



University
of Victoria

Retirees
Association

Fall 2016

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

uvra@uvic.ca

(250) 472-4749

Office: R Hut 108

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

University of Victoria Retirees Association

Grey Matters!



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If you were at our AGM on June 1st, you will have heard already that the UVRA is healthy in financial and 'administrative' terms. The various officers' annual reports are available on our website in case you missed them.

Thanks to Sandra Rifat and Grant Hughes, we again have a full complement of Board members. The one position which we still look forward to filling, is that of Vice-President as President-Elect (i.e. someone willing to become President when I step down next year). David Docherty, as Past President and Chair *ex officio* of the Nominating Committee, holds the only position on the Executive which is not time-limited, so is more than usually interested in hearing from you! Meantime, Colin Scarfe will continue as V-P on the understanding that he will not become President.

The approximately 35 people who attended the AGM were unanimous in passing the suggested amendments to our Constitution and Bylaws: essentially to define us as a member-funded association, and simplifying our membership categories and terms to Full, Honorary, Associate (non-UVic retirees) and Spousal.

Over the course of the next 5-6 months, a group of us will be combing

(Continued on page 6)



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 this month on campus at the University Centre.

We are building on the success of last year's UVic United Way campaign, which exceeded the goal of \$269,000 by raising over \$271,000, including the contributions of the UVic Retirees Association. The UVRA exceeded our fundraising goal by raising **\$22,646** with 50 donors contributing. When compared to last year, this is an increase both in funds raised and the number of donors. 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 2016 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 97,000 people were impacted by the 110 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 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.

UVRA members are also invited to attend the upcoming United Way events on campus, including the Plasma Car Race (October 25) and the Holiday Artisan's Market (December 1 date to be confirmed). Information about these events is available at the United Way page of the UVic website at www.uvic.ca/unitedway.

Please feel free to contact our UVRA representative on the campaign committee, Grant Hughes, at gwhughes@uvic.ca if you wish more information.

Submitted by Grant Hughes

The **11th** annual
Lafayette Health Awareness Forum presents

Personalized Medicine

hype, hope, genuine progress

This 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

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

Lafayette
STRING QUARTET

Hello everyone,

I'm very lonely all alone here, so I thought this would be a good time to invite you to share my company for a couple of hours, twice/month in the newly re-organized UVRA office.

We're not usually busy, so you will be able to use the office computer for anything you'd like, enjoy a cup of tea or coffee "on the house" and the full comfort of my company.

Please do not be concerned if you are not an "office" person – full training is provided by a real nice lady named Lou.

I'm booking date days now – want to be the recipient of my undivided attention. If yes, please contact Lou, the person I've delegated to take reservations.

See you soon,

(signed) The Empty Chair

Email: retireesoffice@shaw.ca



2015-16 Annual Report

of the Office of the Seniors Advocate




**OFFICE OF THE
SENIORS ADVOCATE**
 BRITISH COLUMBIA
www.seniorsadvocatebc.ca
 1-877-952-3181

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through the UVRA Constitution and Bylaws to meet the requirements of the new BC Societies Act by the start-date of the transition period, on November 28th. If any of you have legal training or other reasons to be interested in the transition, please contact me or Winona Pugh. That said, our University liaison person, Terry Cockerline, who has studied the Act in detail on behalf of the Alumni Association, tells us that our changes will likely be mainly editorial. Some of us have taken the preparation courses nevertheless, because we are involved in more than one affected association.

David and I met with Terry in late May, for an update meeting. He is now exploring options for presenting our MoU to the University Executive. No changes were suggested at the AGM, but a lively discussion did demonstrate considerable interest. Watch this space for more, as negotiations proceed.

One apparent spanner in the works of the Elder Academy, is the demise of the registration and payment system formerly run by the University Library.- Word is that the University itself may roll out a new service in the next few months, to take care of the many needs on campus for event registration and payments. Please check the specific announcements of events and our website for the relevant arrangements at the time you register.

Since the last Newsletter in March, we hosted the annual Tri-Universities Retiree Associations 'summit' meeting. Interesting and fairly intense discussions arose as usual, on our respective relations with, and benefits from the three universities (UBC, SFU, UVic). There is more detail on the ones we don't yet enjoy in my annual report to the AGM, on our website.

A much wider comparison is provided by the triennial survey of benefits from CURAC, the Canadian umbrella group of retiree associations. Their survey, which is in two parts – medical and non-medical – is a mine of information; but it arrived just shortly before our last Board meeting – too short notice to allow for in-depth discussion. That will be an item for our mid-September meeting. The survey is available in pdf format at: http://www.curac.ca/?page_id=2732 and your reactions and comments will be very welcome.

Finally, on the topic of "volunteers tend to volunteer," -- congratulations to David Docherty, as President of the Cordova Bay 55+ Association, who accepted the Community Group Award at the first annual Cordova Bay Community Leadership Awards on June 7th. I was there to represent Haliburton Farms. [Note to ponder for future issues: would any of you like to describe where and why you volunteer, in this city of volunteers? You can contact us at our usual email address.]

Sadly, this issue of *Grey Matters!* will be the swan song of our Editor, Lois Holizki. We thank her for her contributions and innovative editing over the past several issues. Lois will remain on the Board, as our liaison with the Institute on Lifelong Health and Aging (formerly COAG, the Centre on Aging).

With best wishes for an active, engaged autumn.

Peter Liddell



University
of Victoria

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 for more details, and then contact:

Megan Yon, Client Relations Coordinator
CanAssist at the University of Victoria
250-853-3874 or myon@uvic.ca

Masterminds Lecture Series

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

Wednesday evenings in April

When: 7:00 pm to 8:30 pm

Where: University of Victoria campus

Details will soon be available on
the Institute on Aging and Lifelong Health's website, www.uvic.ca/aging

2016 International Day of Older Persons

**September
30, 2016**

**1:00 pm
to
4:00 pm**



Join us for the presentation of the

Valued Elder Recognition Award

to honour dedicated volunteers who have given exemplary service to our community.

After a refreshment break, Dr. Colette Smart and her students from SMARTLab will present:

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

This event is co-presented by:



Institute on Aging
& Lifelong Health



GREATER VICTORIA
ELDERCARE
FOUNDATION

Registration Required by September 23, 2016

This event is free and open to the public, but space is limited. Please register via aging@uvic.ca or **250-721-6369**.

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Location

Salvation Army Victoria Citadel
4030 Douglas Street
Victoria, BC V8X 5J6

The Citadel is located east of the Patricia Bay Hwy off McKenzie Ave. Turn north at the intersection of McKenzie Ave. and Douglas St.

UVRA Elder Academy

We are pleased to announce the offerings of the UVRA Elder Academy for 2016-17 with more being planned. Please see each of the offerings for specific dates, costs, and registration procedures as they differ.

Series 1: Technology Series: Embracing The Digital Age?

This series is being offered in partnership with eGurus Technology Tutors Inc.



We are living in the midst of a digital revolution but that doesn't mean it has to be scary..... learn how technology can assist you in continued engagement with family and friends. eGurus believes technology should enhance your life, not be a hindrance. Join us in this four part series to be inspired with possibilities, empowered with hands on knowledge and have your confidence increased so you can get the most out of your devices and stay connected.

Dates: Saturday mornings 10.00-noon: Oct 15, Oct 22nd, Oct 29th, and Nov 5th.

Location: Clearihue 102

Presenter: eGurus Technology Tutor & Special Guests

Jennifer Cairns and her team of technology tutors specialize in making technology accessible to the 55+ market. Comprised of experts in a variety of tech sectors, from computers to health devices to "smartphones" to wearable tech, the team strives to use tech to address the needs of the mature adult and to make the experience an informative and enjoyable one.

Cost: \$30 for all four sessions or \$7.50 per session if less than four.

(1) October 15th, 2016

Going Mobile With Tablets and Smartphone

Now what, I can make phone calls and email but what else can I do with this device? What is a smartphone anyways? If this sounds like you, then come join us to explore the many features and benefits of joining the mobile revolution and learn hands on tips for getting more from your device.

(2) October 22nd, 2016

Staying Safe Online

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 & Online Scams
- Tips To Protect Identity Theft
- Password Management Help
- Understanding Your Digital Footprint

UVRA Elder Academy

Series 1: Technology Series: Embracing The Digital Age? (CONTINUED)

(3) October 29th, 2016

Photography In A Digital World

1 trillion photos will be taken in 2017. Of those, 80% will be taken by a smartphone. Join us to learn:

- How To Use Camera App
- Tips For Taking A Better Photo
- Photo Storage
- Sharing Photos
- Photo Project Ideas

(4) November 5th, 2016

Travel In A Digital World

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! Learn how to:

- Make free phone calls
- Luggage Trackers
- Find Travel Deals
- Make Instant Reservations
- Apps For Currency Conversion, Maps & GPS, Travel Guides

Registration information: see last page

You can also register at the office of the UVic Retirees Association between 1.30 and 3.30pm (located on the UVic Campus in the Institute on Aging and Lifelong Health (previously the Centre on Aging) Centre on Aging (Hut R 108, 3800 Finnerty Road or by phone: (250) 472-4749. If leaving a message please state your name (spell), your phone number, and that you wish to register for the **Technology Series**. If you do not wish to register for all four sessions please indicate by number (1-4) the session(s) you wish to attend.

Parking: Lot C (limited) or Lot 2

Bus routes: For available bus routes to UVic please check:

[//www.uvic.ca/home/about/campus-info/maps/maps/busroutes.php](http://www.uvic.ca/home/about/campus-info/maps/maps/busroutes.php)

UVRA Elder Academy

Series 2: Physical Activity Courses

The following two courses are being offered in partnership with the UVic Department of Athletics and Recreation.

(A) 55+ Strength, Stretch & Stamina

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. You will gain experience and learn how to use the strength and cardio machines, have an intro to free weights and resistance bands, learn about flexibility and stretching, participate in a low impact cardiovascular class and receive theoretical information about exercise and the body so you can be successful in incorporating more activity into your life.

Day: Mondays, 9am-10am

Dates: Oct 17th – Dec 5th

Location: CARSA Building- Meet in the Movement Studio

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

Barcode#: 51603

Instructor: Megan Frazier

(B) 55+ Circuit Training

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 center as well on select days.

Day: Mondays, 10am-11am

Dates: Oct 17th – Dec 5th

Location: CARSA Building- Meet in the Movement Studio

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

Barcode#: 51604

Instructor: Megan Frazier

To Register for either program:

Online By Clicking [HERE](#)

(The program is listed under Community Programs >Elder Academy)

UVRA Elder Academy

Series 3. “The Body Works? Function and Dysfunction” Part 2

This is the second series of “The Body Works?” and will cover four new body systems in regard to how they work and things that can go wrong as we age. The intent of the series is provide information that will be helpful when communicating with medical practitioners as well as understanding what is happening to your own body and how it works. The format of the series be an overview of a particular anatomical system followed by the medical conditions that may occur and possible ways of dealing with them.

Dates: Saturday mornings: November 12th, 19th, 26th and December 3rd, 10..00-12.00 noon)

Presenters: David Docherty, Ph.D., Chris Pengilly, M.D., Michael Bassett, M.D., and Helen Martindale, Ph.D. and O.D.

David Docherty taught anatomy and physiology in the School of Exercise Science, Physical and Health Education at the University and will present the first part of the lecture with the medical aspects then being addressed by a medical practitioner (Michael Bassett, M.D. and Chris Pengilly, M.D.) and an optometrist (Helen Martindale, Ph.D.,and O.D.). The four systems to be covered in this series are The Brain (and some aspects of the Nervous System related to Motor Control); the Endocrine System; The Respiratory System; and Vision.

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

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

Clearly the brain is the most important organ in the human body and controls virtually everything that occurs in the human body. This session will examine the gross structures of the brain and what they do, the way the brain communicates with other parts of the body and receives information about what is going on, and some of the common medical conditions associated with aging such as dementia and Parkinson’s Disease as well as other neurological conditions. In addition, how neural cells communicate with each other will also be addressed.

UVRA Elder Academy

Series 3. “The Body Works? Function and Dysfunction” (CONTINUED)

Session 2. November 19th, 2016: The Endocrine System with Dr. Chris Pengilly.

The endocrine system, along with the nervous system, is responsible for much of what happens in the human body and its effects are broad and pervasive. This session will examine the key endocrine glands and what they do along with some of the medical conditions associated with aging.

Session 3. November 26th, 2016: The Respiratory System with Dr. Chris Pengilly.

The respiratory system works with the cardiovascular system to provide oxygen to the tissues as well as remove carbon dioxide from the body. This session will show the structures involved in the flow of air to the lung and the basic mechanics that help this happen. However, some of these mechanisms are compromised due to age and environmental factors which will be addressed in the second part of the presentation.

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

Humans rely on vision more than any other sense. This session will provide the basic anatomical structures of the eye and how that they contribute to the sense of vision. As we age many of these structures and processes are compromised. However, there are many things that can be done to correct these conditions which will be addressed by a leading Optometrist.

Location: Medical Science Building (Room 150): <http://www.uvic.ca/home/about/campus-info/maps/maps/msb.php>

Registration: see last page

You can also register at the office of the UVic Retirees Association between 1.30 and 3.30pm (located on the UVic Campus in the Institute on Aging and Lifelong Health (previously the Centre on Aging) Hut R 108, 3800 Finnerty Road or by phone: (250) 472-4749. If leaving a message please state your name (spell), your phone number, and that you wish to register for **The Body Works? Series**. If you do not wish to register for all four sessions please indicate by number (1-4) the session(s) you wish to attend.

ELDER ACADEMY EVENTS 2016-2017

REGISTRATION FORM

1. NAME OF EVENT _____

IMPORTANT: Each event requires a separate registration.

2. If not registering for the full series* please indicate which lecture(s) you are registering for:

Full Series____, or #1 on (date) _____ #2 on_____

#3 on_____ #4 on_____

**Only full series registrations accepted for the Technology and Physical Activity Courses.*

**The Technology Series is limited to 30 registrants.*

3. NAME (please print) _____

No. of people in your party:_____ Phone/cell number:_____

Email address: _____

4. METHODS OF PAYMENT: please tick your choice

- ☐ Cheque made out to "UVic Retirees Association" and either put into UVic internal mail or enclosed with registration(s) and mailed to: UVic Retirees Association, PO Box 1700, STN CSC, Victoria, BC V8W 2Y2
- ☐ In person at UVRA office (R Hut) with registration(s) and cheque or exact cash.
- ☐ E-payment. First, before emailing your payment, email your registration(s) to uvra@uvic.ca and wait for confirmation from UVRA that your registration(s) has/have been confirmed. You will then be given the "password" to use for your e-mail payment.
- ☐ At the door: Please register prior to the event via email or a phone call to the UVRA office 250.472.4749. Please have the exact amount.