



Director's Perspective

by Elaine Gallagher, RN, PhD

Greetings and Happy New Year. This year provides opportunities for each of you to realize your hopes and dreams. I will outline some of our recent and upcoming activities at the Centre. As you will see, it promises to be a comprehensive and exciting New Year.

First, some news about the Herald Mohr MD and Wilhelma Mohr MD Chair in Adult Development and Aging. Like other endowments at the University, this fund suffered losses as a result of the recent economic downturns. However, due to the commitment of UVic to carry out Dr. Mohr's wishes, we are most pleased to report offers have been made to and accepted by Dr. Scott Hofer and his wife, Dr. Andrea Piccinin, to join us July 1, 2009. Dr. Hofer will have a joint appointment between Psychology and the Centre on Aging. He is a highly qualified specialist in longitudinal research using studies on aging spanning eight countries and will be in a position to put UVic on the world forefront in this area of research. His wife does methodological work in this area and will be filling a tenure track position in Psychology.

Each year near October 1 we celebrate the International Day of Older Persons (IDOP). We give the Valued Elder Recognition Award (VERA) out and have a guest lecture on a topic related to aging. We welcome suggestions for a speaker for the 2009 IDOP lecture. We are also seeking nominations for the VERA award. If you know of anyone who qualifies as an outstanding volunteer, please fill out a nomination form available on our web site.

Dr. Kelli Stajduhar has given birth to a baby girl and is now on maternity leave. Dr. Margaret Penning is on sabbatical until July 1, 2009. Our senior secretary, Lindsay Cassie, is taking a six month leave commencing January 16, 2009. She has been replaced by Anita Jessop, and Anita has been replaced by Nicole Jee. Welcome Nicole!

Our Survey Research Centre (SRC) is actively engaged in a range of activities. The University's Annual Giving campaign is well underway. The Annual Giving (AG) callers are currently using 12-13 workstations per shift. The SRC is also providing telephone coverage for the recruitment for the Alzheimer Drug Therapy Initiative (ADTI), data entry service and triage interviewing. This is an extensive, multi-faceted study being undertaken for Pharmacare (BC Ministry of Health) by Neena Chappell, Malcolm Maclure and colleagues. Currently, the SRC has two active web-based surveys underway. The first is an inventory of seniors' services programs on Vancouver Island for Vancouver Island Health Authority (VIHA). The second "live" web survey is for Western Economic Diversification Canada (Gov't of Canada) and the Co-op Education programs at UVic. It is titled "Improving Federal Public Service Recruitment at Canadian Universities - Student Awareness Questionnaire". We have

recently been awarded the data collection service for a random-digit-dialing telephone survey of adults in the Vancouver and Toronto areas. Approximately 1500 completed surveys (45 minute duration) will be collected for Dr. Gerry Veenstra (Sociology, UBC) beginning with a pilot in mid-November.

Current activities of BC Network for Aging Research (BCNAR) include assisting with planning for a Student Training in Aging (STAR) workshop at Tigh-Na-Mara resort, February 27 to March 1. The STAR workshop is part of the BCNAR mentorship program—supporting graduate students studying in areas of aging related research. Ten UVic students have applied to attend the event. BCNAR offers travel grants for students to present posters or papers at conferences. BCNAR also launched a student research data collection award this year (deadline December 15).

We are planning a set of symposia in Campbell River, Comox and Nanaimo around the recent workshop Holly Tuokko presented to VIHA staff September 29. That presentation was recorded on DVD. The call for abstracts for our biennial Research Showcase to be held on June 18, 2009 has been issued. The theme is "New Perspectives from Research on Healthy Aging: Implications for Policy and Practice," with Plenary speaker Dr. Vicky Scott.

The Age-friendly Communities Initiative received a silver award in the Partnership Category for the 2008-09 Premier's Innovation and Excellence Awards. The award was received at a dinner in Nanaimo on January 21, 2009. Dr. Gallagher serves as the lead on the Age-friendly Implementation Team in BC and will facilitate the formation of a research interest group on evaluation of age-friendly initiatives. This research group is being facilitated through BCNAR.



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News from the Centre on Aging

Goodbye

Goodbye (temporarily) to **LINDSAY CASSIE** who has taken a six-month leave of absence. She will be taking courses and enjoying Oregon.

Welcome new staff

NICOLE JEE is working in our front office. Nicole brings 11 years of administrative experience in the BC public sector with her. She is looking forward to the new challenges of providing support in a University environment.

FAYE WOLSE has just finished her Masters defense in Anthropology this December. **CLAIRE ATKIN** is in her fourth year of Human Geography, Honours. She is doing her minor in Professional Writing. They are both working with Denise Cloutier-Fisher and a team of researchers to study the attitudes and beliefs of older adults around physical activity in British Columbia.

MELISSA HOWSE is Project Coordinator for Holly Tuokko with the Canadian Longitudinal Study on Aging.

REBECCA MORRIS is a third year undergraduate student pursuing an honours degree in Sociology, with a special focus in health and aging. She is working as a research assistant for Margaret Penning on the Canadian Longitudinal Study on Aging. Rebecca has volunteered with persons with Alzheimer's and dementia, and hopes to gain experience in the field of aging research before entering graduate school.

Congratulations!

ALEXANDRA JOUK received the Neena L. Chappell Scholarship for 2008-09.

SHELLY WASKIEWICH and **JANET LOVE** received the McCalls Brothers Graduate Scholarship in Clinical Psychology.

SHELLY WASKIEWICH also received the David Chuenyan Lai Scholarship 2008-09.

NEENA CHAPPELL is the 2008 recipient of the CAG's Distinguished Member Award. The award is for outstanding contributions to gerontology and providing significant support and encouragement to students who will shape the future of the field.

JOHN TOMCZAK, CORA SHAW AND ANDREW MAXWELL were awarded a Certificate of Appreciation for outstanding contribution, to the success of Centre on Aging fulfilling its mandate by the Friends of the Centre.

LESLEY RITCHIE'S poster presentation for the abstract entitled, *Development of a Clinical Decision Tree for Identifying Conversion to Dementia in Older Adults*, was presented at the 37th Annual Meeting of the International Society in Atlanta, Georgia, has been recognized as a "Merit" poster. This designation means that her abstract was identified as being among the most highly rated of all of the posters submitted and reviewed for the meeting. Only a few posters in each poster session were so designated, and she was congratulated on her outstanding submission.

ELAINE GALLAGHER has been awarded the Premier's Awards for the Age-friendly Communities Initiative. The award is for promoting innovation and excellence by the Ministry of Healthy Living and Sport.

JESSIE MANTLE, professor emerita with the School of Nursing, has been awarded one of the Canadian Nurses Association Centennial Awards. The awards are a one-time honour created to celebrate 100 exceptional Canadian registered nurses whose personal and professional contributions have made an outstanding and significant impact on the nursing profession.

New Grants

Principal Investigators: Kelli Stajduhar and Gweneth Doane; Co-Investigators: Darcee Bidgood, Heather Cook, Joanne Dolynuk, Alice Gelpke, and Elaine Hampson
Knowledge translation in action: Improving the quality of care at the end of life. Funder: CIHR Knowledge to Action (KTA). 2 years, \$196,307.

Principal Investigator: Kelli Stajduhar; Co-Investigators: Laura Funk, Samar Aoun and Chris Toye (Curtin University, Australia), and Gunn Grande (University of Manchester). *International Collaborative on Palliative Family Caregiving.* Meetings, Planning and Dissemination (MPD). Funder: CIHR Proposal Development. \$15,046. The collaboration will build on and extend the previous work and success (including several in-progress systematic reviews) of the International Collaborative on Research in Family Caregiving in Palliative and End of Life Care. It will allow for the targeted, intensive process required to develop our first proposal for an international, collaborative research study.

News from the Ladner Office

TRAINING WORKSHOPS FOR HEALTH PROFESSIONALS

It has been a busy Fall at the Ladner Office. Patrick McGowan has been training health professionals throughout Canada. In September he conducted a half-day workshop on using self-management support strategies to 130 health professionals at the Champlain Local Health Integrated Network in Ottawa, Ontario. As well, he conducted three half-day workshops for health professionals for the North West Local Health Integrated Network in Thunder Bay, Sioux Lookout and Fort Frances during November.

Closer to home, workshops for health professionals were delivered in Penticton, Cranbrook, Castlegar, North Vancouver, Chilliwack, Parksville, Sechelt, Richmond, Kamloops and Surrey. Patrick also gave a two-hour talk "Strategies that Professionals Can use to Promote Self-Management" at Queen's University, Faculty of Health Sciences, Kingston, Ontario.

PRESENTATIONS

Patrick gave the opening keynote address, a three-hour workshop, and a paper at the "Taking Charge of Our Health" Canadian Conference on Integrated Chronic Disease Self-Management in Toronto, October 23 and 24, 2008. Karen Hannah gave a paper on the Centre's work with Aboriginal communities over the last four years, and Sherry Lynch gave a paper on the Diabetes Self-Management Study. Additionally, in November, Patrick presented at the 2nd International Diabetes In Indigenous Peoples Forum in Vancouver. The Chronic Disease Self-Management Program trained 68 new CDSMP Program Leaders through 4-day Leader-Training workshops in Kitimat, Prince George, Terrace, Port Alberni, Vernon, Kamloops and North Vancouver.

MASTER TRAINING WORKSHOPS

In September, Patrick and Sherry delivered a 4 1/2 day Master Training Workshop in Vancouver and trained two new T-Trainers (Margery Konan from Toronto Central East Local Integrated Health Network, and Dawn Ziemanski from Winnipeg's Wellness Institute at Seven Oaks General Hospital). At the end of November Patrick and Sonia Alvarez from Stanford, conducted a 4 1/2 day Diabetes Master Training Workshop for 23 health professionals in Thunder Bay, Ontario.

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

A new program called the "Chronic Pain Self-Management Program" was introduced to the Ladner Office with a two-day training of our Master Trainers given by Dr. Sandra LeFort of Memorial University in Newfoundland, and Liza

Cardas, an RN from Toronto. The program is for people who have a primary diagnosis of chronic pain that is unrelated to arthritis or other well-defined pathology such as heart disease, cancer or HIV/AIDS. Chronic pain conditions that would be appropriate for the CPSMP might include: chronic musculo-skeletal pain (such as chronic neck, shoulder, back pain, etc.), fibromyalgia, whiplash injuries, chronic regional pain syndromes, repetitive strain injury, chronic pelvic pain, post-surgical pain that lasts beyond 6 months, neuropathic pain (often caused by trauma), or neuralgias (such as post-herpetic pain, and trigeminal neuralgia), and post stroke or central pain. It may also be appropriate for those with conditions such as persistent headache, Crohn's disease, irritable bowel, persons with diabetes who have neuropathy, and for individuals who have severe muscular pain due to conditions such as multiple sclerosis. This program will be offered in select communities.

Welcome New Staff

JENNIFER RAMSAY has many years of experience teaching and working with multi-cultural communities in Canada, the Caribbean and Korea. At the University of the West Indies, in Kingston, Jamaica, she worked with a team developing curriculum for adult foreign language students in the Caribbean. Jennifer has her Masters degree in Teacher Education. Most recently she taught Business Communications and various other courses at the Native Education College in Vancouver. Jennifer joins the Ladner Office as a Research Project Analyst.



ANTONIA ADAMOPOULOUS joins the Ladner Office as a Project Support Assistant. She has several years experience in the administration field, some at the executive level. Antonia is well acquainted with the community in that she was born and has lived her whole life in Ladner.



News from the Friends of the Centre



Greetings and Happy New Year! 2008 was a busy year for the Friends of the Centre. Last January, the Friends awarded the inaugural Senior Friendly Business Award (SFBA) to Thrifty Foods in Sidney. Along with our usual involvement in, and enthusiastic support of, the Masterminds Lectures (sponsored by the University of Victoria's Retirees Association and COAG), and the Valued Elder Recognition Award (VERA), given out in October, we embarked on our most ambitious project to date. With funding from New Horizons, the Friends underwrote a series of workshops on Guided Autobiographies (GAB) in the Capital Region, providing seniors across the region an opportunity to learn about telling their life stories in a supportive and structured environment. Workshop participants attended sessions over a 10 week period, writing about different aspects of their lives. In the end, they compiled compelling individual stories that they will be able to share. September marked the beginning of a new academic calendar, and with it, Bernie Paillé was elected to the position of President of the Friends, beginning a two-year term. Alfred Lyon is the Vice-President of the Friends, Nancy Grey-Hemstock is the Friends Secretary, and Andrew Maxwell, our long serving President, is now our Past-President and interim Treasurer.

2009 is shaping up to be another full year for our ever expanding group of volunteers. Once again, Friends members will be thanking speakers at the Masterminds Lecture Series in the Spring, and in addition, will be co-hosting with the UVRA to organize a seminar on Income Management for seniors. We will also be involved in helping the Centre staff with the 2009 Research Showcase which will take place in June. Finally, in collaboration with our partners from the GAB workshops, we will be taking the next steps to expand and continue the telling and sharing of life stories among Victoria's seniors. Past participants will be holding a reunion in the Spring. A number of the course participants will be giving the workshops in their communities and enabling those who are interested to share their stories and celebrate the experience of learning with and from their peers.

DAVID LAI on Multiculturalism Advisory Committee



Dr. David Chuenyan Lai, Research Affiliate of the Centre on Aging and Professor Emeritus of Geography, has been appointed to serve on the Multiculturalism Advisory Committee of British Columbia for the year 2009. The Committee will advise Wally Oppal, Minister Responsible for Multiculturalism, on promoting racial harmony and multiculturalism in the province. The 16-member Committee includes representatives from ethnic groups in the province.

The 2008 Senior-Friendly Business Award Recipients Announced:

*The Evaluation Team
was unanimous in their decisions.*

*The Winner of the
2008 Chain Pharmacy Award is:*
SHOPPERS DRUG MART
Westshore Town Centre, Langford

*The Winner of the
2008 Franchise Pharmacy Award is:*
PHARMASAVE
7181 West Saanich Road
Brentwood Bay



Research Showcase 2009
Call for Abstracts
Showcase of Research in Aging

**“New Perspectives from Research on Healthy Aging:
Implications for Policy and Practice”**

Thursday, June 18th, 2009

David Strong Building, University of Victoria

The Centre on Aging (COAG), along with our partners, is pleased to co-sponsor our second biennial celebration of health and aging research! We invite you to present a paper or poster to share findings with other researchers, students, community partners, government, VIHA, and the public. This event is supported by a MSFHR Infrastructure Grant.

The activities include:

- Plenary speaker Dr. Vicky Scott
- Concurrent sessions
- Poster presentations
- Student poster and paper competition with prizes

Abstract submission and deadline is April 17th, 2009

The online form is available at:
<http://survey.uvic.ca/cfa2009/cfa.htm>

For more information call 721-6369.

*Do you know of a volunteer
in the community
to be nominated for VERA?*



2009 VALUED ELDER RECOGNITION AWARD POTENTIAL RECIPIENTS

Beverly Rowlands will be contacting interested agencies in early 2009.

Please call or send her details at rowlands@uvic.ca or 250-472-5697.

Information about the award can be found at

http://www.coag.uvic.ca/community_vera.htm

(click on nomination form)

COACH

facilitating research on health and aging

A Network for Collaborative Research

**Centre on Aging, Continuing Health Services
– Network for Collaborative Research (COACH-NCR)**

COACH is a network for collaborative research based on a Memorandum of Understanding between the Centre on Aging, University of Victoria and Continuing Health Services, Vancouver Health Authority (VIHA) to promote collaborative research, research education and academic exchanges. Through this cooperative partnership, COACH seeks to bring together the knowledge, expertise and resources of UVic and VIHA to improve the health and care of seniors in the region.

Vision: To be recognized as a leading innovator in brokering and facilitating collaborative research endeavours in BC. UVic and VIHA will improve the health and care of seniors in the health authority's catchment area, demonstrate models of excellence in seniors' health care and demonstrate effective and sustainable collaborative research partnerships.

Become a Member today

Membership is open to individuals from UVic, VIHA and community health professionals with an interest in enhancing the health, care, and social well-being of adults as they age.

Membership is free of charge.

For more information and membership forms, please contact Phyllis McGee at pmcgee@uvic.ca

Annual COAG Christmas Parties



save the date
April 2 & 3, 2009

Innovations in Evaluation Research on Health and Aging Programs

event goals: develop practical evaluation frameworks that can be easily integrated into both new and existing programs and to foster new collaborative teams.



for more information: Tel: 778 782 7972 | Fax: 778 782 5066 | Email: secretariat@bcnar.ca | www.bcnar.ca



CIHR-Institute of Aging (IA) and



Nova Scotia Centre on Aging (NSCOA) SPA (Summer Program in Aging) 2009

June 8-11, 2009

White Point Resort, Nova Scotia

Apply for this outstanding program offered by the CIHR Institute of Aging. The aim of SPA is to provide graduate students and postdoctoral fellows involved in aging research a program of advanced training that crosses disciplines, sectors, institutions, and geography. Students gain an understanding of processes critical to academic success, through plenary and practical sessions on collaboration, communication, KT and more.

For more information and to apply,
visit the CIHR-IA website at

<http://www.cihr-irsc.gc.ca/e/33047.html>

Application Deadline: March 10, 2009

Vancouver Island BCNAR STARS

Congratulations to the UVic graduate students who were accepted to the first BC Network for Aging Research Student Training in Aging Research workshop, Tigh-na-mara Resort, February 27-28.

Heather Cooke	Tina Perezza Rolls
Sasha Jouk	Amir Sepehry
Merry Jo Levers	Britt Vegsund
Janet Love	Shelly Waskiewich
Linda Outcalt	Christie Yao

These students were selected in a competitive application process. Transportation and related costs were covered by BCNAR. Workshop activities helped develop research skills and students networked with peers and mentors from around BC.

The BCNAR STAR program builds research capacity through student training.



Canadian Falls Prevention Curriculum©

For seniors, the risk of falling and sustaining an injury is influenced by a broad set of health determinants, including physical, behavioural, environmental, social and economic factors. These wide-ranging contributors to falls can only be ameliorated by the coordinated and sustained approach of a multisectoral team of health professionals and community leaders who are well informed in evidence-based practices for prevention.

The Canadian Falls Prevention Curriculum© (CFPC) is designed to build on existing knowledge and skills of health professionals and community leaders working in the area of falls prevention among older adults (those 65 and over). The CFPC was developed under the leadership of Dr. Vicky Scott, Senior Advisor on Fall and Injury Prevention for the British Columbia Health Authorities, in collaboration with fall and injury prevention experts, researchers, and health educators with the BC Injury Research and Prevention Unit (BCIRPU), the Alberta Centre for Injury Control and Research (ACICR), the PEI Centre for the Study of Health and Aging and the PEI Seniors Falls Prevention Coalition, and with members of a national advisory committee of stakeholders (government and non-government). Funding for this project was provided by the Population Health Fund of the Public Health Agency of Canada, with contributions and support from the BC Ministry of Healthy Living and Sport.

The goal of the Canadian Falls Prevention Curriculum is to give participants the knowledge and skills needed to operate from an evidence-based approach to seniors falls and fall-related injury prevention, including a) an approach to selection of interventions consistent with proven prevention strategies; b) an understanding of how to integrate falls prevention programming into existing seniors' health services policies and protocols; and c) knowledge of appropriate evaluation and dissemination techniques. The course also gives participants insight into how to involve seniors as partners in the development of effective strategies and interventions. Participants will learn about current effective programs, and the reliability and validity of existing resources and tools for screening and assessing fall risk. To ensure the potential for synergy in falls prevention along the continuum of services for seniors, the course covers a number of settings – community organizations, home support, health service delivery, long-term care, acute care, rehabilitation and emergency services.

This CFPC, and the CFPC facilitator course, are available in English and French as two-day workshops offered in most provinces in Canada. The national distribution of the CFPC is coordinated through the BCIRPU, in partnership with provincial leads in each province and territory, and delivered by trained facilitators across the country on a cost-recovery basis. An e-learning version in English will be offered through the University of Victoria Continuing Education Department in the Spring of 2009, with the French e-learning version to be released by September 2009. For more information on the CFPC basic, facilitator or e-learning courses, contact Fahra Rajabali at frajabali@cw.bc.ca.

VISITING PROFESSOR AT THE CENTRE:

Dr. Michelle Porter is a Professor in the Faculty of Kinesiology and Recreation Management at the University of Manitoba. She is a member of the Health, Leisure and Human Performance Research Institute within this faculty.

Her research interests are neuromuscular adaptations with aging, strength training, functional changes with aging and training, driving and aging, and neuromuscular performance and aging.

She is currently working with Holly Tuokko on the driving studies. She will be at the Centre until April.



Michelle will give a talk about the research she and Holly have been doing with the Roadwise Review CD-ROM March 11, 3:00 to 4:30 in the David Strong Building, Room C118.

ATTENTION STUDENTS

The University of Victoria's Centre on Aging offers

FINANCIAL AID FOR STUDENTS CONFERENCE TRAVEL COSTS!

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

Applications can be found at the Centre or online at www.coag.uvic.ca/students/resources.htm

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

**Deadline is March 31, 2009 or until all funds have been awarded.
Prepaid travel or conference registration is eligible.**

Thank you to the Michael Smith Foundation for Health Research Infrastructure Grant (2003–2009) for making this offer possible.

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Centre on Aging

Student Connection

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

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

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

MASTERMINDS

■ A Lecture Series by UVic Retirees ■

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

- April 15** **Edward Ishiguro** —*What Everyone Should Know About Listeria, Salmonella and Other Food-Borne Infectious Pathogens*. Dr. Ishiguro, Professor Emeritus and former Chair of the Department of Biochemistry and Microbiology, is a prolific writer whose internationally known research has been continuously funded by the Natural Sciences and Engineering Research Council of Canada for over 30 years. His areas of scholarly interest include molecular microbiology, antibiotic action, and stress responses. Dr. Ishiguro has earned the Faculty of Science Teaching Excellence Award (2005), the UVic Alumni Association Harry Hickman Award for Teaching Excellence (2006), and continues to teach full-time and is member of UVic's Speakers' Bureau.
- April 22** **Michael Hadley** —*Crime and Punishment Revisited: Exploring Restorative Justice*. Dr. Hadley, Professor Emeritus in Germanic Studies and Fellow of the Royal Society of Canada, is internationally known for his work in two diverse areas: history of submarine warfare, and religion and justice. Currently, he is an Associate Fellow at UVic's Centre for Studies in Religion and Society, having shifted his focus from 'government sponsored violence' to 'government prohibited violence.' His work as director of an interdisciplinary and multifaith team project resulted in the publication of *The Spiritual Roots of Restorative Justice* (2001), and his rethinking of these issues in the anthology *Handbook of Restorative Justice in Global Perspective* (2006). Since 2001, Dr. Hadley has spent three terms in Uganda, teaching ethical decision-making to health care administrators.
- April 29** **Erica Dodd** —*The Image of the Word: Understanding Islamic Art*. Dr. Dodd, Adjunct Associate in History in Art and Emeritus Fellow at the Centre for Studies in Religion and Society, is a scholar of Islamic art and architecture. Prior to coming to UVic, she taught for 20 years at the University of Beirut. Dr. Dodd has held research Fellowships at Dombarton Oaks Center for Byzantine Studies, Harvard University; Lady Margaret Hall, Oxford; American Research Center, Cairo; and Middle East Center, Harvard University. Her research and writing have focused on Byzantine church silver, medieval frescoes in Syria and Lebanon, and Islamic inscriptions. She is the author of *Byzantine Silver Stamps* and *The Image of the Word*.
- May 6** **Ralph Huenemann** —*China's Role in the Global Economy*. Dr. Huenemann, Professor Emeritus in the Faculty of Business, has been a consultant economist on many development projects in China and elsewhere in Asia for the World Bank, the Canadian International Development Agency, the International Development Research Centre, and other agencies. He was the founding Director of the UVic Centre for Asia-Pacific Initiatives, Director of International Programs, and Associate Dean of Business. He is a well-known teacher, speaker, and writer. Among his awards and honours are the Award of Excellence for Outstanding Teaching in the Faculty of Business (2004), Canadian Faculty Advisor of the Year, and Golden Key International Honour Society (2005).

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

Please register by calling 250-721-6369.

Plan to arrive early because seating is limited.

There is a \$2 charge for parking in all campus parking lots during the evenings.

A free, six-week course:

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Please register early by calling the number listed below.

SPRING 2009 WORKSHOPS:

First Metropolitan United Church

932 Balmoral Road, Victoria, BC
April, 2009 - Dates to be advised

Nanaimo Integrated Health Network Meeting Room

#215 - 55 Victoria Road, Nanaimo, BC
Wednesdays, 1:00 pm to 3:30 pm April 15 to
May 20, 2009

Parksville Pharmacy (Seminar Room)

#1 - 281 East Island Highway, Parksville, BC
Thursdays, 2:00 pm to 4:30 pm April 16 to
May 21, 2009

Sunrise Senior Living of Victoria

920 Humboldt Street, Victoria, BC
Sundays, 1:00 pm to 3:30 pm April 19 to
May 24, 2009

Fairfield Activity Centre

1-380 Cook Street, Victoria, BC
Saturdays, 9:00 am to 11:30 am TENTATIVE DATES April
25 to May 30, 2009

Ts'ewulhtun Health Centre

5768 Allenby Road, Duncan, BC
Wednesdays, 2:00 pm to 4:30 pm May 6 to
June 10, 2009

Victoria Silver Threads Seniors Centre

(Cantonese Speaking Only)
1728 Douglas Street, Victoria, BC
Fridays, 10:00 am - 12:15, March 13 to April 24, 2009

Yakimovich Wellness Centre

1454 Hillside Avenue, Victoria, BC
Thursdays, 1:00 pm to 3:30 pm May 7 to
June 11, 2009

Esquimalt Recreation Centre

527 Fraser Street, Esquimalt, BC
Saturdays, 9:30 am to 12:00 pm May 23 to
June 27, 2009
(Maximum 12 participants)

To register call 1-866-902-3767

www.coag.uvic.ca/cdsmp (click on Vancouver Island Health Authority)



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CONTACT INFORMATION:

We invite your submissions, comments and contributions.
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PO Box 1700 STN CSC, Victoria, BC V8W 2Y2
or email ledgar@uvic.ca or fax 250.721.6499

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