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BC Pages

Newsletter of the B.C. Psychogeriatric Association

President's Report Summer 2009

I hope everyone has enjoyed the summer!

Many of you attended our very successful conference in Richmond in the Spring. It was a great pleasure to see such a good turn-out, to meet like-minded people and to share our challenges, ideas and dreams. I think everyone left the conference feeling stimulated, uplifted and re-charged. Many thanks to our Conference Committee Chair Anita Wahl and to her able team: Anne Earthy, Elaine Unsworth and Lorea Ytterberg.

At the AGM held at the Conference we said goodbye to Board members Randy Grahn, Dawn Hemingway, and Holly Tuokko, all of whom have been major contributors to the success of our organization. We welcomed new Directors Melinda Allison, Jan Kohout, and Janet Love - you can see their bios on our website.

As you will recall we submitted a brief to the provincial ombudsman *Systemic Investigation Into Seniors' Care* (to which a number of our members contributed directly). As yet no report has been released, but we will alert you when it does**.** Since then, however, more and more direct and indirect cuts are being made to seniors' health care, raising further concerns about systemic quality and capacity. If you send your concerns/stories to us, we will bring them to both the Ombudswoman and the BC government.

Another advocacy initiative over the summer was developing a response to the BC government's 10-Year Mental Health Plan which barely mentions older adults. The full letter will be posted on our website, but a brief summary is in the Advocacy column on page 6.

In July I had the opportunity to attend the International Gerontology and Geriatrics World Congress in Paris, France! Needless to say, the location was great and so was the conference! I presented our BCPGA research funded by the Public Health Agency of Canada at the World Congress (all of which you will find on our website). Specifically, my presentation included the following:

- **The Psychosocial Resource Manual** is a compilation of promising practices and services using psychosocial/non-biomedical approaches to promote and support older adults' mental health and to prevent or address seniors' mental health problems and disorders.

- **Seniors-to-Seniors: Talking About Mental Health**, designed for seniors by seniors from across Canada, who shared the strategies they use to meet the mental health challenges of late life.

- **Promoting Seniors Mental Health Care in Cancer Care: A Guide for Front-Line Care Providers**, written by front-line care providers and other experts. The Guide provides an overview of the intersection between cancer and seniors' mental health. It identifies the challenges older adults may experience and provides practical information for supporting seniors' mental health during cancer care.

- **Seniors to Seniors: Talking About Cancer**, designed for seniors by seniors

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from across Canada, who share the strategies they used to meet the mental health challenges of cancer. Our presentation was received with interest by those whom we met in Paris, and several people have contacted me for our materials.

All abstracts from the IAGG World Congress are published in a special issue of JNHA (*Journal of Nutrition Health Aging*). If you would like to review them, access to the abstract book is free until August 31th, 2009. If you are reading this from our website, for direct access to JNHA Vol 13/Supplement 1, please click here.

As you may recall one of our over-all goals is to raise awareness about depression. One of the topics at the IAGG was the challenge of providing good care when those providing the services are stretched to the limit. As many of you are aware, there is a startling number of health care providers who experience work related stress and who may suffer from anxiety and/or depression. While it is important to put our energies into advocating for adequate and appropriate care for older adults with or at risk of mental health problems, we also need to focus on our own self-care. *Help Guide* is an interesting website that has some good information on stress management in the work place. You can find it on this website: http://www.helpguide.org/mental/work_stress_management.htm#what.

Finally, our 2010 conference will take place in Nanaimo on April 29-May 1st. The planning committee (which I co-chair with Sandie Somers) would be very interested in hearing your thoughts for a theme, keynote and other speakers. If you would like to help plan the conference—especially if you are on the Island—please contact me pennymaccourt@shaw.ca.

As we head into autumn and a continuing busy work schedule, I wish everyone the best!

Penny MacCourt
President

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2009-2010 Board of Directors

From left: Penny MacCourt, Elaine Unsworth, Lorea Yetterberg, Anita Wahl, Janet Love, Anthony Kupferschmidt, John Gray, Anne Earthy, Jan Kohout. Not pictured: Sandi Somers, Melinda Allison.

The British Columbia Psychogeriatric Association (BCPGA) is a professional, multi-disciplinary, non-profit interest group.

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!!! NOTICE !!!

We are changing our circulation method from hard copy to electronic!

This will be the last issue of BC Pages that is sent by mail as a hard copy to every BCPGA member. Beginning with the December edition, an electronic copy will be sent to your email address **UNLESS** you ticked the "send by mail" box on the membership application form **OR** you let us know by sending a note to bcpga@yahoo.com.

This change not only is environmentally friendly – it saves trees! – but also is less expensive. We hope you will continue to find BC Pages interesting and helpful in your work!

Let us know if there are issues or information you would like to see in upcoming issues!

2009 Conference a Success – As Usual!

It really doesn't get any better than spending time getting re-acquainted with old friends and making new ones. This year's conference was packed with dedicated and knowledgeable people who really are the *Heart of Psychogeriatric Care*.

The participants that attended the pre-conference workshop had an opportunity to learn more about interviewing an older person with depression by participating in a demonstration with Dr. Elisabeth Drance and an actor role playing. Following, Dr. Paul Whitehead and Dr. Hilary Pearson explored an approach to enhancing communication skills in difficult situations and caring for the professional care giver.

A perfect way to start a great conference was the opening keynote address Thursday evening with an inspirational presentation by Dr. Drance who shared a perspective on the essence of the *Heart of Psychogeriatric Care.*

Dr. Donnelly opened Friday morning with a very informative keynote presentation on updates for the treatment of depression in the older person. The rest of the day was packed full of many more passionate experts presenting on a variety of topics in concurrent sessions that were well attended.

And let us not forget the humorous, entertaining and thought-provoking evening event by the Applied Theatre Performance on older driver safety. Most of us could identify with the situation in one way or another, either through personal or professional experience.

The Saturday presentation by Kim Carter from the Ombudsman office was held before a large crowd interested in hearing insights on the workings of the Ombudsman's office and its involvement in the review of Seniors Care in BC.

The conference finale was an impressive panel of experts highlighting a collaborative process aimed to address health care issues such as advanced care planning and ethics.

Congratulations to the winners of the student poster competition: Laura Booi was awarded 1st place; in 2nd place was Erin Grant; while 3rd place was awarded to Janet Anne Love.

Finally, thanks to all the sponsors and vendors whose support made a huge difference; to the speakers who generously donated their time; and to the members who attended and / or contributed in a variety of ways to make this conference such a wonderful success! Some photos have been posted on our website (www.bcpga.bc.ca) under the conference tab. We look forward to seeing everyone next year in Nanaimo!

Respectfully submitted,
Anita Wahl, Conference Chair

SMHPL Toolkit Cont'd from p. 4

- As an assignment in social work programs to guide analysis of policy.
- To guide course development and redesign in a nursing program.
- To assess programs and services (government and non-government) in a community for their overall effect on older adults' mental health.
- To redesign a geriatric mental health program.
- Seniors' organization is critiquing provincial government policy being developed.
- To guide planning of a regional seniors mental health program
- To facilitate planning of a provincial seniors' mental health program.
- As a framework to facilitate program/regional integration.

The ***Seniors' Mental Health Policy Lens Toolkit*** (SMHPL Toolkit) may also be downloaded from our website www.seniorspolicylens.ca where you will find information and tools to sharpen and deepen the focus of the SMHPL for specific vulnerable populations of seniors (e.g., persons with disabilities, women), specific areas (e.g., health impact, social inclusion), or purposes (e.g., mental health promotion, emergency preparedness) Background information is provided about key concepts (e.g., principles of population health) and components (e.g., vulnerable populations: gays and lesbians) and their impact/relationship specific to seniors' mental health.

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Survey of Communication Technology Usage in Mental Health Service Delivery

BCPGA has received a request for members to participate in an on-line survey of the experiences of mental health workers in the delivery of services using information communication technologies such as video teleconferencing. This request is being circulated to BCPGA members via email. If you don't receive it, you can go to the survey on this website: http://tiny.cc/BlW4Z. This online survey is open to anyone in Canada working in the field of mental health, including students.

The study is being conducted by The National Research Council Institute for Information Technology (NRC-IIT) in Fredericton. Responses to the survey will be anonymous, and once analysis is completed, results will be available in the publications section of the National Research Council's website: www.nrc-cnrc.gc.ca/eng/publications/index.html.

Like it or not, use of video-conferencing and other technologies is increasing; this survey provides an opportunity for people to share their experiences, good or bad. The results of this study are sure to be interesting and valuable in the future development and use of these technologies.

NEWS FROM THE REGIONS | **Northern Health**

"Dementia E-Learning" Now on Northern Health Website

Northern BC residents with dementia, their caregivers, health professionals and the public now have access to new information and support resources with the addition of the "Dementia E-Learning" module to the Northern Health website.

"We are committed to investing not just in the search for a cure and better treatments for dementia but also in the search for a better life for the thousands of British Columbians and their families who struggle with dementia," said [former] Health Services Minister George Abbott. "The Northern Health website, which contains this unique and meaningful dementia care resource information, is based on input from people who live with dementia."

Over the past year, the Northern Health Best Practices Team for Senior Services, with support from Harrigan Consulting, developed, designed and piloted dementia self-learning modules for support and clinical staff. The modules are based on recently-developed Clinical Practice Guidelines for Care of the Older Adult.

"Web-based electronic learning availability is recognized as a vital strategy to support learning opportunities for all care providers and the sharing of knowledge relating to dementia care in all settings including the community, residential and acute care" said Tim Rowe, Northern Health's Executive Director, Home and Community Care. "This E-resource will help to improve care for those with dementia, not only in rural and remote areas, but throughout the Province."

The Dementia E-Learning web site provides access to user-friendly dementia information to health professionals, persons with dementia, caregivers and their families. This resource can be used in a variety of ways, including staff orientation, and it links to other dementia information such as The Dementia Journey. The modules will also available in CD and DVD formats.

"More than 70,000 people in our province have dementia, many of them living in northern communities where resources and education for them and their families can be more difficult to access," said Rosemary Rawnsley, executive director of the Alzheimer Society of B.C. "This initiative makes important information accessible and flexible, and is a great model for reaching out in other regions."

The Dementia E-Learning initiative was funded through the Alzheimer Society of B.C.'s $1-million *Grant to Improve Dementia Care in B.C.*, which supported six other initiatives including the province-wide Dementia Journey website (www.dementiajourney.ca.

The Dementia E-Learning project information can be found at: http://www.northernhealth.ca/Your_Health/Health_Topics/Dementia/default.asp. The first module is a foundational one—for all staff and the community; the second module has a clinical focus. The Dementia E-Learning project is a work in progress and more modules are planned.

Reprinted from the Northern Health Authority website: http://www.northernhealth.ca/News_Events/Media_Centre_and_News/20090407dementiaelearning.asp

RESEARCH NEWS

Seniors Mental Health Policy Lens Toolkit

The BC Psychogeriatric Association, with funding from the Population Health Fund, Public Health Agency of Canada, has developed the ***Seniors Mental Health Policy Lens Toolkit.*** We are excited to report that the **Seniors' Mental Health Policy Lens** has been adopted by the Mental Health Commission of Canada! As you will note from the information below, the SMHPL has great relevance to clinicians, educators and program managers in community, hospital and long term care settings, and we hope you will use it as a tool to support the mental health of seniors with whom you work. There is a link to the toolkit on our website www.bcpga.bc.ca

The ***Seniors' Mental Health Policy Lens*** is a practical tool for promoting and supporting the well-being of all seniors.

- It is a set of questions to identify (or predict) any direct or indirect negative repercussions of policies and programs (in place or proposed), on seniors' mental health.
- It supports the development or analysis of any policy or program relevant to seniors, including those that do not directly target either mental health or seniors
- Its implementation has been evaluated as a best practice in policy design to support seniors' mental health.
- It has been adopted by the Mental Health Commission of Canada

Who Should Use the *Seniors' Mental Health Policy Lens?*

The *Seniors' Mental Health Policy Lens* can be used by policy makers and analysts, program managers, evaluators, service providers, seniors' organizations and advocates, researchers and educators.

When to Use the *Seniors' Mental Health Policy Lens?*

The ***Seniors' Mental Health Policy Lens*** can be applied, for a variety of purposes, to policies and programs that directly or indirectly affect seniors.

• To develop new programs and policies that support seniors' mental health;
• To identify potential unintended negative effects of existing policies and programs on seniors' mental health;
• To identify gaps in current policies and programs for seniors;
• To evaluate policies and programs from the perspective of seniors' values and needs;
• To develop a response to an issue or need from the perspective of seniors' mental health;
• To raise awareness about the mental health challenges that seniors in general, and those marginalized, may face;
• To build awareness about the influence of policies and programs on seniors mental health;
• To build a shared understanding of seniors' values and concerns, and of factors that can influence their mental health;
• To complement quality assurance programs, accreditation processes and program reviews.

Some ways the *Seniors Mental Health Policy Lens* is being used by agency and organizational leaders across Canada:

- Program review by a Home Support Agency.
- As a tool to engage staff in creating client-centered policy in nursing homes.

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Links & Leads

Various Tid-Bits

Elisabeth Antifeau is working with Dr. Wendy Hulko, TRU Aging and Health Research Centre, and others to explore the possibility of offering a Graduate Certificate in Dementia Studies from Thompson Rivers University Open Learning (TRU-OL). Attached is a link to a survey tool to gauge interest and solicit feedback. The survey takes ~3 to 5 minutes to complete and can be accessed at:
http://www.surveyfeedback.ca/surveys/wsb.dll/s/1g232

Elisabeth is requesting your assistance in completing this short on-line survey and in sharing this message with other staff or contacts who might be interested in this possibility. She very much appreciates your help with this survey, and if you have questions, you can contact her at:
elisabeth.antifeau@interiorhealth.ca.

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The Alzheimer Society of Canada has created a video and workbook series called *The Alzheimer Journey*.

Module 4: Understanding Alzheimer Disease: The Link Between Brain and Behaviour explains how the brain functions and what happens when the different regions of the brain are affected by Alzheimer's disease. You can watch the video online or order a copy of the video and workbook from your local Alzheimer Society. For more information, see the Alzheimer Society of Canada website: www.alzheimer.ca/english/disease/whatisit-video.htm.

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The Alzheimer Society in Britain has produced a booklet on vascular dementia that might be a useful handout to clients or their families who are dealing with this condition. The booklet is 18 pages long and is available online in pdf format: http://www.alzheimers.org.uk/downloads/Understanding_Vascular_Dementia.pdf

Topics covered in the booklet include: Understanding vascular dementia, Symptoms of vascular dementia, Types of vascular dementia, Factors that may cause vascular dementia, Diagnosis, Treatment. Explanations are in ordinary language and are easy to understand.

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The Mayo Clinic in the US has released the results of a study on calorie-restricton diet fot anti-aging. A calorie-restriction diet means 20-30% fewer calories than usual. Proponents of the calorie-restriction diet claim that restricting calories slows the aging process, reduces the risk of various chronic diseases and leads to a longer life – but there are risks, and it's unclear if studies done with animals will show the same benefits with humans. For more information on this topic, go to http://www.mayoclinic.com/health/calorie-restriction-diet/MY00578/METHOD=print and see the article on the Okinawa Centenarian study on page 6.

MEMBER PROFILE

Holly Tuokko

When Holly Tuokko began university, there wasn't such a thing as geriatric neuropsychology and yet somehow she ended up working in the field and writing a textbook about it in 1998. This book, *An Assessment Guide to Geriatric Neuropsychology,* was the first of its kind and brought together information of special relevance to those working with older adults. More recently, she tackled a highly controversial area in her book *Mild Cognitive Impairment: International Perspectives*. But how did she get from there to here?

Holly first became interested in neuropsychology when she worked as a summer student at an institution for mentally handicapped persons after completing her first year of university. As part of the orientation week, the various reasons why people may be mentally handicapped were discussed. This was an eye opener to the connection between the brain and behavior. Throughout her University training, she continued to be fascinated by brain-behavior connections and sought instruction and jobs in settings providing care to persons with mental health challenges. After completing her Master's degree in Clinical Psychology at Lakehead University, she worked on research projects with learning disabled children and discovered the growing field of neuropsychology.

Holly sought out further training at the highly acclaimed PhD program in Human Neuropsychology at the University of Victoria (UVic) and, after graduation, accepted a position at the Clinic for Alzheimer Disease and Related Disorders, a research centre affiliated with the University of British Columbia. There she spent 10 years as a scientist/practitioner performing clinical neuropsychological assessments and conducting research on issues related to the identification and care of persons with dementia. This research included test development and the generation of normative data for older adults on a variety of neuropsychological measures.

From there she moved to a mental health outreach team in Victoria to discover a completely different type of clinical environment and population of older adults with mental health challenges. Armed with a myriad of research questions from her years in clinical practice, she returned to the University of Victoria as an Associate Professor in the Department of Psychology and as part of the Centre on Aging, an interdisciplinary, applied research setting.

Over the years, she has taught courses on adult development and aging, health psychology, dysfunctional development and aging, psychometric theory, cognitive aging, and has supervised students seeing clients in the Psychology Clinic at UVic. In addition, she is heavily involved in graduate student supervision, working closely with her graduate students to facilitate their training, and has served as the Acting Associate Dean of Graduate Studies at UVic.

Presently Holly is the Director of the Centre on Aging at the

Continued on p. 6

Diet and Longevity: The Okinawa Centenarian Study

The Okinawa Centenarian Study (OCS) is an ongoing population-based study of centenarians and other selected elderly, in the Japanese prefecture of Okinawa. When Dr. Suzuki, the Principal Investigator of the OCS, first began his studies in 1975, he found an unusual number of centenarians to be in extraordinarily healthy shape. They were lean, youthful-looking, energetic, and had remarkably low rates of heart disease and cancer -- even stomach cancer, which claimed many mainland Japanese. And they enjoyed the longest life expectancy in the world. By 1995, according to Japan Ministry of Health and Welfare life tables, Okinawan life expectancy had even surpassed the absolute limits of population life expectancy estimated by the Japan Population Research Institute and many biodemographers (see Fries JF. New England Journal of Medicine 1980;303:131-5).

While most studies of humans have suggested that about a third of human longevity is due to genetics, this depends on the age, sex, ethnicity and environment of the study population. On the other hand, studies of lifestyle interventions, such as eating fewer calories (a.k.a. "caloric restriction") have shown that this dietary intervention can also yield increases in lifespan of a similar magnitude. Elderly Okinawans were found to have impressively young, clean arteries, low cholesterol, and low homocysteine levels when compared to Westerners. These factors help reduce their risk for coronary heart disease by up to 80% and keep stroke levels low. Their healthy arteries appear to be in large part due to their lifestyle: diet, regular exercise, moderate alcohol use, avoidance of smoking, blood pressure control, and a stress-minimizing psychospiritual outlook. Further, prevalence surveys suggest that the dementia rate is fairly low among the Okinawan elderly, compared to other elderly populations. Even into their late 90s Okinawans suffered lower dementia rates than reported for comparable populations in the United States and elsewhere.

One outcome of this study of elderly Okinawans is the publication of two books: *The Okinawa Program* and *The Okinawa Diet Plan* (Bradley Wilcox, MD, D. Craig Wilcox, PhD and Makoto Suzuki, MD: 2004, Clarkson Potter). This diet plan is based on nutrient-rich, low calorie food typical of the traditional diet in Okinawa. Generally, the traditional diet is 20% lower in calories than the Japanese average and contains 300% of the green/yellow vegetables (particularly heavy on sweet potatoes). Low in fat and with only 25% of the sugar and 75% of the grains of the average Japanese dietary intake, the traditional diet also includes a relatively small amount of fish (less than half a serving per day) and somewhat more in the way of soy and other legumes (6% of total caloric intake). Almost no meat, eggs, or dairy products are consumed.

Reviews of the books have been mostly glowing with testimonials of weight loss and increased health, but some have commented that cultural differences in taste and texture preferences may make the traditional Okinawan diet unpleasant, even though the basic principles of reduced calories and increased exercise are sound. For more information, see: www.okinawaprogram.com/index.html.

ADVOCACY NEWS

Response to 10-Year Mental Health Plan Draft

A letter from BCPGA has been sent to the Minister of Health, Kevin Falcon, with a copy to the Minister of Healthy Living and Sport, Ida Chong pointing out that the draft of the *10-Year Plan to Address Mental Health and Substance Abuse in BC* does not include the mental health needs of seniors.

The letter reminds the Ministers that the population is aging and that with age come greater mental and physical health issues for seniors. Further, the letter notes that the emphasis in the draft is on youth and Aboriginal populations but that a mental health plan for children and youth has already been developed and published.

The letter states in part: "The challenges facing all older adults can include physical frailty, medical illnesses, functional losses and psychological losses resulting in increased risk of injury and an accompanying increase in health care needs. Elderly individuals often experience multiple physical illnesses and should dementia also occur, treatment becomes extremely complex and often includes long term nursing care. The need for specialized staff and adequate assessment, complex diagnosis, treatment, support and counselling of family and professional caregivers is not addressed by the Plan. This is, we believe, a serious deficiency in the Plan."

The letter concludes with an offer to assist with further development of the *Plan*: "The elderly with mental illness and/or dementia will continue to place ever-increasing demands on our human and financial resources. A 10-Year Plan that does not offer solutions to these issues is inadequate because it does not completely address the mental health issues in BC….Given the depth and breadth of our members' knowledge of aging generally and of mental health issues related to aging specifically, the BCPGA would be pleased to help with any further planning that you or your Ministry may request."

The complete letter to Ministers Falcon and Chong will soon be available on the BCPGA website: www.bcpga.bc.ca.

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Holly Tuokko Cont'd from p. 5
UVic and a professor in the Department of Psychology. She continues to conduct rigorous, applied research in the area of mental health and aging. The current focus of her research addresses the area of cognitive aging and related functional competencies. Specific competencies of interest are driving and financial management. She is presently working with colleagues in Applied Theatre to stimulate conversation around issues related to older driver safety. Some of her other current research activities include being part of nation-wide, longitudinal projects on older driver safety (Candrive, http://www.candrive.ca) and health aging (Canadian Longitudinal Study on Aging, http://www.clsa-elcv.ca).

Last but hardly least, Holly is one of the founding members of the BCPGA and has served on the Board of Directors.

AGM Minutes cont'd from p. 8

- Randy will not be chairing the Committee next year but has agreed to continue as a member. He was thanked for his good work on this Committee.
- **Motion: to approve the Communications Committee report.** Moved Randy Grahn/Seconded Lorea Yetterberg. Carried.

7.6 Research

- Sandra Somers had submitted a written report that Holly Tuokko spoke to. There has been action to increase the number of students; there were 4 student posters this year.
- Members of this committee made two presentations at this Conference.
- Dawn Hemingway described the new Research Inventory designed to help members become knowledgeable about other member's research interests and activities.
- **Motion: to approve the Research Committee report.** Moved Holly Tuokko/Seconded Dawn Hemingway. Carried.

8. Thank you to outgoing Board members

Penny thanked outgoing Board members Dawn Hemmingway, Holly Tuokko and Randy Grahn. All expressed their pleasure at participating in BCPGA and their desire to continue to contribute.

9. Nominations and Elections

- On the books the number of board members is 10 but to increase flexibility the following motion was made: **Increase the Board numbers to 12.** Moved John Gray/Seconded Betsy Lockhart. Carried
- To fill the vacancies of Dawn, Holly and Randy the following occurred:
  Dawn nominated Melinda Allison from Prince George; Anthony nominated Janet Love, from UVic Centre on Ageing, as student representative; and at the request of the call for volunteers, Jan Kohout of Victoria volunteered. All nominations were accepted by acclamation.
  - There was general discussion about the helpfulness of a physician Board member who had connections with the geriatric medical community, as did Randy Grahn. Similarly, the recruitment of a geriatric psychiatrist to the Board could be very helpful. At this stage there are some leads but no nominees. It was decided not to put these preferences into a motion but to ask the Board to be guided by these ideas in adding members (as they can do until the next election).
- The following individuals are the 2009-10 Board members: Elisabeth Antifeau, Anne Earthy, John Gray, Jan Kahout, Anthony Kupferschmidt, Janet Love, Penny MacCourt, Sandra Somers, Elaine Unsworth, Anita Wahl, Lorea Yetterberg

10. Other Business

- Penny MacCourt asked if people wanted 1 or 2 face-to-face meetings of the board. There seemed to be a consensus that, finances permitting, 2 served the needs of the organization best.

11. Adjournment: 6.50pm

Respectfully submitted:
John Gray, Secretary

Membership News

Dear BCPGA

Let me begin by welcoming all new BCPGA members! The membership presently stands at 97 individuals who have paid dues for 2009-2010. This figure includes 31 new members and 66 members renewed from 2008-2009.

For those of you who have yet to renew, your 2008-2009 active membership lapsed on March 31, 2009. To ensure that you continue to receive correspondence from us, please renew your membership immediately. Membership forms are available for download from the BCPGA website (www.bcpga.bc.ca).

The greatest proportion of BCPGA members are based in the Interior (34%), followed by Vancouver Island (25%) and Vancouver Coastal (20%). This year's BCPGA conference in Richmond also brought us a number of new members from the surrounding area and more than doubled our representation in Fraser from this time last year to 15%.

The breakdown of BCPGA membership by profession is comparable to that of last year. Nurses again comprise more than half of the membership (53%), followed by Social Workers (16%). Again this year, the majority of BCPGA members work in Community Outreach (42%) and Long Term Care facilities (21%).

As you can see on the second page of this edition, the BCPGA Board of Directors is moving toward distributing BC Pages electronically through the membership email distribution list. In fact, this will be the last edition of the newsletter to be disseminated solely via Canada Post. Of course, we acknowledge that some members may prefer to continue receiving a hard copy of BC Pages. New and renewing BCPGA members have the option of continuing to receive a printed version of BC Pages in the mail by checking off the box in section 9) of the 2009-2010 membership application form. If you would like to ensure that you will be receiving BC Pages in your preferred format, please feel free to email me at bcpga@yahoo.ca.

We are continuing to acknowledge the achievements and contributions of our membership by featuring individual members in BC Pages. Please be sure to take in the profile on Holly Tuokko in this edition. Do not hesitate to contact me if you would like to share information on your accomplishments or program/workplace with the rest of the BCPGA membership. Thanks again to Maia Kennedy and Betsy Lockhart for their work in profiling our members.

Our most important asset is the support of our membership. We ask all members to promote the BCPGA as opportunities arise. We would welcome an email if we can assist with your promotional efforts – we are happy to help, and always welcome new ideas.

Anthony Kupferschmidt
Membership Chair & Treasurer
bcpga@yahoo.ca

BC Psychogeriatric Association
Annual General Meeting
May 1, 2009: Richmond, BC
Minutes

1. Call to Order
Meeting called to order by President Penny MacCourt at 5.45 pm. Twenty-two members were in attendance.

2. Approval of Agenda
Moved: Martha Donnelly/Second: Dawn Hemmingway. Carried.

3. Approval of AGM Minutes (Cranbrook)
Motion: to approve 2008 Annual General Meeting Minutes (Cranbrook)
Moved: Anne Earthy/Second Dawn Hemmingway. Carried.

4. Business Arising from 2008 AGM Minutes.
Since the current agenda potentially covered any business arising, it was agreed to address any item if it had not been covered by the end of the agenda. No such items were raised.

5. President's Report

- Penny MacCourt presented a written report listing the goals, activities and accomplishments of BCPGA in 2008/2009.
- Penny thanked the Board including outgoing Board members, the Conference organizers and the BCPGA membership for their dedication and hard work for a successful year.
- Noteworthy accomplishments included the depression strategy; research committees accomplishments; meetings with and a report to the Ombudsman with reference to the *Guidelines for Elderly Mental Health Planning for Health Authorities* and the *Seniors' Mental Health Policy Lens;* Supported the Dementia Services Implementation Framework; participated in discussions on the *10 Year Plan to Address Mental Health, Illness and Addictions;* joined the BC Alliance for Mental Health/Illness and Addictions, a group that meets with the Minister and lobbies for improved services; developed and distributed to parties and candidates a position paper for the upcoming election.
- Penny thanked Anita Wahl, who chaired the organizing committee for the successful 2009 Conference in Richmond, and her team.
- The 2010 Conference will be in Naniamo on April 29, 30 and May 1.
- **Motion: to accept the President's Report.** Moved Penny MacCourt/ Seconded Martha Donnelly. Carried.

6. Treasurer's Report

- Anthony Kupferschmidt presented a detailed written report for the fiscal year April 1, 2008 to March 31, 2009. General Account balance at March 31, 2009 was $27,076 which includes an increase of $8, 594.49 in Members Equity
- The increase in expenses in 08/09 was mainly due to Board member travel to a second face-to-face meeting and a $2000 conference advance instead of $1000 in 2007/08.
- The Research Fund balance at March 31, 2009 was $221.86
- Anthony thanked Maia Kennedy for assisting him in transitioning to the Treasurer's role
- **Motion: to adopt the Treasurer's Report.** Moved Anthony Kupferschmidt /Seconded Betsy Lockhart. Carried.

7. Committee Reports

7.1 Advocacy

- John Gray presented a written report with Co-Chair Elisabeth Antifeau. Issues addressed this year included the Depression Focus, report to the Ombudsman and the election platform. Elisabeth reminded members of their obligations to take every opportunity to advocate for our cause. **Motion: to approve the advocacy committee report.** Moved John Gray/Seconded Holly Tuokko. Carried.

7.2 Conference

- Penny MacCourt thanked Anita Wahl and those who worked with her for an excellent conference and pre-conference. Members present echoed these sentiments.
- Anita will present a written report to the Board when information is finalized
- Penny announced that the 2010 Conference will be in Naniamo (April 29, 30 and May 1).
- The 2011 Conference will be in Prince George.

7.3 Finance Committee

- Much of the information on finance was presented in the Treasurer's report.
- **Motion: to increase the annual BCPGA fee for members (but not students) by $5 to take effect in 2010/11.** Moved: Anthony Kupferschmidt /Seconded Lorea Yetterberg. Carried

7.4 Membership

- Anthony Kupferschmidt provided a written report.
- As of March 31, 2009 membership had increased from the same time last year from 111 to 155 members, 117 of whom were in good standing.
- Geographical distribution is 34% Interior (thanks to the Cranbrook Conference), Vancouver Island 32% and Vancouver Coastal at 21%
- Professional breakdown has not changed: Nurses 50%, Social workers 18% and others. The majority were working in community outreach (46%) or LTC facilities
- **Motion: to approve the membership committee report.** Moved Anthony Kupferschmidt/Seconded Penny McCourt. Carried.

7.5 Communications Committee

- Randy Grahn provided a written report and mentioned that the Newsletter, with Betsy Lockhart as editor, had put out three editions this year
- The Newsletter will be delivered electronically unless members specially request a hard copy.
- The website has been updated.
- Considerable work went in to designing a new logo and that is ongoing.

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