

Aging Better Together: Collaborating to Improve Outcomes Across British Columbia Symposium

Detailed Program Agenda

All sessions will occur in the Great Hall of the AMS Student Nest building on the UBC Vancouver campus, located at 6133 University Blvd, Vancouver, BC

Day 1: November 19th, 2023

8:00-8:30 am – Registration and breakfast

8:30-9:00 am – Land acknowledgement and Opening remarks

- **Land acknowledgement - Marny Point** | Musqueam | PhD student, Language & Literacy Education; Program Instructor, NITEP; Instructor, First Nations and Endangered Languages Program, University of British Columbia
 - **Introductions and Welcome - Michael Kobor**, Director, Edwin S.H. Leong Centre for Healthy Aging, University of British Columbia; Edwin S.H. Leong Chair in Healthy Aging – A UBC President's Excellence Chair
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9:00-10:00 am – Keynote lecture - Parminder Raina, Professor, McMaster University; Canada Research Chair in Geroscience; Lead Principal Investigator, Canadian Longitudinal Study on Aging. Moderated by Michael Kobor
Title: Portrait of healthy aging: Challenges and opportunities for research on aging

10:00-10:15 am – Break

10:15 am-12:00 pm – Faculty presentations on *The Determinants of Healthy Aging, including Biological, Environmental, Social and Cultural Determinants*.

- 10:15 am - **Helen Tremlett**, Professor, Department of Medicine, University of British Columbia
Title: The multiple sclerosis (MS) prodrome in older persons. How does age affect the earliest manifestations of MS and what are the implications for disease prevention?
- 10:40 am - **Teresa Pauly**, Assistant Professor, Gerontology, Simon Fraser University
Title: In it together: On the role of relationship transitions for couple concordance in health and well-being
- 11:05 am - **Eshan Karim**, Assistant Professor, School of Population and Public Health, University of British Columbia
Title: Determinants of healthy aging: The influence of race, sex, and early smoking onset – A two-decade analysis from NHANES data
- 11:30 am - **Jennifer Jakobi**, Professor, School of Health and Exercise Sciences, University of British Columbia – Okanagan

Title: What does it mean for you? Choosing to empower aging in place

12:00-1:15 pm – Lunch and Poster Presentation Session/ Sponsor Exhibits (see list of presentations starting on page 5)

1:15-3:10 pm – Trainee Presentations Session 1. Moderated by Lily Ren

- 1:15 pm **Jennifer Ferris**, Postdoctoral Fellow, Simon Fraser University and BC Centre for Disease Control

Title: Developing enhanced multimorbidity surveillance in BC

- 1:28 pm - **Mar'yanna Fisher**, Doctoral Student, University of Victoria

Title: Aging in prison through a philosophical equity-informed lens

1:41 pm - **Millie Baghela**, Research Assistant, BC Cancer and **Jaclyn Parks**, Research Assistant, BC Cancer

Title: Getting a grip on greenspace; exploration of built environment factors and healthy aging in the BC Generations Project

- 1:54 pm - **Ally Schweitzer**, PhD Student, University of British Columbia

Title: Subjective classification of physical fitness confounds age and sex-related comparisons in health research.

- 2:10 pm - **Jennifer Cooper**, PhD Candidate, University of British Columbia

Title: Neurological plasma biomarkers follow age-related trajectories in cognitively healthy oldest old

- 2:23 pm - **Karanvir Singh**, Masters Student, University of British Columbia

Title: Charting the dynamic landscape of mental health changes in older adults using data from the Canadian Longitudinal Study on Aging

- 2:36 pm - **Hannah-Ruth Engelbrecht**, PhD Student, University of British Columbia

Title: Tick tock goes the clock: exploring the association of epigenetic age acceleration with healthy aging

- 2:50 pm - **Ali Manouchehrinia**, Research Associate, University of British Columbia

Title: Effect of age on prodromal phase of multiple sclerosis: Evidence from sickness absence patterns: A matched cohort study

3:10-3:30 pm – Afternoon break

3:30-5:00 pm – Interactive panel discussion on *Aging in Place*, led by the [Aging In Place Research Cluster](#).

Panelists include Habib Chaudhury (SFU), Lillian Hung (UBC-V), Grace Park (Fraser Health), and Barbara Pesut (UBC-O). Moderated by Danielle Lafleur (UBC)

5:00-6:30 pm – Networking Reception for all attendees with appetizers and refreshments

Day 2: November 20th, 2023

8:00-8:30 am – breakfast

8:30-10:00 am – Interactive panel discussion on *Promoting Collaboration Across the Province to Improve Aging Outcomes*, led by [UBC Health](#).

Panelists include: Shannon Freeman (UNBC), Callista Ottoni (UBC), Annalijn Conklin (UBC), and Johanna Trimble (patient partner). Moderated by Anne Martin-Matthews (UBC)

10:00-10:15 am – Break

10:15 am – 12:00 pm – Faculty presentations on *Interventions and Technology to Support Healthy Aging*.
Moderated by Maureen Ashe

- 10:15 am - **Patrick McGowan**, Professor, School of Public Health and Social Policy, University of Victoria
Title: Assessing whether peer coaching aids older adults to better manage their chronic health conditions and can slow down and/or prevent progression of frailty
 - 10:40 am - **Lillian Hung**, Assistant Professor, School of Nursing, University of British Columbia
Title: An exploratory investigation of the LOVOT social robot as a facilitator of connection and wellbeing in Canadian Long-Term Care
 - 11:05 am - **Julia Henderson**, Assistant Professor, Occupational Science and Occupation Therapy, University of British Columbia and **Colleen Reid**, Professor, Therapeutic Recreation Department, Douglas College
Title: Learning, creating and caring together: Virtual creative engagement with collaborators with lived experience of dementia during COVID 19
 - 11:30 am - **Brent Page**, Assistant Professor, Pharmaceutical Sciences, University of British Columbia
Title: Methods enabling academic drug discovery and their application to identify new targets and therapeutic interventions for age-related diseases
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12:00-1:15 pm – Lunch, technology demonstrations, and Sponsor exhibits

1:15-3:00 pm – Trainee presentations Session 2. Moderated by Tetiana Povshedna

- 1:15 pm - **Caralyn Randa**, Graduate Student, Simon Fraser University
Title: Developing knowledge mobilization strategies to create dementia-inclusive neighbourhoods for community access, participation, and engagement (DemSCAPE): An awareness-raising educational video
- 1:28 pm - **Danielle Lafleur**, Doctoral Student, University of British Columbia

Title: What do primary care providers know, believe, and do about hearing health for older adults?

- 1:41 pm - **Raghad Elgamal**, PhD Student, McMaster University

Title: A community-integrated approach to digital literacy training in social housing for older adults: Bridging the digital divide for enhanced wellbeing

- 2:00 pm - **Joey Wong**, Graduate Student, University of British Columbia

Title: A qualitative study on the experiences of residents using virtual reality in long-term care

- 2:13 pm - **Margaret Lin**, PhD Student, University of British Columbia and Fraser Health

Title: Pacific Regional Centre for Healthy Aging: a province-wide collaboration between health care, community, and academic organizations to AVOID frailty

- 2:26 pm - **Shayda Swann**, MD/PhD Student, University of British Columbia; **Melanie Lee**, Community Research Associate, British Columbia CARMA-CHIWOS Collaboration; and **Claudette Cardinal**, Indigenous Community Researcher with the BC Centre for Excellence in HIV/AIDS

Title: Evaluation of an innovative arts-based knowledge translation strategy for healthy aging research among women living with HIV

- 2:40 pm - **Hiro Ito**, MSc Student, University of British Columbia

Title: Ikigai – A Japanese wellbeing construct for healthy aging

3:00-3:30 pm- Afternoon break

3:30-4:30 pm – Keynote lecture by Dr. Raphaele Castagne, Researcher, Center for Epidemiology & Research in POPulation Health (CERPOP), Université Toulouse III Paul Sabatier, INSERM, Toulouse, France.

Moderated by Geraldine Dantelle

Title: Healthy Ageing: Identifying social to biological pathways over the life-course.

4:30 pm – Closing remarks- Michael Kobor, Director, Edwin S.H. Leong Centre for Healthy Aging, University of British Columbia; Edwin S.H. Leong Chair in Healthy Aging – A UBC President's Excellence Chair

Poster Presentations - 12:00 – 1:15 pm, November 19th, 2023

Poster Number	Presenter	Title
<i>Determinants of Healthy Aging (Biological, Environmental, Social and Cultural)</i>		
1	Mohammadreza Hajipour, Univ. of British Columbia	All apneas & hypopneas are not created equal: Event-related hypoxia burden changes electroencephalographic cortical activity in obstructive sleep apnea patients
2	Samantha Schaffner, Univ. of British Columbia	Genetic variation and pesticide exposure influence sex-specific blood DNA methylation signatures in early-stage Parkinson's disease
3	Ailsa C. Sirois, Univ. of British Columbia	Understanding healthy aging among older adults living with and beyond cancer
4	Tara Cooper, Univ. of Victoria	The Cognitive Reserve Theory and attention deficit/hyperactivity disorder
5	Cassidy Dahl, Univ. of the Fraser Valley	Exploring knowledge exchange through an intergenerational art collaboration
6	Hanna Frank, Univ. of British Columbia	The impact of comorbidities on aging outcomes in the multiple sclerosis population: a rapid review
7	Enkhzaya Chuluunbaatar, Univ. of British Columbia	Protocol for a systematic review of the comorbidities associated with disease outcomes in multiple sclerosis
8	Mary Helmer-Smith, Univ. of British Columbia	Quality of care for community-dwelling older adults living with dementia in BC: effect of the COVID-19 pandemic and opportunities for routine monitoring of healthcare outcomes
9	Avril Metcalfe-Roach, Univ. of British Columbia	The MIND diet is correlated with gut microbial differences in a Parkinson's disease cohort
10	Katherine White, Univ. of British Columbia	The association of built environment factors, high indoor air temperatures, and barriers to mitigation in homes with older adult residents: Findings from a citizen science study in the City of Vancouver
11	Noha Gomaa, Western University	Adverse childhood experiences, epigenetic aging and oral health: Findings from the Canadian Longitudinal Study on Aging (CLSA)
12	Gilciane Ceolin, Univ. of British Columbia	Losing social connections as we age and links to blood pressure among older women and men in Canada
<i>Interventions and Technology to Support Healthy Aging</i>		
13	Caitlyn Siu, Univ. of British Columbia	Protocol for a systematic review of the impact of treating comorbidities in multiple sclerosis on disease outcomes
14	Anna Janzen, Univ. of the Fraser Valley	The physiological and cognitive effects of pickleball participation in older adults
15	Kira Nicole Tosefsky, Univ. of British Columbia	Review of dietary interventions for persons with Parkinson's disease
16	Owen Swan, Univ. of the Fraser Valley	Cycling without age: experiences of intergenerational pilots and passengers
17	Arisa Kinugawa, Univ. of British Columbia	Empowering care through an AI-enabled service robot, Aether
18	Isis Kelly dos Santos, Federal University of Rio Grande do Norte, Brazil	Adherence of remote-delivered falls prevention programs for community-dwelling older adults: Early results from a systematic review and meta-analysis

19	Hadil Alfares, Univ. of British Columbia	Development of a social prescribing online training resource for student volunteers in British Columbia: A study protocol
20	Valentina Proietti, Univ. of the Fraser Valley	Combatting the myths of ageing to reduce ageism and self-ageism
21	Thomas Iverson, Univ. of British Columbia	Effect of volunteers in interventions for middle-aged and older adults living with noncommunicable disease: A protocol for a rapid systematic review
22	Ania Landy, Univ. of British Columbia	Building capacity for meaningful participation of people with dementia: forging new partnerships in community engaged intervention research
23	Paulina Malcolm, Univ. of British Columbia	Flipping dementia stigma: An action group's guide
24	Asha Octoman, Univ. of British Columbia	The MIND diet captures variance in dietary intake in a sex-specific manner
25	Lily Ren, Univ. of British Columbia	The perspective of staff towards the implementation of Telepresence Robot in dementia care in institutional care settings
26	Lily Ren, Univ. of British Columbia	The experiences and challenges of family caregivers using Telepresence Robot with residents with dementia at long-term care homes and hospital
27	Anthony Kupferschmidt, City of Richmond	City of Richmond Seniors Strategy 2022-2032
28	Alisa Hashimoto B.C. Brain Wellness Program	BC Brain Wellness Program – Brain wellness beyond all boundaries: from idea to implementation

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