

DIRECTOR'S PERSPECTIVE

by David F. Hultsch, PhD



Good news! The lengthy external review process came to a successful conclusion at the end of last year. At its meeting held on October 1, 2004, the Senate approved and recommended to the Board of Governors the renewal of Approved Centre Status for the Centre on Aging for the period May 1, 2004 - April 30, 2009. This recommendation was accepted by the Board in November 2004. One legacy of the review process was the development of an annual report. The first report, covering the academic year 2003-2004, is now available on our website. We expect that future reports will be available in the fall of each year.

A major development of interest to all researchers in BC interested in aging is the launch of the BC Network for Aging Research (BCNAR). This summer, the Michael Smith Foundation for Health Research (MSFHR) initiated the third and final component of its current program to build the province's health research infrastructure (the other two components consist of grants to institutions and research units). Specifi-

cally, they proposed developing eight research networks focused on different areas of population health, including one on aging. Four interim co-leaders were appointed for the aging network (Lynn Beattie, UBC; Gloria Gutman, SFU; Dawn Hemingway, UNBC; and David Hultsch, UVic). A series of consultation meetings were held during September and October at the four universities as well as at Okanagan University College and at the annual meeting of the Canadian Association on Gerontology, which was held in Victoria. A proposal for the aging network was submitted to MSFHR on November 1, 2004. The broad goals of the network are to increase overall capacity for aging research and leverage funding by bringing together researchers from different institutions and sectors and promoting multidisciplinary exchange of ideas and research projects. Multiple mechanisms to achieve these goals are envisioned, including a database of BC researchers with expertise on aging, a website designed to facilitate communication of information about research opportunities on aging, the development of shared resources and research platforms, and regional network meetings and conferences. Funding for the network was approved in January 2005. The grant will provide \$300,000 in the first year and \$500,000 in years 2 to 4. The interim co-leaders are currently

meeting to implement the network plan, including hiring staff.

Here at the Centre, we are about halfway through the second year of funding provided by the MSFHR Research Unit Infrastructure Grant to the Centre. Two broad strategies have been implemented. The first strategy focuses on providing faculty with additional resources for research. We have been able to provide faculty with additional time to support their ongoing and developing research by funding release from other duties (typically teaching). In addition to release time, faculty have access to staff time, including secretarial services and administrative services. A modest amount of travel money is also available to support faculty and student travel to conferences. The second strategy emphasizes the development of new research collaborations, particularly those including

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researchers from various community organizations such as the Vancouver Island Health Authority. Dr. Phyllis McGee, MSFHR Research Associate, is the liaison person responsible for this component. An Advisory Committee consisting of members from the university, VIHA, and community has been established to provide input and direction for developing this component of the MSFHR program. There has been substantial interest on the part of university and community researchers in this opportunity, and a significant number of new initiatives have been developed.

We also continue to have success in securing research grants, and congratulations are due a number of research affiliates of the Centre. Competition for these grants is keen (typically 80% are rejected), so receipt of these awards represents a major accomplishment.

Kelli Stajduhar (Nursing) received a grant of \$307,507

over three years from the National Cancer Institute of Canada to study family caregiver coping in end-of-life cancer care. Denise Cloutier-Fisher (Geography) is a co-investigator.

Kelli Stajduhar is also a principal investigator on a new emerging team grant funded by CIHR for 1.5 million dollars over five years to develop projects related to family caregiving in palliative end-of-life care. Neena Chappell is also a co-investigator.

Neena Chappell has received a grant of \$310,668 for 3 yrs from CIHR for a project called *Individualized Care for Dementia Sufferers in Long-Term Care - What's Best for the Resident?* Colin Reid, Okanagan University College and Helena Kadlec, UVic are co-investigators.

Denise Cloutier-Fisher (Geography) and Patricia MacKenzie (Social Work) are collaborators (Pls, Francis Lau

and Peter Kirk) on a new emerging team grant funded by CIHR to coordinate studies on improving communication between care providers, patients, and families.

Ryan Rhodes (Physical Education) has received \$95,000 over two years from SSHRC to develop a theory-based leisure-time walking program.

Penny MacCourt has joined the Centre as a postdoctoral fellow under the direction of Holly Tuokko and has received a grant of \$50,000 over the next year from the Vancouver Foundation to study caregiving for an institutionalized spouse with sexually inappropriate behaviours.

In the rest of this newsletter you will find more detailed information on the research being conducted at the Centre and our activities related to disseminating information about aging to the community.

It's going to be a busy spring!



ADVANCED DIRECTIVES

On November 20th of 2004 the Centre on Aging sponsored a well attended event on Advanced Directives along with VIHA, UVic Retirees Assn. and Friends of the Centre. Jay Chalke, Public Guardian & Trustee was the Keynote Speaker and delivered an address called "Making Decisions About Decisions: BC's Health Care Consent and Personal Planning Laws." The legal framework for health care consent decision making in BC was outlined and topics included consent to health care, substitute consent by various types of decision makers including representatives, court appointed and temporary decision makers. The use of advance instructions or wishes made when capable on emergency and non-emergency situations was summarized in this address.

This was an all day event with panel discussions including diverse speakers such as a physician, social worker, lawyer and nurse. After lunch there were several workshops discussing the importance of choosing your legal spokesperson and instruction on how to complete an Advanced Directives form.

Research on Palliative and End-of-Life Care

As you may recall, in July 2004, Dr. Kelli Stajduhar received a faculty appointment in the School of Nursing and Centre on Aging. Since this time, Kelli has received a number of grants, both as Principal Investigator and Co-Investigator, all of which focus on issues related to palliative and end-of-life care. The following provides a brief update on her current program of research.

In July, 2004 the Canadian Institutes of Health Research (CIHR) awarded 9 grants to support the development of New Emerging Teams (NET) in the area of end-of-life care. Dr. Stajduhar, along with Dr. Robin Cohen from McGill University (Co-Principal Investigators) received one of these NET grants entitled 'Family Caregiving in Palliative and End-of Life-Care'. Other members of the research team include: Dr. Neena Chappell, University of Victoria; Dr. Priscilla Koop, University of Alberta; Dr. Daren Heyland, Queen's University; and Dr. Allison Williams,

McMaster University. The overall aim of this 5-year NET program of research is to enable those family members who wish to provide end-of-life care to do so without endangering their own health. The specific objectives are to:

1. Develop the evidence required to optimize family caregiver experience during caregiving for the terminally ill and bereavement and minimize the associated long-term health consequences.
2. Inform the development of health services and policies in the area of palliative caregiving.
3. Support and train people who appreciate the benefits of interdisciplinary research to become independent investigators in palliative/end-of-life caregiving.
4. Develop best practices and policies for palliative caregiving research.
5. Create a network of interdisciplinary investigators from

different institutions and provinces that result in collaboration beyond the life of the grant to continue to advance these objectives.

Another aspect of this program of research involves the training of future researchers in the area of palliative and end-of-life care. Over the 5 years, up to 4 PhD students and 1 post-doctoral fellow will receive funding to participate in all aspects of the research program. As well, Dr. Mary Ellen MacDonald, McGill University, will join the research team as a new investigator beginning in July 2006-2007. Mary Ellen is currently completing her post-doctoral studies in pediatric palliative care at McGill under the supervision of Robin Cohen.

While the program is still in its infancy, there are a number of projects underway and proposals for future grants being prepared. For example, a systematic literature review of respite and end-of-life



Diane Allan, Wanda Martin, Kelli Stajduhar, Moira Cairns, Shelly Waskiewich

care is being led by Dr. Koop at the University of Alberta. As well, an evaluation of the new Compassionate Leave Program is being headed up by Dr. Williams at McMaster University; Dr. Cohen is supervising a student at McGill who is examining how family caregivers manage pain in terminally ill cancer patients. This summer, Dr. Stajduhar will be completing interviews with family caregivers of patients with Alzheimer's disease and end stage cardiopulmonary disease to learn how they cope with the demands of end of life caregiving; and Drs. Stajduhar and Heyland will be completing a systematic review of communications in end of life care. All of this work is supported by the very capable research staff that work with the NET. Diane Allan is the full-time Research Associate with the NET and Shelly Waskiewich works part-time for the NET as a Research and Administrative Assistant.

Also in July 2004, Dr. Stajduhar received funding for 3 years from the National Cancer Institute of Canada (NCIC) for a project entitled, *'Family Caregiver Coping in End-of-Life Cancer Care'*. Unlike the NET program of research described above, this project has a provincial focus and is being conducted with Dr. Gilliam Fyles from the BC Cancer Agency (Kelowna), and Dr. Doris Barwich from Hospice/Palliative Care, Fraser Health Authority. The overall purpose of the study is to explore why some palliative caregivers cope better than others even when under similar caregiving demands. The specific objectives of the project are to:

1. Describe what family caregivers actually mean when they say they are coping well or not well.
2. Explore factors that influence why some caregivers cope with caregiving better than others.
3. Determine the relationships between these factors and caregiver outcomes.

4. Determine which caregivers are at risk of negative health outcomes.
5. Determine the caregivers who, in demanding situations, nevertheless cope well and are not at risk of negative health outcomes.
6. Determine what coping strategies are used by caregivers who manage well.
7. Explore how knowledge gained from this study can be translated for use in clinical practice, policy, and education.

Phase 1 of the project is underway with data collection expected to be completed in the next couple of months. This phase involves semi-structured interviews with 40 family caregivers providing palliative care for cancer patients in Victoria, Kelowna and the catchment area of Fraser Health Authority. Three focus groups with bereaved family caregivers will also be conducted. In Phase 2, structured questionnaires will be completed by 300 family caregivers and in Phase 3, 6 focus groups will be held – 3 with health care providers and 3 with managers and administrators. Work on this grant is supported by very capable research staff - Wanda Martin (Research Coordinator) and Moira Cairns (Graduate Research Assistant), both in Victoria; Terry Webber in Fraser Health Authority; and Nancy Hartt in Kelowna.

The final project related to end-of-life care is national in scope with sites in Winnipeg, Edmonton, Montreal, Halifax, Quebec City, and Victoria. Dr. Stajduhar is the Victoria Site Principal Investigator of this 2- year project entitled *'Palliative Care in Canada: The Economic Perspective'* funded by CIHR. The purpose of the project is to provide policy makers, policy analysts and other groups with information regarding the economic burden of private or personal costs that are the result of the palliation phase of care and the context in which they occur. The specific objectives include:

1. Identify and measure resource utilization during the palliative phase of care.
2. Estimate their costs.
3. Identify who delivers these goods and services (public health care system, families, private for profit and non-profit, voluntary sector).
4. Determine who pays for these resources.

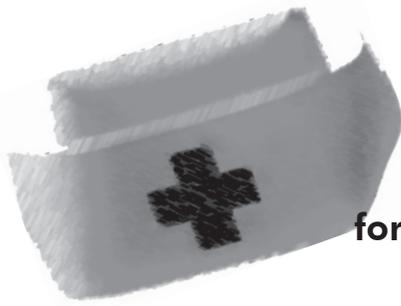
To examine these objectives, a total of 250 terminally ill patients and their caregivers will be interviewed. Follow-up interviews will also be conducted over the phone for a maximum of 6 months. Finally, a comprehensive list of all drugs purchased by the patients during the study period will be costed. This project has just received ethical approval and data collection will begin within a few weeks.

A website outlining Kelli's end-of-life research program has been developed and should be online within the next month. The purpose of the website is to provide more detail on all projects listed above, be a mechanism for disseminating research results, as well as provide contact information for everyone involved with these projects. Furthermore, a caregiver resource page is also planned for the near future. The website will be available through the Centre on Aging website at www.coag.uvic.ca.

If you would like to speak to someone from the Family Caregiving in End-of-Life Research Office please contact either:

Diane Allan
 Research Associate
 Family Caregiving in Palliative and End-of-Life NET
 Phone: (250) 472-5501
dallan@uvic.ca
 or

Wanda Martin
 Research Coordinator
 Family Caregiver Coping in End-of-Life Cancer Care
 Phone: (250) 472-4466
wmartin@uvic.ca



BC Nurseline Project

Making Meaningful Connections: Using a Telenurse Outreach Intervention to Promote “Appropriate” Health Service Utilization for Socially Isolated Older Adults on Vancouver Island

Denise Cloutier-Fisher and Karen Kobayashi, principal investigators, have received new grants to study socially isolated and lonely older adult populations that are vulnerable to higher levels of morbidity, higher levels of service utilization and poorer health outcomes. In November 2003, the Federal/Provincial/Territorial Ministers Responsible for Seniors identified social isolation as a top priority and emphasized its potential financial impact on health care utilization rates. This pilot study uses a pre-test, post-test control group design to examine a telenurse intervention for socially isolated older adults living in British Columbia.

The research objectives are to:

- (1) develop a profile of socially isolated older adults on Vancouver Island based on aggregate health, socio-demographic, and behavioural and service utilization data;
- (2) evaluate the impact of the telephone outreach intervention on service utilization by individuals in this population; and
- (3) evaluate the impact of the telephone outreach intervention on health-related quality of life and psychological well-being (i.e., distress and mood) of individuals in this population.

By providing advice and care recommendations to vulnerable socially isolated adults, it is anticipated that: (1) The nurse telephone outreach intervention will promote “appropriate” health care service utilization (i.e., physician

visits, hospitalizations, home care hours). By this assertion, the researchers anticipate that service use may increase for some of the more vulnerable individuals and service use may decrease for less vulnerable individuals who will get the advice they need from the nurse telephone intervention and thus avoid, for example, an unnecessary emergency clinic visit or a visit to their physician’s office.

(2) The nurseline intervention will improve health-related quality of life (e.g., health status, physical and mental well-being) and psychological well-being (i.e., reduce distress and improve mood) for the study participants.

The Survey Research Centre (SRC), a state-of-the-art, computer assisted interview centre at the Centre on Aging, will be used to recruit a random sample of 425 socially isolated older adults living in British Columbia. Rural and remote areas will be oversampled so that the overall sample will be approximately 50% urban and 50% rural and remote with half the sample allocated to the control group and half to the treatment/intervention group.

After the sample has been determined, SRC staff will gather self-reported baseline information about participants’ physical, social, and psychological well-being and service utilization patterns.

The intervention involves telephone contacts made by registered nurses to the treatment group. During telephone interviews, nurses assess and record

participants’ physical, social, and psychological well-being, as well as service use in the previous two weeks. The nurses will provide them with appropriate health care information, recommendations for self-care and service or health provider referrals for their identified needs. Calls will be carried out for a period of six months; so each participant will receive 12 calls.

Post-test contact by SRC staff will collect data on well-being, service utilization and a satisfaction survey regarding the impact of the intervention.

Participating nurses will complete a short questionnaire on each of the participants they worked with to comment on overall impact of the intervention on individual well-being and self-sufficiency. This project aims to develop a clearer understanding of social isolation (i.e., who the socially isolated are, what their service use is, and whether the intervention was helpful or not in terms of the comparison between control and treatment groups on the outcomes of interest). To facilitate this project, we have government-matching funds from the BC Ministry of Health Services and CIHR’s Institute on Aging Pilot Project. UVic co-researchers are Neena Chappell and Cecelia Benoit and collaborators are Phyllis McGee, Centre on Aging, Tessa Graham, Ministry of Health Planning and Pauline James, Ministry of Health Services.

THE SURVEY RESEARCH CENTRE

by Tom Ackerley

The Survey Research Centre (SRC) has been very busy over the last few months. In December 2004 and January 2005, we hosted two program evaluation surveys on the SRC's web server. This new web survey capability allows us to provide organizations and researchers with world-wide web (Internet) survey instruments that respondents can fill out from their computers at home or at work. Responses are recorded directly into the survey's database which greatly reduces the data management requirements for a project. The project cost for interviewers is eliminated completely as the respondent reads the questions and answers them directly on their own computer. This is a very cost effective method to conduct a wide variety of survey projects.

The first web site survey was for the City of Ottawa. We had assisted in an earlier phase (September 2004) during their Budget 2005 Consultation process and were invited back for the second phase. The web-based survey outlined many of the budget decisions identified in the first phase of the consultation process. Respondents were asked to show their support or non-support for a particular service. If the respondent supported the continuation or increase in the service, they would then be asked how the City should pay for the service - tax increase or cuts to other services. Suggestions where cuts to other services could be made were recorded as well. The survey was "live" for a 3 week period and additional paper based surveys were received at councillor-led, town hall meetings. These



paper-based surveys were entered into the data base by some city budget office employees. A summary report of all findings was submitted to council and the public for final budget discussions in council in early February.

The second Internet based survey was sponsored by an organization closer to home – the Greater Victoria School District #61 (SD 61). In BC, the Ministry of Education has adopted an assessment tool called the Technology and Learning Review created by Bernajean Porter Consulting. SD 61 wanted to utilise it to evaluate the goals, methods and effectiveness of using computer technology within the schools in the district. Three separate web-based surveys were provided for feedback from administrators (principals), teachers and students respectively. The web-sites were available for approximately 3 weeks and the surveys were completed by the participants using computers based in the schools. The data collected will be analysed by Glen Turnbull, Manager, Educational Technology and the results will be used to formulate a technology in

learning strategy for the district. The SRC feels that there is great potential to provide this service to other school districts in the province, and is currently making contact with them to make them aware of the availability of this tool.

Our more traditional approach to survey research, telephone interviewing, has also become very busy. In late January, we began hiring additional telephone interviewers and training them for a BC NurseLine program evaluation study. This has been funded by the BC Ministry of Health Services and is being directed by the BC Health-Guide Program Evaluation Team (QUILTS). Dr. Irv Rootman from UVic is a member of this team and our campus liaison. The BC NurseLine is providing us with the names and phone numbers of BC residents who have recently called the NurseLine. They have consented to have us call them back to evaluate their experience in using the NurseLine, and whether the NurseLine call helped to resolve the issue in question. We will be providing the data from 2500

completed surveys to the QUILTS team for analysis.

Following this, we will begin a telephone survey of Fair Pharmacare claimants 65 years or older, in the province of BC. This is part of a vast North American study funded by the US Government and many state and provincial departments, or ministries, of health. The principal investigator is Dr. Sebastian Schneewiess (MD) with Brigham and Women's Hospital in Boston, MA. Dr. Malcolm MacLure (HEIS) is our UVic co-investigator. This study will take about 4 weeks to collect 1000 completed surveys relating to the respondents

experience with the Fair Pharmacare program.

Two other telephone surveys will follow the Fair Pharmacare study. Dr. Neena Chappell's PATH (Promoting Action Toward Health) study will have us calling about 650 participants for regularly scheduled call-back interviews. And a Social Isolation NurseLine study led by Dr's. Denise Cloutier-Fisher (GEOG/COAG) and Karen Kobayashi (SOCL) will have us providing pre- and post-intervention data collection services for this project scheduled to begin in early April. (Read more about it on page 5)

We, at the Survey Research Centre, continue to be excited about all of the interesting projects coming our way. Please feel free to drop in or call us if you have any questions. The SRC is the "happening" place to be!

**Tom Ackerley
Survey Research Centre
Manager**

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<http://www.coag.uvic.ca/src.htm>

NEW PROJECT

Individualized Care for Dementia Sufferers in Long-Term Care - What's Best for the Resident?

Dementia has been identified as one of the most important predictors of institutionalization among seniors with moderate and severe disabilities (Trottier et al., 2000). Care for these individuals has historically been provider driven within a medical model but more recently, has been shifting toward a more client-centred, social model (Eales et al., 2001). Dementia care that was focused on identifying and designing therapeutic physical environments, tended to neglect the psychosocial environment of care (Werezak and Morgan, 2003). The term individualized care (defined as an interdisciplinary approach which acknowledges elders as unique persons and is practiced through consistent caring relationships, Happ, et al., 1996) has come to characterize this shift in thinking. Individualized care takes patient individuality into account and facilitates patient participation in decision-making (Suhonen et al.,

2000). It is considered optimal in terms of preventing dependency and iatrogenesis among seniors while simultaneously increasing benefits for them (Kenny, 1990). Yet, until recently, there were neither valid and reliable measures of individualized care, nor studies empirically assessing the benefits of this approach for institutionalized seniors (that is, measuring both individualized care and outcomes over time). Using multi-item reliable measures developed in a recent study funded by the Alzheimer Society of Canada (to Chappell, Reid, Gray and Bater) this project will assess the benefits of individualized care for seniors with dementia in long-term care facilities. Specifically, the objectives are to:

- Empirically assess the relationship between individualized care and outcomes for persons with dementia in institutional long-term care.



Neena Chappell has received a grant for \$310,668 for 3 yrs from CIHR for this project. Colin Reid, Okanagan University College and Helena Kadlec, UVic are co-investigators.

- Identify the domains of individualized care that are most important for optimal outcomes for persons with dementia in long-term care.
- Assess, through the use of control variables in multivariate analyses, whether other factors account for any relationship between individualized care and outcomes.

Over a dozen facilities on Vancouver Island, in Vancouver and in the interior have agreed to participate in this research, which begins April 1, 2005.

THE LADNER OFFICE

It looks like a Heritage Building....well actually....it is!

And it's the new home of the Centre on Aging Ladner Office. On February 1st, exactly three years since opening the Ladner office, we moved to a new location approximately three blocks down the street. We now have approximately 1600 sq. feet of space to share with our seven staff members and that's about twice the space we had in our first location. As well, we are all together in the same office instead of two separate offices as we were in our first location.

Moving was a relatively easy task, our office manager Laurel Hunt had us all organized with color-coded moving banker boxes. On moving day, telephone services were installed, internet cables hooked up, and thanks to Tom Ackerley, our computer network and printers were installed and functioning.



We are located on the second floor of a beautiful old building which received the 2004 Heritage Building Award from the Municipality of Delta. We're nestled right on the Ladner Slough which comes off the Fraser River. We now can enjoy bright sunshine and the cool breezes coming off the water and have a serene work environment.

Our new address is Suite 210 – 4907 Chisholm Street, Delta, BC,

V4K 2K6, and our telephone numbers haven't changed. We would like to extend an invitation to all our friends of the Centre on Aging to drop by and visit us the next time you are on your way through town. In previous invitations we mentioned that we were close to the best "fish and chips" in British Columbia ... now we are even closer.

new perspectives

International Conference on Patient Self-Management

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

A conference entitled New Perspectives: International Conference on Patient Self-Management is being co-hosted by the University of Victoria – Centre on Aging and the BC Ministry of Health Services.

Scheduled for September 12 to 14, 2005 this conference will feature renowned patient education researchers such as Russell Glasgow and Kate Lorig.

Please visit <http://www.newperspectivesconf.com/> for updates.

NEWS FROM THE CENTRE

WELCOME TO ...

Welcome to CLOE BAYEUR-HOLLAND, research assistant, who is in her third year of an undergraduate degree in sociology with a minor in applied ethics. She is working with Phyllis McGee on the Partners in Care study.

Welcome to ERRON BENNER, a 4th year undergraduate Psychology student who is helping Dr. Holly Tuokko on two projects: (1) the use of memory books (a type of memory aid) for elderly with dementia and the effect on their relationship with their caregiver, and (2) whether a public transit training program will affect elderly people's use of public transit. Erron is planning to enter the Psychology honours program next year and has studied music as well as various forms of yoga.

Welcome to ANALISA BLAKE who graduated from UVic in 2003 with an BA in Geography and minor in Professional Writing. She is currently working as a research assistant for Denise Cloutier-Fisher on the Home Sweet Home project. In addition she is developing her MA project which will explore issues of health and well-being related to urban agriculture, community gardens and food security in Victoria.

Welcome to REBA CHAPLIN, MA Gerontology, BS Organizational Communication, who is the newest MSFHR research assistant. Reba does preliminary research for projects that have not yet received funding; therefore she has the opportunity to get involved in many projects. Reba has particular interest in long-term care and health and wellness for older adults.

Welcome to TOGIO CHAYANUWAT, 4th year Health Information Science student, who is doing his co-op work term here at the centre. He assists the centre's research affiliates and the administration as a project assistant focussing on data base organization and fundraising.

Welcome back to DOUGLAS GARRETT, research assistant under Holly Tuokko. He is examining the efficacy of prosthetic memory aids; senior transit use; end-of-life issues, and cardio- and cerebrovascular disease in relation to dementia.

Welcome to PENNY MACCOURT who has joined the Centre as a postdoctoral fellow under the direction of Holly Tuokko. Penny has also received funding from the Vancouver Foundation to study caregiving for an institutionalized spouse with sexually inappropriate behaviours.

Welcome to MEGAN O'CONNELL who is a PhD student in the clinical psychology program, neuropsychology emphasis. She researches the accuracy of diagnostic and screening measures for dementia, and her research is funded by the Alzheimer Society of Canada and the CIHR Institute of Aging.

Welcome to ANGELA PROVOST, graduate student working with Margaret Penning in Sociology in the areas of mental health and aging. She is comparing policies and programs in BC with Sweden for older adults with mental health issues.

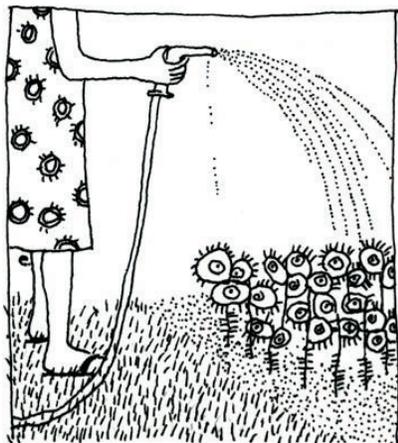
Welcome to SUSAN SCHMITT and BERNICE CARTER, research assistants for Kelli Stajduhar. Susan and Bernice are registered nurses with Victoria Hospice and will be working on the project entitled "Palliative Care in Canada: The Economic Perspective."

Welcome to JULIE SHAVER, the Centre on Aging's new research coordinator. Julie holds a Master's Degree as well as Project Management Professional (PMP) certification. Julie has experience in private sector research as well as government based research initiatives. Julie will be involved in a variety of research projects in her new position at the centre.

THE PATH OFFICE

by Jackie Robson

The Garden Corner



It's supposed to be winter but tell that to the crocuses and snowdrops that are popping their little heads up from our soggy soil. We gardeners in the Hillside-Quadra community, know what they must be feeling – raring to get going for spring, impatient for the summer sun.

But the wheels of community/developer/city planning run slowly. And so... we're still in negotiations with University Canada West (UCW), the developers of the Blanshard Elementary School site, for our planned community garden.

In the meantime folks are busy drawing up a proposed site plan, gathering donations of plants, tools and equipment. We're also reaching out to the wider community, e.g. churches and clubs, to see if there are volunteer groups who might like to join forces.

There are more and more of us getting excited about what this is growing into – a large leafy green space, full of canopy fruit and nut trees, veggie beds bursting with fresh produce, riots of flowers, fruits and herbs, public art works, butterfly gardens and more.

If you would like to become involved in any way please call Jackie Robson at the PATH office, 381-7284 or just drop by and see what we're up to behind the Blanshard Community Centre at 901 Kings Rd.

And don't forget to come visit our table on Seedy Saturday, Feb. 19 at the Victoria Conference Centre. There will be lots of seeds, of course, to buy or trade and plants, presenters and workshops. See you there!

THE QUADRA ARTS CENTRE

by Carolyn Knight



Now in its second year developing and providing innovative multi-cultural arts events and classes, term #4 is underway at The Quadra Arts Centre (QAC).

The QAC is an initiative of PATH – Promoting Action Toward Health – a Centre on Aging health promotion research project.

Painting and drawing classes have become a mainstay at Quadra Arts Centre, offering adults exceptional arts instruction at very accessible fees.

Celebrated artist Dr. Richard Hunt has returned to teach an introduction to carving, offering a window into Kwaguitl arts and cultural practice this winter. A series of Chinese cultural arts and information sessions offered throughout last fall and into this winter, have provided opportunities for Chinese-speaking participants of all ages to extend art traditions to the wider community and to gain practical information on topics of interest in Cantonese. QAC classes aim to nurture creative capacity in the belief that the arts connect individuals and increase acceptance across ethnic, economic and social boundaries.

Art is smart and the benefits can be experienced!

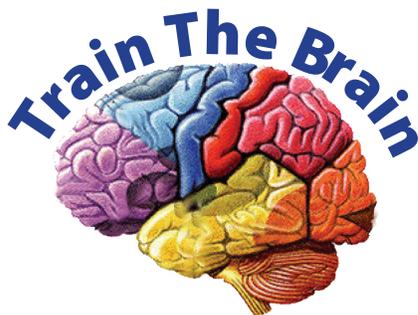
For more information about programs at the Quadra Arts Centre or to become involved to support these health-enhancing , arts classes, please contact

Arlene Carson, PhD, PATH Community Coordinator or Carolyn Knight, Arts Programs Coordinator at 381-PATH [7284]



INFORMAL LECTURES

Back by popular demand ...



Tuesday, 15 March

7:00 - 9:00 pm

UVic Fraser Bldg, Rm 159

[formerly Begbie, Law Bldg., accessed via McGill
or Ring Rd., Parking Lot 8 or 4, near stadium]

free and open to the public

**As a follow-up to this lecture,
there is a paid series of
four workshops
starting March 29**

**For more info:
ttbrain@telus.net
Guy Pilch 592-5545**

Order In The House...



If and When My Affairs Become Yours

*An Interactive Workshop with
Heather Thurston*

**Wednesday, May 11,
David Strong Bldg, Room 112
2:30 - 4:30pm**

*Are your affairs in order? If something
were to happen to you today would
your appointed Power of Attorney,
Representative, or Executor be able to
manage your affairs with ease?*

Open to the Public - fee \$5.00

Please register by May 6 - Call 721-6369



Arts and Research: Partners in a dance of discovery

Juliana Saxton & Trudy Pauluth-Penner

Wednesday, March 9

HSD Bldg, Room A250 2:30 - 3:30 pm

There has long been a sense that “good” research is “objective”, “cold” and “hard” and that stories which reflect experience in ways that are subjective, warm and soft are simply engaging narratives in which the data are not seen to be reliable (Barone, 2001). Yet, writes Thomas Homer-Dixon (2000), “we need imagination, metaphor and empathy more than ever, to help us remember each other’s essential humanity” (p. 395) What happens when the arts step up to research and ask the favour of a dance? Using the lens of Reminiscence Theatre and other models that use theatre with seniors, we will begin to imagine what the conversation might be about as they twirl and dip through the mazes of a metaphoric minuet or the more restrained locutions of the academic allemande. *Free & open to the public. Please register 721-6369.*

To register for the free, six-week course,
LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS,
call the registration phone number provided for each location below. Please register early.

**Gordon Head Recreation Centre
(Kenmore Room)**

4100 Lambrick Way, Victoria, BC
Thursdays, 1:00 pm to 3:30 pm
February 3 to March 10, 2005
Register: 250-475-7100

Esquimalt Health Unit

530 Fraser Street, Victoria, BC
(co-sponsored by Silver Threads)
Wednesdays, 1:00 pm to 3:30 pm
February 9 to March 16, 2005
Register: 250-386-6108

Woodgrove Mall Community Room

6631 North Island Highway, Nanaimo, BC
Wednesdays, 10:30 am to 1:00 pm
February 9 to March 16, 2005
Register: Mark Davies at 1-866-902-3767 or
mvdavies@dccnet.com

Oak Bay Recreation Centre

1975 Bee Street, Victoria, BC
Thursdays, 1:00 pm to 3:30 pm
February 10 to March 17, 2005
Register: Mark Davies at 1-866-902-3767
or mvdavies@dccnet.com

Panorama Recreation Centre

1885 Forest Park Drive, North Saanich, BC
Mondays, 9:30 am to 12:00 pm
February 28 to April 11, 2005
(no class March 28)
Register: Mark Davies at 1-866-902-3767
or mvdavies@dccnet.com

Ladysmith Resources Centre

721 - 1st Avenue, Ladysmith, BC
Wednesdays, 9:30 am to 12:00 noon
March 2 to April 6, 2005
Register: Mark Davies at 1-866-902-3767
or mvdavies@dccnet.com

Gordon Head Recreation Centre (Kenmore Room)

4100 Lambrick Way, Victoria, BC
Thursdays, 1:00 pm to 3:30 pm
March 24 to April 28, 2005
Register: 250-475-7100

**Becoming a Volunteer Leader for Living a Healthy Life with
Chronic Conditions**

For information about becoming a Volunteer Leader and details
about Leader Training Workshops, please contact Mark Davies at
604-940-3580 or toll-free:
1-866-902-3767, or email mvdavies@dccnet.com

Seniors Centre, Port McNeill, BC

Thursday to Sunday, 10:00 am to 4:00 pm
February 17 to 20, 2005
Register: Mark Davies at 1-866-902-3767
or mvdavies@dccnet.com

Oak Bay Recreation Centre, Arena Boardroom

1975 Bee Street, Victoria, BC
Thursdays and Fridays, 10:00 am to 4:00 pm
February 17, 18, 24 & 25, 2005
Register: Mark Davies at 1-866-902-3767
or mvdavies@dccnet.com
Registration is limited and you must attend all four days

James Bay Community Project

547 Michigan Street, Victoria, BC
Saturdays and Sundays, 10:00 am to 4:00 pm
March 12, 13, 19 & 20, 2005
Register: Mark Davies at 1-866-902-3767
or mvdavies@dccnet.com
You must attend all four days

CONTACT INFORMATION:



We invite your submissions, comments and contributions.

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