

## NEWSLETTER

Wednesday October 29th, 2014

## Message from the Scientific Director

**Dear Colleagues,**

October was an exciting month for the Institute of Aging. The inaugural Canadian Alzheimer's Disease Research Symposium (CANAD) was held on October 2-4, 2014 in Quebec City. I attended this momentous and exciting event that brought together close to 200 basic researchers from across Canada in the area of Dementia research.

As every October, the Institute of Aging was also involved in many activities at the Canadian Association on Gerontology Annual Meeting in Niagara Falls from October 16-18.

The IA met with the CAG Student Connection and introduced them to the Institute and the many funding opportunities available to them. The IA had a booth at the meeting and this was a very busy location as we engaged with all stakeholders. The IA also hosted our annual face-to-face meeting with the Directors of the Canadian Research centers on Aging and was a sponsor of the CAG poster session and competition. This year, the focused topic session on the Institutes' Strategic Initiatives was on the Canadian Longitudinal Study on Aging (CLSA). This 90-minute session entitled « **Mining a Unique Canadian Resource – The Canadian Longitudinal Study on Aging** » was very well attended and

participants were very engaged and excited to be exposed to the magnitude and potential resource afforded to researchers via this Canadian jewel. The presentations focused on the first data set from the 20,000 participants who completed 60-minute telephone interviews and their availability for secondary analysis.

The CAG conference is also the opportunity for the Institute of Aging to present our prestigious recognition prizes. The awards for the Anne Martin-Matthews Doctoral Research Prize of Excellence in Research on Aging, the Fellowship Prize of Excellence in Research on Aging, the New Investigator Prize of Excellence in Research on Aging as well as the Betty Havens Prize for Knowledge Translation in Aging were all announced at the Awards Ceremony that took place on Saturday October 18<sup>th</sup> (see the profile section of this e-bulletin). I wish to congratulate each of the winners on their success..

I look forward to communicating with all of you again in November.

**Yves Joannette,**  
Scientific Director

## Events:

- IV<sup>o</sup> International Conference on Frailty & Sarcopenia Research (ICFSR2015) will be hosted by Prof Roger Fielding (Tufts University, Boston, USA) on April 23-25, 2015 at Hotel Revere 200, Boston, MA, USA.  
<http://www.icfsr.com>

- McMaster Health Forum events related to aging

### Public Talk #1

Date: Tuesday, November 11, 2014, 7 p.m. to 8:30 p.m. Eastern Time

Speaker: Sir Muir Gray, Director of the National Knowledge Service and Chief Knowledge Officer to the National Health Service Director, Better Value Healthcare Ltd., United Kingdom

Topic: How evidence packaged in consumer-friendly ways is empowering patients to make informed decisions about their healthcare.

Where: McMaster Innovation Park, 175 Longwood Road South, Hamilton, ON, and via live webcast at

<http://itshappeningrightnow.com/mcmasteroptimalagingevents/>

### Public Talk #2

Date: Tuesday, November 25, 2014, 7 p.m. to 8:30 p.m. Eastern Time

Speaker: Dr. Graham Ellis, Consultant Geriatrician, NHS Lanarkshire, United Kingdom

Topic: There is No Place Like Home: Providing Alternatives to Hospital Care

Where: McMaster Innovation Park, 175 Longwood Road South, Hamilton, ON, and via live webcast at

<http://itshappeningrightnow.com/mcmasteroptimalagingevents/>

- The University of Victoria Centre on Aging, in partnership with the Department of Psychology, Education and Training Unit of Population Data BC, Island Health Research and Capacity Building Program, and the Integrative Analysis of Longitudinal Studies of Aging ([www.ialsa.org](http://www.ialsa.org)) Research Network is hosting a colloquium series on Optimizing Aging & Health: Methods and Applications. These sessions are available via live streaming.

Registration: <http://conferences.uvic.ca>

Time for all sessions: 10:30 am to 12:00 pm PST

- Tuesday, Nov 4, 2014: RR Basic Skills: Graph Production
- Tuesday, Nov 18, 2014: RR Basic Skills: Statistical Modeling
- Tuesday, Nov 25, 2014: RR Basic Skills: Dynamic Reporting
- Tuesday, Dec 2, 2014: Migrating into R from other Statistical Software

## Brightest Minds:

### **Anne Martin-Matthews Doctoral Research Prize of Excellence in Research on Aging**

Kirsten Bell, McMaster University

*Adjunctive nutritional strategies to overcome sarcopenic muscle loss in aging*

Kirsten completed her undergraduate degree in biology at McMaster University. Although she enjoyed learning about all aspects of the biological sciences, she was most interested in human physiology, nutrition and exercise. This prompted her to complete a Masters degree at the University of Waterloo, under the supervision of Dr. Marina Mourtzakis. Kirsten's M.Sc. thesis explored the relationship between glucose metabolism and body composition in recently diagnosed breast cancer patients, and piqued her interest in changes in energy metabolism that affect specialized populations. She is currently completing a Ph.D. at McMaster University with Dr. Stuart Phillips, a world-renowned researcher in the field of muscle protein metabolism. Kirsten's Ph.D. work investigates adjunctive nutritional strategies to combat muscle loss in older men.



*Dr. Kirsten Bell*

### **Fellowship Prize of Excellence in Research on Aging**

Hannah O'Rourke, PhD Candidate

Faculty of Nursing, University of Alberta

*Developing an intervention to enhance social connectedness and improve quality of life for people with dementia in long-term care*

Ms. O'Rourke is a Ph.D. candidate in Nursing (University of Alberta). Her research explores how quality of life can be maintained for people with dementia. In doctoral studies, O'Rourke identified priority areas to enhance quality of life from the perspective of people with dementia. Findings highlighted that relationships characterized by kindness, closeness, love, or reciprocity improved quality of life. Such relationships resulted in *social connectedness*: the perception of a close linkage to others. In post-doctoral training (Ryerson University), O'Rourke will design and pilot test an intervention to promote social connectedness for people with dementia in long-term care. Findings will form the foundation for a future clinical trial to test whether the social connectedness intervention is effective to improve quality of life for people with dementia.



*Dr. Hannah O'Rourke*

**New Investigator Prize of Excellence in Research on Aging**

Dr. Martine Puts

Lawrence Bloomberg Faculty of Nursing , University of Toronto

*Improving care for older adults with cancer*

Martine Puts RN PhD has completed her BaN, Master in Health Sciences and PhD in epidemiology/Gerontology in the Netherlands. She has completed a postdoctoral fellowship (2006-2009) with the Solidage Research Group on Frailty and Aging Jewish General Hospital and the Department of Epidemiology, Biostatistics and Occupational Health at McGill University, Montreal, Quebec. Since July 2009 Martine has been an assistant professor at the Lawrence S. Bloomberg Faculty of Nursing. Her research interests are the health and well-being of older adults with cancer, in particular to examine if the use of geriatric assessment for older adults with cancer can improve patient outcomes such as quality of life, and to better understand the impact of frailty and multimorbidity on cancer treatment decision-making for older adults with cancer.

*Dr. Martine Puts***Betty Havens Prize for Knowledge Translation in Aging**

Dr. Carole Anne Estabrooks

Faculty of Nursing, University of Alberta

**Dr Estabrooks** is a Professor in the Faculty of Nursing, at the University of Alberta where she also holds a Tier 1 Canada Research Chair in Knowledge Translation. She is a fellow in the *Canadian Academy of Health Sciences* and in the *American Academy of Nursing*. She is Scientific Director of the Knowledge Utilization Studies Program and the pan-Canadian *Translating Research in Elder Care* (or TREC) research program.

Dr Estabrooks' applied health services research program focuses on the influence of organizational context on the use of knowledge and its effects on staff and patient or resident outcomes. Her work is primarily situated in the residential long term care sector and focuses increasingly on quality improvement and the spread and scale-up of innovations to improve care and quality of life at the end of life.

*Dr. Carole Anne Estabrooks*

Dr. Estabrooks is a past member and vice-chair of CIHR's Institute of Aging Advisory Board. She is appointed in the University of Alberta's School of Public Health, affiliated with the University of Toronto's Nursing Health Services Research Unit, and was a co-investigator and member of two CIHR funded national teams – the *Canadian Dementia Knowledge Translation Network* and *KT Canada*. She is a co-investigator on numerous national and international research projects. She teaches in the doctoral program and supervises graduate students and postdoctoral fellows. She has developed and continues to evaluate the *Alberta Context Tool* (ACT) currently in use in ten countries and six languages.