



GRC NEWS

THE NEWSLETTER OF THE GERONTOLOGY RESEARCH CENTRE

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SFU GERONTOLOGY - ENGAGED

PhD student Laura Booi takes her message about dementia around the world



In Ottawa: **Laura Booi** (PhD Student, SFU Gerontology) with **Mimi Lowi-Young** (President of Alzheimer's Association Canada) and **Marc Wortmann** (Executive director of Alzheimer Disease International) at the Second Global Dementia Legacy Event, Co-hosted by Canada-France Harnessing the power of discoveries: Maximizing academia-industry synergies, held September 11-12, 2014, in Ottawa (<http://www.cihr-irsc.gc.ca/e/47902.html>). Ignited by discussions held at the recent G8 Summit on Dementia in London, Canada and France co-hosted one of four legacy events. The event explored how to take advantage of the synergies between industry and academia, and help release the power of discoveries. As a result of her participation at the Ottawa Legacy Event, Laura went on to represent SFU Gerontology at the G8 Dementia Summit in Japan held November 2014 (photo below). Please see GRC News p.7 for story.

SENIORS' HOUSING UPDATE

INSIDE THIS ISSUE: A NEW RESEARCH TEAM



MESSAGE FROM THE DIRECTOR

by **Andrew Sixsmith**

As our Information / Communications Officer, Raymond Adams states in this issue:

The formal Centre and Department 7-year review that we are undergoing provides an opportunity to reflect upon and assess the activities / accomplishments of our team.

By referring to the photo-montage, (THE 32-YEAR HISTORY OF OUR CENTRE THROUGH THE 'EYES' OF THE GRC NEWS: 1982 – 2014 AND BEYOND), I will briefly reflect upon and assess our history.

Our first newsletter (the 'Information Bulletin') was produced in 1982, the inaugural year of the Centre and Program which opened under founding director Dr. Gloria Gutman (director: 1982-2005) (images 1-3). The Bulletin's 'typeset-style' format remains constant until 1991 when photos were incorporated into the layout's design. Our 1992 10th Anniversary issue featured the new 'GRC News' banner (circulation = 700). While the banner's text remains constant to the present, its design changed with the use of: colour-accent (1994); our first full-colour issue (2002); and in 2009 a complete redesign including our now-familiar logo (circulation = over 2000).

The GRC News however not only reflects the GRC's evolution through its design. As I have stated before in a previous MESSAGE "individuals do research, not research centres"; and with respect to this, the GRC News acts, in part, as a mirror of our research and other activities. The years 1983 – 1984 see GRC researchers recipients of +\$152,000 in grants and producing about 24 publications of all types. The 2014 issue highlighted the production of our latest Fact Book on Aging (6th edition), in a year that saw existing and new research funding = +\$17M (including our involvement under Dr. Andrew Wister in the Canadian Longitudinal Study on Aging with its national budget of +\$24M); 70 publications; and 42 presentations at conferences ranging from Vancouver to Spain to South Korea; GRC NEWS CIRC. = 2000.

The 1998 issue features a story on the new Tong Louie Living Lab (a joint venture between the GRC and BC Institute of Technology); a research facility accommodating full-scale simulated residential space used to look at different environmental design and products for older adults and the disabled. 2001 sees the GRC hosting the 7th Congress of the International Association of Gerontology and acting as the IAG's Secretariat for four years with Dr. Gutman as IAG President. In 2009, the GRC is Secretariat of both the BC Network for Aging Research and the International Network for the Prevention of Elder Abuse. In 2010 the GRC hosted the 7th World Congress of the International Society of Gerontechnology and the GRC News marked the passing of Dr. John K. Friesen who inspired our annual conference since 1989. The 20th Friesen in 2011 marks the first time since 2005 that this event was filmed; a feature we have been able to subsequently maintain with the 2012, 2013, and 2014 events. 2012 sees the GRC, again, on the national stage hosting the Annual Scientific and Educational Meeting of the Canadian Association on Gerontology. I am proud to continue the tradition of 'local and international involvement' begun by Drs. Gutman and Wister by establishing the Centre's connections with: the AGE-WELL Network of Centres of Excellence (of which I am its Scientific Director); the International Society for Gerontechnology (of which I am its President); and the SFU Centre for Interdisciplinary Research in the Mathematical and Computational Sciences (of which I am its Deputy Director).

The final cover's somewhat whimsical image of myself with two of our former post-doctoral fellows (Drs. Ben Mortenson (Assistant Professor, Department of Occupational Science and Occupational Therapy, UBC) and Ryan Woolrych (Lecturer, Health in the Built Environment, Heriot-Watt University, Edinburgh, Scotland) symbolizes the confidence and enthusiasm we all feel for the future of our Centre and Department.

THE 32-YEAR HISTORY OF OUR CENTRE THROUGH THE 'EYES' OF THE GRC NEWS: 1982-2014 AND BEYOND

1982 GRC OPENING



GERO PROGRAM OPENS FIRST NEWSLETTER 1982



GRC NEWS 1985



GRC NEWS 1986



1991 WE HAVE PHOTOS



1992 10TH ANNIVERSARY



1994 A COLOUR BANNER



1994 A NEW BANNER



1998 THE LIVING LAB



IAG 2001



2002 20TH ANNIVERSARY



2002 COLOUR FRONT/BACK



2007 NEW DIRECTOR ANDREW SIXSMITH



2009 A NEW LOOK



2010 IN MEMORIAM



2011 FRIESEN: CLIMATE



CAG 2012



2014 FACT BOOK 6TH EDITION

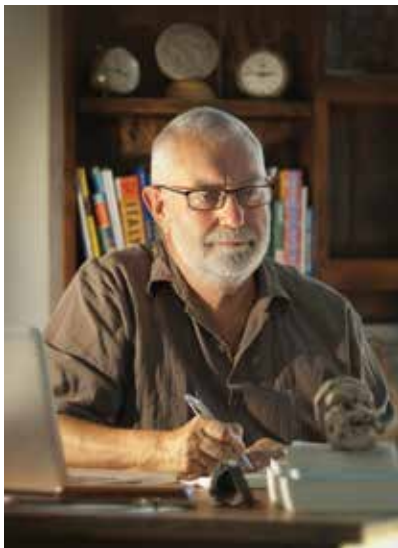


FUTURE ISSUE





Dr. Habib Chaudhury (Chair, SFU Department of Gerontology) sports our new SFU-GERO T-shirt.



Barry Worsfold (Adjunct Professor, SFU Gerontology) has been chosen as one of the seniors to replace outgoing members of the Council of Senior Citizen's Organization of B.C. (COSCO-BC) (<http://www.coscobc.ca/>) over the next two years.

COSCO is the largest federation of seniors' organizations in the Province of British Columbia, representing seniors for over 50 years. COSCO directors and members collaborate with others in a common cause to assemble, co-ordinate and advance proposals and resolutions concerned with the welfare of elder citizens and submit them to the appropriate government bodies as well as advancing the social and physical welfare of all elder citizens in the province of British Columbia.



L to R: Brian de Vries; Patrick Aubert; Robert Beringer; Gloria Gutman; Bradford McIntyre

The “Fostering End-Of-Life Conversations, Community and Care among LGBT Older Adults” Town Hall Meeting

by **Patrick Aubert** (MA Student, SFU Gerontology)

Fostering end-of-life conversations, community and care among LGBT older adults is a one-year study, funded by TVN (Technology Evaluation in the Elderly Network). Drs. Gloria Gutman (Professor/Director Emerita SFU Gerontology Dept. & Gerontology Research Centre) and Brian de Vries (Adjunct Professor, SFU Gerontology; Professor, (former Director) Gerontology Program, San Francisco State University) are principal investigators in a research project spread over five sights: Vancouver, Edmonton, Toronto, Montreal, and Halifax. They are seeking to explore two important issues: the first looks at the ways in which older lesbian, gay, bisexual and transgender (LGBT) Canadians prepare for later life and end-of-life, seek and consider care, and engage networks of support; and the second examines the role that internet-based technology might play in supporting these activities.

LGBT older adults have been described as an “invisible” population (Brotman, Ryan, & Cormier, 2003; de Vries & Blando, 2004) This invisibility has multiple causes often rooted in stigma and neglect (National Senior Citizen's Law Center, 2011) and results in situations in which older LGBT adults find themselves back “in the closet”.

Recent research exploring the lives of LGBT older adults has revealed demographic and health conditions rooted in stigma and exacerbated by heteronormativity (de Vries, 2013). For example, relative to heterosexual men and women of comparable ages, LGBT older adults are up to three times more likely to live alone, and are up to one-third less likely to be partnered (Adelman et al., 2006; MetLife, 2010; Wallace et al., 2011). LGBT older adults are about five times less likely to have children (Statistics Canada, 2011) or to receive support from the

children that they do have (Fredriksen-Goldsen et al., 2013). As a result, LGBT older adults report high rates of loneliness and isolation (Kuyper & Fokkema, 2010).

Research reveals a heteronormative pattern of support seeking (e.g., Cantor & Mayor, 1978) wherein care is both expected and first sought from spouses and immediate family members, followed by resorting to formal services. Substantial research notes the lack of LGBT awareness and acceptance on the part of many health and social agencies providing services to older adults (Sussman et al., 2012). Older LGBT adults often approach these service providers with fear and mistrust (National Senior Citizens Law Center, 2011), and delay seeking needed formal care (MetLife, 2010). These issues exacerbate and coalesce around the issue of planning for end-of-life care, and often leave many LGBT older adults woefully unprepared.

Conversations about end-of-life care are rare, and when they do occur, are often family-centred. LGBT older adults, less likely to have supportive kin, are less likely to have these conversations. The study has three broad goals: to understand and describe the issues faced by LGBT older adults in discussing and planning for end-of-life care; to share this understanding with the larger community; and to create a pilot web-based platform that will provide a supportive environment to offer relevant information, thereby empowering and improving the well-being of this historically disenfranchised group. The first two goals were achieved by conducting focus groups and community town hall meetings. The final goal encompasses developing a Resource Inventory to be included in the on-line platform.

The Vancouver site hosted four focus groups in September and October of 2014: one each for lesbian and bisexual women, gay and bisexual men, transgender adults, and community service providers. The community response to the request for participants was overwhelming. All of the groups

were well attended, and participants eagerly shared their stories and experiences. While conversations around end-of-life planning may be difficult to initiate, it immediately became apparent that, given the opportunity and a safe space, focus group participants wanted to talk. The team performed a preliminary analysis of the data for presentation at the town hall meeting.

The Vancouver town hall meeting occurred on the evening of January 28, 2015, at the Harbour Centre Campus of Simon Fraser University and the audience filled the room beyond capacity. Dr. de Vries and I presented the preliminary findings from the Vancouver focus groups.

Three focus group participants, including Mr. Bradford McIntyre, spoke about their personal experiences in making plans for end-of-life care. Research assistant Robert Beringer (MA, SFU Gerontology) another member of the team, presented the Resource Inventory. Finally, several service providers, including a lawyer whose speciality is end-of-life documentation, spoke to the audience. The town hall ended on a high note once again demonstrating that people have a desire to talk about these issues and will readily do so when presented the opportunity.

Slides from the town hall and a video of the presentations will be available shortly. We expect to launch the on-line resource, including the Resource Inventory, in the very near future.

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“PARENTAL TRANSITIONS TO RETIREMENT” STUDY

Dr. Barbara A. Mitchell, Principal Investigator (mitchelo@sfu.ca),
Professor of Sociology and Gerontology

Dr. Sing Mei Chan, Research Coordinator (singmeic@sfu.ca),
Dept. of Gerontology, SFU

This 4-year federally funded SSHRC project (Social Sciences and Humanities Research Council) is currently underway and will entail the collection of both telephone survey data and in-depth face-to-face interviews. Currently, we are in Phase 1 of the project and are trying to recruit 600 adults aged 50+ with at least one adult child aged 19-35 to participate in a short (approx. 20 minute) telephone interview. The study focuses on family relationships from diverse Canadian cultural backgrounds (Chinese, South Asian, British, and Persian-Iranian) in the Metro Vancouver area. In particular, we are interested to learn more about how family members anticipate and/or experience transitions to retirement while young adults are transitioning to adulthood. In particular, we are interested in how families adapt to dynamic social and cultural change and economic workplace

CONFIDENTIALITY

All participants are assured complete anonymity and confidentiality, as per SFU ethics policies. If you participate in this study, your name or any other personally identifying information will NOT be connected in any way to your interview. If you have any concerns in this regard, please do not hesitate to contact either Dr. Mitchell or Dr. Sing Mei Chan).

POTENTIAL BENEFITS OF THIS STUDY TO SOCIETY AND LOCAL COMMUNITIES

The results of this research are anticipated to garner social, cultural, and public policy-related benefits by providing up-to-date information to both academic (e.g., scholars and students) and non-academic audiences (e.g., professionals and practitioners, community groups, the general public) on ethnically and socially diverse Canadian families. This can contribute to an improved social response (e.g., through public discourse and mass media, student education, and enhanced social policies and community programs) to emergent and evolving patterns of family transitions, work roles, and family life amidst rapid immigration and recent social/economic changes (e.g., population aging, globalization and economic downturns, changing family and household structures). Benefits are anticipated at the local level since results will be disseminated to study participants and to relevant community professionals and groups who deliver services/resources and work directly with families, including recent immigrant families. Overall, this study will advance our understanding of contemporary and culturally diverse family relations, changing work/family roles and inequalities in intergenerational transfers/patterns of dependency and social support.

INFORMATION OFFICER – ACTIVITIES REPORT: 01 APR 2007 – 31 MAR 2014

by **Raymond G. Adams**, Information/Communications Officer, SFU Gerontology Research Centre

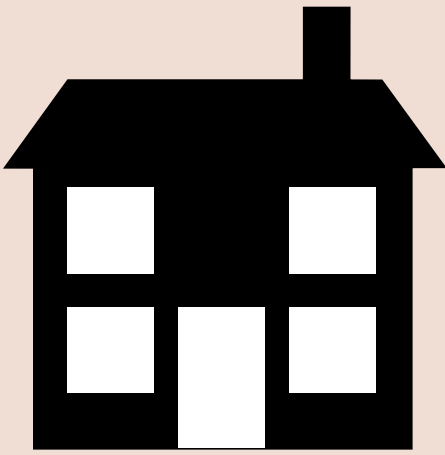
The formal Centre and Department 7-year review that we are undergoing provides an opportunity to reflect upon and assess the activities / accomplishments of our team. In the limited space available here, I have chosen to review the following in this introspective process: INFORMATION DISSEMINATION, NEWSLETTERS / ‘Fact Book on Aging’, WEBSITES, and SPECIAL PROJECTS.

Information dissemination forms the base of our GRC / Dept. Knowledge Transfer (KT) Strategy. From 2007–2014, I processed over 9500 information requests that entailed over 5700 searches on various e-platforms/databases thereby assisting faculty, researchers and students in achieving their research goals.

To create our newsletters (GRC News and Seniors’ Housing Update) and the latest Fact Book on Aging in British Columbia and Canada, 6th ed., I: assemble / edit material; work with professional layout-artists (Jocelyne LaFlamme – newsletters; Document Solutions – Fact Book); and coordinate printing / distribution. Newsletter circulation exceeds over 2000 readers. Our three websites – GRC, Dept., and the Dr. Tong Louie Living Lab – form vital links: within our unit, with other SFU communities, and with the world-at-large. I maintain and coordinate their redesign (including the current revision). Content includes: faculty / researcher profiles; and special events / activities (e.g., Friesen Conference, CAG2012 Conference, Ellen Gee Lectures). In 2011, to further promote our sites, I created 2 ‘NEWSROOM’ webpages and a Twitter account: ‘GRC & GERO-DEPT in-the-News’ (links to faculty / researcher interviews) and ‘Aging-in-the-News’ (links to aging-related news items). From 2011–2014 the Newsroom received over 12,000 visits.

In 2009, I successfully applied for a grant from the SFU Open Access Initiative (OAI) Project to have +100 GRC print-publications converted to PDF-format and mounted on the web. Subsequently, I have received over \$10,000 in OAI-grants to offset production costs of creating web-ready videos of our 2011, 2012, 2013, and 2014 Friesen Conferences. The success of our OAI activities is evident in the combined figure of over 17,000 visits that the GRC and SFU Library websites have received thereby increasing the GRC’s – as well as SFU’s – public profile.

The success of the foregoing KT initiatives are confirmed by SFU-generated statistics that record over 6.6 million visits from 2007–2014 to our websites demonstrating that we substantially reinforce SFU’s current maxim of ‘*Engaging the world.*’



SENIORS' HOUSING UPDATE

VOLUME 24 NO.1 2015 SIMON FRASER UNIVERSITY, VANCOUVER, CANADA

IN THIS ISSUE

1. Introducing the 2015 GRC research team in the built environment
3. Gerontologists giving back
4. Engaging the world
6. Cities for seniors
7. Engaging the world – Research
8. Spotlight on the International Society of Gerontechnology



Gerontology Research Centre activities in the area of HOUSING and the BUILT ENVIRONMENT are supported in part by endowment funds provided by the Real Estate Foundation of British Columbia.



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INTRODUCING THE 2015 GRC RESEARCH TEAM IN THE BUILT ENVIRONMENT



Lupin Battersby, MA
(PhD student)
Research Associate,
SFU Gerontology
Research Centre

Lupin Battersby is a PhD student in the Faculty of Health Sciences at Simon Fraser University. Her doctoral research, supported by a Canadian Institutes for Health Research Doctoral Award, looks at research centres knowledge translation practices and outcomes. Prior to her doctoral studies Lupin completed a Master of Arts in counseling psychology. Her interest in knowledge translation was inspired while working both as a counsellor and researcher, seeing first hand the challenge of knowledge exchange in research and practice. Lupin joins us after completing a five-year CIHR Research and Development



Mei Lan Fang, MPH
Research Associate,
SFU Gerontology
Research Centre

Mei Lan Fang completed her Master's of Public Health (MPH) in the Social Inequities and Health Stream, Faculty of Health Sciences at Simon Fraser University. During her studies, she served as a Research Fellow at the Centre for the Study of Gender, Social Inequities and Mental Health (CGSM) exploring health needs and social justice initiatives for immigrant and refugee populations through an intersectional lens (a critical theoretical framework which posits how multiple social identities and multiple forms of oppression determine a person's life chances, thereby, impacting their health outcomes). For the past few years, she has worked as a Research Associate at the BC



Sarah Canham, PhD
Research Associate and BC
Real Estate Fellow,
SFU Gerontology
Research Centre

Sarah Canham completed her PhD in gerontology at the University of Maryland (Baltimore Maryland) where she received a pre-doctoral National Institutes on Drug Abuse award to fund her dissertation, *The Experience of Benzodiazepine Dependence Among Older Women: A Cultural Analysis*. Following the completion of her dissertation, Sarah joined the Drug Dependence Epidemiology Training program in the Department of Mental Health at the Johns Hopkins Bloomberg School of Public Health, also in Baltimore, as a Postdoctoral Research Fellow. Sarah has an active role in the Gerontological Society of America (GSA),

Lupin Battersby – continued

Centre grant as the Knowledge Translation & Finance Manager for the Centre for the Study of Gender, Social Inequities, and Mental Health (CGSM).

Lupin is actively involved in the British Columbia Knowledge Translation Community of Practice (BC KT CoP), where she is on the Leadership Committee and is the Communications Lead. Lupin has been involved in qualitative research projects related to health policy, psychiatric deinstitutionalization, self-directed care, therapeutic jurisprudence and smoking cessation.

While at the GRC, Lupin will primarily work on the housing projects: Baptist Housing Evaluation and Place-Making with Seniors: Towards Meaningful Affordable Housing. The former is evaluating the process of transitioning from an institutional care setting into a homelike care environment; the latter examines how older residents engage in place-making. Her work on these projects will involve evaluations of how the built environment and new housing projects affect residents, families, and those who care for and serve older adults.

Mei Lan Fang – continued

Centre of Excellence for Women's Health (BCCEWH), Children's and Women's Hospital in Vancouver and as a Researcher at the Institute of Health and Wellbeing at the University of Northampton in England. At BCCEWH, she actively contributed to projects focusing on gender-sensitive health promotion initiatives for marginalized women. In England, she investigated differential perceptions and understandings of end-of-life care and effectiveness of interventions for persons with long-term health conditions; an expansion of her Master's thesis, "Coping with bereavement: Exploring psychological well-being, religious practices, beliefs and support needs of Manchester's Chinese population." Her expertise resides in working with local communities and harder-to-reach groups through the use of qualitative methods, as well as, synthesizing knowledge through conducting systematic reviews.

At the GRC, Mei Lan is a Research

Associate. She contributes to multiple projects with specific focus on a place-making study, entitled, "Place-making with seniors: Towards meaningful affordable housing;" a community-based participatory project that works in partnership with the City of Richmond, service providers, developers, members of the Kiwanis Seniors' Society as well as tenants to capture place-based needs of older adults transitioning into affordable housing. She is also heavily involved the Baptist Housing Evaluation, a project commissioned by Baptist Housing to determine if and how a 'housing model' of care can contribute to positive outcomes for residents, family members and care staff. Her work on these projects will involve evaluations of how the built environment and new housing projects affect residents, families, and team members. Aligned with this work, Mei will also be building and completing a PhD project supervised by Dr. Andrew Sixsmith to understand how changes in place can influence persons' health and well-being through combined and fluctuating experiences of social isolation and connectedness.

Sarah Canham – continued

where she recently took on the role of convener for the Aging, Alcohol, and Addictions Interest Group. Sarah also co-founded and organizes the GSA's Gerontologists Giving Back Service Event during the annual conference. [see 'ENGAGING THE WORLD'] To date, Sarah's interdisciplinary research has revolved around topics of social gerontology and the social context of medication and alcohol use in later life, with specific interests in sleep problems, social isolation, and loneliness in later life. Sarah has used qualitative and quantitative methodologies, both separately and together, in her research.

While at the GRC and as the BC Real Estate Fellow, Sarah is looking forward to being engaged in multiple projects, with much of her time spent collecting and analyzing data on two housing projects, one with Baptist Housing in Victoria, BC which is evaluating the process of transitioning from an institutional care setting into a homelike care environment;

a second with Kiwanis Towers in Richmond, BC which examines how older residents engage in place-making. For the Baptist Housing project, Sarah and her co-researchers are seeking to determine the impact of a 'housing model' of care on the health and well-being of residents and their family members and on workplace practices, care processes, and outcomes for care staff. The objectives of the Kiwanis project, which is funded by the Vancouver Foundation, are to capture the place-based needs of residents moving into an affordable housing development and to map the place-based needs of these residents to service and amenity space. Sarah is especially interested in conducting research to understand how changes in place and space can influence persons' health and well-being and ways in which seniors and their caregivers can be optimally supported.

SHUP RESEARCH TEAM PRESENTATIONS

- Fang, M., Woolrych, R., O'Reilly, C., Canham, S., Sixsmith, J., & Sixsmith A.** (November, 2014). Transitioning into affordable housing: Perspectives of place and home from low-income seniors in Richmond, BC. Paper presented as a part of the PHRN Housing Symposium at BC's Non-Profit Housing Conference, November 16-19, 2014, Richmond, BC.
- Fang, M., Woolrych, R., Sixsmith, J., Canham, S., Battersby, L., & Sixsmith, A.** (2015). Voicing stories for change. Panel presentation for the Affordable Housing Breakout Session at the System Change for Seniors Care Forum, February 6, 2015, Burnaby, BC.
- Woolrych, R., Canham, S.L., O'Reilly, C., Fang, M., Sixsmith, A., & Sixsmith, J.** Creating homelike care environments: The perspective of formal carers. Poster session at the 67th Annual Scientific Meeting of the Gerontological Society of America, November 5-9, 2014, Washington, DC.
- Woolrych, R., Fang, M., Sixsmith, A., & Sixsmith, J.** (November, 2014). Place-making with seniors: Towards meaningful affordable housing. Paper presented at the 2014 Canadian Alliance to End Homelessness, November 3-5, 2014, Vancouver, BC.

ENGAGING THE WORLD

Gerontologists Giving Back

by Sarah Canham, PhD / Research Associate and BC Real Estate Fellow,
SFU Gerontology Research Centre

During the 2014 Gerontological Society of America (GSA) conference, I had the honor to coordinate the 5th **Gerontologists Giving Back** service event. Since first conceiving of and organizing this event in 2008 with Dr. Leanne Clark-Shirley, I have met a number of amazing gerontologists willing to roll up their sleeves at an offsite volunteer event during the annual conference.

This year, in collaboration with GSA organizers, the Gerontologists Giving Back service event was comprised of two activities with the Seabury Resources for Aging Age-in-Place® program. Seabury is a nonprofit, community-based organization that provides a range of services to adults 60 years and older to help them remain independent and in their homes for as long as possible.

First, as a means to include all GSA members, conference attendees were invited to drop-off any unused toiletries, such as shampoos, conditioners, and soaps, from their hotel rooms in donation bins. In total, we were able to collect six very full bags of donated items for Seabury to offer to their low-income senior clients.

Second, myself and nine other volunteers completed an afternoon of



FOREGROUND TO BACKGROUND: Han-Jung Ko (Koko), Sarah Dolejs, Jodi Smith, and Sarah Canham.

service at the home of Ms. D—where we were greeted and given instructions on the household chores and yard work Ms. D needed help with. Morgan and Koko raked leaves; Patrick used the weed whacker to get Ms. D's yard winter-ready; Jodi, Leanne, and I weeded the garden and winterized flowerbeds; Judith, Jamila, and Rachel spent time indoors scrubbing the bathroom and floorboards, and vacuuming; and Kevin and Morgan organized Ms. D's basement and made a walkable pathway for her to get to her belongings in storage.

As Washington, DC's population ages, along with all of North America, larger numbers of low- and moderate-income seniors are finding the daily demands required to stay in their homes more and more challenging. The personalized,

affordable services provided by Seabury Age-in-Place® help older adults in the Washington, DC metro area remain in their homes with independence and dignity. Not only are aging-in-place services a critical piece of older adults' social safety net, but they also enhance quality of life. This program makes a difference in whether seniors are able to stay in the community or require alternative living arrangements, which are often less desirable and more expensive.

It was a great day of service that would not have been as successful without the sponsorship of Brightview Senior Living, the support of GSA, and my co-organizer of **Gerontologists Giving Back**, Dr. Leanne Clark-Shirley. Be sure to stay on the lookout for how you can join us at the 2015 GSA conference in Orlando!



In May 2014, **Ryan Woolrych** (former Research Associate and BC Real Estate Fellow, SFU Gerontology Research Centre) was appointed Assistant Professor in the School of the Built Environment at Heriot Watt University, Edinburgh, Scotland. Ryan was also appointed as Adjunct Professor at the GRC where he will continue to collaborate on funded research projects with Professor Sixsmith as well as continuing in his post as Secretary-General of the International Society of Gerontechnology (ISG) that he has held since May 2012. We look forward to reporting on Dr. Woolrych's ISG activities in later issues of SHUP.

ENGAGING THE WORLD

PUBLICATIONS

Bigonnesse, C. (2015). Trois modèles novateurs d'habitation et de services de soutien destinés aux aînés: Portrait et implications pour le vieillir chez-soi [Three Innovative Housing and Support Service Models for Older Adults: Overview and Implications for Aging-in-Place]. *Vie et Vieillesse*, 12(2), 30-34.

Bigonnesse, C., Beaulieu, M., & Garon, S. (2014). Meaning of home in later life as a concept to understand older adults' housing needs: Results from the 7 Age-Friendly Cities Pilot Project in Québec. *Journal of Housing for the Elderly*, 28(4), 357-382. doi:10.1080/02763893.2014.930367

IN THE NEWS

Gloria Gutman: THE INVISIBLE SENIOR: SENIOR RENTERS STRUGGLE TO STAY IN THE WEST END

<https://www.youtube.com/watch?v=wuruzbrnrho&feature=youtu.be>

Dan Levitt: OPINION: IS THIS THE FUTURE FOR NURSING HOMES?

Special to the Vancouver Sun [by Dan Levitt, Adjunct Professor, SFU Gerontology; Executive Director of Tabor Village, (a seniors living community in Abbotsford)]. Special to the Vancouver Sun, 07 DEC 2014. <http://www.vancouversun.com/opinion/op-ed/Opinion+this+future+nursing+homes/10448840/story.html>

Dan Levitt: RE: INTERVIEW WITH THE CANADIAN BROADCAST CORPORATION (CBC) ON THE NURSING HOMES OF THE FUTURE.

[The audio is found toward the end, the last 20 minutes of the show.] http://podcast.cbc.ca/mp3/podcasts/bcalmanac_20141211_28054.mp3

Andrew Sixsmith: WORKING TOGETHER TO HELP CANADIANS AGE-WELL

<http://www.sfu.ca/vpresearch/research-news/2014/AGEWELL.html>

Andrew Sixsmith: HEALTH TECHNOLOGY MOVES INTO METRO VANCOUVER

RETIREMENT HOMES. Vancouver Sun, 23 OCT 2014. http://www.vancouversun.com/business/bc2035/Health+technology+moves+into+Metro+Vancouver+retirement/10318243/story.html?__federated=1



Piper Jackson (Post-doctoral Fellow, GRC) and **Habib Chaudhury** (Chair, SFU Gerontology) welcomed **Amy Hwang** to the GRC.

GRC SPECIAL EVENT

Designing ambient assistive living environments to support persons with dementia: how can technologies complement informal care?

Presented December 12, 2014 by: **Amy Hwang**, (Intelligent Assistive Technology & Systems Lab, Faculty of Medicine (Rehabilitation Science), University of Toronto).

Cognitive impairment and dementia are the most important contributors to disability, dependence and, in high-income countries, institutionalization. Due to inadequate or unavailable systemic supports, family members and friends (“informal care partners”, ICPs) are increasingly assuming care roles for persons with dementia (PwDs) living in the community. Concurrently, research toward the development of ambient assistive living (AAL) environments aims to deploy intelligent and pervasive computing technologies that can sense, learn, and thereby support PwDs in this context. As AAL research shifts towards more human-centred investigations, one key research question is how systems can be situated alongside the care and support provided by ICPs; that is, how might AAL complement their care and care experiences?

In this talk, Dr. Hwang shared: 1) findings from a co-design study that used low-fidelity prototypes to help ICPs (n=6) envision AAL support and design considerations; 2) ongoing data analysis from an interpretative study that aimed to better understand the care experiences of adult children (n=9); and 3) a study protocol in planning that aims to involving care dyads/networks in “experience-centred design”, a generative design approach to future AAL technology development.

ENGAGING THE WORLD

GRC SPECIAL EVENT

COMMITTEE OF SENIOR & HEALTH AFFAIRS FROM THE VIBORG MUNICIPALITY IN DENMARK VISITED VANCOUVER, BC

On October 20, 2014, the Committee of Senior & Health Affairs from the Viborg municipality in Denmark visited Vancouver, BC. As a first stop on their tour, the delegation of 10 officials, led by **Dr. Gloria Gutman** and a group of GRC researchers, travelled from SFU Harbour Centre to the Digital Health Hub at SFU Surrey campus where the group learned of technological solutions and innovation being applied to issues of senior health.

The delegation then travelled down the road to the Retirement Concepts Innovation Centre (RCIC), at Guildford Seniors Village. Presentations at the RCIC were given by a range of research and industry partners, including technology innovators, robotics engineers, and fall prevention specialists. The delegation learned of innovative technology within senior care, mobility, prevention, detection, and treatment. Among the GRC



Piper Jackson, (PhD, Mathematical and Computational Sciences (IRMACS) Centre) discussing the AGE-WELL initiative.

presenters, **Dr. Piper Jackson** discussed the AGE-WELL initiative; Dr. Gutman presented a project on late life LGBT issues; and **Mei Lan Fang** presented early findings from the Kiwanis and Baptist Housing projects.

The Committee was very interested to learn about the research we are conducting in Vancouver that utilizes technology to facilitate and deliver health and social care services for older people. As the Committee of Senior

& Health Affairs is responsible for the standards and principles for the services and care offered to older adults in their municipality, the goal for their visit was to gain an in-depth picture of research and opportunities within community care technology. This study trip enabled the delegation to explore and draw inspiration from the Canadian healthcare system, and to learn new ways of developing and optimizing the Danish public services offered to older adults.



TOP: **Mei Lan Fang** (Research Associate, SFU Gerontology Research Centre), presenting early findings from the Kiwanis and Baptist Housing projects.

LEFT: **Gloria M. Gutman**, PhD, FCAHS, OBC, LLD (hon.) Professor/Director Emerita SFU Gerontology Dept. & Gerontology Research Centre presenting a project on late life LGBT issues.



CITIES FOR SENIORS

Building an age friendly Mount Pleasant - PART 1

Aging in place is a complex phenomenon that involves the individual, families, friends, community, and the surrounding built and social environments. In order for an individual to effectively Age in Place (AIP) many factors must come into alignment. The population of older adults continues to grow and the need to explore optimal aging in place, as well as other viable housing options for older adults, is increasing rapidly. The challenges related to AIP are multiple. Add to this the challenges related to Mild Cognitive Impairment (MCI), Alzheimer's disease, and Dementia, and the situation becomes more complex.

Mount Pleasant Neighbourhood House (MPNH) recognized this challenge and put forth a contribution application to New Horizons for Seniors Program – Pilot project funding, to explore ways to support individuals with MCI and those with other cognitive impairments, who prefer to remain at home, or more specifically, AIP. Our project, entitled 'Cities for Seniors – Building an Age Friendly Mount Pleasant', received funding for a two year pilot project from July 2014 to June 2016. Project partner Mount Pleasant Community Centre generously donated funds to the project, and MPNH aims to fundraise an additional \$15,000 over the course of two years in order to fulfill our project agreement with the Government of Canada's New Horizons for Seniors Program. Other project partners include Baptist Housing (Grandview Towers), the Alzheimer's Society, Simon Fraser University (Drs. **Andrew Sixsmith & Piper Jackson**, and the AAL-Well project (Ambient Assistive Living Technologies for Wellness, Engagement, and Long Life <http://www.aal-well.org/>), Claris Companion, and Telus.

The overarching purpose of the Cities for Seniors project is to develop two key ways of supporting and fostering the independence and social capital networks of independent living older adults who are experiencing declines in cognition. These two streams include:

A. Development of a Brain Body Wellness toolkit – Older adults with cognitive impairments will be involved in the development of the Brain Body Wellness program. This will include components of Brain Gym®, online programs, resources, and tools, as well as a social component. The Brain Body program will be delivered by older adult volunteers in seniors housing facilities, community centres and offered in a one-to-one format for those that are not able to attend the group programs. The goals of this stream are to increase social opportunities, provide meaningful ways of contributing to the community through volunteerism, and to decrease loneliness and isolation among seniors with cognitive impairments.

B. The second stream utilizes off-the-shelf technologies that can support the independence and facilitate the social



networks of independent living seniors who are experiencing cognitive impairments such as those associated with MCI. Technologies include iPads, smartphone applications, and others that are specific to the needs of seniors such as the Claris Companion. Older adults will be trained in the use of these technologies and then matched with a senior in our community. Senior volunteers will also receive training from the Alzheimer's Society in volunteering with seniors who are experiencing cognitive declines, and becoming Dementia Friends.

It is felt that these two streams will contribute to the long term goal of Mount Pleasant Neighbourhood House in creating a Dementia Friendly community.

MORE INFORMATION

If you would like more information about these exciting projects, would like to volunteer, or would be interested in making a donation, please contact:

Claudine Matlo, MA (SFU Gerontology)
Seniors Program Coordinator –
Better at Home & Cities for Seniors
Mount Pleasant Neighbourhood House
800 East Broadway, Vancouver BC V5T 1Y1
tel: 604-879-8208 ext. 138, cell: 604-418-5103
email: cmatlo@mpnh.org

This project is funded in part by the Government of Canada's New Horizons for Seniors Program.

The New Horizons for Seniors Program is a federal Grants and Contributions program that supports projects led or inspired by seniors who make a difference in the lives of others and in their communities. <http://www.esdc.gc.ca/eng/seniors/funding/about/index.shtml>

ENGAGING THE WORLD - RESEARCH

BUILDING AN AGE FRIENDLY MOUNT PLEASANT - PART 2

Madeline's Story

The story below is of one of our current seniors and helps to illustrate how the Cities for Seniors program will be utilized. The names have been changed to protect individual identity. Madeline is an independent living senior who lives in the Mount Pleasant area. At 72 years old she was diagnosed with Alzheimer's disease. With little social support and being on a small fixed income, she was feeling discouraged and felt her options were very limited. Her sister, who lives in the USA, had been a good source of support, but Madeline was having increasingly more difficulty remembering appointments, managing travel from one place to another, and forgetting how to use her computer, which was her primary means of communicating with her sister.

On a visit to Vancouver, her sister had contacted us through the Better at Home program to learn about what support may be available for her sister. Through the conversation we learned that Madeline had no other family or support networks here in Vancouver and was becoming increasingly isolated.

Madeline had made contact with the Alzheimer's society, but without her sisters support she was unable to navigate getting to and from the group meetings. Our conversations revealed that Madeline would like to be able to get to her meetings and would really like to have a stronger social network.

Madeline will be one of the participants in our Cities for Seniors projects. She will be matched with a volunteer who will help her learn and use the technologies that are available to her which will hopefully aid her in remembering appointments, communication with her sister, and navigate between her home and her desired destinations.

THE HEIGHTS AT MT. VIEW

by **Sarah Canham**, PhD / Research Associate and BC Real Estate Fellow, SFU Gerontology Research Centre

Dr. **Andrew Sixsmith** has been commissioned by Baptist Housing to conduct a two-year evaluation as residents with complex care needs and staff members from two Baptist Housing locations, Mount Edwards Court Care Home and Central Care Home, transition to the organization's recently constructed facility in Saanich, BC. – The Heights at Mt. View. The transition to The Heights, a 7-storey, 260-suite residence took place in late November 2014.

The goal of the research is to determine if and how a housing model of care, compares to an institutional model of care and can contribute to positive outcomes for residents, their family, and care staff.

This research project is off to a strong start thanks to the meaningful efforts and valuable contributions of Baptist Housing team members, residents, and family members. Since the start of the project, in Spring 2014, the GRC research team has designed an extensive research plan and completed collection of pre-move data through observations and interviews.

Prior to residents move, in September 2014, GRC researchers, Drs. Judith Sixsmith and I, were given a tour of The Heights. The design of The Heights has been inspired by current best practices in senior living and has integrated a number of innovative design approaches based upon principles of a housing model of care to support independence and quality of life in old age.

Early in February 2015, GRC researchers visited The Heights for the first time since the move and gathered first impressions of The Heights through interviews and observations. This visit offered an opportunity to gather first impressions of The Heights through focus groups and conversations. More extensive post-move research will follow in May 2015. We hope that the results of this evaluation will provide evidence for how the built environment can best support the development of homelike care settings for older adults transitioning into long-term care.

KIWANIS TOWERS

by **Mei Lan Fang**, MPH / Research Associate, SFU Gerontology Research Centre

Researchers from the GRC have begun the formal stages of data collection for a place-making study among former residents of a low-income senior housing development, Kiwanis Court, which was torn down in 2011/2012. In its place, Polygon development has begun construction of two new buildings consisting of 1- and 2-bedroom units.

Beginning March 2015, the ethnically diverse group of former Kiwanis Court residents will join with a new group of older persons who meet certain low-income requirements in the new development, Kiwanis Towers.

The research project has been funded by the Vancouver Foundation, and has a great deal of support from a number of partners, including the city of Richmond, Kiwanis Society, Polygon Development, Richmond Homelessness Coalition and BC Non-Profit Housing Association.

Preliminary data from in-depth interviews with former Kiwanis Court and future Kiwanis Tower residents suggests that there is heightened stress and anxiety among older participants related to moving. Participants have also cited concerns over unaffordable rent prices, limited parking, little storage space, and the inability to have pets in the new development. However, some positives cited include moving into a new building, being in a centralized location and reuniting with friends and members of the community.

As the occupancy date approaches, the GRC researchers continue to look forward to growing relationships with community groups and organizations who can help make positive contributions to helping residents adjust to the move and settle into their new homes. I have gotten a great deal of encouragement from community partners in Richmond, and am grateful for the support.



SPOTLIGHT ON THE INTERNATIONAL SOCIETY OF GERONTECHNOLOGY (ISG)

[Gerontechnology: designing technology and environment for independent living and social participation of older persons in good health, comfort and safety]



GERONTOLOGY
RESEARCH CENTRE

The International Society of Gerontechnology (ISG) was established in 1997 under Dutch law for the purpose of designing technology and environments for independent living and social participation of older persons in good health, comfort and safety. The ISG and its various regional chapters is the only international academic society that focuses on the area of aging and technology.

ISG OVERVIEW:

Mission

ISG encourages and promotes technological innovations in products and services that address older peoples' ambitions and needs on the basis of scientific knowledge about ageing processes including cultural and individual differences

Vision

ISG works toward the realization of a society fully served by technology that is as accessible to ageing people as it is to people in younger generations

Values

Innovative technology that serves an enabling role for ageing people by:

- Maintaining their independence and equality including considerations of residence, mobility, safety, security, communication, activities, and quality of life
- Supporting their well-being and health as defined by the WHO
- Realising their individual and collective/social ambitions and needs
- Keeping them embedded in their changing socio-cultural environment
- Enhancing their dignity
- Supporting their caregivers

Strategies

- Advancing world-wide communication between scientific, technological, and social disciplines relevant to human ageing in a sustainable society, through a variety of means including international and regional conferences, an international peer-reviewed journal, and an Internet forum
- Establishing and improving

university and professional education in gerontechnology by textbook and Internet-based educational material, curricula, courses, and master classes

- Supporting the introduction of gerontechnology into a wide range of disciplines and professions that impact on the well-being and quality of life of ageing people
- Advancing learning opportunities for ageing people to use new technology
- Applying insights from ageing processes to technological innovations
- Encouraging technological innovations that meet ambitions and needs of ageing people

As part of its outreach, the ISG holds a biannual World Conference (with the next being in Nice, France in 2016) and has its own peer-reviewed journal – *Gerontechnology* – the aim of which is to provide a forum for reporting original research,

Gerontechnology the aim of which is to provide a forum for reporting original research, review papers, and personal perspectives on the broad area of fitting technological environments to support changing life goals and lifestyle preferences into advanced age. Research outcomes reported in the Journal form the basis for designers, architects, standards developers, builders, engineers, marketers, manufacturers, medical doctors, pharmacists, decision makers, and related professionals in the health, social, business and technology professions to provide the proper environment for the greatest number of people in society.

GRC Director **Andrew Sixsmith** was inaugurated as President of the ISG



at their General Assembly in Taiwan in June 2014. Dr. Sixsmith has been involved with the ISG since its early days serving as Vice President of the Society from 2008 to 2012 as well as being the Chair and Scientific Director of the World Conference in Vancouver in 2010. Speaking at his inauguration: “The ISG is becoming increasingly important. We are seeing growing numbers of seniors within populations worldwide, while technologies that were science fiction just a few years ago are now part of our everyday lives. Harnessing the potential of technologies for the benefit of seniors is crucial to helping them to remain full participants within society. At the same time technology represents new opportunities for industry and will contribute to creating more sustainable health services. I feel incredibly honoured to be the President of the ISG and I will work hard to promote the kinds of international collaborations that are essential to a vibrant research community”.

ENGAGING THE WORLD - RESEARCH



GRC ENGAGEMENT IN INNOVATION IN THE COMMUNITY

The Gerontology Research Centre (GRC) has been hard at work developing community partnerships made up of researchers in higher education, clinicians, industry partners and innovators affiliated with Surrey's Innovation Boulevard (IB) and Retirement Concepts Innovation Centre (RCIC) for Healthy Aging. Uniquely, the GRC is partnered with the newly established (as of June 2014) Innovation Centre, based at Guildford Seniors Village just a few miles from Surrey Central. The brainchild of Retirement Concepts, one of the largest private providers of seniors' care in the province, the Centre connects researchers and scientists to a ready pool of research participants. Additionally, the Centre provides a setting in which researchers can test and refine leading-edge products and services related to healthy aging. Notably, the Innovation Centre has an integrated test centre lab that can simulate care environments or offer a venue to hold focus groups with seniors, families, and caregivers.

INNOVATION BOULEVARD

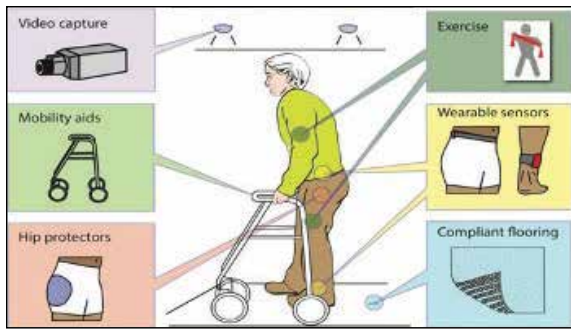
Innovation Boulevard (IB) is an agile partnership of health, business, higher education and government creating new health technologies to improve people's lives. With a focus on medical technologies, digital health, and independent living, researchers from the GRC have partnered with visionaries at IB and RCIC, including Ryan D'Arcy (Surrey Memorial Hospital Foundation BC Leadership Chair in Multimodal Technology for Healthcare Innovation, Simon Fraser University; Head, Health Sciences and Innovation, Surrey Memorial Hospital, Fraser Health Authority) and Rowena Rizzotti (Vice President of Operations, Retirement Concepts), respectively, to explore innovative digital health solutions for medical applications in long-term care facilities.



Andrew Sixsmith (Scientific Director, AGE-WELL Network of Centres of Excellence; President, International Society for Gerontechnology; Professor and Director, SFU Gerontology Research Centre; Deputy Director, IRMACS Centre, Simon Fraser University) and **Rowena Rizzotti** (Vice President of Operations, Retirement Concepts)



The Retirement Concepts Innovation Centre was packed for its launch event on June 5, 2014. The researchers and equipment that normally occupy the room were joined by numerous representatives from industry, government, and clinical practice. In this picture, the **Hon. Andrew Wilkinson** (Minister of Technology, Innovation and Citizens' Services, centre) is joined by **Rowena Rizzotti** (right) for a demonstration by **Dr. Siamak Arzanpour** (Mechatronics Systems Engineering, SFU).



An overview of the technologies and methods under review and development at Dr. Robinovitch's lab.

RCIC

Among the many projects currently underway at RCIC, Dr. Stephen Robinovitch, (associate faculty in the Department of Gerontology and a Canada Research Chair in the Department of Biomedical Physiology and Kinesiology, and School of Engineering Science at SFU) is collecting data to inform prevention of falls and workplace violence in long-term care settings. Dr. Robinovitch and his colleagues are using networks of digital video cameras to collect and analyze video footage of real-life falls of older adults in common areas in long-term care settings. This project provides objective, detailed information on “how” and “why” falls occur. Results will inform the development of improved educational material and interventions to prevent falls and fall-related injuries for older adults.

AAL-WELL

Retirement Concepts is also playing a vital role in the Ambient Assistive Living Technologies for Wellness, Engagement and Long Life (AAL-WELL <http://www.aal-well.org/>) project led by Drs. Andrew Sixsmith and Piper Jackson, (Postdoctoral Fellow, GRC). RCIC provides access to stakeholders, including older adults with mild cognitive impairment (MCI) and their caregivers. AAL-WELL aims to determine how ambient assistive living can be used to promote active and healthy aging to improve the quality of life of older adults by using home computing applications to reduce social isolation, providing stimulating activity and reinforce healthy behaviour.

The relationship between the GRC, RCIC, and IB is a clear example of how cross-sector cooperation and a commitment to stakeholder involvement

can support innovation and discovery

AGE-WELL NETWORK

This relationship is one of the foundations of the AGE-WELL network (<http://www.agewell-nce.ca/>), which was recently awarded \$36.6-million over 5 years as part of the federal government's Networks of Centres of Excellence (NCE) program. AGE-WELL is headed

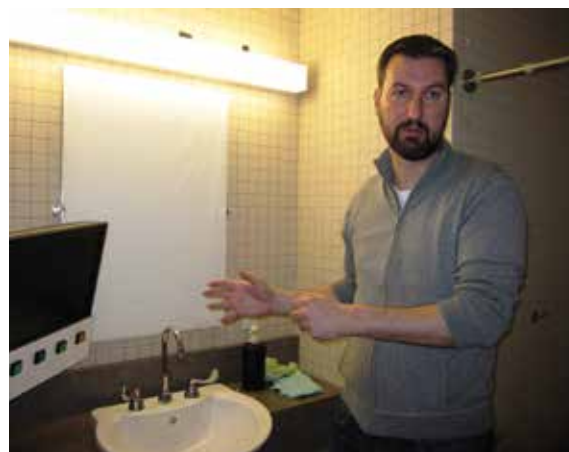
by Drs. Andrew Sixsmith (SFU GRC) and Alex Mihailidis (Barbara G. Stymiest Research Chair in Rehabilitation Technology at the University of Toronto and Toronto Rehab Institute), and includes 27 member research organizations as well as 71 partner organizations, spanning academia, industry, non-profit, and government. AGE-WELL's role is to facilitate and enhance the ability for Canadian researchers and industry to work together in applying and developing technology that will improve the health, independence, and social participation of Canadian seniors.

The vision of the AGE-WELL is to harness the potential of technology to provide high-quality and sustainable services and solutions to meet the needs of the current and future generations of older adults in Canada. Our vision includes the creation of capacity for Canada to further establish its position as a global leader in the development and deployment of these technologies. AGE-WELL aims to harness the creativity and inventiveness of Canadian health-, natural-, and social-scientists and engineers, together with institutional

partners from industry, government and notfor-profit organizations. However, a Centre or Department is only as good as the faculty, researchers, and students that comprise them – people do the work and research, not the institution. It is with this idea in mind that succeeding issues of the GRC News will be focused upon introducing a number of our AGE-WELL team – the people who will do the work and the research in bringing technology to facilitate aging well into existence: researchers such as Piper Jackson and Maryam Sadeghi as well as those who presented at C2C, AAL-WELL, and the Knowledge Café's held in Toronto and Vancouver. “AGE-WELL is an exciting opportunity to harness the potential of information and communication technologies to enhance the health, independence and social participation of Canadian seniors.”

COLLABORATION

Through these partnerships being built by the GRC, our research efforts are focused on leading to improved health and social outcomes for seniors and usable products for commercialization. As our population ages, innovative products and services are needed to facilitate effective and efficient care solutions. By continuing to build collaborative partnerships across disciplines in academia and industry, as well as with the seniors for whom technology and products are being developed, the research conducted at the GRC is informed throughout the process. Among the outcomes of such partnerships, GRC researchers are able to engage the community in research not only for older adults, but also with older adults.



“AGE-WELL is an opportunity like we have never had in Canada; a chance to bring together all of the relevant researchers and stakeholders in the technology and aging community. AGE-WELL will advance research and development in this field beyond anything that we were capable of before. It will benefit Canadian researchers, industry, and most importantly, Canadian seniors.”
– Alex Mihailidis.

OUR STUDENTS - ENGAGED

PhD student Laura Booi takes her message about dementia around the world - in Japan

[EDITOR'S NOTE: See the upcoming GRC NEWS for a further report on Laura taking her message around the world]

LAURA BOOI IS LOUD, AND PROUD OF IT!

A committed evangelist for increasing awareness and education about dementia, and decreasing the stigma associated with it, the SFU PhD student in gerontology has just returned from a speaking engagement in Japan.

She was first nominated by the Alzheimer's Association of B.C. to represent B.C. youth at a Canadian Young Leaders in Dementia Event held in Ottawa in September.

"I was one of the loudest people there," she says. "I wrote the communiqué for the new World Dementia Council based on the young leaders' summit event in Ottawa."

[Second Global Dementia Legacy Event Co-hosted by Canada-France. Harnessing the power of discoveries: Maximizing academia-industry synergies, September 11-12, 2014, Ottawa, Canada: <http://www.cihr-irsc.gc.ca/e/47902.html>]

As a result of her Ottawa participation she was then selected by the UK Science and Innovation Network to represent Canadian youth at the following **G8 Dementia Summit** in Japan earlier this month. Both events are two of four planned as a follow-up to the G8 Dementia Summit held in London last year, where UK Prime Minister David Cameron created the World Dementia Council.

The London summit brought together G8 ministers, researchers, charities and pharmaceutical companies, and resulted in a G8 commitment to establish an international effort for approaching the issue of dementia.

Booi will attend the final summit in Washington, DC in February 2015 and then hopes to represent youth at the World Health Organization's first global dementia summit in March 2015.

Booi began her PhD at SFU in 2012. Despite funding to complete a PhD at UBC, where she earned an MA in health psychology, she chose SFU because of the gerontology program and the Gerontology Research Centre.

"I can't say enough good things about the program so far," she says. "It has been very nurturing for me."

She plans to do her thesis on nursing-staff attitudes in care facilities. "There's very little research that has to do with front-line care providers and their perspective," says Booi, whose family members are all front-line care providers. "But we do know that their attitudes are directly related to the quality of care provided."

Booi, who holds a two-year \$100,000 TVN Interdisciplinary



Laura Booi (PhD Student, SFU Gerontology) with **Dr. Kiyoshi Kurokawa** (member of the World Dementia Council and science advisor to the Cabinet of Japan) during the G8 Dementia Summit in Japan held November 2014.

fellowship, says that dementia is actually a feminist issue. TVN (Technology Evaluation in the Elderly Network) is an organization that aims to improve care for the frail elderly.

"Sixty percent of people who get dementia are women, and the majority of front-line staff are also women, as are the family caregivers," says Booi. "Yet 95 percent of speakers and attendees at these dementia summits are men, with almost no youth attending."

"We need to educate future generations," she says. "It's men who are having the discussions and making all the decisions based on their own perspectives."

Booi's TVN fellowship requires her to do an external internship. She leaves this month to spend one month in Bella Bella, B.C. to learn how this remote First Nations community cares for elders with dementia.

Booi plans a career in dementia advocacy, and already has a blog, dementialhealth.com. "If I can continue to be an evangelist for dementia, then I'll be super happy."

[REPRINTED BY PERMISSION FROM SFU NEWS November 25, 2014 / By Diane Luckow. <http://www.sfu.ca/sfunews/stories/2014/phd-student-takes-her-message-about-dementia-around-the-world.html>

Booi has been involved in aging research since her undergraduate degree in psychology at Vancouver Island University (VIU). She then pursued a Master of Arts in Health/Medical Psychology at UBC. She began working on her PhD in Gerontology at Simon Fraser University in 2012, under the guidance of Dr. Andrew Sixsmith, who is also her TVN Fellowship Supervisor. Her research is examining the impact nursing staff attitudes have on the delivery of care in long-term residential care facilities. Laura's passion for gerontology started when she went to live with her grandfather for a summer. She is very involved in the community to further her learning and lend her skills as an advocate, particularly in the area of dementia.

OUR CENTRE - ENGAGED



GERONTOLOGY
RESEARCH CENTRE

2015 "ELDER ABUSE AWARENESS TO ACTION" AWARDS NOMINATION

To mark **World Elder Abuse Awareness Day**, the SFU Gerontology Research Centre established an annual awards program to recognize outstanding contributions made by individuals, groups, or businesses in British Columbia towards advancing senior abuse awareness, prevention, and support.

There are four categories of award recognition:

For individual, community group or agency contributions;
For innovative programs;
For media reporting (print, radio, TV) and marketing
For business efforts.

To submit a nomination please indicate:

- 1) Individual/Group name, address, e-mail (if applicable), telephone and fax number;
- 2) The category of award (see above);
- 3) The nature and scope of the nominee's contribution to this area, and in what capacity;
- 4) Your full contact information.

Send your nomination to:

Awareness to Action Awards Committee,
c/o SFU Gerontology Research Centre
515 West Hastings St. Vancouver, BC, V6B 5K3.

Deadline for submission is **FRIDAY April 10, 2015.**



Save the Date

24th John K. Friesen Conference

Harnessing Technology for Aging-in-Place

May 14-15, 2015

Segal Centre, SFU Vancouver Campus, 515 West Hastings Street
Vancouver, British Columbia, Canada

Hosted by: Simon Fraser University Gerontology Research Centre
For more information: email: fc_2015@sfu.ca | web: www.sfu.ca/fc2015



OUR STUDENTS - ENGAGED



GERONTOLOGY GRADUATE CAUCUS UPDATE

The Gerontology Graduate Caucus (GGC) kicked off another year with the Alzheimer's Society of British Columbia's Walk for Memories on January 25th, 2015. Fourteen students and friends of the gerontology department came out to complete the 5km walk through Stanley Park to raise funds in support of programs, education, and advocacy for those living with dementia and their families. The GGC would like to extend a tremendous thank you to all those who supported us in this endeavour. With your help we were able to raise \$1,135.50.

The GGC is currently planning our upcoming 17th annual Careers Night and Networking Wine and Cheese to be held at the end of March at Harbour Centre. Three speakers will share how their gerontological backgrounds have influenced their careers and professional experiences. This event is a great opportunity for students to network with community members in the field of aging and gain insight into available opportunities. If you would like to RSVP your attendance or find out more, please contact any of the GGC Executive Committee members.

In closing, we would like to announce the GGC Executive Committee members for the 2014/2015 year. The GGC is headed by **Heather Cowie** as Chair, followed by **Tasha Lorenzen** as Vice Chair. **Taylor Tuepah** serves as Treasurer and Gerontology Representative to the Graduate Student Society (GSS), **Laura Kadowaki** as Secretary, **Brooke Astles** as Social Coordinator, and **Britta Willson** and **Denise Beaton** as Alternate GSS Representatives and Members at Large. For information on GGC meetings, events, and how to get involved, please contact Heather Cowie & hcowie@sfu.ca



The GGC Team and Supporters at the 2015 Alzheimer's Society of British Columbia's Walk for Memories.



GERONTOLOGY RESEARCH CENTRE

SUPPORT

The SFU Gerontology Research Centre and the SFU Department of Gerontology are seeking your tax deductible donations to support our research, teaching, and public awareness efforts in the area of seniors' issues. Please visit the GRC website homepage and select the DONOR LINK to download a PDF version of our DONOR SUPPORT FORM. (http://www.sfu.ca/uploads/page/o2/GRC_DONATION_FORM.pdf). Thank you!

THE GERONTOLOGY RESEARCH CENTRE

The Gerontology Research Centre (GRC) is committed to high quality research and knowledge transfer in the field of aging.

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2015 SPRING GERONTOLOGY STUDENT AWARDS CEREMONY

THE CEREMONY, held on January 14, 2015 at SFU Vancouver campus, featured presentations by the Royal Canadian Legion and the Old Age Pensioners of BC. The Legion's Geriatric Nursing Bursary of \$2000 was presented to MA candidate **Denise Beaton** by Leo Crossland (Royal Canadian Legion, British Columbia/Yukon Command). Although well known as Canada's preeminent non-profit veterans' support organizations, relatively few Canadians realize the Legion is also active in many other areas or that its programs benefit people throughout society. At one end of the age spectrum is the Legion's seniors programs. The Legion's commitment to seniors dates back more than 50 years to when branches first got involved in building low-rent apartment units for elderly veterans, widows and their dependents. Today, most branches conduct seniors' programs or provide services focused on health care, home support and housing. At the national level, the Legion engages in advocacy for seniors' rights and their well-being. Awards of \$1000 each were presented to MA candidates **Diana Cochrane** and **Tasha Lorenzen-Ewing** by Betty Bolton (President, Old Age Pensioners of BC Scholarship Society). Established in 1983, the goal of the Society is to assist worthy students of gerontology in British Columbia, especially those involved in research and practice-oriented work with seniors. Annual funding is mainly from donations by Society branches and members.



MA Candidate **Ruth Sherk** recipient of the Israel Chertkow Memorial Scholarship with **Dr. Gloria Gutman**.



Leo Crossland (Royal Canadian Legion, British Columbia/Yukon Command) and MA Candidate **Denise Beaton**.

Recipients of other gerontology awards in were also recognized at the ceremony:

Brooke Astles – Graduate Fellowship (half – Spring 2015): \$3125; Isabel Dawson Memorial Scholarship: \$700;

Sana Aziz – German-Canadian Benevolent Society of BC Aulinger Award in Gerontology: \$700;

Melissa Badger – Gloria Gutman Conference Travel Award: \$900; GABC Chuck Bayley Memorial Scholarship: \$1200; Travel & Minor Research Award: \$400;

Denise Beaton – Royal Canadian Legion Geriatric Nursing Bursary: \$2000; Travel & Minor Research Award: \$400;

Catherine Bigonnesse – Travel & Minor Research Award: \$400;

Laura Booi – Travel & Minor Research Award: \$400;

Madeleine Bourdages – Graduate Fellowship (full – Fall 2014): \$6250;

Glenyth Caragata – President's PhD Scholarship: \$6250;

Diana Cochrane – Old Age Pensioners of BC Scholarship Society Award: \$1000;

Heather Cowie – Graduate Fellowship (half – Spring 2015): \$3125; Fung Chan Yee Shan Memorial Scholarship in Gerontology: \$1200; GABC Chuck Bayley Memorial Scholarship: \$1200;

Laura Kadowaki – Graduate Fellowship (half – Fall 2014): \$3125;

Lorraine Kleinschroth – Entrance Scholarship (Spring 2015): \$3000;

Tasha Lorenzen-Ewing – Old Age Pensioners of BC Scholarship Society Award: \$1000; Al Eisenring Gerontology Award: \$2000; David & Rachelle Chertkow Essay Prize: \$1000;

Ruth Sherk – Israel Chertkow Memorial Scholarship: \$700;

Sarah Stott-Eveneshen – Mark Nussbaum Graduate Research Fellowship in Gerontology: \$2,500;

Taylor Tuepah – Graduate Fellowship (full – Fall 2014): \$6250; Lillian Zimmerman Graduate Scholarship: \$500;

Brittany Willson – Special Graduate Entrance (Fall 2014): \$4000;

Sarah Wu – Graduate Fellowship (half – Fall 2014): \$3125

Congratulations to all!



Betty Bolton (Old Age Pensioners of BC Scholarship Society) and MA Candidates **Diana Cochrane** (left) and **Tasha Lorenzen-Ewing** (right).