The 28th Annual John K. Friesen Conference

UNDERSTANDING AND FOSTERING RESILIENCE IN OLDER ADULTS

June 10–11, 2019
Segal Centre, SFU Vancouver Campus
515 West Hastings Street, Vancouver BC
The Health and Technology District is designed and built to foster infinite imagination, vision, and global competition with world leading healthcare and technology innovation centers. It brings together our brightest minds, focuses on disruptive technologies, and integrates with leading health care specialists - who work together to create solutions that impact lives and bring positive change.

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Organizing Committee

Theodore D. Cosco, Assistant Professor, Department of Gerontology, SFU
Gloria Gutman, Research Associate, GRC/Professor Emerita, Department of Gerontology, SFU (Conference Manager)
Katrina Jang, Student, Faculty of Health Sciences, SFU
Mark Smith, Acting Director, Continuing Studies Liberal Arts and Adults 55+ Program, SFU
Heather Stewart, Regional Project Manager, Canadian Longitudinal Study on Aging at SFU and UBC
Kevin R. Wagner, Communications Officer, GRC, SFU
Andrew Wister, Director, GRC and Professor, Department of Gerontology, SFU (Conference Chair)
Welcome

The Simon Fraser University Gerontology Research Centre (GRC) and associated Department of Gerontology are pleased to welcome you to the 28th John K. Friesen Conference. This year’s conference, organized and hosted in cooperation with the SFU Continuing Studies 55+ Program, focuses on understanding why some people are able to overcome aging-related adversity better than others and how to foster resilience in older adults. The program includes plenary speakers from the UK, USA and Canada who will share their experience and successes in addressing the issue, citizen panels and poster presentations. The objective of the conference is to provide information that will enable people aged 55+ to plan ahead and make informed choices. As well, it is designed to provide a forum for service providers, housing developers (private, public & non-profit), NGOs, and others to learn from each other.

Andrew Wister, PhD
Professor and Director, SFU Gerontology Research Centre (GRC) & Friesen Conference Chair

Habib Chaudhury, PhD
Professor and Chair, Department of Gerontology SFU

Gloria Gutman, PhD
Professor/Director Emerita SFU GRC & Dept. of Gerontology, Friesen Conference Manager
Conference Program

Day 1 — Monday June 10

8:00am–8:45am  Registration

8:45am–9:00am  Welcome and Introduction
Andrew Wister, Director, Gerontology Research Centre & Friesen Conference Chair
Mark Smith, Acting Director, Continuing Studies Liberal Arts and 55+ Program

9:00am–10:00 am  Plenary Address 1 — Resilience in Older Adults: What it is and How to Strengthen it
Barbara Resnick, Professor, School of Nursing, University of Maryland

10:00am–10:15am  Coffee Break

10:15am–11:00am  Panel 1: Putting Faces to Older Adult Resilience — Examples that Illustrate the Concept
Convener & Moderator: Gloria Gutman, Professor Emerita SFU Gerontology
Speakers: Lillian Zimmerman Research Associate SFU GRC (ret’d), Ken Walker Alzheimer’s Society of BC, Bill Dyck and Henry Martens, Tabor Village

11:00 am–12:00 pm  Plenary Address 2: Science and Practice of Environmental Disasters, Resilience and Aging
Igor Linkov, Risk and Decision Science Team Lead, US Army Engineer Research and Development Center

12:00pm–1:00pm  Lunch (voucher in your name badge holder)

1:00pm–1:45pm  Plenary Address 3: Mental Health Resilience and Aging: Measurement and Analytic Issues
Theodore Cosco, Assistant Professor, Department of Gerontology, SFU

1:45pm–2:30pm  Panel 2: Using an Innovation Lens to Find Solutions to Seniors’ Housing Insecurity
Speakers: Elizabeth Tang, CMHC, Beverly Pitman, UWLM, & Carolina Ibarra, Brightside Community of Homes Foundation.

2:30pm–3:15pm  Plenary Address 4: Physical Resilience and Aging: What do we know?
Susan Peters, Postdoctoral Fellow, UBC

3:15pm–3:30pm  Coffee Break

3:30pm–4:15pm  Plenary Address 5: Learning from the Lived Experiences of Aging Immigrants
Sharon Koehn, University Research Associate and Senior Lecturer, SFU
4:15pm–5:00pm  Panel 3:  Housing Challenges During Later Life: Voices of Resilience
Convener and Moderator:  Sarah Canham, University Research Associate and Senior Lecturer, SFU
Speakers: Chris Danielsen, Dorothy Kestle, Nicholas Wennington

5:00pm–5:15pm  Day One Wrap-Up & Announcements
Andrew Wister & Gloria Gutman

7:00pm–8:30pm  PUBLIC LECTURE

Resilience and Older Adults: Challenges for Individuals and Communities

Janine Wiles
Associate Professor, School of Population Health,
University of Auckland

Abstract: Dr. Wiles will draw upon her work in the area of collective and community-level resilience to address resources and challenges faced by older adults living in communities, especially those that are marginalized. Her talk will make the case for the need to think about resilience in contextualised ways including at the broader community level. Some of the emerging issues and questions to be discussed include: why should we think about resilience at the level of communities and beyond? what is community resilience and how can it be fostered?; how can we enhance the strengths of older people and communities? And can a focus on fostering resilience address inequities embedded in historical and cultural contexts?

8:30 Reception

This event is supported in part by a grant from the Ting Foundation
Day 2 — Tuesday June 11

8:00am–8:30am    Registration

8:30am–8:45am    Welcome and Recap of Day 1
                     Gloria Gutman

8:45am–9:45am    Plenary Address 6: Psychological Resilience in the Face of Later-Life Stress
                     Deborah Carr, Professor and Chair, Department of Sociology, Boston University

9:45am–10:30am    Plenary Address 7: What is Community Resilience and How Can it be Fostered?
                     Janine Wiles, Associate Professor, School of Population Health, University of Auckland

10:30am–10:45am    Coffee Break

10:45am–11:45pm    Plenary Address 8: Resilience in Later Life: Metaphor and Myth or Real and Measurable?
                     Gill Windle, Professor of Ageing and Dementia Research, University of Bangor

11:45am–12:00pm    Wrap Up and Preview of Upcoming Events
                     Andrew Wister

*** Program subject to change

Posters

Braun, J. Peter Allard School of Law, UBC. Protecting vulnerable adults in BC: A Grounded Theory socio-legal examination of elder abuse laws and response to reports of abuse.

Browning, S. & Penning, M.J, University of Victoria. Social location and health in middle and late life: Age, gender, immigrant status and social and cultural resources.

Elmer, E. PhD Student, Gerontology, Vrije Universiteit Amsterdam & Member Correctional Service of Canada Citizen Advisory Committee. Helping older offenders endure and recover from isolation and loneliness: Exploring the role of social resilience.


Lalji, K., Pitman, B., & Symes B. United Way of the Lower Mainland. Project Impact Healthy Aging: Is resilience an outcome of community-based seniors service programs?


Wong, K.L. Y., 411 Seniors Centre. Promoting seniors’ resilience helping the community: Using the Community Volunteer Income Tax Program as an example
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<td><strong>The BC Patient Safety &amp; Quality Council</strong> provides system-wide leadership to efforts designed to improve the quality of health care in British Columbia. Through collaborative partnerships with health authorities, patients, and those working within the health care system, we promote and inform a provincially-coordinated, patient-centred approach to patient safety and quality. Our vision is high quality and sustainable health care for all. More information is available at <a href="http://www.bcpsqc.ca">www.bcpsqc.ca</a></td>
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<td><strong>AGE-WELL NCE (Aging Gracefully across Environments using Technology to Support Wellness, Engagement and Long Life NCE Inc.)</strong> is a national research network in technology and aging whose aim is to help older Canadians to maintain their independence, health and quality of life through accessible technologies that increase their safety and security, support their independent living, and enhance their social participation. <a href="http://agewell-nce.ca">http://agewell-nce.ca</a></td>
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<td><strong>EXHIBITOR</strong></td>
<td><strong>The BCCRN</strong> is a provincial non-profit society which works with agencies, service providers and others to develop a coordinated response to adult abuse, neglect and self-neglect. Further, it is mandated to do elder abuse awareness and prevention. Active in over 116 BC communities, it supports these activities with mentors, materials, education, workshops and local project grants. <a href="http://www.bccrns.ca">www.bccrns.ca</a></td>
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| EXHIBITOR | The BC Psychogeriatric Association (BCPGA: [www.bcpga.com](http://www.bcpga.com)) is a not-for-profit organization of professionals working in the field of mental health and aging. The mission of BCPGA is to meet the mental health needs of older adults in BC through:  
- Enhancing interdisciplinary collaboration  
- Providing practice support  
- Advocating for excellence of care  
- Supporting and using research to inform practice  
- Participating in public policy development  
The BCPGA holds a regular provincial conference, offers webinars, and more. |
<p>| EXHIBITOR | The Canadian Association on Gerontology (CAG) is Canada's premier multidisciplinary association in the field of aging. Members benefit from discounted conference fees, a free subscription to the Canadian Journal on Aging, eligibility for awards and prizes, and much more. We have an active Student Connection and special rates for students and those 65+! Learn about membership and our CAG2019 conference, “Navigating the Tides of Aging Together”, October 24–26 in Moncton, NB. <a href="https://cagacg.ca">https://cagacg.ca</a> |
| EXHIBITOR | The Centre for Aging + Brain Health Innovation (CABHI) is a unique collaboration of health care, science, industry, not for profit, and government partners whose aim is to help improve quality of life for the world’s aging population, allowing older adults to age safely in the setting of their choice while maintaining their cognitive, emotional and physical well-being. CABHI help innovators develop, validate and accelerate their solutions in the field of aging and brain health <a href="https://www.cabhi.com/">https://www.cabhi.com/</a> |
| EXHIBITOR | The mission of the International Network for the Prevention of Elder Abuse (INPEA) is to increase capacity through international collaboration to recognize and respond to the mistreatment of older people, so that the later years of life are free from abuse, neglect and exploitation. It engages in research, education, and advocacy and originated World Elder Abuse Awareness Day, held annually on June 15. INPEA has Special Consultative Status with ECOSOC at the UN, is active in the UN NGO Committee on Aging in New York, Geneva and Vienna and is one of two international special interest organizations formally affiliated with IAGG. <a href="http://www.inpea.net">www.inpea.net</a> |</p>
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<td>The <strong>International Society for Gerontechnology (ISG)</strong> promotes design of technology and environments for independent living and social participation of older persons in good health, comfort and safety. It holds biennial international conferences, publishes the quarterly journal <em>Gerontechnology</em> and, like INPEA, enjoys a collaborative relationship with IAGG as a Standing Committee. <a href="http://www.gerontechnology.info">www.gerontechnology.info</a></td>
<td>For over 30 years, <strong>Seniors First BC</strong> (formerly BC Centre for Elder Advocacy and Support) has been committed to empowering vulnerable older adults in British Columbia to live with dignity, autonomy and safety. Serving the best interests of older adults, Seniors First BC offers information in confidence over the Seniors Abuse and Information Line, legal representation, public legal education workshops, and training to community groups and service providers. Seniors First BC also promotes law reform and systemic change for the safety of older adults; producing the B.C. Residential Care Manual: Legal Issues (available on <a href="http://www.seniorsfirstbc.ca">www.seniorsfirstbc.ca</a>).</td>
<td>Founded in 1982, the <strong>Simon Fraser University Gerontology Research Centre (GRC)</strong> specializes in research in six areas: Aging and the Built Environment, Health and Aging, Prevention of Elder Abuse and Neglect, Changing Demography and Lifestyles, Culture and Aging, and Aging and Technology (<a href="http://www.sfu.ca/grc">www.sfu.ca/grc</a>). The associated Department of Gerontology, established in 1983, offers a post-baccalaureate Diploma in Gerontology, an undergraduate minor, as well as Master’s and PhD Degrees. <a href="http://www.sfu.ca/gerontology">www.sfu.ca/gerontology</a></td>
<td>The <strong>Simon Fraser University Liberal Arts and Adults 55+ Program</strong> formerly the Seniors Program, which dates back to 1975, offers more than 100 courses a year. Weekend and evening courses are open to all adults while daytime courses are reserved for adults 55+. Courses cover a broad range of subjects in the humanities, social sciences, sciences and arts. There are no entrance requirements, exams or required assignments. A certificate is available to adults 55+ who complete a minimum of 128 contact hours. Courses which normally meet for six sessions, are delivered by experts in their field who offer challenging materials with real engagement. The Program also offers several free events on topics of general interest. Normally held on Saturdays, these events take place at the downtown Vancouver campus and Surrey City Centre Library. For further information, visit <a href="http://www.sfu.ca/continuing-studies">www.sfu.ca/continuing-studies</a></td>
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<td>TELUS Health is a leader in home health monitoring, electronic medical and health records, as well as consumer health, benefits management and pharmacy management solutions. TELUS Health leverages the power of technology to enable better health outcomes for Canadians with innovative digital solutions that enable collaboration, efficiency and productivity for physicians, pharmacists, health authorities, allied healthcare professionals, insurers, employers and citizens. TELUS Payment Solutions complements our health solutions by delivering secure, industry-compliant payment and lending solutions that connect lenders, payors, insurers, extended health care providers and financial institutions to their customers across Canada.</td>
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<td>Healthy Aging by United Way of the Lower Mainland supports older adults to be socially connected, live healthy lifestyles, and maintain independence, provincial initiatives like Better at Home, Active Aging and Community and Sector Development (collectively referred to as “Healthy Aging”) aim to support older adults to stay at home and in their communities longer. We work with a diverse set of vested partners including community agencies, governments, and academia towards our vision of healthy, caring, inclusive communities.</td>
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| COMMUNITY LITERATURE TABLE |

| Amenida Retirement Community |
The John K. Friesen Conference Series
The series is designed to meet the continuing education needs of agencies and individuals responsible for planning, administering and providing services to the elderly. The series embraces two of John Friesen's lifetime interests — the education of adults and the special needs of an aging population.

John Friesen was one of Canada's leading contributors to the field of adult education. In his long career, Dr. Friesen served in university extension work in Canada and overseas and was involved in enhancing life in many different ways from community arts to credit unions. For his leadership role in adult education, Simon Fraser University awarded him an Honourary Doctor of Laws Degree in 1985.
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