



**University
of Victoria**

**Retirees
Association**

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In Institute on Aging and
Lifelong Health Building

NOTE: Office visits are by
appointment. Please email
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March 2022

Grey Matters!

SPRING 2022



Mumma bear and cubs

at the Cheakamus Centre Outdoor School in Squamish

Caption and photo credit: Richard Chappell

UPDATE FROM THE BOARD

Greetings fellow retirees.

As I write this, I am struck by the realization that it is now Spring...but somehow, that thought does not have the same feeling of joy that usually accompanies its arrival. We are on the verge of starting to "live with" COVID 19 rather than having it be a part of every conversation or journey outside our homes. But the world feels unsettled with so many facing life-changing challenges including the loss of loved ones.

I am feeling a sadness in my safety of living here in this beautiful city and in our wonderful country and a profound sense of unease about how these events will impact our world. I hope that you and yours are well.

NEWS FROM THE BOARD (2 of 3)

A number of items to mention since our last newsletter:

Thank you to those of you who completed the UVRA survey; we had an excellent response of over 50% of our membership which is amazing. This information is now being analyzed and will assist in planning for the future direction as this organization moves forward. Thank you to our Survey committee and in particular Rebecca Warburton and Sanjit Roy for helping us to gather this valuable data.

The Masterminds series begins its amazing series of sessions on April 6th. An overview of this year's series can be found on the website of the Institute on Aging and Lifelong Health (IALH)

<https://www.uvic.ca/research/centres/aging/events/index.php>

To register visit <https://tinyurl.com/Masterminds2022>

The UVRA **Annual General Meeting** will be held virtually this year on Wednesday **June 8th**. More information including the link will be distributed closer to the meeting date. We look forward to you joining us online.

Our Member's Forum continues with the next session on April 29, 2022 with **The Augmented Human: How Computers Can Make Us Smarter (or Dumber)**. The presenter is Miguel Nacenta, PhD. Thanks again to Jane Birkbeck for facilitating, Rebecca Warburton and Sanjit Roy for moderating the operation of our Zoom room.

The UVRA Elder Academy "Body Works" event held its final session on March 26th. The next series entitled "Aging Well" will begin on May 7th. Watch for further details on the UVRA Elder Academy event page and see the poster on page 24.

Beginning in 2014, the UVRA Elder Academy (EA) has, each year, presented an outstanding range of thought-provoking topics with incredible presenters. Unfortunately, after much contemplation, it has been decided that UVRA Elder Academy will end with the May 2022 series. I know that you will join me in thanking the Elder Academy Program Committee for the tremendous work they have done in developing and presenting these sessions. EA has made an exceptional contribution to our members and the community.

NEWS FROM THE BOARD (3 of 3)

We value your suggestions and input and encourage you to share your thoughts and recommendations with topics for future UVRA Member's Forums or with other activities. It is a great way to share ideas and to become acquainted with other UVRA members.

A reminder also that this newsletter welcomes new ideas and submissions of an article or a photo.

Until next time,
Stay safe, Keep well.

Margaret Klatt

March 2022

Request for a Social Activities Volunteer

Many of you mentioned how much you enjoyed the UVRA social activities over the years. With the easing of health restrictions and the associated opening up of venues, UVRA would like to begin offering some activities to our membership; however, we currently do not have a Social Activities Volunteer to assist in putting these events together. If you are interested, or know someone who could assist with this task, then please contact us at uvra@uvic.ca.

Margaret Klatt

EDITOR'S NOTES

April is MasterMinds month, and this year's diverse group of presenters is excellent, as always. You will find full information on pages 12 and 13.

Peter Liddell informs us on the Johnson Educator Award; The Club's new Chef; The Club's April members' dinner; and, the CURAC conference to be held on Zoom on May 19th from 9:30am to 1:00pm. (6-9)

Reading David Docherty's article was music to my ear, because he explains how doing even *less* that 150 minutes/week of moderate exercise yields huge benefits. (10-11)

If you have missed the last two Forums, Jane Birkbeck has masterfully summarized them in her two articles. (14-15 and 16-18). Posters for the April and May Forums are located on pages 22 and 23.

Have you given any thought to volunteer at UVic's Speakers' Bureau? If not, maybe consider doing so this year. As Rennie Warburton wrote in his article on "An Active Retirement", for the Winter 2022 newsletter, "...one of my most rewarding experiences has been the many presentations I have made as a member of the UVic Speakers Bureau."

Do you suffer from, or know someone who suffer from Chronic Pain, Parkinson's Disease, or Migraines? The UBC Pharmacy is offering free Zoom meetings on each of these topics. The poster on page 20 gives information about what these meeting entail and what dates (starting April 26th) the Chronic Pain sessions are offered. If you click on the link at the bottom of the poster, you will learn that the Parkinson's meetings are offered starting on Tuesday April 26, 2022, and, about the coming soon Migraine sessions. (20). *

If you are interested in Climate Change, please consider spending about 30 minutes to answer Mandy's survey, which can be done online or by phone. Her supervisor is Robert Gifford, PhD, Environmental Psychologist. (21)

In *News from the Board*, Margaret Klatt tells us that UVRA's educational events, which began in 2014 under the name of "Elder Academy", will end with the May 2022 event titled: *Aging Well - The Mind-Body Connection*. (24)

Lou Schmidt

*I learned about these meetings from reading the March 23rd edition of *In the Loop* bulletin. (IALH, Self Management)

UVRA Scholarship Fund



UVRA Graduate Scholarship was developed with the intention of helping graduate students pursue their goal of conducting research on the many factors related to aging and health outcomes within the rapidly growing 55+ age group.

The first UVRA scholarship, administered through the Institute on Aging and Lifelong Health, was awarded Fall 2019 to Lisa Ohlhauser, a graduate student whose research project investigates the impact of physical exercise for persons with cognitive decline on quality of life, mood, and cognition.

The scholarship's second recipient, awarded Fall 2020, is Matilde (Matty) Cervantes. Matty's research interests include aging, intergenerational relationships, and well-being. Her present research involves exploring the impact of social interventions, such as a participation in a choir, on the mental and social health of dementia caregivers.

Cynthia McDowell had just been announced as the latest recipient of UVRA's Graduate Scholarship. Her research examines the risk and protective factors for optimal healthy aging with the goal of creating a gold standard for measuring successful aging.

The scholarship annually provides:

Two awards of \$1,000 each, given to academically outstanding graduate students, with preference to PhD students, whose area of study is focused on adults aged 55+ and who are working with the Institute on Aging and Lifelong Health. Selection of each recipient will be based on a statement that explains the intent and impact of their research (max 500 words). Preference would be given to students who have received no other awards or whose total award funding in the academic year does not exceed \$5,000. Approval of each recipient will be made by the Faculty of Graduate Studies Graduate Awards Committee upon the recommendation of the Institute on Aging and Lifelong Health.

UNIVERSITY CLUB CURAC CONFERENCE 2022 UVRA BENEFITS NEWS

UNIVERSITY CLUB

Until April 8th, vaccination proof is required; masks are recommended, but not mandatory.

April 23rd is the date of the next Club members dinner—3 courses with two paired wines. \$65.00 for members, \$70.00 for guests.

More about our new chef, Jean Bertin: he grew up in Biarritz, in Spanish Basque country, and apprenticed in a 1-star Michelin restaurant. Latterly, he was Executive chef at *The Loft* in Yaletown, Vancouver . He's an avid outdoorsman, and you might not want to get into a fight with him — he's a boxer!

2022 CURAC CONFERENCE ON MAY 19, 2022

UVRA is a co-sponsor of this event, along with SFURA and UBC Emeritus College – this year's main host. The annual conference is an opportunity for the hosts to highlight some of their outstanding research relating to our age group. See the next 3 pages for more information about this event. *UVRA members will be notified when details of how to log in become available.*

BENEFITS NEWS

Johnson (Retired) Educator of the Year Award

The carriers of the UVRA-Johnson Extended Health insurance policy have announced a new annual award for retired educators (any level of the education system). Those eligible must have retired in the last two years. Deadline is April 26th, 2022. Nomination forms and guiding criteria are at: <https://educatorawards.ca>

Peter Liddell

UVRA Representative
University Club & CURAC Program Committee
UVRA Benefits Chair

THE 2022 CURAC/ARUCC VIRTUAL ASSEMBLY



We are pleased to announce Thursday, May 19, 2022, as the date for the CURAC/ARUCC 2022 Virtual Assembly. Join us as retiree association members from across the country gather to share ideas and participate in a series of educational sessions geared to retirement life.

On May 19 from 9:30 am – 1 pm PDT (12:30 pm – 4:00 pm EDT) the program will focus on *"Faces of Wellness and Well-being"*. It is co-hosted by the University of British Columbia Emeritus College, University of Victoria Retirees Association and Simon Fraser University Retirees Association. The focus on wellness and well-being has been a major area of research strength at the three organizing universities. We are excited to offer an amazing virtual program with distinguished presenters including Dr. John Helliwell, Dr. Angela Brooks-Wilson, Dr. Gloria Gutman and Dr. Anne Martin-Matthews. The event will be held with simultaneous French translation to facilitate participation across all Canadian members. To view the full program, you can link to our website here: <https://emerituscollege.ubc.ca/CURAC2022>

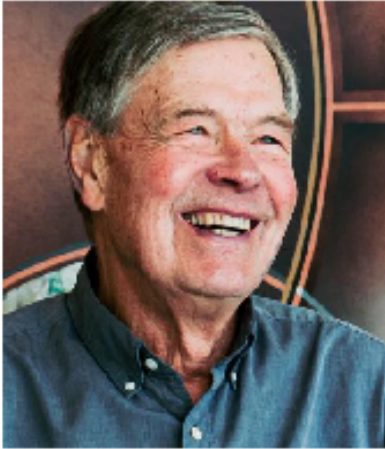
Please note that Retiree Association members will be invited to the CURAC/ARUCC AGM and Best Practices Round Tables to be held on June 16th. We expect the program to be available closer to the date. Check the CURAC/ARUCC website <https://curac.ca/>.

Sincerely,

Joost Blom

Principal, UBC Emeritus College,
on behalf of the Local Organizing Committee for the
2022 CURAC/ARUCC Virtual Assembly

Looking ahead to the CURAC conference, May 19, 2022 (1 of 2)



The morning will start with a welcome by CURAC President, **Kent Percival**, UBC College Principal, **Joost Blom** (Professor Emeritus of Law), followed by a presentation by **John Helliwell**, Professor Emeritus of Economics at UBC and Senior Fellow of the Canadian Institute for Advanced Research (CIFAR) and Co-Director of the CIFAR Programme on Social Interactions, Identity, and Well-Being, as well as Board Director of the International Positive Psychology Association. In recent years, his interest in social capital and subjective well-being has led him to collaborate on and use measures of subjective well-being from around the world to help understand what makes lives better, with special attention to social factors. He is Editor of the *World Happiness Report*. Dr. Helliwell will talk about happiness as we continue to grow older.

Dr. Helliwell's talk will be followed by presentation of the annual CURAC awards.

The second session will be a panel of three of Canada's top gerontology scholars, who will address the topic of wellness and wellbeing as we grow older. **Dr. Brooks-Wilson** will talk about Super Seniors, individuals 85 and older who have never been diagnosed with cancer, cardiovascular disease, major pulmonary disease, diabetes or dementia. **Dr. Gutman** will talk about adapting communities to be more liveable to adults as they age, and options for living in the community. **Dr. Martin-Matthews** will talk about the heterogeneity over the 30 years or so of what the government designates 'old age' and implications for policy. The panelists will all contribute to the general discussion.



Dr. Angela Brooks-Wilson, PhD, is Assoc. VP Research, Simon Fraser University, Professor of Biomedical Physiology and Kinesiology, SFU, Professor, Department of Medical Genetics, University of British Columbia, Distinguished Scientist, BC Cancer Research Centre, BC Cancer Member, Cancer Control Research, BC Cancer, and a distinguished scientist at Canada's Michael Smith Genome Sciences Centre. She studies the interaction between genetic susceptibility and environmental triggers in causing lymphoid cancers. Her interest in cancer is complemented by her work on healthy aging, in which she studies "super seniors".

Looking ahead to the CURAC conference, May 19, 2022 (2 of 2)



Gloria Gutman, PhD, CM, OBC, developed the Gerontology Research Centre and Department of Gerontology at Simon Fraser University (SFU) and was Director of both from 1982–2005. Currently, she's Research Associate/Professor Emerita at SFU, Vice-President International Longevity Centre-Canada and President, North American Chapter International Society for Gerontechnology. Her awards and honours include Order of British Columbia, LLD (honoris causa- Western University), Queen Elizabeth II Diamond Jubilee medal and Order of Canada for her work "as an international authority in the field of gerontology". She is author/editor of 23 books. Her research interests include seniors 'housing, long-term care, health promotion, gerontechnology, prevention of elder abuse, advance care planning, and seniors and disasters. She is past president Canadian Association on Gerontology, International Association of Gerontology and Geriatrics, and International Network for Prevention of Elder Abuse.

Anne Martin-Matthews, PhD, OC, is Professor of Sociology at The University of British Columbia, most recently serving also as Associate Vice-President Health. Over a 40-year career, she has conducted research on social aspects of aging, and health and social care of older people. As Scientific Director of the Institute of Aging of the Canadian Institutes of Health Research, she championed creation of the Canadian Longitudinal Study on Aging and CIHR's Summer Program in Aging. She is a member of the Board of AGEWELL: Canada's Technology and Aging Network, and the Health Data Research Network Canada. She holds honorary degrees from Newcastle University (UK) and Memorial University. In 2018, she was inducted as an Officer of the Order of Canada, for contributions to advancing research on aging.



Physical Activity and Wellness Corner #42

David Docherty (1 of 2)

How much physical activity do we really need to benefit our health?

It has been recommended by many health and wellness organizations that everyone should be getting at least 150 minutes of moderate physical activity per week (5 days per week of at least 30 minutes) or 75 minutes of high intensity exercise (3 days per week of 25 minutes). The reality is that only 16% of Canadians achieve the minimum recommended amount of physical activity (ParticipAction Report, 2021). These guidelines have been around for over 10 years during which time there has been several studies looking at the benefits that can be accrued with less than the recommended levels.

Medical News Today <https://www.medicalnewstoday.com/> in a recent article highlighted some of the studies that have found significant benefits from doing less than the 150 recommended minutes. They report that a study examining one moderate exercise session of 20 minutes helped to boost the immune system and helped suppress inflammation which, they suggest, could help with the treatment of chronic diseases such as arthritis and fibromyalgia. Exercise was performed at moderate walking intensity. Another study found exercise, even of a mild degree, helped decrease pain, improve mobility, and enhance the quality of life for people suffering from arthritis.

They quote another study published in the Mayo Clinic Proceedings (2017) that found that less than one hour of resistance training per week was linked with a 29% lower risk of developing metabolic syndrome. In a previous article I have described that Metabolic Syndrome consists of at least two of the following conditions: high blood pressure, high blood sugar levels, abnormal cholesterol, and obesity that can lead to serious diseases such heart disease, stroke, and type 2 diabetes. They used two sessions per week of less than 30 minutes using traditional resistance exercises. And, of course, the benefits to heart health have been well reported in many studies and highlighted in previous articles in this column.

I have commented before on the acute effects of physical activity on brain function. The authors refer to a review article that concluded a single bout of physical activity of about 20 minutes improved executive brain function, enhanced mood, and decreased stress levels. In addition, neurophysiological and neurochemical changes were observed that indicated widespread activations of brain areas and brain systems.

Physical Activity and Wellness Corner #42 (2of2)

David Docherty

They also reference a study that found one 30-minutes session of moderate to vigorous exercise significantly improved body image perception compared to women who engaged in quiet reading. Other studies have found that people who engage in light or moderate physical activity have higher levels of psychological well-being and lower levels of pain compared to people who were inactive.

Although 85% of people interviewed as part of the recent ParticipAction report indicated the importance of physical activity to health and well-being, it is clear it is not supported by action or lifestyle. One of the most reported responses, as to why most people do not meet the minimal requirement, is lack of time. I am not sure this is really applicable to those of us who have retired but, if this is the case, then a person can enjoy many health benefits by doing much less than the recommended level of 150 minutes of physical activity per week, including less than 60 minutes. However, if you can do your 150 minutes or more you will increase the benefits to your health.

There is a case to be made for more is better but if you don't have the time or inclination you can still reap many benefits by doing much less! However, you do need to do something. I often close presentations by reminding people something is better than nothing!

David Docherty



MASTERMINDS

(1 of 2)

April 2022

John Anderson

MASTERMINDS REPORT

The MasterMinds 2022 series is now accepting registrations for this **FREE EVENT**. An overview of this year's schedule can be found on the website of the Institute of Aging & Lifelong Health:

<https://www.uvic.ca/research/centres/aging/events/index.php>

This annual series of four lectures on Wednesday evenings in April showcases the spectrum of university research and performance. Masterminds is sponsored by the UVic Retirees Association and the Institute on Aging & Lifelong Health, with support from the University of Victoria.

Registration is now open for this year's Mastermind lecture series, presented via Zoom. To register, visit <https://tinyurl.com/Masterminds2022>



Philip Dearden, PhD



Leslie Saxon, PhD



David Docherty, PhD



Hugh Cartwright, PhD

April 6, 2022 7:00 PM - 8:30 PM

Challenges and opportunities in community conservation: reflections from the tropics
Philip Dearden, PhD, Professor Emeritus, Department of Geography

Community-based conservation offers great opportunities for not only countering biodiversity loss but also helping improve rural community living standards and sustainability. This presentation weaves a narrative of field case studies from SE Asia that illustrate some of the challenges and opportunities of community based conservation.

MASTERMINDS

(2 of 2)

April 2022

John Anderson

April 13, 2022 7:00 PM - 8:30 PM

Grammar and Placenames: A Settler Linguist in Indigenous Language Revitalization
Leslie Saxon, PhD, Professor Emeritus, Department of Linguistics

Linguists can contribute to Indigenous language revitalization in a variety of ways, whether as “insider” linguists working in their own communities or as “outsider” linguists. In this talk, Leslie Saxon describes some research she has participated in with Indigenous communities of the NWT and reflects on how it relates to language revitalization done within communities

April 20, 2022 7:00 PM - 8:30 PM

Boosting and maintaining brain power as we age may be as easy as a walk in the park or riding a bike!

David Docherty, PhD, Professor Emeritus, School of Exercise Science, Physical and Health Education

There has been a considerable amount of research in the last 10 years that has clearly demonstrated a direct link between physical activity and maintaining cognitive function and retaining memory as we age. Many studies suggest physical activity may delay or alleviate some the memory loss associated with aging, including dementia. This presentation will cover how physical activity maintains brain power as we age and the amount and type of physical activity that has been found to be effective.

April 27, 2022 7:00 PM - 8:30 PM

The unstoppable rise of Artificial Intelligence: Should we be worried?

Hugh Cartwright, PhD, Retired, University of Victoria & Oxford University Chemistry Departments

Artificial Intelligence (AI) is now widespread in industry and the media, though users are often unaware it is being employed. This non-technical talk will outline how AI works, and consider why an understanding of what lies behind AI decision-making is crucial. It will also discuss whether the development of AI could be a step towards conscious machines.

Registration is now open for this year’s Masterminds lecture series, presented via Zoom. Please register at <https://tinyurl.com/Masterminds2022>

UVRA MEMBERS FORUM (1 of 2)

February 25, 2022

Jane Birkbeck

Racism at the Forum

The February 25th Forum capped the end of Black History Month in Canada. The afternoon Zoom was well attended and participation was high. Dr. Rennie Warburton started us off with a 30-minute description of racism, in particular white racism. This can be seen in the attitudes and behaviors that people of European descent show towards persons of African, Asian, and Eastern European descent. The classification of persons by hair and skin places groups in inferior class positions. This attitude can be traced back to Indigenous land takeover and broken treaties, as well as slavery, in both Canada and the United States. Canada was built by white settlers from Europe, and it was common for them to expect Indigenous people to do their less appealing work.

This expectation continues today for new immigrants from non-European countries.

It is not possible to talk about racism without looking at the effects of white privilege on our society. White privilege means not having to have “the talk” with your kids about what to say when a policeman says ‘stop’, not being followed around a store, not needing to prove your financial reliability, not being turned down for employment or housing because of your race, not experiencing differentness because of the colour of your skin - whiteness means just fitting in without ever thinking about why. As I write this, I am reminded of a store in Saskatoon which would announce, over the loudspeaker, “Circle the wagons” each time an Indigenous person entered the premises.

Rennie talked about the painful effects of overt racism. It is personal, institutional, systemic, may be organized by white supremacists, and is best understood in light of Canada’s Indian Act, Apartheid in South Africa and “white only” signs that once proliferated in the United States.

UVRA MEMBERS FORUM (2 of 2)

February 25, 2022

Jane Birkbeck

Covert racism is painful as well, but harder to prove. It is the apartment that suddenly becomes occupied when a person of colour arrives for their appointment. It is the power and privilege of employers who refuse to hire anyone who represents a minority group. And even if a job is obtained, it is the pay differential that persons of colour experience. On the morning of the Forum I heard on CBC a short story about gender wage gaps: while white nurses are now earning 76.9 cents on the dollar of their male counterparts, Canada-wide, black nurses command 66 cents. This is information that many of us find difficult to absorb.

Rennie reminded us that racism can rest in our subconscious. He told the story of a white American, active in opposing racism, who was boarding a plane when he noticed that both the pilot and the co-pilot were black. To this man's astonishment he found himself wondering if they were capable of flying the plane. As one writer puts it, he was ambushed by his own racism. Many thanks to Rennie for a smart and thoughtful presentation - reminding us to be aware when we may be "ambushed by our own Racism".

Racism in ~~America~~
Canada



UVRA MEMBERS FORUM (1 of 3)

March 25, 2022 **Jane Birkbeck**

Wellbeing at the Forum

On March 25th we gathered to discuss mental health and wellbeing under the guidance of Nicole Legg, a graduate student in clinical psychology at the University of Victoria. Nicole has completed her Master of Arts and is now three years from completing her PhD. To this end, Nicole has several projects, one to do with the effects of Covid-19 on our mental health, another the examination of why adolescents engage in risky behaviour, and how technology has touched our romantic and platonic relationships on a biological, psychological and emotional level.

Nicole talked about the importance of mental health literacy, the knowledge, beliefs, and abilities we must discuss mental health problems. She noted that much of our information comes from media sources, which tend to dramatize issues, as well as what we may see from some actors and in the movies.

To set us up with accurate information, Nicole defined the prevalence of mental health matters in Canada, using statistics from the Canadian Mental Health Association:

20% of our population will experience a mental health problem each year,

100% will know a friend, family member or colleague who is struggling with poor mental health,

50% will have, or have had, a mental health disorder by age 40,

24% of deaths among 18–24-year-olds and more than half of suicides occur in those aged 45-plus.

UVRA MEMBERS FORUM (2 of 3)

March 25, 2022

Jane Birkbeck

These are long-standing statistics, and during the pandemic, symptoms of depression, anxiety, loneliness, stress, and sleep disturbances increased. Front line workers, caregivers, and those living with at-risk individuals reported decreased functioning. We looked at how younger people reported worse functioning than older adults, and wondered if this could be traced to the increased resources available to older adults. Finally, for all of us, it was just harder to engage in activities that bolster our mental health functioning.

Nicole pointed out that mental health is something all of us have, from flourishing to getting by, from concern to depression, anxiety, or another disorder that significantly impairs mental functioning. Taking a bio-psycho-social approach, she reminded us that mental health is determined by many things, and these factors can change.

From a cognitive behavioral therapy perspective, our thoughts influence our behaviour which can have an effect on our feelings- together they interact to determine our mood. Bad feelings may create unhappy thoughts, then may influence our behaviour, such as deciding to stay at home rather than seeking out a friend. CBT looks at how to interrupt that cycle.

Nicole offered some questions to help us plan for our own self-care. What do we value for the long term? What is important? What do we want to do more of? What makes us feel energized, inspired or motivated?

Once we clarify our values, Nicole suggests we seek out activities that fit with our values. As well, it is important to bookend the day - a time for work, and a time to refresh. Engaging in one daily activity that boosts our mood can be as easy as a short walk or other exercise. Reminding ourselves of the necessity to take care, of ourselves, to be grateful, to engage in mindfulness, can all help.

UVRA MEMBERS FORUM (3 of 3)

Finally, Nicole suggests we 'disconnect' as much as possible. To often we allow ourselves to be trapped in the revolving news cycle, and the good news is pretty limited. Instead, leave the news alone in the early morning and in the evening - listen mid-day instead. She also reminded us that we must be good for ourselves before we can be good for anyone else - a guideline for living well.

Jane Birkbeck

UPCOMING FORUMS

April 29th: The Augmented Human: How computers Can Make Us Smarter (and Dumber).

Speaker: Miguel Nacenta, PhD, Associate Professor,
Department of Computer Science, Faculty of Engineering

May 27th: Conserving Energy One Cubicle (or Home) at a Time

Speaker: Rich McCue, Manager, Libraries,
Digital Scholarship / Commons

See pages 22 and 23 for posters and registration links

SPEAKERS BUREAU

SHARING IDEAS FROM THE EDGE



Dear UVic Retirees:

I am writing to invite you to participate in the 2022-23 UVic Speakers Bureau program. The 2021-22 season was marked by extraordinary change—and some remarkable successes. Although in-person talks to the community, which are the foundation of our program, remained limited, bureau volunteers were nevertheless able to give more than 300 in-person and remote community speaking engagements.

For the past 41 years, the bureau has made UVic expertise available to community groups, schools, clubs and other organizations in Greater Victoria and across southern Vancouver Island. Our partner schools and community organizations continue to value our commitment to sharing our knowledge.

The bureau is a free service provided by volunteers from among UVic faculty, staff, graduate students and retirees. It's the only university-wide bureau of its kind in Canada, fostering strong community connections that contribute to our extraordinary academic environment and focus on the vital impact of our research and teaching activities as well as dynamic learning opportunities for students.

More than 170 of your colleagues signed up as speakers last year. Will you consider joining them this year?

Bureau members reach a total audience of more than 10,000 people in our region each year, making the bureau one of the most significant ways in which UVic serves our local community.

The membership form <http://www.uvic.ca/communications/speakersbureau/join> covers the information we require for the 2022-23 *Speakers Bureau Guide to Topics*, which is distributed throughout the community.

We added a question to the membership form last year to establish whether you are interested and able to provide your talks virtually, and due to the success this season we will continue to offer this option along with traditional in person presentations while adhering to the provincial health officer safety protocols.

**YOUR RESPONSE BY MAY 2, 2022 WILL ALLOW US
TO MEET THE PRINTING DEADLINES FOR THE NEW GUIDE.**

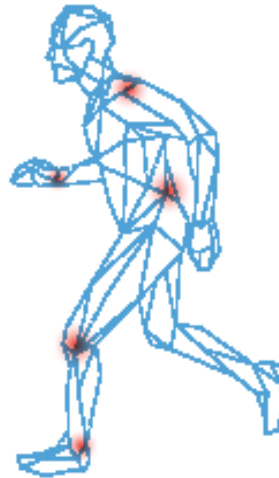
Thank you for your consideration. We look forward to hearing from you.

Mandy Crocker, Co-ordinator
UVic Speakers Bureau Program



THE UNIVERSITY OF BRITISH COLUMBIA

Pharmacists Clinic
Faculty of Pharmaceutical Sciences



Do you Experience Chronic Pain?

The Pharmacists Clinic at the UBC Faculty of Pharmaceutical Sciences invites you to learn more about chronic pain in an interactive group setting facilitated by a pharmacist.

Pharmacist-led Chronic Pain Group Appointments

- Bring together up to 10 people experiencing similar health issues to learn with and from each other
- Led by an expert pharmacist to help attendees learn about their health condition and treatment options
- Provide support through connection and discussion with others who have similar experiences
- Provide the opportunity for attendees to learn practical medication management strategies

2022 Session Details

Spring: Tuesdays from 11:00 AM - 12:00 PM

- Session 1: April 26
- Session 2: May 31
- Session 3: June 28

Fall: Wednesdays from 1:00 PM - 2:00 PM

- Session 1: September 14
- Session 2: October 5
- Session 3: November 9

This virtual event is offered at no cost to attendees. It is highly encouraged to keep your video on and attend all three sessions.

Please contact pharmacists.clinic@ubc.ca or call 604-827-2584 with any questions.

Register or view group appointments available for other health conditions at: <https://www.tinyurl.com/groupappointments>





INVITATION TO PARTICIPATE IN AN ANONYMOUS RESEARCH STUDY ON AGE AND CLIMATE CHANGE!

Participation involves answering various questions, on line or by phone, about your habits, lifestyle, activities of daily living, and your knowledge of climate change.

The survey takes approximately half an hour to complete and you may discontinue at any time simply by closing your browser , or verbally stating your wish to end it, if on the phone. If you stop prior to finishing it, your responses will not be recorded. You can also stop and return to finishing the survey at a later date.

Please click on the link below, or phone the number provided,
to access the survey questions.

https://uvic.ca/qualtrics.com/jfe/form/SV_0rCYDsXqlbX96Ie

250-361-6010

Maddy McHugh, BSc
Research Assistant
Supervised by Dr. Robert Gifford,
Environmental Psychologist
University of Victoria
maddy.mchugh98@gmail.com

This study has been reviewed and received ethics approval from the University of Victoria Research Ethics Board.





INVITATION

MEMBERS FORUM

Date: April 29, 2022

Time: 2:00-4:00pm, on Friday afternoon

Cost: Free – Please register to get Zoom link.

Session Topic: The Augmented Human: How Computers can Make Us Smarter (and Dumber).

Registration Link:

<https://www.eventbrite.ca/e/humanscomputers-interaction-tickets-308471946897>

Guest speaker: Miguel Nacenta, PhD

Associate Professor, Computer Science Department

Organizers: Margaret Klatt & Harry Kwok

Facilitator: Jane Birkbeck

The UVRA Members Forum is a social connector for retirees where topics of general interest are discussed and members with specific interests may find like-minded individuals to form sub-groups, if desired.



INVITATION

MEMBERS FORUM

Date: May 27, 2022

Time: 2:00-4:00pm, on Friday afternoon

Cost: Free – Please register to get Zoom link.

Session Topic: Conserving Energy One
Cubicle (or Home) at a Time

Registration Link:

<https://www.eventbrite.ca/e/conserving-energy-one-cubicle-or-home-at-a-time-tickets-312045846527>

Guest speaker: Rich McCue

Manager Libraries, Digital Scholarship, UVic

Organizers: Margaret Klatt & Harry Kwok

Facilitator: Jane Birkbeck

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**University
of Victoria**
Retirees
Association

AGING WELL: THE BRAIN – BODY CONNECTION

AN ELDER ACADEMY AND INSTITUTE ON AGING AND LIFELONG HEALTH (IALH) EVENT

Several factors influence our ability to age well. Some of these, such as genetics, are not under our control. Others, such as exercising regularly and taking care of our mental health, are modifiable. This series will examine the impact of physical activity on brain health as well as the impact technology can play in understanding and modifying behaviours. The presenters are all affiliated with the Institute on Aging and Lifelong Health at the University of Victoria, a research centre committed to promoting and conducting basic and applied research to improve the health and quality of life of individuals across the life course.

WHEN, WHERE, HOW MUCH?

DATES: Saturdays, May 7, 14, 21, June 4, 2022

TIME: 10:00am to Noon

WHERE: This will be a hybrid presentation using face-to-face and zoom. The in-person presentation will be at Cordova Bay Community Place, 5238 Cordova Bay Rd, Victoria, BC V8Y 2L2 (attached to Cordova Bay Elementary School). People attending in person will need to show proof of vaccination and personal identification.

COST: \$20.00 for the four sessions

May 7: “Exercise is Cerebrovascular Medicine for All Ages”

Presenter: Dr. Kurt Smith, Associate Professor, School of Exercise Science, Physical and Health Education, University of Victoria

May 14: “Digitize Your Exercise: How Digital Technologies Are Shaping How We Monitor, Prescribe and Augment Our Physical Activities”

Presenter: Dr. Yoah Sui, Post-Doctoral Fellow, School of Exercise Science, Physical and Health Education, University of Victoria

May 21: “Building Brain Resiliency and Healthy Aging: Positive Effects of Physical Activity and Concussions in the Aging Brain”

Presenters: Dr. Mauricio Garcia-Barrera, Associate Professor, Department of Psychology, University of Victoria and Ms. Stacey Horton, Actor, Dancer and Choreographer

June 4: “Interactions Between Physical Activity and Mental and Cognitive Health: What Do We Know and What Next?”

Presenter: Dr. Theone Paterson, Assistant Professor, Department of Psychology, University of Victoria

REGISTRATION AND PAYMENT

Registration & payment done through EventBrite.

Face-to-face: <https://www.eventbrite.ca/e/aging-well-tickets-312540696637>

Zoom: <https://www.eventbrite.ca/e/aging-well-tickets-312538831057>

Students attend free but need to register by emailing

UVRAElderAcademyevents@uvic.ca

Need to know more? Email UVRAElderAcademyevents@uvic.ca