care, our focus is initially on improving assessments to enable more accurate diagnosis and follow-up of progressive cognitive changes, increasing treatment options and clinical trials, and improving the coordination of care. The vision for this strategy is based on the rapid translation of research discoveries as a framework to provide the highest quality, most effective and innovative care for cognitive disorders in Canada.

I expect we will have an even more exciting and productive year ahead!

Scott Hofer  
Director



Neil Manning



# Self-Management Health Coach Program

## Wellness, Confidence & Motivation

### FOR PARTICIPANTS LOOKING FOR A HEALTH COACH

- ◆ Do you feel stuck in managing your health?
- ◆ Do you want to be more physically active?
- ◆ Are you lacking the motivation to change?

#### Coaches can support you to:

- ◆ TAKE ACTION
- ◆ Identify your barriers to change and deal with them
- ◆ Be more self-confident
- ◆ Get supported socially and emotionally
- ◆ Initiate and maintain behavior change

#### FREE telephone support program for individuals:

- Age 18 and over
- Living with chronic health condition(s)
- Keen to improve wellness
- Have specific health goal(s) to achieve

### FOR VOLUNTEERS WHO ARE INTERESTED IN BEING A HEALTH COACH

- ◆ Do you live with chronic conditions or with someone who does?
- ◆ Do you like to help people?
- ◆ Are you interested in empowering others?

**Time Commitment:** Successfully attend 2 day training AND a minimum commitment of 3 to 6 months to support a participant by way of a weekly 30 minute telephone call. Trainings are available in select communities.



**FOR MORE INFORMATION:** [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)  
**CONTACT US:** [smhcoach@uvic.ca](mailto:smhcoach@uvic.ca) 604-940-1273 or 1-866-902-3767



University  
of Victoria

Institute on Aging  
& Lifelong Health

Self-Management  
*British Columbia*



# News at the Institute

## Welcome, Andriy!

Dr. Andriy Koval is a data scientist with a background in quantitative methods and an interest in data driven models of human aging. After receiving a PhD in Quantitative Methods from Vanderbilt University (2014), where he focused on longitudinal modeling, statistical graphing, and reproducible research, Andriy joined the Integrative Analysis of Longitudinal Studies of Aging (IALSA) network at UVic as a postdoctoral student. Directed by Drs. Andrea Piccinin and Scott Hofer, Andriy developed



Andriy Koval

reproducible tools (with R and GitHub as the key components) for implementing coordinated statistical analyses among multiple longitudinal studies of human aging during the first year of this two year appointment with IALSA. Andriy has promoted practices of paired programming and social coding in collaborative projects spanning multiple labs and data sources. He currently maintains [github.com/ialsa](https://github.com/ialsa) organization, which narrates IALSA's active and completed reproducible projects.

Recently, Andriy received a Canadian Institutes of

Health Research (CIHR) Health System Impact Fellowship through the BC Observatory for Population and Public Health (Observatory), BC Centre for Disease Control, Provincial Health Services Authority, BC. This two-year funding opportunity will allow Andriy to continue working with Island Health and UVic while assisting the Observatory in its support of provincial and regional surveillance programs, enhance provincial capacity and coordination, and provide partner organizations with an opportunity to set collaborative priorities and develop joint work plans.

The Observatory was established in 2015 in response to a recommendation of the Population and Public Health Surveillance Plan for British Columbia (BC). It is a partnership between the BC Centre for Disease Control, BC Ministry of Health, BC Provincial Health Officer (PHO), First Nations Health Authority, Fraser Health Authority, Interior Health Authority, Island Health Authority, Northern Health Authority, Provincial Health Services Authority and Vancouver Coastal Health Authority.

## Congratulations, Harjot!

Harjot Grewal joined the Institute on Aging and Life-long Health (Institute) as a work study student in 2015 while she was completing her undergraduate degree in psychology. After graduation in 2016, she was hired fulltime by the Institute where she continued to learn, grow, and be invaluable. Harjot developed an affinity for research that is undeniable and led to her new position with the BC Ministry of Health. We wish her well in this exciting new endeavour!

Fortunately for us, Harjot continues to work on two of the Institute's research projects and helps to maintain our website. We are happy that we aren't saying goodbye to Harjot and continue to work with her while she develops more skills and builds her career path. Good luck Harjot, and thank you for everything you do!



Harjot Grewal



# News at the Institute

## Dr. Adam Con delivers International Day of Older Persons Lecture

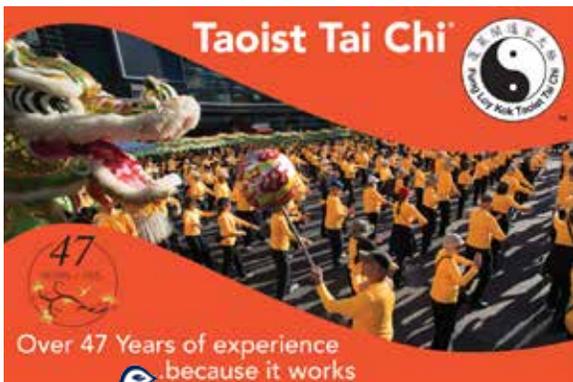
Dr. Adam Con provided the International Day of Elder Persons Lecture on September 29, 2017. His realistic approach to aging and our views, and nostalgia, about our bodies and what they used to be able to do was very insightful. It's true that as we age we tend to shy away from activities that we perceive as too difficult due to less flexibility and speed. However, the vitality of youth is different from the vitality of the mature. Economy of movement, efficiency of thought, and wisdom of experience are important ingredients to living well.

Dr. Con's research of Tai Chi Chuan and music, specifically, singing, prove this point and show that change does not necessarily mean being inactive. His beautiful piano playing invigorated the crowd and had everyone singing in short order. This change in focus orchestrated a change in outlook and mood for the audience, making everyone interested in being active – providing a glimpse into the secrets of vitality. And capturing his motto "Music is more than notes in motion; music is notes in emotion."



Dr. Con is a conductor, a visionary, a respected teacher of choral conducting and Tai Chi Chuan, and a leader in the advocacy of music education. A native of Vancouver and a third generation Chinese Canadian, his holistic approach to choral music through a unique blend of kinesthetic whole body movement and Eastern philosophy continues to inspire singers of all ages in mind, body and spirit.

## Thank you to the Fung Loy Kok Taoist Tai Chi®!



Thank you to Fung Loy Kok Taoist Tai Chi® for providing a guided interactive Tai Chi demonstration during our International Day of Older Persons celebration on September 29, 2017.

Taoist Tai Chi® arts contribute to the health of seniors and communities by providing physical activity, opportunities to volunteer and socialise, a sense of belonging, calming the mind and cultivating the spirit. The practice involves deep stretching with full range of motion, focused concentration, and relaxation.



# News at the Institute

## Congratulations, Elizabeth and Andre!

*Credit: UVic Photo Services*

Congratulations to our research affiliates Elizabeth Borycki (Health Information Science, Social Dimensions of Health) and Andre Kushniruk (Health Information Science)! They have been named as top 100 biomedical and health informatics researchers in the world by the International Medical Informatics Association (IMIA). They, along with two other UVic Health Information Science faculty members and are among the members named as the first class of the International Academy of Health Sciences Informatics.



From left: Jochen Moehr, Elizabeth Borycki, Andre Kushniruk, Denis Pratti

This academy is an honour society recognizing international expertise in biomedical and health informatics. Membership will be one of the highest honours in the field of biomedical and health

informatics, serving as a forum for exchanging knowledge, providing education and producing policy and position statements.

## INSTITUTE ON AGING AND LIFELONG HEALTH RESEARCH INITIATIVES

Promoting Cognitive Health Lead, Scott Hofer

Frailty and Care for People with Serious & Life-limiting Conditions Lead, Kelli Stajduhar

Healthy Behaviours Lead, Ryan Rhodes

Health Data, Services and Policy Lead, Denise Cloutier

Technology, Aging, and Health Lead, Andre Kushniruk



# News at the Institute

## Mauricio Arias Rojas – International PhD Intern with Dr Kelli Stajduhar

Mauricio is currently in his 2nd year of PhD studies at the Universidad Nacional de Colombia, Bogotá in the Facultad de Enfermería (Faculty of Nursing). He currently holds a scholarship with the Emerging Leaders in the Americas Program (ELAP) from the Government of Canada and will be working here with Dr. Kelli Stajduhar until the end of December, 2017.

Mauricio obtained his Masters in palliative care nursing from the Universidad de Navarra in Spain. He is currently developing his PhD research proposal focusing on the experience of uncertainty for people who are dying with cancer and that of their family caregivers, with the aim of developing effective interventions to

better support patients and their families.

Join us in welcoming Mauricio to the Institute!



## Self-Management

*British Columbia*

Persons with chronic health conditions and family members can participate in self-management programs offered in communities throughout BC at no cost. These are evidence-based programs which provide information, teach practical skills and give people the confidence to manage their health condition(s).

For more information, please visit the website at [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca) or call toll-free at 1-866-902-3767.



## *Congratulations to our 2017 Scholarship Winners!*

### **Neena L. Chappell Scholarship**, Recipient: *Camille Angus, \$1125*

Established in 2005 as UVic's first scholarship for graduate students studying aging.

Camille is a second year PhD student using longitudinal methods to explore changes in, and interactions between, physical and cognitive function as people transition from middle to older age. Her supervisor is Scott Hofer, Department of Psychology.



### **David Chuenyan Lai Scholarship**, Recipient: *Jinelle Woodley, \$825*

First awarded 2006-2007, a gift to Dr. Lai from his colleagues in Geography and the Chinese community for his service to our community.

Jinelle is a second year PhD student; her primary area of interest is care for seniors living with frailty in the community. Her supervisor is Debra Sheets, School of Nursing.

### **Alice Lou-Poy Scholarship**, Recipient: *Sandra Gordon, \$800*

Created by the Lou-Poy family in honour of their mother, for graduate students studying dementia.

Sandra is a second year PhD student interested in connections between ways of knowing about dementia, as understood by physicians and nurses, and their professional practices. Her supervisor is Anne Bruce, School of Nursing.



### **Elaine Gallagher Travel Award**, Recipients: *Ambar Abrar & Tomiko Yoneda, \$625 each*

For graduate students studying health and aging-related outcomes and who have an accepted conference presentation.

Ambar Abrar is a PhD student in Social Dimensions of Health; her primary area of research is exploring dementia in South Asian immigrants. Her supervisor is André Smith, Department of Sociology. Tomiko (Tiko) Yoneda is a PhD student studying trajectories of personality in normal and abnormal aging, including early indicators of dementia. Her supervisor is Andrea Piccinin, Department of Psychology.



## Have You Lost a Family Member Who Suffered from Cognitive Impairment or Dementia?



### Seeking Family Members of Older Adults who were Cognitively Impaired for a Uvic Dissertation Research Study on **Advance Care Planning**

#### **What is Required?**

- Voice your story/issues/concerns in a 1-hour individual interview

#### **Where/When?**

- Flexible dates and times
- Phone interview

#### **How Will You Benefit?**

- Discuss concerns about care received by your loved one
- Become actively involved in research to inform healthcare practice and policy
- Provide suggestions on improving care for a vulnerable population

If you would like to participate, please contact graduate student, Anna Jeznach, at 250-686-9317 or [abraslav@uvic.ca](mailto:abraslav@uvic.ca)

**THANK YOU FOR YOUR INTEREST!**



# News at the Institute

## Dr. Kelli Stajduhar receives the Ehor Boyanowsky Academic of the Year award

Dr. Kelli Stajduhar (Nursing) at Confederation of University Faculty Associations of BC awards dinner, May 2017, with Dr. Jim Johnson, CUFA BC President. Kelli received the Ehor Boyanowsky Academic of the Year Award, recognizing her contributions to the community.



## Dr. Neena Chappell invested as Member of the Order of Canada

Dr. Neena Chappell (Sociology) at Rideau Hall in Ottawa, May 2017. Neena was honoured as a Member of the Order of Canada for her work in social gerontology, specifically for her work on caregiving, dementia care and healthy aging.



## Good luck, Nina!

This summer, we bid a fond farewell to our incomparably clever Nina Perisic, as she left her administrative position at the Institute to pursue her Masters degree in Audiology at the University of British Columbia. While we do miss Nina's witty intellect, we are delighted she is pursuing her studies and look forward to the opportunity of working with her again in the future.



## Drs. Kelli Stajduhar and Ryan Rhodes inducted as Fellows of the Canadian Academy of Health Sciences

Drs. Kelli Stajduhar (Nursing) and Ryan Rhodes (Exercise Science, Physical & Health Education) at the induction ceremony in Ottawa in September 2017. Fellows are selected based on their leadership, academic performance and willingness to serve Canadians. This is one of the highest honours for Canadian scholars.



# News at the Institute

## Ladner Office Celebrates 15th Anniversary

The Institute's Ladner office, home of Self-Management BC (SMBC), celebrated their 15th anniversary with an Open House on August 30, 2017. The program was established in Ladner in 2002, and is located in the beautiful, historic Massey Marine building along the Fraser River.

More than 60 program volunteers, participants and community members attended to celebrate the anniversary open house with program director Patrick McGowan and SMBC staff.

The Self-Management programs teach techniques and strategies to give people skills they need to confidently manage their chronic health conditions. More than 3,500 participate in the programs each year, which are available free of charge online and in-person throughout British Columbia.

For more information, please visit <http://www.selfmanagementbc.ca/>



## Congratulations, Scott!



On August 16, 2017, our director, Scott Hofer, was one of 85 people from 23 countries who took the oath of Canadian citizenship during a windy outdoor ceremony at CFB Esquimalt. The presiding citizen judge, Gerald Pash, spoke of the importance for new Canadians to add to the mosaic of Canada by maintaining and sharing their original cultures. Judge Pash also spoke of some key responsibilities of Canadian citizenship: obeying the law, taking care of yourself and your family, jury duty, voting, volunteering in the community, and taking care of our environment.

Two of the three government officials in attendance, Randall Garrison, MP for Esquimalt-Saanich-Sooke, and Mitzi Dean, MLA for Esquimalt-Metchosin, had themselves immigrated to Canada. They spoke of their own citizenship ceremonies as well as the opportunities available to all Canadians.

Scott was born in California and moved to Canada with his family in 2009. Congratulations, Scott! It's good to have you as an official part of Canada.



# News at the Institute

## 2017 Lafayette Health Awareness Forum



The Institute was delighted to co-host the 12th annual Lafayette Health Awareness Forum with the Lafayette String Quartet on Thursday, October 5, 2017. The theme this year was, 'Our vital brain: Being mindful about optimal health'.

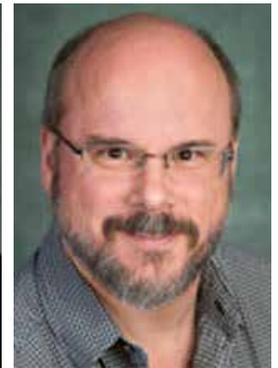
The evening began with a research poster display and reception, before the main event in the auditorium. The quartet – celebrating 25 years together this year - opened the program by playing to a capacity crowd. Their performance was followed by Drs Alex Henri-Bhargava and Mark Sherman,

and Ms Erin Guinup, who discussed ways to keep our brains healthy, the importance of practicing mindfulness, and the positive effects of singing on our bodies. The audience participated in a short guided meditation session and even had the opportunity to briefly sing together.

The audience responded to the quartet's second performance with a resounding standing ovation.

## New Funding! Voices in Motion: An Intergenerational Community Choir for Persons with Alzheimer's Disease and their Caregivers

Congratulations to Drs. Debra Sheets (Nursing), Stuart MacDonald (Psychology) and Andre Smith (Sociology) for receiving funding to implement a two-year project to study the impact of a choir for community-dwelling older adults with Alzheimer's disease and their caregivers. The choir will be professionally directed and involve high school students to support the family caregiver and older adult. Arts-based approaches to dementia, such as choirs, are an inexpensive and enjoyable activity that may reduce social isolation and improve quality of life and well-being. Choirs can reduce stress, and improve mood, energy, and self-confidence. The impact of the choir on social isolation, cognitive status, and well-being will be assessed using interviews, social network analysis, and psychological measurements. The choir will make older adults with Alzheimer's disease more visible within the community and shift attention from disease-related declines and losses towards the potential for creativity and learning.



Funding is provided by the Alzheimer Society of Canada and the Pacific Alzheimer Research Foundation. Planning is underway and the first choir will be convened in Spring 2018.

Funding is provided by the Alzheimer Society of Canada and the Pacific Alzheimer Research Foundation. Planning is underway and the first choir will be convened in Spring 2018.



# iPANEL: Knowledge translation for a palliative approach in nursing practice

**SHIFT YOUR THINKING...**

## TO A PALLIATIVE APPROACH

A palliative approach is different than specialized palliative care. It takes principles of palliative care and:

- ADOPTS** principles EARLY in the course of a person's life-limiting condition
- ADAPTS** strategies to meet patient and family needs
- EMBEDS** practices into usual care in settings not specialized in palliative care

iPANEL  
INITIATIVE FOR A PALLIATIVE APPROACH IN NURSING  
EVIDENCE AND LEADERSHIP

research in practice, such as nurses and other health care providers on the front line. iPANEL's projects are all collaborative, with team members consisting of: academics, front-line practitioners, and administrators.

Six years of work has resulted in many findings and recommendations. How can all this information be distilled into

People with chronic life-limiting conditions, along with their families, should receive high quality, continuous, health care services. Each person's situation and needs are unique, it's important for health care providers to be educated and able to address those needs and provide appropriate, timely care.

Initiative for a Palliative Approach in Nursing: Evidence and Leadership (iPANEL) is a BC wide initiative and is funded by the Michael Smith Foundation for Health Research (MSFHR). iPANEL began in January of 2011 and has been jointly led by nursing academic, Dr. Kelli Stajduhar (Professor, Institute on Aging & Lifelong Health/School of Nursing at the University of Victoria), and practice leader, Ms. Carolyn Tayler (Director, Strategic Initiatives BC Centre for Palliative Care) since its inception. Under their leadership iPANEL has conducted numerous studies and knowledge-to-action projects that seek to improve care for people with chronic life-limiting conditions and their families. One of iPANEL's driving principles is to ensure that research is always done in partnership with those who enact

formats that can lead to real improvements in health care services? At the recent Canadian Hospice and Palliative Care Association conference, iPANEL launched a series of infographics and a short animated educational video.

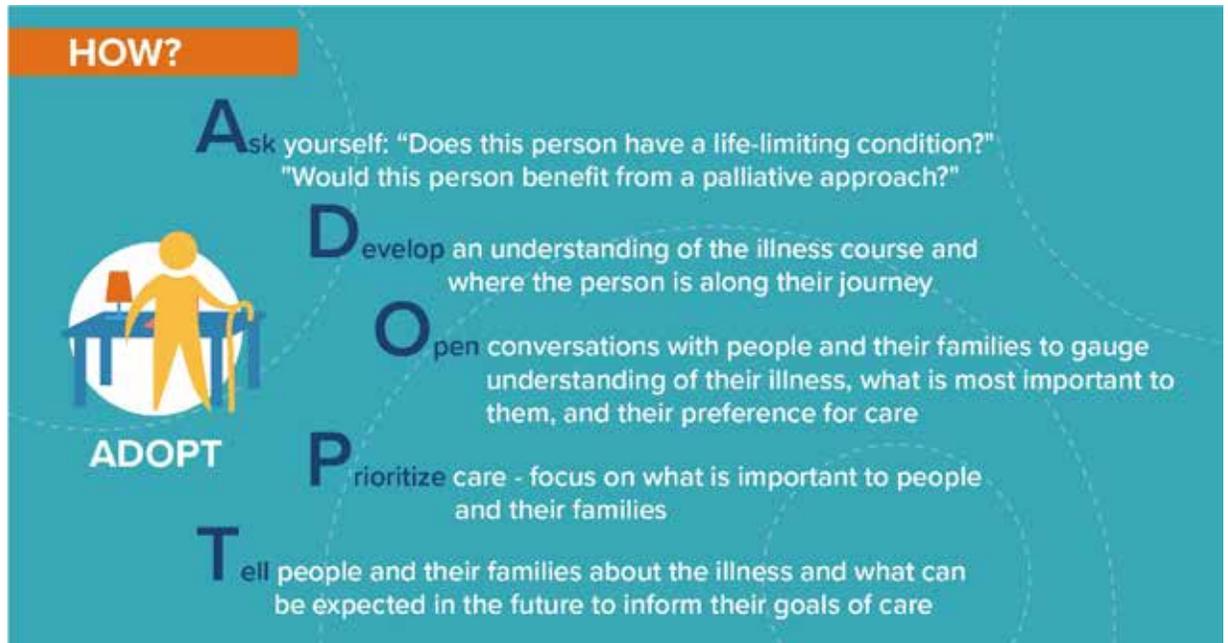
The process of refining iPANEL findings into easy-to-understand concepts took shape over many stages. To begin, academic publications and presentations were combined into a summary report; this was then condensed further, into a small number of key messages and recommendations focused on practice change. In building the final products, concrete examples were sought through research literature and collaboration with nurses in practice throughout BC. The collaboration process with front line practicing nurses was crucial— this step allowed iPANEL to provide realistic and achievable recommendations for changes in practice to be incorporated into all care settings; acute, long term, and home and community.



# iPANEL: Knowledge translation for a palliative approach in nursing practice

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The infographics and video were designed with the end user in mind. These are tools that can be used to shift peoples understandings around a palliative approach, and provide insight on how to, and when, to implement a palliative approach to care. iPANEL research has shown that nurses prefer learning face-to-face, this provides for more opportunities to draw on the expertise of colleagues. These tools can be used as critical discussion starters around how health care providers can shift their care to a palliative approach and begin to better serve those in our communities and institutions with chronic life-limiting conditions and their families. All four infographics can be viewed online, or printed out and posted. The video has been uploaded to the iPANEL YouTube channel and is free and avail-



able to use by any and all health care educators.

All this work could not have been possible without the efforts of the iPANEL Knowledge Translation Working Group, team members, advisory board, and acting affiliates. A huge thank you to everyone who participated and provided feedback and critique.

For more information, and to download or view these resources, visit our website at [www.ipanel.ca](http://www.ipanel.ca) or contact the iPANEL coordinator – Ami Bitschy at [ipanel@uvic.ca](mailto:ipanel@uvic.ca).

## WHY?

In Canada,  
~**250,000**  
people die  
each year



Of these – 72% result from chronic life-limiting conditions such as organ failure, cancer, dementia, and frailty...

Most were cared for and died outside of specialized palliative care...

This means over 180,000 Canadians per year could benefit from a palliative approach





Holly Tuokko

## Team developing a user-friendly clinical tool for determining healthy patterns of cognitive functioning in mid-to-late adulthood

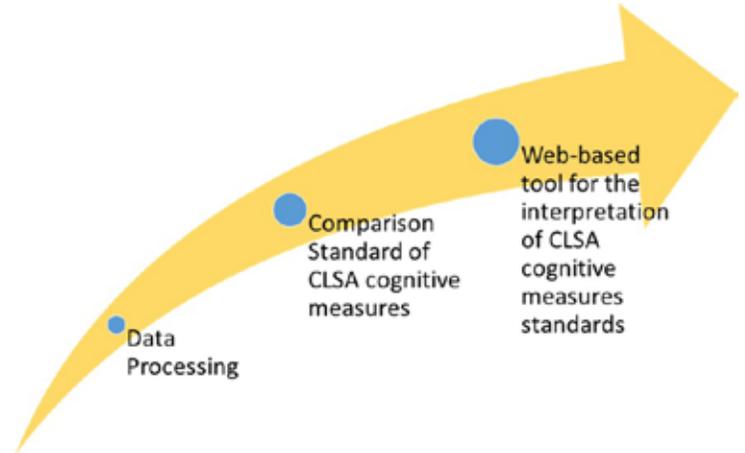
Changes in memory and cognitive functioning may occur as part of the normal aging process.

It is important for clinicians to be able to evaluate when changes in cognition are a typical of healthy aging, and when they are not. It is also important that the comparison standards are based on a large sample of people similar to those people seen by clinicians. Using detailed information from the Canadian Longitudinal Study on Aging (CLSA), Dr. Holly Tuokko, and her Canadian-wide team, are developing a user-friendly clinical tool of comparison standards for the cognitive measures employed in the CLSA. The CLSA includes approximately 50,000 participants, aged 45-85 years old, from across the country and is anticipated to continue for nearly two decades; baseline data are now available.

Dr. Tuokko's two-year project, "The development of comparisons standards for the cognitive measures employed in the Canadian Longitudinal Study on Aging", involves three broad stages and is supported by the Alzheimer Society of Canada and the Pacific Alzheimer's Research Foundation. The data-manage-



L-R: Stacey Voll, Helena Kadlec, David Holt



ment stage, involves the processing of the baseline data available for cognitive measures available from the CLSA. The standards stage, involves the in-depth statistical analyses necessary for creating comparison standards delineating the typical performance of CLSA participants on a variety of cognitive measures. In the last stage, the team will develop a web-based tool through which cognitive data derived from sources outside the CLSA can be compared with the performance of CLSA participants.

At each stage in the research process, Dr. Tuokko's team has put forward manuscripts for peer-review and consultation. Within the first year, the team has had two manuscripts published in *The Clinical Neuropsychologist* and has provided four presentations on preliminary findings. A proto-type of the clinical tool will be presented in an interactive workshop held at the 2017 Canadian Association on Gerontology (CAG), Winnipeg, MB., where health providers and researchers will be consulted, and feedback solicited. Please join us: Saturday, October 21, 8-9:30am in the Essex/ Canterbury Rooms, The Fairmont Winnipeg.

*Inquires about this study can be sent to: Stacey Voll, MA; Project Coordinator: [svoll@uvic.ca](mailto:svoll@uvic.ca)*





## 2017 Valued Elder Recognition Award Recipients

On September 29, 2017, we had the pleasure of presenting our annual Valued Elder Recognition Awards (VERA) to 11 outstanding individuals. This award recognizes dedicated volunteers who have given exemplary service to helping others in the Capital Regional District (CRD) for at least 10 years.



*May Anderson (right)*

**May Anderson** has been volunteering with Sooke Meals on Wheels for over 25 years. After retiring from her job as a bookkeeper, she volunteered in a wide variety of jobs with Meals on Wheels. She has been the president, treasurer, a driver and a team leader; she's prepared meals from soup to dessert; and filled in whenever and wherever she is needed. May always completes her work with considerable accuracy and is training other volunteers on the use of the accounting and client information systems at Sooke Meals on Wheels.

Along with feeding everyone delicious food, also invites people into her home – young adult volunteers from Canada World Youth and overseas students studying at the local high school all find a place with her. In her volunteer work with the Sooke Legion, she runs the cribbage league and coordinates the youth volunteers for Remembrance Day and the Battle of

the Atlantic Parade. May acts as a liaison between Meals on Wheels and Sooke Veterans, where she advises and assists veterans who are eligible for Meals on Wheels.

She is described by her co-volunteers as sincere and diplomatic in her work with elderly veterans and seniors. A Legion member stated, 'She should be made a Saint' (for all she has done for the Legion and its members).



# 2017 Valued Elder Recognition Award Recipients

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Bonnie Davoren

**Bonnie Davoren** started volunteering with the Family Caregivers of British Columbia in 2002. Bonnie facilitates the family caregiver group and strongly believes that caregivers are important for the country's wellbeing. Her compassionate nature and background as a geriatric nurse adds invaluable insight to the program. She has practiced the St. Joseph's School of Nursing motto "Non Nobis Solum – Not for Ourselves Alone" since graduation – a valuable legacy of her training at St. Joseph's.

Shortly after retiring, Bonnie joined Seniors Serving Seniors and became a key volunteer in the Return to Health Program. Through delivery of her specialized course Bonnie trained over 250 volunteers to provide encouragement and support to frail and isolated seniors on their return home from a hospital stay. She was awarded with an honorary life membership for her exceptional contribution to Seniors Serving Seniors in June 2016.

Bonnie's ability to connect with people and her effervescent and energetic nature makes her the perfect person in her role as a therapeutic touch practitioner at the Cancer Clinic. "I find myself always feeling good after a few minutes with Bonnie. This is the Bonnie Magic."

**Norma Fitzsimmons** is nominated by Our Place Society for her five years of volunteer work with them but she has volunteered in Victoria throughout most of her life — approximately 80 years. Their association began after a man stopped her on the street to comment on a bouquet of flowers she was carrying; this chance encounter inspired her to work with Our Place Society, for whom she now prepares and donates beautiful flower arrangements for holiday meals.

When Norma was with the Visitors Bureau in the early 1970s, they wanted to get visitors to Victoria in the wintertime. Norma suggested counting flowers, and from this inspired idea came the annual Victoria flower count. To promote the idea, bouquets of daffodils were sent to media in large cities across Canada attracting even more tourists to Victoria.



Norma Fitzsimmons

Norma gained her amazing flower arranging skills from 35 years as owner and operator of Island Florist. She has also volunteered at the Art Gallery of Great Victoria for over 20 years organizing events and doing flower arrangements. She has volunteered with the Victoria Symphony Society for 10 years, and for the BC Heart and Stroke Foundation for 15 years, where she served as regional coordinator for fundraising for Greater Victoria and the Gulf Islands.



# 2017 Valued Elder Recognition Award Recipients

...continued from previous page

"Her gifts are many, but her shining star is her commitment to her community, her caring for others known and unknown, taking the time to listen and connect; she is warm and open, kind and thoughtful and truly a joy to work with."



Joan Grove

**Joan Grove** has been volunteering with the Sendial Volunteer Program at Thrifty Foods Quadra Store since 1994. Her career as a retail pharmacy clerk at Jubilee Pharmasave gave her great insight into filling customer's orders while assisting with organizing, nurturing and overseeing the volunteer team. Joan believes this program enables members of the community to continue to live in their own residences and assist in alleviating an otherwise unmet community need, making it a worthwhile and rewarding program.

Joan has volunteered as a classroom assistant and library reorganization assistant at Victoria School District # 61. She also served as a dining room greeter and seating assistant for the Commonwealth Games in 1994.

Joan's keen sense of humor makes her fun to be around and her attention to detail has made her an asset to the entire team. Joan's great listening skill, patience and comforting personality makes her indispensable for her role as a Sendial Shopping Volunteer. "Sendial and Thrifty Foods are appreciative and proud of Joan for having received this award. She is a valuable asset to our team and the many customers she unselfishly helps."

**Molli Holser** has been volunteering with Abbeyfield House St. Peters for over a decade. She gives rides to the seniors, runs errands for them, attends phone calls, and does computer work. Molli's compassion and commitment to improve the quality of life for residents is appreciated by everyone at Abbeyfield. She brings colour into their lives in many ways. Molli makes sure everyone is treated with dignity and respect. She is willing to do whatever it takes to help people there. Her modus operandi is "I do it because it is the right thing to do".

Molli also knits and donates prayer shawls for one of the Abbeyfield House St. Peters' resident's church. She spent many years volunteering for Boy Scouts of America. And she does this while owning and operating Zydeco Gift Shop.



Molli Holser

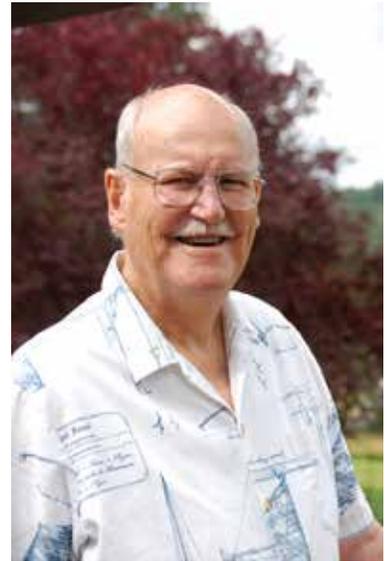
"Molli knows the colour of kindness and faithfulness and patience for all whom she helps and we love her for it... Our lives would not be same without her."



# 2017 Valued Elder Recognition Award Recipients

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**Edward H. Humphreys** was born in Toronto at the depth of the depression. Watching his widowed mother's efforts to see her two daughters and son through high school and university while working 12 hours a day made him a life-long feminist. He founded the Ethel May Trust Fund in 2005 in memory of his mother. The trust operates through the First Unitarian Church of Victoria and assist local families – in particular abused women and their children. In 2016, the Ethel May Trust dispersed \$10,297 through 21 cases, assisting 22 adults and 17 children. Another innovative creation of Ted's is the annual Unsung Hero's project which honours community charity volunteers. He not only funded the dinner but took on multiple roles – from chairing the organizing committee to being one of the evening waiters. Ted served on the church management board for over six years. He was among the first in his church to stir a response to the Sumatra earthquake in 2004. Under the umbrella of the Unitarian Church Ted continues to actively support charities including Child Haven and the Ethel May Fund.



*Edward (Ted) Humphreys*

"Ted Humphreys is a generous and gifted leader who would make a truly worthy recipient of the Valued Elder Recognition Award."

**John Hurlburt** moved to Victoria in the early 70s and began his first volunteer experience as a camp counsellor with Easter Seal. John spent four summers at the Lake Cowichan Camp and has been volunteering with the Oak Bay Volunteer Service since 1987. John along with other volunteers assist seniors and others in the community so they can remain living in their own homes. His kindness, caring, and attentive nature is much appreciated by team members and clients. John received the humanitarian award from the Rosicrucian Order to honour his volunteer work.

**Do you know a senior who has given exemplary service to others in the Capital Regional District?**

**Nominate this person for a Valued Elder Recognition Award!**

Nomination forms for next year will be available Spring 2018. Watch our website for details: [uvic.ca/aging](http://uvic.ca/aging)



# 2017 Valued Elder Recognition Award Recipients

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John is an active member of the Oak Bay United Church where he greets members, composes and delivers messages, prayers, and blessing at meetings. John and his wife volunteer as greeters for Tourism Victoria downtown and at Ogden Point.

John was diagnosed, at a relatively young age, with a neurological disease that is gradually taking away his mobility. Now, he embraces the time he has been given as a gift to be given away to other in service, love, and laughter. When asked why he volunteers, John responded, "The truth is that there have been times in my life when I have felt the pain and confusion of feeling lost and abandoned. As I have gotten older, I have realized how important it is to be with ones who are on this journey! Whether it be with the aboriginal community; the LGBTQ community, refugees or an old man or woman living in a nursing home. No one should ever feel abandoned and forgotten! So, that's why I am a volunteer, I want to be in their corner to support and comfort them in their sad times; laugh and celebrate with them in their success."



*John Hurlburt*

Over the years he has volunteered with the Mount St. Mary's Hospital, the Commonwealth Games, Santa Anonymus, the UVic medical school, the Aboriginal Games, and continues to greet members at the Monterey Centre for seniors during their weekly sing-a-longs.



*Joyce Metson*

**Joyce Metson** has been an exceptional volunteer for the Oak Bay Lodge for over 24 years. Her love of books made her a perfect for Oak Bay Lodge's lending library where she shared her love with others. After the library service was cancelled, Joyce volunteered as a tea server to the residents and soon after became a part of the tuck shop. She has always given special care and attention to the residents and their families at the Lodge.

Joyce volunteers at the Maritime Museum of British Columbia. She acquired knowledge about the sea from her husband, who went to sea most of his life. Joyce has taken on many different volunteer roles with the visitor centre, membership and donations, and special events for the museum. Her unfaltering commitment towards her work and constant support makes her a gem of the Museum. She is quick to pass along her acquired knowledge of BC maritime history to the curious visitors and staff. She goes above and beyond welcoming visitors with a smile and answering any questions. Her friendly personality, energetic attitude, and commitment make her a delightful person and an asset for any organization.



# 2017 Valued Elder Recognition Award Recipients

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**Dave Ranson** started as a Zone leader for a neighbourhood zones program in Oak Bay's Emergency Program 20 years ago. He is now a lead member of the Emergency Preparedness Presentations Team, where he shares his simple and practical approach to emergency preparedness with his fellow volunteers and members of the community. Among his many other roles Dave helps set up emergency preparedness booths in the community, and assists with finding temporary accommodation, food, and clothing in emergency or disaster situations.



*Dave Ranson*

Dave managed information technology operations infrastructure before retiring and investing his time into Oak Bay's Emergency Program. Dave is a true team player and is highly respected and valued by his volunteer team. Dave's enthusiasm and ability to avail himself to take on whatever role is needed makes him invaluable. "His long term contributions to the community through public education sessions has increased the level of preparedness by our residents resulting in a more disaster resilient community."



*Elizabeth Sererus*

**Elizabeth Surerus** was inspired by the Cinderella Project in Vancouver. Sixteen years ago, Elizabeth started the Magic Wand in her spare bedroom and coined the slogan "why buy when you can borrow". The first year was challenging but Elizabeth wanted to make magic happen for these new graduates. Now, the not-for-profit organization is located in one of the classrooms at the Individual Learning Centre and loans students a gown or tuxedo, including accessories. A small fee to help cover dry cleaning expenses is charged but fees are waived when necessary.

Elizabeth taught physical education at university and in the school system for four years and was a student councillor for 12 years before retiring. She is an accomplished piano teacher and taught piano for 15 years.

Elizabeth also volunteers with the Horticulture Centre of the Pacific and enjoys interacting with people there. She has previously volunteered at the Hospice Boutique Thrift Shop, as a camp director at Camp Pringle, as a big sister, as a friendly visitor, and as a Need Crisis phone volunteer.

"I cannot overemphasize the difference she has made for so many young people – all of whom were given the opportunity to celebrate the huge milestone of graduation with style and dignity"



# 2017 Valued Elder Recognition Award Recipients

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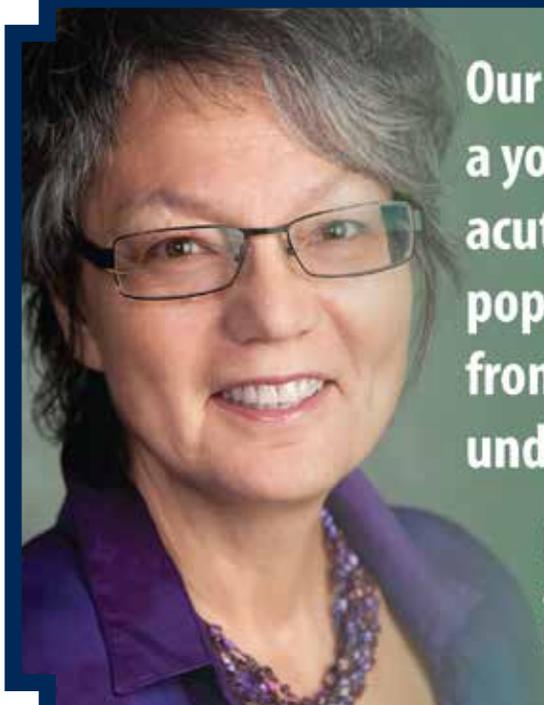
**Judy Thomas** has volunteered with the Royal Canadian Legion Branch #91 since 2005. The Royal Canadian Legion benefits the entire community including veterans, seniors, first responders, cadets, youth, food banks, and disaster response. Judy assists with the preparation and organization of foods for seniors, for celebration of life events, and the annual Remembrance Day services. She also sits on the financial committee and her managerial and financial skills are of a great asset to the branch. She acts as treasurer and her ethical attributes ensure the books are meticulously maintained.



*Judy Thomas*

Judy has faithfully volunteered for the Poppy Sales prior to November 11th (Remembrance Day) every year, as well working in the kitchen on that special day. She ran the day-to-day operations of the kitchen at the Legion for a year before it was closed. Judy also volunteers at the First Unitarian Church and provides leadership with the Jammers, a group of 17 singers who visit extended care homes to play piano and choral opportunities for patients. Her piano playing gets drowsy patients moving and even singing along.

"Judy is a wonderful mentor for younger members of our executive as she is always willing to provide advice when asked, share a recipe with the kitchen staff, and teach others how to play shuffleboard."



**Our health system is designed for a younger population and to treat acute illnesses. Yet we have an aging population that suffers primarily from chronic conditions best treated under a home care model.**

**Dr. Neena Chappell, professor emeritus at the Institute of Aging and Lifelong Health at the University of Victoria**

**MAKING EVIDENCE MATTER**  
evidence network.ca



# 2017 UVRA Elder Academy Series

## Our Changing Oceans

*Presented by Ocean Networks Canada*

**Dates:** November 4th, 18th, 25th and December 2nd - Saturdays  
10:00 am—12:00 pm



**University  
of Victoria**  
Retirees  
Association

**Overview:** Last time we explored the wonders of outer space. UVic is one of the centres for Ocean Networks Canada, which is an internationally acclaimed system with top researchers in their field, and set up to provide ongoing information about our oceans and how they can inform us about things such as climate change and pending events such as earthquakes. Ocean Networks Canada monitors the west and east coasts of Canada and the Arctic to continuously gather data in real-time for scientific research that helps communities, governments and industry make informed decisions about our future. The topics to be covered in this exciting series include:

- An introduction to Ocean Networks Canada (Maia Hoeberechts)
- Earthquake Early Warning (Bob Crosby)
- Ocean acidification (Dwight Owens)
- Impacts of marine debris and ocean plastics (Dave Riddell)

**Check with the UVRA Office for registration procedures, session details, and locations: 250-472-4749 or [uvra@uvic.ca](mailto:uvra@uvic.ca)**

**Stay up to date with all the latest Institute news and events.**



**University  
of Victoria**

Institute on Aging  
& Lifelong Health

## Join our mailing list!

To sign up for our electronic mailing list, send us an email at [aging@uvic.ca](mailto:aging@uvic.ca) or phone us at 250-721-6369. All we need is your name and email address, and you will receive our newsletter, event announcements, and research developments and opportunities.



# Spring 2018 Colloquium Series ~ Save the Dates

We are pleased to announce our annual Spring Colloquium series will be launching on March 6, 2018. The series of seven sessions will take place on Tuesday mornings from 10:30AM to 12:00PM beginning March 6th, until April 17th.

We are currently setting our schedule of speakers. Topics will relate to our five research initiatives of Healthy Behaviours, Frailty & End-of-Life Care, Health Data, and Aging & Technology, plus music and a community-led session.

The colloquium sessions are free and open to everyone. You are welcome to attend in person, or if you prefer, there is an option to watch the presentation online.

If you would like to be put on our mailing list so that you receive details about the colloquium series speakers and presentations, please contact us at [aging@uvic.ca](mailto:aging@uvic.ca) or 250-721-6575.



*Eli Puterman, Building stress resiliency through physical activity (2016)*

**Are you a community member with interest in research  
on health and aging?**



***We can help. Become a community affiliate of the Institute on Aging and Lifelong Health!***

Find information at [uvic.ca/aging](http://uvic.ca/aging)



# What would you like to have researched?

The Institute on Aging and Lifelong Health (Institute) conducted six focus groups as a part of Embrace Aging 2017 in March and April. Our discussions concentrated on topics to be investigated as part of our academic research and how to make participating in research easier for public. We are preparing a report and will share it with the focus group participants and in the next newsletter. Here are the research topics that were suggested.

## Promoting cognitive health

- Depression in older adults
  - Antidepressants vs attitude
  - Chronic vs grief depression
  - How much is it a part of aging?
- Relearning how to do things
- Keeping the brain active
- Genetics and aging

## Healthy behaviours

- When to stop? Knowing your limitations
- How much sleep, diet and exercise play role in healthy aging?
  - How much exercise at young age and old age helps in aging better?
  - Quality and quantity of sleep
- Pre and post surgery preparation: How to prepare better for surgery
- What is normal aging? What to do in old age rather than what not to do?
- What are normal vitals? What should be done to maintain healthy habits?

## Frailty and care for people with serious and life-limiting conditions

- If pills, especially antipsychotics and antidepressants, are overused in nursing homes
- Ways to deal with serious lifestyle changes such as living alone and downsizing
- How to successfully transition through different phases and homes and what to know before each stage and about each stage



# What would you like to have researched?

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## Technology, aging and health

- Understanding complex healthcare technology and devices
- Learning computers:
  - Without finding them non intimidating
  - Ease without attending long, intensive classes
  - Through intergenerational involvement
- Assistive devices, regular devices for older adults, and apps: what is available and how to use them
- Alternative modes of transportation for seniors with disability: senior friendly public transit, cars, trucks, trains etc.
- Detecting sleep issues for people who live alone

## Health data, services and policy

- More time with doctors, training and using nurse practitioners more
- What to do when you find conflicting information from different doctors?
- Walk in clinics for people with chronic pain
- Availability of geriatric psychiatrists
- Medical test for drivers are really intimidating, expensive and unfair
- Shattering stigmas related to health
- Medical literacy

## Other topics

- Reducing ageism and talking openly about aging
- Age friendly and pet friendly buildings
- Downsizing
- Mixed age communities
- Seniors with English as a second language
- Simple lifestyle questions
  - Managing finances
  - Renting vs. owning

Would you like to add to this list? If the answer is yes, please contact the editor at [ialhmanager@uvic.ca](mailto:ialhmanager@uvic.ca) with your ideas. This information will be shared with our affiliates – UVic faculty and students working on aging and health.



# Interested in getting more involved with the Institute on Aging and Lifelong Health?



Think about volunteering! Many opportunities are available for students and community members.

If you are a student with work study hours, consider applying for a position with us this fall.

Check [www.uvic.ca/aging](http://www.uvic.ca/aging) for opportunities.



University  
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Articles, photographs, and submissions provided by Ami Bitschy, Elizabeth Borycki, Neena Chappell, David Docherty, Carren Dujela, Scott Hofer, Lois Holizki, Anna Jeznach, Patrick McGowan, Cara Pearson, Leah Potter, Stuart MacDonald, Debra Sheets, Stacey Voll.

We invite your submissions, comments and contributions. Forward all correspondence to the editor, Lois Holizki.

*Research throughout  
the life course*



The Bulletin is published twice annually.

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