Presidents Message

Dear members of CGS,

As a participant of the Planning Committee of the 2015 Annual Scientific Meeting in Montreal, and being located “on site,” I have noticed the feverishness associated with last preparations for the meeting to be held in less than 2 weeks. The efforts of many people are for sure a guarantee of the success of this premiere event in the area of geriatrics! Have a look at the program to see: www.canadiangeriatrics.ca. I only encourage you to register, if not already done, to make this event a memorable one. For those who like to keep themselves in shape while doing a good deed, there is for the first time a Fun/Walk Run event on Saturday April 18, 2015. Funds will support educational activities for Residents and Medical Students through the CGS Foundation. Don’t miss this opportunity and register. Information is provided below.

It is my evaluation that CGS is now a fully developed learned society with an increasing impact on our Canadian healthcare system as verified by request one receives to collaborate with initiatives such as Choosing Wisely Canada Campaign, the Royal College and Canadian Medical Association for manpower issues as well as many other entities with programs devoted to improving care for seniors. The increase and diversity of CGS activities call now for more participation from its members. In you lay the expertise so eagerly sought by those who request our input as well as for what we plan to develop. Joining CGS different committees is an excellent way of contributing to shape the landscape of the healthcare system for seniors. After all, we all want to make a difference. Why not through CGS!

This newsletter will also be my last one as President. Over the past 2 years I have worked with many of you, especially with members of the Board to help the CGS meet its high objective of promoting excellence in the care of seniors through education and research. It has been my honour and privilege working with you. I cannot but thank you all for having supported and endured me. At the same time I am quite reassured by the incoming members of the executive who will assure and enhance what already has been undertaken with a fresh new look and plenty of energy. I wish them the best of successes in their activities!

José A. Morais, MD
President, Canadian Geriatrics Society
The CGS has announced the 35th Annual Scientific Meeting in Montreal, Quebec April 16–18, 2015. Registration closes April 13, 2015! For more information please visit our new conference website.

This year, the ASM will be held at the Hilton Bonaventure.

The theme of the 2015 ASM is Optimizing Care.

Topics that will be covered at the meeting include:

- Updates on dementia and biomarkers
- Cognition and gait
- Polypharmacy
- Geriatric nephrology
- Geriatric cardiology
- Mild cognitive impairment/neuroplasticity
- Models of care to better serve hospitalized elderly patients
- Human resources in geriatrics
- Sarcopenia and nutrition
- End of life care
- Top 10 of the literature: Key papers likely to influence geriatric practice

To read more, please click here.

CGS Membership

If you have yet to renew your CGS membership for the 2015 year, we encourage you to do so! Remember, you will not be able to register for the ASM with the member’s rate if your membership is not up to date. To renew or apply for your CGS membership, please click here.

Benefits of Membership:
The annual membership fee of $270 provides members access to the following services:

- Subscription to Canadian Geriatric Journal published quarterly, is the only Canadian journal dedicated to original research related to the care of the 4.4 million Canadians over the age of 65
- Member-exclusive and accredited online CME courses
- Professional secretariat office
- Reduced rate to attend the Annual General meeting
- Reduced fees to key conferences and other members-only resources

Announcing the Inaugural Canadian Geriatrics Society Fun Run/Walk to support the Canadian Geriatrics Society Scholarship Foundation

The Canadian Geriatrics Society is excited to announce the Inaugural 2015 CGS Fun Run/Walk, in support of the Canadian Geriatrics Society Scholarship Foundation, held this year in Montreal during the 35th CGS Annual Scientific Meeting.

When: Saturday April 18, 2015 at 6:00 am
Location: Meet in the lobby of the Hotel Bonaventure Montreal
Details: 5km run (3km walk) Entry Fee: $35.00
Participants will meet at 6:00 a.m. in the lobby at the meeting venue, the Hotel Bonaventure Montreal and will enjoy a quick walk (and chance to warm up!) on the way to the starting line. Challenge your colleagues to join you on this 5km run along Montreal’s scenic and historic Lachine Canal!

For more information and to register, please click here!

Support the Future of Geriatric Care through the CGS Scholarship Foundation!

Dear Friends of the CGS,

The CGS and the CGS Scholarship Foundation are proud to be affiliated with dedicated and accomplished professionals like you!

The CGS is committed to improving the care of older adults and has decided through its Foundation to promote interest among medical students in the practice of Geriatrics. The Foundation supports a scientific journal dedicated to the discovery and advances of care in older adults; which is free of any pharmaceutical input. As we are a registered charity, a tax receipt will be issued to you.

Your donation will help support one of the following initiatives:

CGS CME Journal

*Canadian Geriatrics Society Journal of CME* publishes concise, clinically practical papers that are subject to peer review. This Journal is wholly controlled by the CGS, with our only purpose being to satisfy the educational needs of our members.

CGS Research Journal

*The Canadian Geriatrics Journal (CGJ)* is a peer-reviewed publication that is a home for innovative aging research of a high quality aimed at improving the health and the care provided to older persons residing in Canada and outside our borders. The CGJ is targeted to family physicians with training or an interest in the care of older persons, specialists in geriatric medicine, geriatric psychiatrists, and members of other health disciplines with a focus on gerontology.

**Geriatric Interest Groups:** National Geriatrics Interest Group (NGIG) and Resident Geriatric Interest Group (RGIG)

Canada needs more elder friendly clinicians! The NGIG and RGIG groups connect trainees from across Canada to facilitate networking and mentoring, while initiating and supporting advocacy projects for older adults at local and national levels.

**Donor Levels**

- **Legacy:** $10,000 +
- **Founder:** $5,000
- **Patron:** $1,000
- **Steward:** $500
- **Friend:** $100 – $250

As fellow medical professionals dedicated to superior healthcare for the elderly, we hope you will consider making a donation to the Canadian Geriatrics Society Scholarship Foundation.
Donating is quick and easy. Simply click on the “Donate Now” button below. A charitable receipt will be emailed to you immediately. After you have made a donation, you will also be eligible to have your name included on the CGS Donor Wall. Please join us in helping the CGS Scholarship Foundation further its goal to improve the care of older adults and donate today!

Sincerely,
Dr. José A. Morais

News and Updates

Family Medicine Committee

Geriatric care is such an important part of family medicine, and family physicians provide the majority of elderly patient care in Canada. The CGS is the only national organization devoted solely to representing the interests of physicians delivering care to older adults. The CGS can play an important role towards helping primary care physician’s deal with geriatric health care issues.

The CGS recently created a standing Family Medicine Committee, which will report to the CGS Executive Committee. Family physicians providing long-term care and house-call care are especially needed to provide guidance to the CGS around primary medical care in these settings.

Time commitment would be attending a one hour teleconference every 2-4 weeks. If you would like to contribute on this committee please contact Dr. Robert Lam at Robert.lam@uhn.ca.

Law to Accommodate Euthanasia

Recently, the Board discussed the implication of the changing of the law to accommodate euthanasia and assisted suicide on our practice and for the care of vulnerable seniors. The Board has voted to have the following statement on the CGS’s position: “The CGS will make sure that laws governing the Supreme Court’s decisions are crafted on how they protect vulnerable seniors, including those with dementia and mental health, who cannot speak for themselves”. Only the president can comment on the statement as it appears in the present newsletter.

Dr. José A. Morais, President CGS

Resident Geriatric Interest Group

It has been yet another exciting and productive year for our Resident Geriatric Interest Group (RGIG)! We continue to grow every year and are now up to over 120 members across the country, and include residents in Geriatric Medicine, Care of the Elderly, Internal Medicine, Family Medicine, and Psychiatry.

From Coast to Coast, our local RGIG groups have been active in organizing a number of activities tailored to their specific areas of interest. On the West Coast, the UBC RGIG visited a local Chinese Community Center to speak about brain health and held a Xmas mentorship event at the EXIT escape room, while the group in Manitoba have organized a movie night. In Central Canada, the U of T RGIG has been successful in getting a strong contingent together for the Alzheimer’s Walk, while the McMaster group held a collaborative journal club and dinner with the family medicine group. The group from
Western have been busy planning educational events in the community. This year, we are also very pleased to welcome new local RGIG’s getting off the ground at the University of Alberta, Queen’s and Dalhousie.

In addition to all of the great work that our local RGIGs have done, we have also been busy with some national RGIG initiatives, including the development of a geriatric research and elective database for residents. In addition, we have an active presence on social media with our Facebook and Twitter accounts.

We are very proud of our accomplishments of all of our members this year in increasing awareness about geriatrics within their academic institutions and into their communities. We are very thankful for the continuing support of the CGS and its members, and look forward to continuing growth and successes into the next academic year.

Dr. Martha Spencer, Chair RGIG

National Geriatrics Interest Group

The National Geriatrics Interest Group has been having a successful year so far! Along with the individual events that each local GIG holds, there are 3 national initiatives that local GIGs have been a part of. The Alzheimer Society of Canada (ASC) initiative was created in partnership with the ASC to teach students about patient and caregiver experiences with dementia and what services are available to them. The Patient Outreach Project was started last year as an event where students could interact with seniors in a non-clinical setting. GIGs have been creative with this initiative and events have included Intergenerational Galas, Grandpal Penpals Program, and tea at a local long-term care facility. The last initiative is the #whygeriatricswednesday initiative where different GIGs submit content to be featured on both the NGIG’s twitter and facebook pages every Wednesday detailing an interesting aspect of geriatric medicine or aging. Please like us on Facebook and follow us on twitter @NGIG1415 to hear more about this initiative and the great things the NGIG is doing!

Jasmine Davies, NGIG

Social Media

At this year’s annual scientific meeting we encourage everyone to follow our national society’s twitter handle @CanGerISoc and also join the online, real-time discussion about the ASM using the hashtag #CGS2015. Some potential topics include key symposiums, exciting abstracts & literature, education day pearls, solid speakers, and social engagements aka “tweetups”.

Here is an article for health professionals about using Twitter.

https://www.dur.ac.uk/resources/public.health/leadingtransformation/event2/Twitter-For-HealthCare-Professionals.pdf

See you online and live at the ASM,

Chris Frank & Amanda Gardhouse
On behalf of the CSG CPD committee
Events

The Canadian Academy of Geriatric Psychiatry – Update in Geriatric Psychiatry

This event is an accredited group learning activity (section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by the Canadian Psychiatric Association (CPA). The specific opinions and content of this event are not necessarily those of the CPA, and are the responsibility of the organizer(s) alone.

This program has been reviewed by the College of Family Physicians of Canada and is awaiting final accreditation by the College’s Quebec Chapter.

The Update in Geriatric Psychiatry (UGP) formally known as the National Review Course (NRC) was awarded the 2014 CPA-COPCE award for Most Outstanding Continuing Education Activity in Psychiatry in Canada. The CAGP will be offering for the fourth time an intensive, one-day review course in Geriatric Psychiatry on Thursday, April 16, 2015 in Montreal immediately before the Canadian Geriatrics Society (CGS) Annual Scientific Meeting.

All CGS members benefit from discounted registration fees. CGS members that register for the UGP pay the same low cost of that the CAGP members pay—that is over 20% of a discount!

The review course will be an excellent opportunity to cover a wide array of topics in geriatric psychiatry at an advanced level. Knowledge will be consolidated, and clinically-relevant literature updates will be presented. The course is suitable for geriatric psychiatrists, geriatricians, family physicians and allied-health professionals interested in learning more about a broad array of topics in geriatric psychiatry.

For more information and to register for the Update in Geriatric Psychiatry, please click here.

2015 CAGP Annual Scientific Meeting - Call for Abstract Submission OPEN!

The Spectrum of Geriatric Psychiatry: From Prevention to Palliation

September 30, 2015 • Hyatt Regency, Vancouver

The Canadian Academy of Geriatric Psychiatry (CAGP) is looking forward to welcoming you to the 24th CAGP Annual Scientific Meeting: The Spectrum of Geriatric Psychiatry: From Prevention to Palliation. The meeting will be held this year in Vancouver at the Hyatt Regency, September 30th, 2015 immediately preceding the Canadian Psychiatry Association conference.
We are pleased to announce that abstract submission for concurrent oral paper presentation, poster presentation, workshop, symposium, clinical case study presentation and resident session is now open! This year we are introducing a new category for Clinical Case Presentations.

CLICK HERE TO SUBMIT AN ABSTRACT