

Summer 2014

Healthy Aging in Place: Brain Power Edition Newsletter

The team is thrilled to announce the first edition of the Healthy Aging in Place: Brain Power Newsletter. The newsletter will share Healthy Brain and Aging study updates and findings throughout the research process.



Bonnie Jeffery, Juanita Bacsu, Sylvia Abonyi

This research is part of the larger Healthy Aging in Place study being conducted by the Saskatchewan Population Health and Evaluation Research Unit (www.spheru.ca), under the guidance of Drs. Sylvia Abonyi and Bonnie Jeffery. We hope you enjoy the first Brain Power Edition!

The Healthy Brain and Aging Study

Over the years, there has been significant focus on studying what goes wrong in the brain health of older adults with dementia. However, lead researcher and PhD student Juanita Bacsu is interested in learning about what factors support memory and brain health in healthy rural seniors living without dementia.

“To date, existing information focuses mainly on the perspectives of seniors with cognitive impairment, family caregivers and health providers but little is known about the ways that rural seniors without impairment support their memory and brain health,” notes Bacsu.

“Understanding healthy rural seniors' perspectives of brain health is vital as it provides critical information on preventative strategies, awareness, and informational requirements in rural communities,” said Bacsu.

The team has completed the first wave of interviews and is looking forward to analyzing the results. The final wave of interviews will happen in July- August, 2014. A researcher will phone to schedule interviews with participants.



Juanita meeting with a group at Manitou Beach

At the end of the study, a community workshop will be held to share and exchange study findings.

Researchers attend National Forum on Brain Health

Researchers Juanita Bacsu, Marc Viger and Bonnie Jeffery had the opportunity to participate in the National Forum on Brain Health in San Diego on March 15, 2014.

The forum included presentations by leaders in the field of brain health, Drs. Paul Nussbaum and Mark Bondi. The forum highlighted recent developments and information in brain health, including the role of socio-environmental indicators in detection, diagnosis and predicting clinical outcomes.

The forum was an informative event for learning and meeting stakeholders in brain health research. The forum was well attended by health professionals, researchers, community leaders and policy-makers.

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Boosting your Brain Power: Day-to-Day Activities

Team members Juanita Bacsu, Carolyn Tran and Dr. Marc Viger have been spending time with rural older adults to see what activities may be contributing to boosting one's memory and brain health.

"It is great to do the interviews but we also enjoy seeing what practices and day-to-day activities may be supporting rural seniors' brain health," said Viger. "We have been very fortunate and appreciate the invites and opportunities that rural seniors have offered us to spend time with them in their homes, during their day-to-day activities, and at local community events."



Noreen Johns, Juanita Bacsu, Carolyn Tran

The team has had the opportunity to attend several community functions and activities including dancing, walking, bowling, cards, coffee row, and musical entertainment. If you have an activity that you think is important to supporting your memory and brain health and would like us attend, please contact Juanita toll free 1 (888) 966-7942.

Facelift for Facebook Page

Healthy Aging in Place Facebook Page has been rejuvenated! Join our Healthy Aging in Place Facebook Page to receive weekly posts, photos and updates, <https://www.facebook.com/pages/Healthy-Aging-in-Place/131451063631919>.

