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2002-2003:**

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**Doug Durst**  
Saskatchewan  
Gerontology Association



"During the Brain Awareness Week Virtual Dementia Tour, members of the public were encouraged to wear plastic gloves, goggles and headphones in an effort to simulate some of the difficulties experienced by persons with dementia"

## Brain Awareness Week Activities Held in Regina for the First Time

Story by: Elyse Fisher, Alzheimer Society of Saskatchewan

For the first time this year, Brain Awareness Week activities were held in Regina. The Alzheimer Society Of Saskatchewan, in collaboration with nine other community agencies (including the CAH), organized activities which included a children's outreach program, a Speaker's Bureau which agencies used to organize educational sessions in their workplace, a Brown Bag Lunch presentation, public displays and a Public Forum. This will be the seventh year that Brain Awareness Week activities have been conducted in Saskatoon where the Saskatchewan Neuroscience Network, the University of Saskatchewan and other community agencies coordinate activities.

The Brain Awareness Week Public Forum was held on Wednesday, March 12<sup>th</sup> at the City Hall Forum. The forum featured two speakers: Dr. G. Sridar who presented on the topic of sleep disorders; and Dr. Thomas Hadjistavropoulos, CAH, who spoke on the nature of pain and the challenges of measuring it among people with dementia. Brain Awareness Week is a week-long international educational festival designed to increase awareness and knowledge of the brain and brain research. It is coordinated by the Dana Alliance for Brain Initiatives. Since its inception in 1996 it has grown from a modest effort by 160 organizations in the US to a unique global partnership of 1,479 groups in 52 countries...continued on pg. 2

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- CIHR Competitions

### Brain Awareness Week continued from pg. 1

As part of the Brain Awareness Week activities, the Alzheimer Society conducted Virtual Dementia Tours in their Regina offices. The tours provided an opportunity for people to experience in a small way the physical and cognitive changes created by old age and dementia.

The Alzheimer Society of Saskatchewan is a partner with the Centre on Aging and Health. The Society provides programs and services for people who have Alzheimer Disease, their families, and caregivers. For more information about the Society visit their website at [www.alzheimer.sk.ca](http://www.alzheimer.sk.ca). •

## Ethical Issues in Aging and Health

The Centre on Aging and Health (CAH) at the University of Regina has formed a third formal research cluster that complements its pre-existing clusters on *Pain and Aging* and *Aboriginal Aging and Health Research*. The new cluster focuses on *Ethical Issues in Aging and Health*. Dr. David Malloy, a widely published ethicist and professor of Kinesiology and Health Studies at the University of Regina, has been appointed as cluster leader. Members of this new cluster have been successful in attracting a grant

for over \$200,000 from the Social Sciences and Humanities Research Council of Canada to study the ethical orientation of health professionals in several countries. In researching this issue, the investigators will focus on the problem of undertreatment of pain among seniors. Cluster members are also exploring the relevance of the construct of personhood in the treatment of patients with dementia. •

### Is your research area listed on our website?

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

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

### UPDATE YOUR FILES!!

The CAH has a new telephone number and e-mail address...

Phone: (306) 337-2537

E-mail: [cah@uregina.ca](mailto:cah@uregina.ca)

## 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  
Studies  
University of Regina  
3737 Wascana Parkway  
Regina, SK  
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## News from the University of Regina Centre on Aging and Health

- The CAH has formed a third formal research cluster with a focus on *Ethical Issues in Aging and Health*. See story on page 2.
- A trainee member of the Centre, Ms. Jaime Williams, has been awarded a two year Alzheimer Society of Canada doctoral fellowship for her study entitled "Fear of Falling Among Informal Caregivers of Seniors Diagnosed with Dementia".
- University of Regina faculty member and member of the Centre on Aging and Health, Dr. Gord Asmundson along with his team were recently awarded over \$1,600,000 from the New Emerging Team Program of the Canadian Institutes of Health Research. The project is entitled "Understanding risk factors, co-morbidity, and global health issues in post-traumatic stress disorder: Laying the foundation for early identification in at-risk populations and improving preventive and treatment strategies for all Canadians". This is the second New Emerging Team CIHR grant awarded to researchers who are affiliated with the CAH. While most of this team's work is on younger adults, they are planning to expand their work to seniors.
- Memoranda of understanding have been signed between the CAH and the Alzheimer Society of Saskatchewan as well as between the CAH and the Regina Qu'Appelle Health Region. A memorandum of understanding has also been signed between the CAH and the Saskatchewan Gerontology Association (SGA). SGA is a volunteer organization whose primary purpose is to promote the study of gerontology. The majority of SGA members are educators, professionals, and students. They have an AGM/workshop once a year that focuses on some aspect of aging. As well, the SGA publishes a newsletter twice yearly, entitled SAGA. In these memoranda of understanding, the signing parties affirmed their intention to work collaboratively on projects of mutual interest.
- The Centre on Aging and Health in collaboration with the Alzheimer Society of Saskatchewan and other groups helped to organize the first Brain Awareness Week in the city of Regina. Members of the Centre gave public presentations; Dr. Ronald Martin, a post-doctoral fellow with the CAH, presented at the Wascana Rehabilitation Centre Auditorium on communication between patients and physicians and Dr. Thomas Hadjistavropoulos presented at a public forum on Regina City Hall on the challenges of measuring pain among persons with severe dementias and other types of neurological impairments. The CAH recently hosted a presentation by University of Northern British Columbia professor Dr. Kenneth Prkachin, who spoke on "Pain expression, pain behaviour and the sufferer: toward a next generation of research and practice".

### 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,  
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 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

**The CAH is planning a series of  
 scholarly presentations in the next  
 academic year.  
 Stay tuned for more information!**

## Centre on Aging and Health

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We're on the Web!

See us at:

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

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## We Need Your Help in Developing a Directory of Research Participants...

As many of you know, the CAH is currently constructing a directory of potential research participants. This directory will contain the names, ages, and contact information of older (and some younger) individuals who are willing, and interested, in participating in research on aging. Once created, this directory will be a valuable service for CAH members, as it will help decrease the amount of time spent on the recruitment of older participants. However, in order for the directory to be of benefit to CAH members, we need to add more names to it. If you are currently conducting a research project on aging we urge you to ask your research participants to be included in the directory. To be included, individuals need only fill out a brief consent form, which must be

submitted to the directory's coordinator. This form, as well as a one page handout explaining how the directory works, is available from the CAH's website or by contacting the CAH's secretary. All recruitment procedures have been approved by our research ethics board. After the completion of the work of each of your research participants, you could ask them to join the directory (see CAH website for procedures). Your assistance in this matter is greatly appreciated. •

Veronica Moore,  
Centre on Aging and Health,  
Directory Co-ordinator

E-mail:  
moore99v@uregina.ca

## The CIHR Institute on Aging Announces New Strategic Competitions

See: [http://www.cihr-irsc.gc.ca/institutes/ia/funding/2003\\_opportunities\\_e.shtml](http://www.cihr-irsc.gc.ca/institutes/ia/funding/2003_opportunities_e.shtml)

The new competitions are "Mid Career Awards in Aging" (full proposal: January 15, 2004) and Pilot Project Grants in Aging (Registration: August 15, 2003; Full Proposal: September 15, 2003). Be

sure to include your affiliation with the CAH in your application. •

## Interdisciplinary Master's Program in Gerontology...

If you have any ideas or suggestions that would contribute to an interdisciplinary research oriented Master's program proposal (in Gerontology) please contact [Thomas.Hadjistavropoulos@uregina.ca](mailto:Thomas.Hadjistavropoulos@uregina.ca) •