

CENTRE ON AGING  
UNIVERSITY OF VICTORIA

# The Bulletin

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SPRING 2016

## SPECIAL POINTS OF INTEREST:

- 2016 Colloquium Series
- Director's Perspective
- Valued Elder Recognition Award (VERA)
- New research projects you can participate in
- Get involved

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**PECHA WHAT? PECHA WHO? PECHA KUCHA! A LIVELY PRESENTATION THAT GIVES SPEAKERS 6 MINUTES AND 40 SECONDS (TOPS!) TO TALK ABOUT THEIR RESEARCH**

**WANT TO GIVE PRESENTING A TRY? PLEASE CONTACT THE CENTRE ON AGING AT [AGING@UVIC.CA](mailto:AGING@UVIC.CA)**

2016

# PECHA KUCHA

**WHEN:  
THURSDAY,  
JANUARY 28**

**WHERE:  
HARO ROOM -  
CADBORO COMMONS**

**4:30 - 6:30 PM**

**REGISTER: [AGING@UVIC.CA](mailto:AGING@UVIC.CA)**

**FOOD AND A HOSTED BAR PROVIDED**



University  
of Victoria

Centre  
on Aging

Centre on Aging affiliates only!

## Director's Perspective

Dear friends,

The beginning of a new year is a wonderful time to reflect on the past one—on our own and other's accomplishments, new friends and colleagues, and experiences we have shared together.

It has been a good year. We began in 2015 with some new ideas to better communicate the latest research from the centre's many affiliates. Amanda Kelly, Tina Quade, and Tiko Yoneda, graduate students in Psychology, worked with us to develop and hold an advanced undergraduate seminar course on "writing research snapshots". We worked with 12 undergraduate students to discuss the latest aging and health research and "translate" this work into brief clear language summaries.

We built a new website and this went live in July 2015. Please check it out regularly for notices of activities, achievements of our colleagues, and opportunities to engage with and collaborate with our research partners and Vancouver Island community. For example, check out the colloquium series on Optimizing Aging and Health, initially focused on research methods, and expanded in 2015 to include cutting-edge seminars and expert panels in support of new collaborative initiatives with Island Health and CanAssist with particular emphasis on technology and aging, biomarkers, and patient-reported outcomes. I invite you to attend the new [2016 series](#), in person hopefully or by webcast, and to view some of our past speakers contributions on our Centre on Aging [Youtube channel](#).

The International Day of Older Persons was celebrated with the annual Valued Elder Recognition Award (VERA) and highlighted Drs. Holly Tuokko and Phyllis McGee's latest findings on the Victoria Candrive Cohort Study of Older Drivers. The centre's partnership with Lafayette String Quartet in support of the annual Lafayette Health Awareness Forum in October was another highlight. Since 2006, this forum has provided an opportunity for health professionals to meet with the community to present and discuss important health topics, and enjoy music by the quartet. These are some of the new ways that the centre has been engaged with our students, faculty, and community members and have been very rewarding to me personally.

The Centre on Aging continues to promote opportunities for greater engagement with the Vancouver Island community to help direct our activities, be involved in our research, and help us promote and share evidence-based research. A number of our faculty affiliates are leading the development tools for regular internet and in-person assessments on general health and lifestyle, cognitive assessment, and health monitoring. A long-term objective of this research is to improve our ability to unobtrusively monitor health factors and detect important early health changes due to chronic disease and aging. Earlier detection would allow timely intervention to prevent avoidable health deterioration or loss of independence.



## Director's Perspective

Centre affiliates are leading exciting developments along these lines. Indeed, affiliates have been successful in obtaining Canadian Institutes of Health Research (CIHR), Island Health, Technology Evaluation in the Elderly Network (TVN), and industry-partnered research funding to better meet the needs of seniors with complex care needs, bring cutting edge technology to improve monitoring and detection of changes that will lead to the improvement of treatment and care for seniors.

Centre researchers have partnered with UVic's CanAssist to develop and evaluate technologies that will enable individuals to continue to live independently and securely within their homes and also to meet some of the challenges associated with dementia and caregiving. This Centre on Aging / CanAssist partnership provides opportunities for identifying unmet needs, implementing technological innovations, and evaluating impact on health, functioning, well-being, and quality of life.

I have high hopes for 2016 and beyond. There are many exciting new and ongoing research collaborations, an increasing number with Island Health clinicians and CanAssist, providing opportunities for impacting the health and health care on Vancouver Island and beyond. We also have planned many opportunities to engage with each other and with visiting scholars. Please join us for some of the many events planned for 2016 including the centre's colloquium series, IdeaFest 2016, UVRA Masterminds, Lafayette Health Awareness Forum, and the International Day of Older Persons. Please also suggest speakers and topics for our continuing colloquium series for later this year and next.

Cheers for all of your 2015 accomplishments and best wishes for a happy and productive New Year!

Scott Hofer

## Goodbye Phyllis McGee

Dr. McGee is retiring after 15 years at the Centre on Aging. Phyllis will be greatly missed. She has provided research support to Dr. Holly Tuokko, through the centre's Michael Smith Infrastructure Grant, and the Candrive Study. Her kindness, thoroughness, and dedication will be impossible to replace. We wish her luck and joy in this next, exciting phase of her life.





# News at the Centre

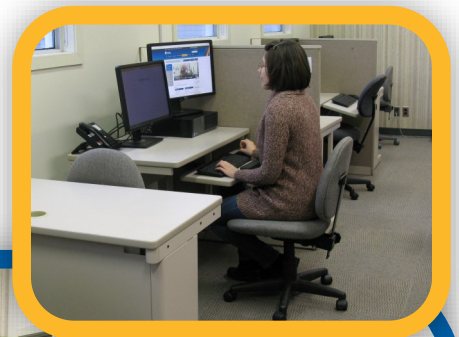
Welcome to the Idea Lab. This multifunctional shared space is available to researchers to run their projects. Currently, graduate students are booking the space to run tests with their participants but the Idea Lab offers so much more.

There are seven work stations and a dedicated printer for the lab. And, as you can see in the pictures below, additional space for meetings or a laptop. The work stations are networked with the ability to save data to secure servers housed in the Enterprise Centre.

Using the Idea Lab gives easier access to the support available from centre staff. We are happy to help with your projects. To discuss your needs contact Vincenza Gruppuso ([vincenza@uvic.ca](mailto:vincenza@uvic.ca)) or Lois Holizki ([ledgar@uvic.ca](mailto:ledgar@uvic.ca)).

Another advantage, the centre has dedicated complimentary parking for research participants. No more long walks across campus. Parking Lot 7a is directly in front of R Hut.

Interested in learning more or booking space? Contact the centre at [aging@uvic.ca](mailto:aging@uvic.ca). We will be happy to help you. This space is available to all students and faculty working on research related to the [centre's mandate](#). Preference will be given to affiliates of the centre. If you are interested in becoming an affiliate, please visit our [website](#) for more details and to download the form.





## Congratulations

Paweena Sukhawathanakul, a student affiliate, published for the first time as first author in the peer reviewed *Gerontologist* in November 2015. The article, “Measuring Driving-Related Attitudes Among Older Adults: Psychometric Evidence for the Decisional Balance Scale Across Time and Gender”, discusses the Decisional Balance Scale (DBS) developed to assess older adults' attitudes related to driving. This study examined the psychometric properties of the DBS ratings across three time points in a sample of 928 older drivers who participated in the Canadian Driving Research Initiative for Vehicular Safety in the Elderly (Candrive).

Other affiliate authors included Holly Tuokko, Ryan Rhodes, and Michelle Porter.

## Congratulations



Erin Donald is the recipient of three 2015 scholarships:

- Discovery Program for Youth & Family Addiction Services Scholarship
- Dr. David Chuenyan Lai Scholarship
- Jessie H. Mantle Fellowship in Nursing

Erin is in the second year of her doctoral program with the School of Nursing at the University of Victoria. Her past clinical experience in long-term care and community palliative care led to her interest in caring for older adults with advanced life-limiting conditions, particularly those with mental illness. Under the guidance of Dr. Kelli Stajduhar, her dissertation research will focus on access to care for people with severe persistent mental illness who are approaching end of life. Erin will study the experiences and situational context of older adults with mental illness who are receiving palliative care or could benefit from a palliative approach to care. She hopes her research will help improve access to appropriate clinical care for this population. Erin wishes to express her thanks to the Centre on Aging for the support she has received thus far, and looks forward to continuing to work with the centre as her studies progress.

Congratulations, Erin!  
These awards are well-deserved.

## Interested in getting more involved with the Centre on Aging?

Think about volunteering! There are many [opportunities](#) available.

If you are a student with work study hours, consider applying for one of the [positions](#) available.



## Valued Elder Recognition Award 2016

Know an outstanding volunteer? Nominate them for the newly revised Valued Elder Recognition Award (VERA) this year. Complete the one-page nomination form and you are on your way to celebrating International Day of Older Persons with the centre at the Salvation Army Citadel on September 30, 2016.

The nomination criteria are:

1. The individual must have made an exemplary contribution within the Capital Regional District (CRD) for a minimum of ten years and not have been paid for the contributions for which they are being honoured.
2. While the contributions must have been made within the CRD, the individual need not be residing in the CRD at the present time.
3. The individual must agree to stand for the nomination.
4. The contributions made by the nominee must be supported by at least three letters of sponsorship from individuals in the community.
5. Contributions in other communities will be considered if the first criterion has been met.
6. One nomination per nominator.
7. Posthumous awards will not be given.



# A PORT in the storm

On Thursday, October 29, 2015 the University of Victoria Equitable Access to Care Study Team (PI Kelli Stajduhar), Victoria Hospice, and the Palliative Outreach Resource Team (PORT) hosted an interactive and educational event about palliative care for structurally vulnerable people. Structural vulnerability recognizes that particular groups of people are more vulnerable to harm as a result of intersecting factors (e.g., poverty, homelessness, gender, disability, race, illicit drug use, mental health issues). The intent was to foster dialogue between formal palliative care providers (e.g., hospice personnel, home care workers) and downtown service providers (e.g., health, housing, faith and social service organizations) to identify challenges in our community with regards to palliative care access.

The day began with a welcome from City Councillor Marianne Alto who spoke about the significance of dignified palliative care services for Victoria’s inner city population. Participants then heard about **current research** on palliative care and structurally vulnerable populations from Dr. Stajduhar and Dr. Ryan McNeil from the BC Centre for Excellence in HIV/AIDS.

A series of presentations followed on promising practices in palliative care from Dr. Naheed Dosani, lead physician with PEACH (Palliative Education and Care for the Homeless) in Toronto; Dr. Sue Burgess, a physician providing palliative care in Vancouver’s Downtown Eastside; and Victoria's Palliative Outreach Resource Team. After lunch, a panel of practitioners from Pacifica Housing, Cool Aid Community Health, Victoria Hospice, the Dandelion Society, Our Place Society and AIDS Vancouver Island spoke about the challenges to providing and accessing palliative care for the people they serve.

The remainder of the day was spent in small group discussions where participants with diverse employment participated in discussions about challenges to palliative care access in Victoria. Finally, Dr. Dosani facilitated



## A PORT in the storm (continued)

break-out groups where participants had the opportunity to discuss how seven palliative care principles could be implemented in organizations for a community-based response.

The successful day left people feeling inspired. The main findings of the day will be made publicly available soon. The Equitable Access to Care study will host another community forum with people who have lived experience to seek feedback on findings as well as contribute to project recommendations. For more information about the Equitable Access to Care study please contact Ashley Mollison, Project Coordinator at [equitableaccess@uvic.ca](mailto:equitableaccess@uvic.ca).

Thanks to our generous funders and contributors: The Sovereign Order of St. John of Jerusalem Knights Hospitaller Victoria Commandery, Victoria Hospice, the Canadian Institutes of Health Research (CIHR) and the UVic Centre on Aging; and our presenters, panelists and facilitators.

### Media links:

CFAX: Dr. Kelli Stajduhar's CFAX Interview with Terry Moore on October 29, 2015 [<https://soundcloud.com/terry-moore-cfax/october-29-4pm?in=universityofvictoria/sets/uvic-in-the-news#t=36:35>]

## Masterminds 2016

Save the dates for the University of Victoria's Retirees Association (UVRA) and the Centre on Aging! Join us for this year's installment of this exciting and informative series. The 2016 speaker's are:

- ◆ April 6      **John Oleson**, Greek and Roman Studies
- ◆ April 13     **Lorna Crozier**, Creative Writing
- ◆ April 20     **James Tully**, Political Science and Law
- ◆ April 27     **Elaine Gallagher**, Nursing

Details on location, parking and starting time to follow soon. Please check the [UVRA](#) and [centre](#) websites for more information.



# Colloquium Series 2016

The Centre on Aging is a research intensive centre at the University of Victoria with a key emphasis on advances in the health, cognitive vitality, and well-being of an aging community. This colloquium series has been developed to highlight both substantive and methodological innovations and applications in aging research. This spring, our colloquium series emphasizes aging-related research in patient-reported outcomes, biomarkers of aging, research methods, and technology and aging.

*Note: Sessions will also be available via web streaming. Web link will be provided with your registration confirmation.*

**Location:** University of Victoria, Medical Sciences Building, Lecture Hall - Room 160

**Registration:** [LMPotter@uvic.ca](mailto:LMPotter@uvic.ca) or 250-721-6369

**Time:** Tuesdays, 10:30AM to 12:00PM

Come early! Enjoy coffee and snacks with other attendees from 9:45 to 10:25AM in the lobby outside the lecture hall.

Date	Speaker	Institution
January 19, 2016	Eli Puterman	University of British Columbia
January 26, 2016	Joshua Armstrong	Dalhousie University
February 2, 2016	Deniz Erton-Lyons	Oregon Health & Science University
February 9, 2016	<i>Reading break – no colloquium</i>	
February 16, 2016	<i>No colloquium today</i>	
February 23, 2016	Ryan Rhodes	University of Victoria
March 1, 2016	To be announced	
March 8, 2016	Tapan Mehta	University of Alabama at Birmingham
March 15, 2016	Research of our Centre on Aging student affiliates	University of Victoria



Improve my quality of life...??

...with web-based services that let me manage my day-to-day health by sharing my personal health information with family & friends?

If this is the future of health care, then what are the risks?

*Exactly!* That's our question too!

We've developed a prototype & need your help to test it.

No previous experience required.

\*\*\*\*\*

Join us for a 90-minute session where you get to try it out using mock health information. Complimentary coffee, tea, & cookies. Free parking & gift card.

For more information, please contact Ryan Habibi: [rphabibi@uvic.ca](mailto:rphabibi@uvic.ca)

**The CORTEX laboratory and the Centre on Aging at the University of Victoria invite you to participate in a study exploring the relationship between life satisfaction and thinking as we get older.**

**Healthy individuals, 60 years of age and older, are invited to attend a One-time 2-hour session at UVic. Complimentary coffee, tea, and cookies. Free parking.**

With your help we can begin to answer questions such as:

- \* Are changes in thinking and reasoning that happen as we get older related to life satisfaction?
- \* Can social involvement and physical and mental health protect us from any effects of these changes as we get older?



**For more information and to confirm eligibility, please contact Emilie Crevier-Quintin (250) 472-5257 or [emiliecq@uvic.ca](mailto:emiliecq@uvic.ca)**



**University of Victoria**  
Centre on Aging



# British Columbia Trajectories in Care Study (BC-TIC)



The BC Trajectories in Care Study (BC-TIC) has published their first newsletter. You can find it on our [website](#). The newsletter highlights recent publications and those in process, presentations and grant applications.

## How would you design an electronic health tool to help you or others manage medications?



**Join us for fun and interactive sessions where you share your ideas and co-build e-tools to improve medication management.**

No previous design or computer experience required.

For more information or to sign up, contact:

**Paule Bellwood**  
paulebw@uvic.ca



University of Victoria



emily carr  
university of art + design

Solutions for better living and aging have been plentiful. New medicines, procedures, and equipment have provided comfort, care and sometimes cures. In today's world, tools promising independence, safety, better health and well-being will – more and more – include a role for technological solutions.

Join UVic's Centre on Aging and CanAssist as they showcase recent advances in technological design and innovation. Lend your voice to the collaborative discussion and share your views and ideas on practical technology that could make a difference.

**FRIDAY, MARCH 11**  
**2:30 – 5:00 PM**  
**DSB C103**

*Better Living Aging Better*  
**TECHNOLOGY for the Ages**





# Self Management BC

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 you can visit the [website](http://www.selfmanagementbc.ca/) at <http://www.selfmanagementbc.ca/> or you can call toll-free at 1-866-902-3767.

## Self-Management British Columbia

**You are a caregiver for your spouse with Alzheimer's disease or dementia...**

**What would you want others to know about your social and caregiving experiences?**

The **Social Experiences Study** invites caregivers, 65 years and older living with a spouse or partner diagnosed with dementia including Alzheimer's Disease to participate in a **1-hour interview** + complete **home questionnaires**

Interview scheduled at your convenience—at your preferred location.  
Spouse or partner is welcome.

Your lived experiences are valued & your participation will contribute greatly to understanding social experiences & informing ways to improve social supports.

For more information, please contact Cassandra Brown or Tomiko Yoneda at [socialex@uvic.ca](mailto:socialex@uvic.ca) or (250) 472-4868.



[www.ifespan.org](http://www.ifespan.org)



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Articles and submissions provided by: Paule Bellwood, Cassandra Brown, Emilie Crevier-Quintan, Vincenza Gruppuso, Ryan Habibi, Taylor Hainstock, Scott Hofer, Lois Holizki, Patrick McGowan, Ashley Mollison, Cara Pearson, Nina Perisic, Leah Potter, Holly Tuokko

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

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**Research Throughout the Life Course**

