Getting older certainly presents us with challenges. However, we have all heard that today’s 70-80-year-old is the new 50-60-year-old, so we seem to be doing better than previous generations regarding living full and active lives. It has been estimated that the average man who retired in 2012 can expect to live until the age of 86.2 years while a woman who turned 65 last year would have another 23.9 years still to live. This series explores ways in which we can continue to get the most out of life even as we age and enjoy life to the full. The UVRA Elder Academy has been fortunate to have four presenters offer ways in which we can enhance our quality of life from very different perspectives. If we are going to live longer, we might as well enjoy it. You will not want to miss this first series of the UVRA Elder Academy offerings for 2019-2020.

WHEN, WHERE, HOW MUCH?

DATES: Saturdays, September 7, 14, 21, 28, 2019

TIME: 10:00am to noon

WHERE: University of Victoria, David Turpin Building (DTB), A Wing, Room A104

Map of David Turpin Building: https://www.uvic.ca/home/about/campus-info/maps/maps/ssm.php

COST: $20.00 for the whole series. No per session reduced cost, and no refunds.

REGISTRATION AND PAYMENT

Registration and credit-card payment done through EventBrite. Please click on the following link:

https://www.eventbrite.ca/e/activities-to-enhance-your-quality-of-life-tickets-66492407581
Factors that can influence quality of life in older age include exercise, music, dancing, diet, and social engagement. Exercise is a particularly promising health behavior that can induce brain structure and function and affect the organization of brain networks; which, in turn may improve physical, cognitive, and mental health in late life. Music is increasingly used with promising positive outcomes such as arouse emotions that can enhance recognition of song excerpts and memory consolidation, reduce systolic blood pressure, maintain physical and mental states. Dancing is a creative therapeutic activity assisting older persons to challenge sedentary habits and better communicate with others. Careful and healthy diet and nutritional habits, including drinking plenty of water and maintaining hydration, are fundamental components for sustaining life, health and wellbeing, delaying the ageing process and reducing the risk of Alzheimer’s disease. Social engagement is essential to psychological and physical well-being of older adults, because it challenges and stimulates minds and keeps older adults active.

PRESENTER: Dr. Anastasia Mallidou, RN, BSc, MScN, PhD

Dr. Anastasia Mallidou is an Associate Professor at University of Victoria School of Nursing (researcher) and expert in knowledge translation (KT) and leadership. Her research interests focus on health services research and, specifically, KT activities (e.g., research literacy, knowledge syntheses, evidence-based practice, evidence-based health policy) and healthy aging and well-being. She mainly uses quantitative research methods to a) assess research and KT competencies of healthcare professionals, and b) explore barriers of and facilitators for improving research literacy and collaboration between researchers and knowledge users (e.g., policymakers) for transparency in policy-making and evidence-based practice in health.
September 14, 2019

**Sex and Seniors - A Physician’s View**

**Dr. Patricia Gunton**

It is a basic human need to love and to be loved, regardless of our age. This need does not diminish as we age and in fact, it is important in maintaining and even enhancing quality of life in our golden years. Sexual love in seniors may have unique barriers which can be physical, societal or psychological. In this talk potential problems will be presented and solutions offered. Relevant anatomy and physiology will be discussed from a senior’s perspective. After all, sex should be “a satisfying link between two affectionate people from which they emerge without anxiety, rewarded and ready for more”. (*Joy of Sex*, Alex Comfort)

**PRESENTER: Dr. Patricia Gunton, B.Sc., MD**

Dr. Gunton established a busy family practice after graduating from St. Andrew’s University in Scotland as an MD in 1972. She moved her practice to Calgary in 1974 where she also conducted Medical Biophysics Research at the University of Calgary and then became the Deputy Medical Director of the Red Cross Blood Transfusion Service. In 2001 she was appointed a Hospitalist at the Rockyview General Hospital in Calgary and in 2003 became a founding member of the Hospitalist Team at Nanaimo Regional General Hospital. In 2007 she was appointed as the site leader in Nanaimo for the Island Medical Program at the University of Victoria and University of BC. In 2011 she moved to Victoria where she continued to practice as a Family Practitioner specializing in Long Term Care. She first presented the talk “Sex and Seniors – A Physician’s View” to Elder College in Nanaimo-Parksville in 2003 and over the last 16 years has offered it on numerous occasions. She has updated the presentation to reflect 47 years as a Physician.
In addition to exercise and physical activity reducing the risk of various health problems it has also been found to be an effective way to treat a lot of conditions and especially those associated with getting older. This presentation explores the ways physical activity has been found to help and/or decrease the risk of a number of health-related conditions from Alzheimer to cancer as well as the prophylactic ways physical activity helps on a daily basis. The second part of the presentation will focus on the amount and type of physical activity that has been found to be helpful and explore ways to incorporate physical activity into your life on a daily basis.

PRESENTER: Dr. David Docherty B.Sc., M.Sc., PhD

David Docherty is a Professor Emeritus in the School of Exercise Science, Physical and Health Education at the University of Victoria. He taught Anatomy and Exercise Physiology at UVic for 40 years and researched and published in the area of neuromuscular adaptation to exercise as well as the physiological demands of physically demanding occupations. He is a member of the UVic Speakers’ Bureau being a regular presenter on topics related to physical activity, health, and wellness for all ages. He combines his knowledge in exercise science and practical experience in teaching a fitness class for older men.
The Benefits of Volunteering

Dr. Neena L. Chappell

While most of the research on volunteering in older age focuses on volunteering for an organization, known as formal volunteering, the term is much broader, referring to any activity we engage in that is not forced or paid and is typically for the good of others. This presentation begins with a discussion of the many activities that fall under the rubric of volunteering. The talk then turns to organizational volunteering by older adults and its many benefits. Benefits can include a variety of psychosocial, physical, and cognitive factors; what we don’t know about the benefits of volunteering is also covered. The second part turns to other types of volunteering, with an emphasis on informal volunteering and family caregiving. While the focus of much research in this area is the burdens and stresses involved, research is now establishing that there are also benefits, which will be discussed here. Finally, a common element to all types of volunteering is engagement in life. The presentation concludes with a note on the importance of engagement.

PRESENTER: Dr. Neena L. Chappell, PhD, FRSC, FCAHS, CM, LLD (hon)

Dr. Neena Chappell is professor emeritus at the University of Victoria. For over 40 years she has researched issues such as caregiving, healthy aging and dementia care, health and social policy. Her work debunked the myth that most seniors are frail, and reveals the strength and independence older adults can enjoy through active social networks. She established two world-class university-based research centres on aging at the University of Manitoba and the University of Victoria, both built on the twin pillars of academic excellence and community relevance. She has lectured extensively in Canada and internationally and has served on a number of advisory boards, as an expert advisor to governments, and on the editorial boards of many academic journals. Dr. Chappell has published over 300 academic articles, chapters and reports and has authored or co-authored nine books and edited two. She has received countless awards and accolades, including the University of Victoria’s highest honour, the David H. Turpin Gold Medal for Career Achievement in Research; the Queen Elizabeth II Diamond Jubilee Medal; and dozens of academic and research awards, including a Tier 1 Canada Research Chair. She was appointed as a member of the Order of Canada in 2018.
USEFUL INFORMATION

PARKING: On Saturday parking is $3.50 for all day. Cash or Credit Card. New parking regulations require you to enter your license plate number when purchasing your ticket. You do not have to return to your car to place the ticket on the dash as it is all done electronically.

SUGGESTED PARKING: Lot 4 off McGill Road. The David Turpin Building (DTB) is across the Ring Road from that parking lot.

CAMPUS MAP: www.uvic.ca/home/about/campus-info/maps/pdf/parking-map.pdf

BUS ROUTES: www.uvic.ca/home/about/campus-info/maps/maps/

NEED HELP? Please contact uvra@uvic.ca, giving name of the event, if you want more information, have a question, or need help with registering. Thank you