

# Centre on Aging and Health (CAH)

Newsletter

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## The Centre on Aging and Health (CAH) Receives \$350,000 from RBC Financial Group

(Story adapted from a University of Regina news release)



Mr. Peter Carton of the RBC Royal Bank (right) presents U of R President Dr. David Barnard (middle) and CAH Director Dr. Thomas Hadjistavropoulos (left) with the donation.

The RBC Financial Group (RBC) announced a \$350,000 donation to the CAH, as part of the University of Regina's Building Dreams and Futures campaign. The gift, made through RBC's charitable foundation, will

establish the RBC Research Fellowship Program on Aging and Health.

"At RBC, we have a strong commitment to supporting health care research and programs

because this is our way of showing that a healthy Canada is important to us. Our donation to the University of Regina is a perfect example of our ongoing commitment to health and wellness

(Continued on page 2)

“Changing demographics have brought seniors’ health issues to the forefront, and research is essential to help reduce health care expenditures and human suffering...”

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## 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...  
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## The Centre on Aging and Health Receives \$350,000 from RBC Financial Group *(cont. from page 1)*

initiatives that respond to critical research needs, enhance quality of life and improve community services," said Peter Carton, Regional Vice-President, Saskatchewan, RBC Royal Bank. The fellowship program will provide funding over a five-year period to attract and/or retain exceptional researchers in the field of aging and health. Research fellows are top faculty members and other full-time researchers who form a critical part of a dynamic research team, as they dedicate their time to researching improvements on current practices.

“Health research is one of five strategic priorities at the University of Regina,” said David Barnard, President of the University of Regina. “Changing demographics have brought seniors’ health

issues to the forefront, and research is essential to help reduce health care expenditures and human suffering. RBC’s donation will enable us to further our understanding of the complex issues surrounding aging and human health.”

The Centre on Aging and Health is an interdisciplinary research centre that investigates the many health issues affecting Canada’s aging population. The Centre is the first and only gerontology research centre in Saskatchewan and has established partnerships with health care facilities and gerontology organizations.

“RBC has shown great leadership in making this generous donation to the Building Dreams and Futures campaign,” said Barb Pollock, University of Regina Vice President of

External Relations. “It is clear that this gift will have an impact on our community for years to come.”

Building Dreams and Futures is an ambitious campaign to raise funds for five priority areas of the University of Regina: the 2005 Canada Summer Games, student support, research support, the Centre for Kinesiology, Health and Sport, and other emerging priorities. The projects and activities planned for those areas will cost a total of \$75 million. Funds are being raised from a variety of sources, including donations from individuals, corporations, and community organizations. Information on the campaign and how to make a contribution is available at 1-866-667-7500 or [www.uregina.ca/campaign](http://www.uregina.ca/campaign).♦

## Centre on Aging and Health Researchers Awarded \$204,228 Operating Grant from the Canadian Institutes of Health Research

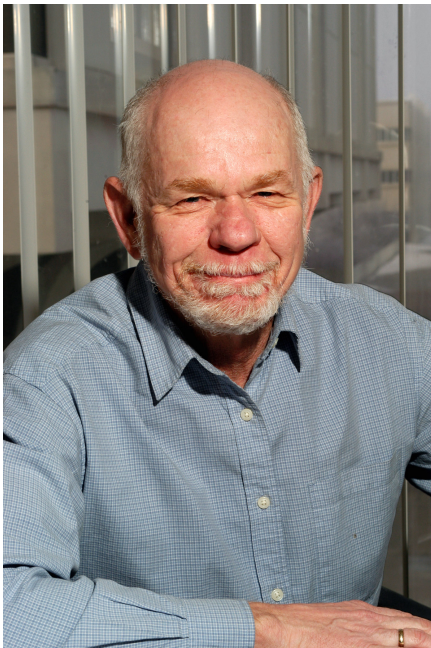
The Canadian Institutes of Health Research (CIHR) have awarded a 3-year operating grant in the amount of \$204,228 to Dr. Thomas Hadjistavropoulos, Director of the Centre on Aging and Health, and with Co-Investigators Dr. Gord

Asmundson and Dr. Don McCreary, for a study entitled “The impact of fear of pain and fear of falling among seniors with moderate to severe dementia.” The grant will permit testing of a theoretical model that was developed by Dr.

Hadjistavropoulos and colleagues in order to help identify seniors with moderate to severe dementia who are at increased risk of sustaining injurious falls. Work on this important project has already begun.♦

## There is Wide Diversity in the Work Conducted by Centre on Aging and Health Members

Story by Michelle D. Bourgault-Fagnou, BA



Professor Ken Mitchell

The types of projects that are being conducted by members of the Centre on Aging and Health are very diverse. Professor Ken Mitchell, one of Saskatchewan’s best known writers and an Associate member of the Centre on Aging and Health, continues

at the helm of a worthwhile project started several years ago by University of Regina Professor Dr. William Riddell.

Dr. Riddell saw many Saskatchewan men and women who were in their 90s and still enjoying life in all the ways they could, and thought it would be great for them to form a club. There would be no membership fees, just a commitment to do one’s best to live life to the fullest and to look forward to reaching the century mark. There would be social activities so members could socialize, renew old friendships, and form new ones. Birthdays and other special occasions would be recognized and family members representing different generations would be involved. Members who had already reached 100 would be known as Centenarians. Thus, the Saskatchewan Century Club

was born (Saskatchewan Seniors Mechanism (n.d.) *Saskatchewan Century Club*. Retrieved from [http://www.skseiorsmechanism.ca/100\\_club.php?page=100\\_club](http://www.skseiorsmechanism.ca/100_club.php?page=100_club).)

Professor Mitchell will be publishing a series of life stories of the Saskatchewan Centenarians who have committed to living active and independent lives to the age of 100 or beyond. His first published story, “Bill Gomersall: A Cowboy’s Tale” was published by Burning Sun Publications. A second booklet is now published entitled “Ann Eisler: Bearer of the Silver Cross.” More will follow in the months and years to come.♦

To obtain copies, write to Burning Sun Publications  
209 Angus Crescent  
Regina, SK, S4T 6N3  
or email [ken.mitchell@uregina.ca](mailto:ken.mitchell@uregina.ca).



## Regina's Third Brain Awareness Week

Story by Jaime Williams, MA



Dr. Hiroko Sotozaki

Regina's Brain Awareness Week 2005, organized by the Alzheimer Society of Saskatchewan, the

Centre on Aging and Health, and other community organizations, took place from March 14<sup>th</sup> to 20<sup>th</sup>. Similar to previous years, events included lunch hour symposiums, community displays, and a children's outreach program, and two new events including a "Brain Walk", which is an interactive walk through a variety of stations where volunteers teach about the different functions of the brain and about how to keep the brain safe and healthy and a "Brain Show" which kicked-off the week and showcased displays from a

variety of participating organisations including the CAH. As part of the week, the Centre on Aging and Health organized a Public Forum which was held at the University of Regina. This year, Dr. Hiroko Sotozaki, an Assistant Professor of Psychology at the University of Regina gave a presentation entitled, "Learning Disabilities: Reading and the Brain". The event was very well-attended by both the University community and the general public.♦

## Centre on Aging and Health (CAH) 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.

Both researchers and other professionals who work with seniors are eligible to join the CAH.

Please mail applications to Dr. Gordon Asmundson at the

following address:

Faculty of Kinesiology and Health Studies  
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[http://uregina.ca/hadjstt/centre\\_index.htm](http://uregina.ca/hadjstt/centre_index.htm)

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