

# Nova Scotia Centre on Aging

Fall 2017 Newsletter

## Advancing Aging Research and Enhancing Seniors' Lives for 25 Years

For the past 25 years, NSCA has advanced knowledge on aging to inform social policy and practice to enhance the quality of life of older people and their families. Through research, education and community outreach our more than 100 projects have tackled topics such as family and friend caregiving, healthy aging, dementia care, housing, resident quality of life, technology, abuse, age-friendly communities and many others. More broadly, our work has raised awareness of the important role of older adults to our families, communities and society and has influenced practice and policy. We are proud to be one of the longest operating university based Centres on Aging in Canada and have acquired a reputation as the "go to" place for age-related research.

Our achievements have not been done in isolation. In fact, much of our work would not be possible without collaboration - universities, government, the private sector, voluntary and professional organizations. Aging is multi-dimensional and the challenges and opportunities facing an aging population cross sectors and disciplines. For this reason a multidisciplinary and collaborative approach is needed for success.

There have been significant gains in knowledge over the past 25 years, but there is still much more to do. Our population is aging and this reality will fuel our Centre's future as we take on important topics. We need to embrace new ways to share our work with those who can use it and benefit most from it. We need to continue our role in building research alliances across universities, disciplines and geographies. And, we need to continue to provide high quality training opportunities for students so the next generation will be equipped with the skills and competencies for success in academic, practice and policy settings.

2017 has been a year full of special activities to mark a significant milestone in the Centre's journey. We would not be celebrating our success without the contribution of many others. I want to extend a heartfelt thank you to all those who: have worked at the NSCA over the years, served on the Advisory Board, collaborated on projects and provided funding. Together, you have contributed to the Centre's success and supported our goal of enhancing the quality of life of older people and their families.

*Janice*

**Advancing Aging Research and Enhancing Seniors' Lives for 25 Years**



Dr. Janice Keefe  
Director, NS Centre on Aging

## Our News

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## Our Mission

Through research, education and community engagement, the Nova Scotia Centre on Aging advances knowledge on aging to inform social policy and practice and enhance the quality of life of older people and their families.



## What's Happening...

### Project examining barriers to employment of older workers

NSCA is working with the NS Department of Seniors to identify ways that will support older adults remaining attached to the labour force. The first phase, now underway, involves a literature search of barriers from the perspectives of employers and older adults seeking employment.

### NSCA Partners on first age-focused art exhibition at MSVU



The Nova Scotia Centre on Aging is pleased to present an Art Exhibition in partnership with SSHRC Funded Bodies in Translation and the MSVU Art Gallery. This exhibition features work that challenges assumptions about aging and explores the lived experience of aging as it relates to identity and culture. The Exhibition runs September 9 - November 12, 2017 at the Art Gallery, Mount Saint Vincent University.

## Out and About

### NSCA Celebrating National Seniors Day & International Day of Older Persons at MSVU Art Gallery



Left to right: Nancy's Chair in Women's Studies El Jones who gave a special performance at the event, Art Gallery Director Ingrid Jenkner and NSCA Director Janice Keefe.

## Seniors-Adding Life to Years Project getting down to business



SALTY is now in its 2nd year and data collection and plans for field work are well underway. Work being led by the team at University of Alberta includes identifying a list of symptoms and practices that most affect quality of life at end of life. These outcomes will be prioritized with input from nursing staff and managers as well as persons with dementia and their family and friends. The team at University of Victoria have baseline data collected with nursing homes in Island Health to support the evaluation of a care practice. Site selection of nursing homes is under way in Ontario and Nova Scotia for the ethnographic field work scheduled to begin in November which will map social and relational dimensions of quality of life and care. Co-Investigator Dr. Deanne Taylor presented a poster describing the process for the policy analysis aspect of the project at the International Association of Gerontology and Geriatrics (IAGG) conference in San Francisco in July.

During year two we will be inviting representatives from the long term care sector to participate in engagement workshops in each of the four study provinces (NS, ON, AB and BC). The Nova Scotia sector engagement workshop is scheduled for this November with the other three provinces planned for winter/spring of 2018. Keep connected with the project at: [www.SALTYltc.ca](http://www.SALTYltc.ca)

 SALTYltc  @SALTY\_ltc

### NSCA at IAGG 2017



Dr. Katie Aubrecht (left), SALTY Trainee, participated in the GSIA Master Class at the IAGG 2017 in San Francisco.

## Our 25th Year in Review

2017 marks the 25th anniversary of the Nova Scotia Centre on Aging, making it one of the longest operating university based centres on aging in Canada. Throughout the year, we had a number of special activities to mark this important milestone!

For more info and photos go to [www.msvu.ca/nsca/25thanniversary](http://www.msvu.ca/nsca/25thanniversary)

### Recognition Dinner

Over 150 friends of the Centre attended our 25th Anniversary dinner in April. We recognized our student essay contest winners, the Alzheimer Association of NS as an organization which has made a significant contribution to enhancing the lives of older adults and their families and Dr. Rosemarie Sampson for her significant contribution to the Nova Scotia Centre on Aging. The guest speaker was Dr. Brian Goldman.



### Community Outreach Series

Wolfville: *Positive Aging and Nutrition* with Catherine Morley



Bridgewater: *Power of Positive Thinking for Health and Resilience* with Beverley Cassidy



Halifax: *Caregiving: Is there a Silver Lining?* with Janice Keefe



Antigonish: *Creative Aging* with AHA Artists!



### Student Essay Competition

More than 60 submissions were received from Grade 5 and 6 students in Halifax Regional School Board. Essays focused on students' views about the contributions of older adults to their family and community. 1st and 2nd place winners presented their essays during our Recognition Dinner.



### Advancing Knowledge Series

Social media campaign:



January: Dementia  
February: Continuing Care  
March: Retirement  
April: Healthy Aging  
May: Caregiving

### Age-Focused Art Exhibition

In partnership with SSHRC-funded Bodies in Translation team and the MSVU Art Gallery, this exhibition featured work that explores the lived experience of aging.

Bodies in Translation:  
Age and Creativity

Organized by MSVU Art Gallery, Bodies in Translation and the Nova Scotia Centre on Aging  
Eliza Chonille, Lindsey Fisher and Ingrid Jenker, Curators

9 September – 12 November 2017



### Have you Heard...

What a great way to celebrate 25th years with an Award recognizing excellence!

We are excited to announce that the Global Ageing Network has awarded their 2017 Excellence in Applied Research Award to the NSCA! The Award recognizes the Centre's work on influencing programs and services, its commitment to "giving back" to the field and for our work that supports translating research into practice. For more information on the award go to [www.globalageing.org](http://www.globalageing.org)





## Presentations & Publications

### Publications

Chamberlain, S., Weeks, L., & Keefe, J. (2017). Factors influencing family member perception of “homelikeness” in long term care homes. *Journal of Housing for the Elderly*, 1-16.

### Presentations

Aubrecht, K., Keefe, J., Bowers, L., & Redden, M. (2017, October). *Faculty mentoring and pedagogical partnerships: Perspectives from a teaching and research collaboration on reminiscence work in Nova Scotia museums*. Atlantic Universities' Teaching Showcase: Exploring the Potential of Easily-Implemented, High-Impact Teaching Practices. Halifax, NS.

Keefe, J. (2017, August). *Family caregivers: Even the “backbone” needs support*. Presentation for “Fostering Resilience of Family Caregivers of Seniors Care” Symposium, Covenant Health's Network of Excellence in Seniors' Health and Wellness, Edmonton, AB.

Taylor, D., Keefe, J., Tay, L., Parker, B., Delaney, K., & Cook, H. (2017, July). *Finding rabbit holes without falling in: Navigating palliative care policy in Canadian long-term care*. Poster presented at the IAGG World Congress of Gerontology & Geriatrics, San Francisco, CA.

Weeks, L., Stadnyk, R., Chamberlain, S., & Keefe, J. (2017, July). *Fostering homelikeness in nursing homes: Qualitative results from resident family members and friends*. Oral presentation at the IAGG World Congress of Gerontology & Geriatrics, San Francisco, CA.

Keefe, J., Meng, J., Squires, J.E., Doupe, M. B., Reid, R.C., Cummings, G.G., Knopp-Sihota, J., & Estabrooks, C.A. (2017, July). *The structure of professional advice networks in long term care: Influences and implications*. Poster presented at the IAGG World Congress of Gerontology & Geriatrics, San Francisco, CA.

Beacom, A.M., Meng, J., Chamberlain, S., Dearing, J.W., Berta, W.B., Keefe, J., Squires, J.E., & Estabrooks, C.A. (2017, July). *Using inter-organizational network analysis for quality improvement in long term care*. Poster presented at the IAGG World Congress of Gerontology & Geriatrics, San Francisco, CA.

Berta, W.B., Keefe J., Cranley, L., Taylor, D., McAfee, E., Thompson, G., Baumbusch, J.L., & Profetto-McGrath, J. (2017, July). *Characteristics of opinion leaders and boundary spanners in long term care*. Poster presented at the IAGG World Congress of Gerontology & Geriatrics, San Francisco, CA.

Fancey, P. (2017, June). *Implementing the Working CARERS Program in Rural Nova Scotia: Lessons Learned*. Presentation at Northwood's 7th Annual Research Symposium, Dartmouth, NS.

Aubrecht, K., Keefe, J., Estabrooks, C., Cook, H., MacDonald, L., & Fifield, H. (2017, May). *Seniors-adding life to years: A Canadian project focusing on late life long term care*. Poster presentation at the Canadian Disability Studies Association, Congress of the Humanities and Social Sciences. Toronto, ON.

Keefe, J. (2017, May). *Caregiving-Is there a silver lining?* Public talk as part of NSCA 25<sup>th</sup> Anniversary Community Outreach Series, Halifax, NS.

## Dr. Katie Aubrecht Recipient of CIHR Health System Impact Fellowship



Dr. Aubrecht, former NSCA Research Coordinator, takes on exciting new research through a 2-year CIHR funded postdoctoral fellowship. Her research will support Nova Scotia Health Authority Continuing Care in developing research capacity and addressing the critical challenge of providing quality “person-centred care” for older adults living with a dementia and/or mental health condition.

## Congratulations to our Graduate Students!

Kaitlyn Delaney, Erin McAfee and Lauren MacEachern completed the requirements for the Mount's Masters of Arts in Family Studies and Gerontology this year. All three had been working at the NSCA on various projects and utilized data from the Centre's projects for their theses on topics related to long-term care.

## Like us on Facebook and follow us on Twitter

If you would like to receive updates on NSCA activities and events, like us on Facebook and follow us on Twitter.



## Opportunities to Support NSCA

### Dr. F.R. MacKinnon Endowment Fund

If you would like to support the efforts of the NSCA, contributions can be made to the Dr. F.R. MacKinnon Fund through the Mount's University Advancement Office at 902-457-6470.

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