

R3  INNOVATIONS IN AGING

---

# CONFERENCE

APRIL 11<sup>TH</sup> & 12<sup>TH</sup>, 2018

THE CROWNE PLAZA FREDERICTON

New Brunswick  
Health Research  
Foundation



Fondation de la  
recherche en santé  
du Nouveau-Brunswick

NBIF

rrpsn.bsprn

# WELCOME

## WE'RE THRILLED YOU COULD BE A PART OF THE R3 CONFERENCE FOR INNOVATIONS IN AGING!

Our purpose is to raise awareness of the tremendous impact local research has on our province and residents. R3 brings the research community, business community, government and public together to learn how to work collaboratively to make advancements toward healthy aging.

By supporting this event, you've enabled advancements in this critical action area of healthy aging, and we can't thank you enough.

Sincerely,



THE NEW BRUNSWICK INNOVATION  
FOUNDATION (NBIF)



THE NEW BRUNSWICK SOCIAL POLICY  
RESEARCH NETWORK (NBSPRN)

New Brunswick  
Health Research  
Foundation

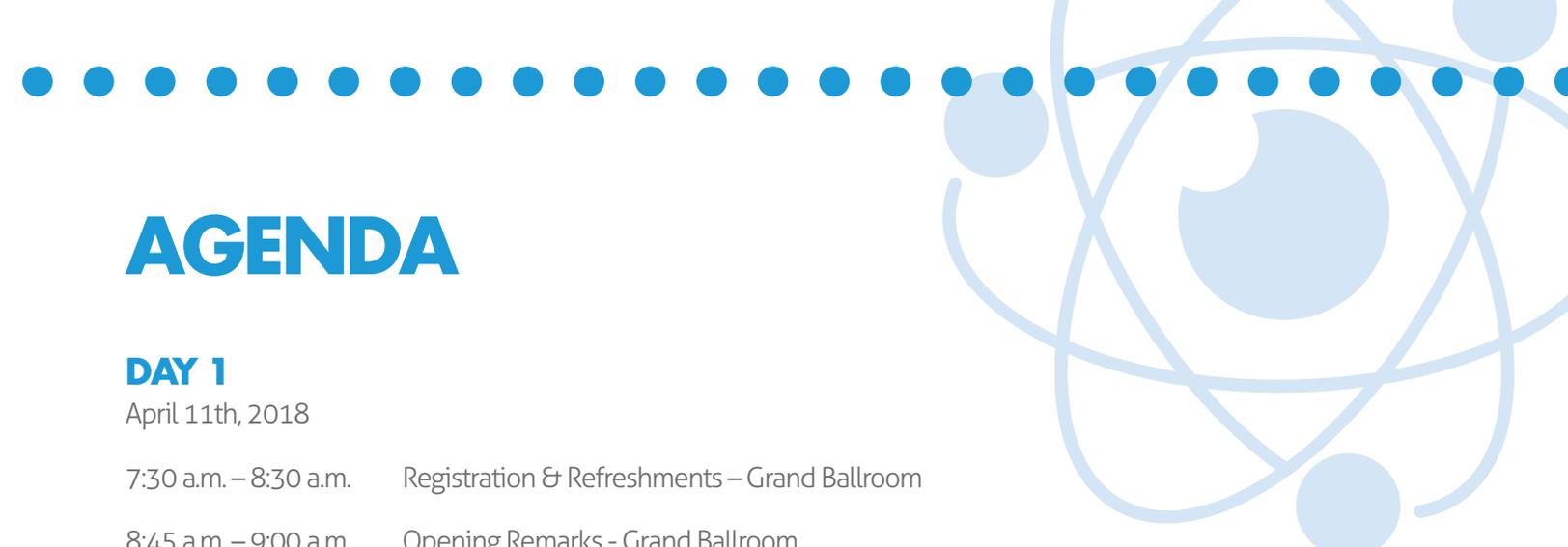


Fondation de la  
recherche en santé  
du Nouveau-Brunswick

THE NEW BRUNSWICK HEALTH RESEARCH  
FOUNDATION (NBHRF)

**“RESEARCH: THE DISTANCE BETWEEN AN IDEA AND ITS REALIZATION.”**

**DAVID SARNOFF**



# AGENDA

## DAY 1

April 11th, 2018

7:30 a.m. – 8:30 a.m. Registration & Refreshments – Grand Ballroom

8:45 a.m. – 9:00 a.m. Opening Remarks - Grand Ballroom

9:00 a.m. – 10:00 a.m. Keynote Speaker: Gary Anaka – Grand Ballroom

# REDUCING YOUR RISKS OF GETTING ALZHEIMER'S DISEASE

A wave of dementia is currently sweeping the country. The Alzheimer's League now states that over 747,000 Canadians (2013) suffer with dementia, and the only therapy is prevention. Unfortunately, there are no magic pills. Do you have a brain maintenance program? What are your prevention strategies? Learn how to use it before you lose it! Preventing mental decline is easier than reversing it.

## DISCOVER

- Best foods and vitamins for maintaining brain health
- Life style choices that help your brain stay young and sharp
- How to keep brain inflammation out of your brain so it can go the distance
- Plasticity - your future depends upon how your brain changes everyday
- Neurogenesis - how to literally grow new brain cells everyday

Brain degeneration is not inevitable because the brain has amazing powers of regeneration. Gain the secrets of brain longevity and learn workable strategies for maintaining your quality of life. This energetic and lively session is filled with hope and optimism for the future. This workshop is transformational in nature, not just information.

# GARY ANAKA, BRAIN AND WELLNESS EXPERT



Gary Anaka is the top Brain-based Learning Facilitator in BC today. He is a learning assistance specialist with over 34 years of teaching experience in the regular classroom. He is a study skills expert, a brain gymnastics coach and has been presenting keynotes and workshops in the new field of Applied Educational Neuroscience across Canada since 1997. Gary has presented motivational workshops to tens of thousands of educators, parents, students, professionals and the general public. His sessions offer genuine practical help for everyone. He believes in wellness through education to support healthy living for people of all ages. He is well-known for his high energy, fun and totally engaging sessions. Gary is the author of six books: *Your Magical Brain How It Learns Best* - a resource book for teachers and parents; *Brain Wellness The Secrets for Longevity* - a practical resource book on how to prevent cognitive decline; and has just completed a series of four books called *The Brain Coach Guides*. The scope of his work can be viewed at [www.braincoach.ca](http://www.braincoach.ca).

**10:00 A.M. – 10:30 A.M.**

**REFRESHMENT BREAK - JUNIOR BALLROOM**

During the break, get a chance to visit poster exhibits and chat with our 10 research presenters.

## POSTER PRESENTERS AND TOPICS

- Danie Gagnon - Identifying and responding to the needs of older women who experience intimate partner violence in later life
- Donne Miller-Wallace - CareWearKey: The Key to Your Care. Wear it.
- Elizabeth Gerhardt - When you laugh, the world is again beautiful: The humour of thriving older adults.
- Emily MacDonald - Providing Care in the Home for a Loved One with Dementia: Family Caregivers' Perceived Health Needs
- Emily MacDonald - Understanding the Transitional Experience of Registered Nurses Entering the Long-Term Care Environment: An Institutional Ethnography
- Emily Read - Employee and Family Assistance Use at New Brunswick Nursing Homes: Results of a Pilot Study
- Haley Flaro - My Aging Story
- Corinne Hersey - Natural Capital: Gardens for Renewal
- Selma Zaiane-Ghalia - Les loisirs offerts dans les foyers de soins francophones: le mieux-être et le soutien à l'autonomie de nos aînées dans la région du Grand Moncton.
- Véronique Thibault - Description des besoins en services et soins à domicile des aînés vulnérables de l'UMF de Dieppe

**10:30 A.M.- 11:30 A.M.**

**LIGHTNING TALKS - GRAND BALLROOM**

A rapid series of 5-minute presentations delivered by five leading New Brunswick researchers, followed by a question and answer session.

- Alireza Manashty - Predictive Analytics in Health Monitoring
- Andrea Mayo - Potential Functional Benefits of a Comprehensive Evaluation of Physical Activities for Older Adults
- Denise Coward - Seeing Beyond Illness and Disability: An integration, community-based approach to helping seniors live safely and independently at home.
- Haley Flaro - Impact of Seniors Community Navigator Service
- Juliana Prestes - The Vulnerable Patient Index

**11:30 A.M.- 12:30 P.M.**

**LUNCH - JUNIOR BALLROOM**

Over the course of the lunch, get a chance to visit poster exhibits and chat with our 10 research presenters.

**12:30 P.M. - 1:30 P.M.**

**LIGHTNING TALKS - GRAND BALLROOM**

A rapid series of 5-minute presentations delivered by five leading New Brunswick researchers, followed by a question and answer session.

- Deborah van den Hoonaard - In Their Own Words: What We Can Learn from Older Widows
- Candice Pollack - Connecting the Dots: How an Innovation Hub Can Foster Health System Transformation
- Constance Van Horne - Capital requirements to support senior entrepreneurship: a conceptual model
- Johanne Perron - Feminist perspectives on care-giving work
- Suzanne Dupuis Blanchard - Looking Through the Classroom Window: Recruiting Health Human Resources for an Aging Population.

**1:30 P.M. - 2:00 P.M.**

**REFRESHMENT BREAK - JUNIOR BALLROOM**

Over the break, get a chance to visit the poster exhibits again.

**2:00 P.M.- 3:00 P.M.**

**PANEL DISCUSSION – GRAND BALLROOM**

## **THE FUTURE OF LONG TERM CARE**

Moderated panel featuring long term care industry professionals discussing the future of long term care in NB. Themes will include those identified in the Government of New Brunswick's "An Aging Strategy for New Brunswick", and panelists will explore culture shifts, person centered care & coordination, and recruitment and retention needs to develop and sustain our long term care workforce.

### **PANELISTS**

- Jodi Hall, Executive Director, New Brunswick Association of Nursing Homes
- Cindy Donovan, CEO, Loch Lomond Villa
- Daphne Noonan, co-founder, Person Centered Universe
- Amanda Betts, Founder, eChart Healthcare
- Jean Bustard, VP Quality and System Performance, Medavie Health Services NB (moderator)

**3:00 P.M. - 4:00 P.M.**

**LIGHTNING TALKS - GRAND BALLROOM**

A rapid series of 5-minute presentations delivered by five leading New Brunswick researchers, followed by a question and answer session.

- Amanda Lee - How much are Residents Sittings in Long-term in Care Facilities?
- Dr. Danielle Bouchard - Weight loss in Older Adults: For who, why, and how?
- René Babin - Les logements accessoires: que pouvons-nous apprendre de la pratique actuelle au Canada?
- Travis Hrubeniuk - Is Duration of Exercise Associated with Greater Physical Capacity in Older Adults?
- Emily MacDonald - Understanding the Transitional Experience of Registered Nurses entering the Long-Term Care Environment: An Institutional Ethnography

**4:00 P.M. - 4:15 P.M.**

**CLOSING REMARKS - GRAND BALLROOM**

# AGENDA

## DAY 2

April 12th, 2018

- 7:30 a.m.– 8:30 a.m. Registration & Refreshments – Grand Ballroom
- 8:30 a.m.– 9:00 a.m. Recap of Day 1, Intro to Day 2 – Grand Ballroom
- 9:00 a.m. – 9:15 a.m. Life at 95 delivered by Angus Hamilton, Senior Goodwill Ambassador - Grand Ballroom
- 9:15 a.m. – 11:15 a.m. Workshop facilitated by NouLAB - Grand Ballroom

## NOULAB WORKSHOP

NouLAB is New Brunswick’s Social and Public Innovation Lab. They help the public and innovators act together to address our most pressing social, environmental, and economic challenges. By connecting change agents from across sectors, convening them around pressing issues, and facilitating their journey to deep change, NouLAB is making the change process smarter.



This workshop will gather multi-stakeholder groups together and guide them through a lab process where they will explore root causes, user experience and possible solutions to complex challenges and build individual capacity to solve problems in a new way to increase the likelihood of future breakthrough solutions related to aging.

The Invitation: Do you have a project in mind or on the go? Are you stuck on a problem? Not sure how to get started? Facing a barrier? Take advantage of this opportunity to bring your ideas forward and work together with key stakeholders in a mini-lab to identify the problem, brainstorm solutions and identify a prototype to get out there and test! You can either bring a problem to work on, a project you are already working on or help others work on through their problems. If you have something you want to work on be ready to pitch your problem/project/idea/question.

## RACHEL DERRAH, BRAVE SPACE – GRAPHIC RECORDING ARTIST

Brave Space creates live draw murals at conferences, events, and celebrations. Their approach animates the space and builds engagement and momentum in the initiative. They illustrate and engage with what is going on in the room—the atmosphere, presentations, and voices of the attendees. These murals make beautiful and useful artifacts of the event. Participants can use them to support their learning and understanding of the presentations and conversations.



**11:15 A.M. - 1:30 P.M.**

**LUNCH & KEYNOTE PRESENTATION BY  
DR. JANE BROOKS – GRAND BALLROOM**

## **THE FUTURE OF MEDICINE – INNOVATION, TECHNOLOGY AND THE ART OF MEDICINE**

New technologies are advancing rapidly and it's clear that healthcare is the next industry to be disrupted and transformed. Huge corporations and small start-ups around the world are eager to change the field of medicine. Even patients are ready to embrace new tech – they want to better manage their health, prevent disease, and become equal partners in their own care.

However, the stakeholders of healthcare (policymakers, researchers, doctors, nurses, medical learners and healthcare professionals and even patients) aren't yet ready and the enormous technological changes are already underway. It is commonly thought (and feared) that new technologies threaten to "dehumanize" medicine and change the doctor-patient relationship and the delivery of healthcare as we know it. Dr. Jane Brooks believes the opposite – that new tech will free up time for health providers to do what they do best, provide care with expertise and empathy. The new technologies will deliver the critical information at our fingertips, rather than providers spending valuable time looking for it.

## **LEARN ABOUT EMERGING INNOVATIONS THAT WILL RESHAPE HEALTHCARE AND THE ART OF MEDICINE**

- Remote and telemedicine
- Wearables and sensors
- Artificial intelligence (AI)
- 3D printing
- Robotics
- Genomics
- Hospitals of the future

## **ABOUT DR. JANE BROOKS**

Dr. Jane Brooks is an emergency room physician in The Annapolis Valley in Nova Scotia. For the past year, she has held the role of Deloitte's National Senior Physician Lead. She has held positions and sat on over 40 committees and working groups at local, provincial and national levels, including being the President and Chair of the Board of Doctors Nova Scotia and a Board member and Honorary Treasurer of the Canadian Medical Association. She was the Chief of Staff of Soldiers Memorial Hospital for many years as well as the Chief of the Emergency Department. Dr. Brooks has sat on numerous committees including finance, governance, human resource and compensation, appointments and credentialing policy and health issues, postgrad education, ministerial oversight and family medicine residency curriculum development to name a few. More recently, Dr. Brooks describes herself as one of a growing number of medical futurists.

Dr. Brooks' active practice in primary care, hospitalist and emergency room work has benefited from her experience in areas such as strategy, governance, operations reviews, leadership development, organization design, performance management, culture change, communications and team development. Dr. Brooks has had extensive experience in local health authorities as well as provincial and national health care associations in change management and physician leadership. She has been involved in many aspects of health care reform and transformation both at the provider level and at the system level. She has also been involved in committees at the ministerial level at the Department of Health and Wellness and academic levels at Dalhousie University. She now works with Deloitte industry teams across the country as a subject matter expert and team member in her role as National Senior Physician lead.

Currently, Dr. Brooks holds active full-time licenses in both Nova Scotia and British Columbia and works in both provinces. At present, the majority of her clinical work is as an Emergency Room Physician and medical director of 2 large nursing homes. Over her clinical career, she was the co-founder of a large multi-community multi-disciplinary collaborative practice in rural Nova Scotia wherein she had a practice of over 3000 patients until 2016. She brings a unique combination of primary and hospital-based care, health care administration, medical leadership and vision. Dr. Brooks holds a Ph.D. in Immunology and an M.D. from Dalhousie University and an MBA from the Richard Ivey School of Business at Western University. She holds a faculty appointment as an Assistant Professor in Family Medicine at Dalhousie University.

**1:30 P.M. - 3:30 P.M.**

**WORKSHOP FACILITATED BY NOULAB  
(CONT'D) - GRAND BALLROOM**

**3:30 P.M. - 4:00 P.M.**

**CLOSING REMARKS & NEXT STEPS -  
GRAND BALLROOM**

The New Brunswick Innovation Foundation, the New Brunswick Social Policy Research Network and New Brunswick Health Research Foundation will deliver a wrap-up to the conference and discuss 'The Next Steps' on moving forward towards a healthier New Brunswick.

# R3 CONFERENCE SPONSORS

DIAMOND SPONSORS

PLATINUM SPONSOR



GOLD SPONSOR



IN-KIND SPONSOR



**LOVING THE EXPERIENCE?**  
**SHARE IT ON SOCIAL MEDIA!**

**#R3NB2018**