

Winter 2014

Healthy Brain & Aging Community Presentations

Healthy Aging team members Dr. Bonnie Jeffery, Juanita Bacsu and Dr. Marc Viger shared findings at community presentations in Young and Watrous, SK on September 8 and 11, 2014. The presentations highlighted findings from the Healthy Brain and Aging Study and the Healthy Aging in Place Study 2011-2014. Approximately 50 people attended the presentations including community leaders, older adults, media and local policy makers.



New Report Highlights Findings from the Healthy Brain and Aging Study

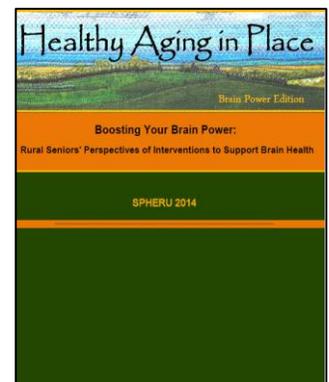
A new report highlights actions that support memory and brain health in rural Saskatchewan. The report entitled, *Boosting Your Brain Power: Rural Seniors Perspectives to Support Brain Health* looks at the supports of rural seniors' memory and brain health.

This report is part of Bacsu's PhD study and shares findings from the first wave of interviews conducted in February to May 2014. Approximately 42 older adults from Young, Watrous and Manitou Beach participated in the interviews. Through interviews and spending time with older adults, this study sheds light on the perspectives and viewpoints of rural seniors.

The report identifies a number of actions to support memory and brain health. In particular, supportive activities of brain health were described as being inextricably linked to social interaction, functioning in day-to-day life, emotional well-being and intellectual stimulation such as reading and watching the news.

Transcription of the second wave interviews is currently under way and the next steps will involve data analysis. Following analysis, the team will focus on sharing findings with policy makers, community leaders and health practitioners.

Bacsu notes that understanding rural seniors' perspectives of brain health is vital as it provides critical information to support preventative strategies, awareness and early dementia diagnosis in rural communities. The full report is available on the SPHERU website at www.spheru.com.



Researchers Attend Dementia Care Summit

Healthy Aging researchers presented a poster at the 7th Annual Summit of the Knowledge Network in Rural and Remote Dementia in Saskatoon on October 21-22, 2014. The poster highlighted findings from the Healthy Brain and Aging Study.



The summit featured presentations by leaders in rural dementia care, including Drs. Debra Morgan and Anthea Innes. Dr. Morgan is the Director of the Rural and Remote Memory Clinic at the University of Saskatchewan and Dr. Innes is the Director of Bournemouth University's Dementia Institute. The summit highlighted recent developments and advances in rural dementia care in both Canada and the United Kingdom.

Healthy Brain Presentation at International Symposium

Healthy Aging team members attended the 7th International Symposium: Safety and Health in Agricultural and Rural Populations: Global Perspectives (SHARP 2014) in Saskatoon on October 19-22, 2014. The team made three presentations at the symposium including one oral presentation and two poster presentations.

The oral presentation shared initial findings from the Healthy Brain and Aging Study and highlighted rural older adults' perspectives toward cognitive health. The presentation was well attended by researchers, community leaders, policy makers and health practitioners.



Healthy Aging in Place Exercise Program Underway

The Healthy Aging in Place team led by Dr. Bonnie Jeffery is currently recruiting participants for the upcoming exercise program. The exercise program aims to improve rural older adults' mobility and social interaction. The program will take place in the rural communities of Watrous, Young and Wolseley, SK.

For more information or to become involved in the study, please contact Carolyn Tran toll free 1-(844)-664-7388 or by email at carolyn.tran@uregina.ca.



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