

## Upcoming Conferences and Meetings

Rural Sociological Society  
New Orleans, U.S.  
July 30 - August 3, 2014

New Realities, New Relationships conference!  
Sept 25-27 2014  
Prince George BC

Sponsored by the Canadian Rural Revitalization Foundation, hosted by the Community Development Institute at UNBC.

**REGISTER NOW!**  
Early bird deadline extended to August 15!

Submit your recent publications for our next issue: send to [silvia.vilches@royalroads.ca](mailto:silvia.vilches@royalroads.ca)

### Join us!

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Membership Rates  
- Student 30  
- Individual 75  
- Corporate 350

Rotating Editor: Silvia Vilches  
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## Upcoming Meetings

### European Society for Rural Sociology Congress: Aberdeen, Scotland Aug 18-21, 2015

Host: James Hutton Institute  
Aberdeen, Scotland  
[www.esrs2015.eu](http://www.esrs2015.eu)

We are excited to host the European Rural Sociology Congress here in Aberdeen, Scotland – we do much rural social research at the James Hutton Institute. We recently realised that with 35 of us at the Hutton, we're the largest group of social and economic researchers focusing on rural issues in the UK. There will be a lot to discuss and show during the field trips, as well!

The congress is a really friendly event, with lots of opportunities for networking. I'd love to see more Canadians join us! (excerpted from LeeAnn Sutherland)  
<http://www.hutton.ac.uk>

### People, Places, Possibilities...

May 24-27 2015, Darwin, Northern Territory, Australia

Call for Abstracts Open as of August 1, 2014.

Welcome to the 13<sup>th</sup> National Rural Health Conference!

The National Rural Health Conference is the largest biennial event for people who want to improve the health and wellbeing of those who live in rural, regional and remote Australia. The *People* of rural and remote areas are well known for their creativity, resilience and common sense.

It is an opportunity for present and future leaders of the rural and remote health sector - including its community members, health consumers and carers - to exchange information, showcase successes, promote the sector's agenda and make useful connections.



Photo: Juanita Bascu  
Figure 1 2013 Keynote Speaker, Storyteller Ivan Coyote (on left) and conference organizer at 2013 Annual CRHRS Meeting

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NEWSLETTER OF THE  
CANADIAN RURAL HEALTH  
RESEARCH SOCIETY

# Rural Links

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Box 1 PHARE Students

## this issue

2013 Annual Meeting

Healthy Aging in Place

Rural Partnerships: Key Findings

Upcoming Meetings

## Learning from Stories

By Juanita Bascu

### Reflections on the 2013 Annual Meeting, Prince George

The 12<sup>th</sup> Annual Canadian Rural Health Research Society Conference was held in partnership with Northern Health and Innovation and Development Commons (IDC) in Prince George, British Columbia from November 13-15, 2013. The theme of the conference was stories of rural health through knowledge, research and collaborative action. The conference encapsulated this year's theme with workshops and sessions embodying the connections between research, collective engagement and storytelling.

The conference aim was to share and discuss health issues affecting rural and northern communities, as well as explore ways to enhance communication between community members, front-line workers, researchers and policy makers. The conference was well attended by approximately 178 healthcare professionals, academics, community leaders, researchers, policy makers, and students in the PHARE Graduate Training Program.

Participants at the conference enjoyed a keynote presentation by award winning author and storyteller Ivan Coyote. Through a compelling narrative of her grandmother's passing, Coyote's presentation showcased the strength of storytelling, the complexity of rural healthcare and aging, the importance of lived experience and the power of voice.

Conference goers were treated to a plenary session from the First Nations Health Authority which showcased a powerful video and highlighted their journey of commitment and collaboration to support First Nations' health in British Columbia. Participants also heard from Dr. Margot Parkes and her colleagues on a novel partnership which emphasized the connections between watersheds, environment and well-being.

Drs. Bonnie Jeffery and Shelley Kirychuk represented CRHRS on the conference planning committee whose work surpassed expectations in ensuring a thought provoking and highly enjoyable three day experience. The conference wrapped up with closing remarks highlighting the strength of stories, the importance of partnerships, and the power of collaborative action.



## Successful Community Based Partnerships: Key Findings

The Community Action Initiative (CAI), a BC based granting foundation, focused on addressing mental health and substance use issues, funded a review of what makes community based partnerships successful. A total of 28 projects were reviewed, most from small towns and rural areas in BC. Eleven projects were headed by First Nations or Aboriginal organizations. All but 2 of the 28, which were focused on new Canadians, included Aboriginal stakeholders and/or project partners.

Key findings included the importance of leading with a committed vision. This starting place speaks to the importance of local leaders who know their communities well. In addition, rather than viewing partnering tensions as a problem, tensions and difference appear as a normative event that results in clarification and working together more closely. Celebrating success is another important accelerator, which affirms vision and helps create a shared story of working together.

Look for the final report and other publications at the CAI website.

Silvia Vilches with research associates Kate Kittredge and Coreen Gladue.

Researchers from the Saskatchewan Population Health and Evaluation Research Unit (SPHERU) at the University of Regina and the University of Saskatchewan, have been awarded \$749,335 from the Saskatchewan Health Research Foundation (SHRF) to support rural and northern healthy aging research.

Led by researchers Dr. Bonnie Jeffery at the University of Regina and Dr. Muhajarine at USask, this three-year grant will focus on improving health outcomes and services in rural and northern Aboriginal and non-Aboriginal seniors.

The research program entitled, *Healthy Aging in Place: Improving Rural and Northern Aboriginal Seniors' Health through Policy and Community Level Interventions*, funds three interrelated projects.

The projects are targeted towards four issues:

- improving seniors' mobility
- social support
- built environment a
- information needs of existing supports and services

For more information see the [website](#) of the SPHERU research projects in the area of Northern and Aboriginal Health



## SPHERU receives SHRF award for research into healthy aging in rural and northern communities

Jeffery notes that, "Population aging is one of the most critical issues facing Canada and beyond...these projects collectively aim to identify, develop and assess interventions to support healthy aging in rural and northern communities across Saskatchewan."

*As the aging demographic grows, healthy aging in place will become a global priority.*

"This study builds on our existing work in the area of healthy aging interventions to support older adults' independence and aging in place," said Jeffery. "Using community-based research, our interdisciplinary group is a diverse team of researchers, community partners and organizational stakeholders from across the province."

According to Muhajarine, partnerships and local collaboration are key to identifying effective interventions to support healthy aging in rural and northern communities.

"Through this research program, we are strongly committed to engaging with communities, partnering with older adults, mentoring new trainees and increasing Saskatchewan's capacity to address pertinent topics in the field of healthy aging," says Muhajarine.

Community partners include local leaders from the communities of Wolseley, Young and Watrous.

Local leaders Dennis Fjestad, Richard Dow, Noreen Johns, Bev Bertram, and Murray Westby assert that for many seniors, the idea of having to leave their rural or northern community is a devastating proposition. "Aging in take community means that seniors have the opportunity to stay close to their family and friends and continue living in our own homes safely and independently," said Fjestad.

Across the country, seniors make up one of the fastest growing segments of the population. The aging demographic will present an unprecedented demand for healthcare, human services and community supports.



### Safety & Health in Agricultural & Rural Populations Global Perspectives (SHARP)

We are returning to Saskatoon and partnering again with the Centre for Health and Safety in Agriculture (CHSA) for our 13<sup>th</sup> annual and the 7<sup>th</sup> joint international symposium on rurality, agriculture and health research.

The focus of this conference is on global perspectives on agricultural, occupational, and rural health.

A wide range of partners and co-sponsors are participating, including prior partners NIOSH, CASA, and the Canadian Association for Research on Work and Health ([CARWH](#)).

The attendance of professional and professional research organizations such as the International Dairy Research Consortium (IDRC) provide a ready instance of knowledge exchange to the benefit of students, researchers and associates in the agricultural sector.

The IDRC, for example, is hosting a tour of a working dairy facility, followed by their own focused meeting

The CRHRS, which has had a longstanding and mutually beneficial association with the CHSA, has the opportunity to bring health research to agricultural topics, and to connect non-agricultural rural health to agricultural rural health and health services research. As Martha MacLeod noted in 2012, the CRHRS plays a very important role in highlighting research.

We hope to see you!

## 13<sup>th</sup> Annual CRHRS Meeting Oct. 19<sup>th</sup> – 22<sup>nd</sup>

Workshops Day: [Sunday, October 19 2014](#)



Register now for the Early Bird rate! (available to Sept. 01)



Annual General Meeting: Students and conference attendees welcome; only members may vote.

[cchsa.symposium2014@usask.ca](mailto:cchsa.symposium2014@usask.ca)  
<http://www.sharp2014.usask.ca>

## Workshops

Sunday Oct. 19<sup>th</sup>  
(See website for more)

### Morning 8:30 - 12

Dr. Hugh Davies of the UBC School of Population and Public Health will break down a successful grant applications including approaches, strategies, qualities of a good grant, what peer reviewers are looking for, and common mistakes.

### Dairy Facility Tour 10:15 am (IDRC)

### Afternoon 1-4 pm

Explore [One Health](#), a worldwide interdisciplinary collaborations focusing on health care for humans, animals and the environment. Led by co-leader Dr. Bruce Reeder, professor in the Department of Community Health and Epidemiology at USask

Join the International Dairy Research Consortium to explore emerging collaborations on successful injury and illness prevention strategies, dissemination channels, and novel approaches to improving the health and safety of dairy workers globally. *Preceded by field visit in the morning.*

Career Pathways Inside and Outside Academia: Learn about your career options inside and outside of the university setting with an expert panel facilitated by Dr. Linn Holness, MD, M.H.Sc.