



University  
of Victoria

Volume 24 ~ Issue 3 ~ Fall 2016

# THE BULLETIN Since 1992

Newsletter of the Institute on Aging and Lifelong Health



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Order of Canada

Student Research Profile:  
Clarise Lim

2016 VERA Recipients

UVRA Elder Academy:  
upcoming programs

Candrive: A Seven Year  
Driving Study

Lafayette Health Awareness  
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Institute on Aging & Lifelong Health presents:

## Spring 2017 Colloquium Series

*Lifelong Health:  
Innovations for Aging Well*

Mark your calendars!

### Dates

Tuesdays,  
February 28 to  
April 11, 2017

### Time

10:30AM to  
12:00PM

### Location

MSB 160 or  
online via Vidyo

Watch our website for more details: [uvic.ca/aging](http://uvic.ca/aging)



University  
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Institute on Aging  
& Lifelong Health

# Director's Perspective

Dear friends,

September often feels like the beginning of a new year and with that, I would like to share with you some of the events we are bringing you and projects we are working on this autumn season.

Coming up at the end of September, we have our annual International Day of Older Persons (IDOP) Lecture. This lecture celebrates and commemorates the United Nations recognition of October 1st as the day to globally observe and recognize the contributions of older persons. This year, the lecture will feature Colette Smart, PhD and members of her SMARTLab, discussing "Skills Not Pills: Emerging Science of How the Aging Brain Can Heal Itself." We hope you will join us on Friday, September 30th at 1:00PM for this fascinating look at the SMARTLab's work on non-pharmacologic interventions currently being conducted in the lab, focusing on the positive impact of meditation training as well as music in enhancing cognitive, emotional, and neural functioning. Please visit our website for more details, or call 250-721-6369 to register for this free September 30th lecture and tea.

During our IDOP lecture on the 30th, we will also celebrate 16 outstanding individuals for our Valued Elder Recognition Awards. These nominees have given much of their time and goodwill within the Capital Regional District and we are honoured to recognize them for their remarkable contributions – in some cases, volunteering for more than four decades – and the positive impact they've had on people's lives.

We are delighted to partner with the Lafayette String Quartet on their 11th annual Health Awareness Forum on October 6th. This year, the forum theme is, "Personalized Medicine: Hope, Hype, Genuine Progress", focus-

ing on just what personalized health care is and how it might impact each of us. The quartet will perform twice during the program and it is sure to be an exceptional evening. Please visit the quartet's website, [www.lafayettestringquartet.ca](http://www.lafayettestringquartet.ca), for more information and to register for this free event.

In the spring, we look forward to presenting our Colloquium Series once again, which is open to students, faculty, staff and the general public either by attending in person or by linking into the series online. Watch our website for more details, or, sign up to get email alerts on all our events at [aging@uvic.ca](mailto:aging@uvic.ca).

Please share your thoughts and help us direct the Institute into new frontiers. We invite you to join us by becoming an affiliate of the Institute on Aging and Lifelong Health. Our affiliates include faculty both at UVic and external, students, post-docs and community members, all who are involved in the study of, or are working within, the field of aging and lifelong health. You'll find the application forms on our website: [www.uvic.ca/aging](http://www.uvic.ca/aging).

Wishing you all health and happiness,  
Scott Hofer, Director  
Institute on Aging & Lifelong Health



# Dr. Neena Chappell Receives Order of Canada

We are thrilled to share that Dr. Neena Chappell has been appointed a Member of the Order of Canada! She received this honour for her unparalleled contributions to the study of social gerontology in Canada, particularly for her influential research into caregiving, dementia care and healthy aging. The award was established in 1967 by Her Majesty Queen Elizabeth II. Membership into the Order of Canada is accorded to Canadians who have made a difference through exceptional contributions, achievement, and service in their fields. The rank of Member "recognizes outstanding contributions at the local or regional level or in a special field of activity." Dr. Chappell will attend the appointment ceremony in Ottawa in November 2016.

Dr. Chappell's outstanding 30-year career has been built on two pillars: academic excellence and applied relevance. She has truly shaped the field of social gerontology in Canada, including mentoring over 100 graduate students. Her aim to improve quality of life for an aging population is inspiring.

Dr. Chappell was one of the first to recognize the need to focus research around issues of health, and quality of life in aging. Since her student days, she has had a keen interest in the difficulties people face as they grow old. Her work demonstrates a unique breadth and depth of focus, ranging from quality of life for se-

niors and issues of caregiving to the health care system and its related policies.

Some of her research projects include caregiving in old age, aging among Chinese Canadian immigrants, maintaining and enhancing independence and well being in old age, health and health care, and international research focusing on aging population in China and Bermuda.



Dr. Chappell has received many awards and titles over the years, including Member of the Royal Society of Canada (2016), Canada Research Chair in Social Gerontology, Tier 1 (2001-2015); Distinguished Member award from the Canadian Association of Gerontology (2008), National Health Research Scholar Award (1978-1984) and a Career Achievement Award from the Confederation of University Faculty Associations of British Columbia (2004).

Being appointed to the Order of Canada not only celebrates her achievement but also recognizes her legacy for her fellow Canadians, academics and aspiring researchers to follow. Congratulations, Neena!

## Dr. Chappell to chair panel on the transportation needs of an aging population

Dr. Neena Chappell has been appointed as the chair of the Expert Panel on the Transportation Needs of an Aging Population. The Council of Canadian Academies (CCA) put this expert panel together to answer the following question posted by Transport Canada: "*How can technology and innovation help the Canadian transportation system (under the legislative authority of Parliament) adapt to the needs of an aging population?*" Dr. Chappell will provide leadership to this panel of multidisciplinary experts as they rigorously assess current evidence on this topic and produce a report that will address this question.

For more information about the work of the expert panel, please visit the CCA website: [www.scienceadvice.ca](http://www.scienceadvice.ca).





# News at the Institute

## New Research Funding - Dr. Holly Tuokko



Led by Dr. Holly Tuokko, the **Development of Comparison Standards for the Cognition Measures employed in the Canadian Longitudinal Study on Aging (CLSA)** is a study with the objective to provide detailed information about the performance of participants of the CLSA aged 45-85 years on baseline cognitive functioning

measures. The CLSA includes approximately 50,000 participants from across the country and is anticipated to continue for two decades.

Understanding the factors that affect cognitive functions, such as health characteristics, is important in providing meaningful health supports for our aging population. The results of this study will be beneficial for use in clinical practice and to health researchers. Cognitive measures within the domains of memory, executive functioning and psychomotor speed will be examined along with health and other demographic

characteristics to develop Canadian comparison standards to aid in meaningful and accurate identification of disorders of cognition related to aging.

Our team consists of researchers from across Canada. We are happy to welcome the latest member of the team, Stacey Voll, as the project coordinator, located at the Institute on Aging and Lifelong Health at the University of Victoria.

Inquiries about this study can be sent to: Stacey Voll, MA; Project Coordinator: [svoll@uvic.ca](mailto:svoll@uvic.ca)

Funding for this research is provided by the Alzheimer Society of Canada/Alzheimer Société de Canada and the Pacific Alzheimer Research Foundation.

*This research was made possible using the data collected by the Canadian Longitudinal Study on Aging (CLSA). Funding for the Canadian Longitudinal Study on Aging (CLSA) was provided by the Government of Canada through the Canadian Institutes of Health Research (CIHR) under grant reference: LSA 9447 and the Canada Foundation for Innovation.*

## Congratulations, Drew!

Congratulations to Drew Halliday on his Canadian Institutes of Health Research doctoral award! Drew's award is valued at \$35,000 per year for 3 years, including \$5,000 per year for research expenses.

Drew is a PhD student under the co-supervision of Drs. Stuart MacDonald and Mauricio Garcia-Barrera (Psychology). Drew's research uses neuroimaging techniques to identify changes in the brain that could be early indicators of neurodegenerative conditions. His goal is to contribute to early identification and targeted intervention strategies for older adults who may be at risk of dementia, mild cognitive impairment, or risk of falls.





# News at the Institute

## New Research Funding - Dr. Ryan Rhodes

The Institute on Aging and Lifelong Health (IALH) offers our heartfelt congratulations to Dr. Ryan Rhodes, Director of the Behavioural Medicine Lab at UVic and Associate Director IALH! He has recently been awarded a Canadian Institutes of Health Research (CIHR) Foundation Grant, totaling \$959,663 over seven years. This grant will fund **Promoting reflexive family physical activity: A test of habit and identity formation**, a project which builds on Dr. Rhodes's previous work.

Regular physical activity has enormous health benefits. Among children and adolescents, physical activity can help protect against various physical and mental health conditions, and can help form behaviours necessary for good health throughout life. However, we know that most children do not get enough physical activity to experience these health benefits, and that existing research to promote physical activity within the family unit has not been very successful.

A major focus of Dr. Rhodes's research so far has been on promoting physical activity within families. This includes understanding the gap between intending to be active and actually being active, for which he has developed a theoretical model known as the Multi-Process Action Control Framework (M-PAC), based on his own work and the key work of other researchers. Key to this model is the realization that simply educating families on the benefits of physical activity is not enough to increase their actual activity – most families already understand its importance, yet still struggle to follow-through. Dr. Rhodes and his team have been researching ways to increase exercise motivations that can lead to physical activity behaviour change.

Throughout the seven years of this grant, Dr. Rhodes and his team will run two studies: the first will aim to

build parental habits to promote physical activity in their children, and the second will aim to build parental identity as playing a supportive role in their children's activity. Families can participate in the studies if they have at least one child, 6 to 12 years of age, who does not meet physical activity guidelines.

Each family will participate for six months. Over the seven years, the team hopes to enrol 240 families per study. Both studies will be randomized controlled trials, comparing a control group of families who receive standard physical activity education to an intervention group who receive the same education plus training in behaviour planning. Using accelerometers, the research team will measure whether or not the added behaviour planning increased children's activity.

The underlying principle of this research is that habit and identity formation within families is a step above simple education and goal setting. In this way, this research hopes to change behaviour patterns that will sustain themselves as a result of building parental habits and supportive identities within the family. These are called reflexive behaviours. This idea is well-developed in psychology but its application to physical activity behaviour change is relatively new.

Dr. Rhodes hopes to find effective ways to increase children's physical activity levels. This research could be applied to schools, physician offices and other early parent learning settings, which would help increase children's physical activity, benefiting more people than the families who participated in these studies.



## Student Profile ~ Clarise Lim

Clarise is a Master of Science in Kinesiology student at the University of Victoria under the supervision of the Institute's Associate Director, Dr. Ryan Rhodes. Born and raised in Singapore, she taught fitness classes for eight years prior to pursuing an undergraduate degree in Winnipeg, MB. Being a self-sponsored international student was never a smooth journey for her. During her undergraduate years, she often found herself burning the candle at both ends. She took on additional part-time work hours to make ends meet, while juggling a full academic course load, and taking time out for long runs, the latter of which offered her stress relief amid her busyness. After a series of detours and redirections, and following her father's passing, she moved to Victoria and completed her Bachelor of Sport and Fitness Leadership degree, graduating at the top of her cohort.

As a child, Clarise found herself rescuing and bringing home stray puppies and adopting unwanted runts of litters. Her dogs grew up to be her best friends and most loyal family members, and they have enriched her life and heart tremendously. Years of frequent relocations had left her missing the therapeutic companionship of a dog. Upon graduating from Camosun College, she could not shake off the call to adopt a dog. However, with graduate school just about to commence, she was unsure if she was ready to take on the responsibility, and so decided to give fostering a try instead. On the night she was waiting to meet the rescued puppy she was to foster, the moment she laid eyes on him, she knew he was hers to stay. Despite every mental fibre that discouraged her from committing to a dog, she took a leap of faith, and has not looked back since.

Connor, a 5-year-old pit-bull, has been the driving



inspiration behind Clarise's graduate research interests. Keeping up with Connor's high energy levels and exercise needs prompted Clarise to think critically about how each individual dog's energy levels and other characteristics, such as size and age, actually affect their owner's physical activity levels. As part of her directed studies, Clarise launched a pilot study involving an online anonymous survey among dog owners in Victoria. The study applied the use of self-determination theory to examine the quality of motivation among dog owners, and the relationships between dog characteristics and the walking behaviour of dog owners.

The study found that owners of larger dogs walked more per week than owners of smaller dogs. Additionally, dogs with higher energy levels, regardless of breed size or chronological age, significantly influenced their owners' walking amounts and intensities per week. Clarise's study was the first to use self-determination theory to examine the quality of dog walking motivation among dog owners, finding that dog owners who intrinsically enjoyed the dog walking activity, and who valued the benefits of dog walking for their dogs, walked more than owners who did not. Accord-





# Student Profile ~ Clarise Lim

## *...continued from previous page*

ing to Clarise, the results are interesting and novel because the study distinguished between guilt-based dog walking and intrinsically enjoyable dog walking. Notably, the study also found that 60% of dog owners in Victoria who walked their dogs were still not walking at intensities and amounts sufficient to reap health benefits for themselves. Based on these findings, the recommendations to create sustainable dog walking interventions to increase dog owners' dog walking amounts and intensity have lent support and rationale to her current study.

Interestingly, Clarise's first-hand experience with scheduling in time and finding energy to walk Connor after a hard day's work also serves as motivation for her current research. She vividly recalls the days when she was training regularly with a track coach and would often get home exhausted. She still had to walk Connor while chores and school work had to be done. She also remembers how much it saddened her to see that Connor missed running with her. It led her to contemplate the advantages of combining dog owner's and dog's physical activity in the same session to benefit the health and well-being of both, with the added bonus of strengthening the human-animal bond and partnership.

Her current study for her master's thesis is based on a randomized-controlled trial involving the application of six weekly scheduled group dog walks led by a certified instructor, and the use of self-monitoring and behavioural regulation strategies among dog owners in Greater Victoria. The objectives of the study include examining the

psychological processes involved in enacting dog walking behaviour, and the health and physical activity outcomes associated with dog walking. Clarise is hoping to find significant improvements in the health and behavioural outcomes among the experimental group participants, as compared to the control group.

Clarise explains that she does not measure success in terms of material or temporal things. She acknowledges that anchoring one's identity in shaky foundations that will not hold up is unwise and will never provide true fulfillment and joy. According to her, living out one's life purpose is a step-by-step journey, and running this long race well requires great faith and endurance. Reflecting on the seasons and intensity of trials and hardship she has had to go through over the years, she affirms that there are always blessings to be thankful for even when we find ourselves in the deepest valleys.

Clarise is looking forward to analyzing the results of her current study, and plans to catch up on reading the many books she has been waiting to read upon her graduation.





## Donate to the Institute on Aging & Lifelong Health

Your help is needed to ensure that our research and knowledge sharing efforts remain relevant to you and the people you care about most.



Please consider a research partnership in the form of a gift, pledge, or bequest. Our development office staff can assist with exploring opportunities to influence meaningful research direction and engagement. Donations are fully eligible for tax credits.

Please go to our website ([www.uvic.ca/aging](http://www.uvic.ca/aging)) and click on the donate button for more information.



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### Is your family affected by early-stage dementia?

CanAssist – the UVic organization that develops innovative technologies for people with a wide range of disabilities – is looking for families affected by early-stage dementia to test new technologies. These technologies are designed to help people with dementia remain in their own homes for as long as safely possible, while at the same time reducing stress and worry for family and other caregivers.

There is **no cost to eligible families** – we simply ask that you provide feedback on the technology's effectiveness. CanAssist team members install the technology and provide training and support while you are using it.

If you think your loved one with dementia could benefit, please go to [www.canassist.ca/dementia](http://www.canassist.ca/dementia) for more details, and then contact:

**Megan Yon, Client Relations Coordinator**  
CanAssist at the University of Victoria  
250-853-3874 or [myon@uvic.ca](mailto:myon@uvic.ca)



# Faculty Profile ~ Dr. Denise Cloutier

Dr. Denise Cloutier, Associate Professor, has been a Research Affiliate with the Institute on Aging and Life-long Health since 2001. Throughout her 15-year career as a health geographer and social gerontologist, she has been committed to exploring the ways that geography influences health and well-being. Prior to coming to the University of Victoria she worked in diverse settings in family medicine research for the College of Family Physicians of Canada and as a data analyst for a health intelligence unit in southwestern Ontario.

As an undergraduate, her job as a drought program administrator with Alberta Environment-Planning Division sparked her interest in research with older adults by bringing her into contact with farm families across southern Alberta. She continued on to get a Masters and a PhD in Geography from the University of Guelph, switching from her interests in physical geography to work on care of older adults in community.

According to Dr. Cloutier, “the older adult population is growing very rapidly and we are not doing a very good job of providing the necessary health care, housing, or transportation to meet their growing needs.” Dr. Cloutier believes geography is a good bridge between other social sciences. “Places and people are more complex than can be seen at first glance. Places like homes and communities affect people on a very personal level: influencing their experiences and identities,” she says. She is interested in understanding the community and facility-based services that we currently have in place, and the ones we need to put in place to support older adults as they age. Her research has explored the experiences of vulnerable populations such as people living in rural and small town environments, those living with dementia, socially isolated individuals, home and palliative care clients, and stroke survivors. She is also keen to explore issues and opportunities around healthy aging, giving talks in the

community through the UVic Speakers Bureau.

Dr. Cloutier is currently studying care journeys and experiences of long-term care clients. Her study, **BC Trajectories in Care (2012-2016)**, with Dr. Margaret Penning in Sociology examines the experiences of older adult clients and their families when they transition from one care system to another, such as from home care to acute care to residential care. The study identified common pathways that describe individuals’ experiences through the system, and factors that predict who will make certain types of transitions and who will continue to receive a particular form of care. Funded by the Michael Smith Foundation for Health Research and the Canadian Institutes of Health Research, Dr. Cloutier hopes this research will be used to help health care planners, decision makers, older adults and families to make care transitions smoother, with fewer negative health outcomes such as re-hospitalization, increased medication use and increased stress for clients and family. Understanding how people move through the system and the factors that influence these care transitions will enhance quality of life of older adults and families and can be useful in developing recommendations and policy advice.

“Being a researcher and professor is incredibly busy, but very rewarding,” she says. Dr. Cloutier believes that learning is a lifelong process, and being a professor and a researcher is a remarkable trajectory itself! She teaches methodology courses at the graduate level, and undergraduate courses in human geography, environment, and health.



## 2016 International Day of Older Persons



Thank you for joining us for our International Day of Older Persons celebration, September 30, 2016 at the Salvation Army Victoria Citadel.

The afternoon began with presentations of the

### Valued Elder Recognition Award (VERA)

Dr. Colette Smart and students from SMARTLab, a neuropsychology lab at UVic, presented

### Skills, Not Pills: Emerging Science of How the Aging Brain Can Heal Itself

Many older adults are worried about cognitive decline. Medications can be expensive, have side effects, and may have limited effectiveness to enhance cognition. Non-pharmacologic interventions (NPI) could enhance current cognitive and emotional functioning, and could slow or delay disorders such as Alzheimer's dementia. NPIs are based on new evidence that, with appropriate training, brain structure and function can improve even in later life, allowing people to take steps to enhance their own health and well-being.

**This event was presented by:**



Institute on Aging  
& Lifelong Health



GREATER VICTORIA  
ELDERCARE  
FOUNDATION



**Dr. Colette Smart** is a Registered Psychologist and associate professor of psychology at UVic.



**Kristen Silveira** is a graduate student in SMARTLab, studying the impact of music on cognition, emotion, and well-being in older adults.



**Lizzy Walsh** is an undergraduate psychology and music student in SMARTLab who is planning to pursue a career in music therapy.





# 2016 Valued Elder Recognition Award Recipients



The Valued Elder Recognition Award (VERA) is presented annually to dedicated volunteers who have given exemplary service to helping others in the Capital Regional District (CRD) for at least 10 years.

This award has been presented since October 2000. Beginning in 2016, the Institute on Aging and Lifelong Health and the Eldercare Foundation are partnering to present VERA. With the Eldercare Foundation's support, the VERA recognizes those who make a difference every day in our community. Recipients are further acknowledged on a plaque at the Institute.

We would like to sincerely thank all volunteers, nominators and supporters, as well as all community members who were able to help us honour the contributions of these dedicated volunteers at our presentation event on September 30, 2016.

The following pages describe the great impact that each 2016 VERA recipient has had on our community, including a statement from a nominator that illustrates what makes each recipient special.

## Pattie Whitehouse

2015 - present	Association for the Protection of Rural Metchisin
1991 - present	Pacific Animal Therapy Society
1984 - 2015	Highland District Community Association
Other activities:	Crisis Line worker

### *Nominated and supported by:*

Dr. J. Nicole Little, Pacific Animal Therapy Society  
 Dr. Lucinda Brown, Pacific Animal Therapy Society  
 Michele Nault McIsaac, Regional Assist Living Manager, M'akola ILBC Housing Society  
 Jan Cook, Pacific Animal Therapy Society Facility Co-ordinator  
 Sheila Taylor, personal

"Pattie is passionate about the benefits that animal volunteers can bring to people who are isolated and wanting connection. She has made a positive difference to the lives of those she has encountered."

## Frances Cornish

1984 - present	Victoria Hospice Society
1982 - present	Art Gallery of Greater Victoria

### *Nominated and supported by:*

Kay Larsen, Victoria Hospice Society  
 Susan Moger, Victoria Hospice volunteer  
 Gail Aldrete, Victoria Hospice volunteer  
 Wendy Wainwright, Victoria Hospice  
 Alice Banks, Art Gallery of Greater Victoria

"In the midst of an amazing group of dedicated, compassionate people, Fran stands out as someone who is extraordinarily kind and gentle with every person she encounters and dedicated to the care of those facing death and grief."



# 2016 Valued Elder Recognition Award Recipients

...continued from previous page

## James (Jim) Cecil Upright

2001 - present	Scouts Canada
2001 - present	St. Aidan's United Church
2002 - present	Camp Pringle, Shawnigan Lake
2002 - present	Westcoast Amateur Radio Association "W.A.R.A"
2003 - present	Block Watch Captain

### *Nominated and supported by:*

Douglas Koch, St. Aidan's United Church  
Murray Groom, United Church of Canada  
Roger Hannaford, St. Aidan's United Church  
Kenneth Stotz, 5TH Cedar Hill Scouts

"Jim is upright in his commitment, unflagging in his work and thoughtful in his opinions; he carries the wisdom of his years with humility and good humour. Jim has been a valuable contributor to our life and, through the life of the camp, to the life of the larger community."

## Faith Magwood

1975 - 1980	Single Parent Resource Centre
1977 - present	Christ Church Cathedral
1983 - 1990	The Epilepsy and Parkinson's Society
1983 - present	Family Caregivers Network
2000 - present	Oak Bay Lawn Bowling Club
2002 - present	Aboriginal Neighbours
2003 - 2013	Mount St. Mary Hospital
2016 - present	Block Watch

### *Nominated and supported by:*

Barb MacLean, Family Caregivers of BC  
Alan F. Ellis, BC Association of Change Ringers  
Sharon Gelling, personal  
Marilyn Turpin, Oak Bay Lawn Bowling Club

"She was the catalyst and champion for family caregivers and is the reason the Family Caregivers of BC exist today."



# 2016 Valued Elder Recognition Award Recipients

...continued from previous page

## Julie Chupick

1986 - present	St. Nicholas Ukrainian Catholic Church
1987 - 1993	Canadian Cancer Society, Cancer Clinic
1987 - present	Ukrainian Cultural Centre
1994 - 1999	Friends of Government House Garden Society
1995 - 2009	Victoria Stroke Recovery Association
2009 - 2013	Sacred Heart Roman Catholic Church

*Nominated and supported by:*

Robert Herchak, St. Nicholas Ukrainian Catholic Church  
 Mary Anna McKay, Victoria Stroke Recovery Association  
 Barbara White, personal  
 Bronwyn C. Hackett, Victoria Stroke Recovery Association

"What I find truly awe-inspiring is Julie's cheerfulness and willingness to help others."

## Betty and Peter Walsh

1998 - present Oak Bay Lodge

Nominated and supported by:

Ruth McCowan, Oak Bay Lodge  
 Mary A. Sauder, Oak Bay Lodge  
 Carolyn Hoekstra, Oak Bay Lodge  
 Diana Glover, Oak Bay Lodge  
 Joanne Galbraith, Oak Bay Lodge

"Peter and Betty are well known and appreciated by the residents, families and staff of Oak Bay Lodge. Their commitment and contribution to our social model of care has been quite simply outstanding."

## James A Tyre

1964-1976, and

1988-present

1964 - life

1969 - 1980

2000 - present

Scouts Canada-Greater Victoria  
 Canadian Forces Sailing Association  
 St. John Ambulance Brigade  
 Chief and Petty Officers Association

*Nominated and supported by:*

Grace Seabrook, Greater Victoria Area, Scouts



**Interested in learning about  
past VERA recipients?**

Check out our website at  
[www.uvic.ca/research/centres/aging/](http://www.uvic.ca/research/centres/aging/)





# 2016 Valued Elder Recognition Award Recipients

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Canada  
Penny Hill, Camp Barnard  
Carolyn Llyod, Scouts Canada  
John W.S.F. Bradford, 2nd Canadian Baden-Powell  
Guild  
Walter Hauser, Scouts Canada Vic-West

"Jim exemplifies the good scouter who gave his all for the sake of the youth."

## John H. McEown

1987 - 1989	Pacific Opera Victoria
1987 - 1989	Maritime Museum of BC
1988 - 1994	Victoria Symphony
1994 - 2005	Oak Bay Probus Club
1994 - present	United Way Greater Victoria
1999 - present	Victoria Foundation
2008 - 2009	Victoria Epilepsy and Parkinson's Society

*Nominated and supported by:*

Marg Rose, United Way Greater Victoria  
Patricia Jelinski, United Way Greater Victoria  
Sandra Richardson, Victoria Foundation  
Lorraine Tanner, Victoria Symphony  
Don Evans, Our Place

"Everyone at the Symphony continues to be inspired by John through his devotion and support of the Victoria Symphony, as well as a lifetime of philanthropy to the arts and other charities."

## Audrey M. Farnden

1995 - present	Our Place Society
1957 - present	Centennial United Church
1968 - 1994	South Vancouver Island Learning Disability Association (co-founder)

*Nominated and supported by:*

Julia Dawson, Our Place Society  
Adele Barnes, Former president at Learning Disabilities Association of South Vancouver Island  
Alanna Menu, Centennial United Church  
Faith Magwood, Retired social worker  
Annlyn Lambrick, Former volunteer with the Learning Disabilities Association in Victoria

"She is an elder not only in age but also in wisdom — a wisdom gathered through experience and confronting personal difficulties with grace."

## Glenys Hughes

2007 - present	Piercy Respite Hotel, Island Health
2001 - 2007	Royal Jubilee Hospital
1991 - 1999	St. Luke's Players Community Theatre
1991 - 1999	Langham Court Theatre
1989 - 1991	Bastion Theatre

*Nominated and supported by:*

Liz McCarter, Piercy Respite Hotel  
Samantha Gemmell, Piercy Respite Hotel and Beacon Community services  
Maryann Burrows, Music Therapy association of BC  
Bryony Moorman, South Island Residential sites, Island Health

"Glenys is someone who radiates positive energy. She



# 2016 Valued Elder Recognition Award Recipients

*...continued from previous page*

is intelligent, compassionate, responsible and creative.”

## Cora Thomson

2001 - present	The Lodge at Broadmead
2001 - present	St. John Ambulance
2007 - present	Government House

*Nominated and supported by:*

Kelly Sprackett, Broadmead Care

Jessica Bell, Broadmead Care

Bette Anderson, Broadmead Care, St. John Ambulance Therapy Dog Program, and Government House

Elizabeth Barlow, St. John Ambulance Therapy Dog Program

Susan Erling-Tyrell, Government House

“Her positive spirit is an inspiration to others, she is a leader and an inspiration to others in the most unas-

## *We'll Miss You, Kim*

Last month, we said goodbye to our BC Transitions in Care Study (BC-TICS) Project Coordinator, Ms. Kim Nuernberger, MA. Kim has been the centre pivot of our project for the past three years, providing support on every dimension of our study from administrative liaison, keeper of budgets, recorder of minutes, and of our knowledge translation efforts. She has also been a very talented co-writer and contributor to our academic papers and presentations giving 110% at all times. But, where she truly excelled was in the data analysis support for our project, tackling newer and more complicated longitudinal analyses all the time (from survival analyses, to latent class and latent transition analysis and multi-level models). We were all fond of saying that we were working at the leading edge of what these analyses could do. (Indeed, she found MPlus's breaking points on numerous occasions.) She has also been a warm and guiding light in the Institute on Aging and Lifelong Health for everybody due to her kindness, optimism and overall friendliness and support.



Though we are so sad to see her go, we are incredibly pleased that she has taken on a new position that suits her skills and abilities to a tee! Kim will now be a Senior Analyst with the Research and Analytic Projects Group of the Canadian Institutes of Health Information (CIHI), located in the Western Office in Victoria, BC. There, she will be contributing to ongoing work on the “Seniors’ in Transition” project, which aims to take a pan-Canadian (insofar as this is possible) look at transitions among seniors in long-term care, and will be supporting a range of other projects and requests. At this point in time, she is mired in orientation activities, and, in her words, learning “about a zillion new acronyms.”

We wish Kim all the best in her future endeavours and remind her to keep in touch and not forget us!



# 2016 Valued Elder Recognition Award Recipients

...continued from previous page

suming way."

## John Arthur McBride

2001 - 2007 Willows School  
 2002 - 2004 Scout Leader, Canadian Boy Scouts  
 2008 - present Oak Bay Emergency Program  
 Other activities: Victoria Marathon, MS Walk, Time Colonist open golf tournament, Heart golf tournaments

*Nominated and supported by:*

Ellen Grant, Oak Bay Emergency Program  
 Dave Cockle, Fire Chief Oak Bay Fire Department, Emergency Program Coordinator  
 Tom Pearce, Retired Deputy Fire Chief, Deputy Emergency Program Coordinator  
 Warren Maidens, Oak Bay Emergency Program

"John is well known for his work ethic, positive attitude and teamwork mentality. He is a dedicated volunteer who can be depended on."

## Shelagh Bell

1992 - present Saanich Peninsula Hospital  
 1998 - present Summergate Village  
 2002 - present Saanich Peninsula Hospital Foundation

*Nominated and supported by:*

Karen Morgan, Saanich Peninsula Hospital Foundation  
 Donna Salter, Saanich Peninsula Hospital Auxiliary  
 Dr. Ambrose Marsh, Saanich Peninsula Hospital  
 Lorne Jack, Saanich Peninsula Hospital Foundation  
 Lesley Webb, Saanich Peninsula Hospital Foundation  
 Hilda Stopforth, personal  
 Ruth Oakley, Saanich Peninsula Hospital  
 Michele Cooper, family

"Her resolve, reliability, dedication and determination is very much appreciated and truly admired."

**Do you know a senior who has given exemplary service to others in the Capital Regional District?**



**Nominate this person for a VERA!**

Nomination forms for next year will be available Summer 2017. Watch our website for details:

[uvic.ca/aging](http://uvic.ca/aging)





# 2016 Valued Elder Recognition Award Recipients

...continued from previous page

## Barbara Nyland

1994 - present BC Fruit testers association (BCFTA)  
2005 - present First Unitarian Church of Victoria

*Nominated and supported by:*

Suzanne Beauchamp, First Unitarian Church of Victoria  
Anne Aylard, BC Fruit Testers Association  
Emily Whitney, personal  
Laura Doyle, First Unitarian Church  
Michael O'Sullivan, BC Fruit Testers Association  
Ernie Sketchley, BC Fruit Testers Association  
Dr. Sidney S. Joss, BC Fruit Testers Association

"Barbara is an inspiration to other congregants with her energy thoughtfulness and sense of humour."

## Muriel Dunn

2003 - present Military Family Resource Centre  
2004 - present Mount St. Mary Hospital

*Nominated and supported by:*

Ekaterina Gregory, Esquimalt Military Family Resource Centre  
Anne McCaffrey, Mount St. Mary Hospital  
Christine Farrington, Personnel Support Programs Division, National Defence

"She demonstrates sensitivity and compassion in her care for residents with varying abilities and disabilities and finds ways to connect with them."

## "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](mailto:njl@uvic.ca)  
Co-Investigator Bill Hook, (250) 743 4469 or [wrogershook@gmail.com](mailto:wrogershook@gmail.com)

School of Public Health & Social Policy, University of Victoria

HREB application to VIHA/UVic is in preparation



source: Bay Shore Elder Care



# UVRA Elder Academy

## Series 1: Technology Series: Embracing The Digital Age?

Offered in partnership with eGurus Technology Tutors Inc.

**Times:** Saturday mornings 10:00 AM - 12:00 PM

**Location:** Clearihue A102

**Cost:** \$30 for all four sessions



### (1) Going Mobile With Tablets and Smartphone - October 15, 2016

I can make phone calls and email but what else can I do with this device? What is a smartphone anyways?

### (2) Staying Safe Online - October 22, 2016

More and more services and activity are done online. As we further shift into the digital age, it is imperative we protect ourselves. Learn how to avoid viruses and online scams, tips to protect from identity theft, password management help, and understanding your digital footprint.

### (3) Photography In A Digital World - October 29, 2016

1 trillion photos will be taken in 2017. Of those, 80% will be taken by a smartphone. Join us to learn how to use a camera app, tips for taking a better photo, photo storage, sharing photos, and photo project ideas.

### (4) Travel In A Digital World - November 5, 2016

Are you a snowbird? Planning a trip or about to embark on one? Join us to learn the benefits that technology can bring to your travels...we'll even save you some money!

## Series 2: Physical Activity Courses

Offered in partnership with the UVic Department of Athletics and Recreation.

### (A) 55+ Strength, Stretch & Stamina - Mondays, 9:00 AM - 10:00 AM, October 17 - December 5, 2016

New to fitness or returning after some time off? Want to feel more comfortable using the equipment in a safe and effective manner? This 8 week course will teach you the basics of exercise under the guidance of a certified personal trainer in the new CARSA facility.

**Cost:** \$66/8 sessions (tax included)

### (B) 55+ Circuit Training - Mondays, 10:00 AM - 11:00 AM, October 17 - December 5, 2016

A class for those who have completed our Strength, Stretch and Stamina class, or who feel comfortable moving through various transitions of exercises in a more challenging environment. Our trainer will utilize both studio space for resistance band, stretching and free weight exercises, and will also move the group through the fitness weight centre on select days.

**Cost:** \$66/8 sessions (tax included)



# UVRA Elder Academy

## Series 3: "The Body Works? Function & Dysfunction" Part 2

Part 2 of "The Body Works?" will cover 4 new body systems, including how they work and age-related changes.

**Times:** Saturdays, 10:00 am - 12:00 pm

**Location:** Medical Science Building, Room 150

**Cost:** \$20.00 for all four sessions, or \$6.00 per session

### Session 1. The Brain (and Nervous System) with Dr. Michael Bassett - November 12, 2016

This session will examine the structures of the brain, the way the brain communicates with other parts of the body and receives information, and some of the common medical conditions associated with aging.

### Session 2. The Endocrine System with Dr. Chris Pengilly - November 19, 2016

This session will examine the key endocrine glands and what they do, along with some of the medical conditions associated with aging.

### Session 3. The Respiratory System with Dr. Chris Pengilly - November 26, 2016

The respiratory system provides oxygen to the tissues and to remove carbon dioxide from the body. However, some of these mechanisms are compromised due to age and environmental factors.

### Session 4. Special Senses: Vision with Dr. Helen Martindale - December 3, 2016

This session will provide the basic anatomical structures of the eye and how they contribute to the sense of vision. As we age many of these structures and processes may become compromised.

## Registration and Information

If you are interested in registering for any of these courses, please contact the UVic Retirees Association office 1:30 pm - 3:30 pm, located on the UVic campus in the Institute on Aging and Lifelong Health (previously the Centre on Aging) Hut R, room 108, or by phone at 250-472-4749.

## *Masterminds Lecture Series 2017*

### Save the dates!

The UVic Retirees Association and the Institute on Aging and Lifelong Health  
will present a series of free lectures in April 2017

Wednesday Evenings in April  
7:00 pm to 8:30 pm  
Location: University of Victoria Campus

Check the Institute on Aging and Lifelong Health's website for details: [uvic.ca/aging](http://uvic.ca/aging)





# Candrive: A 7-Year Driving Study



Earlier this year, Candrive, a Canadian research program aimed at improving the safety and quality of life of older drivers, completed data collection from participants at all data collection sites across Canada, including one in Victoria. On October 2, 2015, a Candrive Information and Appreciation event was hosted as part of the International Day of the Older Person celebrations organized by the Centre on Aging (now the Institute on Aging and Lifelong Health).

Candrive was established in 2002 as a New Emerging Team funded by the Canadian Institutes of Health Research (CIHR) and became a well-established network of diverse Canadian researchers interested in older driver issues. Research members of Candrive included occupational therapists, physiotherapists, psychologists, kinesiologists, epidemiologists, and a number of medical specialists in geriatric medicine, physical medicine and rehabilitation, rheumatology and geriatric psychiatry. The program was led by co-principal investigators Dr. Shawn Marshall and Dr. Malcolm Man-Son-Hing of the Ottawa Health Research Institute with co-investigators across Canada, including Dr. Holly Tuokko in Victoria.

Dr. Phyllis McGee, Candrive Site Research Associate in Victoria, recruited and met regularly with 125 partic-

ipants who were 70 years of age or older who were driving more than four times per week at the beginning of the study (56% men, 44% female). We received over 240 calls from people interested in taking part in the study! Ninety-seven of the participants were involved with the study for at least five years – some people stopped driving during that time or were unable to continue with the study for various reasons. The oldest man who participated in the study was 93 years old whereas the oldest woman was 95 years old.

For the first four years, the Candrive Clinic at UVic was located on the edge of Mystic Vale in University House #3. In the summer of 2013, the Clinic joined the Centre on Aging (now Institute on Aging & Lifelong Health) in its new location in R Hut, on the north side of McKenzie Ave.

Over the duration of this longitudinal study, a total of 674, 3-hour annual assessments involving a series of cognitive and physical tests were conducted with participants in Victoria. In addition, every four months participants returned to the Candrive Clinic to report on changes in their health (e.g., the number of doctor appointments they had in the past four months, any new medical conditions, or changes in medications) as well as any changes in driving patterns and accidents or traffic tickets that they received. All participants provided us with permission to obtain their annual driving records from the Insurance Corporation of British Columbia, as well as copies of any police reports of collisions or violations that the participant may have had.

During the entire time, data on their actual driving was collected through an in-car-recording device with a global positioning system antenna that recorded information about where and when they were driving. At the end of May 2015, the total number of kilometres driven by Victoria participants was 5,153,293 km, with



...continued from previous page

over 45,758,000 km driven by all 928 participants at the seven Canadian data collection sites!

The Candrive co-investigators, including Victoria Site Investigator Dr. Holly Tuokko, have been busy analyzing the data and sharing the information with the international research community. To date over 150 peer-reviewed articles have been published and over 300 presentations have been given. Candrive researchers contributed numerous papers published in special issues of Accident Analysis and Prevention in 2013 and the Canadian Journal on Aging in 2016. In August 2016, Dr. Tuokko and fellow Candrive researcher from the Winnipeg site, Dr. Michelle Porter, presented Candrive data as part of a symposium led by the principal investigator of OzCandrive, our Australian counterpart study, at the International Conference on Transit and Transportation Psychology in Brisbane. The primary focus of the data analysis is on the development of the risk stratification tools to assist in the identification of older adults at risk for crashes. There is a lot of interest in this type of tool and many national and provincial-based organizations have expressed an interest in working with Candrive to ensure the findings from this study are used to effectively promote older driver safety.



## Select Institute Publications

- » **Penning, M., Cloutier, D., Nuernberger, K., MacDonald, S. W. S., & Taylor, D.** (2016). Long-term care trajectories in Canadian context: Patterns and predictors of publicly funded care. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*. doi: 10.1093/geronb/gbw104
- » **Cloutier, D., & Penning, M.** (In press). Janus at the crossroads: Perspectives on long-term care trajectories for older women with dementia. *The Gerontologist, Special Issue: Aging-It's Personal Issue*. Forthcoming.
- » Reimer-Kirkham, S., **Stajduhar, K.**, Pauly, B., Giesbrecht, M., **Mollison, A.**, McNeil, R., & Wallace, B. (2016). Death is a social justice issue: Perspectives on equity-informed palliative care. *Advances in Nursing Science*. Published online. doi: 10.1097/ANS.0000000000000146
- » **Cloutier, D.**, Cox, A., Kampan, R., **Kobayashi, K.**, Cook, H., Taylor, D., & Gaspard, G. (2016). A tale of two sites: Lessons on leadership from the implementation of a long-term care delivery model (CDM) in Western Canada. *Healthcare*, 4(1), 3. doi: 10.3390/healthcare4010003
- » **Smart, C. M.**, Segalowitz, S. J., **Mulligan, B. P.**, Koudys, J., & **Gawryluk, J. R.** (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
- » Cadar, D., **Piccinin, A. M.**, **Hofer, S. M.**, Johansson, B., & Muniz-Terrera, G. (2016). Education, occupational class, and cognitive decline in preclinical dementia. *GeroPsych*, 29(1), 5-15. doi: 10.1024/1662-9647/a000138



ITCH

2017

**BUILDING CAPACITY FOR HEALTH INFORMATICS IN THE FUTURE**

February 16 – 19, 2017 Inn at Laurel Point, Victoria, BC, Canada

An international conference addressing  
*Information Technology and Communications in Health (ITCH)*

[www.uvic.ca/hsd/itch/](http://www.uvic.ca/hsd/itch/)

**B**uilding Capacity for Health Informatics in the Future is the working theme for the 2017 international conference being held in Victoria, BC, Canada. Health information technologies are revolutionizing and streamlining healthcare and their uptake is rising dramatically. The conference will take a multi-perspective view about what is needed in order to move technology along to real sustained and widespread use. Solutions range from improvements in usability and training, to the need for new and improved design of information systems, user interfaces and interoperable solutions, to governmental policy, mandates, initiatives and need for regulation. In addition, greater interaction will be needed.



University  
of Victoria  
Health  
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 Years of Excellence

**HEALTHCARE**  
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**CANADA**



# Self-Management

*British Columbia*

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 at <http://www.selfmanagementbc.ca/> or you can call toll-free at 1-866-902-3767.





The **11<sup>th</sup>** annual  
Lafayette Health Awareness Forum presents

# Personalized Medicine

**hype, hope, genuine progress**

**T**his year's forum brings together four knowledgeable and dynamic speakers who are on the cutting edge of this new approach in Medicine. Each has a significant involvement with treatments and research that informs this new chapter in personal health care.

Join the Lafayette Quartet and the community at large as we learn just what **Personalized Medicine** is and how it can affect us individually and as a society.

Thursday  
**October 6**

7 pm

David Lam Auditorium

Room A144

MacLaurin Building

A-Wing

University of Victoria

## Free of charge

To reserve a seat or for  
further information, visit  
[lafayettestringquartet.ca](http://lafayettestringquartet.ca)



## SPEAKERS

**Scott Hofer** PhD FCAHS, Director, Institute on Aging & Lifelong Health; Professor, Harald Mohr MD, and Wilhelma Mohr MD, Research Chair in Adult Development and Aging, Department of Psychology, University of Victoria

**Eike-Henner Kluge** PhD, Professor of Philosophy, UVic; Member, International Medical Informatics Association, lead author of its Code of Ethics – *A Handbook of Ethics for Health Informatics Professionals*

**Patrick Macleod** MD, Clinical Geneticist and Pediatrician, Vancouver Island Health Authority; Professor, UVic, Centre for Biomedical Research

**Brad Nelson** PhD, Director and Distinguished Scientist, Deeley Research Centre, BC Cancer Agency; Professor, Bio-chemistry and Microbiology, UVic; Medical Genetics, UBC



Institute on Aging  
& Lifelong Health

*The Lafayette*  
STRING QUARTET



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



Think about volunteering! Many opportunities are available for students and community members.

If you are a student with work study hours, consider applying for a position with us this fall.

Check [www.uvic.ca/aging](http://www.uvic.ca/aging) for opportunities.



**University  
of Victoria**

**Institute on Aging  
& Lifelong Health**

Articles, photographs, and submissions provided by Denise Cloutier, Harjot Grewal, Vincenza Gruppuso, Scott Hofer, Lois Holizki, Phyllis McGee, Cara Pearson, Nina Perisic, Leah Potter, Ryan Rhodes, Holly Tuokko, Leslie Wood, Stacey Voll, and UVic Photo Services.

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

*Research throughout  
the life course*



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