

# THE CANADIAN GERONTOLOGICAL NURSE



*Vol. 25 #2 Newsletter of the Canadian Gerontological Nursing Association Fall 2008*

## PRESIDENT'S MESSAGE



### **PRESIDENT'S REPORT: SEPTEMBER 2008**

September is here! I hope your summer was all that you hoped for. It's been an interesting summer for the executive – Denise has worked diligently trying to keep us on financial and regulatory course with Industry Canada and Canada Revenue Agency, we have learned lessons over the last six months. I believe that the work entailed to maintain regulatory requirements is affected by CGNA bylaw requirements – specifically the frequency by which we change executive officers is troublesome. Our business review is required to help sort out the complexity of the issues we face. Our membership must begin to think about the role and expectation of volunteerism.

**CGNA 2011 Conference – A host is needed!** The Executive Team and Board of Directors have not received a proposal submission to host the 2011 conference. A contingency plan is required; discussions are underway regarding the potential of partnering to host a conference with another organization. Conference planning is a complicated process and cannot be completed without extensive planning – time is critical. If you have any ideas or suggestions we'd be interested to hear from you.

**Gerontological Nursing Association (GNA)** in Ontario had a meeting with CGNA in Ottawa during the CNA conference. Since that meeting GNA president Mary Bawden and I have had several teleconference calls regarding next steps — plans are underway to create opportunities for both organizations to participate in events to learn more about the common ground we share.

**Business review** We have consulted with Dr. Ginette Rodger regarding steps to move forward our business review and renewal process. She strongly urges us to determine “why do we exist? And why is it compelling that we stay together – what is different about CGNA, our uniqueness – what is our niche? What do we represent and who do we represent — does this change? This must be linked to what defines us”. We must determine what is key to our success; how we make our work visible. **WHAT ARE YOUR THOUGHTS – WE NEED TO HEAR FROM YOU!**

There is so much more to say about the work of your executive team, for example: the Coalition to Improve Care for Seniors across Canada, NICE interdisciplinary competencies for undergraduates, the International Federation for Gerontological Nursing, scholarships, our research agenda, political advocacy and the **Banff conference in 2009!** But I will use my closing remarks to remind you of the federal election coming up Oct 14<sup>th</sup>!

**GET** involved by reaching your local politicians and talking about what you know so much about — gerontological nursing and the health care issues of older people and their families! **Gerontological Nurses in Action — be one!**

## NOTE FROM THE EDITOR



I am hoping that you all had a very good summer. I would like to focus the next few issues on achieving excellence in gerontological nursing. I would like to congratulate Dr Belinda Parke, CGNA president for having been invited to participate in the 7th International Elder Conference in Toronto September 24–26, 2008. The title for that conference is “Older People Deserve the Best.” Belinda will be a member of a Round Table discussion on Excellence in Education in Care of Older Persons and Geriatrics. You will be hearing soon about a major project to be launched in Calgary on a Centre for Excellence in Gerontological Nursing Care. So stay tuned and be sure and watch major T.V. networks on October 1.

Would you please forward your submissions about how you or your agency is going about achieving excellent in gerontological nursing care? Please send your submissions by December 1 to [cclenave@ucalgary.ca](mailto:cclenave@ucalgary.ca)

May you all have a very happy autumn!

*Carole-Lynne Le Navenec, RN, PhD  
Editor*

## PRESIDENT-ELECT

Hi All,

By now you should all know about the 15th Annual CGNA conference in Banff Alberta May 27-30, 2009. This conference is being hosted by our Alberta Colleagues and we are very excited and looking forward to seeing everyone in Banff. The CGNA executive are looking forward to receiving submissions to host the 16th annual CGNA conference in the spring of 2011. Hosting a conference is a great team building activity for your provincial group. It does take a lot of work, but is also a lot of fun and there is a great sense of accomplishment when all is said and done. The host group also has the benefit of enjoying their share of any profits. These funds have helped many of the provincial organizations become financially stable.

Please give it some serious thought and discuss with your provincial executive. We look forward to hearing from you on this matter in the near future...

*Bev Laurila President-elect CGNA*

## TREASURER'S REPORT



Greetings from Winnipeg,

This summer, I have been corresponding with Canada Revenue Agency (CRA). Delays arose due to privacy laws which prevent CRA from speaking to anyone except the authorized representative. Despite repeated faxes from Belinda, I was not authorized until very recently. As a result, most of my conversations were extremely frustrating. I am happy to report that major issues have now been resolved. I have learned several things from this experience.

- 1 All documents from CRA need to be sent to the treasurer.
- 2 Ensure the treasurer and two other executive are authorized representatives. This is important in case you forget to do #3. Hopefully someone still authorized will be available to make changes to add in new executive members.
- 3 Annually or as the executive changes, send the information to all government agencies such as CRA, Industry Canada and Corporations Canada (make a list as you go). This is important as various government agencies do not speak to each other or share changes in executive/contact information. The privacy laws are necessary and if the executive member is not authorized, the process of getting information just stops in its tracks.
- 4 The CRA needs yearly returns as well as GST rebate forms. These are two different items and are simple forms (our auditor completes).
- 5 Financial records need to be kept for 6 years. This includes the books from the biennial conferences that are run under the CGNA name and may use our Business Number.

As well, I have been busy this summer with ensuring the CGNA investments have been re-invested as they mature, paying the bills including those from the CGNA annual general meeting (AGM), and scrutinizing the budget, which has yet to be approved. Since we did not have quorum at the AGM, the business will be voted on at the next board meeting.

The role of treasurer is complicated with the new laws and regulations that are now governing how CGNA must do business. I hope these tips help provincial conjoint members.

*Respectfully submitted by Denise Levesque,  
CGNA Treasurer,, September 2008*

## ROLE FOR NURSES IN ELECTION 2008

The writ has dropped and election 2008 is underway! Canadians will go to the polls on October 14, 2008. As the professional voice for registered nurses in Canada, CNA is ready to support nurses in engaging the election process, advocating for policies that will support the health and health care of Canadians.

Please visit [http://23072.vws.magma.ca/cna/issues/matters/default\\_e.aspx](http://23072.vws.magma.ca/cna/issues/matters/default_e.aspx) to find the CNA 2008 Election Toolkit, which presently includes:

- 1 Open letter from CNA President
- 2 When, Where and How to Engage Politicians
- 3 CNA on the Issues
- 4 Link to Elections Canada for you to find the election candidates in your riding

Visit [http://23072.vws.magma.ca/cna/issues/matters/default\\_e.aspx](http://23072.vws.magma.ca/cna/issues/matters/default_e.aspx) often for updates and a chance to express your elections thoughts or questions.

Please remember that every nurse influences five votes. That turns ¼ million votes into over a million votes!

Currently health is not prominent on many party platforms. Please help us make health and health care visible in this year's election.

## BONNIE HALL'S PRESENTATION FOR THE CANADIAN NURSES' ASSOCIATION

*Gerontological Nurses Having Say ...On behalf of the CGNA Executive team and Board of Directors I would like to thank Bonnie Hall — CGNA member from Ontario for representing our organization at the invitational meeting sponsored by the Canadian Nurses Association:*

*Valuing Health Care Team Members: Working with Unregulated Health Workers, March 28, 2008 a Canadian Nurses Association Roundtable.*

*Bonnie's participation gave CGNA and all CGNA members a voice at the table. We are continuing to strive for opportunities to influence health care and health care systems. We are grateful to Bonnie for agreeing to participate. Next round table discussion will be held this September in Saskatchewan and we hope to have a report in the next newsletter.*

*Belinda Parke MScN GNC(C) PhD  
President CGNA*

### REPORT TO MEMBERSHIP

I attended the Session for Ontario and Quebec, representing CGNA on March 28, 2008. An Atlantic Regional Roundtable took place in March 2008. The Planning Committee is seeking funding for a Western/Northern roundtable and a National Symposium will be held later in 2008 when funding is secured.

Lisa Little, Associate Director, Public Policy and Communications, Canadian Nurses Association, introduced the session. She highlighted information identified in the "Pan-Canadian Planning Committee on Unregulated Health Workers (UHWs) for the need to explore issues and trends of the UHWs in a variety of health care settings with a number of inter-professional stakeholders, in order to promote new models of health care teams that ensure the effective and efficient integration of unregulated health workers toward the highest quality of patient/client care."

The participants represented nursing, administrators of health agencies, physiotherapists, occupational therapists, unregulated health workers, clients and family members, pharmacists, psychologists, educators, and policy analysts. The three key objectives for the session were:

- 1 Achieve broad consensus on the key issues of the role of unregulated health workers in team practice from a local and regional perspective
- 2 Determine priorities as well as provide feedback on key strategies and actions that can be taken to address the issues related to UHWs; and
- 3 Identify stakeholders that could assist in addressing the identified issues with a respect to UHWs.

The Ontario-Quebec Regional Roundtable participants agreed upon the following key issues:

- 1 Role clarification and Transparency
- 2 Need for data/information on UHWs
- 3 Education and Training
- 4 Recruitment and Retention
- 5 Standards of practice
- 6 Delegation, Assignment and Exceptions
- 7 Liability
- 8 Staff Mix and outcomes

This was the first time that a variety of stakeholders from a variety of practice settings met to discuss the issues. The National Symposium would be critical to build on the exploratory discussions and develop an actionable plan.

It was my pleasure to represent CGNA at the roundtable discussion.

*Bonnie Hall RN MScN GNC(C)*

## CALL FOR NOMINATIONS

The Nominations Committee of CGNA is seeking individuals who are committed to the Mission and Mandate of CGNA.

Positions to be elected at the AGM in May 2009 include:

- President-Elect: Term 2009 to 2011
- Secretary: Term 2009 to 2011
- Treasurer/Membership: Term 2010 – 2013
- The actual position does not begin until the Annual Meeting in 2010 that is held in conjunction with CNA. This provides the new Treasurer with a year of mentoring and learning.

Position descriptions are available on the web site <http://www.cgna.net/>

Suggested Target Date for submitting Nominations: anytime between September 2008 to March 31, 2009 so that we can feature the people being nominated in upcoming newsletters

For more information please contact:

- Sandi Hirst, Chair, Nominations Committee Email: [shirst@ucalgary.ca](mailto:shirst@ucalgary.ca)  
Faculty of Nursing, PF 2260,  
University of Calgary,  
2500 University Drive NW,  
Calgary, AB T2N 1 N4

### **Nominations Process:**

- A nurse interested in an executive position must be a member of CGNA, in good standing, for at least TWO years. This person is to be nominated by two other CGNA members, who each complete a nomination form.
- Nominees will be members who are committed to CGNA and who possess skills related to the potential office.
- Nominations are forwarded to the Nomination Committee Chair.
- Once a member has been nominated, the process continues. The nominee acknowledges and accepts their nomination in writing and forwards this acceptance to the Nomination Committee Chair.
- The nominee forwards a black and white passport photograph to the newsletter editor to be included in the spring newsletter, along with a 250-word written summary with background information and the nominee's reason for running for the position.
- At the AGM each candidate has three (3) minutes for a speech to the assembly.
- As well nominations are accepted from the floor at the AGM.
- Campaigning takes place during the conference.
- The slate of candidates is introduced in the spring newsletter.

If you are interested in an executive position or are thinking of someone to nominate please contact the Chair of the Nominations Committee. Use the Executive Nomination form below or download the nomination form from the web page at <http://www.cgna.net/> Deadline for submission of this form is: December 31, 2008.

**See Page 8 for Nomination Form.**

## BOOKS & REPORTS

*Working longer: New strategies for managing, training, and retaining older employees.* (Book) Rothwell, William J.; Sterns, Harvey L.; Spokus, Diane; Reaser, Joel M. American Management Association, New York, NY (2008), 244 pp. Abstract | Purchase Book

*In full bloom: a brain education guide for successful living.* (Book) Lee, Ilchi; Jones, C. Jessie. BEST Life Media, Sedona, AZ (2008), 231 pp. Abstract | Purchase Book

*Technology and aging: Selected papers from the 2007 International Conference on Technology and Aging.* (Book) Mihailidis, Alex (Ed.); Boger, Jennifer (Ed.); Kautz, Henry (Ed.); Normie, Lawrence (Ed.). IOS Press, Amsterdam, Netherlands (2008), 252 pp. Abstract | Purchase Book

*When the good pensions go away: Why Americans need a new deal for pension and health care reform.* (Book) Mackell, Thomas. John Wiley & Sons, Inc., Hoboken, NJ (2008), 202 pp. Abstract | Purchase Book

### Dissertations:

**Religiosity and successful aging: The buffering role of religion against normative and traumatic stressor in community-residing older adults.** (Dissertation) York, Jessica L.; OhioLINK Electronic Theses and Dissertations Center; Cleveland State University. Dept. of Psychology. Cleveland State University, Cleveland, OH (2008), 123 pp. Abstract | Full Text

**Negotiating community long-term care: Experience of spousal caregivers caring for their partners with dementia.** (Dissertation) Sussman, Tamara. UMI Dissertation Services, ProQuest Information and Learning, Ann Arbor, MI (2006), 194 pp. Abstract

### Journal Articles:

**'I am not that old': Inter-personal experiences of thriving and threats at a senior centre.** (Journal Article) Lund, Anne; Engelsrud, Gunn. Ageing and Society Vol. 28 Part 5 (Jul 2008), 675-692 (18 pp.) Abstract

**Translation of an effective Tai Chi intervention into a community-based falls-prevention program.** (Journal Article) Li, Fuzhong; Harmer, Peter; Glasgow, Russell; Mack, Karin A.; Sleet, David; Fisher, John; Kohn, Melvin A.; Millet, Lisa M.; Mead, Jennifer; Xu, Junheng. American Journal of Public Health Vol. 98 No. 7 (Jul 2008), 1195-1198 (4 pp.) Abstract

**Total individual account retirement plan assets, by demographics, 2004.** (Journal Article) Copeland, Craig. EBRI Notes Vol. 29 No. 3 (Mar 2008), 1-9 (9 pp.) Abstract | Full Text



## We care about Seniors and their Families



**Retirement Concepts** is BC's largest private company providing a comprehensive range of seniors housing and care services, including Retirement Living, Assisted Living and Skilled Nursing Care. Our holistic philosophy of care makes us one of the fastest growing industry leaders in Western Canada with 16 facilities throughout the Interior, Lower Mainland and Vancouver Island regions.

### ► IMMEDIATE OPPORTUNITIES:

**General Manager, Williams Lake Seniors Village (Interior, BC) & Nanaimo Seniors Village (Vancouver Island, BC):** We're currently recruiting for a General Manager at two of our state-of-the-art facilities, in Williams Lake and Nanaimo. This is a senior management role with responsibility for managing all aspects of resident services, marketing, financial management and staffing at the site, as well as liaising with the Health Authority and outside Community agencies.

Also hiring in the Interior Region, BC: **Director of Care (DOC) – Kamloops Seniors Village**  
**Assistant Director of Care (ADOC) – Summerland Seniors Village**  
**RNs – Williams Lake Seniors Village**

Please visit our website for detailed descriptions of all these exciting career opportunities at:

**[www.retirementconcepts.com](http://www.retirementconcepts.com).**

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Retirement Concepts

**ELDER ABUSE: SAFE HAVEN**

HAYLEY MICK, *GLOBE AND MAIL (METRO)*, July 29, 2008  
PAGE: L1 (ILLUS) (GLOBE LIFE)

Give them shelters. As many as 10 per cent of seniors will be emotionally, physically or financially abused by a family member. As our population ages, cities are struggling to find secure housing. Hayley Mick reports

For two decades, Ruth said yes to her adult daughter. Yes to all the loans, yes to her moving in. But it was a piece of chilling advice that compelled Ruth to finally say no more. Pack an overnight bag and hide it, a counsellor said. Include \$15 so you can flee in a taxi if your daughter becomes violent.

“That certainly shot through me,” says Ruth, who lives in Toronto and did not want her identity published. She knew the abuse was escalating. Her savings were depleted; neighbours could hear yelling through the apartment walls.

But where could she go?

At the time, there were no shelters in Canada for people like Ruth - those 60 or older experiencing physical, emotional or financial abuse, most often by a spouse, adult child or grandchild.

Almost a decade later, Toronto is getting its first safe haven for abused seniors. The pilot project, which opens in September at a secret location, is modelled after a successful program that began in Calgary in 1999 (the first in North America) and is slowly spreading to other cities, including Edmonton, Surrey, B.C., and Winnipeg. In Toronto, a senior will be able to live in a private apartment for up to 60 days while they receive counselling and support.

It’s a service experts say will be more in demand as our population ages. Canadian researchers estimate 4 to 10 per cent of seniors will experience some form of physical, emotional or financial abuse.

The group has unique needs, experts say. They don’t belong in women’s shelters where privacy is scarce and women with children take priority.

“If you’re an 85-year-old woman who’s been experiencing abuse, you’re actually looking for peace and quiet - not a really rambunctious house,” says Charmaine Spencer, a gerontologist who studies elder abuse at Simon Fraser University.

“The other thing [about traditional shelters] is that they’re only for older women. Abuse that happens later in life happens to older guys as well.”

Yet, most cities still don’t have seniors shelters, and the ones that do can’t accommodate those with major health or security needs. There is also such a paucity of awareness about elder abuse that in October the federal government is launching a national publicity campaign to educate the public and care providers about the extent of the problem and the services available.

“People said to me, ‘I would never have known,’ “ says Ruth, now 80, whose abuse stopped after her daughter was escorted from her Toronto home by a police officer. “I was very defensive. You’re defensive about your young.”

Bernice Sewell knows well the cycle of abuse. For 11 years, she managed a large women’s shelter in Edmonton. Always, the victims were women and children. Their abusers were always men.

Then in 2000, Ms. Sewell was asked to head up a pilot project targeting elder abuse. After consultations with police and community groups, as well as organizers of the Calgary shelter for seniors that opened a year earlier, the city opened two private apartments where seniors could stay while they received other support services, such as counselling and help getting permanent seniors’ housing.

Ms. Sewell’s first client was an 85-year-old man who had been hospitalized after his wife, 20 years his junior, smashed him over the head.

“I’m not proud of what I thought,” she says of her initial reaction. “I immediately thought to myself, ‘He probably wasn’t good to her when they were younger. Now he’s old and she’s getting back at him.’ I blamed him.”

It turned out that the wife had been dominant throughout their relationship, and her rage had finally turned violent.

The program has since expanded to seven apartment units. Ms. Sewell has realized that while abuse is about power and control at any age, the dynamics are different for seniors.

About 30 per cent of the people in the apartment suites provided by the Seniors Association of Greater Edmonton are men, Ms. Sewell said. Couples also make up a small fraction of their clients, who range in age from 55 to 95. As well, approximately 70 per cent of the abusers are adult children or grandchildren. About 30 per cent are spouses of either sex.

While seniors can experience physical violence, that’s reported less often than for younger groups, Ms. Spencer says. More often, the abuse is emotional, financial or both.

Some Canadian cities are using different approaches to help elders in distress.

Calgary’s shelter now houses up to 14 seniors at a time.

In B.C., a pilot project developed by the B.C./Yukon Society of Transition Houses allows older women to seek emergency shelter in private homes in four different sites, and in Surrey, abused women 55 and older can find shelter in a transition house.

In Toronto, Pat's Place will open in September. It's only one apartment suite, and seniors who have major security needs or who can't live independently don't qualify. If it's a success, the program could expand, says Lisa Manuel, manager of seniors and caregivers support services at Family Service Toronto.

For researchers such as Elizabeth Podnieks, a professor emeritus at Ryerson University who has studied elder abuse for 20 years, the effort is laughably small for a city as large as Toronto. "But it's a start," she says.

She would like to see more creative endeavours, such as hotels offering up a couple rooms free of charge.

Ruth was lucky. She had support from a doctor and a close cousin (a police officer), who helped her get away. Her daughter was ordered to have no contact with her mother for six months, and that space gave Ruth the time she needed to get her life back on track.

Her daughter still calls sometimes. Mostly it's fine, but sometimes Ruth silently repeats a mantra she learned in counselling: "I have the right to say no. I have the right to not feel guilty."

"I accept where I am now," she said recently, before dashing off to a bridge game. "It's not where I was. I can't do the things I used to do or spend the money I used to [spend]. But I've kind of accepted that.

"I think that now that I have less, I realize how fortunate I am."

Available online at: [http://www.infomedia.gc.ca/hrsdc-rhdsc/articles/unrestricted/2008/07/hrs20087213916378\\_68.htm](http://www.infomedia.gc.ca/hrsdc-rhdsc/articles/unrestricted/2008/07/hrs20087213916378_68.htm)

## KEYS TO ENJOYING LATER LIFE

By Patricia Morgan, ElderWise Guest Author, Vol. 4, No. 10, 13Aug/08  
<http://elderwise.ca/>

**As the years pass, we can consciously choose to embrace social activities, maintain an inquiring mind and indulge our passions - silly or serious.**

Fred, the oldest known goldfish, lived to forty-one years of age. It's a mystery how he did it. But, unlike Fred, we don't need to live inside a fishbowl to enjoy a long, full and vibrant life.

Certainly a sense of playful humour seems to be a key ingredient for seniors who live an energetic and meaningful life. For people like my mother, it's true that aging bodies disintegrate or rust out and health challenges may minimize some choices. Yet an attitude of optimism, good humour and passion can ease the day.

Mom's passion for gardening excites her each morning. Rising to the edge of her bed, she wraps, straps and bandages various body parts before heading out the back door. Her garden has a ceramic bunny village nestled under a bush and one particular flower species is called "stolen". She secretly stole a snippet at the local park and sprouted it in a glass of water.

A fake hand peeks out from her front porch foundation. She declares. "My doors are unlocked and I've never been robbed. They think the axe murderer lives here." Yet, one summer, Mom reported experiencing sexual harassment in her garden. While kneeling down to clean her ornamental pond a jumping frog "came less than an inch from landing in my bra!"

Although many seniors fuss over a failing memory, others lament that "I have a beautiful, young wife and I'm grief stricken because I don't know where I left her." One evening Mom sensed she was supposed to be somewhere else. The next morning her friend Peggy called saying her dinner guest did not arrive but she couldn't remember whom she had invited. Mom asked, "Was that me?" They still don't know who was supposed to be where.

While memories can weaken, an inquiring and firm mind can strengthen. My mother keeps an eye on world events and has sharpened her opinions. "What's with President Bush's zeal for war? He needs to be given some estrogen (female hormone) to settle him down."

Many successful seniors have learned that while they have little control over the aging process they do have control over their attitude. Needless worrying and trying to control others is fruitless.

Some seniors discover that sinking their teeth into a steak means they stay there. But real staying power comes from a light-hearted approach. As our eighty-something old neighbour and friend, Izora says, "Aging isn't for sissies or the humourless." As the years pass we can consciously choose to embrace social activities, maintain an inquiring mind and indulge our passions - silly or serious. One day we will have our own brand of senior smile and feel grateful to live outside the fish bowl.

Patricia Morgan, a certified counsellor, speaker and author, helps individuals and organizations lighten their load and strengthen their resilience. She can be reached at 403-242-7796 or through [www.lightheartedconcepts.com](http://www.lightheartedconcepts.com)

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## EXECUTIVE NOMINATION FORM

Date of Nomination: \_\_\_\_\_

Nominee's Name: \_\_\_\_\_

Position: \_\_\_\_\_

**CGNA MEMBER** since: \_\_\_\_\_ (year)

I, (Name) \_\_\_\_\_

hereby nominate (Name) \_\_\_\_\_

to the Executive Position of \_\_\_\_\_

of the Canadian Gerontological Nursing Association

**NOMINEE** Signature \_\_\_\_\_

**Address** \_\_\_\_\_

**Work/Home Telephone Number** \_\_\_\_\_

**Fax Number** \_\_\_\_\_

**E-mail Address** \_\_\_\_\_

**NOMINATOR** Signature \_\_\_\_\_

**Address** \_\_\_\_\_

**Work/Home Telephone Number** \_\_\_\_\_

**Fax Number** \_\_\_\_\_

**E-mail Address** \_\_\_\_\_

Send completed form by the target date specified above by email to: [shirst@ucalgary.ca](mailto:shirst@ucalgary.ca) or by mail:

Dr Sandra Hirst, Faculty of Nursing, PF 2260,  
University of Calgary,  
2500 University Drive NW,  
Calgary, AB T2N 1 N4

**For Office Use Only :**

**Received by Nominating Committee Member: (specify Name):**

**Date:**



## UPCOMING EVENTS

### 15<sup>th</sup> National Conference on Gerontological Nursing

("Making Moments Matter"), Banff Conference Centre, Banff, Alberta, May 27-30, 2009. For **Call for Abstracts** and List of Key Note Speakers, see website for the **Canadian Gerontological Nurses Association**: [www.cgna.net](http://www.cgna.net)

### Canadian Association on Gerontology

37<sup>th</sup> Annual Scientific & Educational Meeting October 23 – 26, 2008, The Hilton London, London, Ontario. Info at: [www.cagacg.ca](http://www.cagacg.ca)

### Glenrose Rehabilitation Hospital: Spotlight on Research Breakfast

November 5, 2008, 0700 – 0900 hrs.

Info:<http://www.capitalhealth.ca/NewsAndEvents/ConferenceAndEvents/SpotlightOnResearchBreakfast.htm>

For updated conference listings please visit: <http://www.ucalgary.ca/nu/nuresearch/conferences>

### The IAGG world meeting Paris, July 2009

The world event in gerontology including social, basic and clinical sciences, the call of abstracts: symposium, oral or poster communications is now open at [www.gerontologyparis2009](http://www.gerontologyparis2009)

For other conferences, see Flash Weekly for September 8th <http://www.nursing.ualberta.ca/flash/sept8.pdf/>

### Submissions sought for Suicide Prevention Project

#### Reasons to Live Project — A Suicide Program

Suicide Prevention: Project seeks stories of people who choose to live following a suicide attempt: Info: Dr. Helen Kirkpatrick (RN, PhD) at: [info@thereason.ca](mailto:info@thereason.ca) or visit the Website: <http://www.thereasons.ca/>.

### Brain Health and Aging Conference MARK YOUR CALENDERS!

October 8th, 2008 Trade and Convention Centre, Penticton B.C 273 Power Street 8:30am -4:30pm Conference fee: \$49 + GST Register at: [okanagan.bc.ca/csreg](http://okanagan.bc.ca/csreg) or call (250) 492-4305.

## ARTICLES/WEBSITES

### AMERICAN ASSOCIATION OF RETIRED PEOPLE (AARP):

Have you visited the research lists, databases, exercises for brain enrichment, and countless other resources for Gerontological research that is available on the website for the American Association of Retired Persons (AARP). If not, go to: [www.aarp.org](http://www.aarp.org)

See also their electronic bimonthly newsletter called AgeLine. It features recent literature, research, and web resources from AARP's AgeLine Database and related resources—all on the AARP web site as part of AARP's commitment to broadening knowledge about the 50+ population. Contact us at [ageline@aarp.org](mailto:ageline@aarp.org) with your comments and suggestions.

#### What's New: AGE LINE

Check out the improved AgeLine interface with a host of new features, like saving searches or downloading results to reference management software.. The August 2008 update for AARP's AgeLine Database included 1,075 records, all indexed with keywords from the *Thesaurus of Aging Terminology* and 787 of them containing original abstracts; 122 records contained links to the full-text online document. Of the 1,075 records, 669 summarized journal articles, 117 summarized books, and 287 provided keywords for dissertations. Sixty-four of the records described AARP publications.

#### What's New: AARP RESEARCH

- **AARP Bulletin survey on environmental issues: Executive summary.** (Book) Rainville, Gerard; International Communications Research; AARP. Knowledge Management. AARP, Knowledge Management, Washington, DC (Apr 2008), 5 pp. Abstract | Full Text
- **Divided We Fail: AARP and the historic US presidential election.** (Journal Article) LeMond, Nancy A. AARP International: The Journal (Summer 2008), 26-29 (4 pp.) Abstract | Full Text
- **Generations of struggle.** (Book) Thorne, Deborah; Warren, Elizabeth; Sullivan, Teresa A.; AARP. Public Policy Institute. AARP, Public Policy Institute, Washington, DC (Jun 2008), 13 pp. Abstract | Full Text

#### Related Resources:

- AARP Policy and Research
- Internet Resources on Aging

#### Ageline Upcoming Exhibits & Workshops:

- AARP Life@50+ Member Event — Washington, DC — Sep 4-6, 2008
- GSA Conference — National Harbor, MD — Nov 21-25, 2008

### June 2008 Bulletin- CIHR Aging/IRSC vieillissement.

<http://www.cihr-irsc.gc.ca/e/29994.html>

### JNHA

The JNHA is an official journal of the IAGG (International Association of Gerontology and Geriatrics, [www.iagg.com.br](http://www.iagg.com.br)), the IANA (International Academy on Nutrition and Aging, [www.healthandage.com/html/min/iananda/content/about.htm](http://www.healthandage.com/html/min/iananda/content/about.htm)), the EUGMS (European Union Geriatric Medicine Society, [www.eugms.org](http://www.eugms.org))

- JNHA no. 4, vol. 12, 2008, contents
- JNHA no. 5, vol. 12, 2008, contents
- JNHA no. 5, vol. 12, 2008, contents

### Institute of Aging:

[aging@interchange.ubc.ca](mailto:aging@interchange.ubc.ca)

The June 2008 Institute of Aging E-Bulletin can be accessed on our website at <http://www.cihr-irsc.gc.ca/e/36546.html>

### Centre on Aging's Summer 2008 Newsletter

[www.umanitoba.ca/centres/aging](http://www.umanitoba.ca/centres/aging)



International Federation on Aging Newsletter : <http://www.ifa-fiv.org/en/accueil.aspx>

### Enduring Powers of Attorney – Uniform Recommendations from the Western Law Reform Agencies of Canada

Final Report 2008 – <http://www.law.ualberta.ca/alri/docs/WCLRA-EPA%20report.pdf>

### National Center for Health Statistics

The National Center for Health Statistics is pleased to announce the forthcoming merger of the Trends in Health and Aging (THA, [www.cdc.gov/nchs/agingact.htm](http://www.cdc.gov/nchs/agingact.htm)) and Health Data for All Ages (HDAA, [http://www.cdc.gov/nchs/health\\_data\\_for\\_all\\_ages.htm](http://www.cdc.gov/nchs/health_data_for_all_ages.htm)) web-sites. The new web-site, Health Data Interactive (HDI), will incorporate information on aging as well as on the health of children and younger adults. During a transitional period, the THA and HDAA sites will remain operational but not updated. After that, please direct questions on HDI to [hdi@cdc.gov](mailto:hdi@cdc.gov). Other questions on aging-related data can be sent to [yag9@cdc.gov](mailto:yag9@cdc.gov).

It was a pleasure to serve your data needs and to respond to your data requests,

*Yelena Gorina, Statistician  
Centers for Disease Control and Prevention,  
National Center for Health Statistics*

### Canadian Medical Association Journal (CMAJ)

- 12 August 2008; Vol. 179, No. 4 URL: <http://www.cmaj.ca/content/vol179/issue4/?etoc>
- Issue of 26 August 2008; Vol. 179, No. 5 URL: <http://www.cmaj.ca/content/vol179/issue5/?etoc>
- New issue of Canadian Medical Association Journal is available for 9 September 2008; Vol. 179, No. 6 URL: <http://www.cmaj.ca/content/vol179/issue6/?etoc>
- Clowning around sets patients at ease  
Simon Watson, CMAJ 2008;179 313-315, <http://www.cmaj.ca/cgi/content/full/179/4/313?etoc>

### Can Vitamin B12 help prevent dementia? See story from BBC NEWS:

<http://news.bbc.co.uk/2/hi/health/7595423.stm>

According to research findings by a University of Oxford research team, a vitamin found in meat, fish and milk may help stave off memory loss in old age. Older people with lower than average vitamin B12 levels were more than six times more likely to experience brain shrinkage, researchers concluded.

### Impacts of the aging of the Canadian Population on Housing and Communities

There will be profound changes in the age structure of the Canadian population over the next 25 years. Population aging is taking place in a society that is being reshaped by a range of remarkable demographic and socio-economic trends. This Research Highlight puts together what we know about the aging of the Canadian population, explores potential impacts on Canadian communities and housing, outlines possible responses and indicates where further work is needed.

<https://www03.cmhc-schl.gc.ca/b2c/b2c/init.do?language=en&shop=Z01EN&areaID=0000000143&productID=00000001430000000010>

### National Seniors Council

Do you know what the National Seniors Council is doing for older adults in Canada? Please review their website, including recently elected members at: <http://news.gc.ca/web/view/en/index.jsp?articleid=299619>



### SASKATCHEWAN

#### President's Message!

As Gaylene Molnar stated in her President's Message of January 2008, this year is full of possibility and opportunity.

I would like to take this opportunity to introduce myself, Dawn Winterhalt. I reside here in Saskatoon and work for the health region as Manager of Safety and Continuing Education. I have a wonderful, supportive husband and two growing girls who keep me very busy. I am passionate about Geriatrics and look forward to representing this wonderful association.



We have just wrapped up our annual Education Day. The day was filled with learning, opportunity for growth and development not only professionally but personally as well. Our expectations of this day were exceeded once again, with 188 participants in attendance. We unfortunately had to turn away a large number of individuals. We will take all the information provided on the evaluation forms into consideration as we move forward. It was a fantastic day and it was a pleasure to be a part of such a growing group of passionate people.

We are so thrilled with the growth in Gerontological nursing and the interest in the Saskatchewan Gerontological Nursing Association. However, we cautiously move forward and consider the possibilities for 2008-2009, knowing we have a small but dedicated executive. I want to appeal to you to think about getting involved in the executive. All the work of the SGNA is done by a small handful of people with busy jobs and lives. We have a lot of fun and keep in mind 'many hands makes for less work'.

We look forward to enhancing the content of our newsletters and looking at other ways of disseminating information and resources to our membership in the upcoming year. Some exciting new developments for the SGNA include our own website with links to various resources, community activities and the possibility of on-line registration for 2009.

Every day amazing residents, volunteers and staff show us each the true meaning of living a full life. Keep up the great work everyone!

*Dawn S. Winterhalt, RN, BScN, GNC(C), M.S in Health Services  
Manager of Safety and Continuing Education  
Continuing Care and Seniors Health  
President Saskatchewan Gerontological Nurses Association*

### NEWFOUNDLAND AND LABRADOR

#### NLGNA's President Message!

Hi from the Newfoundland and Labrador Gerontological Nurses Association. Hope everyone had a great summer!! In June the NLGNA was a joint sponsor of a provincial conference in our province. The title of the conference was "Older Adults: Maximizing Care Across Settings" which fits so well with our attempts to reach out to nurses in settings outside of long term care. We are very pleased to have worked with our provincial nurses association, ARNNL, and the nurses union, NLNU to make this conference a success. Speakers at this conference included Gloria Gutman, Lori Schindel Martin and our president Belinda Parke, and we were very pleased with their support. Belinda also facilitated a focus group for us to gather information regarding challenges to providing care for the elderly in acute care settings. Thanks again Belinda!

We are also happy to report that we have developed an "Award of Excellence" which will be awarded to nurses working in LTC, Acute care and Community settings, who provide care to the elderly consistent with the gerontological nursing standards. This initiative is in line with one of our objectives to increase awareness of the NLGNA and gerontological nursing in settings outside of long term care.

Plans for the upcoming year include developing initiatives using the CGNA strategic plan as our guide. One of our main goals for this year is to increase membership and awareness. Fall brings new beginnings and we look forward to another great year!!

*Annette Morgan BN MN  
President NLGNA  
Clinical Nurse Specialist  
Eastern Health  
Long Term Care St. John's  
Email: [Annette.morgan@easternhealth.ca](mailto:Annette.morgan@easternhealth.ca)*



## REPORT FROM THE GERONTOLOGICAL NURSES ASSOCIATION OF BRITISH COLUMBIA

We have just finished our annual Conference and AGM, the conference theme this year was “New Frontiers in Gerontology,” and it was a resounding success. It was held this month in Coquitlam from the 18<sup>th</sup>–20<sup>th</sup>. We had over 125 members attend, interesting and informative education sessions were offered and fabulous prizes were given out. On behalf of the executive I would like to offer special thanks to Kim Martin, President of the Simon Fraser Chapter for her work as conference co-chair, along with Heather Hutchinson, co-chair, and new

President of GNABC. Thanks to our numerous vendors and sponsors for their contributions.

At the AGM we were sorry to say goodbye to a great Education Chair, but understand that Sharon Galloway will now be working on some national initiatives. We wish her all the best in her future endeavours. We are delighted to announce that Darlene Rogers-Neary has stepped into the role of President-Elect and Marcia Carr into the role of Education Chair. We are pleased to welcome them to the provincial executive and anticipate a very successful year ahead.

At the AGM, Heather Hutchinson announced a contest for a new logo. The logo is to reflect our new name and constitution. The rules will be posted shortly on our website.

We continue to have eight chapters in B.C. that offer monthly chapter meetings and great education sessions as well as opportunities to network. We now have over 250 members and those numbers continue to increase. This year at our conference, I was delighted to welcome for the first time, Registered Psychiatric Nurses and Licensed Practical Nurses as full members of GNABC.

GNABC is looking forward to an interesting year ahead as we continue to update our forms, meet government regulations, decide on a new logo and prepare for next year’s conference and AGM.

*Respectfully submitted,  
Catherine Marsden,  
Past-President, GNABC*

## 2008 CPSI RESEARCH COMPETITION ANNOUNCEMENT



The Canadian Patient Safety Institute (CPSI) is pleased to announce its fourth Research Competition to continue its strategic mandate of increasing the scope and scale of research and evaluation activities in patient safety. The primary goal for CPSI Research Competition is to develop knowledge about patient safety that can be helpful in a variety of settings and circumstances in organizations across Canada. Research funded will have patient safety as a primary focus.

Please visit our website for more information on the 2008 Research Competition.

<http://www.patientsafetyinstitute.ca/news/2008researchcompetition.html>.

*Respectfully yours,  
Joseph Gebran , Director of Corporate Services  
Canadian Patient Safety Institute  
E-mail: [rfa@cpsi-icsp.ca](mailto:rfa@cpsi-icsp.ca) Web: [www.patientsafetyinstitute.ca](http://www.patientsafetyinstitute.ca)*



I am very fortunate to be receiving a SCA Scholarship for \$3,000 towards my Masters in Nursing Degree which I started this month.

I am the Director of Care at Nanaimo Travellers Lodge and have worked and lived in a variety of places around the world. My current focus is on providing care for those with dementia and I am convinced that nurses have to be advocates for our Residents to ensure that care does not decline and in fact, I would like to residential care improve in the future. I have a deep interest in the Eden Alternative and how we can improve the quality of life for the Residents that we care for.

I am studying at the University of Victoria in the Advanced Practice Leadership stream and it is through distance. Sincere thanks for this award.

*Thank you,  
Sue Kurucz, RN, Bsc.N, MLIS, GNC(C)  
[doc@nantralodge.bc.ca](mailto:doc@nantralodge.bc.ca)*

## ANN C. BECKINGHAM SCHOLARSHIP



I am very pleased and grateful to the Canadian Gerontological Nursing Association for my selection as a recipient of the Ann C. Beckingham Scholarship. Currently, I am student in the Doctor of Education in Distance Education program at Athabasca University in Alberta. My research interests lie in Gerontological education being delivered at a distance using information and communication technologies. As an Educator working in Continuing Care, I feel that my further studies in this area may determine how education offered at a distance facilitates knowledge translation for the effective and successful delivery of health care for older adults. Thank you CGNA!

*Willy Fahlman RN, BScN, MDE*



**15th National Conference on  
Gerontological Nursing  
Alberta Bound!**

**"Making Moments Matter"<sup>1</sup>**

May 27-30, 2009  
The Banff Conference Centre

**CALL FOR ABSTRACTS**

**Deadline for Submission Oct 1, 2008**

The Canadian Gerontological Nursing Association invites you to share your knowledge and experience with others at our biennial conference. We encourage you to submit an abstract for a paper or poster presentation which would offer insight into how your work in practice, education, research or administration has "made a moment matter" for older adults. The abstract submission form and guidelines for submitting your abstract are found on the CGNA website:

[www.cgna.net](http://www.cgna.net)



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<sup>1</sup> Pringle, D. (2003). Making moments matter. *Canadian Journal of Nursing Research*, 35(4), 7-13.

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**CGNA**

Canadian Gerontological Nursing Association

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Inquiries can be directed to the CGNA business office [cgna@shaw.ca](mailto:cgna@shaw.ca) or to the editor [cllenave@ucalgary.ca](mailto:cllenave@ucalgary.ca).

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