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MENTAL HEALTH ISSUES FOR OLDER ADULTS AND THEIR CAREGIVERS: THE 2014 DISTINGUISHED LECTURE

The University of Regina Centre on Aging and Health hosted its eleventh annual Distinguished Lecture on March 6th, 2014. Dr. Victor Molinari, Professor in the School of Aging, University of South Florida, discussed how common mental health problems of older adults affect their caregivers and provided suggestions for going beyond simply addressing symptoms in order to improve quality of life in older adults. Molinari's talk, "Balancing Benefits and Burdens: Mental Health Issues for Older Adults and Their Caregivers", was very well attended despite the heavy snow, which our speaker from Florida enjoyed a lot more than expected.

Molinari said that one of the keys to caregiving is getting the caregiver and the person with dementia or mental health issues to accept the condition and have them understand that these conditions do not define an individual. Often, family members are selective in assessing their loved one's condition, which delays professional diagnosis and treatment. Accepting said dementia or mental health concern then allows a less stressful, familiar environment to be created, one that can potentially reduce drug dosages when treating, for example, late-life schizophrenia.



Dr. Victor Molinari

Please send submissions and story ideas to:

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MENTAL HEALTH ISSUES FOR OLDER ADULTS AND THEIR CAREGIVERS (CONTINUED FROM PAGE 1)

Molinari also pointed out the importance of allowing (in certain cases) patients to help direct their treatment: in terms of living arrangements, drug usage etc. Such an arrangement, often as part of an Assertive Community Treatment—a team model that provides services to keep patients in the community—reduces hospitalizations, and has shown higher patient satisfaction while being no more costly than hospital or rehab care.

He went on to say that, contrary to stereotypes, symptoms of depression are not a part of normal aging. In addition, older adults are usually not fatalistic and are capable of learning new outlooks. In fact, he stressed that studies show that older adults are just as satisfied with life as younger adults and therefore older patients and their families or friends should be asked about recent family crises or changes that may be causing depression. As a result, that depression can be treated in the same way as for younger patients.

Furthermore, Molinari mentioned that while caregiving in cases of severe dementia can be an emotional and physical burden, there are benefits too. These caregiving benefits can include marital closeness, sense of accomplishment in overcoming a challenge, fulfilling a moral obligation or life purpose, and a sense that their example will encourage other loved ones to do the same for them one day.

Ultimately, he said there is even evidence to suggest that caregivers, despite the burdens, live an average of eight years longer than their non-caregiving counterparts do, meaning caregiving benefits may often outweigh burdens after all.

For more information of Dr. Molinari's research, contact him at VMolinari@usf.edu

For the presentation slides, contact cah@uregina.ca



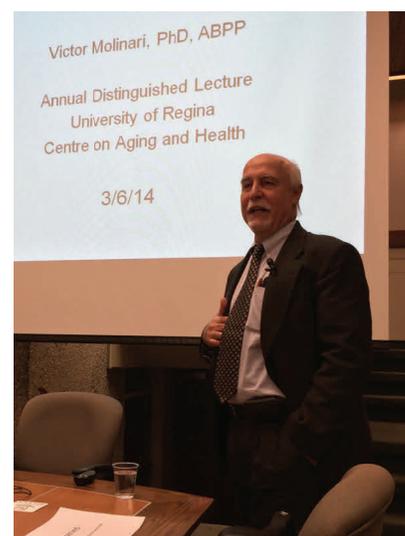
Dr. Thomas Hadjistavropoulos

CAH MEMBERSHIP

Interested in joining the CAH?

Complete the application form available on the CAH website.

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



Dr. Victor Molinari

STRENGTHENING PARTNERSHIPS: CAH SIGNS MEMOS OF UNDERSTANDING WITH SASKATCHEWAN HEALTH ORGANIZATIONS



We are pleased to announce the renewal of our memorandum of understanding (MOU) with the Alzheimer Society of Saskatchewan (ASOS) for another five years.

This MOU is an agreement that promotes effective collaboration between the CAH and the ASOS to promote research and facilitate educational and academic exchanges.

Both organizations have agreed to assist each other in areas such as academic materials and publications, faculty member cooperation for research, lectures and discussions, personnel for teaching and training purposes and the promotion and organization of public events and activities.

The CAH also signed a similar five-year MOU with the Regina Qu'Appelle Health Region.

These agreements commit the partnering organizations to work on projects of mutual interest as practicable.

While our relationships with both organizations have always been strong, we are pleased to see these MOUs in place and we look forward to exciting collaborations with both groups moving forward.

Advertise in the CAH Newsletter

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

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

Corporate Rates (per page):

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

Contact CAH Administrator at 306.337.8477 or
cah@uregina.ca for more information

Apply now for the 2014/2015 CAH Small Grants Research Award!

Amount Available: \$1,500 Application Deadline: December 15, 2014

This award is intended to fund pilot projects or other work aimed to lead to the preparation of a major national application in the area of health and aging.

To apply, or for more information: http://uregina.ca/hadjstt/centre_index.htm or
cah@uregina.ca or 306.337.8477

CAH THANKS DR. WILLIAM KLASSEN

The CAH wishes to thank Dr. William Klassen, one of our biggest supporters and a long-time community representative on the CAH Steering Committee. Dr. Klassen has completed his service to the committee. However, we would like to acknowledge his contribution as he always offered very helpful advice and perspective during meetings. He also did so during public event Q&As, which he rarely missed. While no longer on the committee, Klassen assures us he will continue to attend CAH public lectures when possible.

Klassen was a physician and gerontologist in Regina for many decades and was named Saskatchewan Family Physician of the Year in 1989.

His enthusiasm for and dedication to medicine, health, and gerontology have been and will continue to be inspiring to everyone at the CAH.

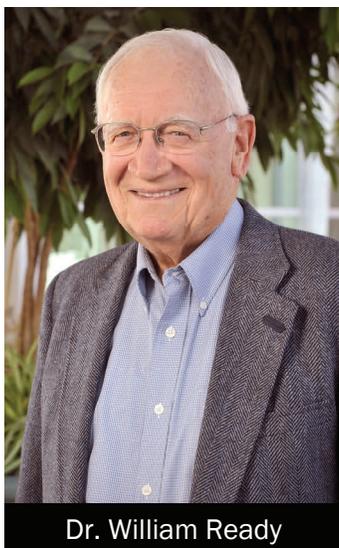
We wish him all the best. Thank you, Dr. Klassen.



Dr. William Klassen

Photo: Bryan Schlosser, Regina Leader-Post

CAH WELCOMES DR. WILLIAM READY TO STEERING COMMITTEE



Dr. William Ready

The CAH is pleased to name Dr. William Ready to the Centre on Aging and Health Steering Committee.

Ready is a retired Regina lawyer who practiced law for nearly fifty years. He is also a former Regina Public School Board of Education Chairman and member of the Saskatchewan Financial Services Commission.

He will serve in a position designated for members of the community and will offer feedback on CAH accomplishments as well as provide advice for future projects and opportunities. We look forward to his important contribution to the CAH.

SHOWING LOVE FOR THE BRAIN: CAH PROMOTES BRAIN AWARENESS WITH FILM SCREENING



As is the case each year, March was CAH event season. The 2014 Regina Brain Awareness Week Film Screening was our second free public event of the month.

We showed Michael Haneke's Oscar-winning *Amour*. The film won the Best Foreign Film Oscar in 2012 and was nominated for several other awards including Best Screenplay, Best Director, and Best Actress.

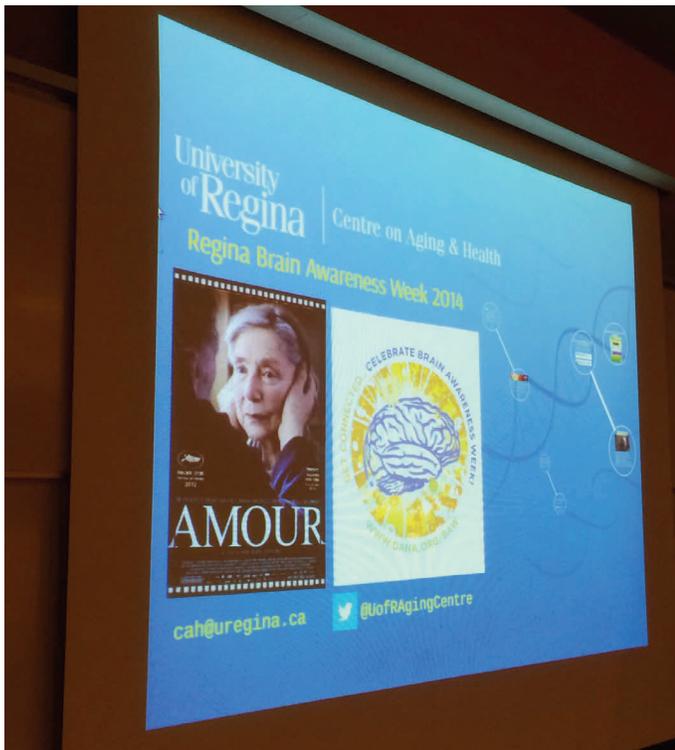
Amour is the powerful story of older adults Anne and Georges, retired music teachers, dealing with the aftermath of a stroke that leaves Anne paralyzed on one side of her body. It deals with themes of love,

personhood, and dignity in the face of mental and physical decline.

It was Regina's twelfth year of Brain Awareness Week. Other events included various public displays by Regina Qu'Appelle Health Region departments as well as the Alzheimer Society of Saskatchewan's Heads Up for Healthier Brains Public Forum that featured a keynote address from Dr. Kirk Nylen of the Ontario Brain Institute who discussed how even minor increases to daily physical activity can lower the risk of developing dementia.

If you would like to become a partner member for Regina Brain Awareness Week or want to cross promote your event, contact Scott J. Wilson, CAH Administrator, at cah@uregina.ca or 306.337.8477

For more information on Brain Awareness Week, visit <http://www.dana.org/BAW/>



**Want to hear about more
CAH events?**

Follow us on Twitter :

 **@UofRAgingCentre**

- NEWS AND NOTES -

- ⇒ **Dr. Thomas Hadjistavropoulos**, CAH Director, received approximately \$120,000 from the Canadian Foundation for Innovation (CFI) and Saskatchewan Innovation and Science for research in reducing unnecessary pain-related suffering in older adults, particularly those with dementia. Hadjistavropoulos' grant will make him the third CAH Member to receive CFI funding for aging and health research at the University of Regina as **Dr. Darren Candow** and **Dr. Shanthi Johnson** each operate CFI-funded labs (researching musculoskeletal health and falls prevention/nutrition respectively).
- ⇒ The University of Regina Centre for Continuing Education hosted its 12th annual Gerontology Institute on May 7th, 2014. The CAH, as co-sponsor, invited CAH Member **Dr. Paulette Hunter**, St. Thomas More College, University of Saskatchewan, to speak about issues of personhood and dementia. More details on the lecture will be presented in the next newsletter. The event also featured a presentation by CAH Member **Dr. Carrie Bourassa**, First Nations University of Canada, who discussed cross-cultural end of life care and Aboriginal people.
- ⇒ **Dr. James Daschuk** won four awards at the Saskatchewan Book Awards for the critically acclaimed *Clearing the Plains: Disease, Politics of Starvation, and the Loss of Aboriginal Life*. Daschuk, a MA/MSC Program in Gerontology Faculty Member, was awarded the University of Saskatchewan College of Arts & Science and Library Non-Fiction Award, the Drs. Morris & Jacqui Shumiatcher Regina Book Award, the National Bank Financial Wealth Management First Book Award and the University of Regina Arts, and the Luther College Award for Scholarly Writing. *Clearing the Plains* was also named "Book of the Year" by *The Globe and Mail* and is the University of Regina Press' first national bestseller.
- ⇒ The Saskatchewan Health Research Foundation (SHRF) honoured CAH Member **Dr. Greg Marchildon** with the 2014 SHRF Achievement Award. The award recognizes career contributions to health research.
- ⇒ In June 2014, **Dr. Gordon Asmundson**, CAH Member, will receive the Canadian Psychological Association's 2014 Donald O. Hebb Award for distinguished contributions to psychology.
- ⇒ **Dr. Thomas Hadjistavropoulos** continues to lead the province-wide, CAH-organized SHRF team (on quality of life in long-term care). SHRF funds this team through one of the largest grants it has ever awarded (\$2.4 million). This research involves four Saskatchewan health regions, both universities, and has produced many publications. This team was recently renewed for an additional three years with over \$700,000 in additional SHRF funding.

- NEWS AND NOTES -

- ⇒ **Ms. Michelle Gagnon**, CAH Trainee Member, has been awarded the Vanier Canada Graduate Scholarship valued at \$50,000 per year for three years. In addition, **Ms. Sarah Johannsmeyer**, graduate student in Kinesiology, was awarded the SGI Scholarship in Aging and Health—an award adjudicated by the CAH and that was made possible by an external donation given to the CAH/U of R specifically to support graduate students in aging.
- ⇒ The CAH joined the **Alzheimer Society of Saskatchewan** Dementia Advisory Network (DAN) Steering Committee. The purpose of the DAN is, to serve as a vehicle to facilitate people and resources, coming together to improve the system of care, which includes service delivery, education and research for persons with dementia, their families, and care partners.
- ⇒ The University of Regina Lifelong Learning Centre, operated by CAH Member **Ms. Kerrie Strathy**, received over \$24,000 from the Government of Canada for its Age-Friendly Community initiative project. As part of the project, older adults will be encouraged to be active community members by planning and implementing mentoring activities in schools in hopes of developing and sharing best practices to help Regina become more age friendly.
- ⇒ CAH Trainee Member **Dr. Theresa Dever-Fitzgerald** successfully defended her thesis: “The Impact of Patient Assessments on Nurse Fears, Patient Falls and Functional Ability in Seniors with Dementia.” Dever-Fitzgerald is currently employed at the Saint John Psychology Centre in New Brunswick.

GET THAT DATA COLLECTION MONKEY OFF YOUR BACK: CAH MEMBER SURVERYMONKEY PROGRAM



The CAH offers members access to a CAH SurveyMonkey account, which simplifies and encourages aging and health research. Researchers can use the account to give surveys, questionnaires, and collect valuable data. Questionnaire material will be entered by the CAH in order to maximize confidentiality as multiple researchers may be using the account simultaneously. Researchers who wish to use the account must obtain ethics clearance for their projects from the University of Regina Research Ethics Board.

For the complete terms of use and additional information, go to http://uregina.ca/hadjistt/centre_index.htm or call 306.337.8477. To take a tour of SurveyMonkey, visit surveymonkey.com.



MA/MSc Gerontology Program

“Seniors make up the fastest growing age group...

By 2051, about one in four Canadians is expected to be 65 or over.”

– Statistics Canada

- Exciting inter-disciplinary, research-oriented graduate degree program.
- Provides research training and specialized gerontology knowledge to health professionals and students.
- Emphasizes both the physiological and psychosocial aspects of aging.
- The collaboration of the Faculty of Arts, the Faculty of Kinesiology and Health Studies and the Faculty of Social Work and coordinated by the University of Regina’s Centre on Aging and Health.

Admission Requirements:

4-year undergraduate degree in areas such as nursing, kinesiology, psychology, social work, health studies, sociology, biology, or a health professional degree .

Application Deadline: March 31

For further information, please contact:

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Download the brochure at: http://uregina.ca/hadjjstt/centre_index.html

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