



University
of Regina

ISSUE 28: FALL 2018

Centre on Aging & Health
Newsletter

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**UPCOMING: STRESS, EXERCISE,
& BIOLOGICAL AGING
2018-2019 CAH PUBLIC
DISTINGUISHED LECTURE**

The Centre on Aging and Health's 2019 distinguished public lecture will take place on January 24th, 2019 in Classroom Building room 128. This year's lecture will feature Dr. Eli Puterman, Canada Research Chair at the University of British Columbia's School of Kinesiology, who will speak about stress, exercise and biological aging.



Dr. Eli Puterman, Canada Research Chair,
University of British Columbia's School of
Kinesiology

Despite the increases in longevity that we have seen over the last several decades, nearly 70% of Canadians over the age of 60 have at least one chronic health condition. Dr. Puterman will present recent research on how physical activity and chronic stress have opposing effects on our bodies, deep into our cells, with an emphasis on how they impact chromosomes that mark and partly control the aging process.

As Canada Research Chair, Dr. Puterman studies the short- and long-term effects of exercise on limiting the damage caused by chronic stress on our bodies. His research demonstrates that adults who maintain an active lifestyle do not have similar wear and tear in the face of adversity compared to those who are less active. He is recognized as a Michael Smith Foundation for Health Research Scholar, and has previously been awarded early career awards from the Society of Behavioral Medicine, (Continued on pg. 2)

Janine Beahm
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(Continued from pg. 1) the Academy of Behavioral Medicine Research, and the International Society for Psychoneuroendocrinology.

Please join us for this evening filled with riveting research. The lecture is open to the public (with free admission). Parking is free at all meters, M and Z lots after 5:00pm. Seating for this event is limited and will be allocated on a first-come first-served basis. For more information, please contact the Centre on Aging and Health.

Want to hear about more CAH events?

Follow us on Twitter: [@UofRAgingCentre](https://twitter.com/UofRAgingCentre)



DR. ALFRED ALLAN GIVES TALK ON ETHICAL AND LEGAL END OF LIFE ISSUES

On June 22nd, 2018, the CAH and department of psychology co-hosted a colloquium delivered by Dr. Alfred Allan. Dr. Alfred Allan is a trained forensic psychologist and lawyer from Australia and is a professor of psychology and criminology at Edith Cowan University, Australia. Dr. Allan's lecture dealt with ethical and legal issues for people who are working with people who are approaching the end of their lives.

Dr. Allan argued that ethical principles of the social sciences could be subsumed under three meta-principles including the following: responsibility, respect for the dignity of people, and fidelity. He then discussed how these three principles can be used by health care professionals when they are facing ethical dilemmas when working with clients who are facing end of life issues. Dr. Allan suggested that by using these three principles, professionals can compassionately assist their clients to make the best possible decisions.



Dr. Alfred Allan

CAH DIRECTOR WINS INTERNATIONAL AWARD AT WORLD CONGRESS ON PAIN

The CAH congratulates its director, Dr. Thomas Hadjistavropoulos, on receiving international recognition for his research. Dr. Hadjistavropoulos received the Distinguished Contribution Award for Pain in Older Persons, which was presented at the 17th World Congress on Pain in Boston, Massachusetts. The purpose of the World Congress on Pain is to support research on pain that contributes to improved pain relief worldwide. It is hosted by the International Association for the Study of Pain, and attracts more than 5,000 delegates from around the world who are scientists, health-care providers and/or policy makers.

The award was in recognition of Hadjistavropoulos' over two decades of substantial contributions to research that has improved the

lives of older adults suffering from pain. Dr. Hadjistavropoulos is professor of psychology at the University of Regina, and has published over 200 peer-reviewed articles/book chapters and five books. His work has been featured in prestigious journals such as the *Lancet Neurology* and the *Psychological Bulletin*. His research has been supported over the years by a succession of grants from the Saskatchewan Health Research Foundation, the Canadian Institutes of Health Research, the Canada Foundation for Innovation and the Social Science and Humanities Research Council of Canada. As part of his speech accepting the award, Dr. Hadjistavropoulos spoke with international delegates about his latest work in technology development for pain detection. Congratulations to Dr. Hadjistavropoulos!

NOMINATIONS ARE OPEN FOR 2018/2019 INNOVATION IN HEALTH CARE DELIVERY AWARD

The **Centre on Aging and Health Award for Innovation in Health Care Delivery** recognizes Regina-based individuals, groups, or organizations, offering health care to older adults. Award recipients must have introduced an innovative approach to service provision or must have conducted field research to evaluate services or programs for older persons.

If you know of someone that would be deserving of this award, nominations (of no more than 8 pages) are to be submitted at any time up until **October 15, 2019** for the 2019-2020 Award.

For more information on eligibility, adjudication, or about how to apply, please visit <http://www2.uregina.ca/cah/about-cah/innovation-in-health-care-delivery-award> or contact Janine Beahm CAH Administrator, at janine.beahm@uregina.ca

CAH CONNECTS WITH CARP

The Centre on Aging and Health had the opportunity to meet with representatives from CARP, formerly known as the Canadian Association for Retired Persons, including Wanda Morris, the chief advocacy and engagement officer from the national chapter, Kathleen Splatt, president of the Regina Chapter, and Wendy Johnson, vice-president of the Regina chapter. With over 300,000 members aged fifty plus, CARP is Canada's largest advocacy association for older Canadians. It is a non-partisan association that is committed to working with all government parties for the purpose of advocating for better healthcare, financial security, and freedom from ageism for older adults. The CAH is looking forward to collaborating with CARP on projects

of mutual interest.

CARP recently released their seniors' election platform, called *The Faces of Canada's Seniors: Making Canada the Best Place to Age*, which emphasized the need for government investment in aging research and knowledge mobilization of this research. Dr. Thomas Hadjistavropoulos responded to this plan with his endorsement of support as it advocated for higher standards of care for older adults. CARP included this endorsement on their national press release. The CAH is pleased to welcome this partnership as CARP is a major advocate for ensuring the health and well-being of older adults in Canada.

For more information on CARP visit www.carp.ca

JOIN THE CENTRE ON AGING AND HEALTH

We encourage researchers investigating health and aging as well as health professionals with an interest in aging to apply for Centre on Aging and Health (CAH) membership. Members will be a part of a growing network of aging and health researchers, professionals, and trainees. In addition, the CAH can facilitate dissemination of member research to the public through our newsletter, organization of public presentations, on our website, via Twitter, and through other means.

CAH researchers are conducting world-class gerontological research related to Canada. Many of our members work with research clusters that focus on pain in old age, personhood and resilience in senior care, musculoskeletal aging and health, as well as Aboriginal issues in health and aging.

Moreover, members may access the Centre on Aging and Health Directory of Potential Research Participants: hundreds of potential participants for University of Regina Research Ethics Board approved studies.

Members of the public who are over 65-years of age and are interested in participating in research can sign up by going to www2.uregina.ca/cah, clicking on "Participate in Research," and filling out our simple web form.

Applying is quick and easy.

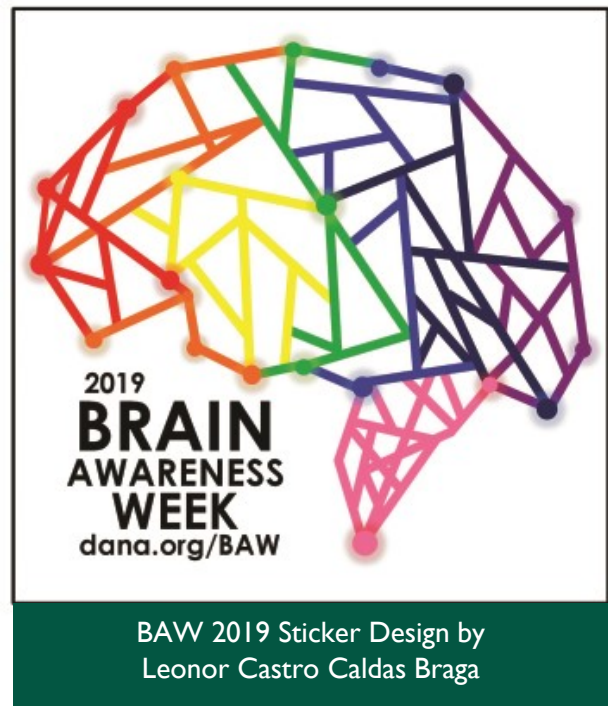
Apply on our website: <http://www2.uregina.ca/cah/>

and click on "Become a Member."

AGE-WELL RESEARCHERS TO VISIT REGINA BAW

For this year's Brain Awareness Week event, the CAH will be partnering with the Saskatchewan Health Authority, and a group of local AGE-WELL Network of National Centres of Excellence (NCE) researchers to host a major Knowledge Translation and Exchange AGE WELL NCE event. AGE-WELL researchers will be visiting Regina from all over Canada to promote research on technology and healthy aging. In the afternoon of March 14th, there will be an open technology demonstration for the public at the Wascana Rehabilitation Centre concourse. Researchers will demonstrate how their technologies can improve the lives of older adults using interactive demonstration stations. In the evening, there will be a presentation blitz where each of approximately 18 technology projects will take two to three minutes to present and demonstrate their technologies to a public audience. This evening blitz event will take place at 6:30pm in the Education Auditorium (EA 106)

at the University of Regina, main campus. Parking is free at all meters, M and Z lots after 5:00pm. We hope to see you there.



Apply now for the 2019/2020 CAH Small Grants Research Award!

Amount Available: **\$1,500** Application Deadline:

December 15, 2019

This award is intended to fund pilot projects or other work aimed to lead to the preparation of a major national application in the area of health and aging.

To apply, or for more information: <http://www2.uregina.ca/cah/>
or cah@uregina.ca or 306.337.8477

DR. REBECCA GENOE SPEAKS ON BEHALF OF THE CAH AT THE NATIONAL PENSIONERS FEDERATION MEETING

Dr. Rebecca Genoe, Faculty of Kinesiology and Health Studies, U of R, represented the CAH at a meeting for the National Pensioners Foundation. The National Pensioners Federation is a national, not-for-profit, non-partisan, non-sectarian organization of 350 seniors chapters, clubs, groups, organizations and individual supporters across Canada. It is a collective membership of 1,000,000 seniors and retirees devoted entirely to the welfare and best interests of aging Canadians. Their mission is to stimulate public interest in the welfare of aging Canadians and their goal is to help seniors and retirees live with dignity, independence and financial security. They accomplish this through educating their members and the general public on issues such as: pensions, housing, health care, democracy, social programs, elder abuse, transportation, and affordable access to information. The 2018 convention was hosted in Regina and drew members from across Canada.

At the meeting, Dr. Genoe spoke about her work on social isolation, social engagement, cognitive well-being, and aging. More specifically, she spoke about some of the risk factors associated

with social isolation, the benefits of community involvement, barriers to social and community involvement, and some strategies for minimizing social isolation. She spoke about how the consequences of social isolation include a higher risk of: high blood pressure, depression, sleep problems, and changes in memory. In addition, social isolation can also lead to a higher risk of being diagnosed with an illness causing dementia. On the other hand, people who are actively engaged in community or social events, tend to have improved health outcomes such as, greater self-perceived health, lower risk of depression, better cognitive health, and reduced risk of mortality and disability. Yet, barriers to social engagement, such as lack of time, caregiving and family responsibilities, lack of transportation, and health concerns, may limit participation. Dr. Genoe also suggested strategies for maintaining engagement in social and community activities, such as, joining a book or walking club, sustaining a diverse range of people within your social network, and keeping in touch online and by telephone.

Advertise in the CAH Newsletter

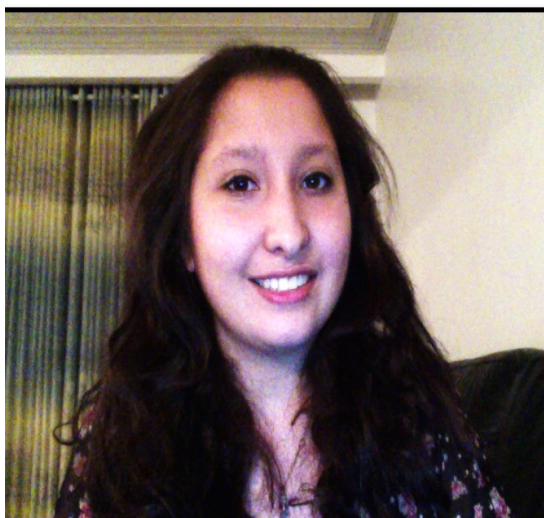
University of Regina Unit & Researcher Rates(per page):

Full: \$100 Half: \$50 Quarter: \$35

Corporate Rates (per page): Full: \$150 Half: \$100 Quarter: \$85

Contact CAH Administrator at 306.337.8477 or cah@uregina.ca for more information

GERONTOLOGY PROGRAM WELCOMES NEW STUDENTS



Zohal Aziz

Zohal Aziz joins us from the University of Waterloo where she completed her undergraduate degree in Applied Health Sciences with a minor in Psychology and Option in Aging Studies in 2018. During this time, she had the amazing opportunity to work and volunteer in various healthcare settings with geriatric populations some of which include Sunnybrook Health Sciences Centre, The Centre for Memory & Aging, Toronto Rehab, St. Michael's Hospital and Humber River Hospital. She was also a research assistant with Dr. Marotta. Together, they ran clinical drug trials for Alzheimer's disease. During her time in the gerontology program, she plans to focus her research on Alzheimer's disease, however, she is also interested in exploring various areas in the field of gerontology.

The CAH would like to welcome Zohal and Esther to the University of Regina and to the Master of Arts/Science Gerontology program.

We wish them success in their studies!



Esther N. Semakula

Esther N. Semakula received her education from the University of Nebraska Medical Centre where she graduated with a Bachelor of Science in Nursing with Honours. After becoming a registered nurse, Esther began working at the Good Samaritan Society Nursing Home in Wood River, Nebraska. Through this experience, she developed an interest in pursuing a career working with older adults. Since then, Esther has worked in long term care settings as well as acute care settings. She has provided nursing care to older adults, and she has implemented nursing interventions that manage chronic illness, related complications, and improve the quality of lives of aging patients and their families.

Originally from Uganda, Esther is joining us as an international student in the gerontology program. While in the program, she plans to focus on chronic disease management and end of life care, and how these issues can be approached through evidence-based nursing interventions that are affordable and accessible to the patient.



MA/MSc Gerontology Program

“Seniors make up the fastest growing age group...

By 2051, about one in four Canadians is expected to be 65 or over.”

– Statistics Canada

- Exciting inter-disciplinary, research-oriented graduate degree program.
- Provides research training and specialized gerontology knowledge to health professionals and students.
- Emphasizes both the physiological and psychosocial aspects of aging.
- The collaboration of the Faculty of Arts, the Faculty of Kinesiology and Health Studies and the Faculty of Social Work and coordinated by the University of Regina’s Centre on Aging and Health.

Admission Requirements:

4-year undergraduate degree in areas such as, nursing, kinesiology, psychology, social work, health studies, sociology, biology, or a health professional degree .

Application Deadline: March 31st

For further information, please contact:

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Download the brochure at:

<http://www2.uregina.ca/cah/ma-msc-in-gerontology/about-the-program>



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