

Healthy Aging in Place

Winter 2015

Healthy Aging in Place's Exercise Program Well Underway

SPHERU researchers have been busy working on the Healthy Aging in Place (HAiP) Exercise Program. From September to November 2014, the team worked to recruit participants for the program by hosting five community presentations led by Drs. Bonnie Jeffery and Shanthi Johnson. Working in direct collaboration with community partners, the team recruited participants through posters, local advertisements, meetings, newspaper stories, presentations, and word-of-mouth.

This fall, Healthy Aging researchers met at the University of Regina to prepare for the exercise program. At the meeting, the researchers received comprehensive training from Dr. Johnson in conducting mobility assessments with seniors.

The exercise program works with rural older adults to support mobility and social interaction in the rural communities of Watrous, Young, and Wolseley, SK, Canada. The exercise program consists of data collection utilizing mobility and social support assessments, and exercises from Forever in Motion's community leaders. The first wave of data collection is completed in all three of the rural communities.

The second wave of data collection will be completed in the first few weeks of February 2015. The exercise program led by Forever in Motion's community leaders is anticipated to begin in mid-February in all three of the rural communities. A team member will contact participants to provide confirmation of the start of the exercise program in their community.



HAiP researchers at training in Regina

Healthy Aging Researchers Attend CBR Showcase

Team members Nuelle Novik, Marc Viger and Juanita Bacsu attended the Community-Based Research (CBR) Showcase at the University of Regina on November 14, 2014. The researchers provided a Healthy Aging in Place display table and a poster presentation. The poster highlighted lessons learned in conducting rural community-based research. The event was attended by 100 participants including researchers, students, and community leaders.



Marc Viger, Nuelle Novik, and Juanita Bacsu

Healthy Aging Team Welcomes Susan Price and Jeffrey Walters

The team is pleased to announce the addition of two new members, Susan Price and Jeffrey Walters. Susan will be helping with the exercise program in Watrous and Young, and Jeffrey is coordinating the program in Wolseley, SK. Susan is a Bachelor of Social Work practicum student and Jeffrey is a PhD student at the University of Regina.

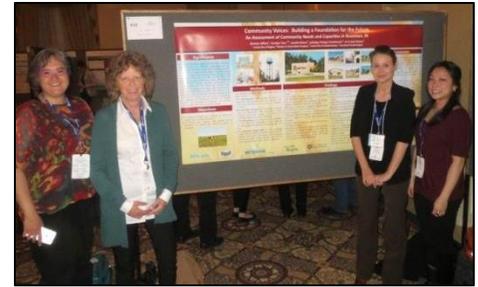


Susan Price and Jeffrey Walters

Researchers Present at Global Symposium

Healthy Aging researchers were selected to present at a global symposium to share their work related to the Healthy Aging in Place Study. The 7th International Symposium: Safety and Health in Agricultural and Rural Populations: Global Perspectives was held in Saskatoon, SK from October 19-22, 2014.

Team members Bonnie Jeffery, Sylvia Abonyi, Marc Viger, Carolyn Tran, Nuelle Novik, Sarah Oosman and Juanita Bacsu made multiple presentations at the event including two oral presentations and three poster presentations. The oral presentations highlighted findings on rural older adults' perceptions of cognitive health, and social determinants of health among First Nations' seniors. The posters shared information on healthy aging retention strategies, rural and remote health promotion interventions, and a rural community needs assessment.



Sarah Oosman, Bonnie Jeffery, Juanita Bacsu, Carolyn Tran

The team hosted a display table to share and exchange information from the Healthy Aging in Place Study. The symposium was well attended by researchers, community leaders, policy makers, and health practitioners.

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SPHERU's Juanita Bacsu Wraps-Up PhD Research

SPHERU researcher and PhD student Juanita Bacsu has completed her data collection and analysis on rural seniors' perceptions of brain health in Watrous and Young, SK. Her research builds on data from the Healthy Aging in Place study and examines rural seniors' perceptions of brain health to support dementia awareness and early diagnosis strategies.



Bonnie Jeffery, Juanita Bacsu, Sylvia Abonyi

Bacsu plans to complete her thesis defense and graduate this fall from her PhD program in Community Health and Epidemiology at the University of Saskatchewan. She is working under the supervision and mentorship of Drs. Sylvia Abonyi and Bonnie Jeffery.

Join the Healthy Aging in Place Exercise Program in Wolseley

The Healthy Aging team is recruiting participants for the Healthy Aging Exercise Program in Wolseley, SK until February 16, 2015. The exercise program aims to improve rural older adults' mobility and social interaction. For more information or to become involved please contact Jeffrey Walters toll free 1-844-337-3252 or by email at Jeffrey.walters@uregina.ca.

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