

## The Director's Corner

More than 18 months ago our country reported its first case of COVID 19. As a country, our lives have since dramatically changed and we have adapted to a new normal in anticipation of life after COVID-19. At Mona Ageing and Wellness Centre (MAWC), our core functions and operations in the areas of teaching, research, policy influence, and outreach have been realigned in response to this ongoing public health emergency. We have thus pivoted our programs and services to better serve our clients.



**Prof Denise Eldemire-Shearer,**  
Executive Director, MAWC

MAWC completed COVID-19 related research studies to examine the effect of coronavirus disease 2019 (COVID-19) and containment measures on older persons. The first study, led by Dr Kayon Donaldson-Davis, focused on the effect on health and health services utilization while the second study focused on the effect on social relationships and support and was led by Dr Douladel Willie-Tyndale. The research findings provided evidence-based information to inform high-level COVID-19 planning meetings with The Ministry of Health and Wellness and the general public via interviews in the media. Information from both studies has influenced protocols, messaging, support systems, and response activities concerning COVID-19 and social and physical distancing.

Our training programmes at every level have been informed by our research and have been enhanced to address current issues about older adults navigating life during a pandemic. Since March 2021, we have amplified our outreach programme by first operating as a Vaccination Site for persons 60 years and older to becoming a permanent Vaccination Site offering COVID-19 vaccinations to the general public. Our achievement has been commendable given that we were the first private facility to offer vaccinations and the first to be designated a permanent site. As of September 30, 2021, MAWC had administered over 40,000 doses of COVID-19 vaccines.

The MAWC Team provides both clinical and administrative services to the Vaccination Site. MAWC continues to receive overwhelming support from The UWI Mona Principal, Professor Dale Webber, and the University community including medical and other student volunteers; clinicians from University Hospital of the West Indies, and the Department of Community Health and Psychiatry; and other volunteers from the campus community. UWI Campus Security and the Jamaica Defence Force provide services including crowd control, manning access points, and permitting entry to the Vaccination Site. The Kingston and St Andrew Health Department also sends a cadre of Community Health Aides to facilitate registration of clients while the Ministry of Health provides a team of Data Entry Clerks who undertake the electronic registration of clients.

On behalf of the MAWC Team, we extend our heartfelt gratitude to everyone who has served in one way or the other and has contributed to nation-building. We will continue to find innovative ways to adapt to the changing times and thus be better able to serve our clients.

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

## Professionals in Ageing



**Dr Douladel Willie-Tyndale, PhD**  
Public Health

### 1. Why did you enter the field of ageing?

While health research had long been my career interest, the specific focus on ageing was unplanned by me. It has turned out to be one of the best decisions I didn't make!

### 2. How relevant are ageing careers today?

In the context of global population ageing, they are quite relevant. Older persons must be considered in every facet of life. They are producers and consumers of a wide range of goods and services.

### 3. How has working in the field of ageing impacted you?

It has opened my eyes to the numerous possibilities that exist and reinforced the notion that one can (and should!) live a fulfilling life regardless of age.

### 4. How can gerontologists contribute to the fight against COVID-19?

Gerontologists can work to ensure that older persons are not disadvantaged by the pandemic or the response to it. This can be achieved by careful assessment of potential impacts and the development of appropriate strategies to address them. Much work will be needed in the area of advocacy to bring the issues to the ears of decision-makers.



**Mrs. Shelly-Ann Matthews**  
Secretary

### 1. Why did you enter the field of ageing?

I was drawn to the field of ageing because of my empathy towards older persons and the love and compassion I have for them. As a child, my mother always sent my brother and I to (St. Elizabeth) to spend time with our grandparents. The neighbours often spoke about health issues and the fact that many older people had no one to help them. As time went by the focus of my holiday visits changed as I found little ways to help the older persons in my grandparents' neighbourhood.

### 2. How has working in the field of ageing impacted you?

Fast forward several years to 2008, when I began working at the Mona Ageing and Wellness Centre as a Secretary. I had the opportunity to attend classes on ageing and ageing issues. This further improved my ability to understand older persons. I have since become involved in programmes in my community, church outreach and health fairs. I volunteer my services as a caregiver, and I am a highly motivated team player at the Mona Ageing and Wellness Centre Gym where I lead activities for the seniors and help with organizing training workshops offered by the Centre. Knowing the impact you can make in a person's life taking them from hopelessness to happiness is very special.

## Student Corner: Animal Therapy & Health Among Older Persons



Dr Lanna Husbands,  
Post Grad Diploma Gerontology Graduate

Worldwide, the number of persons 60 years and older outnumbered children younger than 5 years at the end of 2020. The Caribbean and Latin America are also ageing rapidly, causing unprecedented social, economic, and health concerns. These concerns, worsened by the Covid-19 pandemic, and resulting lock-down measures, have been noted to be associated with increasing reports of loneliness, depression, and a poor outlook on life among older adults, many of whom are living alone or in Nursing Homes and receiving little to no social connections. Sadly, there are disturbing reports of increased frailty, falls, worsening of memory impairment, and dementia.

Happily, there is growing evidence of respite. One study has reported that social connection of any kind reduces loneliness by 26%: and social isolation by 29% (Holt-Lunstad, 2018).

*So, just how can animals help?*

Many attest to the positive emotions, reduction in stress, and a general feeling of acceptance and well-being that regular interaction with their pet provides. In other words- 'animals make us feel happy. Many persons see animals as 'non- judgmental' and so the older adults report feeling accepted, useful and have a more positive view on life as they look forward to visits by "someone who wants to be with them".

The severity of other illnesses is reported to be reduced as well: hypertension and diabetes are better controlled; mobility is improved; in some cases, memory has improved.

Worldwide standards only permit dogs to be used for any official forms of therapy, as they are more reliably trainable, and thus, they are the focus of the discussion.

A Therapy Dog is defined as one who is trained to provide affection and comfort either to an individual -Animal Assisted Therapy (AAT), or to groups of persons, such as Nursing Home Residents - Animal Assisted Activities (AAA). One of the favourites are Golden Retrievers, but any breed and size may be used; including Pit-bulls, (yes indeed!), which have been successfully used. Any individual is exempt if they do not want to interact, if they are afraid, or have a history of allergies to dogs.

Among the criteria to be considered for training as a therapy dog are: a calm temperament; comfortable among crowds; love to be handled by strangers; neutral to sudden noises and easily adaptable to the various physical limitations of some older adults (for example, those in wheelchairs). They are screened and routinely checked for vaccinations, illnesses, and the like, so that animal-to-human disease transmission is negligible. Even with ongoing Covid-19 restrictions, how can the Caribbean get started with this increasingly reliable form of therapy for older adults?

**Cont'd on page 6**

## Gerontology & Geriatric Programmes

The Mona Ageing and Wellness Centre in collaboration with the Department of Community Health and Psychiatry and the Department of Medicine in the Faculty of Medical Sciences offers the following postgraduate programmes in Gerontology:

- Postgraduate Diploma in Gerontology;
- Postgraduate Diploma in Geriatrics (Medical Doctors only);
- Master of Public Health Gerontology;
- Master of Philosophy in Ageing Studies; and
- Doctor of Philosophy in Ageing Studies

Contact us for further details on our graduate programmes for the 2022/2023 Academic Year:

- *Geriatrics Coordinator:* Dr Kayon Donaldson-Davis  
via email at [kayon.donaldsondavis@uwimona.edu.jm](mailto:kayon.donaldsondavis@uwimona.edu.jm)
- *Gerontology Coordinator:* Dr Douladel Willie-Tyndale  
via email at [douladel.willie02@uwimona.edu.jm](mailto:douladel.willie02@uwimona.edu.jm)
- *Senior Secretary/Administrator:* Ms Debbie-Anne Falloon  
via email at [debbianne.falloon@uwimona.edu.jm](mailto:debbianne.falloon@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  
**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

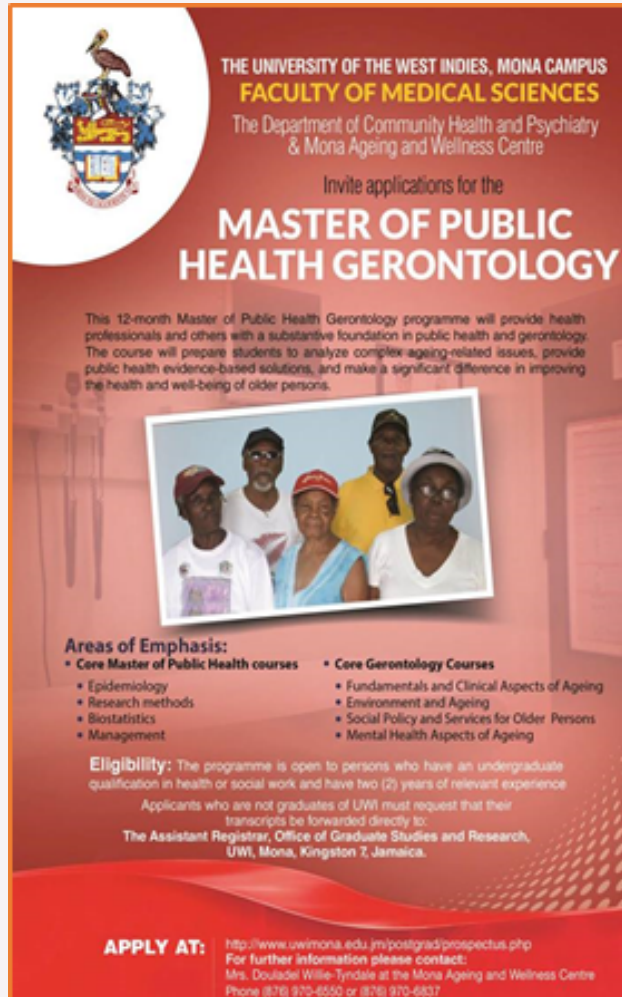
**Areas of Emphasis:**

- 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](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)

## Student Corner: Animal Therapy cont'd

### Cont'd from page 4

Imagine your loved ones at the Nursing Home being able to “face time” with their beloved pet while their hair is being plaited by a staff member or watching online videos showing the positive effects of animals. Or you receive weekly visits by your favorite dog and its handler outside your home or the Nursing Home and you may spend as long as you wish.

For persons who reside at home, having their companion animals is very important for social connectedness and interaction. According to retired teacher Mr John Moss, “Our dogs do their best to understand us so they can anticipate our next moves and please us. Sometimes I think they're putting together a file on us! They help us oldsters get out of bed in the morning! They want to make us happy, and protect us. They'll do anything they can for us. What more can a person ask of a true friend?”

Even with this pandemic, in some states in America, regular volunteer dogs with their handlers have arranged for outdoor visits so that residents may still see and talk to their favourite animal through their window. Let us in the Caribbean get started on this vital topic. As never before, we all need a helping hand. Or a paw!

This article is an excerpt from a television interview on CBC Barbados on October 1, 2020 with host Mrs. Cassandra Crawford and our Diploma Gerontology alumna, Dr Lana Husbands. The interview was facilitated on October 1st, 2020 in observance of The United Nation's International Day of Older Persons. The topic discussed was: The positive role that animal therapy can play in improving the overall physical health, and positive outlook of older adults.



Mr. John Moss, relaxing with his dogs at home in Barbados. Photo used with permission.

**Dr. Lana Husbands MBBS, is a licensed General Practitioner in Barbados and a friend of the animal charity Action for Animals Barbados (AFAB 2018), which seeks to improve animal welfare. Mr Moss was Lana's secondary school teacher and is currently a patient in her medical practice.**

## Research Corner



### Caregivers of Older Persons in Jamaica: Characteristics, Burden and Associated Factors

James, K., Thompson, C., Holder-Nevins, D.,

**Willie-Tyndale, D., McKoy Davis, J, and Eldemire-Shearer, D.** (2020). *Journal of Applied Gerontology*.  
<https://doi.org/10.1177/0733464819898315>.

Keywords: *caregiving, risk factors, home care, caregiver burden, Zarit Burden Interview, older persons Abstract*

#### Objective:

The objective of this study was to determine and characterize caregiver burden among caregivers of community-dwelling older persons in Jamaica.

#### Method:

A nationally representative cross-sectional study was done among persons providing noninstitutionalized care for a single person ( $\geq 60$  years). The Zarit Burden Interview (ZBI) and a structured questionnaire were administered to 180 caregivers from four geographic health regions.

#### Results:

The ZBI scores ranged from 0 to 56 (median = 15). Independently associated factors were relationship to care recipient and age. Children/grandchildren had higher caregiver burden scores than formally employed caregivers (odds ratio = 2.9: 95% confidence interval: [1.02, 8.34]). Compared with caregivers 35 to 44 years, those aged 45 to 65 were almost 5 times more likely to report higher caregiver burden scores.

#### Conclusion:

Caregiver burden as identified by the ZBI was low. Age (45–65 years) and being the child/grandchild of the care recipient were independently associated with greater caregiver burden. Interventions to address caregiver burden must embrace strategies that recognize that these factors.

Image credit: [shorturl.at/cvDT8](https://shorturl.at/cvDT8)

## MAWC's Information Dissemination

### Staff Publications

#### Peer-reviewed Articles

**Ashby-Mitchell K., Donaldson-Davis K., Eldemire-Shearer D.**, (2021). Risk Factors for Chronic Disease Comorbidity: The Health and Social Status of Older Persons in Jamaica. *International Journal on Ageing in Developing Countries*, 5(2),120-129.

**Willie-Tyndale, D., Donaldson-Davis, K., Ashby-Mitchell, K., McKoy Davis, J., Aiken, W. D., and Eldemire-Shearer, D.** (2021). Sexual Activity and Depressive Symptoms in Later Life: Insights from Jamaica. *Clinical Gerontologist*, 44(3), 316-330. DOI: 10.1080/07317115.2021.1882636

James, K., Thompson, C., Holder-Nevins, D., **Donaldson-Davis, K., Willie-Tyndale, D., McKoy Davis, J.,** Chin-Bailey, C., and **Eldemire-Shearer, D.** (2021). Socio-demographic, Health and Functional Status Correlates of Caregiver Burden Among Care Recipients Age 60 Years and Older in Jamaica. *Journal of Community Health*, 46(1), 174-181. <https://doi.org/10.1007/s10900-020-00865->

James, K., Thompson, C., Chin-Bailey, C., **Donaldson-Davis K.,** Walters, D., Holder-Nevins, D. (2021). Taxi drivers and COVID-19 in Jamaica Occupationally related income decline and health behaviour. *Health & Social Care in the Community* <https://onlinelibrary.wiley.com/doi/10.1111/hsc.13561>

#### Peer-Reviewed Book Chapters

Quashie, N. T., **McKoy Davis, J., Willie-Tyndale, D.,** James, K., and **Eldemire-Shearer, D.** (2021). Gender differences in grandparent caregiving and life satisfaction of older Jamaicans. In Claster, P & Blair, S. (Eds.). *Aging and The Family: Understanding changes in structural and relationship dynamics. Contemporary Perspectives in Family Research*, Vol 17, 97-121.

#### Paper Presented at Scientific Meetings

**Willie-Tyndale, D.,** Aiken, W., and **Eldemire-Shearer, D.** Severity of lower urinary tract symptoms and related quality of life among male urology clinic attendees 50 years and older at a tertiary hospital in Jamaica. Paper presented at the 65th Annual CARPHA Health Research Conference held virtually June 16-19, 2021.

#### Non-Refereed Research-Based/Scholarly Publications

##### *Book Chapters*

**Ashby-Mitchell, K.** & Henry, F. Stressors and Academic Performance. In: *University Student Life and Learning: Challenges for Change*. Kingston, The University of Technology Jamaica Press.

**Ashby-Mitchell, K.** & Henry, F. Behaviours and Academic Performance. In: *University Student Life and Learning: Challenges for Change*. Kingston, The University of Technology Jamaica Press.

## MAWC's Information Dissemination

### Staff Publications cont'd

#### Select Speaking Engagements (Individuals)

##### **Prof Eldemire-Shearer**

- Age is not a liability. Rotary Club, Belize. February 24, 2021
- Retirement Seminar: Adjusting to Retirement Lifestyle. Bank of Jamaica. February 26, 2021
- World Social Work Day - Social Work Training in Collaboration with Dept. Social work and Psychology and research Centre - March 1, 2021
- Documentary on Bunny Wailer's missing elderly wife - a documentary focused on vulnerable women who have gone missing or are homeless - March 2, 2021
- Age is not a liability. Kingston and St Andrew Lodge Retirement. March 14, 2021
- Older person's experience of COVID-19 in Jamaica - webinar series on Ageing in Central America and The Caribbean in June 4, 2021. The series was hosted by NTD Fundacion, a satellite centre of the International Institute on Ageing, United Nations for The Caribbean and Central America.
- CARPHA 65th Annual Health Research Conference June 16-19, 2021
- The Coronavirus Pandemic: Lessons learned to chart a way forward. Medical Association of Jamaica Symposium. June 12, 2021

##### **Dr Willie-Tyndale**

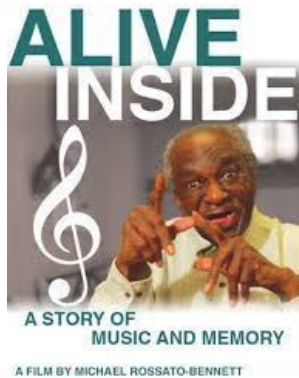
- Ageing and sexual relationships. - webinar series on Ageing in Central America and The Caribbean on June 15, 2021.
- Addressing elder abuse from the rights perspective - National Council for Senior Citizens' World Elder Abuse Awareness Day on June 15, 2021.

##### **Dr Julian McKoy Davis**

- The Challenges of Ageing. Batch 143 - Mico Teacher's College. Information Session. Webinar Presentation. July 17, 2021.
- Ageing & The Family. Church of the Firstborn of Jamaica & Overseas Fellowships. Family Month. Webinar Presentation. May 17, 2021.
- The Mona Ageing and Wellness Centre (MAWC) and its Services. Portmore & Old Harbour Community College. Webinar Presentation. April 27, 2021.
- Older Women and the Golden Years. Church Of The Firstborn in Jamaica
- National Women's Conference. Webinar Feature. April 25, 2021.



## Movie Review



**Name of Movie:**

Alive Inside Film Review

**Written by:**

Michael Rossato-Bennett

**Year of Movie:**

2014

**Reviewed by:**

Dr. Denice T Beckett, MPH Gerontology Graduate

Alive Inside is a documentary that shows how music positively affects persons with mental health disorders such as dementia. Dan Cohen, a social worker, with the help of other staff members, visited several nursing homes. They observed the reaction of older persons to music they recognized when given a playlist of their favourite music on an iPod. Older persons who were at the stage of hardly communicating with others and who were usually unresponsive started talking, dancing and singing as they listened to music they liked. These were persons who looked depressed and lost in their own world. Music made them happy and was a method to reconnect them to the world.

Dan and his team, tried desperately to find sponsors to help fund his dream of giving iPods to every senior citizen in a nursing home. His dream was not fully realized. The positive response to music of Henry (a nursing home resident), was recorded and this went viral on social media, raising the awareness of millions of persons to the positive effect of music on persons with dementia. As a result of this, persons were encouraged to create playlists, put them on iPods, and give it to older persons in nursing home facilities.

The major managerial issue was how to afford iPods for music therapy considering the cost of providing care. Many managers of the nursing homes were convinced that the music

therapy was a good idea, but stated that they did not have the money to fund this project. Dan and his team sought to make music an overall standard of care for all nursing homes. They tried their best to find sponsors for this project and were able to supply iPods to some nursing homes. The cost of this kind of care is a major issue managers of facilities expressed.

Polypharmacy (the use of multiple medications daily by an individual) and the potential impact on the health of the individual was evident in the nursing homes, especially antipsychotic drugs to help with sedation, which led to drowsiness and less interactivity.

Residents are sometimes given these pills so that they are more manageable. Music was found to be better than pills in soothing the residents and made them more interactive, with no drowsiness. Music helped residents of the nursing homes to be happier and they were much more manageable.

The film underscored the value of external stimulation, especially in long-term care settings. This issue is particularly important especially in the current COVID-19 pandemic and the accompanying restrictions that have been implemented in many long-term care facilities in Jamaica.

## Partners' Corner

### **MAWC facilitates the Certificate in Poor Relief Administration Training Programme**

Mona Ageing and Wellness Centre partnered with the Board of Supervision to host the Certificate in Poor Relief Administration on behalf of the Ministry of Local Government and Rural Development. The programme was held from September 14 – December 18, 2020, and was officially launched during an Opening Ceremony on Monday, September 14, 2020. Greetings were extended by Professor Denise Eldemire-Shearer, Executive Director of Mona Ageing and Wellness Centre while remarks were given by Mr Junior Rose, Senior Director of Strategic Planning and Policy at the Ministry of Local Government and Rural Development as well as Professor Dale Webber, Pro-Vice-Chancellor and Principal of The University of the West Indies, Mona. Ms Treka Lewis, Secretary of the Board of Supervision, provided an overview of the training programme.

Thirty-five (35) representatives from Municipal Corporations and Infirmaries islandwide participated in the training. The participants are staff who have been acting in various positions. The training will contribute to job enrichment and enlargement with a view to promote and confirm the staff in their posts. The programme was delivered virtually using the Zoom platform. While the format of online delivery was new for some of the participants, many were grateful for the advantage of not having to leave their desks or immediate locations to participate in the classes. This meant less downtime spent for commute and more time available to focus on work and their varied responsibilities. All 35 participants have completed the course and the Board of Supervision will finalize their certification in Poor Relief Administration.

### **MAWC partners with SMTC CI for the delivery of the Patient Care Technician Certificate Course**

In response to the growing need for allied health care workers both locally and globally, MAWC has partnered with Strategic Management and Training Consultants Career Institute (SMTC CI) to facilitate the training of Patient Care Technicians. The programme was officially launched in September 2020 and the first cohort of students commenced classes in October 2020. One year after commencing the programme, fifteen participants have successfully completed their theoretical learning and as at the end of October 2021 were engaged in the first of two practicum placements.

 **Mona Ageing and Wellness Centre**  
September 11, 2020 · 🌐



**Jamaica Gleaner**  
September 10, 2020

Mrs. Beverly Dinham-Spencer, Principal of SMTC CI and Prof Denise Eldemire-Shearer having a quick chat during the signing of the MOU.

For the practicum, participants are required to complete two (2) rotations of 144 hours each in two different types of clinical settings. The objective of the practicum is to provide students with the opportunity to practice their newly acquired skills in supervised work settings under the direction of a Registered Nurse Instructor.

## Partners Corner cont'd

### MAWC partners with SMTC CI ...

Continued from Page 9

During the practicum, students will gain experience in a range of patient care and technical skills within the scope of their training as Patient Care Technicians. Students will be assessed based on direct observation, discussion, and demonstration. Once the students have met the practicum requirements, they would have conformed to curriculum stipulations that are the equivalent of the PCT programme offered in North America.



## Programmes

Providing High Quality Industry Knowledge, Experience & Expertise



### Personal Support Worker (PSW)

Prepares students to assist clients with the tasks of daily living, in keeping with a client-specific care plan developed by a **Registered Health-care Professional**.



### Patient Care Technician

This is an **intensive programme** that is designed to expand the traditional role of the **Nursing Assistant** by offering a broad foundation of technical knowledge in the health sciences as well as occupation-specific patient care skills for both long term and/or home care settings



### Fast Track PCA

Designed for **PN's / PCA's** who wish to **upgrade clinical skills** associated with professional standards in **nursing**.



### NCLEX-RN

**NCLEX Review (Jamaica)** is designed to **assist local nurses** to meet the challenges in passing the **US NCLEX Examination**.

## Strategic Management & Training Consultants Ltd Career Institute

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# Credits

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Dr. Lanna Husbands and  
Dr. Denice Beckett

## About Us

The Mona Ageing and Wellness Centre (MAWC) is a specialized unit in The Office of the Principal of The University of The West Indies, Mona. MAWC's work is focused on 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.**



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**www.facebook.com/uwimawc**