

Mona Ageing and Wellness Centre Newsletter

December 2019

Volume 2, Issue 2

A Word from Our Director



The World Health Organization has declared the decade 2020-2030 the decade of Healthy Ageing. We are particularly excited about the varied prospects and opportunities to be championed and pursued during this decade aimed at improving the quality of life of older adults, their families and communities.

As we reflect on 2019 we recognize that there have been varied developments in the fields of ageing on a national level with the advancement of the National Policy for Senior Citizens, Green Paper 2018 as well as pertinent ageing research findings. These findings have provided the urgent impetus to examine the various factors in midlife that significantly contribute to persons presenting with major chronic conditions in old age.

I am excited about our prospects as a Centre for 2020. We continue to offer our graduate programmes: Master of Philosophy (MPhil)/Doctor of Philosophy (PhD) Ageing Studies, Master of Public Health Gerontology, Post Graduate Diploma Gerontology as well as a new programme, Postgraduate Diploma Geriatrics that will be offered as of September 2020. Our non-degree short-courses are still available with the opportunity for customized training to suit your specific need. To commemorate the International Day of Older Persons we will host an Ageing and Health Expo. I implore you to join us, as together we work towards improving the quality of life of older adults, families and communities, through research, training, outreach and policy development.

*...join us, as
together we work
towards improving
the quality of life of
older adults...*

On behalf of the Mona Ageing and Wellness Centre Team accept our best wishes for a safe, peaceful and productive 2020.

Prof Denise Eldemire-Shearer
Director, Mona Ageing and Wellness Centre

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Credits

Prepared by:	Julian McKoy Davis, PhD.
Contributors:	Dr. Indira Minus-Grimes and Dr. Melissa Dehaarte

For Seniors: Protecting Your Finances

Excerpts with updates from “*For Seniors: Tips for Protecting Your Finances*” and “*How Older Adults Can Steer Clear of Scam Artists*,” Summer 2013.

<http://bit.ly/uwimawc2>

No matter how old or young you are, there are some basic things you can do to better manage your finances. Here are banking and other money-management tips to consider in preparation for money management in retirement.

Decide if you need financial help from an expert, and then choose wisely. A financial advisor could help answer questions such as how quickly to take money from savings and how to invest in your later years. But before you follow the advice of a supposed “expert” who claims to have special credentials for advising seniors, research what that title means and the advisor’s background.

Prepare for the possibility that you may become unable to handle your finances. Consider writing down a list of your financial institutions and account numbers and keeping it in a safe place that would be accessible by your loved ones in an emergency. An attorney can help you decide if you should have a legal document known as a Power of Attorney, which would allow one or more people you designate to make key decisions with as much or as little of your financial or personal life as you choose. You can also add a co-owner to a deposit account, but that person has the ability to conduct



transactions, including withdrawing money from a checking or savings account, without your prior approval. Your banker or attorney may be able to help you identify other possible alternatives, but you still must think carefully about to whom you give access to your money.

Develop a spending plan for your retirement. Having a plan for your money and limiting expenses in retirement is important. Think about new ways to cut costs, such as by letting your auto insurer know you no longer drive your car to work. Consider continuing to put some of your income into savings, especially for short-term goals such as holiday gifts, because that can help you avoid a large, sudden withdrawal from your retirement investments.

Remember that a reverse mortgage will eventually have to be paid back, with interest. Reverse mortgages allow homeowners to borrow against the equity in their homes without having to make monthly payments as long as they meet the terms of their loan agreement, such as staying current on property taxes. However, the money borrowed plus interest must eventually be repaid, usually when you or your heirs sell the house.

Organize and protect your important documents. Items to keep at home, in a secure place that's easy for you to get to, may include your bank and brokerage statements, insurance policies, pension records and other personal and financial papers you or your family might need on short notice. If caregivers or others regularly visit you, make sure that your check books, credit cards and other financial records are protected.

Steer clear of scam artists. Anyone can be a victim of financial fraud, but older adults are particularly at risk. Those who commit elder fraud range from loved ones — family members, friends or caregivers — to complete strangers. To protect yourself or someone else:

- Remember the red flags of a fraud. These include an unsolicited phone call, email or other request that you pay a large amount of money before receiving the promised goods or services; an offer that seems too good to be true, like an investment “guaranteeing” a return that’s way above the competition; and pressure to send money quickly. Also be wary when someone expresses a new or unusual interest in your finances.
- Protect your personal information. Never provide bank account details in response to an unsolicited call, fax, letter, email or text message, no matter how genuine the situation may appear.
- Look at your credit card bills and bank statements as soon as they arrive and report unauthorized purchases, withdrawals or anything suspicious, regardless of how small or large.

Many people also make the mistake of not telling loved ones or not contacting the police or other law enforcement agencies when they’ve been victimized. Perhaps some are embarrassed to admit that they were “misled” and lost money. Others have fears of losing their independence. As difficult as this may be, reporting the incident is the only opportunity you have to recover some or all of your loss.

Seek-A-Word



- | | |
|-----------|------------|
| Advisor | Mortgage |
| Attorney | Pensions |
| Borrow | Plan |
| Documents | Power |
| Equity | Property |
| Expenses | Retirement |
| Family | Reverse |
| Fraud | Savings |
| | Scam |

Created by **Puzzlemaker** at **DiscoveryEducation.com**

<http://puzzlemaker.discoveryeducation.com/code/BuildWordSearch.asp>

The UWI's Mona Ageing & Wellness Centre partners to co-host Quarterly Health Fairs

The Mona Ageing & Wellness Centre partnered with the National Council for Senior Citizens to host a Regional Health Fair on Thursday January 24, 2019. The event targeted senior citizens from the parishes of Kingston, St. Andrew and St. Thomas and was held at the Church of the Firstborn Grace Gospel Hall in Harbour View. One hundred and forty-six **(146)** participants (seniors) were in attendance. Approximately 91 per cent of the participants were females (n=133). The theme of the day was *"Be the Best You"*.

Information and services were provided by: Starkey Hearing Foundation, Zahra Aromatherapy, St. John's Ambulance, Kingston and St. Andrew Health Department (Dental Unit), National Council for Senior Citizens, Ministry of Health (Public Education Unit), Juici Patties and FAMFIT. Key presentations made included: How to make your skin glow; Fitness Session, Keeping Dengue Free, Caregiving Issues and Concerns; and Gerontology Training and Services. Services provided to participants included: First Aid/Emergency Medical, Dental Screening; Blood Pressure and Blood Glucose checks; BMI Checks; Foot Care and the provision of Reading Glasses. Participants were able to participate in summary activities which included a recapturing of the key points addressed in each presentations. There was also pop-quiz throughout complete with prizes and give-a-ways. According to

Dr Julian McKoy Davis, one of the organizers, "The event provided some well needed health care services for older adults as well as an invaluable opportunity for social engagement and networking".

A second ageing health fair was hosted by Mona Ageing and Wellness Centre and Church of the First Born Gospel Auditorium on Tuesday, April 16, 2019 from 10:00 a.m. to 3:00 p.m. at 95 Waltham Park Road, Kingston 11. Beneficiaries were mobilized from surrounding communities (Rollington Town, Allman Town, Chisolm Ave., Waltham Park Road, Marverly, Duhaney Park, Bay Farm Villas, Olympic Gardens and Molyne Road). A total of 16 service providers participated in the day: Administrator General Department, Board of Supervision, CARIMED, Department of Community Health and Psychiatry – Health Centre, E-FAST, Golden Designs, HEART Trust/NTA, Lions Club, Jamaica Urban Transit Company, Ministry of Health (Kingston and St. Andrew Health Department), Mona Ageing & Wellness Centre, National Council for Senior Citizens, National Health Fund, National Insurance Scheme, Programme of Advancement through Health and Education and Registrar General Department.

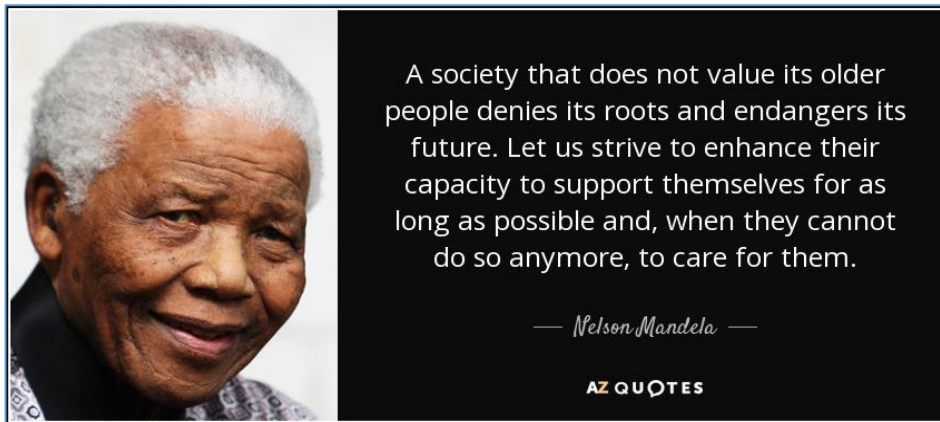
Medical and social services were providing to participants throughout the day. A total of 141 persons were present at the fair: 75 beneficiaries, 24 volunteers and 42 agency

representatives. Older Adults (60+ years) were the main target audience of this Fair. However, children who attended the basic school at the Church were also seen by the medical team as needed. Some children also accompanied their grandparents/older relative and were able to access services as needed. A total of 42 beneficiaries received vision screening services. Beneficiaries ranged in age from 6-82 years old and included 11 men. Thirty-four persons received reading glasses and 40 were referred to Jamaica

Society for the Blind for additional services.

We proudly acknowledge the invaluable support of our staff, volunteers and sponsors: Food for the Poor, General Food Supermarket, Recharged Distributors Ltd., Lee's Food Fair, National Council for Senior Citizens and Pearls' Flowers and Gifts.


We look forward to hosting our next health fair in 2020.



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.**

 : 876-970-6635/6539

 : ageingcentre@uwimona.edu.jm

 : www.facebook.com/uwimawc

Celebrating International Day of Older Persons 2019

Mona Ageing and Wellness Centre celebrated the International Day of Older Persons (IDOP) 2019 using three media: a press release, radio interviews and an outreach initiative. This year's IDOP was commemorated under the theme: *The Journey to Age Equality*.

A press released was shared with the media in recognition of the International Day of Older Persons. A copy of the press release can be found on our Facebook page: <http://bit.ly/uwimawc1>

There were two radio interviews to raise public awareness about the day and also to promote the productive capacity of older adults towards continued contribution to nation building. Dr Julian McKoy Davis and Dr Desmalee Holder-Nevins were interviewed on NCU FM with host Nadia Wellington during *Cruisin*. Dr McKoy Davis was also interviewed on *Power Talk* on Power 106 by Ronnie Thwaites.

MAWC partnered with the Mona Social Services (MSS) to host a treat for the senior citizens of the George Abrahams Home. The residents were treated to clothes and goodie bags containing personal care items. This partnership with MSS will help in re-establishing the strong relationship that the Centre previously had with the George Abrahams Home.

The celebration continued into December when the residents were feted to a special Christmas treat by MAWC & MSS. The residents were appreciative of the donations and acts of kindness provided by the organizers. MAWC recognizes Mr Dwayne Fagan, Ms Annazika Watkins, Ms Claudette Smallhorne, Ms Paulette Bacchas, for coordinating our participation in both outreach initiatives. We also express gratitude to our staff and students within our department for their ongoing contribution to our outreach initiatives.



Staff of MAWC and MSS with residents of the George Abrahams Home. Photo credit:

Student Corner: Testimonials

Postgraduate Diploma in Gerontology

My name is Dr. Indira Minus-Grimes. I was born and raised in the Bahamas. I completed medical school with the University of the West Indies, starting in Mona and then completed final year in Nassau, The Bahamas in 2004. I went on to obtain a DM in Family Medicine through UWI St. Augustine, Trinidad in 2012. During my journey as a family medicine resident I found a niche with the Geriatric Hospital service in Nassau and decided to gain further training in Gerontology. I was informed of the Post-Graduate diploma program by Professor Denise Eldemire-Shearer who kindly encouraged me to enroll. I followed her recommendation and completed the post graduate diploma in June 2018.

I was attracted to the Diploma program because it offered further studies in Gerontology, it was online and affordable. The online program allowed for distance-learning which was extremely convenient for me already having a family, being a full-time consultant physician for Public Hospitals Authority and having a fairly well-established private practice. Relocating to pursue such a degree would have been challenging in the least.

Maintaining the delicate balance between studying, family and work life was no easy task. This tested my organization and time management skills. Sacrifice of sleep and recreation was certainly involved. I learned to utilize my time more efficiently and delegate duties at work where possible to allow for class and study time. During

lectures I took notes that would facilitate recall of information during revision for exams and also minimized the time between lectures and revision.



Fortunately, I have very supportive family members, namely my husband, mother, an aunt who assisted (and still does) as a caregiver to my children and of course the children themselves. They often completed their homework during my lecture sessions and learned to ask me questions about their homework using an abridged type of sign language. They enjoyed their mother being a student and having 'school work' to do as well. They were very understanding and helped me to protect my class and study time. Thanks also to modern technology I was also able to join classes online while driving or traveling abroad. Once I was able to remain on schedule with classes, assignments and revision time I found it possible to focus on work and my patients as well as devote quality time to my family. Needless to say, my husband and children were especially thrilled when the program concluded because they were happy to enjoy more time with a more relaxed wife and mother.

5 days after graduation, I was appointed Medical Director of the Geriatric Hospital... where I had been employed for the past seven years.

After graduation in November 2018, in fact about 5 days after, I was appointed Medical Director of the Geriatric Hospital at the Sandilands Rehabilitation where I had been employed for the past seven years. I don't think this would have happened as quickly had I not completed the program when I did. I'm grateful for the knowledge I gained from the Post Graduate Gerontology Diploma program as it broadened my scope of Geriatrics and Gerontology and prepared me for the opportunity to function as a manager and supervisor for the department. In February 2019, I was appointed to serve on the Committee recently assigned to redraft the Older Persons Bill for the Bahamas. This is an initiative I feel assured I can make a valuable contribution to and excited and honored to be a part of because of the

training received via the program. Through these new roles I hope to be a catalyst for positive and progressive changes for older persons in the Bahamas and even the Caribbean region.

I would recommend the Postgraduate Diploma and Masters in Gerontology programs for persons with a sincere interest in working in the areas of health and welfare of older persons. Of course, as with any worthy self-improvement initiative a significant level of commitment and sacrifice is necessary to succeed in the program. Nevertheless, the programs will certainly improve and strengthen a candidate's understanding, knowledge and skills in the bio-psychosocial issues of the older persons and provide unique perspectives regarding seniors living in the Caribbean.

Dr. Indira Minus-Grimes completed the programme in 2018 with Distinction.

Master of Public Health Gerontology



From a young age I have always been interested in seeing those around me well, without pain and suffering. I decided to pursue a degree in nursing, with special interest in the care of the elderly, but in recognition of the limitation of this programme, I decided to pursue a Bachelor of Medicine-Bachelor of Surgery degree. Since then I have been uniquely fortunate, to have a diverse background both academically and professionally

which has exposed me to a different country, culture, and language. As a Guyanese, I am familiar with the increasingly important health needs of my country, particularly within the elderly population. The country, as others in the Caribbean and developing world, is experiencing an epidemiological transition towards non-communicable diseases which account for an increasing share of the disease burden and mortality. Within this scope there has been significant increase in the number of persons living sixty years and over, persons classified as Elderly. The last census done in Guyana puts our Elderly population as eight percent of our population (7% of the total male population and 9% of the total

female population). After my return, working in all aspects of Guyana's developing health system, I made a decision to follow my true interest in elderly health; acquiring a present position at the ministry of health as the Elderly health coordinator. This led to a passion for bringing awareness to elderly health care and developing a structure for it at a national level. Presently there are not sufficient programmes and policies in our health system to ensure the healthy ageing of our population; and it was and remains my desire to make a difference in elderly care in Guyana.

Therefore, after careful consideration, I decided that further study in a MPH program, with special scope in gerontology would be not only useful, but perhaps essential in developing my career potential and providing me with greater opportunities for future success. More over gaining a master's in public health, gerontology would provide me with the tools needed to fulfill the desire I have to serve my country. Giving back by contributing to the much-needed formulating of structured health programmes and policies for the needed development an improvement of health of all Guyanese citizens.

As such I began my search for a programme from a university that was highly reputable, in a country that shared similar population, historical and cultural values as Guyana, and most importantly had already established structured programmes/interventions for their elderly population; as I knew this would provide me with the knowledge with

relevance to the Guyana context and make for an enriching experience. I found exactly what I needed at the University of the West Indies, advertising its MPH programme, which had already seen successful graduates. "And they had an Ageing Center with published research!!!!"

The MPH Gerontology degree at the Mona Ageing and Wellness Centre, UWI, provided me with the necessary skills and valuable knowledge in several fields of study. It also gave me opportunities for research and career development. The most rewarding and important part of the program for me, was the hands on and caring guidance of all the lecturers, which made it possible for me to succeed in all aspects of my studies. Being away from family and familiar surrounding for an entire year for study, after four years outside of the academic arena


was a daunting thought. However, I never felt like a 'foreigner'. A combination of respect, professionalism and expert guidance from the lecturers as well as the loving and friendly atmosphere provided by my fellow classmates was all I needed to be successful. The rich knowledge of a diverse cohort of students added to the positive learning experience.

Since completion of this programme I am confident and equipped to accomplish the desired development of elderly health services in Guyana. To that end I have been able to develop a situational analysis, standards for long term care facilities, a five-year elderly health strategic plan (thank you Mr Carr) and draft policy in the making. I am so glad I chose this Programme!

I found exactly what I needed at UWI... the MPH Gerontology degree.

Dr. Melissa DeHaarte completed the programme in 2018.

Graduate Gerontology Programmes




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 (876) 970-6550 or (876) 970-6837
 Email: 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>
For further information please contact:
 Mrs. Douladel Willie-Tyndale at the Mona Ageing and Wellness Centre
 Phone (876) 970-6550 or (876) 970-6837
 Email: douladel.willie02@uwimona.edu.jm

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.

New Programme: The *Postgraduate Diploma in Geriatrics* will be offered as of September 2020. Contact us for more information. The programme targets: Medical Doctors. For further details, contact Programme Coordinator, Dr. Kayon Donaldson-Davis via email at kayon.donaldsondavis@uwimona.edu.jm.

Short Course Opportunities for 2020

Our short courses have been very useful in providing information on ageing, the ageing process and areas of concern and interest for family members of older adults. The courses are highly anticipated with request for additional training dates. These courses are non-degree and are usually offered across 4- 8 days. We have conveniently scheduled the courses as afternoon programmes to facilitate persons who will need to work or have other obligations in the day. Our participants often boast about the relevance and practical nature of the course in helping them in their engagement with older adults and increasing their personal appreciation for the ageing process. Two of our short course participants have transitioned into our Masters of Public Health Gerontology

(the first graduated in November 2019) and the other is in her first semester.

In July 2019, we hosted a training on End of Life Issues: Legal and Ethical Considerations. The short-course was well received by participants and included sessions on Estate Planning including Power of Attorney and Will preparation, Long term care (options, issues and concerns), Directives on what to do if a loved one dies at home as well as death and bereavement. The course was well received by the participants with a genuine interest to know and do more. Our short courses are open and available to all persons. We particularly encourage older adults, family members of older adults, caregivers, social workers, church workers and persons with an interest in the area to join our classes. We are pleased to announce the following courses for the calendar year 2020:

Date	Course Offering
1. February	First Aid and CPR
2. April	Older Adult Caregiver Training
3. June	Diabetes Management
4. September	Understanding Mental and Psychological Changes in Older Adults
5. November	End of Life Issues: Legal & Ethical Considerations

Should you require a customized programme or a training, 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. For further information, please contact Mrs. Shelly-Ann Matthews via telephone at (876) 970-6550, Cell: (876) 348-9772 and email: ageingcentre@uwimona.edu.jm.



End of Life Short Course Participants (July 2019)

SAVE THE DATE

MAWC's 2020 AGEING & HEALTH EXPO

LOCATION: Kingston, Jamaica

DATE: Thursday October 1, 2020

Plan to join us on **Thursday October 1, 2020** for the inaugural 2020 Ageing & Health Expo.

Opportunities for Exhibition, Sponsorship, and Advertising

The 2020 MAWC Ageing and Health Expo provides an invaluable opportunity for companies that are interested in promoting their goods and services that are targeted towards the older adults sometimes referred to as the *'silver economy'*.

With an increasingly ageing population, the need for goods and services specific to the needs of older adults is on the increase. The 2020 Ageing & Health Expo is thus an exceptional showcasing opportunity about the response from different sectors [Public, Private, Non-Profit/Non-Governmental Organizations/Faith Based Organizations] to this increasing demand. Over 1500 patrons/attendees are expected to be in attendance at the event: students, older adults, family members of older adults, care services and non-profit organizations.

We invite interested exhibitors to contact us at 876-970-6550/970-6537 to confirm your space and to clarify any queries that you may have. SPACE IS LIMITED and exhibitors will be confirmed on a first-come, first-serve basis. Registration and payment are due on or before **June 30, 2020**.

Details	Exhibitor J\$22,000.00	Sponsorship & Advertising Opportunities			
		Bronze J\$55,000.00	Silver J\$88,000.00	Gold J\$137,500.00	Platinum J\$275,000.00
Booth Space (Table, Chairs and Lunch)	✓	✓	✓	✓	✓
Number of Team Members	2	2	2	2	3
Advertisement in programme (page)		¼	¾	½	1
Credit mention in media promotion				✓	✓
Company name listed on social media pages		✓	✓	✓	✓
5 minutes CEO address					✓
Article about company in programme				250 words	500 words
Branded volunteer t-shirts					✓

Research Corner:

Feature Article

Predictors of Health Service Utilization among Older Men in Jamaica

Willie-Tyndale, D., McKoy Davis, J., Holder-Nevins, D., Mitchell-Fearon, K., James, K., Waldron, N. and **Eldemire-Shearer, D.** (2018). *Journals of Gerontology: Psychological Sciences.* , Vol. 00, No. 00, 1–8.

Abstract

Objectives: To determine the relative influence of socio-demographic, socio-economic, psychosocial, and health variables on health service utilization in the last 12 months.

Methods: Data were analyzed for 1,412 men ≥ 60 years old from a 2012 nationally representative community-based survey in Jamaica. Associations between six health service utilization variables and several explanatory variables were explored. Logistic regression models were used to identify independent predictors of each utilization measure and determine the strengths of associations.

Results: More than 75% reported having health visits and blood pressure checks. Blood sugar (69.6%) and cholesterol (63.1%) checks were less common, and having a prostate check (35.1%) was the least utilized service. Adjusted models confirmed that the presence of chronic diseases and health insurance most strongly predicted utilization. A daughter or son as the main source of financial support (vs. self) doubled or tripled, respectively, the odds of routine doctors' visits. Compared with primary or lower education, tertiary education doubled [2.37 (1.12, 4.95)] the odds of a blood pressure check. Regular attendance at club/society/religious organizations' meetings increased the odds of having a prostate check by 45%.

Discussion: Although need and financial resources most strongly influenced health service utilization, psychosocial variables may be particularly influential for underutilized services.

Keywords: Psychosocial support, Routine health visits, Men

The authors were recipients of the Principal's Research Award which was presented at the Annual University Research Day Awards Ceremony held February 8, 2019.

Grants/Consultancies

Name of Consultancy: National Strategic Plan on Ageing and Health

Grant Funding Institution: PAHO/MOHW

Principal Investigator: Denise Eldemire-Shearer*

Status: Completed

Name of Grant: *Breast Cancer Burden and Physician Screening*

Grant Funding Institution: Ministry of Health & Wellness

Principal Investigator: Dr Douladel Willie-Tyndale*, **Co-Investigators:** Dr. Kayon Donaldson – Davis* and Dr. Sonya Reid (Vanderbilt University), Nashville, Tennessee, USA

Total Amount Awarded: JMD \$1,500,000 (2019 - 2020)

Status: Fieldwork in progress

* Represents staff of Mona Ageing & Wellness Centre

Staff Publications

1. **Eldemire-Shearer, D., Willie-Tyndale, D.,** Robinson, C. and **McKoy Davis, J.** (2019). Elder Abuse – An Examination of the situation in Jamaica. Book chapter in *International Handbook of Elder Abuse and Mistreatment* (pp.175-197). Editor – Mala Kapur Shankardass. Singapore, Springer Nature.
2. James, K., Thompson, C., **Willie-Tyndale, D.,** Holder-Nevins, D., Gibson, R., Johnson, P., **McKoy Davis, J., & Eldemire-Shearer, D.** (2019). Performance and Receiver Operating Characteristics of the Mini-Mental State Examination Instrument in Detecting Dementia in a Rapidly Developing Country (Jamaica). *Journal of Geriatric Psychiatry and Neurology*. DOI: 10.1177/0891988719841722.

Publications in Progress

1. Whitely, P., Abdulkadri, A., **Eldemire-Shearer, D., Willie-Tyndale, D** and **McKoy Davis, J.** (revise and resubmit). The economic cost of hypertension and its association with socio-demographic and medical factors among older persons in Jamaica. Sage Open.
2. James, K., Thompson C., Holder Nevins, D., **Willie-Tyndale, D., McKoy Davis, J., & Eldemire-Shearer, D.** (under review). Caregivers of Older Persons in Jamaica: Characteristics, Burden and Associated Factors. *Journal of Applied Gerontology*.
3. James, K., Thompson C., Holder Nevins, D., Chin Bailey, C., **Willie-Tyndale, D., McKoy Davis, J., & Eldemire-Shearer, D.** (under review). Socio-demographic, health and functional status correlates of caregiver burden among care recipients age 60 years and older in Jamaica. *Journal of Cross-Cultural Gerontology*.
4. **McKoy-Davis, J.,** Eldemire-Shearer, D. James, K. (under review). Jamaica, the place of choice to live, work and raise families: but who can afford to retire? In Godfrey St. Bernard. *Population Planning for Development in Jamaica*.

Manuscripts in Preparation

1. James, K., Thompson C., Holder Nevins, D., Chin Bailey, C., **Willie-Tyndale, D., McKoy Davis, J., & Eldemire-Shearer, D.** Psychometric Properties and Factor Analysis of the Mini-Mental State Examination Instrument in Detecting Dementia in a Rapidly Ageing Developing Country.
2. James, K., Thompson C., Holder Nevins, D., Chin Bailey, C., **Willie-Tyndale, D., McKoy Davis, J., & D Eldemire-Shearer.** Psychometric Properties of the Zarit Burden Interview: Results from a Developing Country.
3. Holder Nevins, D., James, K., Thompson C., **Willie-Tyndale, D., McKoy Davis, J., & D Eldemire-Shearer.** Why call it burden? Social construction of caregiving responsibilities among family caregivers of older persons in Jamaica: A mixed method analysis.
4. **Kayon Donaldson-Davis, Julian McKoy-Davis, Douladel Willie-Tyndale,** Kenneth James & **Denise Eldemire-Shearer.** Mainstreaming Disaster Preparedness among Older Adults in Jamaica.

Research Publicity

Professional Presentations

The Faculty of Mona Ageing and Wellness participated in two symposia at the **Gerontological Society of America Annual Scientific Conference** held in Austin, Texas from November 13-17, 2019. Prof. Denise Eldemire-Shearer was a presenter on a disaster panel. She presented on the topic Disaster Preparedness, Perspectives from a Caribbean Island. Faculty members Dr Julian McKoy Davis, Dr Douladel Willie-Tyndale and Dr Kayon Donaldson-Davis were all presenters in the symposium on Financial Literacy, Retirement, and Becoming Financially Capable in a Developing Country. They were joined by Prof Lisa Brown from Palou Alto University and Prof Denise Eldemire-Shearer who was the Discussant for the session.



From left to right: Dr Douladel Willie-Tyndale, Dr Julian McKoy Davis, Prof. Lisa Brown, Prof Denise Eldemire-Shearer and Dr Kayon Donaldson-Davis, strike a pose after presenting.

MAWC also participated in the inaugural **Alzheimer's Jamaica Conference** held on November 8, 2019. Prof Denise Eldemire-Shearer gave the Keynote Address. MAWC mounted a Booth Display, manned by Ms Claudette Smallhorne, Ms Annazika Watkins and Mrs Paulette Bacchas, while Dr Julian McKoy Davis chaired the Policy Session.

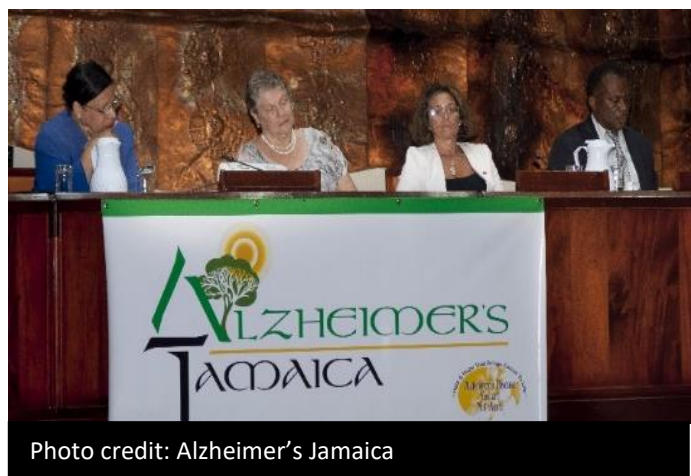


Photo credit: Alzheimer's Jamaica

Feature Interviews/Keynote Address

Dr Julian McKoy Davis gave the Keynote Address at the **Lifestyle Planning Seminar**, hosted by the National Council for Senior Citizens in Morant Bay, St. Thomas on November 7, 2019. The session included participants from youth programmes across the parish. The session dubbed, *Securing My Financial Tomorrow, Today* was very interactive and included group work activities. Dr McKoy Davis also facilitated a **Pension Planning Seminar** at the Board of Supervision's Quarterly Meeting held on October 29, 2019.



Photo credit: Smile Jamaica - TVJ

Dr Kayon Donaldson Davis was interviewed on Smile Jamaica on Thursday, October 17, 2019 to address the issue of compliance with medication among older persons in Jamaica.



Photo credit: Kenyon Hemans

Professor Eldemire-Shearer gave the keynote address at spoke at the **Fourth Annual Biennial Nursing Conference** held at UTECH on August 8, 2019. She emphasized the importance (of improving functionality in older persons. She also noted that strategies geared towards making community long term care solutions available are needed in the local setting.

Retrieved <http://bit.ly/uwimawc3>



Photo credit: JIS Studio 58A

Shearer was interviewed on March 21, 2019 by JIS' Studio 58A on the topic of "Elder Care in Jamaica". Watch a replay of the interview on

<http://bit.ly/uwimawc4>



Photo credit: Smile Jamaica - TVJ

Prof Denise Eldemire-Shearer discussed the critical issue of Solutions for the Unregistered Nursing Homes on Smile Jamaica on March 14, 2019.

Radio Interviews



Photo credit: Orville Sewell

McKoy Davis, J. and Holder-Nevins, D. (October 1, 2019). Caregiving and Life-long Learning Opportunities for Older Adults in commemoration of the International Day of Older Persons. In *Cruisin*. Kingston, Jamaica: NCU – 91.1 FM.

McKoy Davis, J. (October 1, 2019). Journey to Ageing Equality in commemoration of the International Day of Older Persons. In *Power Talk*. Kingston, Jamaica: Power 106 FM.

McKoy Davis, J. (2019, April 7). Living and Coping with Alzheimer’s disease. In *Moment of Hope*. Kingston, Love 101.7 FM.

Newspaper Articles

McKoy Davis, J. (2019, May 29). Making the most of your doctor’s visit. World Family Doctor Day Supplement. *The Gleaner*.

Awards, Honors & Recognitions

- November 13, 2019 **Julian McKoy Davis** - Mentoring and Career Development Technical Assistance Early Career Investigator Diversity Fellow, Gerontological Society of America, TX.
- November 2, 2019 **Kayon Donaldson-Davis** – Distinction, Post Graduate Diploma in Gerontology
- March 2019 **Kayon Donaldson-Davis** – 2nd Place Poster Award, Disaster Preparedness among Older Adults in Jamaica. Caribbean Strong Conference. Puerto Rico.