



at the UNIVERSITY OF REGINA

The Newsletter

Regina to Host Canadian Association on Gerontology Annual Meeting 2022

The Meeting Originally Scheduled for 2020 will be Held in 2022 due to COVID-19 Physical Distancing Precautions

In our previous newsletter we announced that the University of Regina Centre on Aging and Health (CAH) would be the local host for the 49th Annual Convention of the Canadian Association on Gerontology (CAG) in October 2020. 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.

Following discussions between the CAH and the CAG, we came to the difficult yet necessary decision to cancel the CAG2020 conference in Regina due to uncertainty surrounding the COVID-19 pandemic.

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In its announcement, the CAG Board of Directors stated, "We have made this decision out of an abundance of caution for the safety of our members and delegates, particularly given the populations of older adults that we serve and their heightened vulnerability to the threat of COVID-19. Please rest assured this is not a decision we made lightly, but safety must be our priority."

While we regret not being able to gather this fall, we are pleased to announce that the CAH will welcome you to Regina for CAG 2022 instead. The conference has been scheduled to take place from October 20th-22nd, 2022 and we will continue to explore the same theme of "Closing the Research-Practice Gap: Knowledge Mobilization and Implementation Science" with our esteemed keynote speakers.

Our list of 2022 keynote speakers include experts from across the world who will join us

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) plans to 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) plans to discuss ways in which the AGE-WELL Network has developed readily implementable solutions for many of the problems that frequently accompany aging.

We would like to extend a warm thank you to those who submitted abstracts for CAG2020. We hope you will submit abstracts again to join us in 2022.

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

Memory Lane Wins 2019/2020 Innovation in Healthcare Delivery Award

Memory Lane transforms an institution into a "home".

We are pleased to announce the winner of our 2019/2020 Innovation in Healthcare Delivery Award is Memory Lane of Eden Care Communities. The Centre on Aging and Health (CAH) presents the Innovation in Healthcare Delivery award to an individual, group, or organization in Regina that makes a significant contribution towards improving the lives of older adults through innovations in health care delivery services or research. The award is typically presented at our Annual Distinguished Lecture event. Due to the 2019/2020 postponement of this lecture because of the safety and health precautions surrounding COVID-19, we were unable to present this award in person. We are pleased to honour this organization's work at a physically safe distance through this newsletter.

The all-seniors selection committee chose Memory Lane as this year's award winner because they embodied the spirit of the award by transforming an institution into a "home." According to the committee members, this was made apparent the

second they walked through the door for a visit to Memory Lane. The committee was greeted by care partners (the preferred term for staff), immediately felt welcome, and believed Memory Lane would be a place they would like to live.

Memory Lane is a care home in Regina that is based on a social, rather than medical model of care. The home admitted its first Elder, a term used as a symbol of respect towards the residents, on July 17, 2018 and is now home to 19 Elders. As explained by one nomination letter writer, the concept of Memory Lane "began with the recognition that some persons, who were living in long-term care homes had functional abilities that would enable them to live in a more independent environment. At their time of admission to the long-term care homes, these persons had recently experienced serious health crises that had resulted in the belief that they would require 'hands on' care and assistance for the remainder of their lives. Over time, their care needs decreased as their health status improved, and they regained the ability to manage their activities of daily living, with some assistance." Memory Lane allows for

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Cont. from pg. 3 Memory Lane Wins Award

older adults to move into a care home where they have support for their everyday needs such as cooking, cleaning, recreation, etc. but where they can continue to retain their independence and make significant decisions in their lives.



In the words of the award nominator, “Eden Care Communities recognized that it would not be enough to simply move individuals from long-term care, or a hospital setting, into a different location. The objective behind the initiative was to offer a far more independent living experience than a Personal Care Home or a Special Care Home could provide. The mission was to build a home community that ensured safety, security, mobility, interaction and nutrition – all key factors to counter the plagues of aging – loneliness, boredom and helplessness. Memory Lane living is a model of older persons' support and care for relatively active, self-sufficient and autonomous seniors who want to live in a community of people their age with similar interests and need some assistance with the activities of daily living.

At Memory Lane, Elders only receive the care and support they need and are encouraged to maintain their independence by doing as much for themselves as possible.”

In order to create a home environment, the care partners at Memory Lane have Elders treat the space as one would any other “home”. Elders at Memory Lane play an active role participating in all the decisions that typically take place in a “home.” As a group, they participate in picking out and designing the décor and furniture of the common living spaces – just like a family would. Each Elder can also decorate their room in any way they want to make it feel like home. Elders participate in choosing their menu, and it was noted that one Elder wakes up early each morning to help with the baking. Unlike many long-term care facilities, Elders choose the time they would like to wake-up and have their meals, which are not designated to a specific time. They even have the choice of continuing to do their own laundry to maintain their privacy.

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Cont. from pg. 4 Memory Lane Wins Award

The care partners explained to the awards committee that they communicate the value that the facility should be treated as a home to new care partners by responding to questions about what is and what is not allowed at Memory Lane with the question:

"How would you decide in your own home? or "what would you do in your own home?"

Memory Lane also aims to reduce isolation and loneliness by encouraging and emphasizing social interactions. The Elders direct their own recreational activities and transportation options are provided. Memory Lane recently began a new program called "Honorary Grandparents". The home is connected to the Sapling Early Education Centre and the children from the centre, as well as children from neighbouring schools, regularly come to visit and interact with the Elders through various activities. In a letter of support for the nomination package, a child from a neighbouring school stated,

"One of my greatest strengths that I use and often go back to is being loving towards the Elders at the Eden Care Home. Once a month we go visit them. Usually we perform a couple songs for them. When I am at the care home, the best of me comes out and shines."



When the committee arrived for their visit, children from the Sapling Centre were visiting with the Elders and the committee could not help but notice how happy and excited both parties seemed to be about these interactions.

Summarizing her experience at Memory Lane, one of the awards committee members remarked, "To have had the privilege to see older adults so happy living in a place where they have hands on participation that provide various opportunities in their day was heartwarming."

Congratulations to Memory Lane at Eden Care for their outstanding work in improving the lives of Older Adults in our community!

Photos supplied by and printed with permissions from Memory Lane, Eden Care Communities.

CAH 2019/2020 Annual Events Postponed

Follow us on Twitter
(@UofRAgingCentre) to stay
updated on our community
events.

The Centre on Aging and Health had scheduled two exciting events for March 2020. However, due to health and safety precautions related to COVID-19, the events have been cancelled and we hope to hold them at a later date when public health authorities determine that it is safe to do so. We are also considering the possibility of virtual events in the future.

The CAH had planned to host a film screening of the documentary "Alive Inside" for our 2020 Brain Awareness week event. We are hoping to be able to host the film screening for next year's 2021 Brain Awareness Week event instead.

"Alive Inside" is an intriguing documentary about music and dementia. According to AliveInside.org, the film is:

"A joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized through the simple experience of listening to music. His camera reveals the uniquely human connection we find in music and how its healing power can triumph where prescription medication falls short.

This stirring documentary follows numerous visionaries in healthcare including social worker Dan Cohen, founder of the non-profit organization Music & Memory, as he fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those suffering from it. Rossato-Bennett visits family members who have witnessed the miraculous effects of personalized music on their loved ones, and offers illuminating interviews with experts including renowned neurologist and best-selling author Oliver Sacks (Musicophilia: Tales of Music and the Brain), healthcare visionaries Dr. Bill Thomas, Dr. Al Powers, Naomi Fiel, and musician Bobby McFerrin ('Don't Worry, Be Happy')." (Aliveinside.org).

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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."

Cont. from pg 6. CAH Events Postponed

The documentary highlights the power of music to help older adults reacquire their identity. In the documentary, famous neurologist Oliver Sacks states, "Music is inseparable from emotion. It's not just a physiological stimulus. If it works at all, it will call the whole and many different parts of the brain and memories and emotions which go with it."

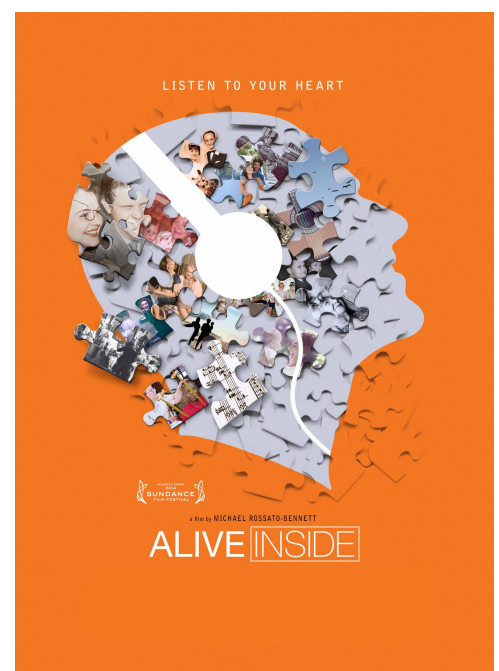
While the documentary is set within the USA healthcare system, we hope that it will spark lively conversations on the role of music in improving the lives of older adults living with dementia. The film won the Audience Award at the 2014 Sundance Film Festival and was noted for emotionally moving and inspiring audiences. The CAH looks forward to the 2021 Brain Awareness Week event so that we can share in the experience of this film and hold stimulating discussions as a community.

In our previous newsletter, we also shared that Dr. Manuel Montero-Odasso (Western University) would be joining us for our 2019/2020 Annual Distinguished lecture. We originally announced that we would postpone this event. At this time, we are unable to plan for a specific date (it could be in 2021 or it could become a virtual event) given the uncertainty surrounding COVID-19.

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 obesity. According to Montero-Odasso, prevention becomes even more compelling given the failures of approved pharmaceutical therapies for Alzheimer's disease. Updates on plans for 2020/2021 events will be distributed through our newsletter, mail-outs, Twitter account, and on our website. We look forward to meeting again soon when it is safe to do so.

Music is inseparable from emotion. It's not just a physiological stimulus. If it works at all, it will call the whole and many different parts of the brain and memories and emotions which go with it."

*-Oliver Sacks
Famous Neurologist*



Lifelong Learning Centre Goes Remote

By: Kerrie Strathy, Director of Lifelong Learning Centre (LLC)

Just days after students at the Lifelong Learning Centre received their program guide in the mail outlining a wide variety of learning opportunities for Spring 2020, LLC staff had to inform them that all courses and events were cancelled due to the Covid-19 pandemic. With events unfolding so quickly we had no choice but to cancel everything including the final week or two of some winter courses. The LLC Open House scheduled for April 7 – World Health Day – with a number of health displays, demonstrations and presentations was also cancelled.

After spending the last three and a half years working to encourage older adults in Regina and area to avoid being socially isolated this was most disappointing. Events, like LLC Open Houses, and courses, made it possible for older adults to participate in a range of activities designed to enhance their intellectual, physical and social well-being. Many of these events were free or at low-cost, and the Seniors University Group had just established a bursary to make courses more accessible to those with low incomes.

At first the no face-to face directive was

to the end of June, then the end of August, and subsequently extended to the fall term. So LLC staff decided to find other ways to connect with our students to enable them to continue being lifelong learners while they remained at home in accordance with public health directives. The rest of the University of Regina, and other Universities across Canada and around the world, decided to deliver the final weeks of their term remotely.

LLC staff knew this was our only option, but we also know the social aspect of coming to class with others was important to older learners so we were not sure this delivery mode would work for us. We quickly rescheduled some courses and presentations (computers, gardening and bike maintenance), which were offered at no charge in May and June. Registrations were very high with many new learners from outside the Regina area, but turnout of ongoing students was low.

We wanted to know why LLC students were not taking part in remote presentations and courses being delivered via Zoom.

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Marj Thiessen (L) and Raysa Cheberiak (R), students at the LLC.

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Thanks to LLC Receptionists who normally spend one half day per week volunteering at LLC, we were able to reach almost 500 students by phone to see how they were doing and talk about the possibility of participating in future remotely delivered courses and presentations. As a result of these conversations we learned a lot about the access to technology our students need to use Zoom including:

- ***98% have a computer, tablet, or cell phone***
- ***97% have internet service at home***
- ***77% have a webcam on one of their electronic communication devices***
- ***67% have used Zoom or other video conferencing platforms before***

Only 10% of ongoing LLC students reported that they had participated in one or more of the LLC presentations or courses delivered via Zoom in spite of the fact that up to 97% had the technology required to do so. Students gave a number of reasons for not participating in Zoom presentations including:

- ***busy with yard work and gardening***
- ***took a break [from courses]***
- ***were not aware of offerings***
- ***need to learn how to use Zoom with 58% indicating they did not know they could receive free training in how to use Zoom***
- ***not interested in Zoom presentations***

The good news is that 70% of those spoken to indicated they would like to participate in future remote learning presentations and courses. The other good news is many of our ongoing popular instructors are also prepared to teach their courses via Zoom as are new ones. One instructor in his 90's, who has taught 3-6 courses per year at LLC for more than 30 years, was initially reluctant to learn how to teach via Zoom at his age, but after a few days he reconsidered and said he would like to try it out by making a free presentation.

Now we have the challenge of training both instructors and learners in how to use Zoom effectively by early September so they can be ready for the start of fall courses. We will be sending all students the Zoom Orientation package and piloting some informal coffee breaks as a way to connect with students to demonstrate how Zoom works. Three instructors who will be teaching LLC courses this summer will work with a Student Teaching Assistant to learn how to reformat their courses for delivery via Zoom. Based on their needs, and experience piloting Zoom courses for LLC this summer, we will have training videos developed to assist other instructors to prepare for remote teaching this fall.

Given the response we have had from learners outside Regina, LLC is likely to continue offering remote courses – or to have blended courses with some students in our classrooms when it is safe to do so again!

For more information about the Lifelong Learning Centre, visit: <https://www.uregina.ca/cce/personal-enrichment/about-us.html>

Meet Dr. Wickson-Griffiths: Gerontology Program Coordinator

Dr. Abigail (Abby) Wickson-Griffiths, RN, Ph.D., an Associate Professor in the Faculty of Nursing at the University of Regina is both a member of the Centre on Aging and Health and the program coordinator for the interdisciplinary MA/MSC gerontology program. We are pleased to spotlight her achievements and work in this edition of our newsletter.

Abby's professional practice and academic background has centred on geriatric nursing because of her passion for improving the quality of care for older adults, especially those with dementia. Her primary interests are palliative and end-of-life care, dementia care, long-term care and advanced practice nursing. As part of a pan-Canadian team, Abby is the co-site lead for the Strengthening a Palliative Approach in Long-Term Care (SPA-LTC) clinical trial study in Saskatchewan. The SPA-LTC model includes a program of interventions aimed at building staff capacity to provide a palliative approach to care for residents and their family care partners. In response to the COVID-19 pandemic, Abby joined the Saskatchewan Long-Term Care Network; a family care partner-engaged, province wide, collaborative with clinicians and researchers.

As the current Graduate Gerontology Program Coordinator, Abby works closely with the Centre on Aging and Health. Abby helps to match program applicants with supervisors from our interdisciplinary programme partners from the Faculties of Arts, Kinesiology and Health Studies, Nursing and Social Work. Abby works with students in the program to help with course selection and provides guidance on the completion of program requirements. Notably, Abby most enjoys working with the students that she teaches and has supervised in the program, as well as collaborating with members of Centre on Aging to support student success in the program.

The CAH has been honoured to work with Abby as the program coordinator and to have her as a CAH member. Abby is an integral part of our program and we look forward to continue working with her.



Dr. Abigail (Abby) Wickson-Griffiths, RN, Ph.D.,
Associate professor, Faculty of Nursing

APPLY FOR THE M.A./M.SC. 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 .

Applications Due: March 31st, 2021

(for Fall 2021 Admissions)

For More Information:

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Program Coordinator
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Janine Beahm
CAH Administrator
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Apply now for the 2020/2021 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

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