



SASKATCHEWAN POPULATION HEALTH AND EVALUATION RESEARCH UNIT

University of Regina



AGING WELL ON THE PRAIRIES

Truth is, we're all getting older. And doing it well takes work.

Isolation can be an issue for older adults no matter where they live. Those in rural and Northern Indigenous communities far from services, as well as immigrants and refugees aging in urban centres – far from friends and family – experience the same types of mobility issues, illnesses, and pain. These obstacles to good health have the potential to impact *all* older adults and their ability to lead healthy and happy lives.

Researchers from the Saskatchewan Population Health and Evaluation Research Unit (SPHERU) are delving into what it means to age well in the province.

From ensuring small towns have proper sidewalks lining their main streets and helping young people connect with and value the experiences of Elders, to encouraging organizations to deliver services collaboratively to have more impact, the end goal is more successful aging for all.



Join us at Congress 2018

SPHERU researchers are exploring what it means to age well in Saskatchewan.

On **Monday, May 28th**, SPHERU is hosting “Aging Well on the Prairies,” a conversation about our multi-faceted research program on healthy aging in the province.

This conversation will take place from **12 p.m. to 3 p.m.** in the **Research and Innovation Centre (RIC) Atrium at the University of Regina**. This Community Connections event is part of the 2018 Congress of the Humanities and Social Sciences.

For more information, and to view the full poster (left), visit our website at www.spheru.ca or contact Kristen McEwen at kristen.mcewen@usask.ca.

SPHERU researcher moving to U of A
University of Alberta recently announced SPHERU research faculty Dr. Shanthi Johnson as its next dean, School of Public Health. Her appointment will begin July 1, 2018.

Shanthi has led important research projects and has been



an active collaborator and mentor during her time with SPHERU, which began January

2007.

Shanthi has been a tireless and inspiring contributor to teaching, research, and community engagement through and as part of her research. We know how skillful she is at identifying the next important research questions, the way she is able to clarify

ideas, and her ability to inspire her students and colleagues. These skills, and more, have made Shanthi a true colleague, a mentor, and a friend.

While we will miss her, we are also delighted that she has found this wonderful opportunity. We wish her the very best in her new role.

Adventures in Australia

Dr. Michelle Stewart traveled to Australia to share research findings and explore new partnerships with colleagues at the University of Sunshine Coast.

Traveling in support of the project called “Playing to Our Strengths,” which focuses on social isolation and complex cognitive disabilities, researchers met at the Engage Labs to discuss how the free community resource tool was developed and new ways to train and expand knowledge translation to new audiences.

The community improv toolkit assists agencies in using a strengths-based approach to understanding and supporting individuals in the community.

Engage Research Lab focuses on bringing together researchers,



SPHERU’s Michelle Stewart traveled to Australia in support of the “Playing to Our Strengths” project. The photo above in an example of a modified space.

community partners and agencies to address social issues through unique applications of technology including virtual and augmented.

Featured in *Discourse*

The Fall 2017/ Winter 2018 edition of *Discourse*, the University of Regina’s research magazine, featured SPHERU’s Dr. Gabriela Novotna.

This particular issue focused on her research about Saskatchewan addictions counselors

and how their professional identity and counselling practice is affected while being in recovery from their own addictions issues.

Novotna received \$78,200 from SHRF to develop recommendations to support counsellors in their work.

The full story can be found on page 21.

Talking food choices in *Today’s Parent*

SPHERU’s Rachel Engler-Stringer was

recently interviewed in *Today’s Parent* about how people’s eating habits are informed by their food environments.

The article entitled, “Your kids are surrounded by junk food. So what’s a parent to do?” explores how there seems to be plenty of unhealthy food options at retailers, grocery stores and even leisure centres.

Check out the full article on *Today’s Parent* website.

Lit review published in *Taylor & Francis*

A better understanding of the definition of complex home care could lead to better support services for Canadian older adults.

SPHERU’s Shanthi Johnson and Juanita Bacsu explore what constitutes as complex care in their systematic literature review.

For the complete published review, check out *Taylor & Francis Online*.