

# The HOPE Foundation for Research on Ageing

*Preparing New Zealand for an Ageing Future*

## From the Chair of the Friends of The HOPE Foundation

Next year the Friends arm of the HOPE Foundation for Research on Ageing will be 20 years old.

Professor David Richmond (founder of the HOPE Foundation for Research on Ageing) asked Joan-Mary Longcroft to lead the social and fundraising arm of the HOPE Foundation for Research on Ageing. At the age of 77, Joan-Mary caught the vision and accepted the challenge when most would opt for a quieter life and rest up.

Joan-Mary participates in life and had plenty of experience to draw on.

She enjoyed a good education and developed a career in business. Joan-Mary was involved with fundraising for many clubs and groups including Zonta, where she became the New Zealand Governor and represented New Zealand at International Conferences most ably and always with flair.

It was her quick mind, her ability to see possibilities, her courage and social connections



Joan-Mary celebrating her birthday in 2023

that set up the Friends of the HOPE Foundation Committee, commencing with an inaugural gathering at Government House on June 21, 2005. Some supporters will remember this important event where Dame Silvia Cartwright was the host.

Earlier this month, Joan-Mary Longcroft, celebrated yet another birthday. Age may have taken away physical strength, but Joan-Mary was able to plan a celebratory afternoon tea fit for her, with the assistance of the staff of her retirement village. Her famous chicken sandwiches were on the menu, but this time were made by a friend. The conviviality of the occasion ended with a pithy speech by Joan-Mary, reflecting on life, with both humour and insight of her past and the present world.

As we age, let us celebrate both the large events and the moments. Life is enjoyable when we accept who we are, participate where we can and give generously to others in our world.

We look forward to celebrating 20 years of the Friends of the HOPE Foundation in 2025.

Karen Andersen Yates (Chair of the Friends of HOPE Foundation)

The Friends of The HOPE Foundation utilise a variety of skills such as organising, flora arranging, hosting amazing afternoon teas, contacts with interesting people, ideas and many more. Please contact [karen@hopefoundation.org.nz](mailto:karen@hopefoundation.org.nz) if you can contribute and would like to belong. No one is too young or too old to help make a difference.

### What can you do to support Research on Ageing?

- Join the HOPE Foundation for Research on Ageing as a Friend to keep connected (and encourage others to join also).
- Consider donating regularly.
- Consider leaving us a bequest (always good to regularly review Wills, Power of Attorney and

Advance Care Plans to keep them up to date).

- Consider donating a living bequest and see the benefits of your gift.
- Offer specific assistance by donating skills - marketing, fundraising, auditing costs, website design, newsletter costs.

Feel free to talk to us about how we might work together for mutual benefit. Thank you all again

# HOPE Scholar Updates

## Updates from our 2024 Scholars

*Being a PhD student is exciting. Not only are you focussed on a topic which you are passionate about but you get to talk about your project with like minded people. This includes overseas conferences and travel adventures. This year the HOPE scholars have presented in Poland, England, Italy, Germany, Greece, Australia and New Zealand*

All posters and links to papers can be accessed from our website- <https://hopefoundation.org.nz/scholars/research-findings>

### Tara Sani : Empowering dementia carers with iSupport Virtual Assistant (eDIVA)

PhD candidate, University of Auckland. Main supervisor: Associate Professor Sarah Cullum

In April 2024, Tara was in Krakow, Poland to present at the Alzheimer's Disease International Conference 2024 as part of the iSupport network symposium—a global collaboration for the implementation of a training and support programme for caregivers of people with dementia. The symposium facilitated knowledge sharing and networking among researchers working on the WHO iSupport programme across various countries. Tara's oral presentation was titled: "iSupport: Pilot randomised-controlled trial of iSupport New Zealand adaptation". This research adapts the WHO's iSupport online training programme for support carers of people with

dementia in New Zealand.

Tara shared how the programme was developed into a website with video resources, refined through feedback from carers and dementia care professionals. The website is currently being tested in a pilot randomised-controlled trial with carers nationwide to assess its effectiveness in reducing stress and improving carers' well-being.



### Christine Roseveare : Exploring companion animal fostering as a health promotion initiative for older adults

PhD candidate, Public Health, Massey University. Main supervisor: Dr Linda Murray

Christine presented a webinar which is available online—<https://www.youtube.com/watch?v=J3amgQjpfIU>.

This webinar, is about her research—the benefits of companion animals and older people. Take a look, it is 30 minutes.



#### Summary

Fostering animals is a potentially health promoting relationship

Fostering is important for cat rescue capacity – more needed

Older people are an underused resource with a lot to offer

## Thanks to our Sponsors

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Friends of the HOPE Foundation

# HOPE Scholar updates

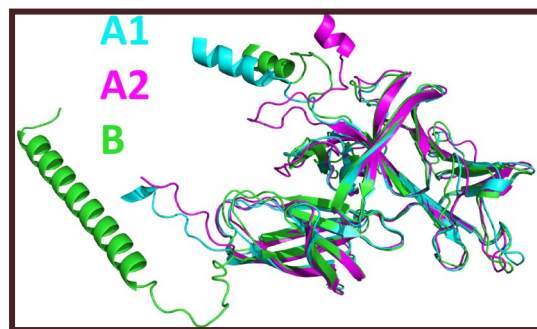
## Tom Bird : Structural and functional characterisation of the FAM171 family of neuronal proteins

PhD candidate, Biological Science, Victoria University. Main supervisor: Associate Professor Davide Comoletti

Tom continues to focus on the FAM171 family of proteins, an understudied group of three receptors in the brain that may have implications in Alzheimer's Disease. Using complementary biochemical and biophysical techniques Tom has found these proteins interact strongly with each other and themselves. In collaboration with researchers at the Bio21 Institute (Melbourne), Tom's research group has determined detailed atomic structures of two of the FAM171 proteins. As protein structure determines protein function, these findings were a

key step in Tom's project for characterising the FAM171 proteins.

Tom visited Melbourne in September to present a poster of these findings at the Biomolecular Horizons Congress. The poster can be viewed on our website—<https://hopefoundation.org.nz/scholars/research-findings>



## Josephine Dixon : Optical methods for blood analyte monitoring

PhD candidate, University of Canterbury. Main supervisor: Professor Chris Petty

Josie attended the WISEAN (Women in Sport and Exercise Academic Network) conference in Portsmouth, England. Josie was inspired by how applicable her research is to other researchers and how many women researchers there were at this conference.

Josie also visited Genova, Italy for the Mechatronic, Embedded Systems and Application Conference and Villingen-Schwenningen, Germany for the Biological and Medical Systems Conference.

Josie was awarded a fellowship to attend the BioX Summer Academy in Crete, Greece. The program consisted of several lectures by esteemed researchers from around the globe, student presentations, and collaboration with other fellows. Josie had an incredible time and made friendships that she hopes will last a long time.

With just six months to go on her PhD, Josie will be spending a lot of time writing. Josie's poster can be viewed on our website—<https://hopefoundation.org.nz/scholars/research-findings>

# 2024/25 Summer scholarships

*Summer scholarships support high achieving University students to do an ageing focused research project over the 10-week summer break. The aim is to achieve high quality worthwhile research and enable these students to gain valuable skills by working with experienced researchers, who supervise these projects.*

*This year we awarded two Summer Scholarship.*

## Deprivation in people with venous leg ulceration

Venous leg ulcers are chronic relapsing and remitting wounds on the lower leg associated with chronic venous insufficiency. Prevalence increases with age, however, similar to arterial disease, the mean age of Māori and Pasifika peoples with venous leg ulcers is about 10 to 15 years younger than in non-Māori and non-Pasifika peoples.

Peoples with venous leg ulcers have lower health-related quality of life compared to age- and sex-standardised population norms and the condition is associated with increased pain, poorer sleep, isolation, withdrawal and feelings of hopelessness. This project explores the associations between venous leg healing and deprivation.

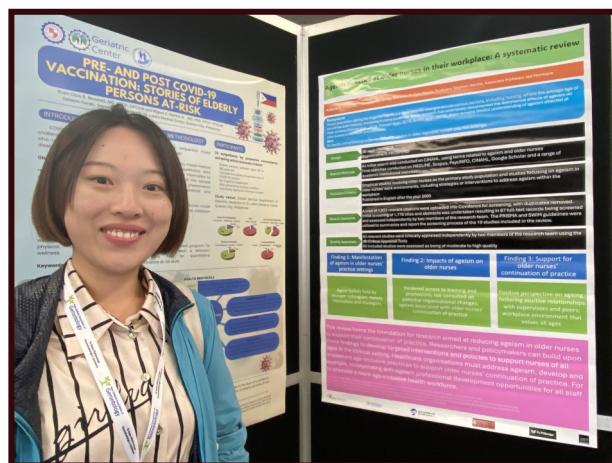
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# HOPE Scholar updates

**Chunxu Chen** : Organisational support for older registered nurses' continuation of practice in inpatient hospital settings

PhD candidate, Nursing, Auckland University of Technology,  
Main supervisor: Dr Kay Shannon



Chunxu, only in the first year of her PhD, has already published a paper—Ageism directed at older nurses in their workplace: A systematic review. Chunxu presented a poster at the New Zealand Association of Gerontology conference in Wellington in August.

Chunxu's poster was about her systematic review of the literature on ageism directed at older nurses in their workplace.

Chunxu joined other poster presenters in briefly speaking about her poster. She would like to express her gratitude to the HOPE Foundation for Research on Ageing for enabling her to attend and present at the conference.

Both the paper and poster can be viewed on our website—<https://hopefoundation.org.nz/scholars/research-findings>

## Publications

### Recent research publications from HOPE scholars

**Camon C**, Prescott M, Neyt C, Decourt C, Stout MB, Campbell RE & Garratt M. 2024. Systemic metabolic benefits of 17 $\alpha$ -estradiol are not exclusively mediated by ER $\alpha$  in glutamatergic or GABAergic neurons. *Gero Science*. doi.org/10.1007/s11357-024-01192-2

**Chen C**, Shannon K, Napier S, Neville, & Montayre, J. Ageism directed at older nurses in their workplace: A systematic review. 2024. *Journal of Clinical Nursing*, 33, 2388-2411, doi: 10.1111/jocn.17088

**Mecredy P**, Wright M, Feetham P & Stern P. 2024. Remembering less, or needing less? Age-related differences in the purchase funnel. *Mark Lett* 35, 171-186. doi.org/10.1007/s11002-023-09681-8

**Slade C**, Kruger M, Miller M, Mazahery H, Beck K, Conlon C & von Hurst P. The effects of GreenShell Mussel powder (Brand-Named PERNAULTRA) on physical performance and subjective pain, symptoms, and function measures in knee osteoarthritis: A 6-month randomized, double-blind, placebo-controlled Trial. 2024. *Current Developments in Nutrition*.8(4) doi.org/10.1016/j.cdnut.2024.102148

**Shannon K**, Cook C & Neville S. 2024. Realising person-centredness: Transitioning to a clustered domestic model of aged residential care for people with and without dementia. *International Journal of Older People Nursing* 19: e12632. doi.org/10.1111/opn.12632

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### How clinicians use assessment data to inform clinical practice when working with older people?

In Aotearoa, interRai assessments are required to access publicly funded home care and aged residential care. Over 1 million assessments have currently been completed, yet there is little research describing the utility of data at person, facility and organisation level in New Zealand. Anecdotally, clinicians report difficulty in accessing and interpreting interRAI assessments which are

presented in raw formats thus there is minimal use of interRAI assessments to inform care planning.

This project aims to describe how clinicians currently utilise interRAI data and identify clinicians' ideas for how interRAI data could be better presented to inform care planning.



My Crazy Grandma books can be purchased for \$20 plus \$6 pp.

Go to our [website and complete the order form](#) or email

[karen@hopefoundation.org.nz](mailto:karen@hopefoundation.org.nz)