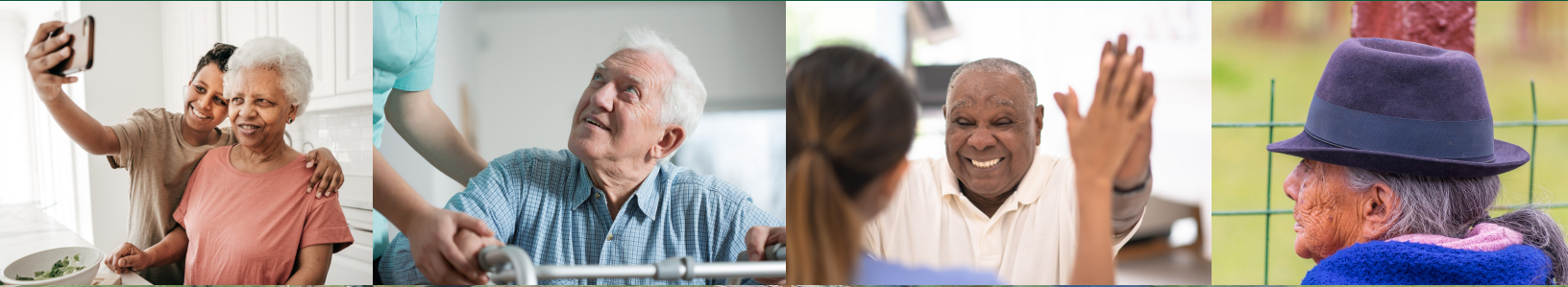


MA/MSC AGING STUDIES

Program Brochure



Letter from the Graduate Coordinator

Dear Graduate School Applicant:

I am 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, and Social Work. 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, I encourage you to contact me 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 Program Coordinator
University of Regina
306-337-2917
Abigail.Wickson-Griffiths@uregina.ca

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 www2.uregina.ca/cah.

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

Sincerely,

Thomas Hadjistavropoulos, Ph.D., R.D. Psych.
Director, Centre on Aging and Health and
Professor of Psychology
Thomas.Hadjistavropoulos@uregina.ca

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.

The climate is relatively diverse, with four distinct seasons, and residents enjoy more hours of sunlight than most other places in North America. The temperature shows considerable fluctuation over the course of the year. The average temperature is -11 degrees Celsius for the winter and +23 degrees Celsius for the summer.

The City of Regina

Regina, the capital of Saskatchewan, is located in south central 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 and has no counterpart in Canada. Major annual events include: the Regina Dragon Boat Festival, the Regina Folk Festival, and the inter-cultural celebration, Mosaic. Winter sports are also popular including, for example, curling, hockey, and skiing. 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 January 2023, the cost of on campus accommodations per semester ranges between \$2876 (dorm room with light meal plan), to \$3,202 (single bedroom in shared apartment) and \$4,580 (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 \$1,100 per month. Less expensive rental accommodations are available throughout Regina. For additional information about on-campus housing, go to: www.uregina.ca/housing.



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.



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, and Faculty of Social Work. 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 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.

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 strongly encouraged to review the Aging Studies faculty members' profiles and to contact those faculty members whose research areas are most closely related to your 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, 2023 at midnight CST.

Financial Support

Throughout the year, the Aging Studies Graduate Program Coordinator 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:

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.

Note: Crosslisted with AGIN 893.

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 (<http://www2.uregina.ca/cah>) as well as external organizations such as the Canadian Association on Gerontology (<http://www.cagacg.ca/>).

Note: Students who have taken KHS 892/AGIN 890 may take MNUR 820/AGIN 893 in lieu of one of JSGS 817, EC&I 809, ECON 865, PSYC 823, or SW 881. Students who have taken MNUR 820/AGIN 893 may take KHS 892/AGIN 890 in lieu of one of JSGS 817, EC&I 809, ECON 865, PSYC 823, or SW 881.

Faculty Research Interests and Selected Publications

ASMUNDSON, Gordon, PhD.

Professor of Psychology

Email: Gordon.Asmundson@uregina.ca

Relevant Research Interests: Chronic pain and the anxiety disorders in seniors, a population in which these important issues have been generally understudied.

Representative Work:

Andersson, G. Johansson, C., Nordlander, A., and **Asmundson, G. J. G.** (2012). Chronic pain in older adults: A controlled pilot trial of a brief cognitive-behavioural group treatment. *Behavioral and Cognitive Psychotherapy*, 40, 239-244.

El-Gabalawy, R., Mackenzie, C., Thibodeau, M., **Asmundson, G.**, and Sareen, J. (2013). Health anxiety in older adults: Conceptualizing complex conditions in late life. *Clinical Psychology Review*, 33, 1096-1105.

LeBouthillier, D. M., *Thibodeau, M. A., and **Asmundson, G. J. G.** (2013). Severity of fall-based injuries and fear of falling: Sex differences in a population-based sample of older Canadian adults. *Journal of Aging and Health*, 25, 1378-1387.

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 healthy older adults and in adults with various pathological conditions (e.g., knee osteoarthritis, multiple sclerosis).

Representative Work:

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.

Kobsar, D., Olson, C., Paranjape, R., Hadjistavropoulos, T., & **Barden, J.M.** (2014). Evaluation of age-related differences in the stride-to-stride fluctuations, regularity and symmetry of gait using a waist-mounted tri-axial accelerometer. *Gait & Posture*, 39 (1), 553-557.

BUTTIGIEG, Josef, PhD.

Associate 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:

Buttigieg J., Pan J., Yeger H., Cutz E. (2012). NOX2 (gp91 phox) is a predominant O₂ sensor in a human airway chemoreceptor cell line: biochemical, molecular and electrophysiological evidence. *Am J lung cell mol phys.* 202(7):L598-607.

Buttigieg J., Nurse C.A. (2012). Methodologies for studying peripheral O₂-chemosensing: past, present and future. *Respir physiol Neurobiol*; 181(2):194-201.

Ye H., **Buttigieg J.,** Wan Y., Wang J., Figley S., Fehlings M.G. (2012). Expression and functional role of BK channels in chronically injured spinal cord white matter. *Neurobiol Dis*; 47(2):225-36.

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., P.D. Chilibeck, J. J. Gordon, and S. Kontulainen. (2021). Efficacy of creatine supplementation and supervised resistance training on area and density of bone and muscle in older adults: a pilot randomized controlled trial. *Medicine and Science in Sports and Exercise.*

Candow, D.G., S.C. Forbes, B. Kirk and G. Duque. (2021). Current Evidence and Possible Future Applications of Creatine Supplementation for Older Adults. *Nutrients*, 13(3): 745.

Candow, D.G., P. D. Chilibeck, J. J. Gordon, E. Vogt, T. Landeryou, M. Kaviani, and L. Paus-Jenssen. (2020). Effect of 12 months of creatine supplementation and whole-body resistance training on measures of bone, muscle and strength in older males. *Nutrition and Health.*

DORSCH, Kim, PhD.

Assistant 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.

Assistant Professor, Psychology

Email: Natasha.Gallant@uregina.ca

Relevant Research Interests: (1) The influence of psychosocial factors (e.g., ageism, social support, emotions) in the experience of chronic diseases among older persons; (2) The role of adversity & resilience in the aging process; and (3) Development of policy recommendations aimed at improving the lived experiences of aging populations.

Representative Work:

Gallant, N. L., Peckham, A., Marchildon, G., Hadjistavropoulos, T., Roblin, B., & Stopyn, R. J. N. (2020). Provincial legislative and regulatory standards for pain assessment and management in long-term care homes. *BMC Geriatrics*, 20, 458.

Zahid, M., **Gallant, N. L.**, Hadjistavropoulos, T., & Stroulia, E. (2020). Behavioral pain assessment implementation in long-term care using a tablet app: Case series and quasi experimental design. *Journal of Medical Internet Research mHealth and uHealth*, 8(4), e17108.

Gallant, N. L. & Hadjistavropoulos, T. (2017). Experiencing pain alone and in the presence of others: A laboratory experiment of older adults. *The Journal of Pain*, 18(4), 456-467.

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., & Johnstone, J. L. (2021). The impact of COVID-19 on therapeutic recreation practice in Long-Term Care homes across Canada. *World Leisure Journal*, 63(3), 265-280.
[10.1080/16078055.2021.1957011](https://doi.org/10.1080/16078055.2021.1957011)

Genoe, M. R., Fortune, D., & Whyte, C. (2022). Strategies for maintaining friendship in dementia. *Canadian Journal on Aging*, 41(3), 431-442. [10.1017/S0714980821000301](https://doi.org/10.1017/S0714980821000301).

Genoe, M. R., Liechty, T., & Marston, H. R. (2019). Leisure innovation and the transition to retirement. *Leisure Sciences*. <https://doi.org/10.1080/01490400.2019.1597791>.

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, PhD., ABPP, FCAHS

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. & Makris, U.E. (2022). Pain evaluation and management in patients with limited ability to communicate because of dementia. In H. T. Benzon, J. P. Rathmell, C. L. Wu, D.C. Turk, C.E. Argoff, R. Hurley, and A. L. Nicol (Editors), *Practical management of pain (6th Edition)*, pp. 1052-1058, Amsterdam, The Netherlands: Elsevier.

Gallant, N., **Hadjistavropoulos, T.**, Winters, E.M., Feere, E.K., & Wickson-Griffiths, A. (2022). Development, evaluation and implementation of an online pain assessment training program for staff in rural long-term care facilities: A case series approach. *BMC Geriatrics*, 22:336. <https://doi.org/10.1186/s12877-022-03020-8>.

Castillo, L. I. R., **Hadjistavropoulos, T.**, & Brachaniec, M. (2021). The effectiveness of social media in the dissemination of knowledge about pain in dementia. *Pain Medicine*. 22, 2584–2596.

MANG, Cameron, PhD.

Assistant Professor, Kinesiology and Health Studies

Email: Cameron.Mang@uregina.ca

Relevant Research Interests: Neurorehabilitation, stroke, brain injury, multiple sclerosis, motor learning, motor control. *Clinical Interests:* Community exercise and rehabilitation programming.

Representative Work:

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>.

Mang, C.S., Peters, S. Advancing motor rehabilitation for adults with chronic neurological conditions through increased involvement of kinesiologists: a perspective review. (2021). *BMC Sports Sci Med Rehabil*, 13, 132. <https://doi.org/10.1186/s13102-021-00361-6>.

Hayward, K. S., Neva, J. L., **Mang, C. S.**, Peters, S., Wadden, K. P., Ferris, J. K., & Boyd, L. A. (2017). Interhemispheric Pathways Are Important for Motor Outcome in Individuals with Chronic and Severe Upper Limb Impairment Post Stroke. *Neural Plasticity*, 2017, 1–12. <https://doi.org/10.1155/2017/4281532>.

MCGINNIS, Angela, PhD.

Associate Professor, Educational Psychology

Email: Angela.McGinnis@uregina.ca

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. 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., Hoerber, 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.

Assistant Professor, Faculty of Nursing

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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. *JBIE 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 Phenomenological Study. *Canadian Journal on Aging*. <https://www.doi.org/10.1017/S0714980821000581>.

PUPLAMPU, Vivian, PhD., MN, RN, GNC (C)

Associate Professor, Faculty of Nursing

Email: Vivian.Puplambu@uregina.ca

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 social capital; cohousing community; and nursing education.

Representative Work:

Pierson, J., **Puplambu, V. A.**, & White, J. (2022). The history of Black people in Canada and the intersection of policies on their settlement. *Canadian Ethnic Studies Association*.

Puplambu, V. A., Baffour-Awuah, A., Benson, P.M., & Adams, L. (2022). The impact of older adults' living environment on their healthy aging in place during the COVID-19 pandemic. *PERSPECTIVE, Journal of the Canadian Gerontological Nursing Association*, 43(1), 17-27.
blob:<https://gwweb.uregina.ca/85d72209-fba7-4759-8357-d578386598d2>.

Puplambu, V. A., Peters, S., & Chipanshi, M. (2020). A scoping review on the impact of cohousing on older adults' quality of life. *Perspectives: The Journal of the Gerontological Nursing Association*, 41(2), 14-27.

<http://search.ebscohost.com.libproxy.uregina.ca/login.aspx?direct=true&db=rzh&AN=147865292&site=ehost-live>.

PINO, Fritz, MSW, PhD.

Assistant Professor, Faculty of Social Work

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Relevant Research Interests: LGBTQ+ and aging, transnational migration and aging.

Representative Work:

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.

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.

Associate Professor, Faculty of Nursing

Email: Abigail.Wickson-Griffiths@uregina.ca

Relevant Research Interests: long-term care, dementia care, palliative and end-of-life care, advanced practice nursing

Representative Work:

Vellani, S., Green, E., Kulasegaram, P., Sussman, T., **Wickson-Griffiths, A.**, & Kaasalainen, S. (2022). Interdisciplinary staff perceptions of advance care planning in long-term care homes: a qualitative study. *BMC Palliative Care*, 21(1), 127. <https://doi.org/10.1186/s12904-022-01014-2>.

Kaasalainen, S., Sussman, T., Thompson, G., McCleary, L., Venturato, L., **Wickson-Griffiths, A.**, Ploeg, J., Parker, D., Sinclair, S., Dal Bello-Haas, V., Earl, M., You, J., & SPA-LTC Team. (2020). A pilot evaluation of the Strengthening a Palliative Approach in Long-Term Care (SPA-LTC) program. *BMC Palliative Care*, 19, 107 <https://doi.org/10.1186/s12904-020-00599-w>.

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.

Credits:

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