

CAG Newsletter

Bulletin d'information de l'ACG

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President's Remarks

The last six months have been a busy time at CAG. As we reported previously the head office in Toronto has been restructured to ensure the financial viability of the organization. Our new part-time operations manager, Anthony Lombardo, has been doing an outstanding job of helping us reorganize and finding additional ways of cutting costs. Working with Celine Hunter, whose continuity has been invaluable, they are improving maintenance of the membership database, including returning its management to the head office and exploring new web-based membership platforms. Not only is this a cost saving measure, but the new software will allow for efficiencies in ensuring the files are up to date. I am also delighted to report that Celine has decided to stay on with the organization, a real plus for CAG. Mark

Rosenberg has been working hard with Cambridge University Press on the transition of the journal to this new publishing house. Some of you will notice a few glitches but nothing that seems too serious and we believe that very shortly it will give us not only a much smoother and more efficient operation but there is real potential for some income for CAG.

Much time of course is taken up with the Annual Scientific and Educational Meetings to be held in Winnipeg, October 22-24, 2009. The conference planning team, headed by Barb Payne of the University of Manitoba, is hard at work planning a stellar program. We encourage all of you to attend. Bring your students and encourage your colleagues to attend as well. Many of you have told me that the advantage of CAG over



President Neena Chappell

other conferences is that it is where they come for *interdisciplinary* dialogue with colleagues interested in gerontology primarily focused on Canada. I urge you all to join us.

Neena L. Chappell

Message from the Manager of Operations

It is my pleasure to be joining the CAG as Manager of Operations. I am looking forward to working with the CAG Board, chairs and, of course, you — our members — as we continually seek ways to make our organization responsive to your needs and ensure that we remain financially stable. As Neena mentions, we are currently in the process of establishing a new web-based platform for our membership database. Once in place, I think we will find membership management easier for our members as well as our staff.

I echo Neena's comments about Dr.

Payne and her team in Winnipeg who are well underway and very busy at planning the 2009 CAG Annual Scientific and Educational Meeting. They are putting together a program with exciting pre-conference workshops, symposia, and paper and poster sessions. The theme of the 2009 conference, "Where the Rivers Meet: Merging Perspectives on Aging," reflects our organization's dedication to interdisciplinary collaboration and collaboration between research and practice, and we hope you will join us at the event to take advantage of this unique opportunity. We are most grate-

ful to all of our members who have submitted abstracts to the conference. Registration will be opening shortly, and we will be pleased to welcome you to Winnipeg in October.

Again, I look forward to working with our members, and if you have any questions or comments for us, please do not hesitate to contact me at operations@cagacg.ca.

Anthony Lombardo



Manager of Operations
Anthony Lombardo

Where the Rivers Meet: Merging Perspectives on Aging

38th Annual Scientific and Educational Meeting October 22-24, 2009 The Fairmont, Winnipeg, Manitoba



The Canadian Association on Gerontology is pleased to announce *Where the Rivers Meet, Merging Perspectives on Aging*, our 38th Annual Scientific & Educational Meeting, to be held October 22-24, 2009, at the Fairmont Hotel in Winnipeg, Manitoba. The conference will explore ways to improve the lives of older Canadians, an increasingly important topic considering Canada's aging population.

Approximately 400 professional decision-makers, physicians and other healthcare professionals, researchers, academics, health and community administrators, government representatives, national organization executives, students, and seniors are expected to attend. Presentations will examine ways to improve the lives of older Canadians through the creation and dissemination of knowledge in gerontological policy, practice, research and education.

For more information, please visit the CAG website: www.cagacg.ca

Choose from 1 of 3 exciting Pre-Conference Workshops...

The Science of Age-Friendly Environments

The Age-Friendly Environments workshop will examine how current research is informing development of age-friendly environments to promote health and quality of life. The workshop will be of interest to planners, developers, service providers, decision makers, gerontologists, seniors, and Baby Boomers.

Elder Abuse: Rippling Effects of Multi-Disciplinary Approaches

The Elder Abuse Workshop will highlight promising approaches in elder abuse prevention and intervention from across Canada including: innovative programs, intergenerational initiatives, multi-disciplinary approaches, and much more, including an in-depth workshop with Christina Wolf, Detective Constable, Elder Abuse Section, Ottawa Police Service.

Long-Term Care: Deer Lodge Centre

Deer Lodge Centre is the largest rehabilitation and long-term care facility in Manitoba and an innovator in the treatment of patients, residents and clients. Attend this all day pre-conference event, packed with workshop, presentations and tours, to learn about the research and programs Deer Lodge Centre provides to the community.

...and enjoy engaging and informative Keynote Speakers

Norma Drosdowech: October 22, Opening Ceremonies

Dr. Valerie Gideon: October 23

Dr. Stephen Cunnane: October 23

Dr. Max Cynader: October 24

Dr. James Fries: October 24

See you in Winnipeg, the *"Heart of the Continent"*

Using Music to Care for the Aging Population

Music plays a significant role in our lives, particularly for boomers. It is used to mark or celebrate rituals, life passages and daily activities, and it is likely that it will continue to hold a place of prominence in the care of today's aging population.

Drs. Romaine Gallagher and Jean-Francois Kozak, of Providence Health Care, offer insight from a scoping review of the literature on the role of music in dementia and Bev Foster, a musician and music educator, provides an overview of the capacity of Room 217 therapeutic music in this population.

Dementia and Music

By Dr. Romaine Gallagher, Head - Division of Residential Care, Physician Program Director - Palliative Care Program, Physician Co-Director Elder Care Program, Providence Health Care; and Dr. Jean-François Kozak, Director of Research, Centre for Healthy Aging at Providence

Dementia affects both the person with the diagnosis as well as those who care and support her or him. As a dementia progresses, the clinical management of the disease can become more challenging as well as the emotional consequences, uncertainty, and fear the disease produces in families and friends of the older sufferer.

As a major provider of residential care for older adults in BC, operating six facilities across Vancouver's Lower Mainland, Providence Health Care (www.providencehealthcare.com) is a leading expert in eldercare with specific expertise in dementia research and care.

Research at Providence through its Elder Care Program and the Centre for Healthy Aging at Providence (www.centreforhealthyaging.ca) is addressing these and other issues that affect the day-to-day lives of seniors and care providers. Our research, ranging from the population health level and health service design to the health expectations and experiences of older ethnocultural adults with dementia, is the result of partnerships formed between seniors, clinicians, researchers and decision-makers.

Since 2006, Providence Health Care has partnered with the Vancouver-based Health Arts Society (<http://healtharts.org>) in bringing professional arts performances to older adults in care who are isolated from access to arts by reason of illness or frailty. People in long-term care are especially in need of feeling con-

nected and engaged, and music may act as a therapeutic aid to address these needs. Moreover, music may play an important role in promoting, maintaining, and restoring mental, physical, emotional, and spiritual health. It can be a major vehicle in helping maintain and sometimes improve an older adult's quality of life.

Music has long been recognized as something that older adults enjoy and respond to emotionally, but does it improve the health care outcomes and quality of life of those with moderate to severe dementia? To answer that question, in 2008 the Centre for Healthy Aging at Providence undertook a scoping review of the literature on the role of music in dementia in preparation for a series of larger studies to examine these issues. The work, in collaboration with the Health Arts Society, is to determine whether or not there is sufficient evidence to recommend music as therapy for older adults with dementia in long-term care settings.

While most of the studies reviewed of music and dementia were limited by small sample size, short time frame and inability to control confounding variables (such as comorbid illness and environment) there is evidence of music's ability to have a positive effect on mood and behaviour in people suffering from dementia. In general, residents had more obvious engagement with live music as opposed to recorded music, but even some music was better than none.

Music familiar to residents was better than unfamiliar in reducing agitation.

Involving the resident and informal caregiver in the making of music during music therapy sessions was also beneficial, suggesting that human interaction is a key component of the effectiveness of music. Many studies found that music could reduce agitation and other behavioural and psychological symptoms of dementia but this effect was not found to persist in the long-term.

There is still much work to be done on the use of music as therapy for dementia symptoms. This scoping review of the scientific literature was just the first step in exploring the use of music to promote positive mood and behaviours, and to reduce stress and distress, in the treatment of older adults with dementia. In partnership with the Tapestry Foundation for Health Care (www.tapestryfoundation.ca), we hope to explore the value of families creating personalized music and videos for residents with challenging behaviours.

Providence Health Care, through peer-reviewed grants and support through the Tapestry Foundation, is working towards improving the quality of life and care of seniors with dementia. Projects such as developing clinical algorithms assessing the likelihood of pain and quality of life among people with profound cognitive impairment, evaluation of camouflage exits, the role of the social environment in managing dementia, and the health of older women are only some of the exciting projects being planned and currently underway at Providence Health Care.

The Capacity of Room 217® Therapeutic Music in an Aging Society

By Bev Foster, BEd, BMus, AMus, ARCT, Executive Director, Room 217 Foundation

Music is a close companion on life's journey and accompanies us through various rituals and life passages. We socialize around music; express ourselves through music; dance to music; learn about our neighbors through music; celebrate with music. The keen interest in the therapeutic use of music comes as no surprise then as Canada's aging population continues to rise and as we live in a culturally diverse country. While the idea of music as a healing agent is not new, science continues to inform us of music's benefits to health and well-being.

Neurologist Dr. Michael Thaut believes that music has a significant relationship with our bodies. When people listen to music, various aspects of their body rhythms respond to and even embody the timing of the musical rhythms they encounter, it is a principle known as entrainment. Tapping your toes in response to and in time to the music you hear is a simple demonstration of the principle of entrainment. Entrainment describes what happens when the body becomes synchronized with environmental vibrations. This has therapeutic implications for an aging population, for example when using music with a strong steady beat to improve the gait of people with Parkinson's disease or when using slow music to lessen agitated behaviors in those with Alzheimer's Disease and related dementias.

Dr. Oliver Sacks writes about the capacity of familiar music to keep us connected to our memories and to preserve the self in Alzheimer's Disease and related dementias in his best-selling book *Musicophilia*. He believes that the aim of music used with people who have dementia is to seek to address the emotions, cognitive powers, thoughts and memories, the surviving self of the patient, to stimulate them and bring them to the fore.

Music will enrich and enlarge the existence of those with impaired cognition.

Music may play an important role in the spiritual and psychosocial care of the aging population. Music appeals to the human spirit and is inextricably linked to our longings, desires and deepest, inner parts. Montreal-based music therapist Deborah Salmon states that music sings the language of the deep, evoking imagery and memory, resonating with feeling and transporting one beyond the bounds of ordinary awareness. Music may bypass habitual defenses and provide easier access to the deeper places. These may be psychological, spiritual, personal involving past experiences, unresolved issues or relationships.

Live music therapy provides space for relationships and a container for emotions irrespective of age. Being aware and actively present to what you are hearing and sensing begins to allow sound, vibration, and timbre to penetrate body, mind and spirit. Each moment in live music can be fresh. Recorded therapeutic music is more passive but can also be therapeutically beneficial. Once recorded, music is captured and remains the same. Yet with each replay, there can be anticipation, recognition or new meaning. Recorded music can fill invisible spaces and provide companionship through long, even isolated, hours. Listening to recorded music can be an accessible, economic and empowering intervention.

Room 217® music is a library of recorded music that has been produced with therapeutic

intention and currently offers six one hour albums of play. Room 217 music is paced at 60 beats per minute in order to stimulate Alpha brain wave activity, the state of calm and relaxation. Used in a variety of care settings across Canada, it promotes general well-being, and helps to prepare the body to reach that place where the relaxation response is possible. It may promote sleep, provide distraction for pain and de-stress. Room 217 music is soothing, may bring comfort, encourage reminiscence and expressiveness. It is an important resource in end of life care helping to enhance quality of life, creating auditory sanctuary when someone is dying and supports caregivers through the transition and in after care. Evidence suggests that Room 217 music is transformative and can change the atmosphere of a room or space.

In addition, a companion therapeutic DVD, *Recollections™*, provides tranquil, natural and familiar images set to the music of Room 217. It is a viable program resource that encourages storytelling and reminiscence and is useful in senior and long term care residences, or for closed circuit television.

For an aging population, live or recorded music can tell the stories of our lives, and become a kind of diary that describes the people, places, events and feelings we've experienced. Music may in fact be the converging place where the rivers of cultural diversity, intergenerational activity, ailing bodies, and personal histories meet.



Therapeutic Music Resources

Room 217 is excellent for:

- long term residential care, hospice, palliation, senior care, spiritual care, bereavement or self-care
- professional, volunteer or family caregivers
- supporting other therapeutic modalities
- mealtime, bedtime, naptime, sundown or as calming background music

905.852.2499 www.room217.ca

Bev Foster is Executive Director of the Room 217 Foundation, a Canadian organization that cares for the whole person with music and provides therapeutic music resources for people with complex care needs, their caregivers and their families. For further information, visit online at www.room217.ca.



Student Connection - Connexion Étudiante (SC-CÉ)

The SC-CÉ hopes everyone had a successful 2008-2009 academic term! We would like to recognize our newest Student Representative:

University of Calgary - Karen Leung, MSc Candidate, Department of Community Health Sciences.

Thank you Karen for joining the Student Representative team! 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.

A warm welcome is also extended to Michael Campo who has joined the SC-CÉ Executive Committee as Distribution List Manager. Michael is a MA student in the Department of Gerontology at Simon Fraser University. Congratulations and welcome Michael!

The SC-CÉ is pleased to announce that Jennifer Swindle, Heather Hanson, and Janet Love are the recipients of the 2008 Excellence in Research on Aging (ERA) Awards. Congratulations Jennifer, Heather and Janet! Please see www.cagacg.ca/studentconnection/Awards.htm for more information.

We are looking forward to seeing many of you in Paris for the International Association of Gerontology and Geriatrics (IAGG) World Congress. For those of you in attendance, please be sure to participate in the international symposium, *Organization and Engagement of Gerontology and Geriatrics Students at the National, Regional and International Level*, organized by the SC-CÉ.

We also hope you will be joining us in Winnipeg, Manitoba in October for the 2009 CAG-ACG Annual Scientific and Education Meeting (ASEM). Stay tuned

for more specifics about conference events sponsored by the SC-CÉ. Further details about the ASEM can be found on the CAG-ACG website at www.cagacg.ca.

The SC-CÉ is currently recruiting a chair for this year's Book Display. If you love books this is a great opportunity to get involved with the SC-CÉ. If you are interested or want to learn more, contact us at scce@cagacg.ca.

The SC-CÉ would like to congratulate all members who graduated in the 2008-2009 academic year. The SC-CÉ offers a transition year membership, so you can enjoy the student membership rate for one year following your graduation.

If you would like to learn more about the SC-CÉ or how you can become involved, please contact us at scce@cagacg.ca or visit www.cagacg.ca/studentconnection/.

Current SC-CÉ Executive Committee Members

President:
Anthony Kupferschmidt

Vice-President:
Angela Johnston

Secretary-Treasurer:
Stacey Stewart

Distribution List Manager:
Michael Campo

Newsletter Coordinator:
Susan Jurczak

Website Manager:
Chris Gonsalves

Immediate Past President:
Sean Keays



Left: Members enjoy dinner during the Student Night Out at the 2008 ASEM



Right: SC-CÉ members show off the impressive Book Display at the 2008 ASEM

Passionate about Gerontology? Consider studying online at Selkirk College!

Selkirk College, founded in 1966, was the first regional community college in British Columbia. The college offers over 60 programs and is one of the largest organizations in the West Kootenay and Boundary regions of south eastern British Columbia.

Each year, Selkirk is responsible for over \$75 million in economic activity, employing over 550 full and part-time staff and providing post-secondary learning for over 2400 full-time equivalent students.

There are a total of eight campuses and learning centres across then West Kootenay and Boundary regions: Castlegar and Nelson (four campuses), Trail, Nakusp, Grand Forks, and Kasto.

Programs are available through the Schools of Business and Aviation, Digital Media and Music, Health and Human Services, Hospitality and Tourism, Industry and Trades Training, Renewable Resources, University Arts and Sciences, Adult Basic Education and Transitional Training and Kootenay School of the Arts. Exchange and study abroad programs are also offered through Selkirk International.


health and human services



Gerontology Certificate - fully online

2-year part-time studies

Gain the expertise required to care for older adults in all health care settings. This program provides specialized college certification in gerontological nursing or is open to those wanting to take courses of personal interest.

Courses run: September-November, January-March and April-June. Intake is every September.

Register before July 31 for September 2009 entry.

Call 1.888.953.1133, ext 261
or visit selkirk.ca/hhs


Selkirk College

News & Upcoming Events

Report on the 2008 Knowledge Exchange Institute for Geriatric Nursing Education

In May 2009, Brock University hosted the Knowledge Exchange Institute for Geriatric Nursing Education. The objectives of the Institute were to:

1. Transfer new research based evidence and knowledge about care of older persons to Canadian nursing educators;
2. Provide Canadian nursing educators with tools to incorporate evidence based gerontology and geriatrics content in undergraduate curriculum; and
3. Engage Canadian nursing educators as knowledge transfer champions for evidence based gerontology content in nursing curriculum within their universities, provincially, and nationally.

The Knowledge Exchange Institute was a resounding success, thanks to funding from the **National Initiative for Care of the Elderly (NICE)** (www.nicenet.ca) and the **Canadian Institutes for Health Research (CIHR)**. Participants left ready to enhance their teaching and curricula.

CAG members who would like to access resources from the Institute and engage in ongoing knowledge exchange about geriatric nursing education are welcome to use the Wiki created for the Institute: https://kumu.brocku.ca/geriatricnursingeducation/Main_Page (or Google "geriatric nursing education" to find the url).

CONGRATULATIONS!

CAG Legacy Fund IAGG 2009 Student Travel Grant winners:

- | | |
|----------------------|------------------------|
| ◆ Anne-Marie Bostrom | ◆ Louise Lafortune |
| ◆ Julia Rozanova | ◆ Jian Li |
| ◆ Andrea Petriwskyj | ◆ Prabha Lakhan |
| ◆ Phillip Tully | ◆ Matheus Roriz-Cruz |
| ◆ Jamie Farquhar | ◆ Laurie Corna |
| ◆ Adeel Safdar | ◆ Livia Maria Santiago |
| ◆ Sienna Caspar | |

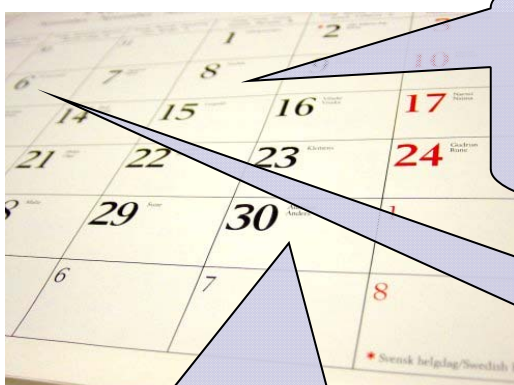
CAG member Dr. Anita Chen Receives "Champion" Award for Gerontology Work

December 2008: The Centre for Education and Research in Aging and Health (CERAH) presented Dr. Anita Chen with the prestigious "Champion" award for her work in advancing the health and social care of our aging population.

Dr. Mary Lou Kelley, Director of CERAH, calls Chen a "pioneer in the field of Gerontology [and]...an inspiration to all of us".

An original founder of CERAH, Dr. Chen states that the Centre "has become a vibrant community of researchers, educators, practitioners and undergraduate students" and that she is "honoured to be associated with the wonderful work that is being done".

Save the Date!



Festival of International Conferences on CAREGIVING, DISABILITY, AGING AND TECHNOLOGY (FICCDAT)

When: June 5-8, 2011
Where: Toronto, Canada
 Co-hosted by March of Dimes Canada and Toronto Rehab. For more information visit online at www.ficcdat.ca.

7th World Conference International Society for Gerontology

When: May 27-30, 2010
Where: Marriott Pinnacle Hotel, Vancouver, Canada
 Host organization: Gerontology Research Centre, Simon Fraser University. Make sure to watch for further information at www.sfu.ca/grc/isg2010.

International Federation on Ageing 10th Global Conference

When: May 3-6, 2010
Where: Melbourne Convention & Exhibition Centre, Melbourne, Australia
 The Conference will provide a reliable platform for a global information exchange and point of connection for all, working to generate positive social change for older people. Visit www.ifa2010.org for more information.