



SASKATCHEWAN POPULATION HEALTH AND EVALUATION RESEARCH UNIT

University of Regina



More than 50 people attended SPHERU's Aging Well on the Prairies community connections event at Congress 2018 on May 28. SPHERU faculty took the event as an opportunity to host a conversation about our multi-faceted research program on healthy aging in the province. Congress 2018 photos by Colleen Hamilton



National Seniors Council meets Minister Duclos

SPHERU's Shanthi Johnson and the National Seniors Council met with Minister of Families, Children and Social

Development Jean-Yves Duclos for the first time in May.

During the meeting, the group discussed how to ensure programs and services will help improve

the well-being and quality of life of older adults.

Lotoski wins CPHA award

During the Canadian Public Health Association's 2018 Public Health Conference, Larisa Lotoski was presented with the Dr. John Hastings Student Award.

This award is named in honour and memory of Dr. Hastings and his commitment to and belief in students as the future of public health in our country.



SPHERU trainee Larisa Lotoski, centre, won the Dr. John Hastings Student Award at the CPHA 2018 conference.

Ten of the top-rated student abstract submissions were selected and presented in a three-minute thesis style format at a special session at the conference.





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Wuskiwiy-tan! Meet Boabang Owusu

Boabang Owusu is a graduate student with the “Wuskiwiy-tan! (Let’s Move)” – aging well project.

He seeks to document the perceptions of influence of land on aging well among older adults. Specifically, he is interested in learning more about how older Métis adults are connected to the land; the strategies and actions older adults use to age well and to improve their environment in order to promote healthy aging in Île-à-la-Crosse.

Boabang has been visiting the community since June 2015.

While in the community, he’s had the opportunity to participate in traditional land-based activities in the bush with elementary and high school students, celebrate Elders’ Day, and interview many older adults to hear their stories about connections to land and healthy aging.

Welcoming new faces to SPHERU

Stephanie Liu is an MPH student doing her practicum with SPHERU, on the INTERACT project. Her background includes a BSc in Human Ecology and a certificate in Human Resources and Labour Relations.

Jennifer Nghiem is



Clockwise from top left: Stephanie Liu, Brynn Mayo, Jennifer Nghiem, and Kate Morrison.

currently in her third-year as an MPH student at the U of S. She is doing her practicum with SPHERU on the Improving School Food: Universal Integrated Healthy Lunch Intervention Research project. Her primary interests in public health are food security, sustainability, and chronic and infectious diseases.

Brynn Mayo is working as a research assistant at SPHERU on the school food project as well. She is close to completing her studies in Family Social Sciences at the University of Manitoba. She plans

to pursue a masters in Community Health Studies with a focus on social epidemiology.

Kate Morrison will be working under the supervision of Dr. Muhajarine on MUSE, as part of the College of Medicine’s Dean’s project. Kate has completed her first year of medical school at the U of S and she plans to continue her research in understanding why private sector partners would or would not choose to engage in supporting active transportation initiatives.



Graduate student Boabang Owusu is currently researching the experiences of Métis seniors in Île-à-la-Crosse, and if intervention programs are effective in promoting healthy aging.

