

FRIENDS OF THE FOUNDATION



Carolyn Ward

The Friends of the Foundation was launched at Government House in November 2005. Joan- Mary Longcroft QSM was the inaugural Chair. She stepped down in 2009 to be succeeded by Carolyn Ward. The 2011 Committee members

are: Carolyn Ward (chair), Leonie Lawson (Minute Secretary), Joan-Mary Longcroft, Marie Quinn and Linda Snell.

FROM THE AGM

In the 2010 – 2011 year the Foundation supported:

- five scholars, all at doctoral level: two from The University of Auckland, two from Massey University and one from The University of Otago
- two summer research studentships (both at Auckland)

It organised a seminar for the business world on the topic: Is Your Organisation Ready for an Ageing Population?

It released Sarah Hood's research on how well DHBs managed to meet the requirements of the Older People's Health Strategy.

We had a difficult year financially, running at a \$12000 loss. Probably most charities felt the pinch of a difficult year, but we have no capital fund on which to draw when income dries up. However, on the positive side the Foundation did receive generous financial support from the Freemasons Roskill Foundation, the Picot Family Trust, the Selwyn Foundation and the NZAG. This support is very gratefully acknowledged. In addition, the Friends committee organised two excellent fund-raising events during the year.

Our faithful Hon. Treasurer of 12 years, Euan

FRIENDS FUND-RAISERS

More than 100 people attended the Friends Committee fund-raiser at the Howick Little Theatre on Sunday May 15th. where they enjoyed the comedy "Ice Glen." The Friends Committee provided an excellent supper of finger food to complement the show and as far as we know no one went home either hungry or dissatisfied with the evening's entertainment. The committee is planning another Christmas event along similar lines to last-year's. A further announcement will be made shortly.

MEMBERSHIP

Membership of the Friends is an excellent way of supporting the Foundation and keeping in touch with activities being planned. The annual cost is a mere \$25.0 for an individual or \$40.00 per couple. If you are not a Friend already, please consider joining.

Carr was farewelled. His contribution has been absolutely outstanding: it is difficult to overstate the value he has added to the organisation, not only in respect of the accounting and book work but also as a self-appointed Hon. Archivist. He and wife Ngaire have been great supporters of the HOPE and Ngaire has effectively been our financial secretary over the years. We are very grateful to them both. Mrs Judith Ray was appointed to succeed him. The Board is very grateful to Judith for taking on this role.

The Board's Officers were appointed for the 2010 / 2011 year.

By election:

Chair: Prof. David Richmond

Vice Chair: Dr. Maree Todd.

Secretary: The E.O acts as Secretary.

By appointment:

Hon. Treasurer: Mrs Judith Ray.

Executive Officer: Mrs Eleanor Spencer.

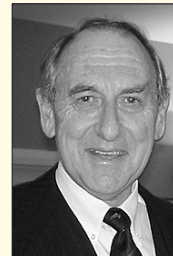
Chair of the Friends Committee:

Mrs Carolyn Ward.



The HOPE Foundation for Research on Ageing healthy older people

NEWSLETTER October 2011



EDITORIAL

Professor David Richmond,
Inaugural Professor of Geriatric Medicine,
The University of Auckland.
Founder and Chair of The Foundation

As most readers of this newsletter will be aware, each year the Foundation sponsors two summer research studentships for undergraduates mainly but not exclusively from the Faculty of Medicine and Health Sciences of

The University of Auckland. (This is in addition to the scholarships we fund at Master's and Doctoral level elsewhere.) The students spend approximately two months over the long vacation undertaking research projects that have a bearing on ageing, supervised by senior teaching staff of the Faculty. Most of the projects are part of a larger research programme involving a team of investigators. We do it primarily to encourage young scholars to realize that research on ageing is a worthwhile long-term focus. The spin-off is that by donating funds that largely originate from the benevolence of older people, we are attempting to create a balance between the needs and aspirations of young people and the welfare of older people who will eventually benefit from the research. It is a model the community needs to take on board. For if we are not careful to look out for each other in an ageing society, we will face rising tensions at both ends of the adult age – range.

In this newsletter you will find brief descriptions of the experience of the two students sponsored over the 2010 – 11 summer vacation. As a condition of the grant, the Foundation asks the students and their supervisors to report on their experience to a combined meeting of the Friends of the Foundation and the N.Z. Association of Gerontology. This has value for all parties. The audience gets to hear about cutting edge research on ageing in lay language, the Foundation gets to hear how its money has been spent, and the students get the opportunity to present their material at a (friendly) public forum and answer questions about it. Sooner or later all professionals have to front up to an audience and these sessions are often the first time the students have done it. The Foundation is the only funder of research studentships that encourages such feedback. The University is highly supportive of our approach. The Dean of Research in the Faculty, Professor Louise Nicholson says that she wishes more donors would follow our example. Don't you agree that it is enormously gratifying that this programme, to which we all contribute, is having a multiplicity of positive effects? Thanks for your continued support.

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Executive Officer:
Mrs Eleanor Spencer
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SUMMER STUDENTS' REPORTS TO THE COMBINED HOPE / NZAG MEETING, MAY 2011

The two summer research students sponsored by the Foundation over the past summer presented the results of their research to a combined meeting of Friends of the Foundation and the Auckland branch of the N.Z Association of Gerontology in May. This reporting back is one of the conditions for receiving a scholarship.

The two projects could have hardly been more dissimilar, highlighting the enormous range of issues that have a bearing on ageing.

Nicholas Dalkie worked under the supervision of professors Louise Nicholson and Colin Green in the Department of Anatomy with Radiology on a project designed to throw more light on the cause of brain-cell death that is associated with the onset of Alzheimer's disease. In particular they were trying to discover if the proteins that form the channels between brain cells that allow them to communicate with each other may themselves be causing inflammation and cell death by signalling microglial cells, the defence cells of the brain, to accumulate at the site and release powerful enzymes designed to remove the cause of the inflammation – most likely an abnormal protein deposited in the brain in Alzheimer's disease - but which also destroy brain cells. Using complex tissue staining and imaging techniques they compared markers of inflammation in the brains of 8 deceased people with Alzheimer's disease, with tissue from the brains of 5 others without evident Alzheimer's. They found significant differences between the normal and Alzheimer brain tissue, consistent with their theory of events. In particular they found a three-fold increase in microglial cells in the locality of gap junctions in Alzheimer brain tissue compared with normal. Nicholas presented these intensely interesting and complex findings extremely well to an audience largely ignorant of neural

pathobiology. His dad was present to support him.

Ranalie Jayasinha's report was delivered in absentia via a DVD. Her project was entitled: Older People's Place-based Care in Aotearoa New Zealand. This project was supervised by Dr. Janine Wiles, based in the Department of Social and Community Health. It is well recognised that older people in general prefer living out their ageing years in the place of their choice, normally their own home. This is called somewhat obscurely 'ageing in place.' While there is a lot of research data on the value of this to a person's well-being, there is very little research on understanding the extent to which older people take care of their 'place'. So Ranalie investigated the extent to which older people make active contributions to their communities and neighbourhoods. She characterised their contributions in terms of activism i.e. participation in community and national organisations; advocacy, i.e. representing their communities on state agencies and local organisations; volunteering, i.e. helping others through organised activities and groups, providing skills, raising funds etc., and nurturing via a variety of activities ranging from helping with gardening to providing emotional support and friendship. She was able to identify a number of motives for this 'care of place' including attachment to the 'place', a commitment to fighting for social justice and one's spiritual beliefs. She found that place-based care had a positive influence not only on the well being of people in the community but on the care-giver as well. This paper sparked a lot of interest and discussion.

How about resolving to join us for next year's presentations – usually held on the second Monday in May? It would greatly encourage our students.

SUCCESSFUL APPLICANTS FOR HOPE FOUNDATION SPONSORED SUMMER RESEARCH STUDENTSHIPS 2011-2012

The Foundation is pleased to report that it will support two Summer Research Studentships over the summer of 2011 – 2012. Five applications were received, all of excellent quality, making the selection process very difficult. The successful candidates, **Zoe Dyer**, currently in the third year of her medical course, and **Lydia Suo Ee Slew**, a Bachelor of Science student, will each be supported with a scholarship to the value of \$5000.

The title of Zoe's project is: Adapting a post-bereavement questionnaire to examine end-of-life experience in N.Z. The instrument in question, the VOICES questionnaire, was designed in the United Kingdom where it is now widely used to capture the experience of care-givers after the death of their relative in order to determine the quality of the care pro-

vided for the deceased at end of life. Zoe's research will evaluate the relevance of this questionnaire in New Zealand and whether it requires any modification for N.Z. conditions.

Her supervisor will be professor Meryn Gott of the School of Nursing.

Lydia's project is entitled: An evaluation of the dependency status of older people living independently in retirement villages. The research is part of a larger project being carried out by the University's Department of Geriatric M

edicine based at North Shore Hospital. Her supervisor will be Dr. Michal Boyd. Many older people who might previously have lived in rest homes are now living in retirement villages. These villages are largely unregulated and not much is known about this population. The research aims to determine the level of dependency of these people and if, as suspected it is similar to that of those who previously lived in rest homes, whether the services provided to maintain their functional independence are appropriate.

Report on Accommodation & Care Options for Older People

Nearly 50 people registered for this HOPE - run seminar at the Tamaki Campus of the University of Auckland on Saturday September 3rd. Interestingly, about half were people facing decisions about future housing whilst the remainder were professionals working in the field. Ably chaired by Dr. Rod Perkins, - a member of the HOPE Board, the speakers, Dr. Maree Todd, geriatrician, Mr. John Collins Executive Director of the Retirement Villages Assoc., Mr. Wayne Campbell Team leader, A.D.H.B. NASC team, and Ms. Michelle Burke, lawyer, covered an enormous range of issues that people need to take into account when planning future housing. This seminar was one in a series of HOPE Foundation contributions to public education.

For a more comprehensive report on the seminar visit the HOPE website: www.hope-foundation.org.nz.

NEW HOPE LOGO

The Board has contemplated updating the Foundation's logo – which has served us well since 1994 – for several years. However, it wasn't until last year when we became aware of an agency that would assist with such matters at prices we could afford that we judged a change to be justified. What you see on the masthead of this newsletter is the result of many months of debate and discussion. Based on a butterfly in flight, it is, we think, simple, modern, cheerful and bright. Let us know what you think of it. Our thanks to Shane Clapson, Principal of Element Design Ltd. for his design concepts - and patience!