

# **CURAC 2018 Conference: Provisional Program**

**May 23-25, Dalhousie University, Halifax, NS**  
**[adrp.dal.ca/curac2018](http://adrp.dal.ca/curac2018)**

*All conference sessions will be in 1108 Mona Campbell Building.  
Noon meals will be across the street in Cameron House Dining Room.  
Accommodation on campus at LeMarchant Place and Howe Hall, off  
campus at The Westin, near Pier 21.*

## **Wednesday afternoon and evening, May 23**

2:00 – 3:30 pm	<b>Dalhousie 200<sup>th</sup> Anniversary Retirees Reception</b> 2 <sup>nd</sup> Floor Student Union Building - Open to all Dalhousie retirees and CURAC conference delegates.
4:00 – 6:00 pm	CURAC Board Meeting @University Club
6:30 pm	Transportation from Westin to Sherriff Hall
7:00 – 9:00 pm	<b>Conference Registration and Reception @Sherriff Hall Victoria Lounge</b> Welcome of representatives by ADRP Org. Comm.
9:00 pm	Transportation to Westin Hotel

## Thursday morning, May 24

7:45 Transport from Westin Hotel to Mona Campbell

	<b>Session 1, Round Tables</b>
8:30 – 9:00 am	Coffee and Continental Breakfast
9:00 – 9:15 am	Welcome by Dal Rep, CURAC, ADRP President
9:15 - 10:15 am	Learning from Each Other - Best Practices in Retiree Associations
10:15 - 10:45 am	Break
10:45 - 12:00 pm	Roundtables on desired CURAC focus: Association Concerns? Health? Benefits? Summaries and report back.
12:00 - 1:00 pm	<b>Lunch @ Cameron House Dining Room</b>

## Thursday afternoon

	<b>Session 2, Community Concerns</b>
1:00 – 2:00 pm	Ocean related topics: The Ocean Frontier Institute Leading the way: how post-secondary institutions are creating an ocean of opportunity for Canada Speaker: Dr. Wendy Watson-Wright
2:00 – 3:00 pm	Why Do We Act Like Peter Pan When It Comes to Decisions About Aging in Place? Speaker: Don Shiner
3:00 – 3:15 pm	Break
3:15 – 4:30 pm	CURAC/ARUCC Annual General Meeting (AGM)

4:45 Transport Mona Campbell to Westin

## Thursday Evening, May 24

5:30 – 9:45 pm	<b>CURAC Awards Banquet, Pier 21,</b> <b>Hosted by SMURA</b>
	Welcome and CURAC Awards Speaker: Hon. Senator Wanda Thomas Bernard Africans in the Promised Land: The Ongoing Struggle for Recognition, Justice and Development in Canada

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## Friday morning, May 25

7:45 Transport from Westin to Mona Campbell

	<b>Session 3, Health</b>
8:30 – 9:00 am	Coffee and Continental Breakfast
9:00 – 10:00 am	Deprescribing: It's no dream. Sleep well without sleeping pills. Speaker: David Gardner
10:00 – 10:30 am	Break
10:30 – 12:00 pm	<b>Speaker and a Panel: Living with Frailty and Dementia</b> In this presentation Dr Sam Searle will describe the symptoms of dementia, frailty, risk factors and treatment options. Faye Forbes will share her experience of living with dementia and strategies she uses for living well. Linda Bird will discuss the challenges and benefits of seeking help. Wanda Fedora will highlight oral care as one aspect of overall health that often gets ignored as dementia progresses.  Speaker: Dr. Samuel Searle, Geriatrician  Panel: Perspectives on Alzheimer's Disease Faye Forbes, Personal Experience · Linda Bird, Support Systems · Wanda Fedora, Oral Health
12:00 – 1:00 pm	<b>Lunch@Cameron House Dining Room</b>

## Friday afternoon

	<b>Session 4, Higher Education for Seniors</b>
1:00 – 2:30 pm	Panel on SCANS: History of SCANS - Colin Stuttard Administration -Heather Schellinck Teaching for SCANS - TBA
2:30 – 3:00 pm	Break
3:00 – 3:45	Closing Discussion
4:00	Transport to Westin
4:00- 5:00 pm	CURAC Board Meeting @1108 Mona Campbell

## Speakers

***Honourable Senator Wanda Thomas Bernard***, PhD, CM, ONS

Recently retired from Dalhousie University's School of Social Work after over 27 years of teaching, research, and administration. She was Director from 2001-2011. She was awarded the Order of Canada in 2005 and the Order of Nova Scotia in 2014. In 2016, Prof. Bernard was awarded Dalhousie's inaugural Teaching Award in Education for Diversity, and was appointed Special Advisor on Diversity and Inclusion.

Senator Bernard was appointed to the Senate of Canada in November 2016 and sits as an Independent member. She is a member of two Senate committees: Social Affairs, Science and Technology, and Human Rights, where she also serves as Chair.

She has been very active in senatorial concerns across the country. As well, she continues her very active role in championing human rights issues in Nova Scotia with special concern and activity with our Indigenous population, African Nova Scotians and Persons with Disabilities.

Her roots are in East Preston, Nova Scotia, one of Nova Scotia's oldest Black communities.

Senator Bernard is also a lecturer with SCANS (Seniors College Assoc. of NS). The Association of Dalhousie Retirees and Pensioners proudly welcomes her as one of its newest members.

***Linda Bird*** 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. After completing her Master in Human Ecology at Mount Saint Vincent, and working at the Nova Scotia Centre on Aging, Linda joined the Society in 2004. Linda is passionate about her work and learns every day from people on the dementia journey.



**Rev'd Faye Forbes** is a person living with dementia. Since she was diagnosed she has become an advocate for those living with this disease and is active with the Alzheimer's Societies. She was an advisory member for the Nova Scotia Dementia Strategy, Committee member for the Dementia Friends Initiative, speaker at several conferences, including the G7 Global Action against Dementia. She has collaborated on an article for the Canadian Journal of Geriatric Medicine, and continues speaking engagements. She is a board member for the Alzheimer Society of Canada, advisory member for several national research groups (such as SALTY- seniors adding life to years-; TREK-Translating research in Elder Care - Resident & Family/Friend Caregiver Advisory Committee-; Re-imagining Dementia Conference Committee) As well as living with dementia, she has had experience in care giving to her grandfather, father- in law and mother-in law.

She is an Associate Priest at St Francis by the Lakes Anglican Church where she is active in educational and sacramental ministry.

She is the mother of three daughters and their families, an extended family of son and daughter and their families who have given her a total of 11 grandchildren. She resides independently with her daughter Jenn and her family.

***Dr Samuel Searle, MD, FRCPC***

Dr Searle is an asst professor in geriatric medicine at the Dalhousie School of Medicine. He has an active research program, and works in hospitals in both Nova Scotia and New Brunswick. He has a longstanding interest in frailty and was first author on a now classic paper on how to construct a frailty index.

***Donald Shiner, PhD CD CPSM***

Dr. Shiner is an Associate Professor of Marketing at Mount Saint Vincent University.

He completed his MBA in 1980 at Dalhousie University and his PhD at the University of Bradford, England in 1989. An experienced educator he has designed and delivered marketing seminars on a wide range of topics and has been a keynote speaker at local, regional, national and international meetings and

conventions. His marketing seminars are always based on the practical knowledge managers need to implement marketing actions. He was a contributing editor of four chapters marketing textbook "Marketing Today" and served on the founding editorial board of the "Journal of Strategic Marketing" published in England. He has published a number of articles on the practice of marketing.

Dr. Shiner was the marketing columnist for CBC Radio One's national program the Business Network for three years and speaks regularly on the impact of marketing on everyday Canadian life.

As an academic Dr. Shiner has spent the past ten years researching and reporting on the housing needs of our aging population beginning with the formation of the Atlantic Seniors Housing Research Alliance (ASHRA)



***Dr. Wendy Watson-Wright*** is the Chief Executive Officer of the Ocean Frontier Institute (OFI). Headquartered at Dalhousie University in Halifax, and in partnership with Memorial University of Newfoundland and the University of Prince Edward Island, the OFI is a transnational interdisciplinary research institute whose aim is the safe and sustainable development of the ocean frontier. From 2010 to 2015, Dr. Watson-Wright was the Executive Secretary and Assistant Director General of the Intergovernmental Oceanographic Commission of UNESCO in Paris. Prior to that she held various positions within the Canadian federal public service including Assistant Deputy Minister of Science for Fisheries and Oceans Canada (DFO), Director of the DFO St. Andrews Biological Station and Associate ADM of the Population and Public Health Branch of Health Canada. Dr. Watson-Wright has been an invited member of such boards as the Council of Canadian Academies' Expert Panel on Ocean Science, the Strategic Advisory Board for the European Union's Joint Programming Initiative on Ocean, and the Scientific Advisory Board of the Wendy Schmidt Ocean Health X-Prize. A Killam scholar, she holds a Ph.D. in Physiology from Dalhousie University.



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