

INSTITUTE ON AGING &
LIFELONG HEALTH
UNIVERSITY OF VICTORIA

**SPECIAL ISSUE
HIGHLIGHTS:**

- We are now the Institute on Aging and Lifelong Health!
- Welcome to our new Associate Director, Ryan Rhodes
- Past Director, Neena Chappell, shares her thoughts upon her retirement
- News about the Valued Elder Recognition Award (VERA)
- 25th anniversary celebrations will start in 2017!
- News from our partners

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SPECIAL ISSUE

The Bulletin

VOLUME 24, ISSUE 2

SUMMER 2016



**University
of Victoria**

**Institute on Aging
& Lifelong Health**

News at the Institute



Scott Hofer, Director

We are now the Institute on Aging & Lifelong Health

A message from
the director

I am delighted to share with you that the university's Senate approved the Centre on Aging's name change request on April 1, 2016. From this point forward we will be known as the Institute on Aging and Lifelong Health (IALH). This is a wonderful opportunity for all of us to consider and refresh the centre's role and activities at the university, and with the community — locally, nationally, and internationally.

The name change acknowledges our emphasis on lifelong processes that influence health and aging-related outcomes. While retaining an emphasis on aging, IALH reflects a shift toward understanding how earlier life, modifiable lifestyles, and contextual components influence aging and health outcomes later in life.

The term, institute, better reflects the broad scope, interdisciplinarity, and range of partnerships we have developed. The interdisciplinary work of our many affiliates from the community as well as in the social, behavioural, and health sciences at the University of Victoria (UVic) and other universities is meeting the challenges to improve health and well-being across the lifespan for our aging society.

While the Centre on Aging has a reputation for exemplary work in knowledge translation we wish the Institute to further raise the profile of our efforts here at UVic and increase our engagement with the broader community. We will maintain and grow our contact with an extensive network of community members, advocacy groups, practitioners, decision makers, students, and researchers through print and electronic newsletters, social media, seminars, lectures, formal and informal meetings, and other speaking events.

We hope to attract students and postdoctoral researchers to the many academic programs contributing to aging, lifespan, health, and related disciplines at UVic. This is key to training highly qualified personnel, an integral component of our research and knowledge sharing.

We continue to seek and realize opportunities to attract and engage faculty, students, and community members. Please share your thoughts and help us direct the Institute in these exciting times.

News at the Institute

The 25th Anniversary: from Centre to Institute

Next year marks the 25th anniversary of the Centre on Aging or Institute. The Institute was established in 1992 by Neena Chappell, with a vision to contribute to the advancement of knowledge which will be relevant to and assist seniors, their families, health care providers and governments, and to continually strive for excellence in research. The Institute aimed to conduct research in partnership with the community, bringing its own expertise to interact with the expertise of those who are living in old age and those who are living and working with older adults.

Over the past two and a half decades, the Institute's location has changed to allow for expansion and growth. It was originally housed in the C Wing of the Sedgewick Building. The Institute then moved to on the second floor of the McPherson Library, then on to the A Wing of the Sedgewick Building in the fall of 1997, in order to allow for easier wheelchair accessibility and more space to conduct research. The new location also offered expanded office space for students and researchers. After 15 years in Sedgewick, the Institute made its fourth (and so far, final) move to R Hut, which, in the 1940s, was a military hospital. With this move, various types of equipment for data collection were added, including 12 computer work stations in what is currently the Idea Lab. It also allowed the Institute to be more accessible for both researchers and the community with even better accessibility options and designated parking for visitors.

The move to R Hut also allowed for additional research studies, like the Victoria Longitudinal Study (VLS) and the Canadian Driving Research Initiative for Vehicular Safety in the Elderly (Candrive), to be



IALH Staff and Faculty

housed at the centre, providing permanent and accessible space for study participants to visit.

As a research facility, the Institute focused a majority of time and energy on aging and health research with an interdisciplinary perspective. Our research affiliates work in various team settings and come from a variety of disciplines, such as sociology, biology, psychology, and exercise science, and have their work published in both national and international academic journals. Major national studies, such as Candrive and the Canadian Longitudinal Study on Aging (CLSA), are coordinated through our facility, and we have formed many partnerships with organizations, locally, provincially, nationally, and internationally. With the name change, and emphasis on lifelong health, we plan to continue this work and expand upon it as we strive to develop the institute and maintain our reputation as a world-class research facility.

To celebrate our 25 years as a centre, and to start our next 25 years as an institute off right, we are planning special events throughout 2017. Please watch for announcements of these festivities over the coming months.

News at the Institute

New Associate Director

Please join us in welcoming Dr Ryan Rhodes as the Institute's Associate Director!

Ryan is a professor in the School of Exercise Science, Physical and Health Education and the director of the UVic Behavioural Medicine Laboratory. He is a highly recognized international research leader, and a fellow of the Royal Society of Canada College of New Scholars, Artists and Scientists, and the Academy of Behavioural Medicine Research.

Ryan's research focuses on life transitions such as parenthood, injury or retirement. He seeks to promote activity across the life course in order to prevent poor health outcomes later in life. Physical activity is central to moderating aging-related changes in cognitive and physical functioning, well-being, and chronic health conditions. This emphasis on lifelong health is central to the goals of our institute. Ryan will be working with the institute's director, staff, and affiliates on the management, development, and communication strategies for the institute.



The Behavioural Medicine Lab (BMED)



The Behavioural Medicine Lab (BMED), directed by Dr Ryan Rhodes, has a primary focus on the behavioural and psychological aspects of physical activity and health of special populations, including families, youth, and older adults.

We are pleased to report that construction of a new and state-of-the-art BMED Laboratory is almost complete and is located on the new upper floor of what was once the apparatus gym in the McKinnon Building. The 3000 square foot lab space has physical activity training and assessment rooms, trial coordinator offices, a meeting room, graduate student computer room, and equipment storage. The lab includes contemporary and cutting edge equipment such as an 11-piece resistance training gym, two treadmills, exergames and cycle ergometers, comprehensive fitness testing equipment, accelerometers, plus eight computer workstations, funded through prior infrastructure and operating grants from the Canadian Foundation for Innovation, the Canadian Cardiovascular Society, the BC Knowledge Development Fund, and the Canadian Institutes of Health Research (CIHR).

The laboratory's innovations provide a range of equipment and technology to test new models of physical activity motivation and behaviour, intervention strategies, and health promotion marketing.

Dr Neena L. Chappell retires



Neena L. Chappell

Dr Neena Chappell (Sociology), Canada Research Chair in Social Gerontology, is retiring. Neena has accomplished much during her career,

making a difference to the lives of older adults in a variety of ways. Her commitment to ensuring research accessibility to the community has made her a popular speaker worldwide and her ability to focus discussion on the real and relevant aspects of life quality has impacted policy in BC, Canada, and the world.

Dr Chappell's research interests include caregiving and family support, dementia care, health services and policy, healthy aging, and aging among Chinese populations. Her research emphasizes relevance and scientific rigour,

conducting studies that range from large quantitative data collection to small-scale in-depth qualitative investigation.

She is the founding director of two world class research centres on aging in Canada: the first at the University of Manitoba in 1982 and the second here at the University of Victoria in 1992. She is past president of the Academy II (Social Sciences) of the Royal Society of Canada and immediate past-president of the Canadian Association on Gerontology. Neena has served in many capacities including as a

member of the executive of the interim governing council that created CIHR, the panel that developed the framework for the Return on Investments in Health Research: Defining the Best Metrics Canadian Academy of Health Science, institute advisory boards of the CIHR Institute on Aging and the Institute for Health Service and Policy Research. She has received many awards, including the CIHR Betty Havens Award for knowledge translation in aging research, with the latest being the Order of Canada.

Saanich

Transportation Plan

The District of Saanich is preparing an **Active Transportation Plan (ATP)** to increase the mobility, accessibility, safety and connectivity of people in Saanich.

Significant outcomes of the plan will be to set sidewalk and pedestrian infrastructure priorities for Saanich for the next 5 years as well as update our Active Transportation network maps.

A project advisory committee will be comprised of interested and engaged community members. Contact Saanich at engineering@saanich.ca to find out more about how you can get involved.

Submitted by Judy Brownoff

The Age Friendly initiatives are part of one of eight focus areas designed to support individual and collective health and well-being. In particular, "Age Friendly initiatives encourage active aging for all ages through optimizing health promoting activities, participation and security. They adapt systems and structures to be inclusive and accessible for a wide range of needs and capacities."

These initiatives were developed from research funded by the World Health Organization, the Public Health Agency of Canada, and the BC Ministry of Health. Some of the research was conducted at UVic by Institute on Aging & Lifelong Health affiliates with partners that included the District of Saanich and the Eldercare Foundation.

In 2013 these two partners were working with the Yakimovich Wellness Centre (Island Health) with facilitation from BCHC on "Trust US! Intergenerational Initiative" funded by the New Horizons for Seniors Program to bridge the gap between older adults and teens. After six months the project had created presentation materials to identify their priorities and foster intergenerational communities. The group also created events to improve the Gorge Tillicum neighbourhood in the District of Saanich.



BC Healthy Communities
People. Place. Potential.

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 1.5-hour focus group or individual interview

Where/When?

- Held at the Institute on Aging & Lifelong Health (UVic) - Flexible dates and times

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 250-721-6368 or abraslav@uvic.ca

THANK YOU FOR YOUR INTEREST!

Affiliates in the News

Margaret Penning

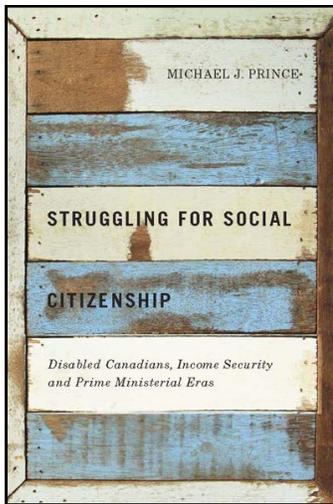
Dr Margaret J. Penning (Sociology) received the highest class of membership within the Gerontological Society of America. As a 2016 Fellow in the Behavioral and Social Sciences Section, Dr Penning is acknowledged for her outstanding and continuing work in gerontology. Congratulations, Margaret!



Michael Prince

Dr Michael Prince (Studies in Policy and Practice) has published a new book:

[***Struggling for Social Citizenship: Disabled Canadians, Income Security, and Prime Ministerial Eras.***](#)



The book covers the origin, implementation and changes of the Canada Pension Plan (CPP) disability benefit and how Canadians who are disabled attempt to access income support. Michael weaves together policy trends, program developments, administrative data analysis, actions of policy makers and the lived experiences of CPP applicants, illustrating how disability and ability have been conceptualized and regulated over the years.

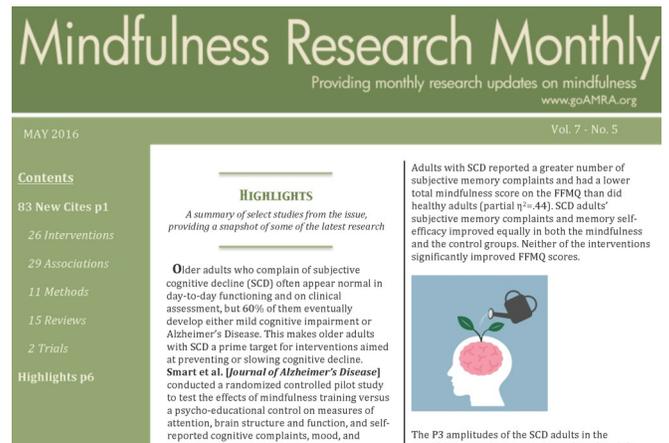
Dr Prince's latest book is available from McGill-Queen's University Press as an e-book, paperback, or hardcover book.

Colette Smart

Dr Colette Smart (Psychology), along with members of her UVic [SMARTLab](#), has published an article about a pilot study on the impact that mindfulness training can have for older adults with subjective cognitive impairment. Results indicate the mindfulness training can potentially reduce older adults' criticism about their memory and cognition. With further study, it is hoped that mindfulness training could be useful as an early intervention for older adults at risk of Alzheimer's.

This research was also featured in the [Mindfulness Research Monthly](#) newsletter, a publication of the American Mindfulness Research Association.

The full article can be accessed online: Smart, Segalowitz, Mulligan, Koudys, & Gawryluk, (2016). Mindfulness training for older adults with subjective cognitive decline: Results from a pilot randomized controlled trial. *Journal of Alzheimer's Disease*, 52(2), 757-774. doi: [10.3233/JAD-150992](https://doi.org/10.3233/JAD-150992)



Affiliates in the News

Scott Hofer



Dr Scott Hofer (Psychology, Director, IALH) received an honorary doctorate from the University of Gothenburg. Dr Hofer has collaborated with the University of Gothenburg's Department of Psychology since the 1990's. He has delivered workshops, lec-

tures and seminars, and provided graduate-level course development in longitudinal analysis. Congratulations, Scott!

Ryan Rhodes



Dr Ryan Rhodes (Exercise Science, Physical & Health Education, Associate Director, IALH) received UVic's Faculty of Education Award for Excellence in Research. This award is given to recognize outstanding research from scholars working as either individual researchers or

as a collaborative team. Dr Rhodes is also the Director of the Behavioral Medicine laboratory at UVic. Congratulations, Ryan!

Erin Donald

Erin Donald (PhD student) has received the Jessie Mantle Fellowship. This fellowship is awarded to students in a nursing graduate program who wish to improve the care and quality of life of older adults. Erin is researching access to end of life care for people with severe persistent mental illness. Congratulations, Erin!



Maneesha Deckha

Professor Maneesha Deckha (Law) now holds the University of Victoria Lansdowne Chair in Law starting July 2016. Prof. Deckha's work on bioethical questions has received international recognition. Her research interests include the legal treatment of non-human animals and the human/animal divide, health law and bioethics, feminist analysis of law, and law and culture. Congratulations, Maneesha!



Affiliates in the News



On Thursday, June 2, 2016, two IALH research affiliates presented at The Walrus Talks Quality of Life. The event, held in Vancouver, showcased Kelli Stajduhar (Nursing) and Neena Chappell (Sociology).

Dr Stajduhar's Walrus Talk, "Living Well until You Die," discussed the value of palliative care. Kelli reminded us that we will all die one day, and that palliative care should be there to maximize quality of life and to enable us to die well and with dignity. However, in Canada most people do not have access to palliative care. Up to half of palliative care services are funded through donations—a situation that would be unacceptable for any other type of health service.



Dr Chappell's Walrus Talk, "The Paradox of Aging," focused on the counterintuitive relationship between physical health and quality of life – as we age, our physical health declines but our life satisfaction (happiness) tends to increase. Neena explained that we seek happiness throughout our lives, and as we age our priorities change from

employment and income, to relationships and leisure time. This transition in values may help explain increasing life satisfaction despite potential challenges in physical health.

More information and videos of the event can be found at uvic.ca/aging/

"Working Memory" Dementia Diagnosis Study

Volunteers needed to help with diagnostic testing for dementia.

You will be asked to assist in the testing of 20 participants every two months for one year. Participant walks back and forth in a 40 foot straight path while simultaneously carrying out cognitive tasks such as counting backwards by sevens wearing a one-ounce gyro sensor strapped to their ankle.

This study is based on 11 years of peer reviewed research.

For more information, contact:

Professor Nigel Livingston, (250) 721 7121 or njl@uvic.ca

Co-Investigator Bill Hook, (250) 743 4469 or

wrogershook@gmail.com

School of Public Health & Social Policy, University of Victoria

HREB application to VIHA/UVic is in preparation



source: Bay Shore Memc

News at the Institute

Welcome Harjot Grewal!



Harjot has just completed her Bachelor of Science in Psychology at the University of Victoria.

Recently, she has begun a full time position as a research assistant at the Institute on Aging and Lifelong Health. Her research interest is finding ways to improve care for people with bipolar disorder.

She is also interested in understanding and removing the intergenerational gap between younger people and their grandparents, mostly because of her positive relationship with her own grandparents.

In her free time, she enjoys going to a museum and looking at the beautiful art, or sitting on the beach.

Farewell, Lindsay!



The UVic Canadian Longitudinal Study on Aging's Data Collection Site (DCS) is sad to announce that Lindsay Richier will be leaving her position as Coordinator. Lindsay joined our team November 2012 with exceptional project management and research administration skills. Lindsay set a tone of respect and high regard for our participants which results in their consistently noting that they enjoy visiting the DCS, with one participant recently commenting that the visit to the DCS is a "nice outing"!

Lindsay has been accepted to the UBC Medical School in the fall. We are extremely proud of Lindsay's achievement and excited about her future prospects as a physician. We know that Lindsay will make a substantial contribution to medicine in Canada. We are also pleased that on July 18th, Dr Jo Ann Miller will join the UVic DCS as Coordinator.

Past Director's Perspective



New Beginnings...

I had the privilege of establishing the Centre on Aging at UVic, in 1992 and of being its founding Director for the first 10 years. It was an exhilarating time when many of us together, both within and external to the university, built a world-class research centre related to aging issues. The Centre was built on the twin pillars of scientific rigour and community relevance. We demonstrated the value of multidisciplinary research at the university for the community and society at large and were recognized internationally for our efforts.

Now in our 24th year, Scott Hofer as its 5th director, is taking us to new heights. Scott's vision is to establish an ongoing population-based sample (the Unified Vancouver Island Cohort - UVIC) that will provide the necessary foundation for innovative research. Primary data will be collected using home-based interviews and assessments that will provide a phenotyped data platform in combination with data linkage to laboratory, medication, and imaging data. This will include the development of assessments that can identify risk and protective factors in an individual's changing health and functioning. Initially, emphases will be on maintaining independence, home care, stroke, dementia, brain injury and treatment evaluations. New diagnostic technologies will be incorporated, predictive models to support



Past Director's Perspective

clinical decision making will be developed, and cost efficiencies will be evaluated. Improved health and health care are the outcomes of interest.

This vision is timely and Scott is the right person to take us there.

I strongly support both Scott's direction and the name change to the Institute on Aging & Lifelong Health. The name change is consistent with the direction of many similar research centres in order to ensure it is understood that aging refers to lifelong development and that health (broadly defined to include the physical, emotional, psychological, social and more) is integral to aging.

This does not mean that the Institute, or the University, is without its challenges in this era of cost-recovery, private partnerships, and networking and collaboration, all of which can be beneficial. However, they will not prove beneficial to society unless the foundational tenets of a university are maintained. The university is one of the few institutions within our society that has the freedom, and I would argue the obligation, not only to pursue new knowledge including that which is controversial, but

to inform society of those findings – an obligation that too few of our colleagues take seriously. In this day of chasing the research dollar, let us not forget that the pursuit of knowledge and understanding that does not require mega dollars is equally important, as is basic knowledge whose societal relevance may not become apparent until sometime into the future ... and networking and collaboration should facilitate, not replace research.

The university remains a vibrant environment where, today, diversity of thought is and should be encouraged, where those of us privileged to work here should always do so with the highest of integrity. I am excited about the developments at the Institute and enter retirement (July 1, 2016) confident it is in good hands.



Lena Chapell



Memory Café - Remembering Our Canada

A Unique Volunteer Opportunity



The 'Memory Café - Remembering Our Canada' project is an intergenerational mentorship program spearheaded by the Eldercare Foundation. This program is funded in part by the Government of Canada's New Horizons for Seniors Program.

Senior and youth artists from theatre, music, dance, multimedia, photography, and literary and visual arts will come together to share stories and memories of "What Canada means to you." Older adults from the community, Oak Bay Lodge residents, Oak Bay High School students, Rotary Club of Oak Bay Interact students, and the University of Victoria Theatre department will collaborate on a series of performances and exhibits, reflecting the collection of stories gathered from the "What Canada means to you" discussions. These will be showcased as

part of the Eldercare Foundation's festival events to be held in March 2017 as part of Embrace Aging Month.

Trudy Pauluth-Penner, a doctoral candidate at the University of Victoria, will fill the artistic director/facilitator role for this program. Trudy has several years' experience in designing, implementing and evaluating reminiscence theatre projects. For her work "Living History," in an Island Health Mobile Adult Day Centre Program in 2005-06, Trudy received first place in the Blair L. Sadler International Healing Arts Competition, Professional Category (April 2006, Society for the Arts in Healthcare). Trudy's expertise and commitment to improving quality of life for the elderly will drive this project to a successful conclusion.



“Remembering Our Canada” will be the theme for this Memory Café as it will appeal to participants on many different levels. New and recent immigrants will learn about Canada anecdotally, which will provide a much broader picture than any reading material could. In turn, the experiences of recent immigrants will inform the other participants of the difficulties facing those who come as strangers. As participants become immersed in the stories chosen to be reflected in works of art, the group will become a community in itself.

This project will be the first step towards the long-term goal of creating a Canadian affiliation with the European Reminiscence Network and establishing a Victoria-based Age Exchange centre/network, using senior volunteers to create and guide the process. This centre would be developed and adapted from London’s UK Age Exchange model, offering ongoing sustainable community arts-based intergenerational programming, support and resources for older adults, their caregivers and for youth.

We anticipate that this project will have successful outcomes for all participants. Armed with feedback from our volunteers once this project is complete, we will appeal to our donor base for help in continuing the project and duplicating it at other facilities supported by the Eldercare Foundation.

If you are interested in visual or performing arts, please contact the Eldercare Foundation at 250-370-5664 to find out how you can volunteer for this exciting opportunity. We are looking for seniors, students (high school & post-secondary), artists and community volunteers to participate September 2016 to March 2017.

Submitted by Lori McLeod, Eldercare Foundation

2016 Publications

Here is a select list of publications from our affiliates. If you would like to see the complete list, please contact the Institute.

Daniels, S., Kelly, A., Bachand, D., Simeoni, E., Hall, C., **Hofer, S. M.**, & Hayashi, A. (2016). Call to care: The impact of 24-hour postdischarge telephone follow-up in the treatment of surgical day care patients. *The American Journal of Surgery*, 211(5), 963-967. doi:10.1016/j.amjsurg.2016.01.015

Kothari, A., McPherson, C., Gore, D., Cohen, B., **MacDonald, M.**, & Sibbald, S. L. (2016). A multiple case study of intersectoral public health networks: Experiences and benefits of using research. *Health Research Policy and Systems*, 14, 11. doi:10.1186/s12961-016-0082-7

Rayner, K., Schotter, E., **Masson, M.**, Potter, M., & Treiman, R. (2016). So much to read, so little time: How do we read, and can speed reading help? *Psychological Science in the Public Interest*, 17(1), 4-34. doi:10.1177/1529100615623267

Penning, M., & Zheng, C. (2016). Income inequities in health care utilization among adults aged 50 and older. *Canadian Journal on Aging-Revue Canadienne Du Vieillessement*, 35(1), 55-69. doi:10.1017/S0714980815000562

Lim, C., & **Rhodes, R. E.** (2016). Sizing up physical activity: The relationships between dog characteristics, dog owners' motivations, and dog walking. *Psychology of Sport & Exercise*, 24, 65-71. doi:10.1016/j.psychsport.2016.01.004

Reimer-Kirkham, S., Sawatzky, R., Roberts, D., Cochrane, M., & **Stajduhar, K.** (2016). ‘Close to’ a palliative approach: Nurses' and care aides' descriptions of caring for people with advancing chronic life-limiting conditions. *Journal of Clinical Nursing*, doi:10.1111/jocn.13256

Koppel, S., Charlton, J. L., Langford, J., Di Stefano, M., MacDonald, W., Vlahodimitrakou, Z...**Tuokko, H.**, Marshall, S. C. (2016). Driving task: How older drivers' on-road driving performance relates to abilities, perceptions, and restrictions. *Canadian Journal on Aging = La Revue Canadienne Du Vieillessement*, 35 Suppl 1(S1), 15-31. doi:10.1017/S0714980816000015

Harnessing the Power of Lived Experience for



Research

According to a 2015 survey by [Research Canada](#), 70% of British Columbians are interested in participating in health research, but only 33% are familiar with the research conducted in the province, and only 24% are aware of opportunities to get involved.

Island Health and the Institute on Aging and Lifelong Health (IALH) are working to change those odds by re-orienting health research toward patients, in keeping with Canada's [Strategy for Patient-Oriented Research](#) (SPOR). What's SPOR? ¹ A national strategy that puts patients at the heart of building an accessible, equitable, and sustainable healthcare system. Those with lived experience of the healthcare system can shape research by setting priorities, identifying gaps, and working with providers to improve practice, therapies, and policies. SPOR aims to support meaningful engagement and active collaboration between researchers, care providers, decision-makers, and patients so that research is more responsive to their needs.

On May 10th, Island Health took an important step in support of meaningful collaboration, hosting a workshop for researchers and people with lived experience in the areas of seniors' health, stroke, and mental health

and substance use. The event aimed to introduce the foundations of patient-oriented research, explore the many ways patients and caregivers can contribute to health research, and build relationships for future collaboration. Researchers from IALH, the Centre for Addictions Research, and Island Health participated in focus groups with patients and community members, and discussion was facilitated by members of the research teams at Island Health and UVic.

More than three-quarters of the workshop participants were patient partners, and almost all submitted survey responses endorsing the session as worth their time, and recommending it to others. Many were excited to contribute, and delighted to feel “heard” by the healthcare system. One participant in particular shared an experience that highlights a potential pitfall with research “as usual”; believing that research should improve care, she had agreed to participate in a study, but then withdrew because she didn’t have a strong sense of why the study mattered or what its impact might be. In contrast, the new era of patient-oriented research responds to patient priorities and includes them throughout the research design and development process, ensuring engagement and improving impact on care and the health system.

Learn more:

- Explore BC’s [SPOR SUPPORT Unit](#) online
- Watch a video overview of how the Unit will work: “[Supporting People to do Research Differently: the BC SPOR SUPPORT Unit](#)”
- Get in touch! Contact Rebecca Barnes, Island Health’s Research Engagement and Outreach Manager, to learn about research opportunities in the region. Email Rebecca.Barnes@viha.ca or phone 250-519-7700 x12718.

Thank you to the following people and organizations for helping to make this workshop a success:

- Colleen McGavin, Interim Patient Stakeholder Engagement Lead, BC SUPPORT Unit
- Patient Voices Network
- UVic Institute on Aging & Lifelong Health
- Gordon Harper, Executive Director, Umbrella Society for Addictions & Mental Health
- Heart and Stroke Foundation

¹ Under SPOR, the term ‘patient’ includes individuals with personal experience of a health issue as well as informal caregivers, family, and friends.

International Day of Older Persons (IDOP) Lecture



Photo credit: SMARTLab (www.smartlab.ca), University of Victoria

The 2016 International Day of Older Persons (IDOP) lecture will be given by **Dr. Colette Smart** and her students from the University of Victoria neuropsychology laboratory, **SMARTLab**. At SMARTLab, research spans the broad areas of clinical neuropsychology, cognitive-affective neuroscience, and neurorehabilitation. A defining feature of their work – and their team – is an interest in understanding the whole person. In support of this, they use intensive multi-method and measurement designs, integrating self-report, behavioral, and direct neural/physiological methods.

This promises to be a fascinating lecture. Please register early to ensure space.

This year the VERA recognition ceremony and IDOP event will be held on **Friday, September 30, 2016**. The event starts at **1:00 PM** at the **Salvation Army Citadel**.

Please email aging@uvic.ca or call 250-721-6369 to register.



Institute on Aging
& Lifelong Health

Valued Elder Recognition Award (VERA) 2016



In 2016, the **Institute on Aging & Lifelong Health (IALH)** and the **Eldercare Foundation** will both present VERA. Agencies and individuals are invited to make **one** nomination each year.

This year the VERA recognition ceremony and IDOP event will be held on **Friday, September 30, 2016**. The event starts at **1:00 PM** at the **Salvation Army Citadel**.

Please email aging@uvic.ca or call 250-721-6369 to register.

Nomination forms are available online at www.uvic.ca/aging. Forms are also available for pickup at the Institute on Aging & Lifelong Health, located in R Hut at the University of Victoria.



**ELDERCARE
FOUNDATION**



**Institute on Aging
& Lifelong Health**



CONTINUING
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Gain new perspectives ...

Exploring Aging through Film

COURSE IS OPEN TO THE COMMUNITY (NON-CREDIT)

AND UVIC STUDENTS (CREDIT)



**University
of Victoria**

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continuingstudies.uvic.ca
T 250-472-4747

If you are a UVic student:
uvic.ca/mypage
GEOG 391 – CRN: 11829
SOCI 390 – CRN: 12944
PSYC 391 – CRN: 13844
SOSC 390 – CRN: 13013

Offered in partnership with UVic's
Institute on Aging and Lifelong Health.

Through film screenings, readings and group discussions, we will explore these central questions: How is the journey through later life depicted in modern films? What are the implications of these depictions for modern society? How do these portrayals relate to the scientific data available on aging and development? Do these films reflect what we have learned and are learning about the aging process from those who have embarked on this later life journey? Do they ring true to our own experiences? We will watch four feature films: *Best Exotic Marigold Hotel*, *Savages*, *Still Mine* and *The Lady in the Van*.

Instructors: Denise Cloutier, PhD, Department of Geography, Karen Kobayashi, PhD, Department of Sociology, Holly Tuokko, PhD, Department of Psychology

Dates: Tuesdays, Sept. 13 to Nov. 29, 2016 (12 sessions)

Time: 5:30 – 8:30 pm

Fee: \$119 plus \$5.95 GST (for community participants)

Code: ASHI504 2016F C01



University of Victoria
Institute on Aging & Lifelong Health

Improve my quality of life...??

....with a *web-based service* that lets me manage my day-to-day health by sharing my personal health information with family & friends?

REALLY?! How? What are the risks?

That's what we want to know 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

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 or (250) 472-4868.



www.ififespan.org



Institute on Aging & Lifelong Health

Lafayette Health Awareness Series

“Precision medicine: Hype, hope and genuine progress”



Photo credit: Lafayette String Quartet website (www.lafayettestringquartet.ca)

The eleventh annual Lafayette Health Awareness Series presents “Precision medicine: Hype, hope and genuine progress.” The speakers will be Drs. Scott Hofer (Psychology), Eike-Henner Kluge (Philosophy), Brad Nelson (Biochemistry and Microbiology), and Patrick MacLeod (Biology). The lecture will be preceded and followed by music from the Lafayette String Quartet.

WHEN

Thursday,
October 6,
2016

WHERE

Lam Auditorium,
MacLaurin
Building

REGISTER

Lafayette String
Quartet website
(below)

Registration information will be posted on the string quartet’s website (www.lafayettestringquartet.ca).



University
of Victoria
Institute on Aging
& Lifelong Health



University
of Victoria
School of
Music



University
of Victoria

Canadian Association on Gerontology Conference (CAG) 2016



Canada's premier multidisciplinary conference for those interested in individual and population aging. This year, the conference explores innovation in research and practice in aging.

WHEN

**October 20 - 22,
2016**

WHERE

**Hotel Bonaventure,
Montreal, QB**

REGISTER

**[www.cag2016.ca/
registration](http://www.cag2016.ca/registration)**

For more information, please visit the conference website: www.cag2016.ca



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



Think about volunteering! Many [opportunities](#) are available. If you are a student with work study hours, consider applying for the position available this fall.

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



University
of Victoria

Institute on Aging
& Lifelong Health

Articles and submissions provided by: Judy Brownoff, Maneesha Deckha, Harjot Grewal, Vincenza Gruppuso, Scott Hofer, Lois Holizki, Bill Hook, Lori McLeod, Annie Moore, Cara Pearson, Nina Perisic, Leah Potter, Michael Prince, Colette Smart, Holly Tuokko, Lynn Young

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

Research Throughout the Life Course



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