

**SECOND ANNUAL
OKANAGAN**

Embrace Aging Month **MARCH 2015**

TUESDAY, MARCH 3, 10—11:00 am | Research to Practice

Nurses and other palliative caregivers providing care in a context of end-of-life delirium

RHS 129, Reichwald Health Sciences Centre, UBC Okanagan

Register at palliativecaregiving.eventbrite.ca

PRESENTER:

David Wright, PhD, RN Assistant Professor, School of Nursing;
Co-Director, Nursing Palliative Care Research and Education Unit, University of Ottawa

THURSDAY, MARCH 5, 5—7:00 pm | Café Scientifique

Breaking the cycle of chronic pain: What will it take?

The Bohemian Café, 524 Bernard Avenue, Kelowna

Register at paincafe.eventbrite.ca

PRESENTERS:

Susan Holtzman, PhD Associate Professor, Psychology, UBC Okanagan
Zachary Walsh, PhD Associate Professor, Psychology, UBC Okanagan
Sally Willis-Stewart, PhD Senior Instructor, School of Health and Exercise Sciences, UBC Okanagan
Michelle Teo, MD, FRCPC Rheumatologist, Penticton Regional Hospital

MODERATOR:

Chris Walker, Journalist, CBC Daybreak

WEDNESDAY, MARCH 11, 5:30—7:30 pm | Embrace Aging

Savvy Seniors: New communication technologies and you

Okanagan Regional Library, 1380 Ellis Street, Kelowna

Register at savvysenior.eventbrite.ca

FACILITATED by the Community Service Learning Program,
UBC Okanagan students

THURSDAY, MARCH 12, 12—1:00 pm | Embrace Aging

Is chronic inflammation the common link between aging and chronic disease?

ART 365, Arts Building, UBC Okanagan

Register at inflammaging.eventbrite.ca

PRESENTER:

Jonathan Little, PhD Assistant Professor, School of Health and Exercise Sciences, UBC Okanagan

WEDNESDAY, MARCH 18, 12—1:00 pm | Embrace Aging

Behaviour challenges of dementia

RHS 129, Reichwald Health Sciences Centre, UBC Okanagan

Register at behaviourchallenge.eventbrite.ca

PRESENTER:

Trevor Janz, MD Regional Residential Care Medical Director, Interior Health East

WEDNESDAY, MARCH 18, 4—5:00 pm | Embrace Aging

Driving Transitions: Hanging up the car keys

Activity Centre, 2nd Floor

Parkinson Recreation Centre, 1800 Parkinson Way, Kelowna

Register at drivingtransitions.eventbrite.ca

PRESENTER:

Lindsay Burton, MSC student, UBC School of Health and Exercise Sciences

THURSDAY, MARCH 19, 12—1:00 pm | IHLCDP Partnership in Research

Walk 'n Talk for Life: Tackling loneliness and isolation and improving the health and well-being of seniors in Kelowna and area

RHS 129, Reichwald Health Sciences Centre, UBC Okanagan

Register at talknwalk.eventbrite.ca

PRESENTERS:

Charlotte Jones, MD, FRCPC Associate Professor of Medicine, Southern Medical Program, UBC Okanagan
Clara Burdett, Psychology student, UBC Okanagan
Diane Cumming, Walk 'n Talk participant

WEDNESDAY, MARCH 25, 12—1:00 pm | Embrace Aging

Reducing medication in the frail elderly

RHS 129, Reichwald Health Sciences Centre, UBC Okanagan

Register at reducingmedication.eventbrite.ca

PRESENTER:

Trevor Janz, MD Regional Residential Care Medical Director, Interior Health East

THURSDAY, MARCH 26, 3—4:00 pm | Embrace Aging

Keep seniors singing

Spartan Room, Parkinson Recreation Centre, 1800 Parkinson Way, Kelowna

Register at sing4yourlife.eventbrite.ca

PRESENTER:

Nigel Brown, Executive Director, Sing for Your Life Foundation BC

FRIDAY, MARCH 27, 12—1:00 pm | Embrace Aging

It's your life: Cancer prevention and you

Rotary Centre for the Arts—Atrium, 421 Cawston Avenue, Kelowna

Register at reducecancer.eventbrite.ca

PRESENTER:

Randene Wejr, MSW, MBA(c) Regional Director, Southern Interior Region, Canadian Cancer Society
Jerilynn Maki, MA Team Lead Health Promotion, Southern Interior Region, Canadian Cancer Society

Co-sponsored by the INSTITUTE FOR HEALTHY LIVING AND CHRONIC DISEASE PREVENTION, UBC's FACULTY FOR HEALTH AND SOCIAL DEVELOPMENT, and INTERIOR HEALTH



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA



ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC

For more information ihlcp.ok.ubc.ca

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