

FEBRUARY 2024

EDITION #8

# BOOTS on the Ground

BE WHAT THE WORLD NEEDS





## **WHO WE ARE**

**INTERESTED IN PAST ACTIVITIES AT THE CENTRE?  
CHECK OUT OUR ANNUAL REPORTS AT  
[CCHSA-CCSSMA.USASK.CA](http://CCHSA-CCSSMA.USASK.CA)**

The Canadian Centre for Rural and Agricultural Health is an embodiment of research to action in the health and safety of rural and agricultural populations.

### **OUR MISSION:**

Development and dissemination of research, services, resources, and knowledge for the health and safety of rural and agricultural populations.

### **OUR STRATEGY:**

We are a developer, collaborator, source, connector, and catalyst to advance research, knowledge mobilization, and services in the health and safety of rural and agricultural populations.

### **OUR VISION:**

A world where people who live and work in rural, remote, and agricultural settings are healthy and safe.

### **OUR VALUES:**

Partnering, Collaboration, Innovation,  
Commitment, Sharing, Impact

# CENTRE HIGHLIGHTS

*International Day*

OF

**WOMEN & GIRLS**

IN

*Science*



**THANK YOU TO THE  
WOMEN OF SCIENCE  
IN THE CENTRE FOR  
YOUR WORK!**





# The Canadian Centre for Rural and Agricultural Health now has a Facebook page and a LinkedIn page!

Follow our social media channels to stay informed about the Centre's activities!



Scan the QR Code to visit our Facebook page!

Scan the QR Code to visit our LinkedIn page!

<https://www.facebook.com/USaskCCRAH/>

<https://www.linkedin.com/company/canadian-centre-for-rural-and-agricultural-health/>



# Welcome to the Centre



Shelley Biller

**Shelley Biller** is the Research Clerical Assistant for CCRAH clinicians and is more recently assisting RaDAR with the RRMC. RaDAR also welcomes student Research Assistant **Jordan Wellsch** to Dr. Megan O'Connell's lab.

# **Faculty, Staff and Student News**

# *Congratulations!*



**Congratulations to Jim Wassermann** for receiving funding from Saskatchewan's Agriculture Development Fund for the "Implementing a low-cost ROPS program to reduce Saskatchewan farm fatalities" project!



**Canadian  
Cancer  
Society**

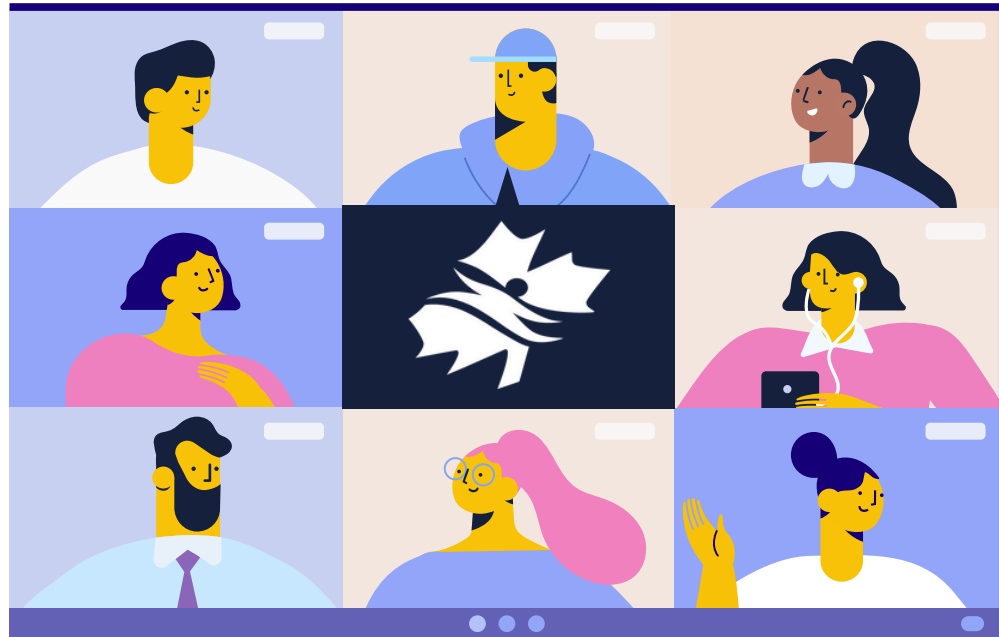
**Congratulations Dr. Angelica Lang!** Dr. Lang, supported by a team of researchers and patient partners, was awarded a Canadian Cancer Society's Emerging Scholar Research Grant in December 2023! (\$492,000/5 years). This funding will support further exploration of how breast reconstructions and treatment factors influence arm function.



# Seminar Series

CCRAH 2024

Seminars are held every other Tuesday during the academic term from 2:30 pm - 3:30 pm. They are conducted both online via Zoom and in-person at the Centre.



The Centre's rural and agricultural health seminar series invites speakers affiliated with the Centre, other departments at U of S, and other invited guests to discuss current rural and agricultural health related issues.

If you wish to present during our seminar series, please contact:

Dr. Angelica Lang  
angelica.lang@usask.ca

Check out the seminar schedule on our website!

# Upcoming Seminars

Date	Presenter
March 5th	<p><b>Valerie Elliot</b> - <i>Research Officer, Rural Dementia Action Research Team (RaDAR)</i></p> <p><b>Title: Services for older adults living in four rural primary care memory clinic communities and surrounding areas: a multi-method qualitative study.</b></p>
March 19th	<p><b>Mass Spectrometry Laboratory for Omics Research - Presenter TBD</b></p>
April 9th	<p><b>Denise Balogh</b> - <i>PhD Student, Musculoskeletal Health and Ergonomics Lab</i></p> <p><b>Title: Exploring upper limb occupational biomechanics with wearable sensors</b></p>

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**For the zoom link to the seminars, please contact Brooke Thompson ([brooke.thompson@usask.ca](mailto:brooke.thompson@usask.ca)) or Katie Thompson ([katie.thompson@usask.ca](mailto:katie.thompson@usask.ca))**

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**SERVICE & KNOWLEDGE  
MOBILIZATION**



UNIVERSITY OF SASKATCHEWAN  
Canadian Centre for Rural  
and Agricultural Health  
CCHSA-CCSSMA.USASK.CA



AGRIVITA  
CANADA INC.  
WWW.AGRIVITA.CA



The **Canadian Centre for Rural and Agricultural Health** is leading the knowledge transfer effort for the six projects of Agrivita's Canadian AgriSafety Applied Science Program. This program is supported under the Canadian Agricultural Strategic Priorities Program (CASPP). A series of summary videos were produced to showcase research efforts and to provide effective messaging regarding project findings. Videos are available on Agrivita's website ([www.agrivita.ca](http://www.agrivita.ca)) or simply click on the links below.



**Activity 1 - Improving Animal Biosecurity and Welfare during Transport**



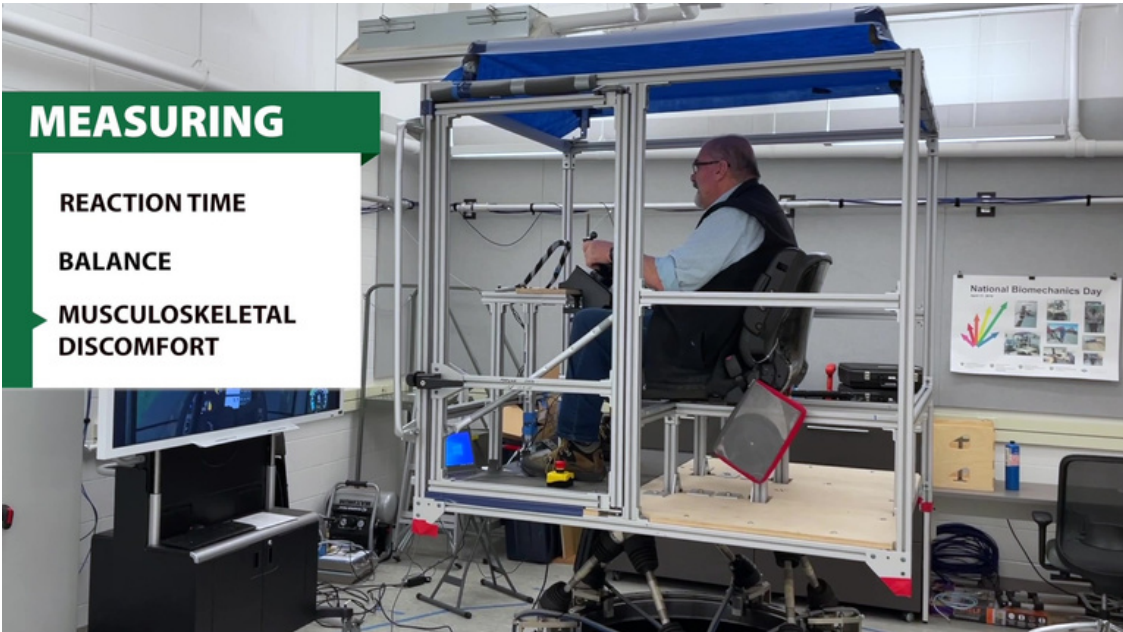
**Activity 2 - Green Technologies to Reduce Aerosol Risks in Livestock Production**



**Activity 3 - Fugitive Emissions Following Manure Spreading**



**Activity 4 - Animal Welfare and Air Quality**



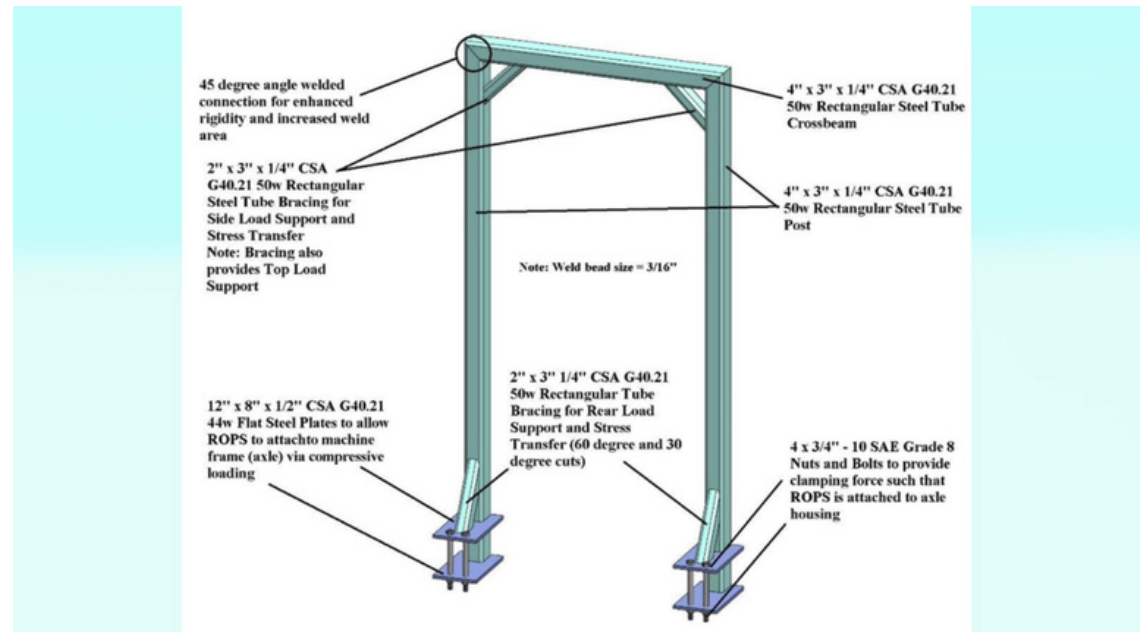
**MEASURING**

REACTION TIME

BALANCE

MUSCULOSKELETAL DISCOMFORT

**Activity 5 - Take a Break from the Shake**



**Activity 6 - Low-Cost Farmer Built Roll-Over Protective Structures**

# RURAL AND REMOTE MEMORY CLINIC (RRMC)



RRMC team members November 2023  
-image credit Debra Marshall

**About the RRMC:** The RaDAR team implemented the **specialist Rural and Remote Memory Clinic (RRMC)** in 2004, to provide diagnosis and management of atypical and complex cases of suspected dementia. The one-stop interdisciplinary clinic streamlines the assessment process by coordinating a complete team assessment and feedback on one day, and uses Telehealth videoconferencing for follow-up appointments. The specialist RRMC was started as a research project and now receives funding from the Saskatchewan Ministry of Health to provide clinical services to Saskatchewan residents.

**RRMC News:** Since our return to in-person appointments, we continue to use lessons learned during COVID. For example, when appropriate, patients are offered the option for follow-up appointment to be done via web-conferencing to lessen travel burden.

**Visit our website!**



Dr. Megan O'Connell

**Dr. Megan O'Connell** leads the evaluation of the Virtual Rural and Remote Memory Clinic intervention (vRRMC) and notes that the vRRMC was a pandemic necessity, but our evaluation helped us understand the need for a similar model post-pandemic. We have also seen a noticeable increase in the need for our memory clinic and have submitted a request to Saskatchewan Health for an expansion.

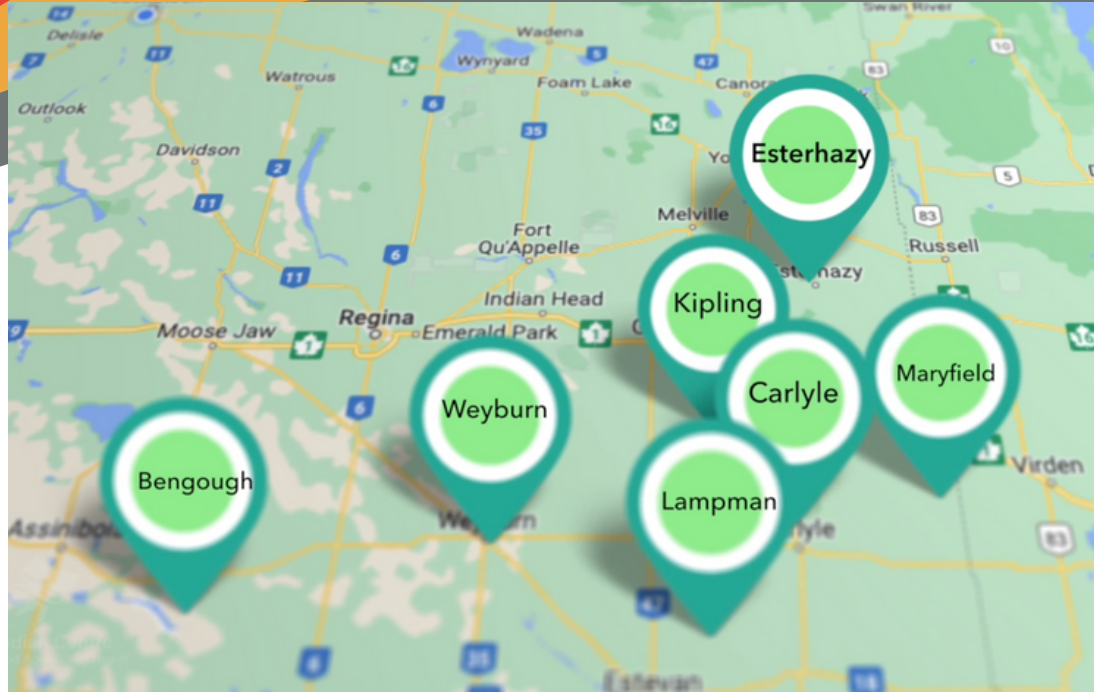
**Dr. O'Connell continues to present on and train people in the Canadian Indigenous Cognitive Assessment (CICA)**, and presented with Dr. Jennifer Walker on the CICA for the department and the clinical psych community on Jan 8. Dr. O'Connell and August Kortzman (Senior Graduate student and staff in psychology) have been training

members of Dr. Arlene Kent-Wilkinson's research team to deliver the CICA at the Regional Psychiatric Care. Drs. O'Connell and Walker held a CICA training on Jan 29 for the upcoming Indigenous Dementia Conference in Ontario.. Drs. O'Connell and Walker held a CICA training on Jan 29 for the upcoming Indigenous Dementia Conference in Ontario.

**Two of Dr. O'Connell's students, August Kortzman and Karl Grewal**, are conducting care partner interventions for their dissertations. **August** is introducing a short-term focused course of Interpersonal Psychotherapy to increase perceived care partner social support, and **Karl** is using off-the-shelf technology to augment perceived care partner efficacy in the home.

**Finally, Dr. O'Connell is collaborating with numerous partners across Canada.** She is the Saskatchewan primary investigator on the implementation of the Canadian edition of the Computer Interactive Reminiscence and Conversation Aid (CIRCA-CA), led nationally by Dr. Arlene Astell at University Health Network in Toronto. She is also bringing a multi-domain post-diagnostic support intervention to Saskatchewan – the Dementia Lifestyle Interventions for Growing Healthy Together, led by Laura Middleton at the University of Waterloo.

# RaDAR RURAL MEMORY CLINICS (RMCs)



**ABOUT THE RMCs:** RaDAR Primary Care Memory Clinics (RMCs) are currently provided by primary health care teams in the rural Saskatchewan communities of Kipling, Bengough, Weyburn, Carlyle, Maryfield, Lampman, and Esterhazy. The memory clinics continue to spread in the province, with plans to become available in more communities.

**Visit the RMCs [website!](#)**



# What's been happening lately at the RaDAR rural memory clinics? Let's hear from Chelsie on the ground!



- There were 2 memory clinics both held in Esterhazy between November 28 and January 24 where teams met with a total of 4 patients and families, all patients were new patients.
- The Esterhazy team has been holding clinics regularly once a month

since they started their first clinic. They have been seeing patients from their community but also reaching out to patients who live in the surrounding area.

**- Chelsie Cameron, RaDAR Research Assistant**

We are continuing to spread the rural primary care memory clinics. If you or someone you know might be interested and want to learn more, please contact **Debra Morgan** at [debra.morgan@usask.ca](mailto:debra.morgan@usask.ca).



## SEEKING PRIMARY HEALTH CARE TEAMS INTERESTED IN ESTABLISHING A MEMORY CLINIC

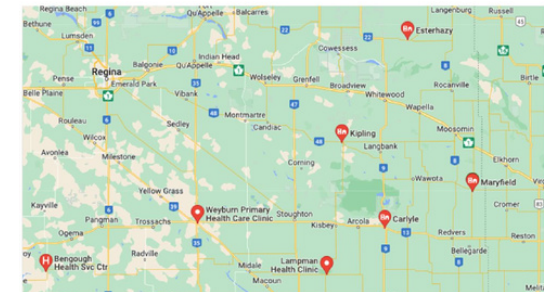
*RaDAR memory clinics meet a need for dementia care close to home*



**1-day memory clinics  
have been established  
in 7 communities:**

### BENEFITS

- **Team-based interprofessional care.** Teams are led by a family physician or nurse practitioner and may include home care, social work, occupational therapy, physical therapy, pharmacy, dietitian, and Alzheimer Society First Link Coordinator.
- **Resources.** We ensure teams receive necessary tech resources. Teams use EMR templates for patient assessments that are based on Canadian consensus guidelines for dementia diagnosis and treatment.
- **Ongoing support.** Teams receive shadowing opportunities, peer mentorship, operational support, training, and continuing education on dementia-related topics. The specialist RaDAR Rural and Remote Memory Clinic in Saskatoon offers additional assessment and interventions for patients/families.



Kipling, Weyburn, Bengough, Carlyle, Maryfield, Lampman, and Esterhazy



Kipling Memory Clinic Team

Clinic video



**Family physician testimonial:** "My RaDAR clinic allows patients with suspected cognitive impairments to receive assessment close to home and develop relationships with their local allied health professionals. RaDAR is an essential service that provides caregivers and families with a roadmap to support their loved one through a challenging and sometimes unpredictable illness experience."  
(Dr. Jared Oberkirsch, Weyburn Family Physician)

**Care partner testimonial:** "It was a positive experience, from the start through to the finish. And the lead physician was so respectful of my dad....And everyone was just so professional and so patient with him. And always seeking his understanding at all of the juncture points too. So again, leading to a very positive experience."  
(Care Partner)



Weyburn Memory Clinic Team



**The Esterhazy Memory Clinic Team**, in partnership with RaDAR and Dr. Bonnie Jeffery (Lead, Dementia Supports in Rural Saskatchewan) have created a video where the team takes us through a memory clinic visit. The video was produced by **Honey Cut Studios** and is available below!

**Esterhazy Memory Clinic Team**

from left to right: **Carolee Zorn** (Alzheimer Society First Link Coordinator), **Jenna Kulovany** (Community Pharmacist), **Holly Scheier** (PHC Manager), **Glenda Erickson** (Occupational Therapist), **Dr. Mandi Nel** (Esterhazy Family Physician)

**Watch the video from RaDAR's Esterhazy Memory Clinic by clicking on this image:**



# AGRICULTURAL HEALTH AND SAFETY NETWORK

Stronger Together in Agricultural Health and Safety



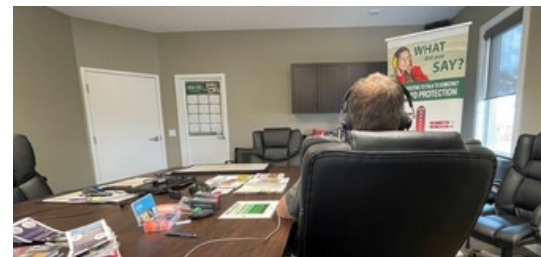
## 1988 - 2023

[aghealth.usask.ca](http://aghealth.usask.ca)

In 1998, the Agricultural Health & Safety Network began as a joint venture with the Saskatchewan Association of Rural Municipalities (SARM) and six Saskatchewan Rural Municipalities. The Network functions as part of the Centre's rural extension division and grew to 193 RMs as of January, 2024.

Health and safety information and programs are delivered to over 22,000 Saskatchewan farm families - more than half of all the farm families in Saskatchewan.

Member RMs can request clinics and Discovery Days.





The Agricultural Health and Safety Network

WINTER 2023 EDITION #53



UNIVERSITY OF SASKATCHEWAN  
Canadian Centre for Rural and Agricultural Health  
CCHSA-CCSMA/USASKCA



Canadian Centre for Rural and Agricultural Health

# Network News

THE NETWORK: Providing agricultural occupational health and safety information and programs to Saskatchewan farm families since 1988.

## What's in a name?

In June 2023 the Canadian Centre for Health and Safety in Agriculture (CCHSA) changed its name to the Canadian Centre for Rural and Agricultural Health (CCRAH). See page 2 to learn about the celebrations! While the name of the Centre has changed the focus remains as ever on the health and safety of Saskatchewan farmers and rural populations.

In this edition of the Network News, you will find two real stories of farm incidents – one a tragedy with a real impact on Saskatchewan history, and one a lesson in farm safety. Stories help us learn from other farmers on how to make good decisions and come home safe. No one heads out in the morning thinking that they will have trouble, but incidents happen. These stories show the importance of active

conversations about farm safety. Be observant, slow down, consider risks, and communicate with others about where you will be and how often everyone should check in. Keep safety at top of mind and use the winter to plan the upcoming season and how you could make changes to your farming practices to make 2024 a safer year on your farm.

*The Network News*

Return undeliverable Canadian addresses to: 104 Clinic Place Saskatoon, Saskatchewan S7N 2Z4

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WINTER 2023

# Network News

## New Edition

The Winter 2023 edition of Network News has been published! In this edition of the Network News, you will find two real stories of farm incidents – one a tragedy with a real impact on Saskatchewan history, and one a lesson in farm safety. These stories show the importance of active conversations about farm safety. Keep safety at top of mind and use the winter to plan the upcoming season and how you could make changes to your farming practices to make 2024 a safer year on your farm!

[Click here to read the latest edition of the Network News!](#)

# Producer moves on after serious farm accident

Agricultural Health and Safety Network

**THE WESTERN  
PRODUCER**



**Farmer learned invaluable lessons, which he now passes on to others, after he was caught in a swather reel 20 years ago.**

“A beautiful July day is perfect for swathing. Friday, July 20, 2001, was no exception.

Ernie Penney, who operates a mixed farm just outside Moose Jaw, went out before 9 a.m. to swath hay.

The day before, Penney had battled the new-to-him used 800 self-propelled John Deere swather that kept plugging on the fine hay.

He had stopped about 20 times the day before, getting out to clear the knives and guards and unplug the canvas and intake.

This day didn't look much better. On the second round, the swather plugged again. As he had done so many times the day before, he disengaged the controls but didn't shut off the engine.”



**Photo from The Western Producer of Ernie Penney.**

.....  
Article written by Merle Massie, PhD,  
Professional Research Associate.

[This story is also available here](#)

.....

# Crop Production Show

## Agricultural Health and Safety Network

WESTERN CANADIAN  
**CROP**  
PRODUCTION SHOW



The Agricultural Health and Safety Network was recently at the **Western Canadian Crop Production Show!** The convention took place on January 9th to 11th, 2024 at Prairieland Park in Saskatoon. Thank you to everyone who took the time to stop by the Network booth, we had some great conversations with rural producers about health and safety!



# Upcoming Events

## Agricultural Health and Safety Network



**March 13-15, 2024 @ REAL District, Regina, SK**



### **Merle Massie - Fireside Chat**

**Title:** Preserving Saskatchewan Stories

**When:** Wednesday, March 13th @ 11:30 am



**Network Scholarship Presentation -**  
Wednesday, March 13th @ 11:00 am  
**Annual General Meeting -** Thursday,  
March 14th @ 8:00 am

**[Learn more about the SARM Annual Convention 2024 here!](#)**



YOUR FARM YOUR FAMILY YOUR SUCCESS

**SAFETY** is our heritage  
[agsafetyweek.ca](https://agsafetyweek.ca) // March 10-16, 2024  
Plan for #FarmSafetyEveryday



Sustainable Canadian  
Agricultural Partnership



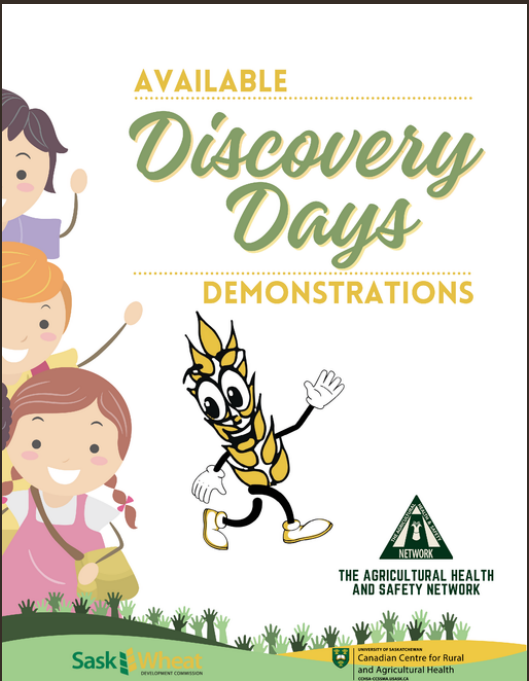
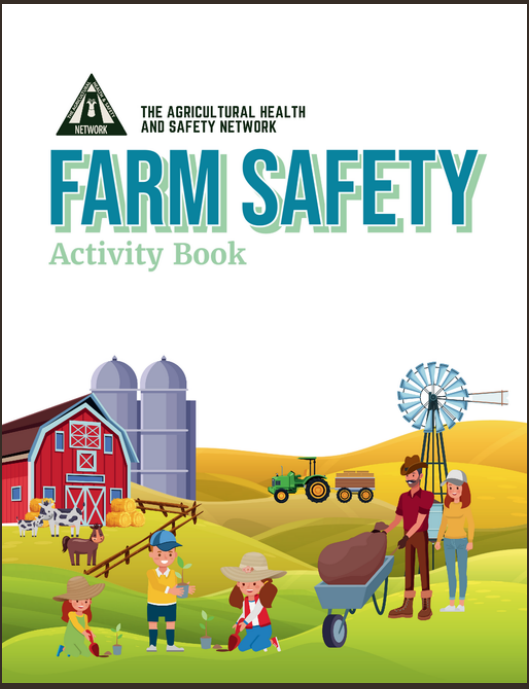
CASA | ACSA  
CANADIAN AGRICULTURAL SAFETY ASSOCIATION  
ASSOCIATION CANADIENNE DE SÉCURITÉ AGRICOLE

Canada



# DISCOVERY DAYS

Agricultural Health and Safety Network



## What is Discovery Days?

Discovery Days is an educational program to raise awareness among Saskatchewan farm children of the hazards and risks of living on a farm and how to recognize and avoid those risks. Through the presentations at Discovery Days, kids will learn about farm machinery hazards, health and safety, animal safety, and so much more!

.....



LEARN MORE ABOUT  
**DISCOVERY DAYS**  
ON OUR WEBSITE!

.....



UNIVERSITY OF SASKATCHEWAN  
Canadian Centre for Rural  
and Agricultural Health  
CCHSA-CCSSMA.USASK.CA



Hi, I'M TODD! I COME ALONG TO ALL THE NETWORK'S DISCOVERY DAYS PRESENTATIONS AT YOUR SCHOOLS. I LOVE TO SHARE FARM SAFETY TIPS WITH CHILDREN AND TO REMIND THEM THAT SAFETY IS AN EVERYDAY TASK. CANNOT WAIT UNTIL WE MEET AGAIN!



## Previous Discovery Days Presentations:

- **West Bench Hutterite Colony, RM of White Valley, No. 49, Div 3**
- **Success School, RM of Riverside, No. 168, Div 3**
- **Carievale School, RM of Argyle, No. 1, Div 1**
- **Mankota School, RM of Mankota, No 45, Div 3**

## Upcoming Discovery Days Presentations:

- **Drake School, RM of Usborne, No. 310, Div. 5**
- **Raymore School, RM of Mount Hope, No. 279, Div. 5**
- **Viscount Central School, RM of Viscount, No. 341, Div. 5**
- **Carievale School, RM of Argyle, No. 1, Div. 1**
- **Stoughton Central School, RM of Tecumseh, No. 65, Div. 1**
- **Lanigan Elementary School, RM of Usborne, No. 310, Div. 5**
- **Quill Lake School, RM of Lakeside, No. 338, Div. 4**

# AGRICULTURAL SAFETY DISCOVERY DAYS

**BOOK NOW**

Call:

306-966-6644

or

E-mail:

[shs954@mail.usask.ca](mailto:shs954@mail.usask.ca)



# ONE 2ONE

**RESPIRATORY & HEARING  
CLINICS FOR FARMERS**

## What are One2One Clinics?

**One2One Health and Safety Clinics for farmers are offered to assess farm families and farm workers respiratory or hearing health either at our Network clinic at the UofS campus or in your local RM. Through this service, we are empowering farmers to enhance their health and safety.**

Interested in hosting a hearing or respiratory clinic for your farm families?

Contact (306) 966 - 6643 or via email



## Previous One2One Clinics

- Borden, RM of Great Bend No. 405, Div. 6**
- Spy Hill, RM of Spy Hill No. 152, Div. 1**
- Aberdeen, RM of Aberdeen No. 373, Div. 5**
- Beechy, RM of Victory No. 226, Div. 3**

**RESEARCH**

# OCCUPATIONAL HYGIENE AND HEALTH LABORATORY

**Tejvir Binopal**, an MSc student in the Occupational Hygiene and Health Laboratory, attended the ASHRAE Winter Conference in Chicago, Illinois from January 19th to 24th. His oral presentation was on “Test Methodology to determine aerosol transfer in membrane energy exchangers”.

The main objectives of his presentation were:

- recognizing aerosol sizes and common bioaerosols in the ambient air;
- identifying materials and a lab safe bacteria that can be used for aerosol research and methods to use them.



**For more information on the laboratory, services we offer, and pricing inquiries:**

Please contact our Faculty Lead

**Dr. Shelley Kirychuk**

[shelley.kirychuk@usask.ca](mailto:shelley.kirychuk@usask.ca)

OR contact our Laboratory Manager

**Brooke Thompson**

[brooke.thompson@usask.ca](mailto:brooke.thompson@usask.ca)

**Our Fees for Service, Publications and Projects can be found on our website!**

### Presentations



**Binepal TS, Fauchoux M, Kirychuk S, Zolfaghari P, Joseph A, Thompson B, Simonson C.** Test Methodology to determine aerosol transfer in membrane energy exchangers. ASHRAE Conference, Jan 20 - 24, 2024, Chicago, IL, USA.

# FUNDING, PUBLICATIONS & PRESENTATIONS

## Mass Spectrometry Laboratory for Omics Research

### Publications

**Ahmad P, Marin LM, Lowe C, Katselis GS, Siqueira W.** Salivary Protein homology between Humans and Dogs: Mass Spectrometry-Based Proteomics Analysis. (2024). Journal of Dentistry, 142: 104855

**Smeir M, Chumala P, Katselis GS, Liu L.** Lymphocyte-Specific Protein 1 Regulates Expression and Stability of Endothelial Nitric Oxide Synthase. (2024). Biomolecules, 14(1): 111



**For more information on the laboratory, services we offer, and pricing inquiries:**

Please contact our Faculty Lead

**Dr. George Katselis**

[george.katselis@usask.ca](mailto:george.katselis@usask.ca)

OR contact our Laboratory Manager

**Brooke Thompson**

[brooke.thompson@usask.ca](mailto:brooke.thompson@usask.ca)

**Our Fees for Service, Publications and Projects can be found on our website!**



# Rural Dementia Action Research (RaDAR)



RURAL DEMENTIA ACTION RESEARCH

The RaDAR research program has two main streams, the **specialist Rural and Remote Memory Clinic (RRMC)** and the **rural primary healthcare memory clinics**, and is led by Dr. Debra Morgan. The Knowledge Network in Rural and Remote Dementia Care guides the RaDAR research program and includes people living with dementia and family members, and other stakeholders. The Network meets at the annual **Rural Dementia Care Summit**, the RaDAR team's key knowledge exchange event.

**SIGN UP FOR THE RaDAR NEWSLETTER!**

To join our mailing list, please contact:

**Valerie Elliot** [v.elliott@usask.ca](mailto:v.elliott@usask.ca)

**Previous editions of the newsletter can be found on our website!**



Members of the RaDAR Team  
image credit Debra Marshall



Summit - November 2019



Dr. Andrew Kirk - RRMC  
USask Clinic



RaDAR Rural Memory Clinic  
- Esterhazy



# Congratulations!

**Congratulations to Julie Beitel M.Sc. in Nutrition student supervised by Dr. Allison Cammer on defending her thesis in December 2023 on her work examining the social experience in a virtual culinary nutrition education intervention!**



**Dr. Julie Kosteniuk**



**Chelsie Cameron**

**In January, Dr. Julie Kosteniuk and RaDAR research assistant Chelsie Cameron began data collection for an evaluation of the Community Wellness program currently running in two rural communities in southeast Saskatchewan. Drawing on data from a focus group with the program developers/leads, and interviews with staff and older adult participants, the project will evaluate implementation and acceptability of the program.**



**Dr. Allison Cammer**

## **The Cognitive Kitchen – Dr. Allison Cammer, PhD, RD, College of Pharmacy and Nutrition**

Dr. Allison Cammer is an investigator with the RaDAR team whose research program centers on nutrition and dementia. One project currently underway is The Cognitive Kitchen - - read on to learn more!

This evidence-based program was codesigned by RaDAR team members and patient-family partners. It is being offered both virtually and in-person for adults 55+ and care partners of people living with dementia. Each session in the six-part series includes a hands-on food preparation component and discussion on strategies to support dementia risk reduction and living well with dementia. Ingredients are provided for in-person sessions and

ingredient reimbursement of up to \$50 per session is available for virtual programs.

Participants must be living in Saskatchewan and priority is given to those living in rural areas.

Virtual sessions will continue to be offered from January-July 2024. In-person sessions will resume in the spring of 2024 and will be held in communities within a 150 km radius of Yorkton, SK. Programs are being scheduled based on participant interest and availability, so register now to be the first to know when one is available to suit your preferences!

**To register, please complete the [intake survey](#) to confirm your eligibility and scheduling preferences available via buttons below.**

To learn more, visit our [website](#) or **contact the project coordinator at:**

**[julie.beitel@usask.ca](mailto:julie.beitel@usask.ca)**  
**(306) 966-5303**

The Cognitive Kitchen is funded in part by the Government of Canada's New Horizons for Seniors Program.

# FUNDING, PUBLICATIONS & PRESENTATIONS

## Rural Dementia Action Research (RaDAR)

### Funding

- **O’Connell, M. E., Walker, J. (Co-PIs), Middleton, L., Roach, P. (Co-Is), Sivananthan, S. (Knowledge User), Mercieca, E., Caporossi, T., Spadafora, C. (Collaborators).** (November 1, 2023 – October 31, 2026). Supporting Indigenous Caregivers: Barriers and facilitators to implementing culturally safe dementia caregiver support groups with Indigenous communities and local Alzheimer Societies. \$748,085 (CAD). Operating Grant: Brain Health and Cognitive Impairment in Aging, Canadian Institutes of Health Research (CIHR).

### Publications

- **Kosteniuk, J., Morgan, D., Elliot, V. .** Rural Memory Clinics: 2023 Update. (2023). [report]. Printed at the University of Saskatchewan, Saskatoon, SK, Canada. (13 pages). Available at: <http://tinyurl.com/3v25m7rz>
- **Co-editors, Elliot, V., Morgan, D., and Kosteniuk, J.,** (2024 January). RaDAR Newsletter: January 2024. Available at: <https://cchsa-ccssma.usask.ca/ruraldementiacare/publications/newsletters/2024-feb-radar-winter-newsletter.pdf>

## Presentations

- **O'Connell, M. E.** (invited). Supporting Indigenous Caregivers: Implementing culturally safer dementia caregiver support groups with Indigenous communities. Indigenous Dementia Conference, Casino Rama, January 31, 2024.
- **Walker, J. & O'Connell, M. E.** (invited). Culturally safer cognitive testing and dementia case-finding for older First Nations adults. Indigenous Dementia Conference, Casino Rama, January 29, 2024.
- **Morgan, D., O'Connell, M. E., & Kosteniuk, J.** (2024). Issues in dementia care for rural populations. CCNA's Talking Brains Webinar Series, Virtual, January 16, 2024.
- **Walker, J. & O'Connell, M. E.** (2024). Culturally safer cognitive testing and dementia case-finding for older First Nations adults. Clinical Workshop – Indigenous Wellness, University of Saskatchewan, Saskatoon, January 8, 2024.

## Building For the Future: Housing and Health Forum



## Publications

**Karunanayake CP, Pahwa P, Kirychuk S, Fenton M, Ramsden VR, Seesequasis J, Seesequasis W, Skomro R, Rennie DC, McMullin K, Russell BP, Koehncke N, Abonyi S, King M, Dosman JA.** Efficiency and Sleep Latency in One Saskatchewan First Nation. (2024). *Clocks & Sleep*, 6(1): 40-55.

## Presentations

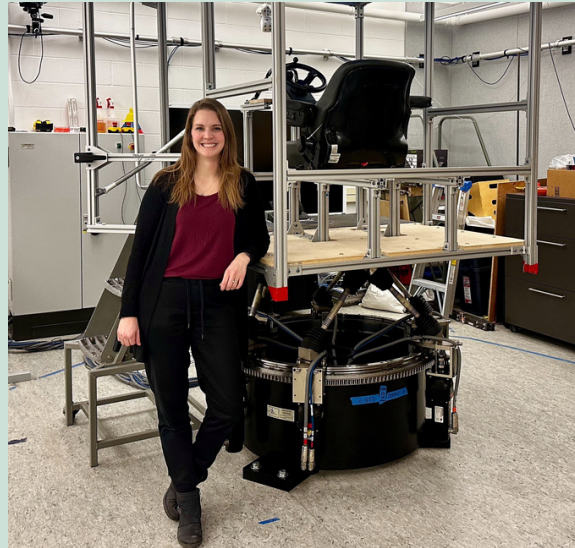
**Kirychuk S, Seesequasis J, Henderson E, Karunanayake C, Fenton M, Ramsden V, Rennie D, Lawson J, Koehncke N, Skomro R, King M, Abonyi S, Pahwa P, Dosman J.** A 15-Year Relationship and Reconciliation: Beardy's and Okemasis Cree Nation, Montreal Lake Cree Nation and the Canadian Centre for Rural and Agricultural Health. (2024). Presented to: FSIN Vice-Chief Craig McCallum . Jan 8, 2024, Saskatoon, SK.

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# Musculoskeletal Health and Ergonomics Laboratory - Highlights

## RESEARCHERS UNDER THE SCOPE

AN INSIDE LOOK AT HEALTH RESEARCH  
IN THE COLLEGE OF MEDICINE AT THE  
UNIVERSITY OF SASKATCHEWAN



Dr. Lang was recently featured on the College of Medicine's **Researchers Under the Scope** podcast Episode #74. Click the link below for an audio lab tour and update of ongoing MHE Lab research!

**Dr. Lang's Episode is also available on:**



Apple Podcasts



Spotify®



Google Podcasts

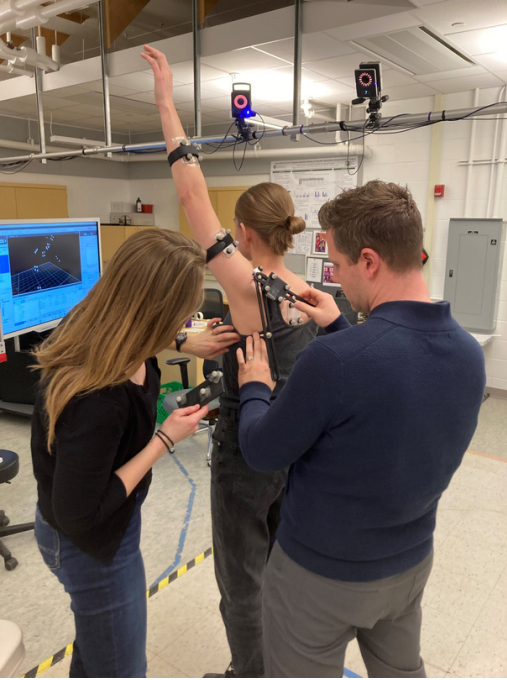


**IN THE NEWS!**

SASKATOON  
STARPHOENIX

**The Saskatoon Star Phoenix** highlighted Dr. Lang and the MHE Lab's ongoing research into postural exposures and shoulder pain in Saskatchewan farmers. Read more below!





Musculoskeletal  
Health &  
Ergonomics  
Lab



The MHE Lab hosted Associate Professor Dr. Nicholas La Delfa and PhD student Mike Watterworth in December 2023 from Ontario Tech University! They came to the Centre to learn about scapular kinematics, share about their exciting ongoing research, and to plan future collaborative opportunities.

**The MHE Lab group with Dr. Nicholas La Delfa and PhD Student Mike Watterworth**



**For more information on the laboratory, services we offer, and pricing inquiries:**

Please contact our Faculty Lead  
**Dr. Angelica Lang**  
angelica.lang@usask.ca

**More information about our lab and our current research projects can be found on the Musculoskeletal Health and Ergonomics Lab's website!**

## Presentations

- **Lang, A.E.** (January 2024). Taking shoulder biomechanics into the wild: validating in-lab procedures for in-field applications, University of Regina.
- **Lang, A.E.** Department of Medicine Grand Rounds, “The 5Ws of shoulder musculoskeletal health and biomechanics,” University of Saskatchewan. Saskatoon, SK. January 31st, 2024

**Research Participants  
Needed**

PARTICIPANTS NEEDED FOR RESEARCH IN:

# POSTPARTUM LOW BACK OR PELVIC GIRDLE PAIN



We are looking for volunteers to take part in a study looking at experiences of postpartum women in Saskatchewan with low back or pelvic girdle pain.

To participate, you must be:

- Living in Saskatchewan
- Between 6 weeks and 18 months postpartum
- Have experienced or are currently experiencing postpartum low back or pelvic girdle pain or dysfunction

As a participant in this study, you will be asked to complete an anonymous web-based survey, which will take approximately 10 minutes. Complete the study [HERE](#) or scan the QR Code.



In appreciation of your time, you can enter to win a gift card draw prize (8 gift cards available).

For more information about this study, please see our [project page](#). If you have any questions, feel free to contact:

Brenna Bath, School of Rehabilitation Science  
306-966-6573 [back.research@usask.ca](mailto:back.research@usask.ca)

This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board



# COGNITIVE KITCHEN

No cost to participate!



- A 6-session virtual social cooking class ft. discussions on strategies to support dementia risk reduction and living well with dementia
- **Two streams available:**
  - One for adults 55+
  - One for care partners of people living with dementia
    - We welcome people living with dementia to attend the program most suitable for them
- **Open to SK residents**
  - Priority given to participants living in rural SK



## To Sign Up:



Scan the QR code or enter the link below to complete the intake survey to express your interest

[www.surveymonkey.ca/r/cognitivekitchenintake](http://www.surveymonkey.ca/r/cognitivekitchenintake)

OR

Contact the Cognitive Kitchen Coordinator at [julie.beitel@usask.ca](mailto:julie.beitel@usask.ca) or (306) 966-5303

The optional research component of this program has received ethical approval from the University of Saskatchewan Behavioural Research Ethics Board (Beh #4108).



Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program



**DEPARTMENT OF ANESTHESIOLOGY  
UNIVERSITY OF SASKATCHEWAN**

**PARTICIPANTS NEEDED FOR  
RESEARCH IN POSTOPERATIVE DELIRIUM**

**We are looking for patients (aged 65+), their family members,  
and healthcare providers to share their experience with  
postoperative delirium.**



As a participant in this study, you would be asked to take part in one interview (virtual or by email) about your experiences with postoperative delirium (delirium after surgery). We will also ask questions such as age, gender, languages spoken, and varied abilities. Participation is expected to take less than 1-hour of your time.

Participation is voluntary. Your decision to participate will not affect any benefit of medical care or employment to which you are entitled or currently receiving.

For more information about this study, or to volunteer for this study,  
please contact:

*Maria Cruz*  
*Department of Anesthesiology*  
306-966-8305 or [maria.cruz@usask.ca](mailto:maria.cruz@usask.ca)



Scan to email Maria  
about this study!

**This study has been approved by the University of Saskatchewan Behavioural Research  
Ethics Board**

## Volunteers for ROPS Research Project

The Canadian Centre for Rural and Agricultural Health at the University of Saskatchewan is looking for volunteer farmers to participate in their Low Cost Over Protection Structures (ROPS) Research project.

Your participation will help save lives.

If you're interested in participating or want to learn more, please email: [jim.wassermann@usask.ca](mailto:jim.wassermann@usask.ca)

**The deadline to reply is February 27, 2024.**



**5 Saskatchewan farmers are needed to build prototype ROPS.**

### [Learn More / Participate](#)

- You will receive drawing and fabrication instructions.
- You will build a prototype ROPS and ship it before March 31, 2024.
- Your costs will be paid and you will receive a fee for your time.
- You will provide feedback on how it went and suggest any improvements that could be made to make it easier.

# Rural and Agricultural News

## SARM

- [Rural Dart - January 2024](#)
- [Rural Dart - February 2024](#)
- [Rural Sheaf - January 2024](#)
- [Rural Sheaf - December 2023](#)
- [Rural Sheaf - November 2023](#)

## CASA

- [CASA Bulletin - February 2024](#)
- [CASA Communiqué - January 2 2024](#)
- [CASA Communiqué - December 18 2023](#)

## Other

- [CASA - Farm Health and Safety Courses](#)
- [Sask. farmers produce some of the world's most sustainable crops: GIFS at USask study](#)
- [SaskWheat welcomes new Board chair and vice-chair](#)
- [FCC - Tools for managing your mental health](#)
- [FCC - 8 steps to help you manage change on the farm](#)
- [FCC - Feeling stressed out? 3 strategies to help you through it](#)
- [CASA - Celebrating Women in Agriculture: Wellness, Safety, and Leadership](#)
- [CASA- Canadian Agricultural Safety Week](#)

## Other

- ['Landmark' study stresses urgent need to work collaboratively toward equity, diversity and inclusion in research, prevention and care.](#)
- [The Benefits of Minds in Motion®](#)
- [Women and girls in STEM: 'Different perspectives are always good'](#)
- [Black History Month at USask: A time to reflect on the legacy of the Black community](#)
- [Dwindling rural populations called global issue](#)
- [One Salad at a Time: Rural Communities on the Prairies Benefit from Local Food Infrastructure Fund](#)
- [Indigenous teachers embrace urban farming](#)





UNIVERSITY OF SASKATCHEWAN

# Canadian Centre for Rural and Agricultural Health

CCHSA-CCSSMA.USASK.CA

**The Canadian Centre for Rural and Agricultural Health  
is an embodiment of research to action in the health  
and safety of rural and agricultural populations.**

**Follow us on social media!**

