



at the UNIVERSITY OF REGINA

## The Newsletter

### Live Long Die Short: 2024-2025 CAH Distinguished Public Lecture

The Centre on Aging and Health was delighted to host our 19th annual Distinguished Lecture this spring! More than 150 people attended the 2024-2025 Distinguished Public Lecture on March 27, 2025, with visiting speaker, Dominic Carter, of The Carter Group, a senior consumer researcher and resident of Tokyo, Japan. Carter delivered his lecture, "Live Long Die Short: Aging at the Intersection of Technology, Philosophy, and Purpose", which was co-sponsored by the U of R Office of Research Partnerships and Innovation.

During the lecture, Carter explored the Japanese philosophies of ikigai (personal purpose) and pin pin korori (live long, die short) as offering valuable insights for addressing the needs of older adults through the use of technology. Dominic Carter brought his unique perspective as a lecturer, guest speaker, trainer, consultant, and commentator on all



Dominic Carter, CEO of The Carter Group, Tokyo, Japan.

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### Newsletter Editor:

Kathryn Smart, B.A.

CAH Administrator

[Kathryn.Smart@uregina.ca](mailto:Kathryn.Smart@uregina.ca)

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matters related to consumer insights methodology, social mega-trends, and the contemporary ageing Japanese consumer to the University of Regina. Carter shared his vast knowledge of technology development as it relates to aging, through his extensive experience with Living Best, a community network he founded comprising leading-edge mature consumers, start-ups, and professionals focused on making age-tech user-friendly and widely accepted. Living Best's goal is to transform the aging experience in Japan and beyond through the mass adoption of technology created for and co-created by its users. Most recently, Carter was the Keynote Speaker at the 2024 Annual Convention of the AGE WELL Network of Technology and Aging, which comprises



Dominic Carter delivers the 2024-2025 Distinguished Lecture, "Live Long Die Short".

more than 300 funded and affiliated researchers from 50 universities and research centres across Canada.

Following his captivating lecture, Dominic Carter took questions from the audience in the University Theatre and participated in very engaged discussions with audience members. Earlier in the day, Carter also spoke with a group of older adults from Regina, answering their questions about aging and technology while incorporating the unique perspective of Japanese culture and demographics, as well as Canadian technological innovations and research.

Dominic Carter's lecture is now available on the CAH YouTube channel and can be viewed by following this link: <https://youtu.be/UipeCnmjrUI>. The Centre on Aging and Health thanks Mr. Carter for delivering his innovative and thought-provoking Distinguished Public Lecture!



Dominic Carter discusses the concept of ikigai with the audience.



# Canadian Institutes of Health Research (CIHR)-Funded International Research Team Visits U of R

The Centre on Aging and Health congratulates Dr. V. Puplambu (Faculty of Nursing) and her international team on their remarkable research and success as a Canadian Institutes of Health Research (CIHR) Institute of Aging Planning and Dissemination Grant recipient. The team working on the project "Older Adults' Experience of Vulnerability and Inequity in Recovering from the Pandemic' were hosted by Dr. Puplambu on the U of R campus in May 2025.



Left to right: Researchers Dr. Julie Cooke (Oxford Brookes University), Dr. Florence Luhanga (U of R), Dr. Vivian Puplambu (U of R) and Hai Yen Ho (Ashley) (U of R)



Members of Dr. Puplambu's research team visit the U of R. From left to right: Ms. Hai Yen Ho (Ashley) (U of R), Dr. Vivian Puplambu (U of R), Dr. Sanj Nathoo (Oxford Brookes University), Dr. Obrey Alexis (Oxford Brookes University) and Dr. J. Cooke (Oxford Brookes University).

## FOLLOW US ON SOCIAL MEDIA



To watch videos of the CAH Distinguished Public Lectures, and to learn more about our research and activities, visit the **CAH YouTube Channel** at: [www.youtube.com/@UofRAgingCentre](https://www.youtube.com/@UofRAgingCentre)



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# TEDx Talk about Pain in Dementia

As part of TEDx Regina 2025, Dr. Thomas Hadjistavropoulos delivered a compelling talk titled, “Research Lost in Translation: Can Social Media Help Improve Dementia Care?”, to an engaged audience of approximately 280 attendees.

In his presentation, Dr. Hadjistavropoulos addressed a critical challenge in healthcare: the staggering 17-year average it takes for clinically significant research to be widely implemented in practice – if it ever makes it that far. Too often, life-changing discoveries remain buried in academic journals and books, never reaching the people who need them most.

He urged scientists to embrace modern tools to bridge this gap. Instead of relying solely on traditional academic dissemination, researchers can now use social media to reach broad, diverse audiences almost instantly – an opportunity that was previously unimaginable.

Dr. Hadjistavropoulos highlighted the success of the 2019-2020 #SeePainMoreClearly campaign, which raised global awareness about the problem of unrecognized and undertreated pain in older adults, particularly due to conditions like osteoarthritis. The campaign reached millions and captured the attention of mainstream media, resulting in ten stories across print, TV, radio, and online platforms.



Dr. Thomas Hadjistavropoulos delivers his TEDx Talk at the University of Regina

He also spotlighted Dr. Christine Chambers' #ItDoesntHaveToHurt campaign, which brought evidence-based pediatric pain management strategies to millions of parents and healthcare providers through engaging, accessible social media content.

These campaigns demonstrate the power of social media to disseminate knowledge, influence public awareness, and accelerate the integration of research into everyday care. By harnessing these tools, the scientific community can help close the 17-year gap between discovery and implementation.

Dr. Hadjistavropoulos's TEDx talk will be available on YouTube in approximately 2-3 months. Stay tuned to CAH's social media channels for the link.



# Engaging Film Screening of 'Robot and Frank' Held at University for Brain Awareness Week

The Centre on Aging and Health hosted a very successful public event in recognition of the 22<sup>nd</sup> annual Brain Awareness Week on March 13, 2025. Brain Awareness Week is an international educational initiative established by the Dana Foundation to raise awareness about the importance of brain science and its critical role in supporting people to lead healthier, happier, and more productive lives.



Dr. Thomas Hadjistavropoulos leads a discussion with the audience following the film screening.

Over 100 people attended the public film screening of 'Robot and Frank', a critically-acclaimed Sundance award-winning film by director Jake Schreier, starring Frank Langella and Susan Sarandon. This compelling and humorous sci-fi drama set in the near future follows aging father and ex-convict Frank, who is experiencing dementia. Frank adapts to living with a robot given to him by his son to support his care, cognition, and quality of life. However, when Frank learns that the robot cannot decipher between legal and illegal activities, he begins to use the robot to commit heists together.

Following the film screening, Dr. Thomas Hadjistavropoulos led a very engaging discussion with audience members on the on the potential role of technology in improving the quality of life for people living with dementia.

The Centre on Aging and Health thanks all those who attended this event, as well as the Dana Foundation for bringing attention to the importance of brain health, and research and innovations to support it. To learn more about Brain Awareness Week, visit [www.dana.org/brain-awareness-week](http://www.dana.org/brain-awareness-week).

## JOIN THE CENTRE ON AGING AND HEALTH

Applying is quick and easy.

Apply on our website: [www2.uregina.ca/cah](http://www2.uregina.ca/cah)  
and click on Quick Links: **"Become a Member"**

## CAH Newsletter Accepting Submissions

Your announcements, member updates, research updates, and CAH-related news items are welcomed.  
Please email submissions to: Kathryn Smart, CAH Administrator at [Kathryn.Smart@uregina.ca](mailto:Kathryn.Smart@uregina.ca)

# Therapeutic Recreation in Long-Term Care: Impacts of the COVID-19 pandemic

*by Dr. Rebecca Genoe*

During COVID-19, quality of life declined for long-term care (LTC) residents. Group programs, community outings, and family and volunteer visits to Long Term Care (LTC) were cancelled. Our 2020 survey of Therapeutic Recreation (TR) staff in LTC showed that these professionals shifted away from group programs and community outings to individualized programming and coordinating virtual visits to reduce the risk of COVID-19 transmission while trying to support quality of life as much as possible through leisure, recreation, and play.

In 2024, we conducted a follow-up survey to understand how TR practice continued to change throughout the pandemic and as LTC facilities adjusted to post-pandemic realities. While some aspects of TR programming had returned to pre-COVID-19 practices, others had not. COVID-19 policies continued to affect programming by creating challenges in volunteer

recruitment, causing last-minute programming changes or cancellations, and requiring continued navigation of regulations. However, survey respondents also reported that residents were eager to participate in group activities once they were available. Some program adaptations continued, such as increased use of technology, when regulations were relaxed. Additionally participants gained important skills in providing individualized leisure programming, and felt proud of their ability to provide meaningful leisure whenever their units were on outbreak and group activities were once again restricted. Many reported that they were able to provide more personalized care and build stronger relationships with their residents as a result of the challenges they faced in the early stages of the pandemic. TR professionals demonstrated resilience, creativity, and passion in doing their jobs during the pandemic, and continued to advocate for resident well-being during the pandemic and in the post-pandemic era.

**Acknowledgements:** This research would not have been possible without the important contributions of Jenna Johnstone, MA, CTRS, and Oyindamola Ayo-Boboye, MSc candidate.

## POTENTIAL RESEARCH PARTICIPANTS

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

The CAH hosts a directory of hundreds of potential research participants for University of Regina Research Ethics Board approved studies conducted by members, associates and trainees of the Centre on Aging and Health.



# Neale Partington Winner of 2024-2025 CAH Award for Innovation in Health and Wellness

The Centre on Aging and Health congratulates Neale Partington, President of the Seniors' University Group (SUG), on being selected as the winner of the 2024-2025 Centre on Aging and Health Award for Innovation in Health and Wellness. The award was presented to Partington prior to the CAH's public Brain Awareness Week event on March 13, 2025, which was very well attended with strong representation from members of the Seniors' University Group, whose admiration and appreciation for Partington's remarkable leadership was apparent.

Each autumn, the CAH welcomes nominations from the public to recognize Regina-based individuals, groups, or organizations offering innovations in health or wellness services to older adults. The award recognizes those who have introduced an innovative approach to service provision, or who have conducted field research to evaluate services or programs for older persons. Services may be related to healthcare and healthcare delivery, mental health, exercise, nutrition, social participation and inclusion, and/or community support. The award is adjudicated by a committee comprised of older adults who are affiliated with the Centre on Aging and Health.

Partington was recognized for his tireless, innovative, and inspiring work, which



Left to right: Kathy Lye and Marj Theissen (CAH Adjudication Committee members) present the CAH Award for Innovation in Health and Wellness winner to Neale Partington (Seniors' University Group)

transformed the Seniors' University Group from an advisory role to a working group directly delivering and administering its suite of courses.

Under Neale Partington's determined and capable leadership, SUG implemented the following innovations: the purchase and configuration of a registration system, affiliating with other later life learning organizations across Canada, striking a 5-year Memorandum of Understanding with the University of Regina for use of classrooms at the College Avenue Campus, a new website and Facebook presence, offering both in-person and virtual classes, contracting a part-time coordinator, and

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partnering with Luther College to conduct a survey and focus groups to better understand what services and courses were interest to their clientele.

***"Where others would admit defeat, Neale sees possibilities to go forward."  
- Mary-Ann Dubé***

Partington's unwavering focus on innovation and bringing people together to fulfill SUG's mission, "to offer physical, mental and social learning/enhancement opportunities for seniors in Regina and southern Saskatchewan, encouraging community and significantly enhancing the quality of life", has undoubtedly contributed to improved opportunities to support the

mental, physical and social health of older adults in Regina and surrounding areas. Through Partington's leadership, SUG's membership has doubled and the organization has been considerably strengthened. For more information about the Seniors' University Group, please visit [www.seniorsuniversitygroup.ca](http://www.seniorsuniversitygroup.ca).

We would like to acknowledge our adjudication committee members - Kathy Lye, Marj Theissen and Dr. William Smythe - for their careful consideration of each of the excellent nominations received, and for their ongoing dedication to recognizing excellence in innovation in health and wellness in our community.

Congratulations to Neale Partington on his remarkable efforts and service innovations that will benefit older adults in Regina for years to come!

## NOMINATIONS OPEN FOR 2025/2026 CAH AWARD FOR INNOVATION IN HEALTH AND WELLNESS

The Centre on Aging and Health Award for Innovation in Health and Wellness recognizes Regina-based individuals, groups, or organizations offering health or wellness services to older adults. Services may be related to healthcare, mental health, exercise, nutrition, social participation and inclusion, and/or community support. Award recipients must have introduced an innovative approach to service provision or have conducted field research to evaluate services or programs for older persons.

Winners will be presented with an Award certificate at a CAH public event, will be offered formal affiliation with the CAH, and will be featured in the CAH Newsletter and CAH website.

If you know of a person or organization deserving of this award, nominations may be submitted at any time until October 15, 2025 for the 2025-2026 Award.

Please submit nominations:

using the Online Nomination Form ([www2.uregina.ca/cah](http://www2.uregina.ca/cah) > About CAH > [CAH Award](#)); or by completing a paper or PDF nomination form (on website or email [cah@uregina.ca](mailto:cah@uregina.ca)).

**For more information on eligibility, adjudication, or about how to apply, please visit <https://research.uregina.ca/cah/about-cah/innovation-in-health-wellness-award> or contact Kathryn Smart, CAH Administrator, at [Kathryn.Smart@uregina.ca](mailto:Kathryn.Smart@uregina.ca)**



# APPLY FOR THE M.A./M.SC. AGING STUDIES 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.

**Applications Due: March 31st, 2026**  
**(for Fall 2026 Admissions)**

## **For More Information:**

Dr. Abigail Wickson-Griffiths  
Program Co-coordinator  
306-337-2135

[Abigail.Wickson-Griffiths@uregina.ca](mailto:Abigail.Wickson-Griffiths@uregina.ca)

Dr. Natasha Gallant  
Program Co-coordinator  
306-585-4219

[Natasha.Gallant@uregina.ca](mailto:Natasha.Gallant@uregina.ca)

Kathryn Smart  
CAH Administrator  
306-337-8477  
[cah@uregina.ca](mailto:cah@uregina.ca)

## Apply now for the 2025/2026 CAH Small Grants Research Award!

Amount Available: \$1,500

Application Deadline: December 15, 2025

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:

Visit <https://research.uregina.ca/cah/about-cah/cah-grants-programs/>  
or contact [cah@uregina.ca](mailto:cah@uregina.ca) or 306.337.8477

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To watch videos of the CAH Distinguished Lectures, and to learn more about our research and activities, visit the **CAH YouTube Channel** at:  
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