



# IALH UPDATE

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- Scott Hofer reappointed as IALH Director
- Voices In Motion rehearsal dates
- How to keep your New Year's resolutions
- Upcoming events
- Study participation opportunities

## Dr. Scott Hofer reappointed as Institute Director



We are pleased to announce that Dr. Scott Hofer has been reappointed as Director of the Institute on Aging and Lifelong Health (IALH). His second term as Director began January 1, 2020 and continues until December 31, 2024.

A few words from Scott:

*"I am honored to continue as Director for another five years. The institute has a major role in advancing health sciences here at UVic and I am really excited about new opportunities we have in advancing lifelong health and aging research. "*



@UVicAging



UVic Institute on  
Aging & Lifelong  
Health

## Having trouble keeping your New Year's resolution?



Did you make goals to add more physical activity in 2020? Are you having trouble sticking to your plan? You're not alone! Graduate student Stina Grant, and Ryan Rhodes, IALH Associate Director and UVic Professor in Exercise Science, Physical and Health Education, have some tips to keep you on track.

To read the full article, [click here.](#)

## Check out these FREE Events brought to you by the Voices in Motion Community !

### IT'S ALL ABOUT THE STORY FREE EVENT

Thursday, January 23, 7:00 to 8:30 pm  
First Memorial Garden of Memories .  
4725 Falaise Drive, Victoria B.C.

Join host, Rick Bergh, as he interviews Maria Howard, CEO of Alzheimer Society of BC, and members of the Voices in Motion choirs as they reflect upon grief and loss as it impacts families on a dementia journey. Learn from an expert and hear some real stories from two of our amazing ViM couples: Pat & Al and Daphne & Miki. Can't be there? Tune in and listen online: [www.blogtalkradio.com/rickbergh](http://www.blogtalkradio.com/rickbergh).

### RESERVE YOUR SEAT:

[www.voicesinmotionchoirs.org/events](http://www.voicesinmotionchoirs.org/events)

### HOW TO LIVE WELL WITH DEMENTIA FREE EVENT

Sunday, January 26 | 2:00 to 4:00 pm  
First Memorial Garden of Memories .  
4725 Falaise Drive, Victoria B.C.

Learn more about the disease and what support is available to help you build the confidence and skills you need to live as well as possible on the dementia journey. Presented by the Alzheimer Society of B.C. Secure your spot by emailing us or register online

### RESERVE YOUR SEAT:

online: [www.voicesinmotionchoirs.org/events](http://www.voicesinmotionchoirs.org/events)

email: [info@voicesinmotionchoirs.org](mailto:info@voicesinmotionchoirs.org)



FREE EVENT



FREE EVENT

## 2020 Masterminds Lecture Series

The Masterminds Lecture Series will be returning for 2020! Please save-the-dates, for this free lecture series in April 2020. Presented by [University of Victoria Retirees Association](#) and the [Institute on Aging and Lifelong Health](#)—with support from UVic.

Wednesdays, April 1, 8, 15, 22, & 29, 2020, 7:00pm to 8:30pm  
More information to follow.



**University  
of Victoria**

Retirees  
Association

The UVic Retirees Association provides the public with better mental and physical health for seniors through stimulating educational experiences.

## Making the Case for “Living Without Oil”

### An Elder Academy Presentation, Presented by John Gunton, PhD

The keynote address introduces a two-part series starting on Saturday, February 8, 2020 and ending Saturday, March 28, 2020. The presentation will lay the groundwork for why it is important to live without oil and it will discuss technologies potentially capable of helping society achieve this goal. While these technologies have been around for many years, there is now a need for a quicker development pace.

**Date & Time:** January 30, 2020, 7:00pm to 9:00pm

**Where:** University of Victoria, David Turpin Building, Room A110

**Cost:** **FREE—EVERYONE WELCOME—REGISTRATION REQUIRED**  
<https://www.eventbrite.ca/e/oil-keynote-address-tickets-85396967629>

## Elder Academy: Living Without Oil (a 2 part series)

Is it possible to live without oil? This two-parts series looks at the current state of possible energy replacement technologies.

In Part One, the probability of an oil-free future is examined with experts from the University of Victoria Institute for Integrated Systems (IESVic), and Ballard Power Systems, discussing hydrogen and fuel cells; solar panels; wind turbines, and wave supplied power.

**Date:** Saturdays, February 8, 15, 22, 29, 2020

**Time:** 10:00am to 12:00pm

**Where:** University of Victoria, David Turpin Building, Room A110

**Cost:** \$20.00 for the four sessions.

To register for Part One or for more information on these sessions, visit:

<https://www.eventbrite.ca/e/oil-part-one-tickets-85417396733>

Part Two, in March 2020, completes the review of available technologies with the help of presenters from BC Hydro, the Canadian Nuclear Association and IESVic. It ends with a panel discussion.

**Date:** Saturdays, March 7, 14, 21, 28, 2020

**Time:** 10:00am to 12:00pm

**Where:** University of Victoria, David Turpin Building, Room A110

**Cost:** \$20.00 for the four sessions.

To register for Part Two or for more information on these sessions, visit:

<https://www.eventbrite.ca/e/oil-part-two-tickets-85419466925>

**Students attend free and do not need to pre-register. Just present your student's card at the venue's attendance desk**

# Are you looking to participate in a research study?



**University  
of Victoria**

Institute on Aging  
& Lifelong Health

## TAKE PART IN AN EXCITING NEW STUDY!

### The Victoria Assistive Devices and Coaching (VADAC) Study Is Looking for Participants

The University of Victoria - Institute on Aging & Lifelong Health is conducting an exciting new research study in the Greater Victoria area. The study will evaluate the effectiveness of health coaching and home assistive devices.

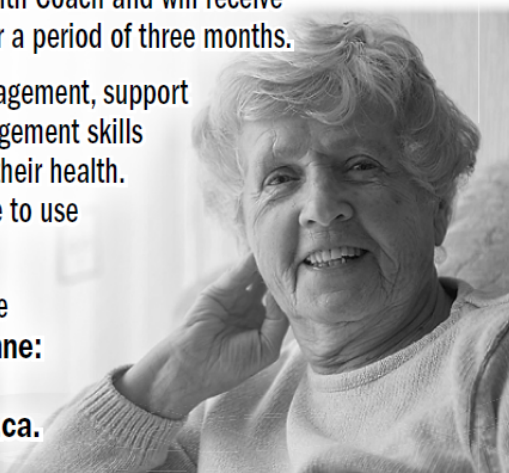
Participants will be:

- Seniors 65+
- Living in the Greater Victoria area,
- Have one or more chronic health conditions, and
- Have internet/wifi access.

Participants will be paired with a Health Coach and will receive a 30-minute weekly telephone call for a period of three months.

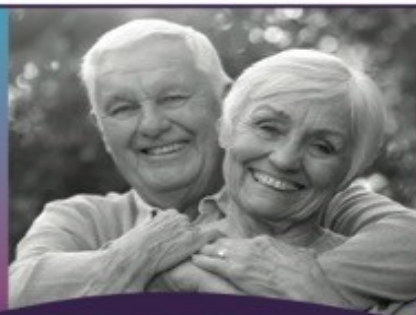
The Health Coach will provide encouragement, support and teach participants key self-management skills and strategies to effectively manage their health. One group of participants will be able to use assistive devices.

For more information please contact the  
**Health Coach Coordinator, Suzanne:**  
**Tel. 1-866-902-3767**  
**(toll Free) or email VADAC@uvic.ca.**



Have you or your loved one been diagnosed with memory loss?

**JOIN THE MOVEMENT!**



**Voices in Motion is a multigenerational choir for adults with memory loss, their caregivers, friends and students.**

Discover the huge benefits of  
choral singing

Research From University Of Victoria

Journey alongside those with  
memory loss

Find A Supportive And Caring Community

Sing with the Voices in Motion  
Choir

Weekly Rehearsal With Public Concert

Discover the key to a  
dementia-friendly world

Why A Multigenerational Choir Is Important

## JOIN-A-REHEARSAL

Is Voices in Motion for you? Come and find out. January 21-23, you can come to any ViM choral rehearsal and see if you like it!



**VOICES IN MOTION**

LET'S CONNECT



**A NEW VIM CHOIR TERM BEGINS THIS  
JANUARY 2020! THREE CHOIR  
LOCATIONS & TIMES TO CHOOSE FROM**

More Info: [voicesinmotionchoirs.org/events](https://voicesinmotionchoirs.org/events)  
or email: [info@voicesinmotionchoirs.org](mailto:info@voicesinmotionchoirs.org)





**University  
of Victoria**

**Retirees  
Association**

# **Making the Case for “Living Without Oil?”**

**An Elder Academy Presentation**

**Presented by John Gunton, PhD**



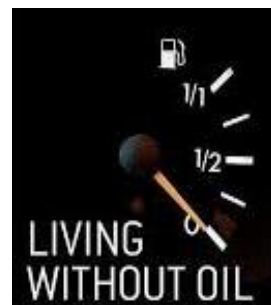
The speaker, a geologist, has enjoyed a career spanning 40 years of exploring for and developing hydrocarbon resources around the world. Recently Dr. Gunton, in collaboration with the University of

Victoria’s Institute for Integrated Energy Systems, started a private company for the development of a technology capable of generating electrical power from ocean waves.



*The Keynote Address introduces a 2-part series starting on Saturday, February 8<sup>th</sup> and ending Saturday March 28<sup>th</sup>. The presentation will lay the groundwork for why it is important to live without oil and it will discuss technologies potentially capable of helping society achieve this goal. While these technologies have been around for many years, there is now a need for a quicker development pace.*

*Each of the series’ presentations is given by experts in their fields from UVic’s Institute for Integrated Energy System, BC Hydro, Ballard Power Systems and the Canadian Nuclear Association. They will endeavour to show us what the continued development of these technologies has to offer society and the climate.*



**DATE & TIME: January 30, 2020 - 7:00pm to 9:00pm**

**LOCATION: University of Victoria, David Turpin Building, Room A 110**

**COST: FREE-- EVERYONE WELCOMED – REGISTRATION REQUIRED**

<https://www.eventbrite.ca/e/oil-keynote-address-tickets-85396967629>

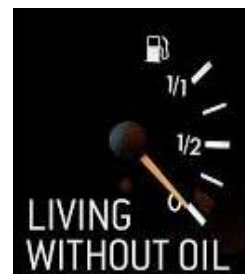


## University of Victoria Retirees Association

# LIVING WITHOUT OIL?

## PART ONE

### AN ELDER ACADEMY EVENT



Is it possible to live without oil? This two-parts series looks at the current state of possible energy replacement technologies. In Part One, the probability of an oil-free future is examined with experts from the University of Victoria Institute for Integrated Systems (IESVic), and Ballard Power Systems, discussing hydrogen and fuel cells; solar panels; wind turbines, and wave supplied power. Part Two, in March 2020, completes the review of available technologies with the help of presenters from BC Hydro, the Canadian Nuclear Association and IESVic. It ends with a panel discussion.

## WHEN, WHERE, HOW MUCH?

**DATES:** Saturdays, February 8, 15, 22, 29, 2020

**TIME:** 10:00am to noon

**WHERE:** University of Victoria, David Turpin Building, Room A110

**COST:** \$20.00 for the four sessions.

**FEB 8: "The Role of Hydrogen and the Fuel Cell in Future Energy Supply",**

**Presenter:** Nicolas Pocard, Ballard

**FEB 15: "Solar: Cost and limiting Efficiency of Silicon Solar Panels",**

**Presenter:** Dr. Tom Tiedje, IESVic.

**FEB 22: "Developments in Wind Turbines: Offshore vs Terrestrial",**

**Presenter:** Dr. Curran Crawford, IESVic.

**FEB 29: "Cleaning BC: Wave Supplied Power in a Low-Carbon Energy System"**

**Presenter:** Dr. Brad Buckham, IESVic

## REGISTRATION AND PAYMENT



Registration and credit-card payment done through EventBrite.

<https://www.eventbrite.ca/e/oil-part-one-tickets-85417396733>

**Students attend free but, to secure a space, they must register by emailing [uvraevents@uvic.ca](mailto:uvraevents@uvic.ca)**





## University of Victoria Retirees Association

# LIVING WITHOUT OIL?

## PART 2

### AN ELDER ACADEMY EVENT



In Part Two, of “Living Without Oil?”, we learn of BC Hydro’s plans to meet the future electrical demand in BC. Then John Stewart from the Canadian Nuclear Association (CNA) will discuss the global push to consider small modular nuclear reactors. Our last technology discussion will look at the challenge associated with the development of commercial electrical storage. The “Living Without Oil?” event concludes with a summary and discussion by a moderated panel of experts from UVic’s Institute for Integrated Energy Systems (IESVic).

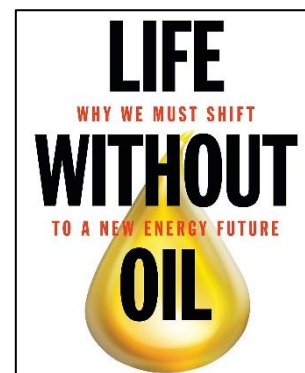
## WHEN, WHERE, HOW MUCH?

**DATES:** Saturdays, March 7, 14, 21, 28, 2020

**TIME:** 10:00am to noon

**WHERE:** University of Victoria, David Turpin Building, Room A110

**COST:** \$20.00 for the four sessions.



**MAR 7: “Are Big Hydro and Run of River Resources Maximised?”,**

**Presenter:** Heather Matthews, BC Hydro

**MAR 14: “Nuclear Revisited – Canadian SMRs (Small Modular Reactors)”,**

**Presenter:** John Stewart, CNA

**MAR 21: “Energy Storage and Electrification”,**

**Presenter:** Dr. Andrew Rowe, IESVic

**MAR 28: “Series Summary & Panel Discussion”,**

**Moderator:** Dr. Chris Kennedy, IESVic

**Panelists from IESVic:** Dr. Madeline McPherson, Dr. Katya Rhodes, Dr. Robert Gifford

## REGISTRATION AND PAYMENT

Registration and credit-card payment done through EventBrite.

<https://www.eventbrite.ca/e/oil-part-two-tickets-85419466925>

**Students attend free but, to secure a space, they must pre-register by emailing [uvraevents@uvic.ca](mailto:uvraevents@uvic.ca)**