



**University
of Victoria**

**Retirees
Association**

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**UVRA
2018**

Newsletter of the University of Victoria Retirees Association

Grey Matters!



Narrow boating in Britain

Photo: Z. Gordon, 2016

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Bits from the Board

Peter Liddell

My last "Bits" might be subtitled "The Good, the Bad, and the Not-so-Bad". After four years trying to steer the Good Ship UVRA, I had a look back, before handing over to our new steersman, John Anderson (who has a much better claim to that title, as an avid boat-owner!).

What follows here, though, is not staring at our wake, so much as a look at the waters that John and your Board will be navigating, with your help.

By now, readers of this piece will be used to the recurring topics, and the sometimes frustrating pace of progress; but after five persistent years, editions too numerous to count, and a last-minute change of name, we do now have the Letter of Understanding to guide our next steps in the relationship with the University. An important consideration now is: what degree of separation vs. what degree of collaboration do we sustain? Assimilation is not our goal; nor is complete independence. The arm's-length relationship so keenly desired by our founders will be under review as we negotiate the details.

(Continued on page 2)

Bits from the Board (continued from page 1)

Five years ago, too, we submitted our proposal for an Elder Academy to the University Executive. The Board recently re-affirmed our commitment to the essence of the original proposal, at the same time that we approached Continuing Studies again, as originally directed by the University Executive. The new discussions were more meaningful, but the result equally disappointing -- for now. We may decide to revisit that possibility again in future, but meantime are looking at promising options for collaboration in both program (events) and research, with the Institute on Aging and Lifelong Health. As David has indicated his wish to move on, we all owe him our thanks for creating such a vibrant program of up to eight, mostly four-part series of lectures and courses every year. The audience numbers speak for themselves (see his Annual Report page 7). Where next? We are exploring options, but have every intention of keeping the program of events going, perhaps in a slightly different form.

Twenty-five years ago, the aim of our fledgling association was largely to create opportunities for social interaction among members, and continued interaction with the University (hence such benefits as library access, reduced parking, gym and pool access). Special Interest Groups were mooted, even tried (film, photography, reading circles, walking, bridge, chess). It turns out that Victoria is rife with such groups, so none of ours thrived. Yet our eclectic mix of dinners and social events has regularly attracted a full house (even an encore, sometimes). This is despite the ups and downs of coordinating them. Modern registration sites like Eventbrite and the University's new Eply system help somewhat, but still require a live person behind the scene. Currently, Lou Schmidt, our volunteer Office Manager, is that person, checking registrations and payments for most of our social and Elder Academy events, in addition to all else she does in the office and as our mail communications person.

All of which leads to another recurring topic in these "Bits" – the need for paid office assistance. Our liaison officer, Terry Cockerline, is aware of the need and will encourage us in coming weeks as we build the case to take to the University. In the meantime, Lou at uvra@uvic.ca will welcome any of you who can join her small band of other volunteers for a few hours in the office.

Terry was a guest at the AGM, and a 'host' of one of the theme tables at the ensuing World Café conducted by Cara Jones from HR. As well as any of us there, Terry now knows some of the main issues and goals that UVRA will face in the next months. The themes (questions) of each table are printed elsewhere in this issue, and we encourage you to add your comments, as we collate the suggestions into main topics to guide the new board.

I'm happy to report that our Graduate Scholarship fund is getting close to Step 1 – a \$25,000 endowment to generate an annual scholarship of \$1,000. A final push of \$5,000 will get us there, with UVRA matching funds. Please help us: <https://extrweb.uvic.ca/donate-online/UVRA>

Once that has been achieved, members at the 2018 AGM last week have given the Board permission to approve a second step, to double the scholarship to \$2,000 – again, with matching funds from UVRA of \$12,500.

(Note from the Treasurer, Dick Chappell: our accounts increase each year from interest and other sources to sustain that contribution without imposing on accrued membership dues.)

This is the issue of our Newsletter where we welcome new Board members and thank those leaving. David Leeming has been our rep on the Board of the University Club for almost two decades, shepherding through a special offer for new retiree members and reporting regularly on the Club. As a non-UVic retiree, Sandra Rifat has represented Associate members for the past 2 years, but her Latin studies and travel plans are calling. The departure of David Docherty after 10 years, (three as President) will leave a lasting mark. We owe him thanks for his initiative and unique energies, as readers will know well. He has promised not to go far, so will still be a great "sage-just-off-the-stage" for us. One request, Dave: can we finally see some of those doodle-portraits you draw when meetings go into slo-mo?

Joining the Board for the first time are June Whitmore and our new Associate member, Jane Birbeck (erstwhile professor at Thompson Rivers U.) Welcome to you both!

One other Board position of note: VP. This position is required under the BC Societies Act, but does not entail many duties in UVRA, other than learning the ropes to become President. We have previously had VPs who took the role to fulfill legal requirements, but did not wish to become President. Juliana Saxton has agreed ("very short pro-tem") to fill the position, but will step down as soon as a candidate for president-elect is appointed. As the new chair of the Nominating Committee, I'm asking you to send me your nominations.

"He has all the virtues I dislike, and none of the vices I admire." Lois Holizki, as Editor of our newsletter, once placed this Winston Churchill quotation right after one of my "Bits". She swore it was not deliberate. My response (quoting another immortal, Bugs Bunny): "She don't know me very well, do she?" I'm looking forward to John Anderson's Presidency and a new hand at the tiller, while I hope to get more of my own tilling done in our recently deer-ravaged garden.

I close with a sincere "Thank you" to our dedicated Board members for all your support over the years. With best wishes for a healthy, active summer.

Au revoir.

Peter Liddell

Past President, UVRA

Editor's Note

Our Annual General Meeting occurred on Wednesday, June 20 and a special report on the session, its reports and the planning session is included in this edition of *Grey Matters!*

The planning session after the AGM involved all attending members responding to four focus questions related the Association's future (the session was conducted using the World Café format)—these questions are listed on page 15 of this newsletter. You are encouraged to read these questions and add your perspectives, views and opinions to those of your colleagues who participated in the AGM session. To do so, please send your comments to me at:

anderson@uvic.ca

Once again, I encourage members of our Association to send in notes of interest they have come across, photos of events or places, notes on accomplishments and activities, and other pieces that would be of interest to colleagues. To submit a note, photo, or article simply send as an attachment to me at:

anderson@uvic.ca

Best wishes for the summer season,

John Anderson

UVRA Annual General Meeting 2018

The Annual General Meeting was held at 10:00 am, Wednesday, June 20. Following the AGM a guided discussion was held on directions and aspirations for the Association in the near future. Cara Jones from UVic Human Resources facilitated a *World Café* format working session. For further information on the format check out the [World Café website](#).

The focus questions for the planning session were:

- What are our greatest strengths? (What makes us / the UVR Association unique and special (Extraordinary?)
- What are our best opportunities to partner with UVic? (What possibilities do you see for UVRA to collaborate in new ways with the University community?) Mutual benefit
- How will we know we've achieved success? (What transformative IMPACT will our work offer to us AND the UVic community?) Legacy /Win-win /Long-term contributions
- How can we engage a larger/ broader group of our membership to be involved with UVRA work?

Most reports are included in this edition of *Grey Matters!* —some have been reduced in size and some reports are not included in the newsletter. You can obtain all the full reports on our [website](#)



Peter Liddell presents outgoing Board member David Docherty with a well deserved magnificent home-grown rosemary



Cara Jones leading the World Café session

UVRA Board—2018—2019

The UVRA Board of Directors works on behalf of all UVic retirees to secure ongoing and new benefits as well as offer many activities of interest to UVRA members. The UVRA Board for 2018-19

Directors / Officers:

President:	John Anderson
Vice President:	Juliana Saxton (pro tem)
Treasurer:	Richard Chappell
Secretary:	Grant Hughes
Past President:	Peter Liddell

Standing Committee Chairs:

Benefits:	Winona Pugh
Elder Academy:	TBD
Grey Matters Editor:	John Anderson
Masterminds Series:	John Anderson / Lois Holizki
Membership:	Zulette Gordon
Special Events:	TBD
United Way:	Patty Pitts
Office Manager:	Lou Schmidt
IT Coordinator:	Melvin Klassen

Members at Large:

Colin Scarfe
James Pearce
Jane Birkbeck
June Whitmore

Ex Officio:

Lois Holizki / Leah Potter (Institute on Aging and Lifelong Health)
Benefits Manager (UVic Human Resources)

Note: The membership at the last AGM approved the Bylaw change that nominations are no longer accepted from the floor. However, there are positions that remain to be filled that the Board can subsequently appoint, if people wish to step forward. The positions would need to be ratified at the next AGM (2019).

AGM 2018 —Elder Academy Annual Report

David Docherty

General comments

This was another full year of offerings for the UVRA Elder Academy. So a big thanks to all the presenters who gave freely of their time and talents, to make the year a big success. The goal has been to offer a series each month from September until June. The reasons for the success of the Elder Academy were enunciated at the last AGM. I should recognize the invaluable help of Louise Schmidt who helped in so many ways, and especially in looking after all the registration. Leah Potter (IALH) also helped a great deal and especially in the setting up of the series on *preparing for dying*. The format of 4 related sessions, and especially on Saturday mornings, seemed to work well although other formats are now being contemplated. This year, we did offer two special events as part of the Elder Academy related to the arts. Two visits were organized to the Gallery and Studio of Maarten Schaddelee, who also gave generously of this time in sharing his home as well as his sculptures. We had set up a presentation by Robert Bateman, but unfortunately we had to cancel due to circumstances beyond our control. This was disappointing for everyone, as I appreciate we were all looking forward to the presentation. However, no-one was more disappointed than Bob, who has agreed to try and reschedule the presentation later in the year.

Historically, the UVic Elder Academy was to be a University program administered by them. However, it was suggested when the proposal was first presented that we affiliate with Continuing Studies, which the Board did not think was a good fit. The only other option at the time was to offer it as a UVRA program which we have done for the past three years. We were approached late in 2017 by the Dean of Continuing Studies to meet with her and several colleagues to discuss ways we could work collaboratively. Subsequent to meeting, they drafted a proposal for our consideration. The program committee met to discuss the proposal, and saw no advantage at this time in us working with them. The decision again was made for the UVRA to continue to administer the program.

Courses and Events offered September 2017-June 2018

1. "The Bacterial Colonists" presented by Ed Ishiguro (September, 2017).
2. "How Physical Activity Can Improve your Health and Life" presented by David Docherty and Jochen Bocksnick (October, 2017).
3. "Our Changing Ocean" (November, 2017) presented by faculty and staff of the University of Victoria Ocean Networks Canada: Maia Hoeberechts, Bob Crosby, Dwight Owens, and Dave Riddell.
4. "Becoming an artist". (January, 2018). Jennifer Waelti Walters, Agnus Aninichuk, Fran Baskerville and April Caverhill.

AGM 2018 —Elder Academy Annual Report continued

5. "Are you prepared for the inevitable?" (February, 2018). Eike Kluge, Deanna Hutchings, Kelli Stajduhar, and Bill Israel and Penny Allport.
6. "Getting fitter and stronger" (March, 2018): David Docherty
7. A Visit to the Gallery and Studio of Marteen Schaddelee. April, 2018.
8. "How food can affect your health". (June, 2018). Greg Mulligan

The Future of the Elder Academy

I am stepping down as Chair of the Elder Academy Program Committee which I have been since its inception 3 years ago. It has been a really rewarding experience and the feedback over the 3 years has been extremely positive. The goal of the UVRA Elder Academy is to provide ongoing educational opportunities for a 55+ population, not confined to UVRA members, at an affordable price. I think we have fulfilled this goal. A new committee, along with a new chair, is currently being formed which may take the Elder Academy in new directions as I am sure the four part series is not the only format that will be successful. If you are interested in being on the committee I suggest you contact John Anderson, the incoming President. I would like to take this opportunity to thank all the people who have helped make the program a success and those of you who have supported the Elder Academy by attending the series.

I must say the experience has not been without its share of challenges. One of the biggest challenges has been getting volunteer presenters, and especially from the UVRA membership. My initial thought was that there would be many people, and especially professors, who wanted to continue to share their knowledge and expertise after retirement. This has not been the case for whatever reason with the notable exception of Ed Ishiguro who has given generously of his time and talents. I appreciate preparing four presentations may be onerous and that the new committee will come up with other options that may attract more volunteers. So please give some thought about getting involved in such a worthwhile program and in particular providing your ideas and talents. You will find it very rewarding.

Respectfully submitted,

David Docherty, Chair UVRA Elder Academy Program Committee

UVRA Elder Academy Program Committee: David Docherty (Chair), Louise Schmidt, Leah Potter (IALH), Ed Ishiguro, Elizabeth McCarter, Juliana Saxton, June Whitmore

AGM 2018 —Membership Annual Report

Zulette Gordon

2017 – 2018 UVRA MEMBERSHIP REPORT

Members as of April 1, 2018:	685
New members since April 1, 2017:	48 (an increase of 7%)

Membership types:

Life:	598	88.0%
Annual	80	11.8%
Honorary	1	

OUR NEW UVRA MEMBERS—JANUARY 1, 2018 – MARCH 31, 2018

Birkbeck, Jane	Thompson Rivers University
Briggs, Sandy	Chemistry
Carrington, Jerry	Continuing Studies
Fox, Barbara	Nursing
Hammond, Carolyn	Nursing
Hevesi, Jerry	ELC-Continuing Studies
Oldale, John	Gustavson School of Business
Raven, Heather	Law

AGM 2018 — MasterMinds Series

John Anderson

The MasterMinds series is an initiative to foster university:community engagement by providing high quality lectures at the University of Victoria to the public. The series has been offered for the past 13 years, delivering over 50 thoughtful and often thought provoking presentations.

The MasterMinds series is comprised of four lecture presentations, one on each Wednesday evening in April. Each lecture is created and delivered by a University of Victoria retiree on a topic in their area of expertise and of general interest. Each year the series is developed by a collaboration of the UVRA and the University – in particular the Institute of Aging and Lifelong Health and the University's Media Relations and Public Affairs group.

This year's sessions were:

April 4

Diaries of a missionary doctor: A family history. Discover letters and journals revealing the fascinating life of the Colwell family
Dean Goard

April 11

Watching learning happen: From neural networks to social networks. Explore the complexities and challenges of how we learn
Geri Van Gyn

April 18

Let the images speak: Historic re-photography in Canada's mountain west. Hike Canada's ranges to see how scientists with cameras are revealing climate change
Mary Sanseverino

April 25

On land and seafloor: Earthquake early-warning systems. Learn how Ocean Networks Canada's network of sensors is detecting subduction earthquakes
Bob Crosby

The presentations were well attended with average attendance in excess of 100, and well received by the audience with an average rating of 4.6 out of a possible maximum of 5.0. The series is widely advertized in the general media, University communications and also by word of mouth.

The MasterMinds series could not happen without the active participation of not only the presenters who devote significant thought, energy and time to their presentations, but also the many individuals who organize the events. Particular recognition must be given to Lois Holizki, Leah Potter, Arlene Senft and Cara Pearson from IALH, Suzanne Ahearne from Media Relations and Public Affairs, and of course our own James Pearce who diligently and faithfully manned the on-site registration and check-in for each of the four sessions.

AGM 2018 — Social Events Report

Lou Schmidt

NAVY SIMULATOR TOURS

September 17 and December 14, 2017 39 attended (maximum 40)

Host: Commander Jeffrey Climenhaga, Deputy Manager, Simulation Section.

Organizer: Richard Chappell

SEA CIDER TOUR

October 12, 2017 36 attended (maximum)

Learning how cider is made and sampling artisan items

Organizer: Elizabeth Coey

CHRISTMAS LUNCH

December 13, 2017 58 attended

Speaker: Brian Christie PhD – “Can Computers games enhance cognition in the elderly?”

CHINESE NEW YEAR LUNCH

February 15, 2018 60 attended

Speaker: Pat Ferne C.M. - “Changing China”

Organizer: Barry Mah-Ming

TAX IN LIFE AND DEATH SEMINAR

May 3, 2018 80 registered

Host: Ahsen Ansari, Investment Advisor, RBC Dominion Securities

Organizer: Peter Liddell

SKY GAZING EVENING

May 3, 2018 20 attended (maximum)

Visit to the UVic Observatory hosted by Karun Thanjavur, PhD

Organizer: Colin Scarfe

ABKHAZI GARDEN VISIT

May 11, 2018 43 attended (maximum 45)

Speaker: Serafina Camara, who shared her 20 years of memories working for the Abkhazi family.

Organizer: Peter Liddell

AGM 2018 — Social Events Photos



Serafina Camara, talking about the
Abkhazis



Serafina Camara, talking about the
Abkhazi garden



UVRA members touring the Abkhazi
garden



The Sooke watershed tour, June 15
22 members attended.

Peter Liddell organized and a bear
was sighted during the 3.5 hour
session

AGM 2018 — Office Report

Lou Schmidt

For the period from April 1, 2017 to June 1, 2018, the office:

- processed over 400 registrations (and payments, when applicable) for social and Elder Academy events*
- processed over 200 membership-related documents (new memberships, conversions, and payment of annual dues)
- handled or forwarded over 300 inquiries and other correspondence
- sent 50+ group emails to membership
- collated the Nutrition survey (June 2018 Elder Academy series)
- processed and posted 172 newsletters and invitation to members without email addresses
- prepared the membership list for the scholarship mailing
- ensured that the day-to-day running of the office was done in timely and efficient manner

A special thank you for their help and commitment to the Board members whose portfolios includes working closely with the office; to the dedicated office volunteers who generously gave **88 hours** of their time to UVRA; and to the ever-helpful ladies of the Institute on Aging and Lifelong Health.

*Due to lack of members volunteering for office work, and an ever-increasing work load, starting September 2018, the office will be looking at outside providers for the handling of registrations and payments of its events.

AGM 2018 — Benefits Committee Report

Winona Pugh

The Benefit services provided through the UVRA continue to be a valued service to our members. Through the three extended health options, UVic retirees are able to find the coverage that best suits their needs and to have the flexibility to change to the membership-exclusive UVRA Johnson Plan at any time as their needs change. The comparison charts developed by Lois Jones and updated by Suzanne Helston have provided an excellent resource to help individuals choose the best plan for their retirement.

Distribution of registration within the plans over the past year is as follows.

Johnsons Extended Health Care - 193 (2017 – 178)

Johnsons Extended Dental Care – 120 (2017 – 107)

MEDOC Travel – 103 (2017 – 108)

Registered Teachers of Ontario - 7

UVic Pacific Blue Cross - the number of UVRA members using this plan is unknown. However, there are currently 382 UVic retirees covered under this plan.

The registration in the Johnson Extended Medical and Dental plans has increased, resulting in an administrative income to the UVRA of \$9,040.

In collaboration with Human Resources, we offered a Question and Answer session to retirees to provide information about the new Morneau Shepell Assistance program and the Extended Health Plans that are available. We were fortunate to have representatives from the service providers available to answer questions, and we have received requests for a repeat of this presentation. Since the introduction of the Morneau Shepell program in 2017, 16 retirees have used the counseling services. For privacy reasons, individual issues are not identifiable; however the major presenting problems for all users are personal stress, relationship issues, and anxiety.

A critical achievement for the retiree benefits was the signing of the Letter of Understanding with the UVic Administration. This is an important step towards solidifying the many beneficial connections that have been developed over the years. I would like to thank the committee members who worked diligently and patiently to make this happen.

Working with our office volunteers has been an effective partnership, and their role in responding to general inquiries and referring specific questions is appreciated very much.

AGM Strategic Planning—World Café 2018



Welcome!

UVRA Members to
***Shaping our Future
through conversations
that matter***
- a World Café conversation

Facilitator: Cara Jones

June 20, 2018

The last hour and a half of the AGM was devoted to a planning session facilitated by Cara Jones from UVic's Human Resources . All AGM attendees were asked to discuss and respond to

four focus questions;

1. What are our greatest strengths? (What makes us / the UVRA unique and special ?)
2. What are our best opportunities to partner with UVic? (What possibilities do you see for UVRA to collaborate in new ways with the University community?) †
3. How will we know we've achieved success? (What transformative IMPACT will our work offer to us AND to the UVic community?)
4. How can we engage a larger/ broader group of our membership to be involved with UVRA work?

The notes taken from these discussions have been recorded and will be analyzed by the Board to help develop plans for the directions and operations of the Association.

Members who were unable to attend this session can still add their responses to these questions. To do so, simply write your thoughts and responses and send them to John Anderson at:

anderson@uvic.ca

University Club Report

David Leeming

For those UVRA members who have not taken advantage of membership in the University Club, this would be a good time to consider it.

So far this year two special events at the UClub have sold out. Don't miss out on upcoming events - book early.



Upcoming Events at the UClub.

BBQ season at the UClub features (All BBQ events are weather permitting).

- **TGIF BBQ Luncheons** Fridays 11:30 to 2 pm.
(\$16.95/\$9.95 + GST)
- **Grillen & Chillen BBQ Dinners** every Friday 5:30 to 7:30 pm
(\$18.95/\$10.95 + GST).

Daily Burger Specials starting Monday June 18. Feature burgers change weekly.
(\$14.95 + GST).

Special Event – Saturday August 11

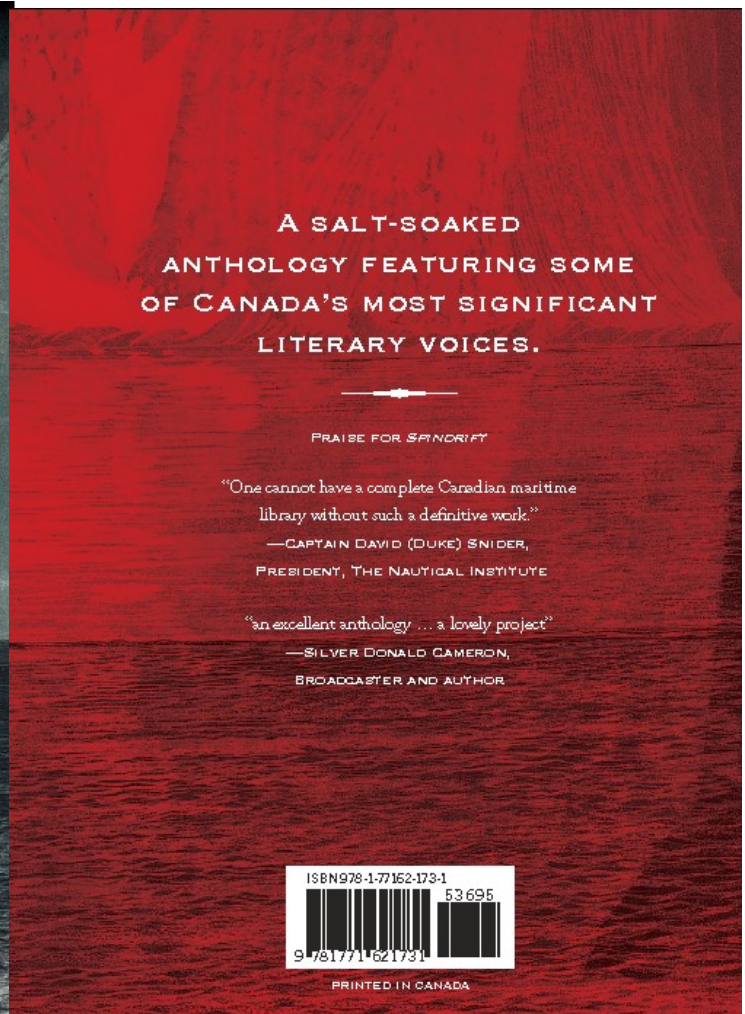
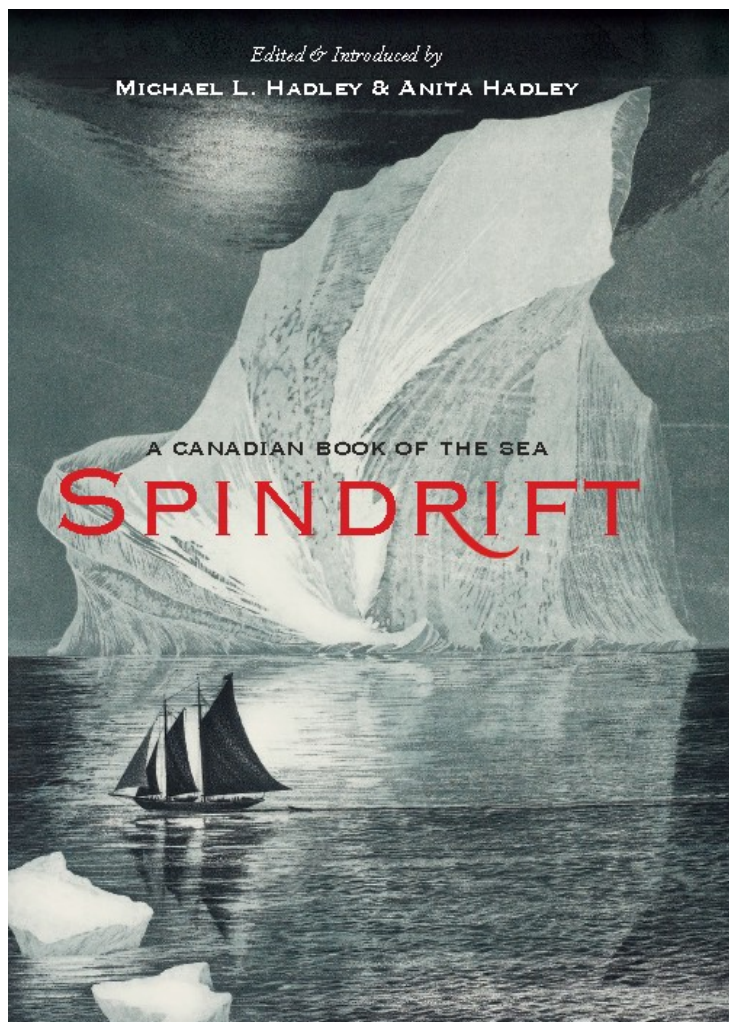
Age of Aquarius Dinner and live music featuring the **Flaming Groovy BackBeat Band**.

For more details on these special events and also the weekly events please go to the UClub website club.uvic.ca.

Member's Books

Spindrift: a Canadian Book of the Sea (Douglas & McIntyre, 2018), written by colleague Michael Hadley and his wife Anita, has recently won the 2018 Keith Mathews Best Book Award of the Canadian Nautical Research Society. In addition, Michael has won the Keith Mathews Award three times previously. Comments from the judges on the committee included: "*Spindrift*, Michael and Anita's collection, really moved me." "Again, they have a wonderful eye for the gems from diverse fields." "Their editorial comments are spot on – and really enrich the book." and "Importantly, the objective of reminding Canadians of their links to the sea is one of those things that really should not be necessary, but absolutely is." "This is an important book for all Canadians."

Michael retired from UVic's Department of Germanic Studies in 2001 and Anita retired from Royal Roads Military College where she was Head, Department of Official Languages.



Canadian Cancer Statistics 2018

The **Canadian Cancer Statistics: A 2018 special report on cancer incidence by stage** was released recently.



Some of the key findings were:

- Almost half of colorectal cancers are found after they have already spread despite availability of screening programs,
- More than 80% of female breast cancers are diagnosed at an early stage (stage 1 or 2).
- 68% of cervical cancers are found at an early stage.
- Almost 75% of prostate cancers are found at an early stage.
- About half of lung cancers are diagnosed after they have spread to another part of the body (stage 4).

To view the complete report, visit the Canadian Cancer Society website:

www.cancer.ca/statistics

College & University Retirees Associations of Canada (CURAC) - Report on Opioids (edited)

Seniors are living longer and, with age, they become vulnerable to health challenges and the pain that may accompany them. Thus, it is perhaps not surprising that research shows that 40% of those over 85 are taking at least ten different medications; two-thirds of those over 65 take at least five (Bernier, 2017). Although doctor's prescribing patterns are driven partly by demand and population health considerations, in recent years, doctors increasingly have prescribed opioids for chronic non-cancer pain, often at the urging of pharmaceutical companies and with the endorsement of respected national organizations. Opioids play an important role in clinical care and the majority of patients do not encounter difficulty with opioid therapy (Cheatle, 2012), particularly with acute pain. Somewhat reassuringly, the Canadian Institute for Health Information (CIHI, 2017) found that the number of people prescribed an opiate declined between 2011 and 2016 though the number of total doses did increase. Rather than prescribing opioids doctors might try other approaches where warranted. There is reason to believe non-opioid options, both pharmacological and non-pharmacological, can be effective (Chang et al. 2017).

Addiction is not the only problem; dependency on opioids can also cause confusion, falls, negative drug interactions, and overdoses as well as death. In our culture, and among seniors perhaps more so than other age groups, we have come to expect 'a pill for every ill.' Given the potential for negative outcomes, we need a better understanding of what is being done to mitigate problematic outcomes.

In 2017 the Canadian Medical Association revised its "Guideline for Opioid Therapy and Chronic Non-Cancer Pain." These guidelines urged use of non-opioid alternatives wherever possible and recommended a dose of less than 90 mg of morphine equivalents daily. Previously the dosage limits were much higher. Reduced prescribing of opioids presents challenges as such action may encourage the use of illegal opioids such as fentanyl.

In Budget 2018, the federal government recognized the problem of over-prescribed opioid medications and illegal street drugs. The government committed hundreds of millions of dollars to support the Canadian Drug and Substance Strategy at the national level as well as mandating emergency funding for the provinces and territories to support projects to improve access to treatment programs

Doctors are also realizing that there is a problem with over-prescribing opioids and are now actively working to encourage 'deprescribing.' Dr. Cara Tannenbaum is a Scientific Director with the Canadian Institutes of Health Research (CIHR) and Director of the Canadian Deprescribing Network which has developed programs aimed at educating physicians and patients on reducing inappropriate prescriptions among the elderly.

Perhaps we need to look at other countries and examine how they handle the opioid question in general and the prescribing of opioids for chronic pain among seniors in particular. Recent reports on Portugal, for example, where the possession of small amounts of drugs (including opioids) has been decriminalized and where there is a strong support and treatment system demonstrate many fewer deaths from overdoses (National Academies, 2017).

College & University Retirees Associations of Canada (CURAC) - Report on Opioids (edited)

In addition, it seems clear that more emphasis is needed on educating health care professionals in pain management. In general there is a need to keep up the pressure on Big Pharma and governments to support research on affordable, effective and non-addictive medications and non-pharmacological management of chronic pain. Government health care plans also ought to support non-drug therapies for those who can benefit from them and it is increasingly evident that many people with chronic pain would benefit.

As a final note this is a rapidly unfolding problem. We have attempted to summarize a complex series of problems. More and better data are needed if the challenges are to be understood and resolved.

Sources:

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Kelly Grant, "Ontario review of 84 'overprescribing' doctors yields one disciplinary hearing," *Globe and Mail*. February 24, 2018

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_Bohdan Nosyk et al. "A Call for Evidence-based medical treatment of Opioid Dependence in the United States and Canada." *Health Affairs*. 32.8 (2013) 1462-1469

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Andrea Woo and Mike Hager. "The Escalating Toll: Latest Public Health Figures Reveal 2017 Is Set to Be the Worst Year on Record for Overdoses." *Globe and Mail*. March 28, 2018

Written by: CURAC Health Care Policy Committee [K. Craig, D. Dennie, G. Paterson, M. Tousignant, L. Kealey (chair)].

Comments to lkealey@unb.ca

From the Institute on Aging and Lifelong Health



We are looking for participants to join a research study that aims to better understand the importance and time people place on and allocate to retirement activity.

- You are eligible if:**
- You received this invitation from the Institute on Aging and Lifelong Health (formerly Centre on Aging).
 - You are between the ages of 56-70 years (i.e. 57-69).
 - You have been retired from full-time employment for between 2 – 5 years.
 - Currently you are **NOT** employed either full or part-time primarily for income while retired (e.g. you may be working for enjoyment or related to a hobby etc.).

What is required as part of the study?

- Completing a confidential survey questionnaire of approximately 30-40 minutes in length.
- The option of voluntarily participating in a discussion focus group sometime after the survey where select participants will be asked to discuss non-financial retirement plans and strategies with the research team and other members of the focus group.



University of Victoria

Exercise Science,
Physical &
Health Education

This study is being conducted by researchers in the Department of Exercise Science, Health and Physical Education at the University of Victoria.

For more information please visit our web site at:

<https://arneh1.wixsite.com/website>

This study has received approval by the UVic Human Research Ethics Board (18-141)