

**Katherine Owens, MA**  
Newsletter Editor  
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**Steering Committee  
2002-2003:**

**Ex-Officio Members**

**Allan Cahoon**  
VP Research  
University of Regina

**Thomas Hadjistavropoulos**  
Centre on Aging and Health  
Director

**Janet Campbell**  
Manager of the Office of  
Research Services  
University of Regina

**Rod Kelln**  
Dean, Faculty of  
Graduate Studies and  
Research  
University of Regina

**Elected Members**

**Gordon Asmundson**  
**John Barden**  
**Sheryl Green**

**Appointed Members**

**Derrick Larsen**  
RQHR

**Doug Durst**  
Sask Association of  
Gerontology



The individuals who made the public announcement concerning the Centre on Aging and Health were (from left to right) Dr. Allan Cahoon, University Vice President-Research and International, Dr. Thomas Hadjistavropoulos, Director of the Centre on Aging and Health, Dr. Derrick Larsen, Executive Director of Research and Performance Support, Regina Qu'Appelle Health Region and Ms. Barbara Pollock, Executive Director of University Relations

## Official Public Launch a Success

Story by: Katherine Owens, MA

The Centre on Aging and Health (CAH) held its official public launch at the University of Regina on January 22<sup>nd</sup>, 2003. The presentation was a resounding success, attended by numerous Centre members, university administrators, researchers, Regina Qu'Appelle Health Region (RQHR) delegates, as well as members of the public and various institutions. The media was present in full force, representing the Centre as a major benefit for the province, university, the RQHR, researchers, students and Saskatchewan's ever-growing population of seniors.

Allan Cahoon, VP Research, highlighted the CAH's community relevance, stimulation of research, multidisciplinary nature and world-class investigators.

Derrick Larsen, Executive Director of Research and Performance Support-RQHR, congratulated the University for this initiative and spoke of mutual support and collaboration.

Thomas Hadjistavropoulos, CAH Director, spoke of the unique nature of the CAH, being the only research centre/institute in Saskatchewan focusing specifically on gerontology. Dr. Hadjistavropoulos proceeded to acknowledge the contributions of many, including staff and administrators of the RQHR, Alzheimer Society of Saskatchewan, the U of R Senior's Education Centre, and the Office of the Vice President-Research and International. The Committee for Aboriginal Aging and Health Research was also introduced (see story below).

**Inside this issue:**

- Public Launch
- Aboriginal Health and Aging
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## Aboriginal Health and Aging Research

Story by: Holly Luhnig, MA

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Saskatchewan has the highest percentage of seniors in Canada at 14.6%

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**Mary Hampton**  
Committee Co-chair  
Luther College

**Angelina Baydala**  
Committee Co-chair  
University of Regina

**Ken Goodwill**  
Elder and Instructor  
Saskatchewan Indian  
Federated College

**Carrie Bourassa**  
Saskatchewan Indian  
Federated College

**Liz Brass**  
Graduate Student  
University of Regina.

The Committee for Aboriginal Health and Aging Research is a home-grown initiative of the CAH.

The committee, co-chaired by Dr. Mary Hampton and Dr. Angelina Baydala was struck shortly after the inception of the CAH in June of 2002.

Dr. Hampton, who has been involved with Aboriginal health issues for over 20 years, along with Dr. Baydala, who also has research expertise in the area, were approached about forming a committee by Thomas Hadjistavropoulos, Director of the CAH. "Dr. Hadjistavropoulos felt that Aboriginal health and aging was a priority," says Dr. Hampton. "I think here in Saskatchewan Aboriginal issues are very important because we have a high Aboriginal population, and their needs in the health care system are not being adequately met."

Other committee members include Carrie Bourassa, Liz Brass, and Ken Goodwill. The members offer a range of experience and viewpoints, and to date, their collaboration has been highly effective. They have received a \$28,000 Strategic Development Grant from the Health Services Utilization and Research Commission (HSURC) to investigate Aboriginal palliative care. Project partners also include Debra Wisniak, a Social Worker, and Roxanne Boekelder, a Native Health Consultant, both with the Regina

Qu'Appelle Health Region. The committee stands poised to branch out even further; already, a health and aging researcher from Brandon University has expressed interest in working with them.

Dr. Hampton outlines the importance of creating a committee particular to Aboriginal issues. "I think most research, 'mainstream' or 'dominant' research, sometimes assumes that there's only one culture out there. Health care tends to be seen from a Western framework, and other perspectives often aren't included. I think sometimes you have to make a base for areas of particular interest."

The CAH works to provide such a base for the committee. "The Centre provides an infrastructure for our existence," says Dr. Hampton, "Hopefully, the committee will be sustained as long as the Centre is sustained." •

Are your research interests listed on our website?

[http://uregina.ca/hadjistt/centre\\_index.htm](http://uregina.ca/hadjistt/centre_index.htm)

If not, please e-mail your research interests to [Holly.Luhnig@uregina.ca](mailto:Holly.Luhnig@uregina.ca) for inclusion.

## Centre on Aging and Health Membership...

Those interested in joining the CAH may complete the application form available on-line at the CAH web site or request an application from Dr. Gordon Asmundson, Membership Committee Chair. •

Dr. Gordon Asmundson  
Faculty of Kinesiology and Health  
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## Message from the Director: Let's Form New Research Clusters!

This is the first issue of the Centre on Aging and Health (CAH) Newsletter. I would like to take this opportunity to thank you for joining us. Having such an excellent complement of researchers and trainees opens the door to great opportunities for interdisciplinary grants, research and other collaborations.

At present the Centre operates two formal research clusters in aging and health: a) Aboriginal health and aging research; and b) pain assessment and management among seniors (CIHR funded New Emerging Team). Both these clusters have been highly successful in attracting external funds. While we have other collaborations among members of the Centre, it would be important to form additional formal clusters (e.g., end-of-life-care, the aging brain, health-care

services research). The formation of such new clusters would make it easier for the CAH to support and facilitate the activities of researchers engaging in interdisciplinary and other collaborations. I would urge you to contact me (hadjistt@uregina.ca) if you are interested in the formation of a cluster within your specific research area. We will then be able to discuss ways in which the Centre might be able to assist you. Clearly, affiliation with a Centre on Aging and Health should increase researchers' chances for funding within this important area. I am looking forward to hearing from you!

Best regards,  
-thomas

## Directory of Seniors Interested in Research Participation

The CAH is pleased to announce that Research Ethics Board approval has been granted to create a directory of potential research participants. Veronica M. Moore, a graduate student in the Department of Psychology, has been appointed Directory Coordinator, while Dr. Donald Sharpe, Department of Psychology and Centre on Aging and Health, will oversee the directory. Researchers associated with the CAH will be able to apply to access the Directory which will consist of the names, ages, and contact information of seniors interested in

participating in studies on health and/or aging. However the directory is under construction. Therefore, we are asking all researchers associated with the CAH (who are conducting research with older adults) to ask their participants at the end of their study if they would register with the directory. To register, volunteers would need to fill out a short form available on our website or to contact the directory coordinator. Any questions regarding the directory can be directed to Moore via email: moore99v@uregina.ca.?

Send to:

We're on the Web!  
See us at:

[http://uregina.ca/hadjistt/centre\\_index.htm](http://uregina.ca/hadjistt/centre_index.htm)

## Centre Accomplishments

- The CAH web site has been launched ([http://uregina.ca/hadjistt/centre\\_index.htm](http://uregina.ca/hadjistt/centre_index.htm)) and will be further developed and improved.
- The CAH membership consists of approximately 30 persons, representing a wide variety of disciplines.
- The CAH serves as the Centre of operations for major CIHR awards, (approximately totaling \$1,600,000) while members of the Centre work continually on numerous research projects. They publish in top tier journals and several have attracted major external grants from agencies such as CIHR and CHSRF.
- A committee for the enhancement of aboriginal research has been struck and has attracted external funds (see page 2 article)
- Memoranda of Understanding with the Alzheimer Society of Saskatchewan and the Regina Qu'Appelle Health Region have been signed.
- The Centre is forming strong bonds with the Seniors Education Centre on campus. This year, T. Hadjistavropoulos, representing the CAH, was a plenary presenter at the Seniors' Education Centre Annual Gerontology Institute. Moreover, an informal agreement has been reached to make future Annual Gerontology Institutes joint endeavours of the Seniors' Education Centre and the CAH. The goal is that the CAH will sponsor annual presentations by prominent out-of-the province/country speakers.
- The CAH's steering committee has been formed with both elected members, external representatives from Regina Qu'Appelle Health Region, and the Saskatchewan Association on Gerontology.
- The CAH has been granted permanent space for a regular news column in the newsletter of the Canadian Association on Gerontology. Two

### Did you know...

The CAH will be the centre of operations for major projects funded by the Canadian Institutes for Health Research (CIHR), totaling more than one million dollars

"...The work at the Centre on Aging and Health will increase our knowledge in gerontology, an area that is critical to future health care provincially and nationally."

~Dr. Allan Cahoon

editions of the column have already been prepared.

- A submission has been made to the university's fundraising committee requesting that external support for the CAH be sought.
- An application for the development of a CAH Directory of Research Participants has been approved by the Research Ethics Board (see page 4).
- Thomas Hadjistavropoulos attended the Saskatchewan Health Researchers' Meeting in Saskatoon (September 27/02) in order to promote the CAH. University of Saskatchewan researchers expressed interest and some have already applied to join the CAH
- The CAH has been invited to participate in the development and organization of the Brain Awareness Week that will take place in Regina in March. We have agreed to contribute speakers.

### The Centre on Aging and Health Newsletter

The CAH newsletter is currently accepting submissions for the next issue. Your comments, suggestions, announcements, and CAH-related news items are most welcome! ●

Please address your submissions to...  
Katherine Owens, Editor, Centre on Aging and Health Newsletter, Campion College, University of Regina, 3737 Wascana Parkway, Regina, SK, S4S 0A2, PH: 359-1241, FAX: 359-1200.  
Submissions may also be emailed to...  
Katherine.Owens@accesscomm.ca