

## Mona Ageing and Wellness Centre Quarterly Newsletter

October – December 2018

Volume 2, Issue 1

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**Mona Ageing and Wellness Centre**

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# *From the Desk of the Director*



I am delighted to welcome you, our dear Reader to this issue of our Newsletter. Mona Ageing and Wellness Centre (MAWC) is pleased to share with you some of the key activities and research that we have been engaged in over the semester. Feel free to contact us if you would like us to address a particular ageing issue in our upcoming newsletters.

On behalf of the MAWC Team we extend to you and yours very best wishes for a wonderful and productive 2019.

Prof. Denise Eldemire-Shearer

## ***Congratulations!!!***

Mona Ageing and Wellness Centre congratulates our members of staff Mrs. Douladel Willie-Tyndale and Mrs. Julian McKoy Davis who successfully defended their dissertations and were awarded the Doctor of Philosophy in Public Health and Social Policy respectively.



Douladel Willie-Tyndale



Julian McKoy Davis

## Celebrating the International Day of Older Persons

The Mona Ageing and Wellness Centre commemorated the International Day of Older Persons (IDOP) on Thursday, October 4, 2018 by issuing a press release and also hosting a Healthy Ageing Fair. The international theme of the IDOP was “Celebrating Older Human Rights Champions”. The theme recognizes the 70th anniversary of the Universal Declaration of Human Rights. The press release acknowledged the contributions of ten Jamaican champions who stood so that we can stand, having worked tirelessly advocating and championing the cause of older persons in Jamaica and the wider Caribbean region:

**Professor Denise Eldemire-Shearer**, O.J. for more than thirty years has led efforts in research, training and advocacy. Her research has improved understanding of ageing and older persons in Jamaica and informed related health and social policy. She led the development of two new graduate programmes in Gerontology geared towards improving competencies in health and allied professionals. She is the Director of the Mona Ageing and Wellness Centre and in 2016 appointed Member of the Order of Jamaica for outstanding and distinguished advocacy for senior citizens in the fields of health and welfare. She is Patron of the National Council for Senior Citizens and Chairman of the Caribbean Community of Retired Persons (CCRP).

**Sybil Francis**, a renowned Social Worker, served in various capacities in academia, civil service and the private sector as an advocate for vulnerable persons. She was the Chairman of the National Council for Senior Citizens and represented Jamaica in the development of the Madrid International Plan of Action on Ageing.

**Faith Innerarity (Deceased)**, in her various roles at the Ministry of Labour and Social Security lobbied for the improvement of the social security and services for vulnerable persons. She represented the Government of Jamaica addressing pertinent social security issues in the region and in international fora.

**Hermione McKenzie (PhD.)**, Sociologist, who has worked across the Caribbean region for over 40 years in areas such as gender issues and social development policy. She is a strong advocate on issues affecting older adults and gender equity. She is a Director on the Board of the National Council for Senior Citizens.

**Peta-Anne Baker (PhD.)**, Social Worker, with 40 years experience as a social development practitioner, social activist and academic. She has undertaken research on ageing and human rights and works at the community level to represent the cause of vulnerable populations.

**Kenneth Hemley (Deceased)**, an Older Person Advocate, who made presentations to the United Nations and lobbied for the development of a Convention on the Rights of Older Persons.

**Jeff James**, former Director of HelpAge International, who tirelessly worked in Jamaica and across the Caribbean region championing the cause of Older Persons and empowering them.

**Jean Lowrie-Chin**, founder and Chief Executive Officer of Caribbean Community of Retired Persons Limited (CCRP). Retirees are able to contribute to regional and national development as well as lobby on issues affecting retirees in Jamaica and across the region.



**Carolyn Gomes** and **Susan Goffe**, as stalwarts of Jamaicans for Justice (JFJ), blazed the trail in Jamaica for recognition and fight for Human Rights, especially for the most vulnerable in our society. Through JFJ they gave voice and presence to many who were wronged but unable to make adequate representation on their own behalf.

The Healthy Ageing Fair was organized in collaboration with The University of the West Indies' Community Health Centre. The target audience were clinic attendees, staff, and the wider UWI community from 9:00 am-1:00 pm. The format of the Ageing Fair included five (5) Mini-Talks (approximately 10 minutes each). Highlights from the day included presentations from four members of Staff at Mona Ageing and Wellness Centre:

- Dr. Douladel Willie-Tyndale presented on Active Ageing;
- Dr. Kayon Donaldson-Davis on Breast Cancer;
- Mr. Dwayne Fagan on Mental Health & Wellness; and
- Dr. Julian McKoy Davis on Money & Retirement

Ms. Nastacia Nunes from the National Council for Senior Citizens presented on Celebrating Older Adults.

Participants were entertained with oldies music as well as competed in pop-quiz for prizes. They were treated to light refreshment and a care package.



**Above** - From left to right are the Presenters: Kayon Donaldson Davis, Nastascia Nunes, Dwayne Fagan, Julian McKoy Davis and Douladel Willie-Tyndale



**Left** - Participants were given a tour of Gym which provides weekly exercise activities for older adults free of cost.



**Above** – Members of the Mona Ageing and Wellness Centre strike a pose, after the successful hosting of the Ageing Fair.

## MAWC Partners with Seven Year Old to Bring Christmas Cheer...Sewing Seeds of Love

The MAWC partnered with seven year old Abigail Martin and her parents (Kasiane Reid Martin and Marlon Martin) in hosting a Christmas Treat for the residents and staff of The Haven Nursing Home and Care Centre. It was done out an initiative by Abigail, who in December 2017 convinced her parents to host a Christmas Treat for residents at the Reddy's Children's Home. In 2018, she expressed an interest in providing a treat for older adults and MAWC recommended to Kasiane, The Haven Nursing Home and Care Centre.

The MAWC received contributions in cash and kind from faculty members, students and staff and presented a Christmas Goodies Box valued at over \$50,000.00. Members of Staff participated in the outreach activity that was held on Saturday December 15, 2018. More than 25 volunteers participated in the event which included the MAWC Team as well as friends, families and co-workers of the Martin's Family. The residents, staff and owners of The Haven Nursing Home and Care Centre were delighted to be beneficiaries of the treat.

Dr. Julian McKoy Davis, MAWC Outreach Organizer for the event acknowledged that "Abigail's interest aligns well with the intergenerational focus of our work at Mona Ageing and Wellness Centre. We are delighted to have partnered with Abigail to assist her in making her dream a reality". The MAWC extends sincere gratitude to all who contributed to make this event the success it was and looks forward to continued and new collaboration on future outreach initiatives.



*Left - Right: Presentation of Gifts from MAWC & Abigail and Friends to Mr. & Mrs. Hamil, Owners/Operators of The Haven; Abigail Martin (in red) and Kennedy Davis extended the official Welcome. Abigail's grandparents are partially hidden (also in red); Kasiane Reid Martin presenting a special token to Nurse Case. Below: Residents with Volunteers post-treat.*



## Short Courses

Three exciting short courses were offered during the 2018 Calendar year. Older Adult Caregiver Training was held in March 2018. Diabetes Management. We are pleased to announce the following courses for the calendar year 2019:

1.	March	End of Life Issues: Legal & Ethical Considerations
2.	May	Older Adult Caregiver Training
3.	July	Diabetes Management
4.	September	Understanding Mental and Psychological Changes in Older Adults
5.	November	First Aid and CPR

Should you require a customized programme or a training outside of Kingston, we would be more than happy to facilitate same. Get in touch with our friendly staff who will be delighted to assist you in meeting your target.

### UPCOMING SHORT COURSE

## End of Life Issues: Legal and Ethical Considerations

#### Topics include:

Legal and ethical issues in ageing; Making difficult decisions; Long-term care issues; What to do if a loved one dies at home; How to prepare a Will; and Talking to family members about final wishes

***Apply by: Friday February 22, 2019***

- Apply:** Complete the Registration by visiting  
<https://goo.gl/forms/pnQFGTNESDIHtrWq2>
- Cost:** \$7,000.00 (\$1,000.00 discount for 2 family members)
- Contact:** For further information, please contact ***Mrs. Shelly-Ann Matthews***  
(Tel: (876) 970-6550 and email: [ageingcentre@uwimona.edu.jm](mailto:ageingcentre@uwimona.edu.jm))
- Training Location:** Mona Ageing and Wellness Centre | 3 Gibraltar Camp Way  
University of the West Indies, Mona, Kingston 7



## SAVE THE DATE

**UWI**  
MONA CAMPUS  
JAMAICA, WEST INDIES

*Celebrating 20 Years*

THE UNIVERSITY OF THE WEST INDIES, MONA CAMPUS  
**UWI RESEARCH DAYS 2019**

**THE ENTIRE CAMPUS COMMUNITY IS INVITED**

**WEDNESDAY FEB 6 - FRIDAY FEB 8**

EVENTS | EXHIBITION | TOURS | AND MORE

**SAVE THE DATE**

Facebook icon | Instagram icon

✉ [mori@uwimona.edu.jm](mailto:mori@uwimona.edu.jm) | [uwimona.edu.jm/researchdays](http://uwimona.edu.jm/researchdays)

**Mona Ageing and Wellness Centre presents**

**It's Inaugural**

### **Ageing & Wellbeing Exposition**

- What:** Information sessions  
Meet and Greet key stakeholders  
Showcase of Products and Services for Older Adults
- When:** October 1, 2019
- Where:** The University of the West Indies, Mona
- Cost:** Free!!!

## Research Corner

### **The Mini Mental State Examination as a Screening Tool for Dementia in Primary Care in Jamaica**

Co-investigators: Eldemire-Shearer, D., James, K., Johnson, P., Gibson, R., Willie-Tyndale, D. (2018). University Research Day Poster.

Dementia is a clinical syndrome of progressive impairment of memory and intellectual function causing significant impairment and dependency. The current global estimate (50 million) is expected to triple by 2050 with most cases being in developing countries. For the 60 and over population in the Caribbean, the crude prevalence is 6.5%.

The Mini-Mental State Examination (MMSE) is designed to screen for cognitive deficit. This study compares the performance of MMSE to clinical dementia diagnosis.

Older adults from a nationally-representative survey (N=2943) were stratified according to MMSE scores. One hundred and seventy participants with MMSE scores  $\leq 20$  and 170 with scores  $> 20$  were randomly selected and evaluated for dementia according to DSM IV criteria.

Two hundred and ninety-eight participants (156 MMSE  $\leq 20$  and 142 MMSE  $> 20$ ) completed all assessments. Approximately 21% of those with MMSE scores  $\leq 20$  had dementia while only 0.7% of those with scores  $> 20$  had dementia. Those with MMSE scores  $\leq 20$  were 38 times more likely to have dementia than those with scores  $> 20$ .

This confirms the usefulness of the MMSE as a screening tool in primary care with potential to improve the rate of diagnosis of dementia.

## Did You Know?

### **Green Paper – The National Policy for Senior Citizens 2018**

Did you know that the first and current National Policy for Senior Citizens (NPSC) was developed in 1997. The NPSC reflects the Government of Jamaica's commitment to implement programmes and services for older adults. The NPSC is currently being revised with a view to expanding the programmes and services for older adults with a view to ensuring alignment and coherence with international agreements as well as to reflect our country's demographic reality of an ageing population. The six major policy goals/expected outcomes of the revised policy are:

Goal 1: Increased participation of senior citizens in all spheres of the society

Goal 2: Improved income security and social protection coverage for senior citizens

Goal 3: Adequate and supportive health and welfare systems for senior citizens

Goal 4: Improved independence, security and safety for senior citizens

Goal 5: Enhanced family support systems and community solidarity, from interaction with senior citizens


Goal 6: Strengthened institutional and infrastructural networks for partnership, collaboration and governance.

The NPSC is at the Green Paper phase which means that it is open to public consultation. The public is invited to share its feedback/comments on the policy by sending an email: [seniorpolicy@mlss.gov.jm](mailto:seniorpolicy@mlss.gov.jm).



# Graduate Gerontology Programmes


The Mona Ageing and Wellness Centre in Collaboration with the Department of Community Health and Psychiatry in the Faculty of Medical Sciences offers two graduate programmes in Gerontology: the Postgraduate Diploma in Gerontology and the Master of Public Health Gerontology. See programme information below.



**THE UNIVERSITY OF THE WEST INDIES, MONA CAMPUS**  
**FACULTY OF MEDICAL SCIENCES**  
 The Department of Community Health and Psychiatry  
 & Mona Ageing and Wellness Centre

Invite applications for the  
**POST GRADUATE  
 DIPLOMA IN  
 GERONTOLOGY**

This post graduate diploma was developed to serve a currently unmet need among health professionals (doctors, nurses, physiotherapists and social workers) who hold a bachelor's degree and are currently working in ageing-related services, but require further training in Gerontology. The programme of study will allow students to explore the social, cultural, demographic and critical perspectives of ageing and their impact on older persons as well as the policy needs of older persons.



**Special Features:**

- Flexible hours: Evening and online classes
- Nine (9) month duration to facilitate the working students


**Areas of Emphasis:**

- Fundamentals and Clinical Aspects of Ageing
- Public Health and Ageing
- Environment and Ageing
- Management issues in Day-Care, Assisted-living & Longterm Care Facilities

The programme is open to persons who: Hold at least a bachelor's degree in a health-related field (medicine, nursing, sociology, social work, physiotherapy and other allied health areas), and are currently working in age-related services.

Applicants who are not graduates of UWI must request that their transcripts be forwarded directly to:  
**The Assistant Registrar, Office of Graduate Studies and Research,  
 UWI, Mona, Kingston 7, Jamaica.**


**APPLY AT:** <http://www.uwimona.edu.jm/postgrad/prospectus.php>  
**For further information please contact:**  
 Mrs. Douladel Willie-Tyndale at the Mona Ageing and Wellness Centre  
 Phone (878) 970-6550 or (878) 970-6837  
 Email: [douladel.willie02@uwimona.edu.jm](mailto:douladel.willie02@uwimona.edu.jm)



**THE UNIVERSITY OF THE WEST INDIES, MONA CAMPUS**  
**FACULTY OF MEDICAL SCIENCES**  
 The Department of Community Health and Psychiatry  
 & Mona Ageing and Wellness Centre

Invite applications for the  
**MASTER OF PUBLIC  
 HEALTH GERONTOLOGY**

This 12-month Master of Public Health Gerontology programme will provide health professionals and others with a substantive foundation in public health and gerontology. The course will prepare students to analyze complex ageing-related issues, provide public health evidence-based solutions, and make a significant difference in improving the health and well-being of older persons.



**Areas of Emphasis:**

- **Core Master of Public Health courses**
  - Epidemiology
  - Research methods
  - Biostatistics
  - Management
- **Core Gerontology Courses**
  - Fundamentals and Clinical Aspects of Ageing
  - Environment and Ageing
  - Social Policy and Services for Older Persons
  - Mental Health Aspects of Ageing

**Eligibility:** The programme is open to persons who have an undergraduate qualification in health or social work and have two (2) years of relevant experience

Applicants who are not graduates of UWI must request that their transcripts be forwarded directly to:  
**The Assistant Registrar, Office of Graduate Studies and Research,  
 UWI, Mona, Kingston 7, Jamaica.**

**APPLY AT:** <http://www.uwimona.edu.jm/postgrad/prospectus.php>  
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 Email: [douladel.willie02@uwimona.edu.jm](mailto:douladel.willie02@uwimona.edu.jm)

## About Us

The Mona Ageing and Wellness Centre (MAWC) is specialized unit in The Office of the Principal of The University of The West Indies. MAWC's work is focused in four (4) priority areas of: Research, Training, Outreach and Policy Influence. Our mission is to improve the health and wellbeing of the older adult population nationally and regionally through novel ageing research, contribution to policy development, training and community outreach. For further information, kindly contact us at:

**Mona Ageing and Wellness Centre, 3 Gibraltar Camp Way, the University of the West Indies, Mona  
 Kingston 7, Jamaica W.I. Tel. 876-970-6635/6539**

Email: [ageingcentre@uwimona.edu.jm](mailto:ageingcentre@uwimona.edu.jm). FB: [www.facebook.com/uwimawc](http://www.facebook.com/uwimawc)