

Centre on Aging and Health (CAH)

Newsletter

Michelle Bourgault-Fagnou
Newsletter Editor
Email: bourmich@uregina.ca

The Centre on Aging and Health Holds its 2006-2007 Distinguished Lecture

(adapted from a University of Regina Press Release)

Ethical issues and the processes of decision-making are important for most people, but they take on added significance for a growing segment of the population – health care professionals involved in geriatrics and long-term care, and members of the public whose loved ones are older adults and may reside in a long-term care facility.

At the University of Regina on the evening of Thursday, March 8, guest lecturer Dr. Michael Gordon delivered the University of Regina Centre on Aging and Health's 2006-2007 Distinguished Lecture entitled "Ethical Issues in Geriatrics and Long-Term Care." In his free talk which was open to the public, Dr. Gordon explored the tensions that often exist among principles of ethics, clinical situations and legal status with respect to caring for older persons. He contends that we must address in the best way possible the clinical and ethical issues and find ways to resolve conflicts and differences in values and assumptions so that older adults receive the most dignified and appropriate care possible.

Dr. Gordon is a distinguished scholar,



Dr. Michael Gordon

researcher and health care professional who is a regular contributor and commentator on the joys and problems of older persons for various television and radio programs. He currently serves as Head of Geriatrics and Medical Services for the Baycrest Geriatric Health Care System in

(Continued on page 4)

Inside this issue:

The Centre on Aging and Health Holds its 2006-2007 Distinguished Lecture	1
CAH Director Wins Saskatchewan Health Research Foundation Award	2
New Executive Director for the Saskatchewan Seniors' Mechanism	3
Researcher Spends Part of Sabbatical at the Centre on Aging and Health	3
Regina Brain Awareness Week 2007	4

The CAH Newsletter Submissions

The CAH newsletter is currently accepting submissions for the next issue. Your comments, suggestions, announcements, and CAH-related news items are most welcome.

Please address your submissions to...
Michelle Bourgault, Editor
Centre on Aging and Health Newsletter,
Department of Psychology
University of Regina
Regina, SK S4S 0A2

PH: 585-5369

Submissions may also be emailed to:
bourmich@uregina.ca

Centre on Aging and Health Director Wins Saskatchewan Health Research Foundation Award

(adapted from a University of Regina Press Release)

Dr. Thomas Hadjistavropoulos has been awarded a prestigious 2006 Saskatchewan Health Research Foundation (SHRF) Achievement Award. The award, which was presented to Hadjistavropoulos on December 7 in Saskatoon, recognizes his important work "as an expert on pain among seniors and a leading thinker on the ethics of pain management."

Dr. Hadjistavropoulos is a Professor of Psychology at the University of Regina, and the Director of the University's Centre on Aging and Health. His continuing research has led him and his students to develop and validate a variety of assessment methodologies including a pain assessment checklist for seniors who have limited ability to communicate as a result of dementia. This checklist is now in use in different facilities to help ensure that seniors with dementia receive appropriate treatment for their pain.

The 2006 SHRF Achievement Award helps emphasize the growing

awareness of how important it is to assess and manage pain among those who have difficulty expressing it, according to Hadjistavropoulos. "Pain among seniors with dementia is often under treated because such patients have difficulty expressing themselves verbally," he said. "As a result, caregivers become less likely to recognize signs of pain and pain problems can go undetected. I am grateful that our efforts to change this situation have been recognized in this way."

The 2006 SHRF Achievement Award is part of a long list of honours awarded to Hadjistavropoulos in recent years. These honours include: being named the first RBC senior fellow in June, 2006 and receiving a Group Medical Services Saskatchewan Healthcare Excellence Award in March, 2006.

Further information about Dr. Hadjistavropoulos and his work at the University of Regina can be found at: http://uregina.ca/hadjistt/centre_index.htm◆

Regina's Brain Awareness Week 2007

Story by Theresa Dever, B.A.

Brain Awareness Week 2007 marks the City of Regina's 5th year hosting this event. Brain Awareness Week is a nation-wide event aimed at promoting and enhancing public awareness about the progress and benefits of brain research. Organized

nationally by the Dana Alliance for Brain Initiatives, Brain Awareness Week is supported by many partnering organizations including the National Institutes of Health, medical and research organizations,

(Continued on page 4)

CAH Membership

Those interested in joining the CAH may complete the application form available online at the CAH website or request an application form from Dr. Gordon Asmundson, Membership Committee Chair.

Please mail applications to:
Dr. Gordon Asmundson,
Faculty of Kinesiology and Health Studies,
University of Regina
3737 Wascana Parkway
Regina, SK S4S 0A2

New Executive Director for the Saskatchewan Seniors Mechanism

The Saskatchewan Seniors Mechanism (SSM) brings together Saskatchewan seniors' organizations for the purpose of contributing to a better quality of life for older adults through research and action on issues affecting seniors, by being a unified voice for seniors through advocacy, giving direction and support to member organizations, and creating awareness and coordination of resources and services for older adults.

In 2006, Beverly MacLeod joined the SSM as the new Executive Director. Beverly's educational background is in Business Administration and Psychology. She has volunteered for several years with seniors' organizations, working closely with older adults in the areas of elder abuse, programming, and companionship. Her approach is collaborative, preferring to work together with individuals to build something valuable for everyone.

Prior to this position, Beverly managed several non-profit organizations, the most recent being Regina Habitat for Humanity. She has also managed a real

estate franchise office in the Lower Mainland of BC, and operated her own business. Beverly is currently a member of the Canadian Society of Association Executives.

As Executive Director of SSM, Beverly oversees all the programs and initiatives of the SSM. The SSM Annual Meeting and Conference scheduled for May 30 - 31 will address the theme *Limited Income Restricts Seniors Access to Services*. Other initiatives of the SSM include the Regina Retention Retiree Initiative and the Falls Prevention Strategy. Two current projects include the upcoming book *Precious Memories of Prairie War Heroes* and an Aboriginal Awareness Workshop, currently in the planning stages. The SSM offers regular programs such as *ABC's of Fraud*, *Century Club* and publication of a quarterly newsletter, *Gray Matters*. For more information on these activities or the SSM Annual Meeting and Conference please call (306) 359-9956 or send an email to ssm@skseniorsmechanism.ca ♦

Researcher Spends Part of Sabbatical at the Centre on Aging and Health

René Verreault, M.D., Ph.D., a physician, epidemiologist and Professor at the Université Laval, spent part of his sabbatical at the Centre on Aging and Health in March, 2007. Dr. Verreault also holds a research chair in geriatrics at Université Laval. His research interests include the epidemiology of Alzheimer's Disease and other dementias, and the evaluation of clinical practices in long-term care settings. During his time in

Regina, he had productive discussions with a number of University of Regina researchers including graduate students. He also gave a presentation about his research to Centre on Aging and Health trainee members. He is currently collaborating with members of the CAH on a variety of projects. Dr. Verreault indicated that he was very impressed with the University of Regina campus and with the people he met during his visit. ♦

The Centre on Aging and Health Holds its 2006-2007 Distinguished Lecture (continued from page 1)

Toronto. He is also a Professor of Medicine at the University of Toronto, and Head of the Division of Geriatrics at Toronto's Mount Sinai Hospital. He is the author of several books, including *Parenting your Parents*, which was published

by Dundurn Press in the spring of 2002. A second edition of the book was released in February 2005 and the American Edition was released in November 2006.

Dr. Gordon delivered the

University of Regina Centre on Aging and Health's 2006-2007 Distinguished Lecture to an appreciative audience at the University of Regina. It was well attended by faculty, staff, students and the general public. ♦

Regina's Brain Awareness Week 2007 (continued from page 2)

government agencies and patient advocacy groups.

Regina's Brain Awareness Week 2007, hosted by the Alzheimer Society of Saskatchewan, the Centre on Aging and Health, and other community organizations took place from March 12th to 18th. Included in the 2007 Brain Awareness Week Calendar of Events were lunch hour symposiums "Get Stroke Smart"

presented by Selene Daniel of the Heart and Stroke Foundation, and "Memory: A Presentation" presented by Joanne Michaels of the Alzheimer's Society. As part of the week, the Centre on Aging and Health organized a Public Forum which was held at the University of Regina. Dr. Laurie Sykes-Tottenham, an Assistant Professor of Psychology at the University of Regina, gave a presentation entitled,

"Sex Hormone Replacement in Aging Men and Women: Effects on Health and Brain Functioning". The event was very well-attended by both the University community and the general public. Brain awareness was also promoted throughout the week through community displays that were set up at various locations across the city providing the public with information about brain research. ♦

Centre on Aging and Health

University of Regina
3737 Wascana Parkway
Regina, Saskatchewan

Phone: (306) 337-2537

Fax: (306) 337-2321

Email: cah@uregina.ca

We're on the Web!

http://uregina.ca/hadjistt/centre_index.htm