

CAG Newsletter

Bulletin d'information de l'ACG

Fall/Automne 2008

President's Remarks

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It is with both sadness and relief that I say good bye to my role as president of CAG. It has been a tremendous learning experience and I thank you for it, but a huge responsibility as well.

There have been a lot of changes over my two terms as president. We moved from a management firm to our own office and staff. An Executive Director was hired. Our newsletter is now entirely on line. Networking with the federal government continued to expand. We joined NICE – the National Initiative for Care of the Elderly, in addition to our ongoing commitment to the Congress of National Seniors Organizations. We welcomed our emerging relationship with the Canadian Gerontological Nursing Association.

I would like to express my sincere appreciation to both past and present members of the Board of our Association with whom I served. Their guidance and wisdom was and is very

much appreciation. One can not fulfill this role of president without such support as truly our Association grows through collaboration and networking. I wish our incoming Executive and Board all the best as they move into new opportunities and challenges for CAG – I have found that opportunities always walk hand in hand with challenges.

There are others that I want to acknowledge for they too have contributed to our Association. Dr. L. McDonald has supported us as we moved into office space within the Institute for Life Course and Aging at the University of Toronto. She is also the chair of the Legacy Committee. Dr. M. Rosenberg is editor in chief of the *Canadian Journal on Aging* and has moved it forward into the electronic age. Brenda Elias assumed the role of Executive Director and her staff have provided us with office support. Dr. N. Keating is past chair of the Legacy



President Sandra Hirst

Committee and now leads our initiatives with IAGG.

I look forward to saying *goodbye* to many of you in person at our Annual Scientific and Educational Meeting scheduled for late October in London, Ontario – have a look at our web site for the program and registration / hotel details.

With appreciation,

Sandra P. Hirst RN, PhD, GNC(C)

Executive Director's Report



Executive Director
Brenda Elias

We have been working in the national CAG office on a number of files that have been carried over from our transition from the Ottawa office. One item that is now cleared is that CAG Membership can now use electronic and mail proxy voting.

In July, 2008 we received Ministerial approval under the Canada Corporations Act to conduct votes between general and special meetings of the association. This change to Bylaw 10.4.1-10.4.6 had been recommended by the CAG Board of Directors will

allow all members in good standing to cast votes on issues raised by the Board and membership.

This is good news as it allows us to gather input from members between the Annual General Meetings.

The other positive news on the federal front is that we received \$5,000 from Heritage Canada in response to a grant proposal to support the translation provided at the ASEM this year. We have also had a meeting with Dr. Lynn McDonald to discuss the Student

Travel Grant for the International Association of Gerontology and Geriatrics (IAGG) meeting in Paris in 2009. Visit our website soon for the application.

So we are moving forward and slowly building up the administrative strength with our CAG team.

With warm regards,

Brenda M. Elias

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Message de la présidente

C'est à la fois avec tristesse et soulagement que je dis au revoir à mon rôle de présidente de l'ACG. Ceci a été pour moi une incroyable expérience d'apprentissage - dont je vous remercie - et en même temps une grande responsabilité.

Beaucoup de choses ont changé pendant mon poste de présidente. Nous nous sommes installés dans un nouveau bureau et nous avons transféré la gestion de l'association d'une société de gestion à notre propre personnel. Une directrice exécutive a été embauchée. Le réseautage avec le gouvernement fédéral a continué son expansion. En plus de notre collaboration avec le Congrès des organisations nationales des aînés, nous nous sommes joints à INSA - Initiative nationale pour le soin des personnes âgées. Nous sommes heureux de notre relation en train de s'établir entre l'ACG et l'Association canadienne des infirmiers et infirmières en gérontologie.

J'aimerais exprimer mon appréciation sincère aux membres anciens et actuels du comité exécutif de l'Association avec qui j'ai travaillé. J'ai beaucoup estimé leur soutien et sagesse. Il m'aurait été impossible d'assumer mon rôle de présidente sans leur soutien car l'essor de notre association se réalise avec collaboration et réseautage. Je souhaite le plus grand des succès à notre futurs membres du comité exécutif lorsqu'ils feront face aux nouvelles opportunités et défis pour l'ACG - j'ai réalisé que les opportunités et les défis marchent ensemble.

J'aimerais remercier également les autres pour leur apport à l'association. Dre L. McDonald nous a beaucoup aidé lors de notre déménagement dans notre nouveau bureau dans l'Institut de cours de vie et vieillissement à l'Université de Toronto. Elles occupent aussi la fonction de présidente du Fonds de dotation. Dr.

M. Rosenberg est l'éditeur en chef de la Revue canadienne du vieillissement et il a le mérite d'avoir facilité le passage vers la version électronique.

Brenda Elias a occupé le poste de directrice exécutive et son personnel assure la prestation des services de soutien administratif. Dre N. Keating fait parti du comité de Fonds de dotation et à présent se trouve en tête des initiatives de l'AIGG.

Le moment de dire au revoir personnelle viendra à l'occasion de la Réunion scientifique et éducationnelle annuelle en fin octobre à London, Ontario - visitez notre site web pour consulter le programme préliminaire et les détails concernant l'inscription et l'hôtel.

Cordialement,



Sandra P. Hirst RN, PhD, GNC(C)
Présidente, ACG



President Sandra Hirst

Bien vieillir à Regina: Une étude de recherche

Helen Christiansen, Ph.D., University of Regina, Seniors Education Centre

Statistique Canada prévoit que d'ici la fin de 2011, les canadiens âgés de 65 ans et plus représenteront 33% de la population. Selon l'OMS "L'instruction reçue dans l'enfance, conjuguée aux possibilités de formation tout au long de la vie, peut conférer à la personne âgée les aptitudes cognitives et la confiance voulue pour s'adapter et rester indépendante." Depuis plus de 30 ans les personnes âgées (55+) ont choisi d'enrichir leurs années de retraite en suivant des cours au Seniors Education Centre (Université de Regina). Cette recherche se concentre sur les expériences d'apprentissage de ces adultes.

Pendant le printemps de 2008, une étude pilote utilisant l'enquête narrative a été conduite avec 15 participants, âgés de 60 à 75+. Tous les participants ont reçu les mêmes 5 questions : Depuis quand suivez-vous des cours à SEC ? Qu'est ce que vous a convaincu de suivre des cours à SEC ? Énumérez quelques cours suivis. Quel type de cours trouvez-vous intéressant ? Comment décririez-vous le profil d'un apprenant âgée de succès ? Des questions de suivi ont été posées pour clarifier les réponses/ ou obtenir plus d'information. Tous les

interviews ont été enregistrées et transcrites et les participants ont été invité à approuver ou corriger les transcriptions.

Les résultats préliminaires montrent que, dans le cas de ces participants, suivre des cours est un moyen de s'épanouir, de maintenir leur curiosité vivante et de se sentir plus accomplis. Pour ce faire, ils ont suivi des cours d'histoire, des cours qui permettent l'initiation à la musique, des cours d'astronomie, de littérature, de dessin, de photographie numérique, d'écriture - pour ne mentionner que quelques cours offerts à SEC.

Le point sur la recherche sera fait au forum de SEC qui se tiendra en octobre. Nous espérons que plus de 200 étudiants âgés s'ajouteront pour les interviews. Pour nos plans futurs nous visons à contacter des personnes âgées qui ne font pas partie de SEC et à travailler avec d'autres chercheurs au Canada et au-delà de ses frontières.

Cette étude éducationnelle en gérontologie est soutenue par le Centre on Aging and Health, Université de Regina.

Remerciements particuliers:

1. L'Organisation mondiale de la santé, 2002. *Active ageing; A policy framework*. Author.
2. D.J. Clandinin & M.F. Connelly. 2000. *Narrative inquiry: Experience and story in qualitative research*. San Francisco, Jossey-Bass.



Student Connection

SC- CÉ Executive Committee Members

- Anthony Kupferschmidt (President)
- Angela Johnston (Vice-President)
- Sophie Sapergia (Secretary-Treasurer)
- Jessica Jalbert (Distribution List Manager)
- Susan Jurczak, (Newsletter Coordinator)
- Chris Gonsalves (Website Manager)
- Sean Keays (Immediate Past President)

Welcome to the start of a new academic year! The SC-CÉ hopes that everyone had a refreshing summer break. Now is a good time to check with the SC-CÉ Student Representative on your campus to find out about networking opportunities and special events for the coming year. If your campus does not currently have a Student Representative, this could be a great opportunity for you to take on this very rewarding role. Contact Angela Johnston at ajohnsto@sfu.ca to learn more.

Another way to support the SC-CÉ is to become a member of the SC-CÉ Executive Committee. The following three positions will be up for election this fall: Secretary-Treasurer, Distribution List Manager, and Newsletter Coordinator. Being a member of the SC-CÉ Executive Committee allows you to connect with students in the field of aging from across the country and beyond. For further information on these positions contact Anthony Kupferschmidt at scce@cagacg.ca.

We have two winners! This year's SC-CÉ Student Representative Recruitment Incentive Awards go to Shelly Waskiewich (University of Victoria) and Catherine Gordon (University of Western Ontario). Congratulations to both Student Representatives on a job well done!

Plans are underway for this year's Annual Scientific and Education Meeting (ASEM) on October 23-26, 2008 in London, Ontario. The SC-CÉ has several special events planned especially for students. We will be hosting the ever-popular Book Display Fundraiser, and the

Student Breakfast and Annual General Meeting will be a great way to learn more about the activities of the SC-CÉ. There will also be a Student Research and Networking Breakfast co-hosted by the Canadian Institutes for Health Research – Institute on Aging (CIHR-IA) and the SC-CÉ. This year the SC-CÉ will be sponsoring a workshop entitled "Leadership and Networking Opportunities for Canadian Gerontology Students" in collaboration with the BC Network for Aging Research (BCNAR) and the National Initiative for the Care of the Elderly (NICE). Of course there will also be some time for fun with the SC-CÉ Student Social Night Out, open to students and recent graduates. Further information about the ASEM can be found at: www.cagacg.ca/ and www.cagacg.ca/studentconnection/.

The SC-CÉ would like to wish everyone a very successful and enjoyable 2008-2009 school year. If you would like to learn more about the SC-CÉ or about how you can become involved, please contact us at scce@cagacg.ca.

The Canadian Association on Gerontology seeks to improve the lives of older Canadians through the creation and dissemination of knowledge on Gerontological policy, practice, research and education.

Benefits of membership include:

- Linkages and networks with others in the field,
- Opportunities to publish articles in the Canadian Journal on Aging
- Copies of all CAG publications, electronic news flashes and more,
- Reduced conference rates
- Voting and nomination privileges, and
- Opportunities to influence policy.

For more information on the CAG, please contact our national office at the address on page 1.

Did You Know...

Individuals who are currently students receive a discounted membership rate? Learn the details at www.cagacg.ca.

CAG Newsletter

The CAG Newsletter is published quarterly and is intended as a forum for members to exchange information and opinions. Articles do not necessarily reflect the policies of CAG's Board of Directors, nor does the Association endorse any goods and services advertised in the Newsletter.

Have comments or contributions? All correspondence should be forwarded to:

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 Web Site: www.cagacg.ca

Older Adult Project

Mississauga, Ontario, Canada

The city of Mississauga, Ontario has developed the Older Adult Plan in attempts to address the demographic shifts and challenges that are being created as the "boomer" generation is reaching older age.

The purpose of the action plan can be summed up in its vision statement, "As an age friendly city, older adults in Mississauga will lead purposeful and active lives, will live in their community with dignity, integ-

rity and independence, and will experience a diverse range of lifestyle opportunities to pursue their personal interests."

The plan is made up of ten main guiding principles that are supported by goals and corresponding action plans.

To get more information about the action plan or to read the Older Adult Plan please visit http://www.mississauga.ca/file/COM/Older_Adult_Plan.pdf.

Aging Well in Regina: A Research Study

Helen Christiansen, Ph.D., University of Regina, Seniors Education Centre

Statistics Canada predicts that by 2011, Canadians over 65 years of age will make up 33% of the population. According to the World Health Organization (WHO)¹, "Education in early life combined with opportunities for lifelong learning can give older people the cognitive skills and confidence they need to adapt and stay independent". For over 30 years older adults (55+) have chosen to enrich their retirement years through taking classes at the Seniors Education Centre (University of Regina). This research focuses on

the learning experiences of these adults.

In the spring of 2008, a pilot study was conducted with 15 participants, aged 60 to 75+, using narrative inquiry². Everybody was asked the same 5 questions: How long have you been taking classes at SEC? What led you to begin taking classes at SEC? What are some of the classes you have taken? When kinds of classes do you find interesting? How would you describe a successful older adult learner? Follow-up questions were asked in order to clarify answers and/or to probe for additional information. All interviews were audiotaped and transcribed, and research partici-

pants were asked to approve or edit the transcriptions.

Initial findings indicate that, for these participants, taking classes is a way to keep growing, maintain a sense of curiosity, and feel fulfilled. In order to do this, they have taken classes in history, music appreciation, astronomy, literature, drawing, digital photography, and writing - to name just a few of the many classes offered at SEC.

A research update will be given at an SEC noon hour forum in October. It is hoped that up to 200 more 3rd age students will volunteer to be interviewed. Future plans include

contacting older adults outside of SEC, and working with other researchers across Canada and beyond. This educational gerontology study has the support of the Centre on Aging and Health, University of Regina.

Special acknowledgements go to:

1. World Health Organization, 2002. *Active ageing; A policy framework.* Author.

D.J. Clandinin & M.F. Connelly, 2000. *Narrative inquiry: Experience and story in qualitative research.* San Francisco, Jossey-Bass.

News from the Canadian Centre for Elderly Law & Western Canada Law Reform

MEDIA RELEASE: July 24, 2008

Uniform Improvements Recommended for Enduring Powers of Attorney in the Four Western Provinces

Many people rely on enduring powers of attorney (EPAs) to authorize an attorney to handle their financial affairs while they are mentally incapable. In its report, **Enduring Powers of Attorney: Areas for Reform**, Western Canada Law Reform Agencies (WCLRA) recommends improvements in the EPA statutes of all four western provinces to address common issues. These recommendations are designed to make it easier to use EPAs in cross-border situations, to promote wider understanding and knowledge of attorney duties, and to provide some additional safeguards against attorney misuse of an EPA.

To make it easier to use EPAs in cross-border situations, WCLRA proposes:

- standard formal requirements for making EPAs;
- uniform legislative changes to

promote recognition of EPAs made in other provinces; a standard form EPA, for those who wish to use it.

WCLRA recommends that each province adopt and publicize a uniform statutory list of attorney duties. If everyone knows how an attorney is supposed to act, there is less chance that an attorney will misuse the power of an EPA through ignorance.

To safeguard against misuse, it is important to bring an attorney's conduct out into the open where others can notice if something seems wrong. Proposed safeguards in this area include:

- an attorney must give a formal notice to certain people when the attorney starts to act under the EPA;
- persons who suspect misuse can contact a public official, who



would have the discretion to investigate;

- the public official would have the power to freeze accounts, obtain information from financial institutions, examine records and obtain warrants for search and seizure; financial institutions who suspect misuse would also be empowered to temporarily freeze accounts while reporting their suspicions.

WCLRA consists of the British Columbia Law Institute, the Alberta Law Reform Institute, the Law Reform Commission of Saskatchewan and the Manitoba Law Reform Commission.

Copies of this Report may be obtained at no charge by download from:

<http://www.law.ualberta.ca/alri/docs/WCLRA-EPA%20report.pdf>.

International Federation on Aging (IFA)

The IFA has recently welcomed the Canadian Academy of Senior Advisors (CASA) as one of their newest members. Founded in 2003, CASA has striven to help create "a society that understands the processes of aging, and honours and respects the unique roles of seniors in [their] communities." CASA is based in Burnaby, British Columbia, and is the exclusive training institute for the Certified Senior Advisor (CSA).

For more information please visit the IFA at <http://www.ifa-fiv.org/>.



Upcoming Events

IFAA's 9th Global Conference on Ageing

Williamsburg Project

RBJ Schlegel Holdings Inc. and the University of Waterloo Research Institute for Aging, based in Ontario Canada, will be giving a feature presentation at IFAA's 9th Global Conference on Ageing on the Williamsburg project. The Williamsburg project is a land development project to create a 'village within a city'. Owned and operated by the Ronald Schlegel family, this company is involved in long term care and retire-

ment home operations, and commercial and residential land development.

The essence of a healthy community is revealed not only by where people live, but also by how they live. Sensitivity to optimal design ensures that older adults will have easy walking access to meaningful destinations like parks, grocery stores, and coffee shops where social connections are enhanced.

Williamsburg is an innovative "village within the city" that was initiated 16 years ago and driven by 13 guiding principles which were ahead of their time. For example, a lifespan perspective has led to a social infrastructure which welcomes intergenerational ties. Integral to the design is a "main street" which is reminiscent of a small, friendly community. Mixed housing includes affordable houses, architecturally distinct urban villas overlooking a five-acre village green, and higher density

seniors' apartments which will have a preferred location close to local retail shopping, medical services, and recreational opportunities. All stores are within a ten-minute walk from the seniors' apartments. Contiguous with these apartments is a seven-acre upland woodlot which provides ready access to a pedestrian trail system linking residential developments to the west and to the north. Adjacent to the main street is a five-acre village green or "passive park", which acts as a meeting place and will be enhanced by a children's play area/creative playground, band shell/gazebo, and water feature which can be used for skating in the winter and splash pad for children in the summer.

Recently, focus group testing of the current residents revealed positive attitudinal and behavioural support for the village concept. Residents (young and old) have responded to the principles underlying Williamsburg and they have embraced the vision of "Your Village Within The City". Nevertheless, they do need to be reminded periodically that "they" are part of this work in progress.

For more information on the Williamsburg project contact the Schlegel-University of Waterloo Research Institute for Aging:

sharratt@ria.uwaterloo.ca.

International Symposium on Chronic Disease and Aging

Chronic Disease and Aging: From Research to Policy to Practice An International Dialogue: Meeting the Challenge in the Quebec Healthcare System

SOLIDAGE, a research collaboration between McGill University and Université de Montréal, will host an international symposium on Chronic Disease and Aging in Montreal, Canada on November 6, 2008.

The main purpose of this conference

will be to discuss how Quebec can meet the challenges, due to demographic changes, that face its health care system. The event is supported through a grant from the Canadian Institute of Health Research that seeks to address issues of importance to both Canadian and provincial health authorities.

With prominent professionals from countries such as Canada, the United States, Israel, England and France, this symposium seeks to

foster international dialogue to discuss how Quebec's health care system can best meet these challenges, learning from domestic and international experience.

To get more information about and/or register for the symposium please visit:

<http://www.solidage.ca/CDA08.htm>.

Gerontological Society of America

The Gerontological Society of America (GSA) is preparing for their 61st Annual Scientific Meeting from November 21-25, 2008 in National Harbor, Maryland.

The focus of this year's event is "**Resilience in an Aging Society: Risks and Opportunities**", and registration for participants and presenters is now open.

For more information on the meeting and registration instructions, please visit:

<http://www.agingconference.com/>.

Registration Opens for International Association of Gerontology and Geriatrics (IAGG) Paris Meeting

The event will take place in Paris, France, from July 5-9, 2009. IAGG continues to accept abstracts for oral and poster presentations until January 31, 2009.

Additionally, the application deadline for the prestigious Busse Research Awards to be presented at the World Congress of Gerontology and Geriatrics has been extended until October 1, 2008.

Visit:

<http://www.gerontologyparis2009.com> for complete information about the event.

