



University
of Victoria

Retirees
Association

Winter 2016

<http://web.uvic.ca/retirees>

uvra@uvic.ca

(250) 472-4749

Office: R Hut 108

Open: 1:30-3:30 M-F

Inside this issue:

<i>Bits from the Board</i>	1
<i>Physical Activity</i>	3
<i>Office Volunteers</i>	4
<i>Syrian Refugees</i>	5
<i>Self Management BC</i>	6
<i>Research Participants Needed</i>	6, 7, 8, 10
<i>United Way Update</i>	7
<i>University Club</i>	9
<i>Masterminds</i>	10
<i>IdeaFest</i>	11
<i>Elder Academy</i>	12
<i>Events</i>	13 14

Grey Matters!



Last year UVic embraced a new visual identity and the martlets took on a new look as part of the Edge design.

Bits from the Board

Welcome to what is about to become the Year of the Monkey. The little beast has already jumped the gun with a series of hacked emails to several Board members. The lesson is to avoid clicking on website links from strangers or even known addresses with suspicious message contents. Our Communications Director, Mel Klassen, tracked one message that seemed to come from me, but with another Board member's address: from a (presumably corrupted) address in Argentina > Slovenia > a (presumably hijacked) link in Iran. More annoying than damaging for most of us, we hope.

Those of you who came to the Open House at the Centre on Aging in December will share our thanks to our hosts for a memorable get-together. Apparently (so say our hosts) our members partook

Bits from the Board (continued from page 1)

enthusiastically and did ample justice to our financial support of the occasion!

We were not quite so successful in recruiting new volunteers then, to help in the UVRA Office in the Centre (2 hours, weekday afternoons, once or twice a month). If you can help answering phone calls, redirecting mail and queries to the appropriate Board members, we'd love to hear from you at uvra@uvic.ca. One reason for this appeal is that we are missing our former *de facto* office manager, Linda. Although it wasn't strictly in her job jar, Linda took it on herself to keep our volunteers up to date on when they are most needed. If you would be able to coordinate things like that, you know where we live. Please think about it.

Two other comestible events to report on, arranged by our indefatigable trio of social events coordinators: the first annual Diwali lunch at the Spice Jammer restaurant was well attended. Andy Jani provided a very colourful, entertaining talk on the origins of the Hindu festival of lights, and we'll be happy to welcome him back for his promised follow-up later this year. Our Christmas lunch speaker, John Esling (formerly of Linguistics) kept us amused with images of the sound-producing contortions of the human larynx in various cultures (Inuit to Mongol, to deepest Yorkshire). His own mimicry is an art form in itself. Beware if you meet him – he'll have you geographically and educationally spotted in a couple of sentences.

For the researchers among us: the Centre on Aging is sponsoring the 2nd *Pecha Kucha* introduction and demonstration. You can create a presentation on any aspect of your research using the 20 Power Point templates provided. But you've got a maximum of 6 minutes and 40 seconds to present it. If you want to present (deadline for submission is Jan. 26th, *please note that*) presentation space is limited, or just find out more, contact the Centre at aging@uvic.ca.

Our next Board meeting on January 20th should bring us a step closer to approaching the University about a Memorandum of Understanding (MoU). Dick Chappell's committee has been analyzing the results of the survey which so many of you completed in November (thank you!). The goal is to define the key requirements behind the MoU.

Winona Pugh's committee will be reporting at the same meeting on their discussions of the implications for UVRA membership resulting from the introduction of the University ONECard. Any proposed changes to our membership criteria must be discussed at the next AGM, which is to be held on June 1st 2016, David Strong Bldg., C108, 10.30 – noon. [A reminder to those still carrying the old UVic Retiree card – it's no longer valid. You need the new card to access most on-campus retiree benefits. See <http://www.uvic.ca/onecard/get-card/>]

Wishing you a healthy, Happy New Year (with no monkey business) Peter Liddell, UVRA President

Physical Activity and Wellness Corner #21

Exercise and the Aging Brain!

Dr. Brian Goldman is the medical expert often heard on CBC radio. He recently commented on a couple of studies linking exercise to increased cognitive functioning. He quotes a study conducted at the University of Kansas Alzheimer's Disease Centre that confirmed a long held finding that exercise can improve cognition and memory as we age but with a twist!

How much (or little) do I need to do!

The study compared three exercise programs performed over 26 weeks and consisting of brisk treadmill walking that only varied in the amount of time that was required. Participants were sedentary, with no symptoms of dementia, and 65 years or older. The groups exercised for either 75 minutes, 150 minutes (the generally recommended amount of exercise), or 225 minutes per week) and compared the results to a control group that did their usual exercise regimen. The researchers measured aerobic fitness, memory, and ability to think. As expected the participants who exercised for longer had greater increases in aerobic fitness but the group who exercised for only 75 minutes had similar improvements in memory and cognition tests as those who exercised for longer.

This study also found that participants' attentiveness and processing of visual signals improved with exercise. As Dr. Goldman notes "Both are important parts of what's known as executive function or management of thought processes, including working memory, reasoning, mental flexibility and problem solving, as well as planning and execution. Executive function goes down in the years prior to the onset of dementia".

Dr. Goldman also cited another study that supports the relationship between exercise and cognitive function. Researchers at Boston University School of Medicine found a hormone, believed to protect the brain (irisin), is secreted during exercise and related to aerobic fitness level. In addition, they also

linked exercise to improved memory function. Of course we are all aware that exercise improves the ability of the heart to send blood to all the major organs, including the brain, as well as lower the risk of depression associated with memory and cognitive decline.

A little is good but.....

So the good news is that we need only exercise for 75 minutes per week to elicit positive changes in memory and cognitive functioning. In fact, if you read a recent article in the Times Colonist, you



(Continued from page 3)

would know a study carried out at Wake Forest School of Medicine in North Carolina found 45 minutes of aerobic exercise 3-4 times per week had a profound effect on cognition and physical changes in the brain associated with improved memory function in previously sedentary older adults. However, unlike the Kansas study, these participants had been diagnosed with mild cognitive impairment that increases the risk of developing Alzheimer's.

However, there is also a case to be made for achieving the recommended 150 minutes as well as engaging in other forms of exercise as well as those to improve aerobic fitness. I have cited in other "corner" articles that resistance training can have an even more pronounced effect on cognition and brain function than aerobic training alone. The studies quoted by Dr. Goldman did not compare aerobic exercise to other forms of exercise. In the last article I also encouraged you to include some balance activities into your exercise regimen. And of course we do need to consider optimizing function of all our organs, especially our heart and skeletal muscle.

In a future "corner" I will comment on the importance of maintaining muscle mass as we age. To end with a quote from Dr. Goldman: "This is one more reason why all of us -- especially seniors -- should make vigorous exercise part of our daily routine. You have everything to gain and little to lose, starting today." Amen to that!



Submitted by David Docherty

UVRA seeks office volunteers

Are you a UVic retiree willing to volunteer a few hours a month?

The UVic Retirees Association needs a member to staff its office in R Hut twice a month on any afternoon from 1:30 to 3:30 p.m. If members can contribute additional hours that would be a bonus.

Volunteer duties include: checking and logging any voicemail and leaving any messages for board members; collecting, opening and date stamping mail; filing mail in the respective board members' folders and logging correspondence; recording event registrations and confirming and corresponding with registrants; phoning the next day's office volunteer to remind/confirm attendance.

Volunteers will be given detailed instructions and direction prior to their first shift. If you don't have a parking pass, free parking is available in a Centre on Aging designated spot—but please notify the

office that you are there. The office isn't a busy one; volunteers are encouraged to bring a favourite book or knitting! If you are interested, please email your name, availability and contact information to uvra@uvic.ca.

Get
Involved
unteer

Submitted by Patty Pitts

UVic generosity benefits Syrian refugee family

Like so many Canadians, members of UVic's history department were moved to action when images of the drowned body of three-year-old Syrian refugee Aylan Kurdi flashed around the world.

"It devastated us all, as it did everyone," says associate history professor Elizabeth Vibert. Informal discussion about the refugee crisis led quickly to the formation of a History Refugee Committee to raise funds to sponsor a family.

The department signed a sponsorship agreement with the Intercultural Association (ICA), one of two sponsorship agreement holders in Victoria, and set a goal of \$52,000 to assist a family of five to resettle in the city.

A departmental initiative soon drew wide support from across campus. "We're calling our group 'History and Friends' now," says Vibert. "Elizabeth Grove-White from English helped us develop a website which we used to promote our campaign and our fundraising auction in December. We wrote to the chairs and deans and got the word out. People found us and started donating."

The psychology department offered gift baskets. The economics department took up a significant collection. Members of the English department bought seasonal donation cards.

"The support across UVic was amazing. There was gratitude that people in the UVic community are doing this," says Vibert. "It was so cheering and so affirming."

Even before the auction the committee had raised a significant amount of their goal and now they have surpassed it. The ICA is managing the funds until the family, parents and three boys under 14, arrive in the spring or summer. They fled Syria three years ago for Istanbul and have distant family members in Victoria who can assist with translation and support once the refugees arrive.

Pleasantly surprised by its fundraising success, the History Refugee Committee is now playing the role of friend to Continuing Studies which also hopes to sponsor a refugee family. Public forums about the refugee crisis are currently being planned.

Although the refugee committee has sufficient funds to sponsor its family it is still looking for rental accommodation and furnishings for the refugees. Anyone with information about a suitable home can visit historyrefugee.org or email histao@uvic.ca.

Submitted by Patty Pitts

A

Self Management BC

Persons with chronic health conditions and family members can participate in self-management programs offered in communities throughout BC at no cost. These are evidence-based programs which provide information, teach practical skills and give people the confidence to manage their health condition(s).

For more information you can visit the [website](http://www.selfmanagementbc.ca) at <http://www.selfmanagementbc.ca> or you can call toll-free at 1-866-902-3767.

Self-Management
British Columbia

Improve my quality of life...??

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

If this is the future of health care, then what are the risks?

Exactly! That's our question too!

We've developed a prototype & need your help to test it.

No previous experience required.

Join us for a 90-minute session where you get to try it out using mock health information.
Complimentary coffee, tea, & cookies. Free parking & gift card.

For more information, please contact Ryan Habibi: rphabibi@uvic.ca



University
of Victoria
Centre on Aging

The Power of You

UVic Retirees Support the UVic United Way Campaign

The UVic Retirees Association is proud to support the UVic United Way campaign, which kicked off on campus on Thursday, October 1st. We are building on the success of last year's UVic United Way campaign, which exceeded the goal of \$250,000 by raising over \$268,000, including the contributions of the UVic Retirees Association (over \$22,000). Thanks to all who were able to support this important cause!

UVRA members, and indeed all UVic retirees along with staff and students, are asked to consider pledging their support to the United Way during the 2015 campaign. The need in the community is great. Your donation will support the United Way's three priority areas: All That Kids Can Be, From Poverty to Possibility, and Strong Communities. Funding within these areas is carefully allocated to community programs that will have the greatest impact. These programs support all kinds of people, including impoverished children and families, those dealing with addictions or violence, the injured and ill, and isolated seniors, amongst others. In total, the lives of 80,000 people were impacted by the over 100 programs the UWGV helped fund last year.

Donations can be made online at www.uvic.ca/unitedway/donate/online. In addition, all UVRA members with email addresses will receive an email over the next week or so with more information and a donation form that can be printed at home and mailed in with your contribution. All UVRA donations will be credited to our sector of the campaign and rolled up into the UVic total.

Many events have already occurred including "Dunk the Dean", the "ESS Bug Push" and the "Plasma Car Races" with funds supporting the campaign. UVRA "leadership level" donors were invited to the campaign Leadership Breakfast on October 22. Members have also volunteered to assist with the Book Sale fundraiser. Please feel free to contact our UVRA representative on the campaign committee, Grant Hughes, at gwhughes@uvic.ca if you wish more information.

Seeking Family Members of Older Adults who were Cognitively Impaired for a UVic Dissertation Research Study on Advance Care Planning

How will you benefit?

- Discuss concerns about the care received by your loved one
- Become actively involved in research to inform health care practice and policy
- Provide suggestions on improve care for a vulnerable population



What's required?

— An individual interview

If you would like to participate, please contact graduate student, Anna Jeznack at abraslav@uvic.ca

Thank you for your interest!

**The CORTEX laboratory and the Centre on Aging at the University of Victoria
invite you to participate in a study exploring the
relationship between life satisfaction and thinking as we get older.**

**Healthy individuals, 60 years of age and older, are invited to attend a
One-time 2-hour session at UVic.
Complimentary coffee, tea, and cookies. Free parking.**

With your help we can begin to answer questions such as:

- * Are changes in thinking and reasoning that happen as we get older related to life satisfaction?
- * Can social involvement and physical and mental health protect us from any effects of these changes as we get older?



**For more information and to confirm eligibility,
please contact Emilie Crevier-Quintin
(250) 472-5257 or emiliecq@uvic.ca**



**University
of Victoria**
Centre on Aging

You are a caregiver for your spouse with Alzheimer's disease or dementia...

What would you want others to know about your social and caregiving experiences?

The **Social Experiences Study** invites caregivers, 65 years and older
living with a spouse or partner diagnosed with dementia including Alzheimer's Disease
to participate in a **1-hour interview** + complete **home questionnaires**

Interview scheduled at your convenience—at your preferred location.

Spouse or partner is welcome.

Your lived experiences are valued & your participation will contribute greatly to
understanding social experiences & informing ways to improve social supports.

For more information, please contact Cassandra Brown or Tomiko Yoneda at social@uvic.ca or (250) 472-4868.



www.ififespan.org



**University
of Victoria** | Centre
on Aging

University Club

Entering the New Year would be a perfect time to consider membership in the University Club if you have not already joined. Remember that UVRA Members get a 25% discount on their UClub membership. For more information, please call UClub Manager Dan Angus at 250-721-7935.

There are several upcoming events planned at the University Club for the first three months of 2106.

Robbie Burns Luncheon – January 25th, 2016 – 11:30am – 2:00pm

Our annual Robbie Burns Luncheon will be served as our Daily Lunch Special in the Main Dining Room with Cock-a-Leekie Soup – Potato, Leeks, Chicken & Prunes, Haggis, Lamb, Tatties & Neeps, Mashed Potatoes, Turnips, Topsy Laird, Whisky Trifle, Short Bread & Coffee. \$18.95 + tax per person. Reservations are required. Contact us at 250-721-7935 or reservat@uvic.ca

Celebrate the Chinese New Year!!! Saturday February 6th, 2016 – Dinner 5:30pm!

Buffet Menu

Wonton Soup – Hot and Sour Soup – Shanghai Chicken Chow Mein – Spring Rolls – Beef Bok Choy – Ginger Garlic Pork Spareribs – Sweet & Sour Pork – Broccoli Black Bean – Cantonese Chop Suey – Szechuan Prawns – Mushroom Fried Rice – Steamed Rice!

Featuring Victoria's Ocean Rain Chinese Dancers!!!! \$21.95 per adult & \$10.95 per child + tax. Reservations are required. Call 250-721-7935 or reservat@uvic.ca

Valentine's Day Dinner – Saturday February 13th, 2016!

Reception – 5:30pm – Dinner – 6:30pm. Menu is on the UClub website.

Featuring The Craig Henderson Trio – Craig Henderson is a 20 year-old singer/pianist from Victoria, B.C. He fronts his jazz trio, accompanied by his first jazz piano teacher, Bill Kent, on the bass, and his father Gordon Henderson on the guitar. They perform music reflected by the songs of timeless artists such as Frank Sinatra, Nat King Cole, Dean Martin, Tony Bennett and others who have shared the same love of the Great American Songbook.

\$49.95 + tax – Reservations are required. Contact us at 250-721-7935 or reservat@uvic.ca

St. Patrick's Day Celebration – Saturday March 19th, 2016

Reception 5:30 – Dinner 6:30. Featuring The Jocelyn Pettit Band – Blazing NEW-TRAD Celtic Band – Hailing from the West Coast of BC, Jocelyn is a vibrant fiddle player, step dancer, singer and composer. With grace and passion, Jocelyn delivers and engaging and uplifting performance original and traditional music inspired from the Canadian and Celtic cultures of Cape Breton, Quebec, Ireland, Scotland, Brittany (FRA), and Galicia (ESP).

When not performing, Jocelyn enjoys composing and arranging dynamic and expressive new music from her home studio in the Coastal Mountains, and teaching! Menu Details To Come ... \$39.95 + tax – Reservations are required. Contact us at 250-721-7935 or reservat@uvic.ca.

Submitted by David Leeming

Masterminds 2016

Save the date!

The UVRA, along with the Centre on Aging, will once again be presenting this exciting series of lectures on Wednesday nights in April.

- April 6 **John Oleson**, Greek and Roman Studies
- April 13 **Lorna Crozier**, Creative Writing
- April 20 **James Tully**, Political Science and Law
- April 27 **Elaine Gallagher**, Nursing

More details about the lectures to follow in the next newsletter.

How would you design
an electronic health tool
to help you or others
manage medications?



Join us for fun and
interactive sessions
where you share your
ideas and co-build e-tools
to improve medication
management.

No previous design or
computer experience
required.

For more information
or to sign up, contact:

Paule Bellwood
paulebw@uvic.ca



Better living...Aging better
TECHNOLOGY for the Ages

FRIDAY, MARCH 11 | 2:30 – 5:00 PM | DSB C103

Join UVic's Centre on Aging and CanAssist as they showcase recent advances in technological design and innovation. Lend your voice to the collaborative discussion and share your views and ideas on practical technology that could make a difference.

For more information about events go to: uvic.ca/ideafest



UVRA Elder Academy

Upcoming series:

“The Body Works? Function and Dysfunction” (CONFIRMED)

The series will cover how four body systems (the heart, joints, vertebral column (back and neck), and digestive system) work, what happens to them as we age, what we can do about it, and the medical interventions that are possible. The intent of the series is to provide information that will be helpful to you when communicating with medical personnel as well as understanding what is happening to your own body.

Dates: Saturday mornings: February 27th, March 5th, 12th and 19th, 2016. 10.00am-noon.

Presenters: Steve Martin, M.D. and David Docherty, Ph.D.

David Docherty taught anatomy and exercise physiology at the University of Victoria for 40 years and enjoys the opportunity reveal the amazing way the body is structured and works. He will provide the basic structures that relate to an understanding of what happens to them as we age. This information will lay the foundation for Steve Martin, a local physician, who will describe how modern medicine can help when systems begin to fail or no longer work like they are supposed.

Location: McKinnon Building 150 <https://www.uvic.ca/home/about/campus-info/maps/maps/mck.php>

Registration information to follow.

(2) A general fitness program (CONFIRMED)

The program will involve aerobic and strength training for a 55+ demographic. Several different activities involving a variety of equipment will be presented over the duration course to enhance cardiovascular (aerobic) and muscular fitness (including strength). Instruction will include the safe way to do the various activities as well as how you can gradually increase the challenge over time.

Presenter: Megan (personal trainer and fitness instructor for the Department of Athletics and Recreation).

Dates: Mondays, February 15th to April 4th, 9.45-10.45am

Location: CARSA Building <https://www.uvic.ca/home/about/campus-info/maps/maps/carsa.php>

Registration information to follow.

The UVRA Elder Academy Program Committee is working hard to confirm topics for April-July. Please stay tuned for more information as it becomes available.

Submitted by David Docherty, Program Chair

UVRA Events

The UVRA Events Committee has scheduled two events this spring. You will find the registration form on the next page.

Thursday, February 11, 2016 ***Annual Chinese New Year Lunch***

Place: Don Mee Restaurant, 538 Fisgard Street, upstairs.

Time: Noon, to approximately 2:30 p.m.

Price: \$ 27.00 (including taxes and gratuities).

Presenter: Chris Adams, son of last year's very entertaining speaker. "The apple doesn't fall far from the tree!"

Register: By mailing in the registration form with your payment – last page of this Newsletter.

UVic Retirees Association

R-Hut Room 108

University of Victoria

PO Box 1700, Stn CSC

Victoria, B.C., V8W 2Y2

You may also register by phone, (250) 472-4749, providing your name and name(s) of any guests and your phone number, then mail in the payment.

Register by: Friday, February 5

Registration limit: 50 persons

Monday, March 7 ***Research on the Raincoast:***

Applied Conservation Science in Bear-Salmon-People Systems of Coastal BC

Enjoy morning coffee, the opportunity to socialize with other UVRA members, and an informative presentation, highlighting current environmental research at UVic.

Place: Senate Chambers, University Centre, Room A-180

Time: 10:00 a.m.

Presenter: Dr. Chris Darimont, Hakai-Raincoast Conservation Scholar in the Applied Conservation Science Lab., UVic Department of Geography.

Price: \$5.00, for coffee/tea and goodies

Register: By mail or by phone – see instructions above.

Register by: Thursday, March 3

Thanks to Rashna Charania for her amazing assistance.

Submitted by Jane Milliken, Events Coordinator

UVRA Spring 2016 Events – Registration Form

Please print this page. Enclose a cheque for one or all events, and mail to UVRA.
Please make your cheque payable to UVic Retirees Association.

FEBRUARY – *Chinese New Year Luncheon*

Event: Thursday, February 11, 1200 noon.

Register by: Friday, February 5

Name(s): _____ Phone: _____

Payment: _____ X \$27.00 = \$ _____

Email: _____ Need a ride? _____ Provide a ride? _____ How many? _____

If yes to either, provide your address for matching drivers/passengers:

MARCH – *Research on the Raincoast – Coffee Morning*

Event: Monday, March 7, 10:00

Register by: Thursday, March 3

Name(s): _____ Phone: _____

Payment: _____ X \$5.00 = \$ _____

Email: _____ Need a ride? _____ Provide a ride? _____ How many? _____

If yes to either, provide your address:
