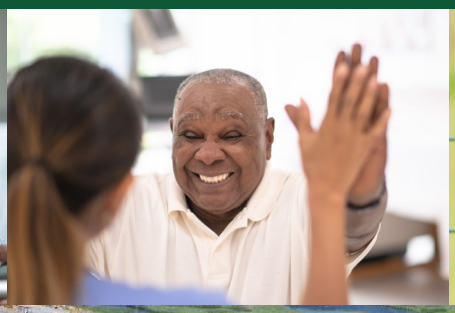
MA/MSC
AGING STUDIES
Program Brochure







CENTRE ON AGING AND HEALTH
at the UNIVERSITY OF REGINA

University of Regina

Letter from the Graduate Co-coordinators

Dear Graduate School Applicant:

We are thrilled that you are considering a graduate degree in Aging Studies at the University of Regina. This is a graduate degree overseen by the Centre on Aging and Health. It is an interdisciplinary program with collaboration from the Faculties of Arts, Kinesiology and Health Studies, Nursing, Social Work, and the Johnson Shoyama Graduate School of Public Policy. Opportunities for qualitative and quantitative research in the field are wide ranging with supervisors who are leaders in their disciplines. This brochure will provide you with an overview of the program; however, we encourage you to contact us or any one of the supervisors listed to further explore the possibility of enrolling in this exciting graduate program.

Sincerely,

Dr. Abigail Wickson-Griffiths
Aging Studies Graduate Co-coordinator
University of Regina
Faculty of Nursing
Ph. 306-337-2917
Abigail.Wickson-Griffiths@uregina.ca

Dr. Natasha Gallant
Aging Studies Graduate Co-coordinator
University of Regina
Department of Psychology
Ph. 306-585-4219
Natasha.Gallant@uregina.ca

Brochure updated June 2026.

Letter from the Director of the Centre on Aging and Health

Dear Graduate School Applicant:

Thank you for your interest in the interdisciplinary Aging Studies program at the University of Regina. The Centre on Aging and Health at the University of Regina is pleased to play a role in the administration and facilitation of this important program.

We invite all U of R Aging Studies students to apply formally for affiliation with our Centre and to participate in the Centre's activities that include a lecture series, the production of a newsletter, research facilitation, the operation of a pool of research participants and others. Please visit our web site at https://research.uregina.ca/cah/.

We wish you the best of luck in your pursuit of graduate study.

Sincerely,

Thomas Hadjistavropoulos, SOM, Ph.D., ABBP, FCAHS
Director, Centre on Aging and Health
Professor of Psychology and Research Chair in Aging and Health

Living in Saskatchewan

Residents of Saskatchewan enjoy a high standard of living. Saskatchewan is rich with cultural heritage, has an excellent network of national and provincial parks, and has clean, smog-free air. The landscape varies tremendously - from the vast wheat fields of the southern prairie, to the dense boreal forest with thousands of lakes that make up the north.

Saskatchewan has been a leader in health care for over 60 years. Saskatchewan pioneered universal hospital care insurance in the 1940s and comprehensive coverage in the 1960s. The province now concentrates on a wellness model that promotes preventive care and innovative service delivery through the Saskatchewan Health Authority. Regina is home to three major healthcare facilities: the Regina General Hospital, the Pasqua Hospital, and the Wascana Rehabilitation Centre.

Saskatchewan's climate has four distinct seasons, and residents enjoy more hours of sunlight than most other places in North America. The temperature fluctuates considerably over the course of the year. The average winter temperature is -15 degrees Celsius and the average summer temperature is +24 degrees Celsius.

The City of Regina

Regina, the capital of Saskatchewan, is in southern Saskatchewan, midway between Calgary, Alberta and Winnipeg, Manitoba. Regina is one of the sunniest places in Canada with a metropolitan area population of approximately 249,217 (2021 statistic).

Regina is home to the beautiful Legislative Building, and residents benefit from an abundance of parks, pathways, cultural events, organized sports, and excellent sporting facilities. Regina's park system features over 100 parks and is crowned by the Wascana Centre, a 930-hectare park that includes a lake, a picnic island, a marina, and waterfowl park and display ponds. Wascana Centre is one of the largest urban parks in North America. Major annual events include: the Regina Dragon Boat Festival, Regina's Frost Festival, Canadian Western Agribition, and the inter-cultural celebration, Mosaic. Winter sports, such as curling, hockey and cross-country skiing, are very popular . Regina is also home to several theatre groups, the longest continually running symphony in Canada and many fine, as well as diverse, restaurants.

The cost of living in Regina is very reasonable compared to other major Canadian cities. Affordable arrangements for student accommodations include a variety of student housing options in six fully-furnished residence buildings that are available on campus. Effective December 2023, the cost of on campus accommodations per month ranges between $598.75 (dorm room with shared bathroom), to $971 (single bedroom in shared apartment) and $1,145 (deluxe studio apartment) depending on the nature of the accommodation and the options selected. Off-campus unfurnished one bedroom apartments near the University typically rent for approximately $1,150 per month. Less expensive rental accommodations are available throughout Regina. For additional information about on-campus housing, visit: www.uregina.ca/housing.

CENTRE ON AGING AND HEALTH
at the UNIVERSITY OF REGINA

The University of Regina is a young and dynamic institution. Although we achieved independence only in 1974, we have grown to 14 faculties and many departments, which have established reputations for excellence and innovative programs leading to Bachelor's, Master's, and Doctoral degrees. As well, a variety of research centers and institutes on campus enhance teaching and research opportunities.

Our main campus is located in the heart of Wascana Centre, a unique 930-hectare development dedicated to education, recreation, culture, and the seat of government. The new campus and our historic 'old' campus provide an attractive work and study environment for our students, faculty, and staff. The University of Regina has grown rapidly over the past few years. The annual operating budget is over $245 million. Enrollment has reached over 16,000 full and part-time students, with over 1,400 faculty and staff.

The University of Regina is a welcoming and diverse campus, with international students from nearly 100 countries comprising 17.7 per cent of total students, and 14.7 per cent of students self-declaring as Indigenous. A secure and affordable place to study, U of R gives you access to support services specifically for international and Indigenous students.

Over the last decade, the University has achieved dramatic increases in its research revenues from external sources. Research efforts cover an impressive array of topics such as health (including anxiety, stress and pain as well as issues related to health equity), social justice & community safety, informatics, and water, environment & clean energy.

Recently, the University has enjoyed renewed physical growth. This consisted of the addition of several new buildings including the multi-million dollar 600-bed residence with indoor parking, a two-story addition and renovation to the Education Building, an impressive home for the First Nations University of Canada, two new residences, a state of the art Kinesiology and Health Studies complex, a major laboratory building addition and new Regina Research Park buildings that have led to synergies and research partnerships with industry and government.

Much of this information is derived from the University of Regina's official website at www.uregina.ca.

CENTRE ON AGING AND HEALTH
at the UNIVERSITY OF REGINA

M.A./M.Sc. Aging Studies Program

The University of Regina offers an exciting inter-disciplinary research-oriented graduate degree program in Aging Studies. The field of aging studies (the comprehensive study of aging and the problems and opportunities of older adults) is becoming increasingly important because it addresses one of the most significant demographic issues confronting our society today, namely the increasing proportion of the population that is over the age of 65. Students with professional degrees (e.g., medicine, social work, physical therapy, nursing, optometry, etc.) as well as undergraduate degrees in kinesiology, psychology, health studies, health science, biology or other related health disciplines are encouraged to apply for the Fall semester. The program is coordinated by the Centre on Aging and Health, University of Regina, and involves the collaboration of the Faculty of Arts, Faculty of Kinesiology and Health Studies, Faculty of Nursing, Faculty of Social Work, and the Johnson Shoyama Graduate School of Public Policy. Students can work towards an M.A. or M.Sc. degree depending on the nature of their thesis research. The program aims to provide research training and specialized aging studies knowledge to health professionals and students wishing to pursue doctoral studies and research careers. The program addresses physiological and psychosocial aspects of aging.

Admission Requirements

Applicants require a 4-year undergraduate degree in an area such as kinesiology, aging studies, gerontology, social work, psychology, sociology, health studies, health science, biology, or an equivalent health professional degree, e.g. nursing, medicine or physical therapy. Some courses (e.g., AGIN 890) have undergraduate pre-requisites. Students who have not completed these pre-requisites or equivalent can still be admitted to the program with the understanding that they will be expected to complete the undergraduate prerequisites prior to being able to complete the corresponding aging studies program courses.

To be eligible for admission, applications must include the following:

- an Application for Admission to Graduate Studies form (available online);
- official transcripts from all post-secondary institutions attended;
- two confidential Recommendation Forms (available online);
- a $100.00 non-refundable application fee for all applicants;
- a Graduate Letter of Intent that addresses four topics, including your specific area of academic interest, how your past education, professional and other experiences have prepared you to be successful in this graduate program, what you hope to achieve in the program, and how this program may help you fulfill your long term objectives.

Note: all international applicants must submit proof of English proficiency in the form of an approved test score (i.e., TOEFL) sent directly from the testing service to the FGSR office.
For more information, visit: https://www.uregina.ca/graduate-studies-research/future-students/eligibility-requirements.html

Students should note that the minimum academic standard for admission to the Faculty of Graduate Studies and Research is a baccalaureate average of at least 70%. Students are also advised that admissions to the Aging Studies program are competitive, and that meeting the minimum requirements does not guarantee admission to the program.

Students are strongly encouraged to review the Aging Studies faculty members' profiles and to contact those faculty members whose research areas are most closely related to their interests prior to applying to the program. A match between student and supervisor is a very important step in acceptance to the program. Online applications must be received by March 31, 2026 at midnight CST. Applications are reviewed once per academic year, with offers of admission typically sent in late spring.

Financial Support

Throughout the year, the Aging Studies Graduate Program Co-coordinators will inform students of funding opportunities to support their graduate studies.

The Faculty of Graduate Studies and Research (FGSR) provides funding opportunities as outlined on their Graduate Scholarships & Awards page:
www.uregina.ca/gradstudies/current-students/scholarships.

FGSR offers funding opportunities for incoming and current graduate students as outlined on the FGSR Funding/Special Awards page:
www.uregina.ca/gradstudies/current-students/scholarships/fgsr-funding.html.

1. FGSR Women in STEM Entrance Scholarship
2. FGSR Indigenous Entrance Scholarship
3. Graduate Student Base Funding (GSBF)
4. Graduate Teaching Assistantship (GTA)
5. Graduate Teaching Fellowship (GTF)

The University of Regina also has several internal scholarships that incoming and current graduate students can view as a Guest through FGSR's online Graduate Awards Portal (GAP): www.uregina.ca/gradstudies/current-students/scholarships.

FGSR hosts three competitions each year in GAP:

- September 1 – 30 (Fall)
- February 1 – 28 (Winter)
- May 1 – 30 (Spring/Summer)

Graduate students are encouraged to become familiar with GAP. FGSR hosts a GAP "How to Apply" Session for new students each semester. Please watch the FGSR Events page for this event as it is very helpful to new students (www.uregina.ca/gradstudies/events). FGSR also has "How To" Guides that students can review on the left hand side of the Graduate Scholarships & Awards page.

Please be aware that students will need to review the eligibility requirements for each scholarship that they wish to apply for. Students MUST meet each and every eligibility criterion listed for the scholarship(s) that they apply for or FGSR will have to deem them ineligible.

Students should also be aware of the other funding opportunities, including external funding, listed on the Graduate Scholarships & Awards page that is not in GAP. Students are strongly encouraged to seek additional funding from external sources.

Other Student Services

Library Services

Detailed information about the size and nature of the library collections and services at the U of R is available on the Library website: www.uregina.ca/library.

The Dr. John Archer Library is the largest library on the University of Regina campus. Library holdings include more than 644,000 print monograph (book) titles, 118,000 electronic monograph titles, 1,400 print and microform serial titles, 21,000 electronic serial titles, 35,000 serial titles in aggregator packages, 11,000 audio materials, and 1,800 film and video materials.
Also accessible to all University of Regina students are three federated college libraries (Campion College Library, Luther College Library, and First Nations University of Canada Library).

The Library currently subscribes to more than 400 database services in a wide range of subject disciplines. For psychology, there are more than 30 databases listed that provide access to indexes, abstracts, and full-text articles. These include PsycINFO, PsycArticles, PsycCRITIQUES, and Journal Citation Reports.

The Archer Library provides seating for more than 740 readers. There are 104 computer workstations with full office productivity software for student in the main floor commons as well as a lab with 30 computers. Most of the electronic resources are available at workstation at the libraries as well as offices, computer labs, and other locations on campus. Off-campus access is also available for faculty, students, and staff.

Other services available include Interlibrary Loans/Document Delivery, which provides access to journal articles, books, and other resources that are not available at the Archer Library. Most articles that are needed by faculty and students can be obtained within a few days and can be requested online. Also available online is the Recommend a Book form, where students and faculty can suggest books to be added to our collection. Reference service is available at the Archer Library Information Desk. Instruction in using library resources, including searching databases, is available individually, for small groups, and classes.

Computers

Most faculty members have computers available for students in their research labs. There are computers and a printer available in the Psychology Training Clinic. Graduate students also have access to a university computer laboratory that enables them to use the university's network. The network provides students with access to SPSS, Microsoft Office, and AMOS. This laboratory may be used by students at any time with exception of when it is booked for teaching purposes.

Accommodations

The Centre for Student Accessibility (CSA) upholds the University's commitment to a diverse and inclusive learning community by providing services and support to enable students with disabilities to approach their studies in an equal and effective manner. Students can request accommodations through their website www.uregina.ca/student/accessibility.

Degree Requirements

A minimum of 30 credit hours needs to be completed for the Aging Studies program:

Course	Cr. Hrs.	Course	Cr. Hrs.
1. One of SW/AGIN 803 or SW/AGIN 816	3	5. PSYC 802	3
2. One of JSGS 817, JSGS 837, EC&I 809, PSYC 823 or SW 881	3	6. PSYC 807, KHS 866 or Directed Readings Course on Ethical Issues	3
3. KHS 892/AGIN 890, NURS 820 or KHS 843	3	7. AGIN 901 (Research/Thesis)	12
4. KHS 803 or PSYC 801	3	8. AGIN 800 (Seminars)	0

1. One of the following courses (3.0 credit hours):

a. **SW 803: End of Life Issues for Human Services Work**
This course deals with impacts of end of life issues on individuals, families, social workers and health practitioners. Cultural, societal and personal perspectives of death and dying will be explored, along with roles of social workers and health professionals in practice, research, education and policy in end of life care.
Note: Crosslisted with AGIN 803

b. **SW 816: Aging, Society, and Human Services Work**
This course considers social work practice, research, education and policy with seniors in the community and in institutions. The focus of the course will be the role of the social work perspective in each of these professional activities with seniors.
Note: Crosslisted with AGIN 816

2. One of the following courses (3.0 credit hours):

a. **JSGS 817: Health Policy**
This course will review the historical development of the Canadian health care system and its supporting principles, governance structures and fiscal arrangements; and examine contemporary structures and relationships. Issues such as benefit coverage, health human resources, user fees, pharmaceuticals, regional health boards, and health reform in a comparative context will be examined.

b. **JSGS 837: Health Economics**
This course is designed to provide students with an introduction to economic concepts and analysis relevant to health, health care and health care systems. Students will examine economic aspects of various elements of the health-care sector, identify relevant policy questions and apply economic concepts and techniques to analyze them.

c. **EC&I 809: Program Evaluation**
This course is directed to individuals charged with designing and/or conducting evaluation activities, those who commission and use the results of evaluation studies,

and those who are the subject of evaluations and wish to better understand the evaluation issues and activities in which they are involved.

d. **PSYC 823: Program Development & Evaluation**
An advanced seminar on approaches and techniques relevant to program development and evaluation.

e. **SW 881: Qualitative & Applied Research Methods**
This course is designed to develop a thorough knowledge and range of skills in the research methodologies of qualitative, applied, and participatory research and action research for use in social work practice situations. The course will review the foundations of qualitative research and their relevance to social work practice-based and knowledge building research.

3. One of the following courses (3.0 credit hours):

a. **KHS 892: Physiology of Aging**
An advanced study of the alteration in physiological function associated with the normal aging of body systems and the clinical consequences of these changes for maintenance of optimal function, physical activity, health and longevity.
Note: 6 credit hours of Human Physiology or permission of instructor required.
Note: Crosslisted with AGIN 890.

b. **NURS 820: Patterns of Health and Illness in Older Adults**
This course offers broad-based knowledge and skills through integrated, interprofessional education related to health and illness in old age. Physiological changes and psychosocial aspects of aging as they relate to common health problems will be examined.

c. **KHS 843 – Well-Being in Later Life**
The purpose of this course is to explore and critique current theories, issues, challenges, and opportunities related to well-being in later life. The students will read, discuss, and evaluate social gerontology research and theory with regard to physical, social, and psychological well-being amongst older adults.
Note: Students may receive credit for one of KHS 843 or KHS 847AJ.

4. One of the following courses (3.0 credit hours):

a. **KHS 803: Research Design and Methods in Kinesiology and Applied Health Sciences**
This course will explore health research issues and provide an examination of the technical aspects of planning and performing research in kinesiology and applied health sciences. Topics include: critical evaluation; success in writing research proposals and grants; research ethics; data collection and management strategies; and communicating and publishing research successfully.

b. **PSYC 801: Research Design & Methodology**
A critical examination of issues involved in the planning, conducting, and evaluation of research in psychology with emphasis on areas of relevance to clinical and

experimental/applied psychology.

5. **PSYC 802: Applied Multivariate Statistics (3.0 credit hours):** It is strongly recommended that students who have not taken a statistics course at the undergraduate level complete an undergraduate-level statistics course before taking this course. This course can be completed either prior to or after commencing the Aging Studies program at the University of Regina.

6. **One of the following courses (3.0 credit hours):**

    a. **PSYC 807: Research & Applied Ethics**
    This course will provide an examination of ethical issues in research, teaching, and applied fields of psychology.

    b. **KHS 866: Ethical Decision Making in Kinesiology and Health Care Administration**
    This course investigates the content, process, and the moderators of ethical decision making in the administrative context of Kinesiology and Health Studies. Students will be exposed to ethical, cultural, and administrative theory as a means to use and develop decision models to resolve administrative dilemmas.

    c. **Directed Readings Course on Ethical Issues**

7. **AGIN 901: Thesis Research in Aging Studies (12 credit hours)**
The topic of a student's thesis must be clearly related to aging studies (i.e., the study of aging and/or the aged). A committee consisting of three faculty members (including the student's supervisor) affiliated with the CAH must approve each thesis topic as part of a thesis proposal defense. Approval will be based on whether the topic clearly falls within the scope of aging studies. Students are expected to submit the topic in the form of a title and a brief description of up to 3 pages to the Aging Studies Graduate Program Coordinator prior to proceeding with a proposal defense.

8. **AGIN 800: Seminars in Aging Studies**
The CAH will coordinate a series of seminars. Students will be expected to attend and participate in 10 seminars prior to graduation. The Aging Studies Graduate Program Coordinator will monitor attendance.

9. Students are also encouraged to apply for student membership with the University of Regina's Centre on Aging and Health (https://research.uregina.ca/cah) as well as external organizations such as the Canadian Association on Gerontology (www.cagacg.ca).

Note: Students who have taken KHS 892/AGIN 890 may take NURS 820/AGIN 893 in lieu of one of JSGS 817, EC&I 809, PSYC 823, or SW 881. Students who have taken NURS 820/AGIN 893 may take KHS 892/AGIN 890 in lieu of one of JSGS 817, EC&I 809 PSYC 823, or SW 881.

Faculty Research Interests and Selected Publications

BARDEN, John M., PhD.
Professor and Associate Dean (Undergraduate), Kinesiology & Health Studies
Email: John.Barden@uregina.ca

Relevant Research Interests: Biomechanical analysis of gait variability in older adults and in adults with various pathological conditions (e.g., knee osteoarthritis, peripheral arterial disease).

Representative Work:

Barden, J.M., Hoffert, L., Ruf, S., McCarville, D. and Kopriva, D. (2022). The effect of peripheral arterial disease and intermittent claudication on gait regularity and symmetry. *Journal of Biomechanics*, 141, https://doi.org/10.1016/j.jbiomech.2022.111205.

Kobsar, D., **Barden, J.M**., Clermont, C., Astephen Wilson, J.L., and Ferber, R. (2022). Sex differences in the regularity and symmetry of gait in older adults with and without knee osteoarthritis. *Gait and Posture*, 95, 192-197**.**

Barden, J.M., Clermont C.A., Kobsar, D. and Beauchet, O. (2016). Accelerometer-based step regularity is lower in older adults with bilateral knee osteoarthritis. *Frontiers in Human Neuroscience*, 10, 625.

BUTTIGIEG, Josef, PhD.
Professor, Biology
Email: Josef.Buttigieg@uregina.ca

Relevant Research Interests: 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 his research lab. These include molecular biology (qPCR, proteomics), cell physiology (electrophysiology, and cell signaling) to animal/human work (tissue biopsies, behavior and movement).

Representative Work:

Singh, J., Bhagaloo L, Sy E., Lavoie A.J., Dehghani P., Bardutz H.A., Mang C.S., **Buttigieg J**., Neary J.P. (2022). Cardiac impairments in postacute COVID-19 with sustained symptoms: A review of the literature and proof of concept. Physiol Rep. 2022 Aug; 10(16):e15430. doi: 10.14814/phy2.15430.

Quartey M.O., Nyarko J.N.K., Maley J.M., Barnes J.R., Bolanos M.A.C., Heistad R.M., Knudsen K.J., Pennington P.R., **Buttigieg J.**¸De Carvalho C.E., Leary S.C., Parsons M.P., Mousseau D.D. (2021). The Aβ(1-38) peptide is a negative regulator of the Aβ(1-42) peptide implicated in Alzheimer disease progression. Sci Rep. 11(1): 431. doi: 10.1038/s41598-020-80164-w.

Hansmeier N.,**Buttigieg J.,** Kumar P., Pelle S., Choi K.Y., Kopriva D., Chao T.C. (2018). Identification of Mature Atherosclerotic Plaque Proteome Signatures Using Data-Independent Acquisition Mass Spectrometry. J Proteome Res.; 17(1):164-176. doi: 10.1021/acs.jproteome.7b0048

CANDOW, Darren, PhD; CSEP-CEP.
Professor of Exercise Physiology and Metabolism in Kinesiology & Health Studies
Email: Darren.Candow@uregina.ca

Relevant Research Interests: Exercise, Nutrition, and Aging

Representative Work:

Candow, D.G., J. Pratt, N. Fabiano, A. Gordji-Nejad, E.S. Rawson, T. Moriarty, S.C. Forbes, and C. M. Kerksick. (2026). Creatine Supplementation and the Brain: Have We Put The Cart Before The Horse? Journal of Dietary Supplements, 23(2): 175-204.

Rusterholz, F., **D.G. Candow**, S. Mills, J. Lewgood, S. C. Forbes, C. S. Mang, and A. E. Smith-Ryan. (2026). Effects of different creatine monohydrate supplementation strategies and resistance-band training in untrained healthy adults (≥ 50 years of age). Advanced Exercise and Health Science, 3: 57-68.

Candow, D.G., S. M. Ostojic, P. D. Chilibeck, I. Longobardi, B. Gualano, M. A. Tarnopolsky, T. Wallimann, T. Moriarty, R. B. Kreider, S. C. Forbes, U. Schlattner, and J. Antonio. (2025). Creatine monohydrate supplementation for older adults and clinical populations. Special Issue-Creatine in Health and Disease. Journal of the International Society of Sports Nutrition, 22(1): 2534130.

DORSCH, Kim, PhD.
Professor, Kinesiology and Health Studies Email:
Kim.Dorsch@uregina.ca

Relevant Research Interests: Attention; cardiac rehabilitation; executive functioning; physical activity.

Representative Work:

Harenberg, S., St. Onge, J. R., Robinson, J., Eguakun, O., Lavoie, A., **Dorsch, K.**, Dakar, R. S., & Dehghani, P. (2020). Assessing postoperative cognitive dysfunction using 3D multiple object tracking in open heart surgery patients. Technology & Disability, 32, 123-128. DOI: 10.3233/TAD-200262.

Harenberg, S., Marshall-Prain, N., **Dorsch, K. D.**, & Riemer, H. A. (2015). Factorial validity and gender invariance of the CES-D in cardiac rehabilitation patients. Journal of Cardiopulmonary Rehabilitation and Prevention, 35(5), 320-327.

GALLANT, Natasha, PhD., RDPsych
Assistant Professor, Canada Research Chair in Aging and Long Term Care, and Director of Aging, Residents, and Caregivers (ARC) Research Unit, Psychology
Email: Natasha.Gallant@uregina.ca

Relevant Research Interests:
At the ARC Research Unit, we aim to improve the well-being of individuals who are aging with acute illness, chronic disease, and/or serious mental illness with a focus on people living with dementia and/or residing in long-term care homes. Some of our current projects include the following: (1) acceptance and commitment therapy for caregivers of long-term care residents; (2) loneliness and social isolation among people living with dementia; (3) long-term care residents living with serious mental illness; and (4) time perception and temporalities among people living with dementia.

Representative Work:
Gallant, N. L., Russill, C. L., Taylor, N., Nakonechny, S., Kohlert, A., & Ewing, K. (2024). Time perception among people living with and without dementia: A scoping review. Dementia, 23(7), 1183-1211.

Gallant, N. L., Hadjistavropoulos, T., Stopyn, R. J. N., & Feere, E. (2023). Integrating technology adoption models into implementation science methodologies: A mixed-methods pre-implementation study. The Gerontologist, 63(3), 416-427.

Gallant, N. L., Hardy, M.-S., Beogo, I., Conklin, J., Connelly, D., Kaasalainen, S., Keefe, J., Robitaille, A., Yous, M.-L., Fanaki, C., & Cameron, C. (2022). Improving family presence in long-term care during the COVID-19 pandemic. Healthcare Quarterly, 25(SP), 34–40.

GENOE, Rebecca, PhD.
Professor, Kinesiology and Health Studies
Email: Rebecca.Genoe@uregina.ca

Relevant Research Interests: (1) the role of leisure in retirement, particularly as it relates to coping with retirement transitions; (2) Therapeutic Recreation in Long-Term care; and (3) leisure and the experience of memory loss, including how leisure can be used to support well-being among people living with dementia and how leisure can be used to address and resist dementia-related stigma.

Representative Work:
Genoe, M. R., Ostryzniuk, L., Park, K., Nelson, S., Cripps, D. G., & Boser, D. (2026). Roles and strengths of therapeutic recreation professionals in service provision: A strengths-based approach. *The Qualitative Report, 31*(2). https://doi.org/10.46743/2160-3715/2026.6979

Genoe, M. R., Chung, C., Liechty, T., Plandowski, K., Stearns, S., Fesemyer-Ayers, J., & Tavilsup, P. (2025). Connecting through leisure: A multi-author blog as a site for relationship building during the transition to retirement. *International Journal for the Sociology of Leisure*, https://doi.org/10.1007/s41978-025-00192-6

Genoe, M. R., Kelsey, R., Domoney, C., Buhay, M., & Reles, S. (2024). Get in touch with leisure: A community-based therapeutic recreation programme for older adults during COVID-19. *World Leisure Journal, 66*(3), 403-428.

GORDON, Jennifer, PhD.
Associate Professor, Psychology
Email: Jennifer.Gordon@uregina.ca

Relevant Research Interests: Mental health in peri- and postmenopausal women, biopsychosocial contributors and consequences of postmenopausal insomnia and vasomotor symptoms.

Representative Work:

Gordon, J. L., Eisenlohr-Moul, T.A., Rubinow, D.R., Schrubbe, L., and Girdler, S.S. (2016). Naturally occurring changes in estradiol concentrations in the menopause transition predict morning cortisol and negative mood in perimenopausal depression. *Clinical Psychological Science, 4(*5), 919-935.

Gordon, J.L., Rubinow, D.R., Thurston, R.C., Paulson, J., Schmidt, P.J., and Girdler, S.S. (2016). Cardiovascular, hemodynamic, neuroendocrine, and inflammatory markers in women with and without vasomotor symptoms. *Menopause, 23*(11), 1189-1198.

Gordon, J.L., Rubinow, D.R., Eisenlohr-Moul, T.A., Leserman, J., and Girdler, S.S. (2016). Estradiol variability, stressful life events and the emergence of depressive symptomatology during the menopause transition. *Menopause, 23*(3), 1-10.

HADJISTAVROPOULOS, Thomas, SOM, PhD., ABPP, FCAHS, FRSC
Professor of Psychology and Research Chair in Aging and Health
Email: Thomas.Hadjistavropoulos@uregina.ca

Relevant Research Interests: Pain assessment and management among older adults including older adults with dementia; psychological risk factors in falling.

Representative Work:

Hadjistavropoulos, T. (2025). Investigations of pain in dementia within the context of paradigmatic shifts in health research. Canadian Psychology, 66, 129-137. https://doi.org/10.1037/cap0000406

McLennan, A. I. G., Winters, E., Gagnon, M. & **Hadjistavropoulos, T.** (2026). Pain in dementia: A systematic review of the measurement properties of observational assessment tools. Clinical Psychology Review, 124, 102704,

Stopyn, R.J., Moturu, A., Taati, B. & **Hadjistavropoulos, T.** (2025). Real-time evaluation of an automated computer vision system to monitor pain behavior in older adults. Journal of Rehabilitation and Assistive Technologies, 12, 1-20. doi:10.1177/20556683251313762

MANG, Cameron, PhD.
Associate Professor, Kinesiology and Health Studies
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Relevant Research Interests: Neurorehabilitation, stroke, brain injury, multiple sclerosis, motor learning, motor control. *Clinical Interests:* Community exercise and rehabilitation programming.

Representative Work:

Mang C.S., Bye N., Janzen J., James G., Hopper T.D. (2025). Collaborating to Bridge the Benefits of Community Exercise and Recreation Programming after Acquired Brain Injury. *Therapeutic Recreation Journal* 59, no. 1. https://doi.org/10.18666/TRJ-2025-V59-I1-12592

Moslemi, Z., Toledo-Aldana, E. A., Baldwin, B., Donkers, S. J., Eng, J. J., Mondal, P., ... & **Mang, C. S.** (2023). Task-oriented exercise effects on walking and corticospinal excitability in multiple sclerosis: protocol for a randomized controlled trial. *BMC Sports Science, Medicine and Rehabilitation*, *15*(1), 175. https://doi.org/10.1186/s13102-023-00790-5

Coomaran V, Khan A, Tyson E, Bardutz H, Hopper TD, **Mang C.S.** (2022). Evaluating and Characterizing an Individually-Tailored Community Exercise Program for Older Adults With Chronic Neurological Conditions: A Mixed-Methods Study. *J Aging Phys Act,* 30(6):1047-1060. https://doi.org/10.1123/japa.2021-0292.

MCGINNIS, Angela, PhD.
Associate Professor, Educational Psychology
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Relevant Research Interests: Cultural connectedness, holistic health, Indigenous populations, Indigenous Elder perspectives, more-than-human, nature-based therapy, ecopsychology.

Representative Work:

McGinnis, A., & Kincaid, A. K. (2024). Walking a Common Path: Decolonizing land-based education with the more-than-human world. A. King, K. O'Reilly & P. Lewis. Unsettling education: Decolonizing and Indigenizing the land (pp.189-213). Canadian Scholars.

McGinnis, A., Kincaid, A. T., Barrett, M. J., Ham, C., & Community Elders Research Advisory Group. (2019). Strengthening animal-human relationships as a doorway to Indigenous holistic wellness. *Ecopsychology, 11*(3), 162-173. https://doi.org/10.1089/eco.2019.0003.

NEARY, J. Patrick, PhD.
Professor of Kinesiology & Health Studies
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Relevant Research Interests: Physiological issues related to chronic disease, illness, and exercise as they relate to aging, mild traumatic brain injury, and PTSD.

Representative Work:

Neary, J.P., Singh, J., Sirant, L.W., Singh, J., Gaul, C.A., Martin, S., Stuart-Hill, L., Candow, D.G., Mang, C., Kratzig, G.P. (2022). History of Brain Injury Alters Cerebral Haemodynamic Oscillations with Cardiac Influence. Brain Sci., 12: 1443. https://doi.org/10.3390/brainsci12111443.

Sirant, L.W., Singh, J., Martin, S., Gaul, C.A., Stuart-Hill, L., Candow, D.G., Mang, C., **Neary, J.P.** (2022). Long-term effects of multiple concussions on prefrontal cortex oxygenation during neurovascular coupling activation in retired male contact sport athletes. Current Research in Physiology, 5:421-428. https://doi.org/10.1016/j.crphys.2022.11.002.

Carleton, R. N., Krätzig, G. P., Sauer-Zavala, S., **Neary, J. P.**, Lix, L. M., Fletcher, A. J., Afifi, T. O., Brunet, A., Martin, R., Hamelin, K., Teckchandani, T., Jamshidi, L., Gerhard, D., McCarron, M., Hoeber, O., Jones, N., Stewart, S. H., Keane, T. M., Sareen, J., Dobson, K., & Asmundson, G.J.G. (2022). The Royal Canadian Mounted Police (RCMP) Study: Protocol for a Prospective Investigation of Mental Health Risk and Resiliency Factors. Health Promotion and Chronic Disease Prevention in Canada: Research, Policy and Practice, 42(8), 319-333. https://doi.org/10.24095/hpcdp.42.8.02.

NELSON, Heather, PhD.
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Relevant Research Interests: Community-dwelling older adults, phone programs, mood and loneliness, 100-year-olds, patient-oriented research, unique knowledge dissemination methods.

Representative Work:

Nelson, H., Langman, E., Hubbard Murdoch, N., Ziefflie, B., Mayer, P., Norton, D., Page, S., Fuchs-Lacelle, S. (2023) The impact of phone interventions on mood and loneliness in older adults: A systematic review protocol. JBI Evidence Synthesis. *DOI:* 10.11124/JBIES-22-00215.

Riess, K., **Nelson, H.**, Ziefflie, B., Page, S., Mayer, P. (2023) Looking Forward at 100 [video]. vimeo https://vimeo.com/789204719/95072aa91d.

Nelson, H., Ziefflie, B., Norton, D., Page, S., Unique, R., & Mayer, P. (2022). The Lived Experience of Seniors Socially Distancing during the Early Stages of the Covid-19 Pandemic: A Phonomenological Study. *Canadian Journal on Aging.* https://www.doi.org/10.1017/S0714980821000581.

PINO, Fritz, MSW, PhD.
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Relevant Research Interests: LGBTQ+ and aging, transnational migration and aging.

Representative Work:

Pino, F. (2024). Connecting with older queer Filipinos through kuwento: Toward an intergenerational queer and decolonial qualitative research methods. *Intersectionalities: A Global Journal of Social Work Analysis, Research, Polity, and Practice, 11*(1), 64-80. https://doi.org/10.48336/IJBHHU8840

Pino, F.L. (2017). Older Filipino gay men in Canada: Bridging queer theory and gerontology in Filipino-Canadian studies. In R. Diaz, M. Largo, & F. Pino (Eds.), *Diasporic intimacies: Queer Filipinos and Canadian imaginaries* (163-181). Evanston, IL: Northwestern University Press.

Coloma, R. S. & **Pino, F. L.** (2016) "There's hardly anything left": Poverty and the economic insecurity of elderly Filipinos in Toronto. *Canadian Ethnic Studies 48*(2), 71-97.

PUPLAMPU, Vivian, PhD., MN, RN, GNC (C)
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Relevant Research Interests: Older adults' quality of life and healthy aging in place including their vulnerability and inequity; Black and racialized older adults 'social connectedness and belongingness; social capital; cohousing community; nursing education; and qualitative research methods.

Representative Work:

Puplampu, V.A., Ho, A.H.Y., Kazi, M., Baffour-Awuah, A., Dalidowicz, M., Bushi, J., Salma, J.,Osuji , J., Moasun , F.Y., Chipanshi, M., Luhanga, F., Falihi, A., Nsaliwa, C., Pierson, J., Mambu, L.M., & Salami, B. A. (2026, February 20). Scoping review on the impact of the environment on racialized immigrant older adults' social connectedness and sense of belonging. *Journal of Aging Research. 1-4.* 1089194. doi: 10.1155/jare/1089194.

Puplampu, V. A., Pierson, J., Oba, F., Weeks, L., Gawdun, J**., &** White, J. (2024). Older Black adults' social capital during COVID-19 and its impact on mental wellbeing. *PERSPECTIVES, Journal of the Canadian Gerontological Nursing Association* , 45(1), 29-36.

Puplampu, V. A., Silversides, H. P., & Phillips, K. (2023). A scoping review on older adults from Africa social connecteness experiences in North America. *Journal of Cross-Cultural Gerontology*, 38(2), 115-135. https://doi.org/10.1007/s10823-023-09479

ROBINSON, Tanis, PhD.
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Relevant Research Interests: Rurality, access barriers to healthcare, transitions to illness & disease management in rural areas, Parkinson's disease, newcomer health and wellness in rural areas.

Representative Work:

Robinson, T. A. L. R. (2020). Continuing the Dance: A Constructivist Grounded Theory of Understanding Transitions of Rural Couples with Parkinson's Disease (Doctoral thesis, University of Calgary, Calgary, Canada). Retrieved from https://prism.ucalgary.ca; http://hdl.handle.net/1880/112535.

Rossow-Kimball, B., & Goodwin, D. L. (2014). Inclusive leisure experiences of older adults with intellectual disabilities at a senior centre. *Leisure studies*, *33*(3), 322-338.

ROSSOW-KIMBALL, Brenda, PhD.
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Relevant Research Interests: Narrative inquiry, aging, community, lived experience of disability.

Representative Work:

Rossow-Kimball, B., & Goodwin, D. (2018). Leisure in later life for people with intellectual impairments: beyond service provision toward person coherence. *Leisure/Loisir*, *42*(3), 243-258.

Rossow-Kimball, B., & Goodwin, D. L. (2014). Inclusive leisure experiences of older adults with intellectual disabilities at a senior centre. *Leisure studies*, *33*(3), 322-338.

WICKSON-GRIFFITHS, Abigail, PhD.
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Relevant Research Interests: long-term care, dementia care, palliative and end-of-life care, advanced practice nursing

Representative Work:

Hunter, P. V., **Wickson-Griffiths, A.**, Tupper, S. M, Cammer, A., McCleary, L., Kaasalainen, S., Sussman, T., & Thompson, G. (2025). The development and preliminary evaluation of the "SPA-LTC Voices" video series as a means of articulating a palliative approach in long-term care settings. *Health & Social Care in the Community*, 3998877, 10 pages.

Kaasalainen, S., **Wickson-Griffiths, A.**, Hunter, P., Thomapson, G., Kruizinga, J., McCleary, L., Sussman, T., Venturato, L., Shaw, S., Boamah, S. A., Bourgeois- Guérin, V., Hadjistavropoulos, T., Macdonald, M., Martin-Misener, R., McClement, S., Parker, D., Penner, J., Ploeg, J., Sinclair, S., & Fisher, K. (2023). Evaluation of the Strengthening a Palliative Approach in Long Term Care (SPA-LTC) programme: A protocol of a cluster randomised control trial. *BMJ Open, 13*(10), e073585. https://doi.org/10.1136/bmjopen-2023-073585

Thompson, G. & **Wickson-Griffiths, A.** (2020). A palliative approach to care: From diagnosis to end of life. In L.G. Garcia, L. McCleary, & N. Drummond (Eds.), *Strategies and approaches for managing dementia transitions: Riding the waves*. Elsevier.

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