

# Centre on Aging and Health (CAH)

Newsletter

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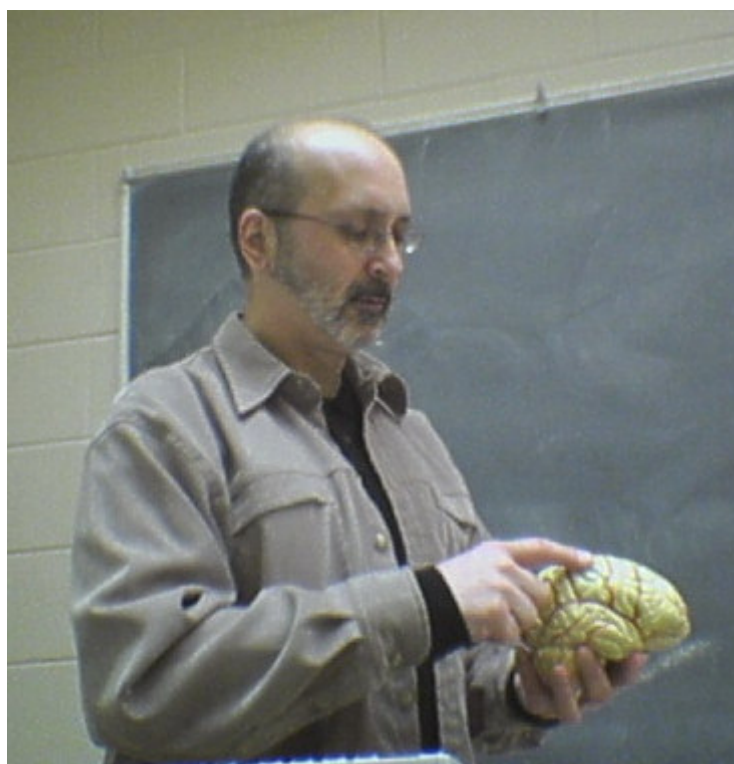
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## The Centre on Aging and Health was a Full Partner in the Organisation of Regina's Second Brain Awareness Week

Story by Jaime Williams, MA

The goal of Brain Awareness Week is to advance public awareness about the progress, promise, and benefits of brain research. In order to accomplish this goal, the organising agency, the Dana Alliance for Brain Initiatives, is joined by medical and research organisations, patient advocacy groups, the National Institutes of Health, other government organisations, hospitals universities, k-12 schools, and professional organizations. The goal of

*(Continued on page 4)*



Dr. Dennis Alfano discusses the effects of mild traumatic head injury during the Brain Awareness Week CAH Public Forum.

## The CAH Announces a Small Pilot Project Grant Program

The CAH is introducing a small pilot grant program for University of Regina faculty members. These awards are intended to fund pilot projects or other work aimed to lead

to the preparation of a major (i.e., >\$50,000) national application in the area of aging and health. The deadline for the first competition is November 1, 2004. Information and

application forms are available from the CAH website [http://uregina.ca/hadjist/PDF\\_files/GrantProgramme\(application\).doc](http://uregina.ca/hadjist/PDF_files/GrantProgramme(application).doc). ♦

“The purpose of these workshops is to formally initiate knowledge exchange and networking on the topic of research on aging...”

## The CAH 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...  
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Submissions may also be emailed to...  
[bourmich@uregina.ca](mailto:bourmich@uregina.ca)

## The Canadian Institutes of Health Research (CIHR) with the Assistance of the CAH and other Organisations Organises a Regional Seniors' Forum in Regina

Story by Shannon Fuchs-Lacelle, MA

The Canadian Institutes of Health Research Institute of Aging (IA) is introducing a small number of major Regional Seniors' Workshops on Research that will be held across Canada. The first workshop in this series took place in Regina on June 24th and 25th at the Radisson Plaza Hotel Saskatchewan. The workshop included participants and speakers from all three prairie provinces. Dr. Thomas Hadjistavropoulos, Director of the Centre on Aging and Health, expressed great satisfaction that CIHR chose Regina (partly because of the considerable research on aging that is taking place in the city) for this event. Speakers in the Regina forum included Thomas Hadjistavropoulos (Centre on Aging and Health), Carol Austin (Elder Friendly Communities Program), Debra Morgan (Rural Dementia Care), Betty Havens (The Aging in Manitoba Longitudinal Study), Paddi O'Hara

(Ethics Office of the Canadian Institutes of Health Research), and Geoff Fernie (Sunnybrook and Women's College Health Sciences Centre). The majority of the invited participants were from seniors' organizations or seniors who are opinion leaders or advocates in the senior community. There was a small number of participants who are health, social, and community service-providers to seniors.

The purpose of these workshops is to formally initiate knowledge exchange and networking on the topic of research on aging among seniors/ seniors' organizations/ service providers and CIHR. This provides an opportunity for participants to identify health issues that are priorities for research on aging in their region. The workshops also increase participants' awareness about research on aging and about the importance of research participation. Another important goal of the

workshops is to develop ongoing engagement strategies linking the CIHR Institute of Aging, seniors' organizations/ service providers and seniors in their communities.

The Regional Implementation Committee of the workshop was chaired by Shannon Fuchs-Lacelle (Centre on Aging and Health, University of Regina) and members included: Jeannine Dufault (Health Canada), Linda Blach (Saskatchewan Seniors Mechanism), Doug Sutherland (Health Canada), Kerrie Strathy (Seniors' Education Centre, University of Regina), Joanne Bracken (Alzheimer Society of Saskatchewan), Edith Hockley (Calgary Seniors' Resource Society), Karen Toole, Bubs Coleman (National Advisory Council on Aging), Patricia Raymaker (National Advisory Council on Aging), and Mohindar Singh (National Advisory Council on Aging).♦

## Centre on Aging and Health Researchers Awarded \$100,000 in CIHR Funding

Story by Michelle Bourgault-Fagnou, BA

The funding successes of members of the CAH continue! Most recently, Drs. Mary Hampton and Angelina Baydala, along with Co-Applicants Dr. Thomas Hadjistavropoulos and Prof. Carrie Bourassa have been awarded \$100,000 from the Canadian Institutes of Health Research (CIHR) for their pilot project entitled “Developing and Piloting Cross-Cultural Curriculum for Delivery and Utilization of End of Life Health Care Services”.

Developing a strong network of collaborators from the Regina Qu’Appelle Health Region including Debra Wizniak, Palliative Care, Pasqua Hospital, Roxanne Boekelder, Native Services, Palliative Care, Elders and members of the Aboriginal community including Elder Ken Goodwill and Elder Betty McKenna, and numerous community-based service agencies has made this research project possible. This network of

collaborators from the university, community and hospital will continue to work together in an iterative process.

Previous research conducted by members of this team revealed the high priority and importance of cross-cultural end-of-life health care research. Services based on palliative care philosophy are underutilized by ethnic minorities due to cultural barriers. Thus, the current project focuses on one culture in need of these services: Aboriginal communities in Canada. Using Community Action Research, that Dr. Hampton describes as “[doing] something about it”, this one-year pilot project will put into action the following objectives: The first objective is to inform end-of-life health care providers of culturally sensitive protocols for working with Aboriginal families. A curriculum that includes information about culturally sensitive and appropriate protocol for Aboriginal families will be

developed and then delivered to health care providers within the Regina Qu’Appelle Health Region through videos, lectures, and pamphlets. To evaluate the impact of the curriculum, focus group and interview data will be collected. The second objective of the project is to increase awareness of end-of-life care services within the community. In order to achieve this objective, fact sheets outlining available services will be prepared for easy distribution to Aboriginal persons, families, and services providers. The third objective of the project is to increase Aboriginal families’ use of these services.

Results of this pilot project will provide action-oriented products that will bring greater cultural awareness to the delivery of palliative and end end-of-life health care. Increasing cultural sensitivity around end of life health care may prove to be a positive change for non-Aboriginal families as well.♦

## Centre on Aging and Health Membership

Those interested in joining the CAH may complete the application form available online at the CAH website or request an application form from Dr. Gordon Asmundson,

Membership Committee Chair.  
Please mail applications to Dr. Gordon Asmundson at the following address:

Faculty of Kinesiology and Health Studies  
University of Regina  
3737 Wascana Parkway  
Regina, SK S4S 0A2

## Brain Awareness Week in Regina *(continued from page 1)*

these partnering agencies is to promote brain research within their own communities.

This is the second year a Brain Awareness Week took place in Regina. The Centre on Aging and Health and the Alzheimer Society of Saskatchewan were full partnering organizations in these events and were joined by numerous other community groups including the Seniors' Education Centre, University of Regina.

As part of this year's Brain Awareness Week, the Centre on Aging and Health organised a Public Forum at the University of Regina. During the forum (March 18, 2004), Dr. Dennis Alfano (Professor of Psychology,

University of Regina), discussed the effects of mild traumatic head injury while psychiatrist Dr. Charles J. Messer, discussed traumatic stress, depression and other comorbidities through the life cycle. Other activities during the week included a brown bag lunch at the Seniors' Education Centre entitled "Never too Old to Learn". This event featured a panel presentation exploring how life-long learning contributes to improving and maintaining healthy brain function. A professional brown bag lunch, conducted at the Wascana Rehabilitation Centre, focused on the discussion of aspects of Alzheimer's disease, including managing sundowning. In addition to these discussions,



Dr. Messer addresses those in attendance for the Brain Awareness Week CAH public

several display booths containing information relating to brain research were set up at various locations in the city. Children's outreach was also initiated and included a colouring contest and the development and distribution of activity booklets. ♦

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## Is Your Research Listed On Our Website?

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If not, please email your research interests to [lisa.drinkwater@uregina.ca](mailto:lisa.drinkwater@uregina.ca) for inclusion.