ALBERTA ASSOCIATION ON GERONTOLOGY

Improving the Lives of Older Albertans

AAG*mag*

Spring 2021

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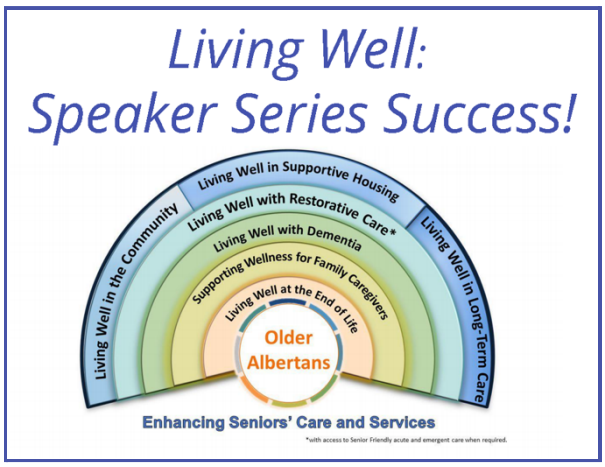
PRESIDENT'S MESSAGE



AAG is a thriving organization committed to enhancing the lives of older adults in Alberta by supporting research, influencing policy, and promoting the exchange of knowledge and best practice among the public, experts, service providers and government. As example - nearly 1300 viewers participated in the 7-part speaker series hosted by AAG this winter. The series focused on key recommendations within the Call for Action paper released by AAG fall 2020.

Feedback was excellent and will contribute to our continued growth. Thank you to our organizers and many expert presenters for volunteering your time. We couldn't have done this without you!

March 31 marks the completion of another very successful and busy year for the organization. The annual general meeting and awards presentation is set for June 24 with details provided closer to the date. We anticipate some vacancies on the Board as current terms expire and welcome interested members to seek nomination.

Please contact Grace Maier, Chair, nominating committee for information on how you can get involved. Membership renewal time is here as well and provides a great opportunity to invite a friend to join with you as you renew for the coming year. We welcome all who share the goals of the organization to join AAG and support us in fulfilling our mandate.

Sincerely,

Linda L. Stanger, President

FEATURE ARTICLE

Haidong Liang, PhD; MA; B.R.M.C.

The Westend Seniors Activity Centre (WSAC - located in Terra Losa) is now offering a Meal Program that features homemade meals, frozen soups, and baked goods.

"We know that this is a much-needed service", advised Dr. Haidong Liang, Executive Director of WSAC. "As a Gerontologist, my ultimate goal of serving seniors is to help them achieve healthy aging in their communities. Also, being actively involved in a national task force tackling malnutrition for seniors, I have a very clear understanding of the importance of nutrition.

For example, did you know that 65% of seniors admitted into hospital emergency wards are suffering from malnutrition and as a result, their average length of stay is 3 days longer than other patients."

"We understand many seniors are unable to have access to nutritious and affordable meals from reliable food providers and with the recent closures due to Covid-19, we know older adults are going to be reluctant to go shopping. That is why our centre is taking the initiative in creating our Meal Program for seniors in the greater Edmonton area."

Made weekly using the freshest ingredients, these meals are frozen and simply need to be reheated. Nutritious AND affordable, the centre also is providing free delivery for seniors who do not drive or are unable to go to the centre to pick up their orders.

WSAC's frozen entree menu has included meals such as lasagna, chicken pot pie, beef stew, chilli with cornmeal muffins as well as a wide range of frozen soup. "We are really proud of the quality of food prepared by our kitchen staff. Our chicken soups are made with homemade stock, fresh vegetables and chicken breast, our beef barley is made with AAA beef, we used only fresh beets in the borscht soup and fresh mushrooms in the cream of mushroom. All of the soups are then frozen in containers for easy storage." advised Liang.

If you have a sweet tooth, you will enjoy the baked goods too. "All of our baked goods and muffins are homemade with some of our Kitchen Coordinator favorite recipes. Our members have always enjoyed coming to our cafe for coffee and some baking. We wanted to make sure we included something sweet for people to order. We change the baked goods every 2 weeks as well. Some of our members' favorites are Blueberry, Rhubarb Crumble, Cranberry Orange, and honey Raisin Bran." said Liang.

WHAT PEOPLE ARE SAYING ABOUT THEIR MEAL PROGRAM

"We have ordered meals and soups from the Meal Plan several times and never been disappointed. The entrees are delicious with quality ingredients! The soups are very tasty with lots of good beef, chicken or beans and fresh herbs. Quantities are more than adequate for two meals and given the quality of the product, the prices are very reasonable. Highly recommend giving it a try!"

~ Jaqueline S

Westend Seniors has made it very simple to order something from their menu. You can place your order for pick up/delivery by:

- Use the online ordering system on their website: Westend Seniors Meal Program
- Email their centre - foodorders@weseniors.ca
- Call their centre: **780-483-1209** ext. **#225**

The centre's team of volunteer drivers are also ready to deliver to seniors who do not drive or who are unable to visit their centre. "People can place their orders and our staff will get their payment over the phone and then set up a time for our volunteers to deliver their orders" advised Liang, adding that the volunteer drivers enjoy the opportunity to help their peers.

Liang advised that readers visit the Westend Seniors Activity Centre's website at www.weseniors.ca to see photos of the meals, soups, baked goods, and pricing. "This program is open to everyone. You do not have to be a member of our centre to order meals. As I said before, our ultimate goal is to serve seniors and to help them achieve healthy aging in their communities. Our Meal Program is one way we are doing that."

SCHOLARSHIPS/AWARDS

The deadline for our awards has passed. Award recipients will be announced at the AGM on June 24th.

- AAG Bursary for Care Worker
- Alberta Association on Gerontology Student Award
- Edmonton Chapter Student Award
- Calgary Chapter Student Award
- Mary Morrison Davis Award of Excellence

https://www.albertaaging.ca/awards/

UPCOMING CONFERENCES

Early Onset Dementia Alberta Foundation (EODAF)

Webinars & News in 2021

Please see the EODAF website for a list of upcoming webinars and to watch past video webinars.

In addition, the EODAF website shares exciting information about Dementia Companion Dogs:

> *"Aireheart Kennels and Paws for Connections is pleased to offer the opportunity for a person living with Dementia, or a care giver to obtain a companion dog. Companion Dog training is available for those that have a pet in their home now and enables your pet to become a companion dog via online training. If you do not have a pet we can offer a companion dog that has been trained and will grow with the person living with Dementia."*

Aireheart Kennels is a breeder of registered CKC Airedale Terriers in southern Alberta. See the EODAF website if you are interested in acquiring a companion dog or for more information.

50th Anniversary Annual Conference of the British Society of Gerontology

July 7–9, 2021

Ageing Past, Present and Future: Innovation and Change. Following the continuing uncertainty of the pandemic development, the BSG 50th anniversary annual conference is going online.

Registration is now open, for more information please visit the website.

CAG2021, *Hindsight 20/20: Looking Back for a Vision Forward in Gerontology.*

October 21-23, 2021

Toronto, Ontario (or virtually if necessary!), to celebrate 50 years of the Canadian Association on Gerontology. Call for Abstracts in January 2021!

CAG2021

CAGP-CCSMH Annual Scientific Meeting (ASM)

October 29-30, 2021

The Canadian Academy of Geriatric Psychiatry (CAGP) and the Canadian Coalition for Seniors' Mental Health (CCSMH) are pleased to announce that the Call for Abstracts for the CAGP-CCSMH Annual Scientific Meeting (ASM) is now open!

The theme of this year's meeting is: *Geriatric Psychiatry in Challenging Times: Embracing Opportunities for Advocacy, Inclusion, and Innovation* .

More Information: http://www.cagp.ca/2021-ASM

IFA 15TH GLOBAL CONFERENCE ON AGEING WILL BE HELD VIRTUALLY AND IN PERSON.

November 9-12, 2021

Register now to join together – in person or virtually – with industry leaders, speakers and engage in one-on-one interaction with other industry peers in Niagara Falls, Canada or from the comfort of a home office.

I'm going, are you?

- Conference from 10 to 12 November 2021
- Pre-Conference on 9 November 2021

The 13th ISG World Conference of Gerontology

International Society for Gerontechnology

October 24-26, 2022,

Daegu, Korea

Theme: Gerontechnology for All: Creating Human and Social Impacts in the Era of Artificial Intelligence

Venue: EXCO
Address: 10 Exco-ro, Buk-gu, Daegu 41515, Korea

The information to prepare your abstracts for submission will be disclosed as soon as available. Keep watching the ISG2022 official website for the call for abstracts and new developments.

COMMITTEE REPORTS

Alberta Association on Gerontology's (AAG) three-year strategic plan for 2020 -2023 identifies three major goals and numerous priority activities under each goal.

GOAL 1: Further Refine Governance and Operational Infrastructure of the Association.

The AAB Board is committed to accountability, clarity, and efficiency in its work and for its members. Our Committee continues to work on the policies and procedures required to ensure that AAG operates in an ethical and transparent manner. These policies include conflict of interest, document storage, and terms of reference for AAG committees. A full report of our work to date will be included in the AAG annual report to be released prior to our AGM.

Respectfully Submitted,
Sandi Hirst, Committee Chair

GOAL 2: To support the creation of forums and opportunities for policy discussion and development to improve the quality of life of older adults by collaborating with other stakeholders and the community at large.

We are pleased to report on attendance at the Living Well Speaker Series held between January 14 and February 25, 2021. Advance registration ranged from 243 to 339 for each presentation. A total of **652** people or groups attended in real time. As of March 19, 2021 there were **644 YouTube views** and more are being recorded on a regular basis. If you missed any of the sessions, go to the AAG website to find the YouTube links. The Goal 2 Committee is now looking at the feedback from the session evaluations for planning and reporting purposes.

Respectfully Submitted,
Lynne Mansell, Committee Chair

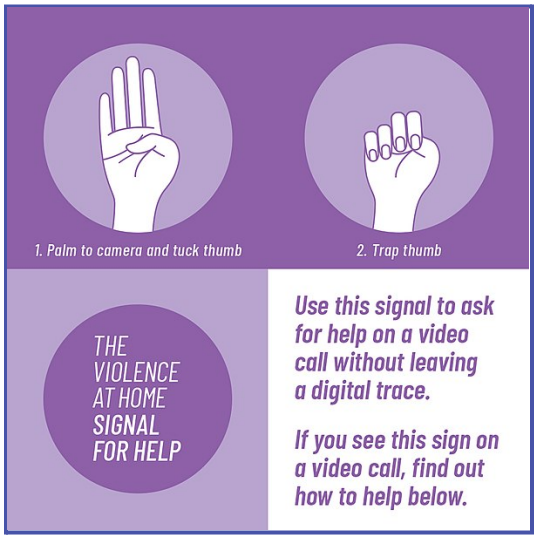
RESOURCES

Signal for Help

The **Signal for Help** is a single-handed gesture that can be used by an individual to alert others that they feel threatened and need help over a video call, or in-person. It was originally created as a tool to combat the rise in domestic violence cases around the world as a result of the self-isolation measures related to the COVID-19 pandemic.

The signal is performed by holding your hand up with your thumb tucked into your palm, then folding your fingers down, symbolically trapping your thumb in your fingers. It was intentionally designed as a **single continuous hand movement, rather than a sign held in one position, that could be made easily visible**.

Source: https://en.wikipedia.org/wiki/Signal_for_Help



Losing my mind: An intimate look at life with Alzheimer's

A book by Thomas DeBaggio

When Tom DeBaggio turned fifty-seven in 1999, he thought he was about to embark on the relaxing golden years of retirement. Then, one winter day, he mentioned to his doctor during a routine exam that he had been stumbling into forgetfulness, making his work difficult. After that visit, and numerous tests, over several month, DeBaggio joined the legion of twelve million others afflicted with Alzheimer's.

Report on the Social Isolation of Seniors

The National Seniors Council of Canada defined social isolation as a low quantity and quality of contact with others. A situation of social isolation involves few social contacts and few social roles, as well as the absence of mutually rewarding relationships. Social isolation is different from loneliness, which is the older adult's perception of a lack of interaction or contact with others. Social isolation increases the likelihood of loneliness.

Loneliness is a subjective, unwelcome feeling of lack or loss of companionship. It occurs when we have a mismatch between the quantity and quality of social relationships that we have, and those that we want. Loneliness is linked to social isolation, but it is not the same thing.

This generates for us, as AAG members, a question - how are we helping our older colleagues and friends to maintain contact with those important to them, during these challenging days?

Source:
https://www.canada.ca/en/national-seniors-council/programs/publications-reports/2014/social-isolation-seniors/page05.html

Non-cognitive markers of Dementia: There is something in the way you walk

brainXchange
Online Event

Featuring: Manuel Montero-Odasso MD, PhD, FRCPC, AGSF, FGSA

The recorded event is ready.

Watch Now!

CHAPTER REPORTS

CALGARY REPORT

AAG Calgary Chapter Board Nominees

Over the past year, the AAG Calgary Chapter board has received numerous expressions of interest in board positions from both students and those employed in gerontology positions. We have responded to this interest by inviting people to attend our board meetings as observers. The benefits of participating as an observer have included being oriented to the board culture, expectations for board members, and activities of the board. The following seven people have expressed an interest in being nominated to the AAG Calgary Chapter board. With their permission, we are announcing their nominations to the board which will be ratified at our Annual General Meeting in June.

Brooklynn Fernandes: Brooklynn is an undergraduate student at the University of Calgary in the Faculty of Science in the Department of Biology who is volunteering with Alberta Health Services in the H.E.L.P program and founded the non-profit What the Tech Calgary LTD. She currently works as a Comfort Care Aide in a residential care home in the dementia unit.

Dr. Chantelle Zimmer: Chantelle has training in the health and social sciences, has worked with older adults for 6 years in different capacities, and is currently employed with the Brenda Strafford Centre on Aging at the University of Calgary.

Dorothy Chacinski: Dorothy is an undergraduate student at the University of Calgary in the Department of Psychology. She has worked and volunteered in long-term care since 2018 and she is currently assisting in research with the University of Alberta, Faculty of Nursing on supporting caregivers of those with dementia.

Jenna Naylor: Jenna has a master's degree in Health Leadership and Policy in Seniors Care and is now working as the Community Initiatives Coordinator at LINKages Society of Alberta.

Linda McFarlane: Linda has a Masters of Social Work from University of Calgary and has been involved as a patient/family volunteer with AHS Continuing Care Quality Committee and with AHS Seniors SCN in the Pain and Mood project. She is also a board member of the Alberta Council on Aging. Linda is an older adult with a particular interest in improving quality of life and care in continuing care.

Seema King: Seema is a PhD student at the University of Calgary in the Department of Community Health Sciences, Cumming School of Medicine who has been involved in a number of research projects aimed at improving the lives of seniors and their families in a variety of clinical contexts.

Sophie Sapergia: Sophie has a background in gerontological social work and has worked in various positions of seniors' mental health and dementia care over the past 15 years. She is now working as Director of Supportive Housing with Alberta Health Services.

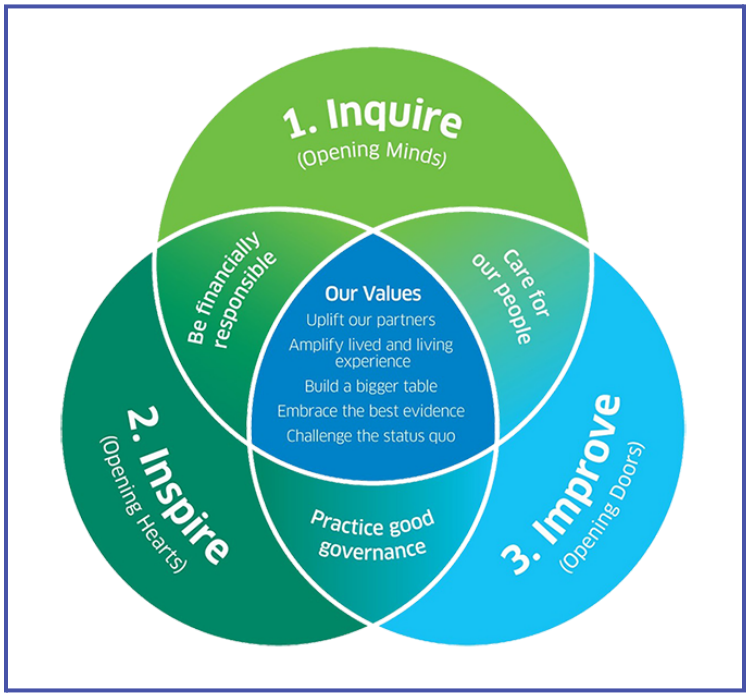
Respectfully submitted,
Susan Slaughter

EDMONTON REPORT – No report submitted.

ADVOCACY THINKING AND ACTION

Mental Health Commission of Canada set to inquire, inspire, and improve

Ambitious 10-year strategic plan aims at transformational change in Canada's mental health landscape.



Human Rights of Older Persons: The Social Costs of Ageism – Webinar Now Available

CNPEA – Canadian Network for the Prevention of Elder Abuse

Elevate Aging Language: through A USAGE AND STYLE GUIDE

By CALA – California Assisted Living Association

The word “senior” has been identified popped up in recent research for most disliked words and preferred words when referring to older adults. "Resources say the term, which was once seen as a preferred replacement for 'senior citizen' or 'elderly,' is now joining their ranks. In some instances when referring to housing, such as 'senior housing and services' or 'senior living,' it is still acceptable. However, when referring to a group of people, the term 'older adult' is the preferred descriptor."

CIHR Strategic Plan 2021–2031: A Vision for a Healthier Future

Canadian Institutes of Health Research

The new CIHR Strategic Plan 2021–2031: A Vision for a Healthier Future. This plan reflects the vision and strategic direction of its Governing Council and builds on CIHR's successes over the past 20 years in supporting a community of health researchers that is stronger and more diverse than ever before.

Highlighting priorities for ear and hearing care - World Report on Hearing

"Based on the best available evidence, this report presents epidemiological and financial data on hearing loss; outlines available cost-effective solutions and sets the way forward through 'Integrated people-centered ear and hearing care' (IPC-EHC). The report proposes a set of key H.E.A.R.I.N.G. interventions that must be delivered through a strengthened health system to realize the vision of IPC-EHC."

https://www.who.int/activities/highlighting-priorities-for-ear-and-hearing-care

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Global Campaign to Combat Ageism

Amy Heritage / Age International

Ageism is the stereotyping, prejudice, and discrimination against people on the basis of their age. Ageism is pervasive and has profound negative consequences on older adults' health and wellbeing. We need to act now to improve the lives of people everywhere. In response to a call from Member States, WHO is leading and working with other stakeholders on a Global Campaign to Combat Ageism that aims to build a world for all ages by changing the way we think, feel, and act towards age and ageing.

https://www.who.int/ageing/ageism/campaign/en/

NOMINATIONS TO THE BOARD

Call for Nominations to the Board

We have a few board positions that will be opening for the 2021/22 year. There are both 1-year and 2-year terms available. We are seeking nominations for these positions. Please use the attached nomination form and submit your nominations by the deadline of **April 30, 2021** to the AAG Nominations Committee Chair (Grace Maier) at: grace_maier_04@telus.net.

The work of the Alberta Association on Gerontology is strongly supported by the AAG Board. We are seeking dynamic leaders who have an interest in advancing the achievements of the Association in the capacity of an AAG Board Member. Please nominate yourself or your colleagues!

Board Nomination Form

Please complete the following profile (you may also wish to attach a brief resume) and submit it as per below. Nominations are voted upon at the Annual General Meeting held at the end of the AAG year (end of May or early June).

Nominations to the board are open to all individuals who share the goals of the AAG.

We welcome diversity and encourage applications from all qualified individuals.

AAG Board Nomination Form 2021

Complete this form and send the nomination package to: info@albertaaging.com

Please put "Nominations" in the subject line.