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CANADIAN ASSOCIATION ON GERONTOLOGY ANNUAL MEETING WILL BE HELD IN REGINA

We, at the Centre on Aging and Health (CAH), are delighted to host the 49th Annual Convention of the Canadian Association on Gerontology. The Canadian Association on Gerontology is “a national, multidisciplinary scientific and educational association 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). The Annual Convention is a multidisciplinary conference for people interested in individual and population aging.

This year’s conference theme is: *Closing the Research-Practice Gap: Knowledge Mobilization & Implementation Science*. The importance of this issue is summarized by CAH director, Dr. Thomas Hadjistavropoulos:

Most research findings never translate into sustained practices. The small portion of research findings that make it into practice take, on average, 17 years to get there. This is not acceptable state of affairs for many older adults who may not be around in 17 years to benefit from solutions that are available today. We need to do a better job in closing this research-practice gap. This is the sort of conversation that we would like to have at CAG 2020.

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CALL FOR ABSTRACTS!

Deadline: April 15, 2020

CAG2020.ca

CLOSING THE RESEARCH-PRACTICE GAP
KNOWLEDGE MOBILIZATION & IMPLEMENTATION SCIENCE

49TH ANNUAL SCIENTIFIC AND EDUCATIONAL MEETING
CANADIAN ASSOCIATION ON GERONTOLOGY

OCTOBER 22-24, 2020
DELTA HOTELS REGINA
REGINA, SASKATCHEWAN, CANADA



<https://CAG2020.ca> | #CAG_2020

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The conference will include: keynote addresses, numerous 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.

Keynote speakers will visit from across the world to discuss issues related to knowledge mobilization and implementation science. Keynote speaker, Dr. Moriah Ellen (Ben Gurion University of the Negev) is an expert in implementation science and her many publications include work on a knowledge translation framework on aging and health. Keynote speaker, Dr. Kim Delbaere (University of New South Wales) will discuss new frontiers in falls research and ways of translating important findings into widespread application. Keynote speaker, Dr. Alex Mihailidis, (University of Toronto and Scientific Director of the AGE-WELL Network on Centres on Excellence) will discuss ways in which the AGE-WELL Network has developed readily implementable solutions for many of the problems that frequently accompany aging.

The meeting will take place from October 22-24, 2020 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.

As the local host of CAG 2020, the CAH was offered a complimentary display booth during the CAG 2019 in Moncton, NB. We were able to promote the activities of the



centre including the #SeePainMoreClearly knowledge mobilization campaign on pain in dementia (see p. 3 for a full story). Having this exhibition allowed us to interact with people interested in aging from across Canada. We had many students interested in our gerontology program making remarks about how rare and unique such programs are to find. This is likely due to the fact that we are one of the few gerontology graduate degree programs in the country – and the only in the Prairie Provinces. The CAG 2020 conference theme also attracted attention. Visitors to the booth spoke very positively about the knowledge translation theme of the CAG 2020. A lot of interest was also expressed in the #SeePainMoreClearly campaign. We are planning another exhibit booth for CAG 2020 in Regina!

The call for abstracts for CAG 2020 is now open. Abstracts are due by April 15th, 2020 and can be submitted electronically at: <https://app.oxfordabstracts.com/login?redirect=/stages/1719/submissions/new>. 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://cag2020.ca/submissions/abstracts/>

Please join us for in Regina for CAG 2020 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 2020 in specific, visit: <https://cag2020.ca/>



CAH CAG 2019 Promotional Booth

#SEEPAINMORECLEARLY: A SOCIAL MEDIA INITIATIVE TO IMPROVE PAIN ASSESSMENT IN OLDER ADULTS WITH DEMENTIA BY: LOUISE CASTILLO

Pain is highly prevalent in older adults with dementia; however, it is often underassessed, undermanaged and underrecognized in this population. Although a wealth of research has been produced in this area, transforming evidence into impactful action in practice often presents numerous barriers. It can take an average of 17 years for cutting-edge assessment approaches and guidelines to make their way into clinical practice.¹ As a result, evidence-based approaches are not well integrated into clinical practices and patients do not receive the benefits of the research in a timely manner. This is concerning given that many vulnerable seniors miss out on effective evidence-based approaches and continue to suffer from untreated or undertreated pain. We are aiming to change this.

With the support of organizations such as the AGE-WELL Network of Centres of Excellence, Alzheimer Society of Saskatchewan, Chronic Pain Network, and the Canadian Association on Gerontology, and with input from a wide-range of stakeholders, we launched a large-scale social media campaign #SeePainMoreClearly on October 1, 2019, the International Day of Older Persons. Our ultimate goal is to improve quality of life through improved pain assessment and management. Our initiative will increase caregiver/family member, patient, clinician, and policy maker awareness of the problem of pain undertreatment in people with dementia and of evidence-based solutions.

As part of our initiative, we created a short 2-minute video titled "Pain in Dementia #SeePainMoreClearly" https://youtu.be/9ONjQ7_ZvZA which addresses the problem of pain underassessment in seniors with dementia, along with evidenced-based practices. Since our launch, our video has garnered over 50,000 views on YouTube. Resources for older adults, their families, and health professionals are available through www.seepainmoreclearly.org.

We encourage everyone to view our video and join our conversation on Twitter using the hashtag #SeePainMoreClearly to shed light on this very important issue. You may also tag @UofRAgingCentre, @URHealthPsycLab when you tweet so that we can re-tweet you. We are systematically evaluating the impact and reach of our campaign through media stories, number of Twitter impressions, YouTube views, hashtag mentions, questionnaires, and interviews with selected stakeholders. We would also love to learn your views about the video. You can share your opinion by following this link: https://uregina.eu.qualtrics.com/ife/form/SV_24AV6giEVjxpITj

Since our launch, we have had over 5,500,000 impressions on Twitter and our hashtag has been used in 30 countries. Moreover, our work has also been featured in 10 media stories. We encourage everyone to view and share our video, as well as join our conversation on Twitter using #SeePainMoreClearly. Our seepainmoreclearly.org resource website has been viewed in 54 countries.

If you have other ways of helping with this initiative, please contact Louise Castillo (castilll@uregina.ca).

1. Morris, Z. S., Wooding, S., & Grant, J. (2011). The answer is 17 years, what is the question: Understanding time lags in translational research. *Journal of the Royal Society of Medicine*. 104(12). 510-520.



Photo Credit: Jeremy Ratzlaff

CAN WE PREVENT SOME DEMENTIAS NOW?

UPCOMING CAH DISTINGUISHED LECTURE

Have you ever wondered if it is possible to prevent some types of dementias, and if so, what types of interventions work? This year's Centre on Aging and Health (CAH) lecture entitled, "Can we prevent some Dementias Now? The role of Healthy Aging, Frailty, and Lifestyle Interventions" will address this question. On March 26th, 2020, the CAH will host Dr. Manuel Montero-Odasso (MD, PhD, FRCPC, AGSF, FGSA) who will deliver our annual distinguished lecture. The event is free to the public and will be held at **6:00pm in the University of Regina Education Auditorium (ED 106)** with free parking at all meters and M and Z lots (after 5:00pm).

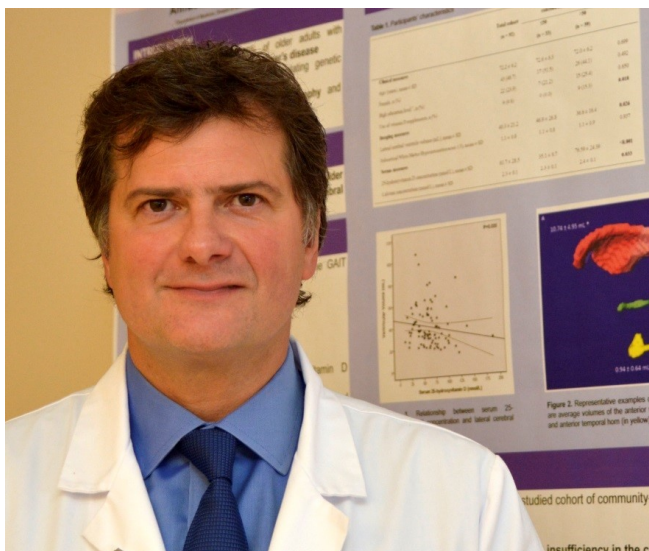
Dr. Montero-Odasso is a Professor of Medicine, Epidemiology and Biostatistics at Western University (Ontario) and Director of the "Gait & Brain Lab" at Parkwood Institute, London, Ontario. He is a geriatrician and clinician-scientist at the Lawson Health Research Institute and serves as team leader at

the Canadian Consortium on Neurodegeneration in Aging (CCNA) and team co-leader at the Ontario Neurodegenerative Research Initiative (ONDRI). He leads the Gait and Brain Health Program with the goal of understanding mechanisms and potential treatments of mobility and cognitive decline in older individuals. His talk will focus on what we know about preventing some types of dementias.

In his lecture, he will speak on possible ways of preventing or delaying up to 30% of dementia cases through the active management of vascular risk factors, notably hypertension, reducing smoking, managing diabetes mellitus and. According to Montero-Odasso, prevention becomes even more compelling given the failures of approved pharmaceutical therapies for Alzheimer's disease.

Dr. Montero-Odasso will discuss how even a modest delay of 1 year in the onset of dementia by reducing cognitive decline and functional disability has been projected to save the Canadian health care system \$120 billion over the next 3 decades. He will argue that current evidence identifies cognitive training, physical exercise of aerobic and resistance type, and management of blood pressure, as interventions supported by most scientific evidence. Metabolic disorders, depression, sleep quality, diet and social engagement have been identified as priority areas for future research in this area. We look forward to seeing you at this year's distinguished lecture for a night dedicated to engaging with stimulating research.

For more information, please contact the Centre on Aging and Health.



Dr. Manuel Montero-Odasso



MA/MSc Gerontology 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 .

Application Deadline: March 31st

For further information, please contact:

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Janine Beahm
CAH Administrator
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Download the brochure at:

<http://www2.uregina.ca/cah/ma-msc-in-gerontology/about-the-program>



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<http://www2.uregina.ca/cah/>

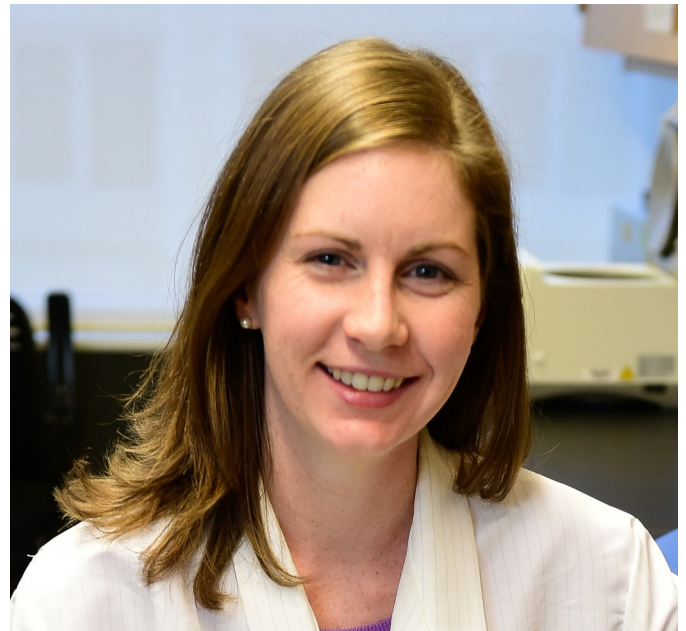
 @UofRAgingCentre



CAH REVAMPS RESEARCH CLUSTERS

The CAH revamped its research clusters to better reflect current member strengths at the University of Regina. Our research clusters are ways for researchers and practitioners to connect on topics within a particular area. The clusters can be found at: <https://www2.uregina.ca/cah/about-cah/research-clusters>. We have added two brand new clusters to the centre: the Aging and Women's Health cluster and the Biological Basis of Age-Related Brain Disorders cluster.

The Aging and Women's Health research cluster is led by Dr. Jennifer Gordon, PHD, Canada Research Chair in Women's Mental Health and Assistant Professor of Psychology, University of Regina. Researchers in this cluster examine the health effects of aging and associated decline in reproductive hormones in women. Outcomes of interest include mental health, cognitive functioning, cardiovascular health, and menopausal symptoms (e.g. hot flashes, sleep disturbance). Hormonal and behavioural interventions aimed at preventing age-related declines in women's health are also a focus of recent investigations. Specific projects have



Dr. Jennifer Gordon, PHD, Canada Research Chair in Women's Mental Health and Assistant Professor of Psychology, University of Regina

Photo Credit: Deborah Marshall from SHRF

examined the impact of reproductive hormones on emotional and cognitive wellbeing during this transition, as well as the psychological and physiological correlates of hot flashes.

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Advertise in the CAH Newsletter

University of Regina Unit & Researcher Rates (per page):

Full: \$100 Half: \$50 Quarter: \$35

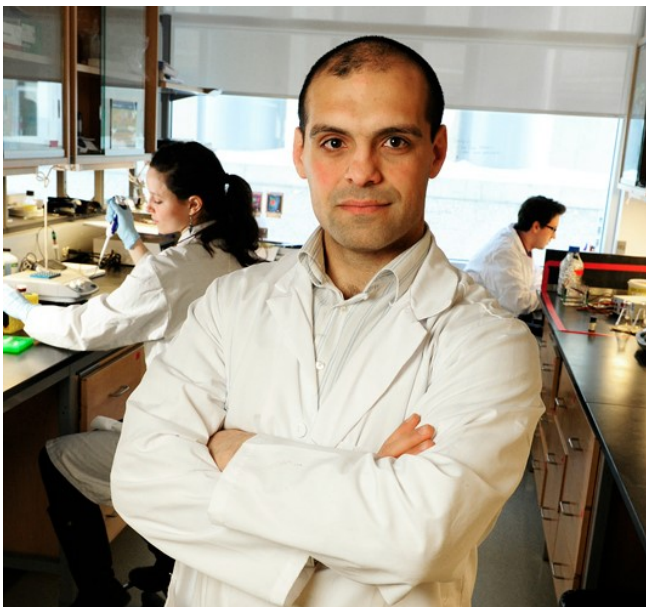
Corporate Rates (per page):

Full: \$150 Half: \$100 Quarter: \$85

Contact CAH Administrator at: 306.337.8477

The Biological Basis of Age-Related Brain Disorders clusters is led by Dr. Josef Buttigieg, Ph.D., Associate Professor, Biology, University of Regina and Patrick Neary Ph.D., Professor, Kinesiology & Health Studies, and Executive Director of the Dr. Paul Schwann Applied Health and Research Centre. Researchers in this cluster focus on the pathophysiology associated with brain conditions such as dementia, multiple sclerosis, head injury/ concussion and stroke. More specific projects focus on areas such as the consequences of concussions on the ageing brain and on pharmacological and stem cell interventions to reduce or reverse damage to the brain.

Dr. Buttigieg's 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). Using



Dr. Josef Buttigieg, Ph.D., Associate Professor, Biology,
University of Regina



Patrick Neary Ph.D., Professor, Kinesiology & Health
Studies, and Executive Director of the Dr. Paul Schwann

pharmacological interventions, the aim of his research is to mitigate the severity of damage to the CNS. However, once injury has occurred, to use stem cell intervention to reduce or reverse injury and tissue damage.

Dr. Neary's exercise physiology laboratory is investigating the effects of three or more sport-related concussions in retired contact sport athletes between 40-80 years of age. His lab's research compares changes in the brain and heart with healthy active control athletes that have not experienced any concussions. The goal of this research is to determine the consequence of concussions on the ageing process.

To read more about the CAH research clusters and the work they are doing, please visit our website.

JOIN THE CENTRE ON AGING AND HEALTH

Applying is quick and easy.

Apply on our website: <http://www2.uregina.ca/cah/> and click on “Become a Member.”

Apply now for the 2019/2020 CAH Small Grants Research Award!

Amount Available: \$1,500 Application Deadline:

December 15, 2020

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: <http://www2.uregina.ca/cah/>
or cah@uregina.ca or 306.337.8477

NOMINATIONS ARE OPEN FOR 2020/2021 INNOVATION IN HEALTH CARE DELIVERY AWARD

The **Centre on Aging and Health Award for Innovation in Health Care Delivery** recognizes Regina-based individuals, groups, or organizations, offering health care to older adults. Award recipients must have introduced an innovative approach to service provision or must have conducted field research to evaluate services or programs for older persons.

If you know of someone that would be deserving of this award, nominations (of no more than 8 pages) are to be submitted at any time up until **October 15, 2020** for the 2020-2021 Award.

For more information on eligibility, adjudication, or about how to apply, please visit <http://www2.uregina.ca/cah/about-cah/innovation-in-health-care-delivery-award> or contact Janine Beahm CAH Administrator, at janine.beahm@uregina.ca