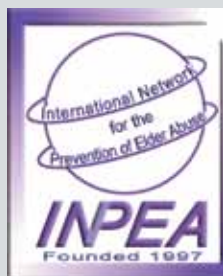




GRC NEWS

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TURE 2011



The GRC is the Secretariat of the International Network for Prevention of Elder Abuse (INPEA) with President Gloria M. Gutman, Ph.D.

TO OUR GRCN/SHUP READERS

The GRC has decided to produce the next several future issues of our newsletters, GRCNews and SHUP, in electronic and PDF-format only. We have made this decision to test whether our readership will find this Green-initiative all-electronic format acceptable. I welcome your feedback concerning this initiative. Raymond G. Adams, Editor/ GRCNews; SHUP



Changes and Population Aging

RECENT CENTRE ACTIVITIES

PRESENTATIONS

Papers presented at the 20th John K. Friesen Conference, Simon Fraser University, May 25-26, 2011, Vancouver, BC:

Gutman, G.M. Global aging: Key elements of the demographic transition.

Gutman, G.M., Kloseck, M., Gibson, M., & Cox, L.

A peer-to-peer community development response to the need for increased awareness about emergency preparedness among older adults.

Mortenson, W.B. Assistive technology and climate change.

Sixsmith, A. Technology solutions for seniors in a time of climate change.

Woolrych, R. The role of telecare in supporting formal carers.

OTHER PRESENTATIONS

Beringer, R., Sixsmith, A., Campo, M., Brown, J., & McCloskey, R. (2011, June). The “acceptance” of Ambient Assisted Living: Developing an alternative methodology to this limited research lens. Paper presented at the 9th International Conference on Smart Homes and HealthTelematics, iCOST 2011, June 20-22, 2011, Montreal, Canada.

Claxton, A.E., **O’Rourke, N., Polchenko, N.** (2011, August). Life satisfaction over time among long-wed older couples. Poster session presented at the annual meeting of the American Psychological Association, August 4-7, 2011, Washington, DC.

O’Rourke, N., Polchenko, N., Bachner, Y.G., Carmel, S., & Cappeliez, P. (2011, August). Psychometric properties of responses by older adults to an abridged version of the Reminiscence Functions Scale. Poster session presented at the annual meeting of the American Psychological Association, August 4-7, 2011, Washington, DC.



MESSAGE FROM THE DIRECTOR

by **Andrew Sixsmith**, Director, SFU Gerontology Research Centre

This edition of GRC News highlights two of the most important policy challenges in the 21st century – climate change and population aging. In May this year, the GRC initiated and hosted a major conference that for the first time brought these two political ‘hot topics’ together. The article starting on page 3, provides summaries of all the keynote addresses and symposia that contributed to a memorable and groundbreaking event. The GRC website has further information and video clips from the conference. Other highlights in this issue include the GRC’s digitization project, which has made the Centre’s archive of publications available in PDF format. Also look out for information on the recent Elder Abuse Awareness Day, the upcoming Ellen Gee Memorial Lecture and new research on chronic disease. Two of our graduates from the SFU Gerontology Masters Program, Karina Inkster and Amir Moztaazadeh, are also featured in this issue.



WORLD ELDER ABUSE AWARENESS DAY (WEAAD2011)

This year, the GRC participated in two events commemorating World Elder Abuse Awareness Day. On June 15, it hosted a talk

by Peggy Edwards on the topic “Granny Power – Challenging Stereotypes and Fostering Intergenerational Empowerment”. On June 21, it co-sponsored a knowledge exchange organized by the Public Guardian and Trustee (PGT) of British Columbia focused on financial abuse. The day began with a panel discussion of the role of Designated Agencies, the PGT, the Police, and Community Response Networks in responding to the scenario of an older woman with dementia who was being financially abused by her son. This was followed by: an overview of “Bill 29” amendments to adult guardianship and planning statutes that will come into effect on September 1; a presentation on financial literacy tools; a detailed description of a new financial exploitation of older adults measure under development in the USA (Conrad & Iris, 2010); and a presentation on theft by power of attorney and a police officer’s investigation guide that is part of the tool kit developed by the NICE Elder



Left to right: Gloria Gutman, President International Network for Prevention of Elder Abuse (INPEA), Charmaine Spencer, Co-chair, Canadian Network for Prevention of Elder Abuse, and Margaret MacDairmid, Former Parliamentary Secretary for Seniors to the BC Minister of Health at Spotlight on Financial Abuse Knowledge Exchange, June 21, 2011

Abuse theme team. GRC staff members Charmaine Spencer and Gloria Gutman are both members of this international team mandated to identify and raise awareness of evidence-based tools that can be used to identify, respond to, and prevent elder abuse and neglect.

[EDITOR’S NOTE: Please see the INPEA website for more details on activities and events: <http://www.inpea.net/home.html>]

2011: 20TH FRIESEN CONFERENCE

Growing Old in a Changing Climate: Exploring the Interface Between Population Aging and Global Warming

The 20th annual John K. Friesen conference, hosted by the Gerontology Research Centre, was held May 25-26, 2011 at Simon Fraser University's historic Segal Graduate School of Business in downtown Vancouver. The conference was entitled "Growing Old in a Changing Climate: Exploring the Interface between Global Warming and Population Aging", and explored emerging global and local challenges associated with aging populations under climate change.

How will aging populations adapt to climate change, and how will a warming world be impacted by shifting population demographics? This year's conference program was designed to begin addressing the most urgent health, research and policy challenges pertaining to population aging, global warming and climate change, not only in Canada but globally.

The conference was historic for several reasons, including that it was the first held since the passing of the conference's namesake, Dr. John K. Friesen, in June of 2010. Dr. Friesen was a long time benefactor and supporter of gerontology education and research at Simon Fraser University.

This year's conference was also the first in the Friesen series to be targeted toward an international audience, and welcomed delegates, expert keynote and plenary speakers from across Canada, the USA, England, Ireland, Australia, Iran, and Greece.

In addition, the conference was preceded by an invitational Think-Tank of experts on aging, climate change, environmental health, urban design and planning, emergency/disaster management, health and social services, as well as local and federal policy analysts and program coordinators from ministries of health and environment.

The 20th annual John K. Friesen conference – officially opened by Dr. Margaret MacDiarmid, Minister of Labour, Citizens' Services and Open Government who at the time was Parliamentary Secretary for Seniors to the Minister of Health –

included: THREE KEYNOTE ADDRESSES; FOUR PANEL SESSIONS; THREE PAPER SESSIONS; SIX SYMPOSIA, and a FREE PUBLIC LECTURE as outlined below.

KEYNOTE ADDRESS 1

A GLOBAL PERSPECTIVE ON THE INTERFACE BETWEEN CLIMATE CHANGE AND POPULATION AGING

Video available on our friesen 2011 webpage

Dr. Carlos Corvalán,

(Senior Advisor in Risk Assessment and Global Environmental Change Pan American Health Organization/WHO)



Dr. Corvalán gave a three-part talk that began with a review of the three pillars of sustainable development: social, economic and environmental, the principles of the Rio Declaration, and global trends in population aging. Part 2 focused on the climate change challenge and its impact on health, with particular reference to vulnerable populations. He noted that in addition to the challenges that arise from physiological aging, the vulnerability of older people can be exacerbated by structural stress factors which exist in many communities, such as poverty, food insecurity, social conflict, and disease. Part 3 described an agenda for action that included the WHO Global Workplan for addressing the implications of climate change for health and health systems and the Age-friendly Cities movement.

PUBLICATIONS

Beringer, R., Sixsmith, A., Campo, M., Brown, J., & McCloskey, R. (2011). The "acceptance" of Ambient Assisted Living: Developing an alternative methodology to this limited research lens. *Lecture Notes in Computer Science* 6719, 161-167.

Caspar, S., & O'Rourke, N. (2011). Measurement of workplace empowerment across caregivers. *Geriatric Nursing* 32(3), 156-165.

Chaudhury, H., Mahmood, A., Michael, Y.L., Campo, M., & Hay, K. (2011). The influence of neighborhood residential density, physical and social environments on older adults' physical activity: An exploratory study in two metropolitan areas. *Journal of Aging Studies*, doi:10.1016/j.jaging.2011.07.001

Chaudhury, H., Sarte, A.F.I., Michael, Y.L., Mahmood, A., Keast, E.M., Dogaru, C., & Wister, A. (2011). Use of a systematic observational measure to assess and compare walkability for older adults in Vancouver, British Columbia and Portland, Oregon neighbourhoods. *Journal of Urban Design*, 16(4), 433-454.

Hung, L., & Chaudhury, H. (2011). Exploring personhood in dining experiences of residents with dementia in long-term care facilities. *Journal of Aging Studies* 25(1), 1-12.

Kloseck, M., Crilly, R.G., & Gutman, G.M. (2010). Naturally occurring retirement communities: Untapped resources to enable optimal aging at home. *Journal of Housing for the Elderly*, 24(3), 392-412.

KEYNOTE ADDRESS 2

CLIMATE CHANGE AND HEALTH OF AN AGING CANADIAN POPULATION: ADAPTATION FRAMEWORKS AND STRATEGIES FOR RISK REDUCTION

Video available on our friesen 2011 webpage

Dr. Peter Berry,

(Senior Policy Advisor, Climate Change and Health Office (CCHO) in the Safe Environments Programme at Health Canada)



Dr. Berry's talk began with a review of the health impacts of climate change which included such extreme weather-related events as droughts, storms, floods and extreme temperature variations. He also described the health impact of more gradual change on the natural, built, and social environments, including increases in temperature-related illnesses, vector-borne diseases, and contamination of water food. He noted that seniors most at risk from heat-related mortality are those with pre-existing illnesses, live alone, take certain drugs (e.g. anti-depressants, diuretics, alcohol), have impaired cognition, live on higher floors in buildings and/or who lack air conditioning. The main focus of his talk however, was on the important strides that have been made in Canada to prepare seniors for more frequent disasters and in efforts to make communities healthier and more resilient in the face of a changing climate. These included research on individual behaviour and seniors' current levels of adaptation, development of information messages tailored to seniors to facilitate behaviour change, and Health Canada's Heat Resilience Project.

KEYNOTE ADDRESS 3

AGE OF CLIMATE CHANGE: OPPORTUNITIES AND RISKS OF CLIMATE CHANGE FOR AN AGEING POPULATION

Video available on our friesen 2011 webpage

Dr. Gary Haq,

(Senior Research Associate Stockholm Environment Institute at the University of York (UK))



This Keynote presentation examined older people as Contributor, Casualty and Champion of climate change. Dr. Haq discussed the social, environmental and economic dynamics that determine vulnerability and resilience of older demographic groups. He also outlined the need for a coherent policy response that addresses the interface between climate change and older people, stressing that it needed to be one that harnessed the contribution older people can make to addressing climate threats, while reducing their vulnerability and ensuring they reach later life with greater resilience.

FOUR PANEL SESSIONS

PANEL SESSION 1

DEFINING THE ISSUES: CLIMATE SCIENCE, HEALTH AND GERONTOLOGICAL PERSPECTIVES

Video available on our friesen 2011 webpage

Climate change and the threat to an aging population

John M.R. Stone

Global aging: Key elements of the "demographic transition"

Gloria Gutman

The Impact of climate change on the most vulnerable of older populations
George Tokesky

PANEL SESSION 2

MITIGATION AND PREVENTION STRATEGIES: LESSONS LEARNED ON THE FRONTLINES

Video available on our friesen 2011 webpage

Challenges encountered by older adults when seeking safe shelter pre-disaster and receiving intervention post-disaster

Lisa Brown

Research to support public health action on heat and health

Tom Kosatsky

Taking command of the obvious

Michael Weston

Mitigating climate change and the short and long term benefits of acting now

Kathy Sykes

PANEL SESSION 3

CLIMATE CHANGE ADAPTATION STRATEGIES FOR AGING POPULATIONS

Video available on our friesen 2011 webpage

New tools and processes for aging visionaries: Elders as agents of change in the community

Stephen Sheppard

Preparing for change: Climate action in British Columbia

Jennifer Pouliotte

Global warming, aging and environmental physiology

Matthew White

PANEL SESSION 4

PREPARING AGING POPULATIONS FOR CLIMATE CHANGE IN BRITISH COLUMBIA AND BEYOND

Video available on our friesen 2011 webpage

Built environment, health and how old you are: A view across the life span

Larry Frank

Climate change, air quality and chronic disease: Prospects for adaptation through urban design

Michael Brauer

Climate change in BC: Implications for seniors

Aleck Ostry

Special challenges for public health with

climate change and aging populations:
Waterborne illness
Tim Takaro

THREE PAPER SESSIONS

PAPER SESSION 1 POLICY, LAW AND PUBLIC SERVICE

Low carbon: High energy! Towards
active ageing in sustainable
neighbourhoods

Rodd Bond

UK policy and practice for sustainable
public services in the context of an
ageing population

Simon Evans

Age-friendly cities and climate-change
resistant cities: A research on synergies
John Hu

PAPER SESSION 2 REGIONAL AND NATIONAL EXAMPLES OF CLIMATE CHANGE IMPACTING OLDER ADULTS

Climate change effects on human
mortality in Tehran, Iran

Manucherhr Farajzaden

Assessing the vulnerability of older
adults to climate change

**Janet Gamble, Peter Schultz, Brad Hurley
& Wendy Jaglom**

Why do elders of ethnic communities
avoid social activities?

**Vigay Mago, Vahid Dabbaghian & P.
Borwein**

Ageing in Greece in an evolving
environment of climate change

Kallirroi Nikoli

PAPER SESSION 3 HEAT RELATED MORBIDITY AND MORTALITY

Heat awareness and response in senior
populations in British Columbia

**Kate L. Bassil, Tom Kosatsky & Hannah
Moffatt**

Shifts in mortality during a hot weather
event in the BC Lower Mainland: A case-
only analysis

**Sarah B. Henderson, Tom Kosatsky, &
Sue Pollock**

Elderly population mortality associated
with apparent temperature in Metro

Vancouver

Goran Krstic

Housing, homelessness and hot
weather: The impact of heat waves on
the most vulnerable elderly

Peter H. Stephenson

SIX SYMPOSIA

SYMPOSIUM 1 CLIMATE CHANGE MEANS MORE WEATHER-RELATED DISASTERS: WILL OLDER ADULTS BE SAFE?

M. Gibson (Convenor)

PARTICIPANTS: **G. Gutman** – A
community development response to
increase awareness about emergency
preparedness among older adults;
M. Gibson – A provider-targeted
e-learning response to the triple threat
of frailty, dementia and disasters;
S. MacKenzie – An inter-generational
bridging response to the need for more
resilient communities;
C. Phoenix – Ageing, climate change,
health and well-being: the possibilities
of narrative inquiry.

SYMPOSIUM 2 CHALLENGES OF GLOBAL WARMING FOR THE ELDERLY: HEAT STROKE, HYPERTHERMIA AND HEALTH

M. White (Convenor)

PARTICIPANTS: **G.P. Kenny** – Climate
change and rising heat: Health
implications for the aging Canadian
population and workforce;
W.L. Kenney – Global warming and heat-
related morbidity and mortality in the
elderly;
M.D. White – Elderly responses to heat
stress and strategies for adaptation to
warm climates

SYMPOSIUM 3 SENIORS AND THE PUSH FOR AGE- FRIENDLY TRANSPORTATION IN OUR COMMUNITIES: MAKING IT GREEN

B.A. Pitman (Convenor)

PARTICIPANTS: **B.A. Pitman** – Seniors-
Led Community Development in BC's
Lower Mainland;
E.A. Loverin – The North Shore

Seniors Go Bus: An Alternative Seniors
Transportation Model;

D. Dunne – The Road Ahead: Is there
Quality of Life after the Car?;

P.M. Hill – Planning a Sustainable
Transportation System for an Aging
Population; **M. Mahan** – STAR, the
Seniors Transportation and Resources
Strategy.

SYMPOSIUM 4 SUPPORTING COMMUNITIES IN RESPONDING TO AGING POPULATIONS AND CLIMATE CHANGE- FEDERAL, PROVINCIAL AND LOCAL PERSPECTIVES

L. Syverson (Convenor)

PARTICIPANTS: **P. Gorr**, Division on
Ageing and Seniors, Public Health Agency
of Canada (Moderator);

A. Rogaeva, Climate Change and Health
Office, Health Canada – Supporting
Communities to respond to Extreme
Heat;

L. Syverson, Seniors Healthy Living
Secretariat, BC Ministry of Health–
Supporting Local Governments to create
Age-friendly, Inclusive, Accessible and
Sustainable Communities;

N. Carley, City of Vancouver – What Can
Local Governments do to create Age-
friendly Cities and Address the Impacts
of Climate Change?

SYMPOSIUM 5 TECHNOLOGY, CLIMATE CHANGE AND AGING

A. Sixsmith (Convenor)

PARTICIPANTS: **A. Sixsmith** (GRC, SFU)
How can technology help seniors in the
face of climate change?;

M. Marzencki (CIBER, SFU)
Using wireless sensor networks
for simultaneous monitoring of
environmental and bio-medical data;
U. Glaesser (Computing Science, SFU)
Information and Communication
Technologies for seniors – a modelling
approach;

K. Gupta (Engineering, SFU) Towards
Developing Companion Robots for
Seniors;

F. Feldman (Fraser Health) Research on
Falls and Prevention of Falls;

R. Woolrych (Health sciences, SFU)

Use of telehealth in the management of chronic disease;

B. Mortenson (Gerontology, SFU)
Assistive technologies to aid independent living.

SYMPOSIUM 6

SUZUKI ELDERS AND THE ENVIRONMENT: A MODEL FOR EDUCATION AND ACTION

Convened by The **Association of Suzuki Elders**. Chaired by **Diana Ellis**

FREE PUBLIC LECTURE

CLIMATE CHANGE AND HEALTH: ACTING TO REDUCE RISKS AND VULNERABILITIES

Dr. Carlos Corvalán,
(Senior Advisor on Risk Assessment and Global Environmental Change, Pan American Health Organization/World Health Organization)

Dr. Corvalán began this lecture by pointing out that in 2008, the World Health Organization (WHO) passed a resolution to begin addressing climate change as a threat to human health. His talk reviewed the basic concepts of environmental risk to human health, challenges specific to climate change, and an agenda for action to climate change. An important piece of Dr. Corvalán's talk focused on current global inequalities pertaining to impacts of climate change on human health – poorer countries are generally less able to adapt to the health impacts of climate change. At the same time, life expectancy in many poorer and developing countries is rapidly improving, which has resulted in increasing population growth, especially in urban areas. These trends must be considered for future planning and retrofitting of cities that are sustainable for both human health and the environment. The Intergovernmental Panel on Climate Change (IPCC) 4th Assessment Report predicts global surface warming of 1.8-4.0 degrees C by 2100. This will impact on human health directly, but will also drive other environmental risk factors to

human health such as air quality, water sanitation, food and water scarcity, vector breeding patterns, and overall degradation of ecosystems. Relatively rare events like the 2003 heatwaves in Europe will become regular events. Dr. Corvalán pointed out the need to better understand “states of vulnerability” of a number of populations, including the elderly, children, and the poor, in order to adapt adequately to climate change. He used the 3 pillars of sustainable development – social, economic, and environmental – to frame the challenges to human health from climate change. WHO's 4-part workplan on health and climate change consists of 1. supporting the generation of scientific evidence, 2. raising awareness of climate change and health, 3. engaging partnerships to promote health in climate change mitigation and adaptation policy, and 4. strengthening health systems to deal with health threats from climate change.



Dr. Corvalán concluded by pointing out that this action plan cannot wait for

the full impacts of climate change to manifest, rather, that the time to act is now.

The integrated event received funding from the Canadian Institutes for Health Research and the SFU Conference Fund, and support from Health Canada, the Public Health Agency of Canada, and the Pacific Institute for Climate Solutions. By all accounts, this landmark 3 day event was an overwhelming success, seeding new ideas for research and knowledge translation across disciplines, and across international boundaries. The local organizing committee, led by Drs., Heather Stewart (Program Chair and Think-Tank convenor), Gloria Gutman (Operations Chair), and Andrew Sixsmith (Conference Chair and GRC Director), contributed hundreds of hours to the preparation, promotion and execution of this event. Their ingenuity and commitment in hosting this novel event has positioned the SFU GRC as a leader in this new and emerging interdisciplinary field.

To access more Friesen 2011 conference information including video clips and the conference program please visit our webpage at: <http://www.sfu.ca/grc/friesen/friesen2011/>

To access information from previous Friesen conferences, please visit: <http://www.sfu.ca/grc/friesen/>

SAVE THE DATES

Canadian Association on Gerontology



Association canadienne de gérontologie



41st Scientific and Educational Meeting **41e Réunion scientifique et éducative**

October 18-20 2012 18-20 octobre 2012
Hyatt Regency Vancouver Hyatt Regency Vancouver

RÉSERVEZ LES DATES



IN MY OPINION

Lillian Zimmerman, MSW, Research Associate in Gender Issues, Simon Fraser University Gerontology Research Centre

EDITOR'S NOTE: The following is a new feature in our newsletters where we feature opinion pieces/editorials by members of the SFU Gerontology research team.

A Response to Vancouver Sun news article "Seniors left behind as rich-poor gap widens in Canada" (By MATTHEW ROBINSON, Vancouver Sun, July 14, 2011)

This information should come as no surprise to those of us who have been following poverty among older women for all the years I have. While this article comments on the report by the Conference Board of Canada, there is other information which is pertinent – mainly regarding gendered analyses of older people in poverty. For many years 'women's poverty' soared into the stratosphere at about 40% though it is now alleviated by the maturation of the C.P.P. which, thankfully, has brought it down dramatically. I was happy to see that this report focuses on older women. But therein lays another set of analytical problems.

It is hard to get a fairly reliable picture of Canadian older women's poverty. For example, the latest Stats Can "Women in Canada: A Gender based Statistical Report" (Dec.2010) finds the low income of Canadian women over 65 at 15.7% contrasted to that of men at 8.2%. I have figures from other analyses which examined the recent recession of 2008 putting older women's poverty at 17%. There are others in the mix as well.

This shouldn't be a surprise given the persistent income inequality between males and females, the unpaid labour of women, now increasing due to the need to provide care to frail elders, and the resulting imbalance between the retirement benefits received by women and men. Recent figures show that women's CPP retirement benefits are about 3/5th of men's (women's recent monthly retirement benefits from CPP at \$420.00 and men's at \$603.51 as of Feb.2011). Benefits from those recently retired show almost the same spread. This represents the culmination of many inequities – including income, of course.

I found the Sun article to have mentioned two interesting things. First, the woman they cite – Jennifer Anson – worked in male-dominated industries, as contrasted with the majority of older women who traditionally worked in the service sectors. So it would be interesting to know what her income was contrasted to her working male peers. Further, she is cited as saying "I think it almost looks like they're taking away the middle class." How absolutely prescient as I am just reading Margaret Morganroth Gullette's latest book ("Agewise: Fighting the New Ageism in America." Chicago University Press, 2011) that I recommend to anyone in gerontology in which she makes a succinct analysis of the fading middle class in the U.S.

SFU GERO-GRAD CAREERS – A GLANCE



EDITOR'S NOTE: The following is a new feature in our newsletters where we will be highlighting the success of our Gerontology graduates.

Karina Inkster (nee Hackett) is a certified Personal Training Specialist providing services across Vancouver, BC.

One of the things I appreciate most about SFU's Gerontology MA is its applicability to many potential careers within the field. With my recently completed degree in hand, I'm jumping head first into entrepreneurship and self-employment. While leaving the door open for research contracts (something I've enjoyed in the past), I'm combining my interests in healthy aging and active living to create a career for myself – something many of us in the relatively new field of Gerontology will need to do.

Soon after completing my MA, which specialized in health and aging, I completed the process of becoming a certified personal trainer. I left the job I'd worked for almost 4 years and am finally working toward building a career based on my values and passions.

One of my target client bases will be older adults, who are more than ever before seeking out personal trainers as part of an active lifestyle. As I learned while working on my thesis, regular physical activity is extremely important in later life (and indeed, throughout life). Active older adults live longer, have fewer physical and mental illnesses, and enjoy an increased quality of life compared to their sedentary peers.

In-home exercise sessions will benefit older adults with limited mobility or transportation, but gym-based training will also be offered. See www.karinainkster.com for more information.

EDITOR'S NOTE: Please see the abstract to Karina's thesis in this issue of GRCNews.

RECENT CENTRE ACTIVITIES

IN THE NEWS

[Editor's Note: Please see the GRC website's NEWSROOM for links to the interviews listed below]

Gloria Gutman – RE: "Giving testosterone a workout: Jane Fonda takes it, and she's still having sex at 73. Why aren't you?" Macleans, Kate Lunau, interviewer, 14 September 2011.

Barbara Mitchell – RE: "White Rock – where single parents 'band together': Census stats show high numbers of one-parent families and divorcees – especially in certain areas. Why is that?" Surrey Now, Amy Reid, interviewer, 13 September 2011.

Sixsmith, A. – RE: "Housing a new generation" Vancouver Sun, 21 September 2011.

Zimmerman, L. – RE: "Why we should like older people." Globe&Mail, Published Monday, 19 September 2011.

Zimmerman, L. – RE: "Why we should like older people." Bill Goode Show, 22 September 2011.

VISITORS TO THE CENTRE



Dr. Andrew Sixsmith (L) and **Bobbi Symes** (C) welcomed **Dr. Sue Crawford** (R) Sessional Instructor, Kinesiology & Gerontology (Nutrition) to the GRC.



SFU GERONTOLOGY RESEARCH CENTRE Institutional Repository (IR) Project Report

by **Raymond G. Adams**, B.A., M.L.I.S., Information Officer SFU Gerontology Research Centre

In 2010, SFU Library established its Institutional Repository (IR) Project. The goal of this project is to enhance the availability of SFU research and scholarship to the University and to the broader community. The outcome will be greater visibility and knowledge transfer of SFU scholarship and research output, in keeping with the mission of the University, the goals in the SFU Strategic Research Plan, and the principles in the Library's Open Access Strategy. A Proposal was circulated for submission of scholarly works from SFU departments, Centres, Institutes, and other campus units authored by affiliated faculty, staff and students to be considered for funding to cover costs associated with digitizing. Digitization included: selection of proposed material; making arrangements with SFU Document Solutions for scanning to create digital files; and uploading resulting digital files along with creation and inputting of descriptive information (i.e., library catalogue metadata) to SFU Library's Institutional Repository. In turn, SFU Library commits to providing permanent, persistent access to these digitized resources.

In late 2009, Dr. Gloria Gutman (founding Director of the GRC) and I initiated discussions with SFU Library officials to be a part of the first phase of the 'IR' Project to digitize print publications that the GRC had produced and make them available on the internet through SFU Library and our own GRC website.

Gerontology Research Centre Institutional Repository Project Application

Established in 1982, the Simon Fraser University Gerontology Research Centre (GRC) promotes and conducts innovative interdisciplinary research on topics relating to individual and population aging, serves as a clearinghouse for information and provides consultation and technical assistance to the academic community, government, as well as public and private organizations. The associated Department of Gerontology offers a Minor, Diploma, Masters, and Ph.D. with concentrations in 'environment and aging'

and 'health and aging.'

Centre and Department research activities and publications focus on applied gerontology in the following research areas:

- (1) 'Aging and the Built Environment' – Research on planning, design, development and evaluation of housing, care facilities, community environments and enabling technology;
- (2) 'Changing Demography and Lifestyles' – Examination of the impact of changes in the timing of life events and in retirement, pension and income support policy and programs;
- (3) 'Health Promotion/Population Health and Aging' – Examination of determinants and consequences of population health, development and evaluation of programs that assist seniors to improve their mental and physical health, cope with chronic illness, and prevent disability;
- (4) 'Prevention of Victimization and Exploitation of Older Persons' – Research and development of programs to prevent financial, psychological, physical and sexual abuse of older people, and facilitate access to rights and services;
- (5) 'Technology and Aging' – Research, development and evaluation of technologies to support independent living and enhance quality of life.

The GRC's Information Centre comprises a specialized collection of research materials



(the Imperial Oil Gerontology Research Collection) that is maintained by me in my capacity as a professional librarian. In our application to the Institutional Repository Project, I compiled 63 publications representing the above listed key areas of current research in addition to the discontinued area of 'Older Adult Education' which was the research focus for Dr. Sandra Cusack who had retired.



Committee to be a part of the second phase of the 'IR' Project. For this part of the Project, I requested \$1260.00 to offset a portion of the \$2625.00 production cost of creating a web-ready video of selected portions of our 20th John K. Friesen Conference: "Growing Old in a Changing Climate: Exploring the Interface Between Population Aging and Global Warming" held May 25-26, 2011. Topics addressed included special vulnerabilities of

The selected publications represent three decades of Gerontological research by SFU-affiliated staff, faculty, researchers, and, in several cases,



students. Many are 'grey-area' publications, in that they are not readily available outside of the GRC Information Centre's collection. As a result of the foregoing, these publications are quite

older populations to climate change health impacts, implications of climate change for housing, care and social support of older persons, risk assessment, health and social services preparedness, resiliency and adaptation. The 2011 Friesen Conference brought together international experts in the fields of gerontology, social, health and climate sciences to identify knowledge gaps and to formulate a research agenda which may inform future policy and practice at the interface between climate change and population ageing. I felt online access to the archived event would be valuable to other organizations, governments, researchers and students unable to attend in person, and would help establish SFU as a leader in this area of research as well as leading to further collaborative opportunities.

valuable from an historical standpoint as well as being rare to obtain in a bound-text format.

The work of converting the 63 titles/6500 pages from text to PDF-format was carried out by SFU Document Solutions. We especially thank John Peters and Hanif Kassam of 'DocSol' for getting our text material digitized. To enable the creation of the required SFU Library cataloguing metadata fields stipulated by the Project, the GRC hired a library technician, Christine Adams (of the Library of the College of Physicians and Surgeons of British Columbia) for an 8-week period.

The work of videotaping and mounting the recordings online was carried out by SFU Teaching and Learning Centre. We especially thank Robert Broad and Paul Bennett of 'TLC' for doing such a great job. To enable the creation of the required SFU Library cataloguing metadata fields stipulated by the Project, the GRC again hired library technician, Christine Adams. Online video clips of our 2011 Friesen Conference can be viewed on the University's IR Project webpage (<http://summit.sfu.ca/collections>). In addition, these videos are available on the GRC website <http://www.sfu.ca/grc/friesen/friesen2011/> along with other conference information and material.

The result of our efforts is that the GRC is one of the largest collections among the contributors currently listed on the University's IR Project webpage (<http://summit.sfu.ca/collections>). In addition, our publications are available in PDF-format on the GRC website (http://www.sfu.ca/grc/research/grc_reports_and_pubs_archives/)

The GRC is proud to have been a part of SFU's initiative and wish to take this opportunity to thank the following SFU Librarians for providing their time and input reviewing and approving our applications: Gwen Bird/Collections Services; G.W. Brian Owen/Processing & Systems, and Donald Taylor/Access Services.

In 2011, I successfully applied to the SFU Library Scholarly Digitization Fund Review

RECENT CENTRE ACTIVITIES

OTHER ACTIVITIES

FREE PUBLIC LECTURE: CLIMATE CHANGE AND HEALTH: ACTING TO REDUCE RISKS AND VULNERABILITIES. Presented by Carlos Corvalán, Senior Advisor, Risk Assessment and Global Environmental Change, Pan American Health Organization/World Health Organization (PAHO/WHO). 25 May 2011.

FREE PUBLIC LECTURE: TECHNOLOGY APPLICATIONS TO ASSIST PERSONS WITH DEMENTIA. Presented by Dr. Alex Mihailidis, Barbara G. Stymiest Research Chair in Rehabilitation Technology and Associate Professor, University of Toronto. 15 September 2011.

FREE PUBLIC LECTURE: SUICIDE IN OLDER AGE: WHY ARE MEN MORE VULNERABLE? Presented by Dr. Mark S. Kaplan, Professor, Community Health, Portland State University. 28 September 2011.

HOT TOPICS: PARTICIPATORY RESEARCH METHODS AND OLDER PEOPLE. Presented by Ryan Woolrych (PhD Candidate; GRC Researcher). May 30, 2011.

INTERACTIVE SEMINAR: GRANNY POWER: CHALLENGING STEREOTYPES AND FOSTERING INTERGENERATIONAL EMPOWERMENT. Presented by Peggy Edwards (Health Promotion Consultant). June 15, 2011.

WORLD ELDER ABUSE AWARENESS DAY EVENT: SPOTLIGHT ON FINANCIAL ABUSE. Organized by Dr. Gloria Gutman. 27 June 2011

SFU M.A. (Gerontology) GRADUATES, Convocation October 2011
Congratulations to:
 Karina Hackett
 Amir Moztarzadeh

RECENTLY COMPLETED THESES & PROJECTS



Karina Hackett. (2011). A COMPARATIVE STUDY OF BARRIERS AND MOTIVATORS TO PHYSICAL ACTIVITY AMONG EAST ASIAN AND CAUCASIAN OLDER ADULTS. M.A. Thesis, SFU Department of Gerontology (Supervisor: A.V. Wister).

This quantitative, exploratory study investigated potential differences between East Asian and Caucasian older adults in perceived motivators and barriers to attending exercise classes compared to those who do not attend. A total of 169 participants aged 50 and older were recruited into the study. Bivariate analyses showed statistically significant differences between ethnic groups for most barrier, motivator, and other exercise related variables. The barrier most strongly associated with ethnicity is bad weather, with East Asians more likely to report this than Caucasians. The motivator variable most strongly associated with ethnicity is increased muscle strength, which was reported more frequently by Caucasians than East Asians. Multivariate analyses revealed a persistent effect of ethnicity on the frequency of reporting barriers and motivators even after controlling for demographic, physical health, and activity limitation variables. Findings are discussed in terms of activity program recommendations targeting ethnic minority older adults.



Amir Moztaarzadeh (2011). ACCULTURATION AS A PREDICTOR OF DEPRESSIVE SYMPTOMS AND LIFE SATISFACTION AMONG OLDER IRANIAN IMMIGRANTS IN CANADA. M.A. Thesis, SFU Department of Gerontology (Supervisor: N. O'Rourke).

Limited acculturation of older ethnic immigrants in Canada may adversely impact their psychological well-being. When older adults are equipped with effective means of communication and are familiarized with the services and resources of their host country, they can expand their networks to foster service use and buffer them against isolation. As the existing literature suggests, there could be an association between health behaviour and acculturation. For this thesis, it was hypothesized that less acculturated Iranian-born older adults in Canada experience reduced psychological well-being. Demographic characteristics of this population also may account for variability in both acculturation and indicators of mental health; these were also examined as predictors of psychological well-being in the thesis (N= 107). The results of this thesis indicated that acculturation predicts life satisfaction but not depressive symptoms among older Iranian immigrants residing in Metro Vancouver.

GRC and DEPARTMENT RESEARCH ACTIVITIES

Using a System Analytic Approach to Living (SynAL) with Chronic Diseases

Scott Lear (Health Sciences), Diane Finegood (Biomedical Physiology and Kinesiology), Cindy Patton (Sociology and Anthropology), Miriam Rosin (Biomedical Physiology and Kinesiology), Nadine Schuurman (Geography), and **Andrew Wister** (Gerontology).

Chronic diseases place a substantial burden on patients and their families, society and the healthcare system. People with a chronic disease use twice the amount of healthcare resources compared to the average adult and are at increased risk for a second chronic disease. With the increasing aging population, the number of people with chronic diseases will dramatically increase with the potential to overburden society. As a complex condition, methods arising out of complex systems science can be applied to help elucidate important aspects of the system structure and suggest new ways of considering actions to effectively address the challenge.

The focus of our research will be to gain an understanding of the complexity of chronic diseases and identify effective solutions from 'positive deviants', those individuals and systems that are 'living well' in society. SynAL will undertake a number of projects at the level of the patient and their families, healthcare professionals and healthcare systems, and communities and the environment utilizing a mixed-methods approach. SynAL will identify solutions from 'positive deviants' to inform the development of a systems model for chronic diseases. This model will form the basis for future national and international grant applications to evaluate solutions for addressing the increasing number of chronic disease patients. In order to ensure that Simon Fraser University is uniquely positioned to become a national leader in chronic disease research, SynAL will also release a catalyst grant award program targeted to SFU's junior faculty for seed money to make SFU's chronic disease research faculty a competitive edge when applying for external funds.

FOR INFORMATION ON GERONTOLOGY PROGRAMS

PhD, Masters, Diploma, or Minor contact:
Anne Marie Barrett: 778.782.5065

And see our department website
www.sfu.ca/gerontology



GERONTOLOGY GRADUATE CAUCUS UPDATE

by Ashleigh Wilson (M.A. Candidate & 2011 GGC Chair)

The Gerontology Graduate Caucus (GGC) had a quiet summer but wishes to extend a warm welcome to new MA and PhD students starting in the fall 2011 semester.

The GGC is the graduate student organization of the Simon Fraser University Department of Gerontology. The GGC: represents Gerontology graduate students in discussion of academic and intellectual issues at both the departmental and university level; promotes career opportunities in Gerontology as well as organizes social and recreational activities for Gerontology graduate students; is a member of the Simon Fraser Graduate Student Society (GSS) and maintains an active relationship with the Canadian Association on Gerontology Student Connection. GGC projects over the past year have included student participation in the Alzheimer's Society Walk for Memories in January and organizing our annual Career's Night and Networking Wine and Cheese in March.

My sincere thanks are extended to everyone who participated in caucus events and activities over the past year. As this new school year begins the GGC is in transition. We plan to hold elections in September to select a new executive as soon as possible. Positions to be filled include Chair, Vice Chair & Social Coordinator, Treasurer and Secretary. In addition we must also elect a new Gerontology representative to the SFU Graduate Student Society, a position which requires attending monthly council meetings at the SFU Burnaby campus and includes a stipend for participation from the GSS.

Please feel free to contact me at ashleigh_wilson@sfu.ca for more information about the GGC or to volunteer for one of these positions.



GERONTOLOGY RESEARCH CENTRE

NEEDS YOUR 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. Thank you!
<http://www.sfu.ca/grc/>

CONTRIBUTIONS TO ELLEN GEE MEMORIAL LECTURES FUND WELCOMED



Dr. Ellen Gee, one of Canada's most distinguished social demographers, feminists and gerontologists passed away suddenly in November 2002. To commemorate her accomplishments, an endowment fund was established with an initial \$5000 contribution from the university to support the Ellen M. Gee Memorial Lecture Series in Gerontology. Further contributions to enhance the endowment fund are welcomed. Make cheques payable to: The Ellen M. Gee Memorial Lectures in Gerontology Fund and send them to the Gerontology Research Centre, Simon Fraser University, #2800 – 515 West Hastings St. Vancouver BC, V6B 5K3. Tax deductible receipts will be issued by the SFU Advancement Office.



THE GERONTOLOGY RESEARCH CENTRE

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

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This newsletter aims to provide accurate information. Although the information presented and the opinions expressed are gathered from sources thought to be reliable, their accuracy and correct interpretation cannot be guaranteed.



SIMON FRASER UNIVERSITY
THINKING OF THE WORLD

2011
SFU GERONTOLOGY SENIOR
LEADERSHIP AWARD

CALL FOR NOMINATIONS

In 2001 the Gerontology Research Centre at Simon Fraser University established a Senior Leadership Award to recognize the contributions that British Columbia seniors make as volunteers.

NOMINATION PROCEDURE: You are invited to submit a letter nominating a person aged 65+ in your family, community or organization who has contributed time and experience providing exemplary voluntary service. Seniors eligible for nomination must presently reside in the Province of British Columbia. This award is also open to seniors' organizations as-a-whole that perform community voluntary service.

LETTER OF NOMINATION

should include:

Name and contact information
for the nominee.

A summary of their contributions.
Any supporting letters and/or additional
documents you wish to include.

Please address your nomination
to the: SFU Leadership Award,
attention Lillian Zimmerman,
Gerontology Research Centre,
SFU Vancouver Campus,
Harbour Centre
#2800- 515 W. Hastings St.,
Vancouver, BC V6B 5K3.

DEADLINE FOR SUBMISSIONS:

October 19, 2011.

AWARD TO BE PRESENTED

AT THE UPCOMING:

**9th Annual Ellen M. Gee
Memorial Lecture**

**Dr. Daniel Lai, Professor and Associate
Dean, Faculty of Social Work, University
of Calgary**

*"Voices of Canadian Chinese Older Adults:
Implications for Policy and Practice in a
Culturally Diverse Aging Society"*

Friday November 4, 2011 @ 3:30 pm

(Please refer to the GRC website for
the latest information on the Ellen Gee
Lecture)

SAVE THE DATE!

ELLEN GEE MEMORIAL LECTURE 2011



Voices of Canadian Chinese Older
Adults: Implications for Policy and
Practice in a Culturally Diverse Aging
Society

Presented by **Dr. Daniel Lai**

(Professor and Associate Dean
(Research & Partnerships), Faculty of
Social Work, University of Calgary)
November 4, 2011, Vancouver Campus
515 West Hastings Street, Harbour
Centre Room 1700
3:30pm with reception to follow

Chinese in Canada have a lengthy
history of settlement and community
development. Social and economic
contexts have shaped the community
constitution of Chinese older adults in
this country, resulting in unique socio-
cultural characteristics and diversity
within this largest visible minority aging
population in Canada. Research findings
in Canada have consistently pointed
to the challenges, barriers as well as
strengths of this subpopulation. From
these research findings, voices and
needs of the aging Chinese should be
better revealed and heard while myths
and misunderstandings against this
vulnerable subgroup should be further
eliminated.

This presentation focuses on
linking research findings to different
community realities faced by aging
Chinese in Canada. From research on
the aging Chinese and other culturally
diverse older adults, lessons and
learning are shared with the purpose
of further illustrating the voices of
culturally diverse older adults in the
context of service provision and policy
development. The conclusion of this
presentation calls for social leadership
and political courage of decision makers

to look beyond previous and current
community needs and issues to better
prepare for a culturally inclusive aging
society.

ABOUT THE SPEAKER:

Before joining the University of Calgary
in 2000, Daniel had taught in different
universities and post-secondary
education institutions in Asia and
Canada, including the Hong Kong
Polytechnic University, Grant MacEwan
Community College, and University of
British Columbia Okanagan (formerly
known as Okanagan University College).
He also took up adjunct teaching roles
at the Chinese University of Hong
Kong and Fudan University in China.
Currently, Daniel is Honorary Professor
of the University of Hong Kong and
Invited Professor of the Nanjing Normal
University. Daniel publishes extensively,
with over 80 peer-reviewed journal
papers and book chapters, and over
300 conference papers and invited
presentations. As a Registered Social
Worker in Alberta, Daniel is highly
involved in policy development and
community services, striving to integrate
research, practice, and policy. Currently,
he sits as a board member of the
Alzheimer Society of Calgary, Canadian
Association of Gerontology, and Calgary
Family Services.

All are welcome

To register call 778-782-5062 or e-mail
gero@sfu.ca

Please see our ELLEN GEE MEMORIAL
LECTURE 2011 webpage for the latest
information
<http://www.sfu.ca/grc/ellen/egml2011/>