



**University
of Victoria**

**Retirees
Association**

Office: R Hut , #108
In Institute on Aging and
Lifelong Health Building

NOTE: Office hours are
by appointment. Please
email UVRA to arrange.

Website: uvic.ca/retirees
Email: uvra@uvic.ca

Newsletter of the University of Victoria Retirees Association

**WINTER
2020**

Grey Matters!



Mount Denman, Desolation Sound Photo: Zulette Gordon

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News from the Board

John Anderson

The new year has started with a snowy wintery blast that caused the cancellation of our January Board meeting – hopefully the snow, winds and ice were just inconvenient for our many members. And talking of members: the Association now has more than 720 active members.

A notable event occurred this fall: the inaugural award of the UVRA Graduate Scholarship. More details on the recipient and the doctoral research program will be forthcoming.

The Board is presently working on the development of a second UVRA Graduate Scholarship.

The Elder Academy has been very active this year. This past fall saw three Elder Academies organized and presented with sessions on quality of life as you age; Canadian politics; and complementary medicine. The program continues into the new year with academies on sex, drugs and alcohol (January); living without oil (February & March), climate change anxiety (May) and nutrition (June).

News from the Board, Winter 2020

Continued

John Anderson

The Elder Academy program committee is now vigorously chaired by John Gunton working with dedicated committee members: David Docherty, Jane Birkbeck, Peggy Tally, Lou Schmidt and Dick Chappell. An advisory board has been formed and is chaired by Peter Liddell – it will generate ideas for future Elder Academies.

The annual Christmas lunch was very well attended again this past December. The sumptuous buffet lunch was followed by a captivating presentation by Miles Lowry, a local multifaceted artist of international acclaim who spoke of his work with the incorporation into his paintings of the ancient Ogham Alphabet of Ireland. His website is well worth a visit: www.mileslowry.ca.

A Board Retreat is being organized with the intent of identifying and articulating ideas and plans for our future activities and initiatives. The event is scheduled for February 19 at the University Club from 10:00 am to 3:00 pm. Board members and associates will be attending and the outcome of these discussions will be reported in the Spring newsletter.

In this edition of the newsletter is a report from our national association – College and University Retirees Associations Canada (CURAC) – providing an overview of the current status of medication management for seniors in Canada.

The UVRA membership was once again very generous in this year's United Way campaign. The total contribution this year was \$37 829.

So, 2020 is certainly looking like another good and active year for the Association.

John Anderson

ELDER ACADEMY SCHEDULE OF EVENTS TO JUNE 30, 2020

February 2020: "Living Without Oil?", Part One

March 2020: "Living Without Oil?", Part Two

May 2020: "Climate Change Anxiety"

June 2020: "Nutrition 2"

EDITOR'S NOTES

This edition's travel article will leave you marveling at the majesty and beauty of our own North end of Vancouver Island. Zulette Gordon took a trip there in the Fall of 2019 in a 138 feet expedition catamaran. She regales us with information and pictures of the scenery and the marine life they encountered on their trip from Port McNeill to Nanaimo.

Given the time and money one spends going to the gym, David Docherty 34th article titled "Getting the Most out of Going to the Gym" will be put to good use by gym goers. It may even entice those not going to the gym to rethink their decision now that they know what to do to maximize the result of each visit.

Melvin Klassen's article is a **must-read** for users of WiFi in public places. He also provides information about online banking and using WiFi at UVic and when traveling.

CURAC's article on "Medication and Older Persons" provides well researched useful information for people taking prescribed medicine. It discussed their benefits, risks, and how the changes occurring in our bodies as we age are instrumental in affecting the effects of some of the prescribed medications many older persons take.

In February and March this year, Elder Academy – the name given to educational events presented by UVRA, which are open to the public – is pleased to present an 8 parts series on "Living Without Oil?". Its organizer, John Gunton, PhD, a retired geologist, has masterfully gathered a group of outstanding experts on alternatives to fossil fuel. Posters for each of the February and March presentations are on pages 21 & 22.

A big thank you to John Schofield for having heeded our president's call to submit news of members' activities. Please do submit your news about books and articles you have or are presently writing or reading; on sport (competitive or just for fun) you enjoy; on the trips you have taken, or the garden you cultivate (with pictures) and so on. Maybe you would like to meet like-minded persons for coffee or for a walk or to attend a particular event. Or you may want to suggest some articles and/or information you would like to see be offered in *Grey Matters!*

Lou Schmidt and the Editing Team



March 24, 2020 is deadline for submissions for Spring newsletter

UVRA New Members, January 2020

BURGAR, Sheila	English
CRANE, Cheryl	Law
KEELER, Richard	Physics & Astronomy
KING, Richard	Pacific & Asian Studies
PARSONS, Joseph	LTSI
PULEZ, Rosemary	Chemistry

UPCOMING FREE UVIC EVENTS

IdeaFest 2020

will be held from **March 2-7** this year. To download the Schedule of events, please click on:

<https://www.uvic.ca/ideafest2020/>

Mearns Centre for Learning, McPherson Library, Digital Scholarship Commons

Technologies evolve. Data decay. How much outdated technology is in your closet or on your computer? Explore the precarity of digital products and the task of preserving your digital history through a series of four short talks from UVic's digital preservation experts. Then stay on for the Antique Data Roadshow, where you can consult an expert on the digital technologies you're using and how best to protect your data, from family photos to research projects. (Source: IdeaFest)

March 3, 2020 from noon to 2pm

UVRA Scholarship Fund

**PLEASE CONSIDER PROVIDING A
DONATION TO OUR
SCHOLARSHIP FUND**



The UVRA Graduate Scholarship was developed with the intention of helping graduate students pursue their goal of conducting research on the many factors influencing 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 a graduate student whose research project investigates the impact of aerobic exercise on cognitive decline. More details on the recipient and the doctoral research program will be forthcoming.

For its first endowment scholarship, UVRA matched the donors' donations dollar for dollar. We are presently working on the creation of a second graduate scholarship and the Association will, once again, match contributions from members of the UVRA.

You are strongly urged to contribute to this worthy initiative which will have long term positive effects on furthering the research on aging.

To contribute simply click on this link:

<https://extrweb.uvic.ca/donate-online/UVRA>

**REMEMBER:
THE ASSOCIATION WILL MATCH YOUR CONTRIBUTION
YIELDING A DOUBLING OF YOUR CONTRIBUTION.**

NATURE CRUISE THROUGH THE NORTH END OF VANCOUVER ISLAND

Zulette Gordon

Oct 21 to 27, 2019

Day 1

Cascadia is Maple Leaf Adventures new ship, a small [138 feet] expedition catamaran that has 12 ensuite cabins for 24 passengers and cabins for 10 local crew members. I joined Cascadia in Port McNeill, at the north end of the Island. This is her inaugural season. Full Disclosure: Maple Leaf Adventures is owned by my daughter and son-in-law.

We will be sailing through the Broughton Archipelago and Desolation Sound looking for wildlife, on our way to Nanaimo. To get there, I had to fly from Victoria to Vancouver, Vancouver to Port Hardy, and take a taxi shuttle to Port McNeill.

In the Victoria airport I met 7 guests from various areas of the US. They are travelling together and are great fun.

The new ship is lovely, even if the weather is not the best, but the weather improved in the afternoon. We expect a whale researcher on board very soon, to lead us to some whales.

Jackie Hildering, of the Marine Education and Research Society was wonderful. She found lots of Humpback whales for us to see and a few of them were feeding with a style new to us called trap feeding. The whales stay stationary and open their mouths and have the diving birds force the fish into their jaws. The currents in this area are so strong that bubble netting does not work. She will give another talk in the morning.

Trap feeding.



NATURE CRUISE THROUGH THE NORTH END OF VANCOUVER ISLAND

Continued

Zulette Gordon

We saw two bears on beaches: first a black bear and then a grizzly bear.

After dinner we all, guests and crew, talked about our backgrounds and Maple Leaf trips. One couple brought 5 more friends with them. They enjoyed two trips on the two other Maple Leaf ships already.

We had a great day, even if it started very early.

Waiting in the lounge



NATURE CRUISE THROUGH THE NORTH END OF VANCOUVER ISLAND

Continued

Zulette Gordon

Day 2:

Today we had a wonderful talk and photo presentation by Jackie about the life under the sea in this rich northern area, from the smallest krill to the largest whales. It was very interesting. Then we went whale watching in the Discovery Islands. We saw a number but did not see any breaching or tail slapping today. The sun came out, but it is still cool. It is October, after all.



One of the guests, Bob, is 90! I want to be like him when I grow up. And I found out this evening, that there is a lady who is 85, so, at 79, I am not even the second oldest.

This afternoon, we went on a tour of Port Neville inlet in the ship's tenders, looking for First Nations petroglyphs, but we were not able to find them. So, we were late back to this ship and had a latish dinner. We zoomed home, and it was fast and I practically froze.

NATURE CRUISE THROUGH THE NORTH END OF VANCOUVER ISLAND

Continued

Zulette Gordon

Day 3

We had a great talk by the Expedition Leader (naturalist), Phil, about the animals on the coast. After an early lunch, the group took off in the two tenders for exploration up Phillips Arm. Since it was going to be a long one, I chickened out.

They were out for three hours and found bear tracks and scat but no bears.

Here is a picture of one of the tenders landing, being helped by the one of the naturalists.



NATURE CRUISE THROUGH THE NORTH END OF VANCOUVER ISLAND

Continued

Zulette Gordon

After a pit stop back at the boat, they were out again in the tenders and on the way back when 3 orcas swam by. They entertained us all for half an hour, but made dinner late!



This evening, we are getting a talk by one of the crew, Simon, who belongs to the Sea Shepherd Society.

Day 4

We are halfway through the trip. Today is cloudy and rainy. We had a talk about First Nations on the coast, by Phil, Expedition Leader. Very nicely done.

After lunch, the group took off for two river estuaries, but it is cold and windy so I stayed on ship. They saw a group of bald eagles, one adult and two juveniles. I did get some deck walking done.

We anchored up the Bute inlet for the afternoon.

Day 5

After dinner last night we repositioned out of Bute Inlet. It is large inlet and it got quite rough and wavy - not the best to sleep through. However, we motored all evening and arrived at the Rendezvous Islands to anchor about midnight with a great noise from the engines, as I was just going to sleep. Fortunately, I had made it up to the lounge with my cup of tea when the anchor went down, but some people didn't sleep through that. We usually anchor before dinner, so don't have that problem being awakened.



On our walk.

Notice the lovely fall foliage in the ferns.



Day 6

We have a beautiful sunny day in Desolation Sound, and it is really as beautiful as advertised. This picture was taken while we were on Cascadia.



One of the crew took the photo with his drone. All rules for safe and legal drones were adhered to.

So far this morning, we have seen 3 or 4 Humpback whales and 2 Stellar sea lions came over to check us out. They left in disgust when they found we were not fishing.



Before lunch, we came to Mitlenatch Island to see the sea lions basking in the sun. We also saw 4 more Humpback whales off the island.

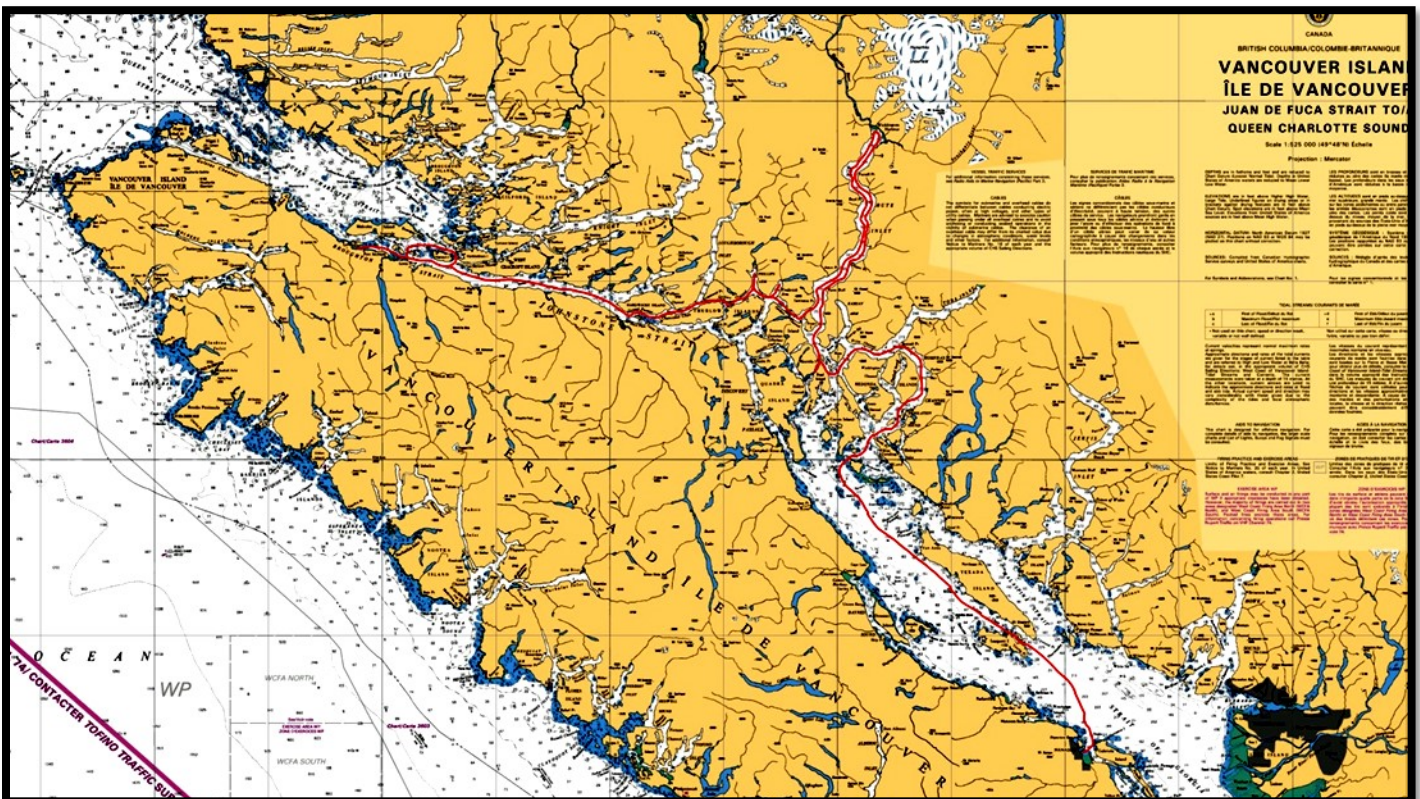
NATURE CRUISE THROUGH THE NORTH END OF VANCOUVER ISLAND

Continued

Zulette Gordon

In the afternoon, we motored down the Salish Sea to anchor in a small island near Texada Island, to make a short run to Nanaimo in the morning.

The red line traces our route:



We had a wonderful farewell dinner that had 6 courses! I had just a taste of each course, including dessert.

After dinner, we had a fabulous video of the trip, and I can hardly wait to see it again.

NATURE CRUISE THROUGH THE NORTH END OF VANCOUVER ISLAND

Continued

Zulette Gordon

Day 7

We had a short cruise into Nanaimo to disembark around noon.

We all agreed, the best dessert on the cruise was the creme brûlée we had near the beginning of the cruise, and we ordered it for breakfast today, but we didn't get it. We got the usual wonderful farewell brunch of Eggs Benedict with smoked salmon.

But here is another fantastic dessert we had:



Note 1: The last photo was taken by me. The rest of the photos were taken by crew members Philip Stone and Simon Ager, and the map by Maple Leaf Adventures.

Note 2: Maple Leaf Adventures also has other trips around Vancouver Island and to the Great Bear Rainforest, Haida Gwaii, and Alaska.

Zulette Gordon

Physical Activity and Wellness Corner #34

Getting the Most Out of Going to the Gym

David Docherty

Many of us go to the gym as part of our fitness regimen. The article in this edition addresses how to get the most of the visit to the gym in a time efficient way based on what I have extracted from research as well as my own experiences. I try to get to the gym 5 days a week but you can get a lot of benefit from 3 times a week or even once as long as you combine it with other forms of physical activity.

The two aspects of fitness that can be really accomplished in going to a gym are cardiovascular or aerobic fitness and strength. Both are very important, especially as we get older. If you have not been to a gym very often the usual caution of start slowly and build up still applies. Any time we do a new activity or exercise we have not done before or for a long time will probably produce some residual soreness or stiffness. Most gyms have someone who is qualified to give advice and help you structure a program to fit your needs. It is also possible to hire a personal trainer who can help get you started in the right direction and safely. They may not agree with some of the recommendations I am including below but I am confident the information I am sharing is based on the most recent research. However, there are many ways to achieve effective outcomes but I am focussing on an efficient and evidence-based research approach.

The term "workout" is used in most contexts of a prescribed exercise routine. Most workouts should be accomplished in about 60 minutes. I structure my own workouts in three parts starting with a warm up to raise "core" or body temperature that leads into the aerobic/ cardiovascular part of the work out. Typically this is best done on some form of exercise machine such as a stationary bike, rowing machine or treadmill. Starting fairly slowly the intensity or effort should build for 5 minutes until you feel warm or break into a light sweat. You now have a choice of working for 20 minutes at a steady pace that you are able to maintain (i.e. able to converse and maintain a regular breathing pattern) or do some form of high intensity interval training (HIIT) which I have discussed in detail in other articles. I do a variety of HIIT workouts varying the work and active recovery intervals to give a little variety to the workout. If working out on a daily basis, it is often advised to alternate a steady state workout with some form of HIIT. This should be followed by a cool down for the last 5 minutes of the 30 minute aerobic part of the workout. You might want to increase the work part of the aerobic work out and decrease the cool down if doing HIIT because the active recovery is built into the regimen.

The second part of the workout for the next 20 minutes will include some form of resistance or strength training. Most gyms have a variety of weights as the resistance. The safest form is the stacked machines that are easily set with the pin and generally safe.

Physical Activity and Wellness Corner #34

Getting the Most Out of Going to the Gym

Continued

David Docherty

They usually include some direction on what muscles are being exercised as well as how to perform the exercise. The other option is using “free” weights which usually require some knowledge or instruction in what to do and how to do it safely. If you choose free weights you should solicit some guidance from a “qualified” instructor. The research suggests both are equally effective in increasing strength. Now for the controversial part. A very comprehensive review on evidence-based recommendations suggests that one set of an exercise once per week can produce significant gains in strength and muscle size! The caveat is that the set should be about 10-12 repetitions and be performed until fatigue or muscle failure! I generally do two sets with a slightly lower resistance for the first set which is essentially preparing the muscle for the more challenging effort.

Another controversial issue is the length of rest between sets. The common practice is 2-3 minutes but I suggest 20-30 seconds is more efficient and just as effective. Traditionally most programs use anywhere from 3 to 10 sets so the one set is really a departure from what I see as common practice. By all means do a minimum of three sets if this is your usual practice but I suggest you at least try the one set approach or reduce your recovery between sets and see if it works for you. You should be able to do 3-5 different exercises in the 20 minute period. So depending on how often you work out you should be able to target most major muscle groups in a week and some more than once. I would advocate you try to include some form of abdominal or “core” exercise at least once per week.

The third part of the workout is the last 5-10 minutes that involves cooling down and stretching. I have discussed different stretching techniques in a previous article. Remember flexibility is best developed at the end of the workout and using some form of held stretch for at least 20 seconds. We all appreciate that flexibility is important in performing daily activities and should be included in any exercise regimen.

And there you have it. A full workout covering the essential fitness components in 60 minutes.

David Docherty, Ph.D.

Professor Emeritus,
School of Exercise Science,
Physical and Health Education.



BITS AND BYTES

A few bits about WiFi access

Melvin Klassen

Navigation

The “Internet Superhighway” can be compared to the roads and highways used by vehicles and bicycles. Like the intersection of two roads, where you decide whether to turn left, or turn right, or not to turn at all, your computer’s “packets” of Internet traffic go through various “router” computers that decide how to forward your packets to its destination, and how to return the response packets to your computer.

As you drive your vehicle, you must trust that each segment of a road between two intersections is somehow “secure” – no unreported sink-holes, no gangs of thieves on horses trying to ambush your stagecoach, and no false signage. [Many people have seen a movie set in the World War II years, where resistance fighters changed the directional signs at intersections, in order to confuse the enemy.] Similarly, on your computer, you must trust that each segment between two routers on the Internet is “secure” – no “eavesdropping” of your packets, and no false signage.

If you wish to use the roads, or the Internet, you must trust that there are no “bad actors” trying to intercept or mislead you or your computer’s packets of information.

Using a WiFi connection

When you wish to make a wireless connection from your device (mobile phone, notebook, or tablet) your computer must connect to a specialized router that is called an “Access Point”.

This Access Point could be in your home, either as a physically-separate “wireless router”, or some components inside your Shaw cable-modem, or some components inside your Telus network adapter. Each Access Point is configured to broadcast a “SSID” (Service Set Identifier) – the technical term for the name of your wireless network. In your home, if you tell your device to “browse” for SSIDs that are in range of your device, you may see other SSIDs in your neighbourhood. If you do not want any neighbour to connect their device to your SSID, you need to set a password for your network, and you must not tell that password to your neighbour, to define your own “secure” network – avoiding it being an “open” network.

But, if you take your device to a public location, such as a “Food Court” in a mall, and then “browse” for SSIDs, you will find that each store has its own Access Point on their own

BITS AND BYTES

A few bits about WiFi access

Continued

Melvin Klassen

wireless network. [They probably use their network for wireless communications with their cash-registers and/or their credit-card reader and their corporate office to process "loyalty cards".]

At that public location, you may also find two specific SSIDs, namely "ShawOpen" and "#Telus". You must trust that the "ShawOpen" SSID really was created by the Shaw Communications General Partnership, not some "rogue" actor, mimicking that SSID. Similarly, you must trust that the "#Telus" network was created by Telus. A hint: if either network asks you to enter your ID and your password, deliberately enter incorrect, but plausible, values, e.g., HarryPotter@HogwartsSchool.uk, just to see what the response you get. If you get a "successful login" message, then you are communicating with a "rogue" Access Point, not to the Shaw or Telus networks. Record your location, and date/time, and be a "whistle-blower", by informing Shaw or Telus.

Using a "non-secure" WiFi network

If your device finds an SSID that displays as a "non-secure" network, then you may still connect to it, but you should have the expectation that every character that you send will not be encrypted between your computer and that Access Point, and thus may be "sniffed" by some device connected to the same Access Point.. If all you are doing is a YouTube search for "swimming cats", the absence of a "secure" connection to that Access Point is not an issue, unless you are doing the search via your employer's computer, in your employer's office, while you should be productively working for your employer.

However, note that the YouTube web-site has the same encryption policy as the Canadian banks -- your computer encrypts the string text "swimming cats" before sending the packets, and the YouTube web-site decrypts the packets. Many other web-sites automatically use the same encryption/decryption policy, e.g., Google, CBC, Staples, and UVic. A few web-sites, e.g., www.sifd.ca, are "display-only" -- all they do is display information -- your device does not send any personal information to that class of web-sites.

Note that any device using current software (MacOS, Windows 10, Apple IOS, ChromeOS) has built-in software protection that monitors, and usually "blocks", all incoming packets that are not "response" packets to something that you sent, e.g., a response after you send the string "swimming cats" to YouTube. So, your connection to a "non-secure" network does not open-up your computer to attacks originating somewhere on the Internet.

BITS AND BYTES

A few bits about WiFi access

Continued

Melvin Klassen

A password for a system such as "Starbucks Free WiFi", that is posted on their wall, is definitely not a "secure" password. [If Starbucks uses "best practices", they will not use that password anywhere else, e.g., not as a password for their Twitter account]. Use that password to connect your device to their Access Point, but you should check that the completed connection shows as "secured".

Securing your Access Point

By your action of using the "default" SSID (labelled on the side of the Shaw or Telus devices), your computer's "packets" will be encrypted before leaving your computer, and decrypted by the Access Point. So, any rogue actor that is trying to "sniff" your wireless transmission will be unable to decrypt whatever information (including an ID and password) that is in the "ether". If you configure your own Access Point on your own wireless router, be sure to choose to select the option that will encrypt your packets, to create a "secure" connection.

Is online banking secure?

Canadian banks are very concerned about providing a "secure" connection between your device and their online-banking system. When you open the bank's web-site on your computer, your computer will automatically encrypt your ID/password, before it is sent to the wireless hardware INSIDE your computer. Then, your wireless hardware will re-encrypt the packet, before communicating with the Access Point. When the packet arrives at the bank's web-server, it will be decrypted at that time. The information created by the bank's web-server, e.g., your monthly statement, will be encrypted before being sent, over the Internet, to your computer. Thus, this end-to-end connection is especially secure.

Always be aware of an E-mail message that tells you to click a hyperlink to access "your" bank. The hyperlink was maliciously-crafted to be a "spoof" of your bank's web-site. If something does not look perfectly correct on that "spoof" web-site, e.g., bad spelling/grammar, or an "X" where an image should be placed, close your web-browser. You may wish to contact your bank, to be a "whistle-blower" to the bank's "Information Security Office". Not to be lazy, but note that if you do not contact your bank, it's quite possible that somebody with more computer-skills may have already done the "whistle-blowing", and may have provided complete details to the bank, and also to the Service Provider where the "spoof" web-pages are stored.

BITS AND BYTES

A few bits about WiFi access

Continued

Melvin Klassen

WiFi at UVic

Recently, UVic has made some policy-related changes to its wireless services. The SSID of “UVic” is now restricted to **current** students and faculty and staff. Access to this network by UVic Retirees has been removed. However, the SSID of “UVicStart” offers “guest” access to any wireless device physically present on the UVic campus – not just retirees. Connect your device to this SSID, and enter any E-mail ID that you can access. A “verification” message will be sent to your ID. Login, using the “WebMail” service provided by your Service Provider, e.g., <https://mail.google.com> or <https://webmail.shaw.ca> or <https://webmail.telus.net> and open that message. Click on the hyperlink in the message, to receive authorization to use the UVicStart network for 120 minutes.

Reference: *Connect to the UVicGuest Wi-Fi service*

<https://www.uvic.ca/systems/support/internettelephone/wireless/connect-guestwireless.php>

WiFi when travelling

There is a world-wide consortium named “eduroam”. It allows users at many educational institutions, including UVic, to submit those credentials (NetLink-ID/passphrase) at any other participating institution. In the past, I have accessed this network at the Arlanda International Airport, in Sweden, and at the Aberdeen Hospital (on Hillside Avenue – site of some previous UVRA Elder Academy events). But, at this writing, UVic is blocking UVic Retirees from authenticating to this service. The eduroam maps indicate that the major hospitals in Greater Victoria are participants. It is unfortunate that this service is not currently available.

So, when travelling, if you cannot access “eduroam”, be careful to connect only to an SSID that shows the “secure” icon.

Melvin Klassen





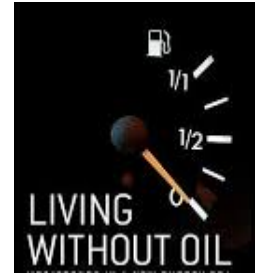
University of Victoria

Retirees Association

LIVING WITHOUT OIL?

PART ONE

AN ELDER ACADEMY EVENT



Is it possible to live without oil? This two-parts series looks at the current state of possible energy replacement technologies. In Part One, the probability of an oil-free future is examined with experts from the University of Victoria Institute for Integrated Systems (IESVic), the Canadian Nuclear Association (CNA), and Ballard Power Systems. They will be discussing hydrogen and fuel cells; SMRS (Small Modular Reactors); wind turbines, and wave supplied power. Part Two, in March 2020, completes the review of available technologies with the help of presenters from BC Hydro and IESVic. The event ends with a panel discussion.



WHEN, WHERE, HOW MUCH?

DATES: Saturdays, February 8, 15, 22, 29, 2020

TIME: 10:00am to noon

WHERE: University of Victoria, David Turpin Building, Room A110

COST: \$20.00 for the four sessions.

FEB 8: **“The Role of Hydrogen and the Fuel Cell in Future Energy Supply”**,

Presenter: Nicolas Pocard, Ballard

FEB 15: **“Nuclear Revisited – Canadian SMRs (Small Modular Reactors)”**,

Presenter: John Stewart, CNA

FEB 22: **“Developments in Wind Turbines: Offshore vs Terrestrial”**,

Presenter: Dr. Curran Crawford, IESVic.

FEB 29: **“Cleaning BC: Wave Supplied Power in a Low-Carbon Energy System”**

Presenter: Dr. Brad Buckham, IESVic

REGISTRATION AND PAYMENT



Registration and credit-card payment done through EventBrite.

<https://www.eventbrite.ca/e/oil-part-one-tickets-85417396733>

Students attend free but, to secure a space, they must register by emailing uvraevents@uvic.ca



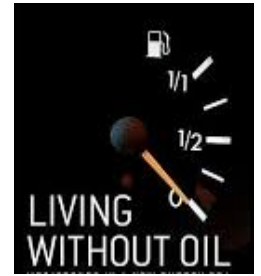
University of Victoria

Retirees Association

LIVING WITHOUT OIL?

PART 2

AN ELDER ACADEMY EVENT



In Part Two, of “Living Without Oil?”, we learn of BC Hydro’s plans to meet the future electrical demand in BC. Then Dr. Tom Tiedje from the University of Victoria Institute for Integrated Systems (IESVic) will discuss the cost and limiting efficiency of silicon solar panels. Our last technology discussion will look at the challenge associated with the development of commercial electrical storage. The “Living Without Oil?” event concludes with a summary and discussion by a moderated panel of experts from UVic’s Institute for Integrated Energy Systems (IESVic).

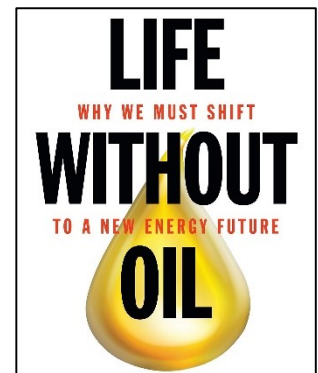
WHEN, WHERE, HOW MUCH?

DATES: Saturdays, March 7, 14, 21, 28, 2020

TIME: 10:00am to noon

WHERE: University of Victoria, David Turpin Building, Room A110

COST: \$20.00 for the four sessions.



MAR 7: “Are Big Hydro and Run of River Resources Maximised?”

Presenter: Heather Matthews, BC Hydro

MAR 14: “Solar: Cost and limiting Efficiency of Silicon Solar Panels”,

Presenter: Dr. Tom Tiedje, IESVic.

MAR 21: “Energy Storage and Electrification”

Presenter: Dr. Andrew Rowe, IESVic

MAR 28: “Series Summary & Panel Discussion”

Moderator: Dr. Chris Kennedy, IESVic

Panelists from IESVic: Dr. Madeline McPherson, Dr. Katya Rhodes, Dr. Robert Gifford

REGISTRATION AND PAYMENT

Registration and credit-card payment done through EventBrite.

<https://www.eventbrite.ca/e/oil-part-two-tickets-85419466925>

Students attend free but, to secure a space, they must pre-register by emailing

uvraevents@uvic.ca

INVITATION FROM THE INSTITUTE ON AGING AND LIFELONG HEALTH



Are you interested in participating in a study examining health in older adulthood?

We have developed a phone app and are seeking participants to take part in a study using this tool.

Am I eligible?

- ✓ Age 65 - 75
- ✓ Have not been diagnosed with any kind of memory impairment

What does the study entail?

- A brief (20 minute) telephone screening interview
- Attending two in-person sessions at the Institute on Aging and Lifelong Health (IALH) at UVic
- For 2 weeks, you will complete short surveys and brain games throughout the day using a mobile phone
- You will wear a Fitbit on your wrist and measure your own blood pressure twice per day
- *All devices will be provided for use during the study*



You will receive \$75.00 (cash) as a gesture of appreciation for participation

Email:
ilife01@uvic.ca

Telephone:
250-472-4862

How can I participate?

Please email or call the iLifespan lab to learn more about the study and to determine your eligibility.

Study recruitment is ongoing through 2020

College and University Retiree Associations of Canada (CURAC)

Medications and Older Persons (January 2020)

The Issue:

This Bulletin has been prepared for the benefit of CURAC members who are using prescribed medications. It encourages proactive medication management to help keep seniors healthy by using a preventative approach. We describe risk factors and current practices designed to avoid inappropriate prescription practices. While changing prescribing practices to reduce the use of potentially inappropriate medications is a complex health system problem, public awareness is key. This will be the case especially if national pharmacare comes to Canada. National pharmacare is expected to improve the health status of all persons and particularly the older cohort of our society, but not if they receive drugs they don't need. We also note that nonpharmacological strategies for controlling health challenges that are often treated with medication are underutilized, i.e., exercise, nutrition, counselling.

The Problem:

Medication safety should be a health priority for seniors. A risky medication is a drug that may do more harm than good by causing harmful effects, including falls, fractures, memory problems, hospitalizations, kidney failure and mortality. There is reason to believe greater caution in the use of medications should be exercised. The risky medications are identified in Beers criteria for potentially inappropriate medication use in older adults (1). The medications listed tend to cause side effects in seniors due to the physiologic changes of aging. It was estimated that drugs defined as potentially inappropriate for use by seniors were used to the extent they cost \$419 million (or \$75 per Canadian senior) in 2013, and nearly half of seniors had at least one claim for a drug on the Beers list in 2016 (2). Additionally, when people take many medications it is highly unlikely that appropriately controlled trials have been done to examine whether people are better or worse off if a new drug is added to an existing set of medications (3). Polypharmacy is the use of multiple medications at the same time by one person. There are appropriate medication choices for the elderly patient with multiple chronic diseases. However, polypharmacy can be a potential problem if the medications (and over-the-counter remedies, alcohol, vitamins, herbs and other food supplements) interact to increase, decrease or cancel the positive or negative effects of different drugs. Research shows that adverse effects from medications occur in 58% of people using five medications (4).

College and University Retiree Associations of Canada (CURAC)

Medications and Older Persons (January 2020)

Continued

Medications and Our Aging Bodies:

The number of normally functioning cells in our organs decreases markedly as the body ages and chronic diseases impair organ function. Medications are absorbed, distributed throughout the body via the bloodstream, broken down in the liver, kidneys and other organs, and excreted primarily through the urine and feces. As we grow older, the dose of drugs should be reduced generally.

As we age, our body changes (5).

- The brain becomes more sensitive to drug effects. The effects of medications on the brain may also last longer.
- Some medications stay longer in our body because we have less muscle and more body fat. These changes may alter how drugs are distributed within the body.
- The liver becomes less efficient at eliminating some medications, as liver size decreases as we grow older. This may lead to increased interactions when taking multiple medications.
- The kidneys may remove medications from the body less efficiently, causing greater accumulation with chronic drug therapy.
- There are both sex changes and body composition changes that may affect where drugs are located in the body after a dose.

When types of medication are potentially inappropriate for older persons, alternative pharmacological or nonpharmacological therapies should be sought (6). When too many medications are taken, deprescribing is an underutilized solution. Deprescribing is a planned and supervised process of dose reduction or stopping the use of drugs that have a high risk:benefit ratio; they are not sufficiently beneficial when compared to the risk of causing harm. Deprescribing is most effective when healthcare providers reinforce the message during repeated visits.

The goals of the Canadian Deprescribing Network are to (7):

- Eliminate the use of risky medications for Canadian seniors
- Ensure access to safer drug and non-drug therapies

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Medications and Older Persons (January 2020)

Continued

The Canadian Deprescribing Network provides pamphlets, articles and other resources for the public on their website, <https://www.deprescribingnetwork.ca/patients-and-public>. For the D-PRESCRIBE trial in Quebec, pharmacists sent an educational brochure to the patient and a pharmaceutical opinion to the physician and this resulted in a greater discontinuation of inappropriate prescriptions compared to usual care (8).

Drug Routines and Capabilities:

Drug routines and capabilities are key elements in safe and effective use of prescription or over the counter medications at any age but particularly as we age.

- Organizational capabilities are needed to safely sustain daily or weekly dosage levels. Blister packs prepared by your pharmacist or dosettes prepared at home can help.
- Cognitive capabilities are needed to ensure that medications are taken on time. A partner or helper can prompt you to take medications at the right time and in the desired sequence.
- Mental capabilities are needed to choose non-prescription products that will not be harmful.
- Physical capabilities are needed to open and store pill containers and retrieve pills when needed.

A medication policy can alert funders of support services to include funds for professional services to enable older adults to set up daily routines and safety plans associated with medication management.

Success Stories:

SaferMedsNL brought together patient advocates, community organizations, healthcare professionals and academic researchers, to improve medication use through deprescribing potentially harmful or unnecessary medications (9). As a province, Newfoundland and Labrador has a high rate of misusing potentially harmful medications, including antibiotics, sleeping pills, painkillers and medications used for heartburn and reflux.

SaferMedsNL personnel tour the province and engage in conversations with people in the communities to raise awareness and to empower people to ask their health-care provider if the medication they are using, or that of a loved one, is still needed.

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Continued

In its analysis of safe and inappropriate medication practices, the SaferMedsNL initiative focused on proton pump inhibitors in year 1, benzodiazepines in year 2 and opioids in year 3 (10). Proton pump inhibitors, such as those used for heartburn, are commonly indicated for short-term use (11). Patients using benzodiazepines are at risk of daytime drowsiness, confusion, memory loss, depression, falls and fractures, and motor vehicle accidents, therefore seniors' use of these medications should be limited (12).

Challenges:

Pharmacare is a system of health insurance coverage that provides people with access to necessary prescription drugs. Deprescribing superfluous drugs and avoiding unnecessary polypharmacy in the elderly are two issues that need to be addressed before benefits of a national pharmacare program would be realized (13). Informed literate patients and their families could participate in drug therapy decisions if they know the questions to ask and how to find answers. Prescription drug information is usually embedded in the prescribers' Electronic Medical Record system, but these systems have a limited potential to identify clinically significant drug-drug interactions and considerable probability for triggering spurious alerts (14). Many Canadians do not have a family doctor so there may not be anyone who can advise and monitor their health over time. Non-adherence to doctor's prescription recommendations is also a serious problem that should be monitored, with patients, their families, doctors and pharmacists working to ensure adherence.

Concluding Message:

The greatest danger in inappropriate use of drugs, especially those that impair brain function, is the premature loss of independence, with reduction in ability to perform activities of daily living and the risk of institutionalization. The Beers criteria provides a generally effective strategy for reducing adverse drug events in the older patient population. Grace Paterson, Chair, Health Care Policy Committee, CURAC-ARUCC (grace.paterson@dal.ca) (Committee members: Linda Kealey, UNB; Ken Craig, UBC; Don Dennie, Laurentian University; Michel Tousignant, UQAM; Daniel Sitar, UManitoba; Donna Meagher-Stewart, Dalhousie; Thomas Wilson, USASK)

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Medications and Older Persons (January 2020)

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MEMBERS' CORNER

News of Members' Activities

Following up on the President's appeal in the latest Grey Matters for news of members' activities, here are my recent publications:

1. **STICKY WICKET**, Over 150 Years of Cricket on Vancouver Island, Northwind Ink, Victoria, BC, 2019, 178 pages.

The first in-depth record and analysis of a largely overlooked part of the island's social history. Available through Amazon at <https://www.amazon.ca/dp/1999111400/>, from the author at jas@uvic.ca, and, at Munro's, Ivy's and Bolen's Bookstores.

Net proceeds to the Victoria and District Cricket Association.

2. **COST-BENEFIT ANALYSIS IN URBAN AND REGIONAL PLANNING**, Routledge, London and New York, 2018, 249 pages.

First published by Allen and Unwin in 1987, this reference book has been re-issued as Volume 20 in the Routledge Library Editions series.

3. **'Geriatric Cricket in the Canadian Rainforest'**

The Nightwatchman, Wisden Cricket Quarterly, Volume 16, Winter 2016, pp. 53-57.

Tongue-in-cheek look at Over-40s cricket on Vancouver Island.

John Schofield

Professor Emeritus Economics and Former Dean of Social Sciences

MEMBERS' CORNER

WORDS AND PHRASES OF YESTERYEARS

Hunky Dory

Don't touch that dial

Carbon copy

You sound like a broken record

Hung out to dry.

Heavens to Betsy!

Jumping Jehosaphat!

Holy Moley!

in like Flynn

living the life of Riley

nincompoop

Not for all the tea in China!

Swell – which has gone the way of beehives, page-boy, spats, knickers, fedoras, poodle skirts, dapper, saddle shoes, and pedal pushers

Kilroy was here

I'll be a monkey's uncle!

This is a fine kettle of fish.

Knee high to a grasshopper.

Fiddlesticks

Don't take any wooden nickels

Wake up and smell the roses.

AND,

See you later, alligator! To which one answered ...

THE CAT'S
MEOW



INVITATION

In you would like to join us to discuss Yuval Noah Harari's **"21 Lessons for the 21st Century"** timely and thought provoking book, please contact uvra@uvic.ca

A critical review of this book can be read at:

<https://www.bethinking.org/worldviews/21-lessons-for-the-21st-century-critical-review>

