

Healthy Aging in Place

Fall 2015

Team Shares Findings at Rural Health Conference

Healthy Aging team members presented findings at the Canadian Rural Health Research Society Conference in Edmonton, AB on September 20-22, 2015. The team gave five presentations including one workshop, two posters and two oral presentations.

The event kicked-off with a workshop hosted by Drs. Bonnie Jeffery, Sylvia Abonyi and Sarah Oosman and featured rural community partner Noreen Johns and northern partners, Liz Durocher and TJ Roy. The workshop was a crowd-favorite and focused on community-based research with rural and northern communities.

Juanita Bacsu and Nuelle Novik led the oral presentations on rural seniors' independence and supporting rural seniors' social interaction through a volunteer-visiting program. The posters led by Carolyn Tran and Kylee Wilyman, shared initial findings from the Rural Seniors' Mobility and Social Interaction Study, and a conceptual framework on rural seniors' access to information. Needless to say, it was a busy three days!



Juanita Bacsu, Kylee Wilyman, Bonnie Jeffery, Noreen Johns, Nuelle Novik

Data Collection on Rural Seniors' Mobility & Social Interaction Wraps-Up

Data collection on the Rural Seniors' Mobility and Social Interaction Study is coming to a close. This study evaluated a 3 month program that included a group exercise program and an at-home exercise program.

Through regular interviews and mobility assessments, the researchers worked to determine the effectiveness of the programs in supporting rural seniors' mobility and social interaction in Wolsely, Watrous and Young, SK.



Exercise group in Young, SK

Next steps include an in-depth data analysis and sharing the study findings. In addition, a report will be created to outline how the program can be replicated in other rural communities.



Kylee Wilyman & Bonnie Jeffery

People's Choice Award for Best Poster

Kylee Wilyman took home the People's Choice Award for Best Poster at the Canadian Rural Health Research Conference. Her poster focused on a framework examining rural seniors' access to information. Wilyman is a Master's of Science student in Community Health and Epidemiology at the University of Saskatchewan.

Researchers Present at National Conference on Aging

Dr. Shanthi Johnson, Dr. Marc Viger and Juanita Bacsu shared findings at the Canadian Association on Gerontology (CAG) Conference in Calgary, AB on October 23-25, 2015. The team presented on rural seniors' perceptions of brain health which is part of Bacsu's doctoral work and builds on the Healthy Aging Study. Dr. Johnson was the primary presenter for two additional presentations, one for work done in collaboration with Regina Qu'Appelle Health Region on musculoskeletal disorders and health practices among care aides, and a second with the National Seniors Council on social isolation among seniors. This is the largest Canadian conference on aging, and was attended by over 600 participants.

Healthy Aging & Built Environment Research Well Underway

Focus groups on built environment are underway in Watrous, Wolseley, Young and Rosetown, SK. Built environment refers to our physical surroundings and includes sidewalks, parks, and other infrastructure that we encounter in our day-to-day activities. Compared to urban seniors, rural seniors face unique challenges related to dispersed populations, geography and road conditions, all of which can limit supports, health services and opportunities for physical activity.



The team has been busy recruiting community leaders to share their views on policies and programs that support the built environment for rural older adults. Over the past few months, researchers have been conducting environmental audits and interviews to better understand how the built environment in rural communities impacts older adults' mobility as well as their ability to age in place. At the end of this study, presentations and community reports will be conducted to share findings and recommendations to support rural seniors' mobility.



Juanita & Carolyn at Summit

Researchers Attend Rural & Remote Dementia Care Summit

Carolyn Tran and Juanita Bacsu attended the 8th Annual Summit of the Knowledge Network in Rural and Remote Dementia Care in Saskatoon, SK on October 27-28, 2015. The team shared a poster on rural seniors' activities used to support their brain health.

Presentation at IAGG Regional Congress

Dr. Shanthi Johnson gave two presentations at the International Association of Gerontology and Geriatrics Asia/Oceania Regional Congress in Thailand on October 19-22, 2015. Dr. Johnson was an invited international faculty for the Gary Andrews Academy on "Implementing best practices in falls prevention for older people: International Perspectives." She also presented on seniors' health service utilization and practices in India.



Dr. Johnson with the International Faculty for the Academy



Sieta & Juanita

Meet our Newest Member!

Healthy Aging team members, Juanita Bacsu and her husband Marc Viger are pleased to announce the arrival of their daughter Sieta Sophie Viger! Sieta pronounced (See-Etta) was born on April 23, 2015 and weighed 8 lbs and 6 ounces. She is already getting a head-start on her research skills and attended a session break at the CRHRS Conference!

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