

## TREC Team

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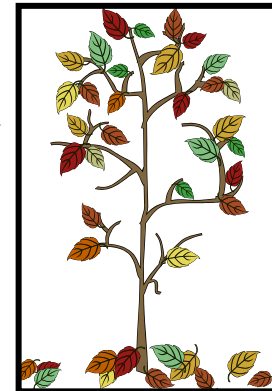
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## AUTUMN UPDATE

As we prepare the Fall 2010 TREC Newsletter, we have just completed our fourth TREC Annual General Meeting (AGM). As I reflect on this, I realize we have made great progress despite some challenges. In our Summer Newsletter I mentioned that we are busy doing data processing and analysis and RAI-MDS 2.0 data was still coming in. I am pleased at this time to tell you that we have RAI-MDS 2.0 data in house from our 36 sites, are well along the way to processing this data so it is ready for analysis and have begun to intake the next series of RAI data sets as we build this longitudinal resource. At the AGM for the first time we were able to share very early descriptive RAI-MDS findings, unit and facility characteristics and preliminary HCA Survey results from Years 1 and 2. Over the next months we will turn our attention to interrogation of both these numeric data from project 1 and the narrative data from Project 2. At the same time analysis of our pilot data and our feedback activities has begun and will be ongoing. Our plan is to assemble core sets of early findings for a TREC late spring meeting.



Coincidental with World Alzheimer's Day on September 21, Alzheimer's and other age related dementias received a great deal of "air time" in the media. Excellent reports have been released over the past year – for example, the Alzheimer Society of Canada's *Rising Tide* and the Alzheimer's Disease International *World Alzheimer's Report 2010*. Reports vary but somewhere between 50 and 80% of older adults living in residential long term care settings have dementia. In this newsletter we highlight some of the reports, all of which will be available via links on our website [www.trec.ualberta.ca](http://www.trec.ualberta.ca) in the near future. I hope that the media attention will translate into action and increased funding for both care delivery and research – particularly in the long term care sector.

**Carole Estabrooks.**

## PHYLLIS HEMPEL, TREC ADVISOR,



It was with sadness that we learned of the death of **Phyllis Hempel** on July 26, 2010. Phyllis was involved with TREC from its earliest days (when it was still just an idea) until a few weeks before her death when she worked on the return on research investment (RORI) working committee. She was a steadfast and enthusiastic supporter and champion of TREC. Her energetic presence and tireless advocacy for improving conditions for older adults in Nursing Homes will be sorely missed. Our thoughts, condolences and best wishes go out to her family.

## DEMENTIA IN THE NEWS

World Alzheimer's Day on September 21<sup>st</sup> resulted in media attention to issues related to Alzheimer's disease and dementia. Alzheimer's Disease International (ADI) released their report highlighting the soaring cost of dementia and the need for action by policy makers and governments across the globe. *The World Alzheimer Report 2010*, written by world experts, presents remarkable facts and states that the annual global cost of dementia will be \$604-billion (U.S.) - the equivalent of the revenues of the mega-corporations Wal-Mart and Exxon Mobil combined. The report calls for a strategy and warns that economic costs will increase at an "alarming rate" for at least 40 more years unless firm action is taken". The link to this report is: [http://www.alz.org/news\\_and\\_events\\_world\\_alzheimers\\_day.asp#report](http://www.alz.org/news_and_events_world_alzheimers_day.asp#report)

In Canada *Aging in Ontario: An ICES Chartbook of Health Service Use by Older Adults* was released. This is a comprehensive compilation of statistical data about Ontario seniors and their care. The data can be used for evidence based decision making for seniors programming to ensure the "right care at the right time in the right place". The link to this report is: [http://www.ices.on.ca/file/AAH%20Chartbook\\_interactive\\_final\\_2010.pdf](http://www.ices.on.ca/file/AAH%20Chartbook_interactive_final_2010.pdf)

The **Globe and Mail** Newspaper ran a series of very interesting articles on September 18 and 21, 2010 written by *André Picard* the public health reporter. For a complete list of these and other articles published in the **Globe and Mail** and the **Edmonton Journal** please see [www.trec.ualberta.ca](http://www.trec.ualberta.ca). Look for these articles in about 2 weeks as the web-site is currently undergoing some changes!

**Much of the recently released reports identify the need for national strategies to address the issues of dementia and Alzheimer's. The Rising Tide Report: The Impact of Dementia in Canada (2009) called for the following components:**

1. An accelerated investment in all areas of dementia research.
2. A clear recognition of the important role played by informal caregivers.
3. An increased recognition of the importance of prevention and early intervention.
4. Greater integration of care and increased use of chronic disease prevention and management.
5. A strengthening of Canada's dementia workforce.

**At an individual level the report also has suggestions for keeping your own brain healthy. So what should you do to keep your brain healthy?**

You need to challenge yourself with brain exercises (crossword puzzles, Sudoku), eat a healthy diet and exercise regularly. So maybe that crossword puzzle is not just for amusement after all! To access the Rising Tide Report by the Alzheimer Society of Canada see [http://www.alzheimer.ca/english/rising\\_tide/rising\\_tide\\_summary.htm](http://www.alzheimer.ca/english/rising_tide/rising_tide_summary.htm)

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## TREC GOING FORWARD...

On August 31 and September 1, 2010 a Research Planning Meeting was held in Edmonton with a purpose of laying the foundation for the development of a proposal for the next phase of research and community building in the TREC program. Some of the key objectives for the meeting were to develop and agree on a sketch of the research program and a network program to support the application, identification of teams and preliminary governance structure and solidification of investigator participation.