



at the UNIVERSITY OF REGINA

The Newsletter

# Gerontology Program Rename and Rebranding

The Centre on Aging and Health (CAH) is offering the only Master's degree in Gerontology in the Prairie Provinces (known as the Master's in Gerontology program). In order to increase the appeal of the program, the name of the program has been changed to: Master's in Aging Studies. The name change is part of an effort to increase the appeal of the program among prospective students. This rebranding idea was proposed during the Centre on Aging and Health steering committee meeting that included the Dean of

## Featured Stories:

**Master's in Aging Studies  
Program Rebranding - 1**

**Regina Hosts CAG 2022 in  
Person Conference - 7**

**CAH Director Awarded  
Distinguished Career  
Award from the Canadian  
Pain Society - 9**

**In remembrance - 10**

### Newsletter Editor:

Janine Beahm, MA  
CAH Administrator  
[janine.beahm@uregina.ca](mailto:janine.beahm@uregina.ca)

*Continued on pg. 2*

## Cont. from pg. 2

Graduate Studies. The new name is expected to provide students from diverse academic backgrounds with a more clear description of the program given that potential applicants may be less familiar with the term “gerontology”. Notably, a survey of gerontology and aging studies program throughout Canada shows other Canadian institutions (e.g., McMaster and Queen’s) describe their corresponding programs as related to aging studies rather than gerontology. Therefore, our name change is in line with other related research-oriented programs in Canada. The program change was approved by the gerontology program committee as well by the Faculty of Graduate Studies and Research council.

Following the name change, the program remains an interdisciplinary program coordinated by the CAH which seeks to provide research training and specialized knowledge on aging-related issues to health professionals and other qualified

students. The program is unique in Canada because of its emphasis on both the physiological and psychosocial aspects of aging. As such, students enrolled in the program complete course work from a variety of disciplines (e.g., social work, kinesiology, psychology, nursing) with a focus on aging and health. Accepted students work with a faculty advisor to complete a thesis or research study on a topic related to older adults or aging. Students interested in enrolling in the program are encouraged to reach out to a faculty research supervisor to discuss shared research interests prior to enrolling in the program. Faculty research supervisors come from a variety of disciplines and research a wide array of topics related to aging.

The following is a selected sample of faculty research supervisors, their research areas, and their interests in supervising within the aging studies program.

*Continued on pg. 3*

## **Dr. Jennifer Gordon, Ph.D.**

**Associate Professor of Psychology  
Canada Research Chair in Women's Mental Health**



"My research is on mental health in peri- and postmenopausal women, biopsychosocial contributors and consequences of postmenopausal insomnia and vasomotor symptoms."

**Research Interests: Aging and Women's Health**

## **Dr. Darren Candow, Ph.D.**

**Professor of Exercise Physiology and Metabolism in  
Kinesiology & Health Studies**

"The overall objectives of my internationally renowned, externally funded research program (CIHR, SHRF, CFI; Nutricia European Research Foundation) are to develop evidence-based interventions involving nutrition (creatine monohydrate; CR) and physical activity (resistance exercise) which have practical and clinical relevance for improving musculoskeletal aging and reducing the risk of falls and fractures."



**Research Interests: Exercise, Nutrition, and Aging**

## **Dr. Josef Buttigieg, Ph.D.**

**Professor of Biology**



"My area of interest is centered on better understanding the pathophysiology associated with diseases such as dementia (e.g. Alzheimer's), autoimmune diseases (e.g. Multiple Sclerosis), and injury (e.g. stroke or spinal cord injury). A wide range of research techniques are utilized in my research lab. These include molecular biology (qPCR, proteomics), cell physiology (electrophysiology, and cell signaling) to animal/human work (tissue biopsies, behavior and movement)."

**Research Interests: Neurophysiological Basis of Alzheimer's Disease**

## **Dr. Rebecca Genoe, Ph.D.**

**Professor of Kinesiology & Health Studies**

"Graduate students in the Aging Studies program have an important role to play in building knowledge about aging not only within academia, but also and within our communities. I look forward to supervising students who are passionate about understanding later life experiences and finding ways to support aging well."



**Research Interests: Leisure and aging, leisure and chronic conditions, leisure and dementia, the lived experience of dementia, leisure and retirement, Therapeutic Recreation in Long-Term Care, and qualitative methodologies.**

## Dr. Natasha Gallant, Ph.D.

Assistant Professor of Psychology



**Research Interests:**  
Long-Term Care, Chronic  
Diseases, Health

"My overall program of research is aimed at improving the quality of life of Canada's aging population through an understanding of the complex system of psychological and social factors within which aging and health is experienced. Most of my research involves patient-oriented mixed-methods studies to examine experiences of health within the community (e.g., health behaviours, chronic diseases) or within long-term care facilities (e.g., caregiving, pain). I am interested in the role of psychosocial factors—including ageism, adversity, resilience, emotion regulation, and social support—in influencing these health outcomes."

## Dr. John Barden, Ph.D.

Professor of Kinesiology & Health Studies

"My interest in the Aging Studies program is because it provides an opportunity to supervise students who have an interest in conducting research on the effects of aging on locomotor function."

**Research Interests: Biomechanical analysis of gait variability in older adults using wearable technology**



# Dr. Abigail Wickson-Griffiths Ph.D.

Associate Professor of Nursing  
Aging Studies Program Coordinator



Dr. Wickson-Griffiths is the Aging Studies program coordinator. Abby's professional practice and academic background has centred on geriatric nursing because of her passion for improving the quality of care for older adults.

**Research Interests: Long-term care, Dementia care, Palliative and end-of-life care, Advanced Practice nursing**

## Apply to the Program:

### Admission Requirements:

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

## Applications Due: March 31st, 2022

(for Fall 2022 Admissions)

### For More Information:

Dr. Abigail Wickson-Griffiths  
Program Coordinator  
306-337-2132  
Abigail.Wickson-Griffiths@uregina.ca

Janine Beahm  
CAH Administrator  
306-337-8477  
cah@uregina.ca

# CAH to Host the Canadian Association in Gerontology (CAG) Conference in October 2022

Prior to the declaration of the COVID-19 pandemic, CAG announced that the University of Regina Centre on Aging and Health (CAH) would host the Annual Convention of the Canadian Association on Gerontology in October 2020. Due to COVID-19 precautions, the 2020 conference in Regina was postponed until 2022. We, at the CAH, are delighted to announce that the plan is for the conference to go forward, in-person, this fall with a COVID-19 prevention protocol in place. The conference is expected to attract delegates from across Canada and beyond. The Canadian Association on Gerontology is “a national, multidisciplinary scientific and educational organisation established to provide leadership in matters related to the aging population.” The associations’ mission is “to improve the lives of older Canadians through the



creation and dissemination of knowledge in gerontological policy, practice, research and education” ([cagacg.ca](http://cagacg.ca)). The Annual Convention is a multidisciplinary conference for people interested in individual and population aging.

The conference theme will be:

## ***Closing the Research-Practice Gap: Knowledge Mobilization & Implementation Science.***

The meeting will take place from October 20-22, 2022 at the Delta Hotels by Marriott Regina. The hotel will offer discounted room rates for conference delegates. Early booking is recommended to ensure discounted room availability. Conference attendees can participate in stimulating paper, poster, symposium and workshop sessions as well as pre-conference workshops. Attendees will also be able to browse promotional booths set up by our sponsors and other exhibitors who are leading stakeholders in the field of aging.

*Continued on pg. 8*

## **Cont. from pg. 7**

In line with the conference theme, keynote speakers will visit from across the world to discuss issues related to knowledge mobilization and implementation science. Three keynote speakers are scheduled to attend including:

**Dr. Moriah Ellen**  
**(Ben Gurion University of the Negev)**

Dr. Ellen is an expert in implementation science. Her many publications include work on a knowledge translation framework on aging and health.

**Dr. Kim Delbaere**  
**(University of New South Wales)**

Dr. Delbaere's keynote speech will discuss new frontiers in falls research and ways of translating important findings into widespread application.

**Dr. Alex Mihailidis**  
**(University of Toronto and Scientific Director of the AGE-WELL Network on Centres on Excellence)**

Dr. Mihailidis will discuss ways in which the AGE-WELL Network has developed readily implementable technology solutions for a variety of health concerns that may affect older adults.

The call for abstracts for CAG 2022 is now open. Abstracts are due by April 15th, 2022 and can be submitted electronically. Although the theme of the conference is on knowledge mobilization and implementation science, we welcome submissions from all areas of gerontology. Abstracts may be submitted for oral, poster, symposium and workshop presentations. All forms of presentation are considered of equal professional status. To view the call for abstracts and more details, visit: <https://cag2022.ca/submissions/abstracts/>

**Please join us for in Regina for CAG 2022 to hear from experts from a range of disciplines and professions in the field of aging.**

To learn more about the Canadian Association on Gerontology, visit:

<https://cagacg.ca/>

For more information on CAG 2022 in specific, visit:

<https://cag2022.ca/>

# CAH Director Awarded Distinguished Career Award from the Canadian Pain Society

Congratulations to the CAH director, Dr. Thomas Hadjistavropoulos, Ph.D., FCAHS, on being awarded the 2022 Distinguished Career Award from the Canadian Pain Society (CPS). The CPS is a “society of scientists, health professionals, educators and pain advocates who have a vested interest in pain research and management” ([www.canadianpainsociety.ca](http://www.canadianpainsociety.ca)). The Distinguished Career Award recognizes longstanding contributions to pain research and/or management. With a primary focus on pain in dementia, Dr. Hadjistavropoulos’ work has emphasized development/validation of observational pain assessment approaches, widely cited clinical consensus guidelines, knowledge translation (e.g., resources for patients, web-based training for clinicians), pain self-management, biopsychosocial model development, policy studies and development of advanced technologies to facilitate pain assessment in older adults.

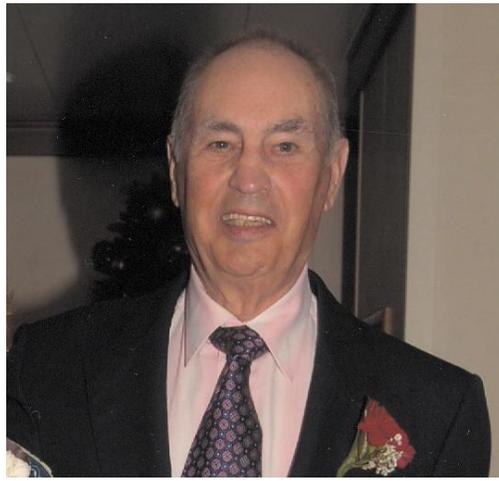
The primary nominator for the award was one of Hadjistavropoulos’ former Ph.D. students, Michelle Gagnon, Ph.D., now on faculty at the University of Saskatchewan. The nomination was also supported by co-nominators Dr. Ken Craig, Ph.D., University of British Columbia, and Dr. Christine Chambers, Ph.D., Dalhousie University. In response to the award, Dr. Hadjistavropoulos told representatives from the University of Regina:

***“It is certainly one of the highlights of my career. To be recognized in this way by a group that represents many of the world’s top pain researchers and clinicians is an incredible honour. I’m filled with gratitude not only toward the CPS, but also toward the many highly qualified trainees who have worked with me in the lab over the years and the many wonderful colleagues and collaborators, and mentors that helped me get there, and the University of Regina for supporting and encouraging my research.”***

Dr. Hadjistavropoulos will accept the award and deliver the Distinguished Career Award Keynote address (entitled: Paradigmatic Shifts in Health Research and the Problem of Pain in People with Dementia) at the Canadian Pain Society Conference in Montreal in May 2022.

# In Remembrance of Les Lye

November 12, 1933-October 19, 2021



Les Lye, who along with his wife, Kathy Lye, has been an active supporter of the CAH and passed away recently. Les was an active volunteer, particularly in areas related to aging. He was a Master Mason, Past President and Past Regional Service Officer of the National Association of Federal Retirees (NAFR). He remained a member of the NAFR Regina Branch Board of Directors until his death. He also served as both treasurer and president for Saskatchewan Seniors Mechanism.

Les had a passion for music and played the flute in the Prairie Winds Adult Band and the Band-its. He also loved going on cruises and visited a total of 85 countries in his lifetime. We will miss him from our future CAH events and we will remember him.

## STAY CONNECTED WITH THE CAH



**Email**

[cah@uregina.ca](mailto:cah@uregina.ca)



**Twitter**

[@UofRAgingCentre](https://twitter.com/UofRAgingCentre)



**Website**

[www2.uregina.ca/cah](http://www2.uregina.ca/cah)



**Phone**

306-337-8477