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UVic Concussion Lab's History of Concussion Project

Have you ever wondered if your previous concussions will affect your future? The concussion lab is currently investigating if having a history of concussion has long-term cognitive impacts in adults. They are using a series of standardized neuropsychological assessments, as well as the NeuroTracker program to assess cognitive functioning.



They are recruiting participants over the age of 35, both with and without histories of concussion. If you are interested in the study, or would like more information please contact the concussion lab.

Email: brainlab@uvic.ca
Phone: 250-472-5997



@UVicAging



UVic Institute on Aging & Lifelong Health



ideafest
IDEAS THAT CAN CHANGE EVERYTHING 2-7 MARCH

Ideafest 2020
March 2—7, 2020

UVic's week-long festival of research, art and innovation runs until March 7, with 35 free events across campus and beyond. Be sure to check out the **Successful aging: Cognitive health booth** Saturday, March 7 from 11:00AM—1:00PM as Andrea Piccinin, IALH research affiliate and co-director of the integrative Lifespan Lab, and PhD students explore the latest research in cognitive health and factors associated with cognitive decline through a series of hands-on demonstrations. This interactive event includes examples of mobile cognitive health trackers, smell testing, near-infrared spectroscopy brain imaging and more.

The Integrative Lifespan Lab is located in the Cornett Building, RM B335. [View map](#)

See the event listings on the Ideafest website for details. All events are free and open to the public.
<https://www.uvic.ca/ideafest2020/>

March is Embrace Aging Month



ELDERCARE FOUNDATION

Each year, during the month of March, the Eldercare Foundation promotes and highlight events, activities and educational opportunities aimed to help people of all ages Be Well, Be Secure, Be Connected and Be Enriched. Embrace Aging events are all free or nominal cost and provide an opportunity to try, learn or find something new! To view the calendar of events, please visit the [Eldercare Foundation website](#).



The Institute on Aging and Lifelong Health presents an evening with André Picard

Tuesday, April 28, 2020

7:00PM—8:30PM

UVIC, MacLaurin Building, RM A144

David Lam Auditorium

Health reporter and columnist for *The Globe and Mail*, André Picard is an eight-time nominee for the National Newspaper Awards, Canada's top journalism prize, and past winner of prestigious Michener Award for Meritorious Public Service Journalism. He has received the Queen Elizabeth II Diamond Jubilee Medal for his dedication to improving healthcare.

Mr. Picard will be speaking on the current state of Canada's health system.

More information coming soon!

Self-Management
British Columbia

Are you or someone you know living with a chronic health condition? Please be sure to check out the [Self-Management BC website](#) for FREE workshops to help you manage these conditions and get the most out of your daily life.



**University
of Victoria**

Institute on Aging
and Lifelong Health
& Retirees Association

The Masterminds lecture series is co-hosted by the UVic Retirees Association and Institute on Aging and Lifelong Health, with the support of the University of Victoria.



April 1, 2020, 7:00PM-8:30PM

"Thinking about Aging in Place"

**David Lam Auditorium, MacLaurin Building,
RM A144**

Presented by Mary Ellen Purkis, PhD

Many of us aspire to "age in place," an idea promoted in mainstream media, and publications aimed specifically at seniors. But what does it mean to "age in place"? What are some practical considerations that need to be confronted in planning for quality of life into our senior years? This interactive talk will explore this question of how best to think about aging in place.



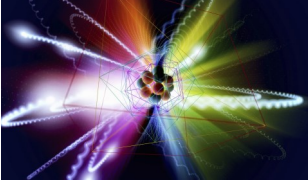
April 8, 2020, 7:00PM-8:30PM

**"Plants, People and Places: Lessons in Stewardship
and Reciprocity"**

Human and Social Development Building, RM A240

Presented by Nancy Turner, PhD

Indigenous Peoples worldwide have had close and reciprocal relationships with their environments and with the other species on which they depend. Their relationships are underlain with worldviews that encompass other lifeforms as our generous relatives, to whom we, in turn, owe respect and caring. The lessons are embedded in stories, ceremonies and practical teachings.



April 15, 2020, 7:00PM-8:30PM

**"Elementary Particles: The Fundamental Building
Blocks of Nature"**

Human and Social Development Building, RM A240

Presented by Richard Keeler, PhD

The lecture discusses the fundamental building blocks of nature from the point of view of a particle physicist. Known as the "Standard model", matter and energy are explained by a small number of elementary particles and forces. Some of their properties are discussed and a brief look at some of the open questions challenging the model.



April 22, 2020, 7:00PM-8:30PM

**"Commercial Sex: A Problem of Gender or Social
Inequality?"**

Human and Social Development Building, RM A240

Presented by Cecilia Benoit, PhD

Commercial sex is a controversial issue in most countries today and there is no consensus on the nature of the problem, nor how to address it. In this presentation, Dr. Benoit will review the two main positions dividing scholars, the Criminal Code and other legal policies advocated by each position, as well as the consequences for adults who sell sexual services.

PLEASE REGISTER FOR THIS FREE LECTURE:

Online: <https://events.eply.com/Masterminds2020>

Phone: 250-721-6369 Email: aging@uvic.ca

**VIM IN CONCERT WITH
WEST MY FRIEND**

April 26, 2020 at 4:30 pm

Alix Goolden Performance Hall,
907 Pandora Ave, Victoria BC

All proceeds go to Voices in Motion, a non-profit organization that offers a choral experience uniquely designed for those on a journey with dementia.

Tickets:

\$25 Adults

\$20 Students/Seniors



VOICES IN MOTION
IN CONCERT WITH
WEST MY FRIEND

Tickets available **in person** at the Victoria Conservatory of Music, 900 Johnson Street, Victoria BC,
by phone 250-386-5311 **or online** at <https://www.eventbrite.ca/e/a-sunday-afternoon-to-remember-voices-in-motion-concert-with-west-my-friend-tickets-95681310375>