

Special Issue

ADRP

Report of the CURAC Conference, May 23-25, 2018



Proud of the Impact We Made, the Legacy That Continues

ADRP is patently proud of the impact we made at the Conference of the Colleges and Universities Retirees Associations of Canada (CURAC). By all measures the Conference was a resounding success. This Special Issue is an overview of the events, both informative sessions and social gatherings. It was compiled with the contributions of many ADRP Board members and a new Co-Editor, Marilyn Klein.

The attainments and fellowship generated by the Conference are now embedded in our continuing legacy, including a surplus exceeding \$9800 split evenly between CURAC and ADRP.

The order of this report follows the Conference Program with individual contributions mainly by ADRP Board members as noted throughout.

First, a brief reminder of CURAC and roles played by ADRP and SMURA.

CURAC/ARUCC (College and University Retiree Associations of Canada / Associations de retraités des universitiés et collèges du Canada) is a non-profit federation of retiree organizations at colleges and universities across Canada. Its primary aim is to coordinate activities that promote communication among member organizations, to share information, provide mutual assistance, and speak publicly on issues of common concern to its more than fifteen thousand members across Canada.

CURAC does not have a physical office. The mailing address is that of the current President. Nor do we have any staff. All work is done by volunteers: members of the Board and its committees. Board meetings take the form of teleconferences, except for an opportunity to meet face-to-face at the annual conference. The conference itself is organized by one or more retiree associations who volunteer to host the meeting. Where possible, the conference moves across the country in an East/Central/West/Central pattern. (Mary Johnston, CURAC Secretary).

The CURAC/ARUCC Conference was first held in Halifax in 2003. ADRP and SMURA hosted this Conference in conjunction with Dalhousie's 200th anniversary celebrations. Contributing to the enormous success of the conference were the many hours of preparation so generously donated by many individuals and groups, and the nimble revisions sometimes with moments of angst, all of which are skillfully summarized at the end of this report.

CURAC has produced an online summary and review of the CURAC conference in their Summer 2018 CURAC/ARUCC Newsletter

http://www.curac.ca/newsletters/curacarucc-nl/nl-Summer2018/. A PDF of the whole newsletter and any single article can be downloaded and printed. Their summaries and reviews are very complimentary to ADRP and conference speakers.

The organizers of the 2018 CURAC/ARUCC Conference fully acknowledged at events and receptions that we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. The Program included Welcome remarks from the Host organizations, Dalhousie President Richard Florizone and Halifax Mayor Mike Savage.

Now here for your reading and viewing pleasure are summaries of the events and photos taken by our newly elected President, Phil O'Hara.

Joanne Clovis, Editor



Phil O'Hara, ADRP President and Avid Cyclist

May 23-25, Dalhousie University, Halifax, NS Wednesday afternoon and evening, May 23 Dalhousie 200th Anniversary Retirees Reception (2nd Floor SUB)

Attendees arrived to an impressive display of large photographs depicting historical buildings earlier stages of Dalhousie's the development. Historical books were also available for sale or pick-up if one had been In this auspicious 200th ordered online. anniversary year of Dalhousie greetings were delivered by two individuals. The first was Mr. Ken McDermid, Director Compensation. He arrived at Dalhousie about a year ago. The second was Mr. Ian Nason the VP Finance who has been with Dalhousie for many years.

The highlight of the afternoon was the storytelling of Randy Barkhouse, past president of the ADRP. He expounded on the colorful origin of the MacDonald Building going back to its first life as the Dalhousie library complete with floors of "stacks", where students studied. His accounts of events were most entertaining.

Randy's presentation was followed by mingling and conversation over an appetizing assortment of finger foods and wine. Although many visiting CURAC members had not yet arrived we spoke with those we could identify or to whom we were introduced including the U.S. Retirees Association representative, retired neurologist Dr. David Stumpf hailing from Chicago.

Contributed by Glenda Butt



Outgoing ADRP President and Chief CURAC Conference Organizer, Randy Barkhouse

The **CURAC Board Meeting** followed at the University Club: National Board for 2018-2019



Back: Peter Kevan (Guelph), Bob Morrison (Carleton), Dave Swayne (Guelph), Jim Boyd (SFU), Kent Percival (Guelph), Bryan Harvey (Sask), Randy Barkhouse(Dal), Fred Fletcher (York), George Brandie (Queen's)

Front: Ken Craig (UBC), Mary Johnston (McMaster), Bev Stefureak (Lakehead), Linda Kealey (UNB), K. Gowrisankaran (McGill)

Conference Registration and Reception (Sherriff Hall Victoria Lounge)

Registration for the CURAC 2018 Conference went smoothly in the foyer of Shirreff Hall on the evening of 23rd May, with 58 attendees arriving from across Canada. The formalities opened with some welcoming remarks from incoming ADRP President W. Philip O'Hara, who then passed the podium to Stephen Wong, Director of Health Benefits at RTO/ERO (Retired Teachers of Ontario) and sponsor of the event.

Randy Barkhouse, retiring President of the ADRP, followed with a brief address concerning the history of Shirreff Hall, the oldest women's residence in use at Dalhousie, referring to Jennie Shirreff Eddy, widow of EB Eddy, and initial donor to the project, a memorial to her parents. A Cobb building, as several others on the Dalhousie Studley campus, it demonstrates a certain Edwardian gracious style. The reception was held in the Victorian lounge, much in demand for weddings. receptions and Randy also commented in his remarks on the changes in mores in administrative involvement and student lifestyle over the years.

Wine, beer and a light buffet were served.

Contributed by Oriel MacLennan



Chief Conference Registrar, Nancy Barkhouse

Thursday morning, May 24

All conference sessions were held in Howe Hall with noon meals and continental breakfasts were available in Cameron House Dining Room.

CURAC President Dave Swayne and ADRP President Phil O'Hara gave welcomes. Mayor Mike Savage gave a video welcome.



4

Session 1, Round Tables Best Practices in Retiree Associations

- 1. Membership. Efforts should be made to be inclusive and welcoming. Trade and clerical groups need to be approached. It would be helpful if unions could be persuaded to prepay their members fees (McGill). Further it would be useful to get university administrations to share the names and contacts of eligible nonmembers, perhaps by demonstrating the services retirees can, and do, provide to the university (e.g., creating university histories). Variation in the personal circumstances of retirees need to be taken into account: some associations have a considerable number of members living at a distance from the university; others don't.
- 2. Board functioning. Since a considerable proportion of members are away, either in the winter or the summer, boards need to focus their work in the fall and the spring.
- 3. Communications. Members should be reminded that CURAC provides links to every association in the country. Associations should be sure to be part of retirees' receptions. "Personal asks" are the best way to get new members.
- 4. Fundraising. Associations may be able to get matching funds for attempts to create new bursaries.
- 5. Social events. Associations may organize everything from hiking to baseball to bridge to build attachments and community.
- 6. Fees. PayPal may be a way to go to collect fees.

Best Practices for CURAC

- 1. Association guides and relevant software. Association guides may prove particularly useful in recruiting both new members and board members. The American association is particularly focusing on a package called IMUS for use by smaller organizations, and will be discussing the package at its fall meetings in Atlanta.
- 2. Lobbying. CURAC has a number of position papers (longterm care, home care, and the like), but needs to make sure their positions are synchronized with CARP positions. This will make lobbying more effective. In addition, CURAC may try to get more university administrations cooperating by approaching the association of university presidents in Canada.
- 3. Communications. Perhaps webmasters and presidents networks may be helpful. The compilation and circulation of member achievements would be positive. Consideration might be given to selling advertising in newsletters and on the CURAC website. The group discussing the issue thought the membership might split 50/50 on the idea, but it deserves exploration.
- 4. Unequal treatment of retirees. Some universities just want people out the door; others treat their retirees much better. Universities should be persuaded that better treatment generates benefits to the university through continuance of services (advising, graduate supervision and the like). In a similar fashion, associations should be attentive to the different needs of different cohorts within the associations.
- 5. Smaller associations. They should be encouraged, perhaps helped, to come to annual meetings. Colleges in Ontario have fallen away, and there are no CEGEPs represented. On the latter point, more francophone participation in general is desirable.
- 6. Annual conference agendas. More time and/or smaller groups need to be devoted to the roundtables."

Contributed by Richard Apostle and Heather Schellinck



Richard Apostle and Heather Schellinck and Round Table 1

What is the desired CURAC focus: Association Concerns? Health? Benefits? Roundtable – Priorities for CURAC Board

The second roundtable session at the CURAC national conference asked delegates to discuss what they value in CURAC and what they would like the CURAC board and committees to focus on for the next year. The reports from the three focus groups indicated a wide spectrum of suggested priorities but not surprisingly all three touched most of the same issues. Reporting from the three groups were Bev Stefureak (Benefits), Bob Morrison (Conference), Linda Kealey (Health Policy), chairs respectively of the indicated CURAC national committees.

The reports covered 3 areas:

Membership

- Encourage regular employee unions to cover retiree association membership fees for the first year.
- Overcome problems of variability due to the variety of employee conditions at colleges and universities: i.e. some universities are not unionized and some have unions for only some types of employees resulting in some retiree associations being all inclusive (like Dal) whereas others reflect the unionization.
- Better incorporation non-academic retirees through working with these groups before they retire.
- Obtain information on how many colleges and universities have retiree associations and who those associations might already be aligned with. Colleges are especially problematic.
- Support an information system to run an association. The IMIS being developed by AROHE should be investigated.

• Include a contact number to assist local associations. Assistance to small associations to attend the national conference should be recognized, by a hosting location policy that rotates the conference between East, Central, and West.

Services/Benefits

- Many speakers talked about their retirees groups and how they worked (implying some of their best practices be transposed to CURAC).
- The CURAC benefits survey was generally agreed to be very useful and Bev stated that they are now working on a non-benefits survey to be completed by 2019. CURAC also has posted an interesting and informative paper of opiod use by seniors.
- Retirees are wide ranging in age and these age groups have different needs, while the 60-year-old retirees are not interested in retiring (but very interested in travel) the 70+year-old cohort is very interested in health benefits. If CURAC knows the age demographics of its members it can serve them better.
- Adjust the national conference program to allow more time for the roundtable on best practices for running an association.
- Develop an "Operating Guide for a Retirees Association", akin to that for organizing the annual conference.
- An explicit listing on the CURAC web site of the benefits of belonging to CURAC
- encouraging an "Association Presidents Group" and a "Webmasters Group".

Advocacy/Lobbying

- Lobby of the appropriate federal regulator concerning travel insurance company regulations. Complaints of refusal to cover insured conditions during travel were the basis.
- Formally endorse the CMA's "Demand a Plan" for seniors' health care, perhaps synchronizing such with CARP's support.
- Lobby university presidents and administration across Canada to support their local retirees associations. It is important that college and university administrations see there is a lot to be gained by supporting a retiree association and to make retirement attractive.

Contributed by Peter Wallace



Thursday afternoon, May 24

Session 2, Community Concerns

The Ocean Frontier Institute Leading the way: how post-secondary institutions are creating an ocean of opportunity for Canada

Speaker: Dr. Wendy Watson-Wright

As the Chief Executive Officer of the Ocean Frontier Institute (OFI), Dr. Watson-Wright has established an international hub in Atlantic Canada for ocean research. The OFI is headquartered at Dalhousie University, in partnership with Memorial University of Newfoundland and the University of Prince Edward Island, International research institutes involved in OFI are Alfred Wegener Institute (Germany), Christian-Albrechts-Universität zu Kiel (Germany), GEOMAR Helmholtz Centre for Ocean Research (Germany), Institute of (Norway), Marine Research LabexMER (France), Lamont-Doherty Earth Observatory of Columbia University (New York), Marine Institute, Galway (Ireland) and the Woods Hole Oceanographic Institution (Massachusetts).

Dr. Watson-Wright began her talk with a quote from Arthur C. Clarke, "How inappropriate to call this planet Earth when it is clearly Ocean." As demonstrated by the ocean's global circulation system, it is clearly one ocean, with ocean currents responsible for the movement of sea water from one place to another.

The ocean is a source of economic and social wealth. Dr. Watson-Wright provided us with some facts. Water makes up about 71% of the earth's surface, and the oceans hold 97% of earth's waters. The ocean is the habitat for 96% of life forms. The sustainability of our fisheries and aquaculture is extremely important in meeting the global seafood demand. For many people in developing countries, fish is their main source of protein.

Forty-nine of UNESCO World Heritage sites are places of importance because of their coastal or marine values. These heritage sites need to be



Dr. Wendy Watson-Wright

preserved because of their cultural and historic significance.

More effort has been spent on exploring and understanding space, than has been spent on understanding oceans. The earth's surface has been well documented with Google Maps. We have not mapped the oceans to the same extent. OFI research explores the capacity of the Atlantic Ocean to absorb carbon dioxide from the atmosphere, now and in the future. This absorption of carbon dioxide is important for global warming.

OFI participates in Ocean School, which develops resources and programs to advance ocean literacy. We were treated to an internationally acclaimed video that helped us experience ocean diversity and to understand the need to protect all forms of life in the oceans.

Dr. Watson-Wright responded to numerous questions from CURAC participants, including a question about the garbage patches in the ocean that contain a massive amount of plastic. This anthropogenic activity causes plastic to enter the food chain. It is undeniable that humans are polluting the ocean.

Contributed by Grace Paterson

Why Do We Act Like Peter Pan When It Comes to Decisions About Aging in Place? Speaker: Don Shiner

Professor Don Shiner of Mount St. Vincent University gave a thought provoking presentation on the Thursday afternoon of the conference on the practicalities of housing for seniors. The reference to Peter Pan in his title related to Peter never growing old. For we mortals that is not the case. Our mobility will decrease, as will our flexibility, strength, and various of our senses. The dwelling we lived in when these were not concerns, whether a single detached house, a condominium, or an apartment will almost certainly require modifications to accommodate the 85-year-old us.

A minimum door width of 36 inches will be required to admit a wheelchair. The electrical switches will be too high to reach, the electrical outlets too low. The threshold of our front door must be level with the ramp we wheeled or shuffled up. To be weather tight that threshold must be compressible when the door closes. Bathroom modifications will be necessary, including being located on the ground floor since ascending/descending stairs will be difficult. Doorknobs will have to be replaced by door handles as our grip strength may not be able to grasp and turn a round object.

Few people consider these necessities until they are required. It is important that they be considered well ahead, ideally when that dwelling was constructed. Here Dr. Shiner made reference to the anachronism known as the Canadian Building Code, which doesn't recognize any of the listed requirements.

His remarks then included another surprise. Most of the listed changes can be effected for less than \$1100 during new construction, and a bit more as retrofits.



Don Shiner

Unfortunately few builders even consider including the required "seniors elements" when building a home, either from pure lack of awareness, or from concern that the extra cost will not be considered worth it by most purchasers.

Among the conference delegates, most in the 70+ age range, very few were able to claim that they had acted on their future modified housing requirements for their advanced years. Don Shiner's presentation provided the audience with some uncomfortable practical issues to consider.

Contributed by Randy Barkhouse

The CURAC/ARUCC Annual General Meeting followed Dr. Shiner's presentation.

Thursday evening, May 24 CURAC Awards Banquet, Pier 21, Hosted by SMURA

The main social event of the CURAC Conference, the Banquet took place at The Canadian Museum of Immigration at Pier 21 on the Halifax harbour front (https://pier21.ca/home). Prior to the awards banquet and guest speaker, tours of the Museum of Immigration were provided by Pier 21 staff. The tour guides were very knowledgeable in their responses to many attendees' questions as they toured through displays of the period of European immigration that passed through Pier 21, primarily between the World Wars through to the Fifties. There was a bit of acknowledgement of our West Coast history that saw Japanese immigration to Canada in that same time frame.

Our hosts for this awards banquet and speaker event were the members of Saint Mary's University Retirees Association (SMURA). Robert Summerby-Murray, President of Saint Mary's University, and Ron Cosper representing SMURA, welcomed attendees.

The CURAC Awards recognized outstanding contributions by many CURAC members.

Appreciation Awards:

Ed Unrau, CURAC Newsletter Editor (University of Manitoba Retirees Association)
Ed Williams, former CURAC Secretary (Memorial University of Newfoundland Pensioners Assoc.)

Tribute Awards:

Janet Kaufman, former CURAC President (University of Guelph Retirees Association)
Mildred Theobalds, exceptional contribution to YURA (York University Retirees' Association)
Marianne Van der Wel, exceptional contribution to MURA (McMaster University Retirees Association)

Donald Wiles, exceptional contribution to CURA (Carleton University Retirees Association)

Economical Select Conference Scholarship:

Wayne Desmond, student in year 3 of BA in criminology, Saint Mary's University



Senator Wanda Thomas Bernard

The guest speaker for the event was one of our most recent joiners to the ADRP, The Honourable Senator Dr. Wanda Thomas Bernard, OC, ONS

(https://sencanada.ca/en/senators/bernard-wanda-thomas/)

(https://www.dal.ca/about-dal/dalhousie-originals/wanda-thomas-bernard.html)

She was introduced by Dr. Robert Summerby-Murray, President of Saint Mary's, who was also a former Dean of Arts and Sciences at Dalhousie. Senator Bernard has had a distinguished career at Dalhousie's Maritime School of Social Work retiring as its most recent Director; currently she lectures for Seniors' College Association of Nova Scotia. She resides in East Preston and looks out for her "peeps" in "The Prestons".

Senator Bernard sits in Senate as an Independent and came by the appointment by applying for it at the time Prime Minister Trudeau opened up the entry process for Senate a couple of years ago. She currently has her plate full with demands on her time, currently chairing the Standing Committee on Human Rights (https://sencanada.ca/en/committees/RIDR) and under its direction is involved in an extensive study on Canada-wide prisoners' treatment and rights. A look at her Senate website will provide a display of her extensive involvement.

Her presentation to the CURAC banquet attendees, "Africans in the Promised Land: The Ongoing Struggle for Recognition, Justice And Development in Canada", had her audience of about 80 persons rapt. Her graphics revealed a largely sorry and continuing shoddy treatment by governments at all levels to our African Nova Scotian citizens which could be characterized as "living while Black"; they included every day activities such as driving while black, shopping while black, obtaining land title in communities like the Prestons and a myriad of difficulties that should have long ago been ameliorated for settlers of Canada for over 400 years. Her presentation finished with a good number of questions from the assembled.

Senator Bernard's work on changing the opportunities for African minorities, especially in regard to welfare for families, and the racism experienced by Black men in the criminal justice system in Canada, earned her the recognition of the Order of Canada.

There was little mention of the historic and long standing history of African Americans making it to "The Promised Land", nor of more recent émigrés from the African continent. The current bestselling novel and television series, "The Book of Negroes" portrays a portion of that history at the time of the American Revolution or War of Independence. Pier 21 is an excellent location to promote the Nova Scotia Museum's The Black Loyalist Heritage Centre in Birchtown, down the South Shore (https://blackloyalist.novascotia.ca).

Following the night, and the receipt of delegates' evaluations of the conference we learned that Senator Bernard's talk was very well received but, apparently, a few of the delegates didn't care for the chicken that was served up.

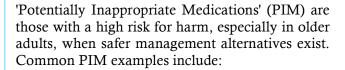
Our special thanks to St. Mary's President Summerby-Murray and Ron Cosper of SMURA for their feting us at this enjoyable tour and gathering.

Contributed by John Barry and Ron Cosper

Friday morning, May 25 Session 3, Health

Deprescribing: It's no dream. Sleep well without sleeping pills.

Dr. David Gardner, professor in Psychiatry and in Pharmacy at Dalhousie, is committed to reducing medication overuse and abuse. While acknowledged essential benefits the medications for many symptoms and chronic conditions, he pointed out that the benefits and risks of medications may change as we get older. This occurs because the brain becomes more sensitive to drugs, and medications stay longer in our bodies and in higher concentrations. Side effects can be serious; in 2016 the probability of being hospitalized due to adverse effects was 1 in 500 for those age 65 and older who were taking 1-4 medication classes. This probability increases with an increase in medication use. Dr. Gardner recommended 'deprescribing' to reduce and stop adverse effects.



- Chronic use of anti-inflammatory medications such as ibuprofen or naproxen (NSAIDS)
- Antipsychotic medication when used as a sleeping pill or for dementia (e.g. quetiapine/Seroquel[®], risperidone/Risperdal[®])
- Type-2 diabetes mediations (e.g. glyburide/Diabeta®
- Sleeping pills (e.g. alprzolam/Xanax[®],zolpidem/Sublinox[®])
- Stomach pills for more than 8 weeks in acid reflux; proton-pump inhibitors (e.g. pantoprazole/Pantoloc®)

The number of Canadians aged 65+ who take at least one PIM is 42% for women and 31% for men, and this percentage increases with age. Experts warn that more older people are using more anti-anxiety and sleep medications, putting them at significant risk of serious side effects, even death. In the US, about 2/3 of deaths involving



Dr. David Gardner

opioids in people age 65+ also included the use of sleeping pills. The risks of sedative-hypnotic use are many: risks for falls and injuries that increase with use of many other prescription drugs, social withdrawal, unsafe driving, cognitive impairment and decline, and the cycle of dependence and withdrawal.

Alternative therapies can reduce and eliminate the need for these drugs; chronic behavioural therapy for chronic insomnia disorder (CBT-I) is recommended by the American College of Physicians and the European Sleep Research Society. Many resources are available to help us stop anxiety and sleep medications. They can be downloaded from the Canadian Deprescribing Network at

https://www.deprescribingnetwork.ca/.

Dr. Gardner stressed what we as individuals must do: educate ourselves about the medications we are taking and why, discuss deprescribing options and alternate therapies with our health care providers, and help spread the word about deprescribing to others.

Panel: Living with Frailty and Dementia

Speakers:

Symptoms of Frailty: Dr. Sam Searle Personal Experience Living with Dementia: Faye Forbes

Support Systems: Linda Bird

Oral Health, One Often Neglected Aspect: Wanda Fedora



The Panel: Dr. S. Searle, Rev. Faye Forbes, Linda Bird, Wanda Fedora, Joanne Clovis

This panel highlighted aspects of frailty and dementia, a topic sometimes avoided by seniors. In reality, many of us are acquainted with frailty and dementia either through personal experience or through caring for a loved one.

Dr. Sam Searle, an assistant professor in geriatric medicine at the Dalhousie University School of Medicine with a longstanding interest in frailty, began by distinguishing between frailty and dementia. Frailty he defined as a state of vulnerability with a nonspecific measure of physiologic reserve resulting from cumulative decline and associated with falls, disability, death, and long term care. Differing approaches in diagnosis are shown in various screening and assessment tools. A dynamic model by world renowned Dalhousie geriatrician, Dr. K. Rockwood, demonstrates a balance between health assets and deficits that determines whether a person can maintain independence in the community. The risk factors are many and often complicated by co-morbidities such hypertension and diabetes.

Two types of dementia were defined by Dr. Searle: vascular which is primarily due to ischemia, the insufficient blood flow to the brain leading to the death of brain tissue, and Alzheimer's disease which can have gradual onset and progression with reduced memory and language abilities as the most prominent initial

symptoms. While the risk factors are numerous, and evidence for various treatments is not strong, management includes healthy lifestyle, social supports, safety, reduction of vascular risk factors, advanced planning tailored to patient specific goals, and specific pharmacologic treatment.



Dr. Sam Searle



Rev. Faye Forbes

Reverend Faye Forbes is an Associate Priest at St Francis by the Lakes Anglican Church where she is active in educational and sacramental ministry. Since Fave was diagnosed with Alzheimer's disease, she has become an advocate for those living with this disease and is active with the Alzheimer's Societies provincially, nationally, and internationally. Faye related her very personal experience of living with dementia with intense and compelling vignettes from the time of her diagnosis to her current day status and activities. She recounted a number of her earlier symptoms beyond the expected one of memory loss, such as her handbag obsession during which time she accumulated many handbags without recalling previous purchases. Throughout her incredibly frank presentation, she maintained her composure and clearly articulated her story with enthusiasm. Her joy in living and sharing with others continues despite her dementia.

Linda Bird has a Masters in Human Ecology and is the Director of Programs and Services for the Alzheimer Society of Nova Scotia. She oversees the implementation and delivery of information, education and support for people living with dementia and their partners in care. Linda demonstrated the range of programming offered by the Society using a pyramid model where public awareness and education are the foundation of the pyramid moving up through family, caregiver and individual resources and supports. The Society also provides many resources for health care providers such as early screening and diagnosis through to end of life care. Resources include webinars, videos with personal stories, brochures, research articles and counselling. It's abundantly clear that Linda is passionate about her work; she learns every day from people on the dementia journey and eases the lives of those living with and supporting others with dementia.



Linda Bird

Wanda Fedora, a dental hygiene graduate of Dalhousie University, divides her practice between general practice and a mobile practice that delivers oral health care to the infirm in their place of residence. She is committed to advocating for those who cannot access oral care and takes every opportunity to do so as an active speaker, as Past President of the Canadian Dental Hygienists Association and in her current elected position as the Vice President of the International Federation of Dental Hygienists. Wanda highlighted oral care as one aspect of overall health that is often ignored as dementia progresses. Her theme of 'prevention' was echoed throughout; prevention is the key to reducing and eliminating pain and suffering caused by decay, infection, and the systemic effects of poor oral health. She emphasized that once awareness of frailty and dementia has surfaced, a visit to a dental office is essential to address any outstanding needs prior to further debilitation. Wanda's regimen for daily oral care focused on prevention. She gave many tips on what works with those who have dementia, obstacles that may be faced, and all of the aids and products that are available to assist in daily care. That long list includes power toothbrushes, floss handles, high fluoride pastes, low foaming pastes, antibacterial rinses, fluoride rinses and gels, silver diamine fluoride, oral balance gel, rinses and sprays for moisturizing mouth, lip balms, Caregivers Nova Scotia, and mobile dental hygienists.



Wanda Fedora

There is some very good news in this somewhat bleak picture of frailty and dementia; the incidence of dementia has been declining since the 1970s, possibly due in part to better education and better vascular disease prevention and treatment. Then too, the image of Faye Forbes and her joy in living as she related her personal story of dementia is surely one we must keep in our minds and hearts.

Contributed by Joanne Clovis



Friday afternoon, May 25 Session 4, Higher Education for Seniors

Panel on Seniors College Association of NS
Speakers: History of SCANS - Colin Stuttard
Administration - Heather Schellinck
Teaching for SCANS - Ian MacVicar and Marcos Zentilli

The panel on the Seniors College Association of Nova Scotia (SCANS) provided an overview of the history and administration of this unique organization, followed by two stellar examples of the teaching made available through courses delivered to seniors. SCANS is dedicated to providing *academic* educational opportunities for its members of the kind they might encounter at college or university; the difference is that they are not required to demonstrate mastery of course content.

Dr. Colin Stuttard, retired professor of Microbiology and Immunology, longtime board member ADRP, and past president of SCANS, presented the historical foundation of SCANS. Founded in 2007 by the ADRP, SCANS began with four instructors who offered 10-week courses to 104 seniors, each of whom paid \$60 to register for up to 4 academic courses. On November 16, 2007, course registrants adopted a constitution for the Seniors' College Association of Nova Scotia, which became an officially registered society in January 2008.

Since that date, SCANS has undergone extensive change. As of January 1, 2013, membership dues were raised to \$135/year, which was acceptable to 97% of about 500 members surveyed. 2015 brought a new era of taxation with the requirement for HST on membership dues. The Office Manager-Registrar's position was increased to 80% FTE and in 2017 <theSCANS.org> was initiated.

Dr. Heather Schellinck, retired professor of Psychology and Neuroscience, member of the ADRP board and also of the Seniors College Association of Nova Scotia, presented the administrative structure and an outline of current course offerings and member satisfaction. As of June 1, 2018, SCANS had about 720 members and dues rose to \$150/year (+ HST). Five chapters in Nova Scotia offer a total of 60+ courses each year in 3 terms. Membership entitles the member to enroll in any number of courses in that year with 2 courses being the average number taken per term. Faculty are generally drawn from universities and colleges. Classes are on four days each week, not on Mondays.



Dr. Colin Stuttard



Dr. Heather Schellinck



Dr. Ian MacVicar



Marcos Zentilli demonstrates the slip earthquake due off B.C.

The annual budget is \$90,000 and includes salary for Office Manager/Registrar, venue rental, honoraria for instructors, and travel costs of instructors. The Board works very closely with the Curriculum Committee which has representatives from all 5 Chapters and carries responsibility for identifying and operationalizing the courses. Examples of the diverse courses offerings are on the SCANS website

https://www.thescans.org/current-courses.html

Two lively demonstrations of SCANS teaching were given by Drs. Ian MacVicar and Marcos Zentilli. Lieutenant-Colonel MacVicar spent over thirty years in the Canadian Armed Forces, and taught intelligence analysis and related subjects in Canada and internationally. He co-teaches two very "Spy School" courses with Hugh popular Williamson, a lawyer who was a naval reservist and naval intelligence analyst. Spy School 101 is an academic and practical introduction to intelligence, a field Dr. MacVicar believes is essential to a healthy democracy. Spy School 201 grew from suggestions, comments, and requests arising in 101, with current news stories being used to provide real life examples.

Dr. Marcos Zentilli was born and educated in Chile and joined Dalhousie University in 1973, where he taught and carried out geoscience research specializing in rock dating methods. A volcano in the high Andes is named *Zentili* in recognition of his earlier work. His presentation of minerals, plate tectonics, and volcanos were demonstrated with table top experiments; one example was the liquefying of soil during an earthquake. His prediction of a major earthquake off the BC coast before 2050 was a highlight of his session.

Together these presentations summarized the history and administration of SCANS with two inspiring teaching demonstrations by eminently qualified instructors. Dr. Colin Stuttard is fond of saying that SCANS is by far the best price for life-long learners. And we can confidently add that the membership overwhelmingly agrees!

Contributed by Joanne Clovis

CURAC Closing Discussion

The closing session of the CURAC conference, an open discussion lead by President Dave Swayne, revealed one very strong sentiment about the conference format. Delegates want more time spent on roundtable discussions of local association problems and solutions, preferably in small groups focussed on specific topics such as 'How to recruit members", or "How to better communicate with the membership".

A later comment suggested a CURAC listserv be set up to include the CURAC board and all local association presidents for the purpose of exchanging ideas year round much as was done in the conference roundtables.

Delegates otherwise liked the conference format, complimenting the quality of speakers, and the flexibility in the schedule. The scheduled long breaks assist that by providing time for a preceding session to run a bit over.

The desirability to rotate the conference on a Center-East-Center-West schedule was advocated to allow smaller association to send a delegate when the event is near their location.

Providing a venue with short distances from conference to meals was valued in order to lessen time at meals and more in discussions. Others commented that meal times can also be used for small group discussions while eating.

President Swayne closed the session with remarks on the quality of presentations on topics with a seniors' focus, not only at the 2018 event, but over several recent years. The Health Policy Committee may find it useful to expand on some of the topics in upcoming papers.

He also suggested that the profile of CURAC needs to be elevated within local associations, and urged delegates to return home and report to their local boards how useful they found the conference to be.

Contributed by Randy Barkhouse



Closing Discussion

The new CURAC Board met to determine forward directions with the additional items suggested during the round table sessions.

And in Conclusion....

CURAC Conference Overview – The Angst and the Ecstasy

It was about 9:20 on Friday, May 25, as Dr. David Gardner of Dalhousie's School of Pharmacy and Dept. of Psychiatry was five minutes into his excellent session on deprescribing that I found myself thinking "Wow, what great speakers we have for this conference". Dr. Gardner had followed Dal's Wendy Watson-Wright and MSVU's Don Shiner who both gave tremendously interesting and informative talks on ocean research and seniors' housing needs respectively the previous day. The previous evening's banquet speaker, Sen Wanda Thomas Bernard was also a hit with her talk on the history of black settlement and discrimination in Nova Scotia. My impression was further deepened on the 25th by those in the panel on dementia plus oral health for seniors, and by a panel on SCANS.

Thus was the two-year effort to host the 2018 annual conference of the College and University Retirees Associations of Canada realized. The universal satisfaction expressed by the 60 delegates from 10 provinces, plus the delegate from CURAC's American counterpart, AROHE only added to my own and that of ADRP's organizing committee. Together with partner SMURA (Saint Mary's University Retiree Association) we had mounted an event that was both informative and entertaining for our guests.

That wasn't without substantial unease in the 18 months preceding when sponsors were sought out to offset expenses, speakers sought to address the delegates, and locations for receptions, awards banquet, and the plenary sessions investigated. Even with the invaluable assistance of Dal's Conference Services on the registration system, locations and catering it is possible to be blindsided by problems. For this conference it was the realization just ten days before that the main venue in the atrium of the Mona Campbell building was untenable due to ongoing excavation noise from an adjacent lot. Mercifully that was quickly resolved by switching the Cameron Room in Howe Hall from a meals-only location to main venue. Delegates could have meals in the main dining room which was open for the spring and summer.



The last week before the conference was incredibly busy with preparation of delegate credentials for receptions, banquet, and meals, plus mounds of e-mail to and from those planning to attend, as well as with caterers. A delivery location for sponsor packages was required at the last minute. Conference services came through again. Printing of documents for conference sessions and the CURAC AGM were handled promptly by Staples and UPS.

As the days to the conference dwindled and registration closed the beyond expectations registration was a mixed blessing. The income was welcome, but capacity for the conference sessions, for the banquet, and even for the bus for

Randy Barkhouse

those staying at the Westin became a concern. A mix of good management and good luck resulted in all being adequate.

The Wednesday afternoon Dal retirees' reception in the SUB went well, the only negative a low disappointing attendance. The conference national board meeting in the University Club concluded, and the Wednesday evening registration reception in Shirreff Hall achieved its goal of distributing most delegate conference kits. A noon hour scare Wednesday when the Victorian lounge was found wrapped in heavy plastic turned out to be a precaution by the construction company against any dust from their work. All was cleared by our 6:30 set-up. The busload from the Westin arrived, disembarking delegates close enough that none of our group found the walk difficult. Delegate mobility is a

definite concern for a conference of seniors.

On Thursday morning a brigade of Howe Hall staff quickly rearranged tables and chairs in the Cameron Room just as delegates finished breakfast in the dining room. Our just-in-time conference opening was at hand. ADRP president and conference M.C. Phil O'Hara called the session to order for welcoming remarks from himself, from CURAC president Dave Swayne, and by video from Halifax Mayor Mike Savage. A brief recounting of services to Dalhousie by the hon. C.D. Howe of Howe Hall fame completed the opening formalities. Delegates were then dispersed to their groups for a discussion of local association best practices to get the core activities of the national conference underway.

Contributed by Randy Barkhouse

What did attendees think about the conference?

Although quite a number of delegates had to leave prior to the conference evaluation completion, overall the evaluations were highly positive. Of the total number of 25 respondents, all were satisfied or very satisfied with the conference, the speakers, and the format of the conference. Only 2 were very dissatisfied with the food service and 1 with the banquet.

The CURAC online Summary 2018 CURAC/ARUCC Newsletter applauded conference organizers, events, speakers.

CURAC honoured ADRP with an award to recognize ADRP contributions to building CURAC and for organizing the 2018 Conference.



CURAC Award to ADRP for Contributions and Conference 2018



★ Finally, kudos to Randy Barkhouse in particular for his very hard and extensive work initiating and organizing CURAC 2018. Randy himself was astounded by the overwhelmingly positive feedback: "It is gratifying to the point of near disbelief that the conference was so well received."

Randy, we thank you for your leadership and inspiration. *