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

NEWSLETTER OF THE CANADIAN CENTRE FOR  
RURAL AND AGRICULTURAL HEALTH

APRIL 2025

EDITION #13

# BOOTS on the Ground

BE WHAT THE WORLD NEEDS

**Edition 13 / April 2025**  
February - March 2025



Photo courtesy of Farm & Food Care SK (FarmPhotos.ca)

**Creating cutting-edge health knowledge for rural and agricultural people to make a difference!**

#### OUR MISSION:

We move rural health research to action through programs and resources to support rural people to live and work healthy and safe.

#### 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 rural people are understood as the basis of rural sustainability.

#### OUR VALUES:

Partnering. Collaboration. Innovation.  
Commitment. Sharing. Impact.

# CCRAH HIGHLIGHTS

## SARM Annual Convention and Trade Show 2025

March 11-13th, 2025



Members of CCRAH and the Agricultural Health and Safety Network attended SARM's Annual Convention and Trade Show 2025 in Saskatoon, SK. The AHSN had a strong presence at the show with a trade show booth, an awards presentation on the main stage, and hosting their annual general meeting.

## AHSN Annual General Meeting



The CCRAH's AHSN hosted it's Annual General Meeting at the SARM Convention and Trade Show 2025, highlighting their activities and grassroots programming that took place over the past year. RM Membership Awards



were handed out to RMs recognizing their continued support of the AHSN and AHSN outreach activities.

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## CCRAH Director meets with SK Ministers



Thank you to the Saskatchewan Ministers and RM Council Members for meeting with us to share how our partnerships support agricultural and rural people to live and work healthy and safe!

In the picture: **Bob Moulding** (SARM Division 1 Director), **Dr. Shelley Kirychuk** (CCRAH Director), **Honourable Lori Carr** (Minister of Mental Health and Addictions, Seniors and Rural and Remote Health), **Honourable Daryl Harrison** (Minister of Agriculture) and **Darin Pedersen** (Reeve - RM of Prairie Rose)

## Welcome to the Centre!



### Heather Alford, MSc

Heather Alford is a research assistant working with Drs. Julie Kosteniuk and Allison Cammer. Their work explores patient and family experiences of RaDAR memory clinics. Heather successfully defended her master's thesis, *Nutrition as family's bridge to dementia care in long-term care: A grounded theory study*, and looks forward to graduating in the spring. She continues working with supervisor Dr. Allison Cammer in the College of Pharmacy and Nutrition, with a focus on improving end-of-life nutrition care for residents with dementia in long-term care.

# Congratulations!



## **Denise Balogh, PhD**

Congratulations to Denise Balogh for being one of three Health Sciences students awarded a CoMGRAD scholarship.

## RESEARCH NEWS





# MIYO NIPÂWIN: YOGA FOR A GOOD SLEEP




**SCAN FOR VIDEO**

FOR MORE INFORMATION CONTACT  
MITRA JO KACIROO: MITRAKACIROO@USASK.CA  
PUNAM PAIWA: PUP165@MAIL.USASK.CA.




**Miyo-Nipâwin: Yoga for a Good Sleep - [watch the video](#)**

**RaDAR Research News**

A provincial survey of family  
physicians and nurse

# Saskatchewan Survey about Dementia Care



The RaDAR team is excited to be starting a new province-wide survey of family physicians and nurse practitioners about collaborations and resources around dementia care. Other topics include:

- diagnosis and management tools
- practices and attitudes
- virtual care

Reach out to RaDAR if you have not received your survey at [rural.dementia@usask.ca](mailto:rural.dementia@usask.ca)



This study is made possible by a SHRF Establishment Grant.



practitioners was launched in early March. The survey focuses on dementia in primary care including collaborations and resources, diagnosis and management tools, practices and attitudes, and virtual care.

## Optimizing Hearing to Maintain Communication (and Possibly Cognition) Among People with Cognitive Impairment

Paul Mick, M.PH, M.D.  
Natalie Morog, M.Sc  
Michael Sulatisky, P.Eng

RaDAR Education Session  
January 30, 2025



The RaDAR team hosted a dementia education webinar January 30, 2025, “Optimizing Hearing to Maintain Communication (and Possibly Cognition) Among People with Cognitive Impairment”. The webinar was presented by Dr. Paul Mick, MD, Neurotologist; Natalie Morog, Audiologist; and Michael Sulatisky, a patient with hearing loss. The session recording is [available](#) on the RaDAR “Resources for Providers” page.

## RaDAR’s Winter 2025 Newsletter has been released!

To join our mailing list, please email Tora Levinton at [tora.levinton@usask.ca](mailto:tora.levinton@usask.ca).

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

**View the latest edition!**



## KNOWLEDGE MOBILIZATION



### Future of Food

Dr. Shelley Kirychuk, Director of CCRAH, attended the Future of Food Conference in Ottawa, Ontario, this February. The event, featuring key leaders in agriculture and food, highlighted how the present landscape of sustainability in agriculture and food production in Canada can shape the future.

## What's been happening at the RaDAR rural memory clinics?

**Let's hear from Chelsie on the ground!**

- There were 6 memory clinics held in 5 communities between February 1st and March 31st where teams met with a total of 10 new patients and families.





- On February 19th the Assiniboia Memory Clinic Team held their first clinic. They saw one patient for a half day clinic. The team did a fantastic job, the patient and family were extremely grateful for the team and the new service that is available in their rural community.

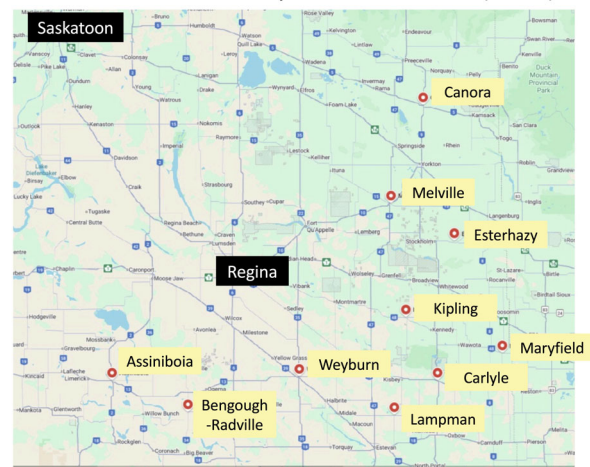
**We are continuing to spread the rural primary care memory clinics. If you or someone you know might be interested and want to learn more, please contact**

**Julie Kosteniuk**

**[julie.kosteniuk@usask.ca](mailto:julie.kosteniuk@usask.ca)**

**[Learn more about the RaDAR Rural Memory Clinics](#) or [click the photo!](#)**

**RaDAR Rural Memory Clinic Locations (2024)**

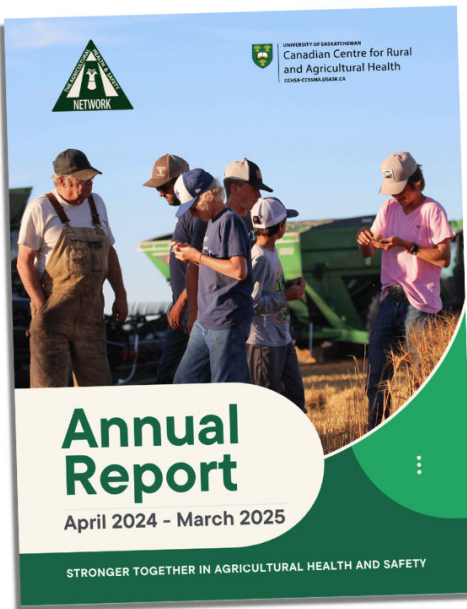


## **AGRICULTURAL HEALTH AND SAFETY NETWORK**

### **Recent Trade Shows**



- **Saskatchewan Safety Seminar and Tradeshow** - February 4-6, 2025, Saskatoon, SK
- **Celebrating Rural Ranching Women** - February 6-7, 2025, Biggar, SK
- **SARM Annual Convention and Trade Show** - March 11-13, 2025, Saskatoon, SK
- **Canada's Farm Show** - March 18-20, 2025, Regina, SK

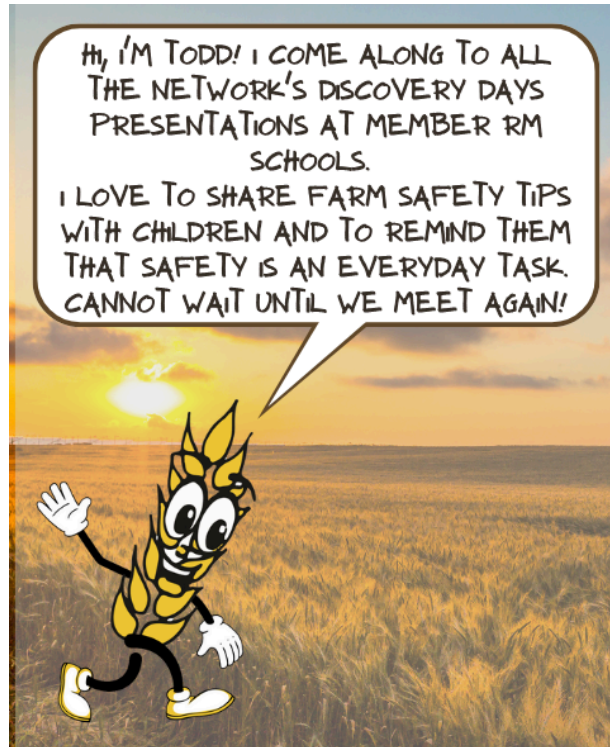


## AHSN 2024-2025 Annual Report

The Agricultural Health and Safety Network's 2024-2025 Annual Report is now available on their website! This report highlights the past year's outreach activities, including clinics, Discovery Days, trade shows, and events. It also features our Rural Municipality membership awards, scholarship recipients, and the Ike Thiessen: Building a Foundation Award winner.

**[View the Annual Report!](#)**

## DISCOVERY DAYS



**22 Presentations**  
at 8 Schools in 6 RMs to  
**356 Students**



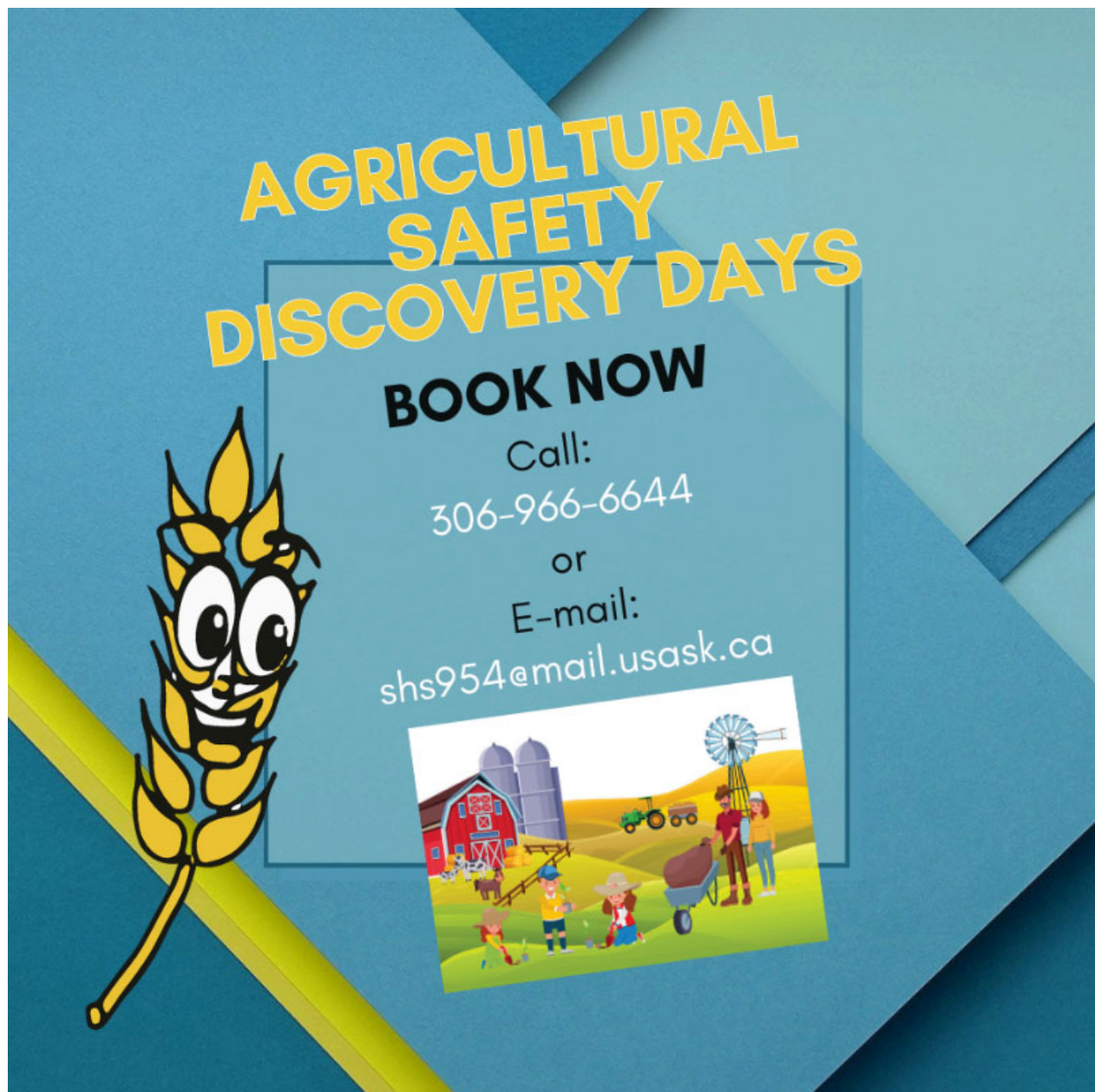
**1946 KMs**  
travelled across Saskatchewan  
to deliver presentations!

### Recent Discovery Days Presentations:

- **Lake Lenore School** - RM of Lake Lenore No. 399, Div. 5
- **Natural Wonders Early Learning Centre** - RM of Swift Current No. 137, Div. 3
- **Oxbow Prairie Horizon School** - RM of Enniskillen No. 3, Div. 1
- **Wymark School** - RM of Swift Current No. 137, Div. 3
- **Herbert School** - RM of Morse No. 165, Div. 3
- **Foam Lake School** - RM of Foam Lake No. 276, Div. 4
- **Milden Colony School** - RM of Milden No. 286, Div. 5
- **Dinsmore Colony School** - RM of Milden No. 286, Div. 5







## ONE2ONE RESPIRATORY & HEARING CLINICS

Agricultural Health and Safety Network



### What are One2One Clinics?

One2One Respiratory and Hearing Clinics assess respiratory or hearing health for Saskatchewan farmers, families, and farm workers. The clinics are held either at our Network clinic at USask campus or in your local RM.





## Recent One2One Clinics:

- **Spruce Home** - RM of Buckland No. 491, Div. 5
- **Fillmore** - RM of Fillmore No. 96, Div. 1
- **Janzen** - RM of Prairie Rose No. 309, Div. 5
- **Biggar** - RM of Biggar No. 347, Div. 6
- **Edam** - RM of Turtle River No. 469, Div. 6
- **Carrot River** - RM of Moose Range No. 486, Div. 4
- **Broderick** - RM of Rudy No. 284, Div. 5

**Interested in hosting a hearing or respiratory clinic for your local RM farm families and workers?**

Contact us at (306) 966 - 6643 or [kendra.ulmer@usask.ca](mailto:kendra.ulmer@usask.ca)

## CCRAH PRESENTATIONS & PUBLICATIONS February - March 2025

### Publications:

*Click any publication to access the link*

- Pointer J., Lang A.E., Balogh D., Osgood N., Kim S. (2025). **Accuracy of Shoulder Range of Motion Measures Collected by a Breast Cancer**



**Smartphone Application: Assessment in Healthy Adults**. Digital Health, 11.

- Cetin-Sahin D., Godard-Sebillotte C., Bronskill S. E., Seitz D., Morgan D. G., Maclagan L. C., Sourial N., Quail J., Gruneir A., Wilchesky M., Rochette L., Kubuta Massamba V., Youngson E. E., Diong C., Smith E. E., Arsenault-Lapierre G., Le Berre M., Maxwell C. J., Kosteniuk J., Bosson-Rieutort D., Wang T., Miskucza K., Vedel I., & The COVID-ROSA Research Team. (2025). **The COVID-19 Pandemic and Dementia: a Multijurisdictional Meta-Analysis of the Impact of the First Two Pandemic Waves on Acute Health-care Utilization and Mortality in Canada**. Canadian Geriatrics Journal, 28(1), 16–30.
  - Hyslop S, Kirychuk S, Karunanayake C.P., Martin W, Rennie D, Bradford L, Ramsden V.R., Thompson B, Roberts C, Seesequasis J, McMullin K, Fenton M, Abonyi S, Pahwa P, Dosman J.A. (2025). **Exploring relationships between household crowding and health in two First Nations communities**. Health and Place, 92:103441.
-

## **Presentations:**

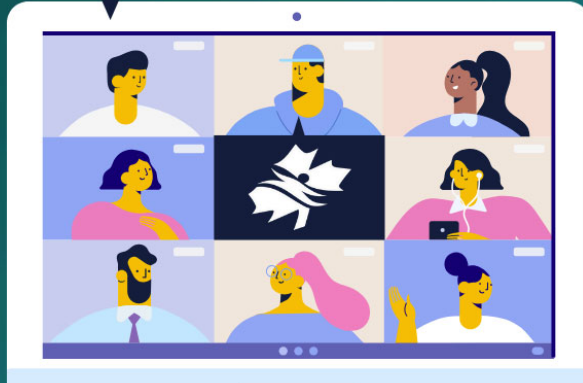
- Lang A.E. (February 2025). **Shoulder dysfunction after breast cancer treatment: biomechanical analysis of mastectomy and reconstruction.** 3rd Annual Chandra Dattani Breast Cancer Symposium, Saskatoon, SK.
- Turgeon N., Lemieux J., Castillo Toro A., Rossi F., Thompson B., Nolting C., Larios Martinez D., Godbout S., Kirychuk S., Duchaine C. **AMR Profiles in the vicinity of poultry and swine barns in Canada.** One Health: Antimicrobial Resistance and Emerging Zoonoses Conference, March 11-14, 2025, Calgary, AB
- Kirychuk S, Predicala B, Zhang L, Dosman J, Thompson B, Castillo Toro A, Duchaine C. **Bioaerosols and Occupational Hygiene in Agricultural Industries.** AAAR 2024 Conference, Oct 21-25, 2024, Albuquerque, NM, USA
- Godbout S., Duchaine C., Kirychuk S., Dosman J., Brassard P., Letourneau V., Turgeon N., Larios Martinez, A.D., Predicala B., Zhang L., Girard M. **Canada at the Forefront of Agricultural Aerosol Research.** AAAR 2024 Conference, Oct 21-25, 2024, Albuquerque, NM, USA (oral)

## **UPCOMING EVENTS**

# 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 USask, and guests to discuss current rural and agricultural health related issues.

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

**Dr. Angelica Lang**  
[angelica.lang@usask.ca](mailto:angelica.lang@usask.ca)

Check out the seminar schedule on our website!

## Upcoming Trade Shows

- **Ag in Motion** - July 15-17, 2025 Discovery Farm Langham, SK

## Upcoming Discovery Days

- **Allan Composite School** - RM of Lost River No. 313 Div. 3
- **St. Gabriel School** - RM of Biggar No. 347 Div. 6
- **Marshall School** - RM of Wilton No. 472 Div. 6
- **H. Hardcastle School** - RM of Turtle River No. 469 Div. 6



## RaDAR Summit 2025

**Save the date!** Summit 2025 will be hosted as a one-day, online event: Thursday, November 20th. As planning progresses, more details will be shared on **our website!**

If you have questions about Summit 2025, please contact [radar.summit@usask.ca](mailto:radar.summit@usask.ca)





**SAVE THE DATE**  
**JUNE 23-26, 2025**  
**PORTLAND, MAINE**



**GET INVOLVED IN OUR  
RESEARCH**



# CALL FOR PARTICIPANTS

*See Our Experiences: An innovative phenomenological approach  
for analyzing the holistic wellness of Indigenous leaders*

## About this project

This study includes a one-on-one interview to learn about what it is like to be a **First Nations Elected Official - Chief and Council**, and how your experiences might affect your own health and wellness, either positively or negatively. During the interview, you will be provided with a safe space to share your personal stories, with a focus on experiences that engaged you fully—physically, emotionally, mentally, and spiritually. In appreciation, you will receive an honorarium. Zoom option available.



## Qualifications

- Currently a First Nations Elected Official (FNEO) in Saskatchewan.
- Has been serving as an FNEO for over a year.
- Available for a 60-90 interview

For more information or to set up an interview, please contact  
**Sheila Naytowhow** ([sheila.naytowhow@usask.ca](mailto:sheila.naytowhow@usask.ca))



# Participants Needed! FOR BREAST CANCER RESEARCH

We are looking for **breast cancer survivors** to take part in a new study to characterize upper limb movements in functional tasks.

## ELIGIBLE PARTICIPANTS MUST:

- Be between 18 and 70 years old
- Have had **mastectomy** OR **reconstructive surgery** for breast cancer more than 6 months ago
- Be able to safely participate in physical activities
- Be available for 1 session of approximately 2 hours at our laboratory at the University of Saskatchewan



You will be compensated for your time.

Participants will be asked to complete a number of arm-focused tasks while your motion and muscle activity are measured with surface sensors. Ultrasound images of your shoulder will also be taken. You will also be invited to participate in an optional phone interview about your post-treatment experiences.



For more information or to volunteer:

**Sarah Fitzgerald**  
[inu584@mail.usask.ca](mailto:inu584@mail.usask.ca)

**Dr. Angelica Lang**  
[angelica.lang@usask.ca](mailto:angelica.lang@usask.ca)  
306-966-5544

[research-groups.usask.ca/ergolab](https://research-groups.usask.ca/ergolab)

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





## PARTICIPANTS NEEDED FOR SHOULDER RESEARCH

**Construction workers | Hairstylists | Nurses or Nurse aides  
| Maintenance workers or Caretakers | Farmers**

### Who:

- People working in the jobs listed above
- 18+ years old
- People able to safely participate in physical activity
- People who have no current shoulder pain
- People who have no history of shoulder pain
  - pain that resulted in a clinician visit or stoppage in regular activities (work or sport/leisure) for 1 month or more

### Where:

- Research lab at the Health Sciences building on USask campus

### Why:

The goal of this study is to explore the connection between shoulder movement and rotator cuff syndrome in high-risk occupations.

### What:

- Come to our lab for a 2 hour data collection
- Complete a few arm-focused tasks while your motion and muscle activity are measured with surface sensors
- Short follow up surveys every 3 months
- You will be compensated for your time

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

Dr. Kenzie Friesen  
[kenzie.friesen@usask.ca](mailto:kenzie.friesen@usask.ca)  
306-966-5971

Dr. Angelica Lang  
[angelica.lang@usask.ca](mailto:angelica.lang@usask.ca)  
306-966-5544

# THE COGNITIVE KITCHEN

*A free social cooking and nutrition education program for care partners of people living with dementia and anyone aged 55 and over*

**The Cognitive Kitchen consists of a brief Zoom orientation followed by 6 weekly virtual classes.**

The next program schedule will be determined based on participant interest and availability.

**Visit [surveymonkey.ca/r/cognitivekitchenintake](https://surveymonkey.ca/r/cognitivekitchenintake) or scan the QR code below to express your interest!**



**Program Coordinator Contact:**

julie.beitel@usask.ca

(306) 966-5303



Research participation is an optional component of the Cognitive Kitchen. The research activities have been approved by the USask Behavioural Research Ethics Board (Beh #4108).



# Do you have a loved one in a long-term care home?

We want to hear about your experience with end of life nutrition care.

Family caregivers with loved ones in long-term care (currently or in the past) in Saskatchewan are invited to share their experiences regarding end of life nutrition care (e.g., eating, drinking, hydration).

Take part in a 45-60 minute virtual focus group discussion

## WE WANT TO HEAR YOUR PERSPECTIVE



**PLEASE CONTACT**

**Heather Alford**

[heather.alford@usask.ca](mailto:heather.alford@usask.ca)

This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board (ID 4262)



# CO-DEVELOPING A PATHWAY TO REDUCE POSTOPERATIVE DELIRIUM IN OLDER PATIENTS



## Department of Anesthesiology University of Saskatchewan

We are looking for volunteers to participate in a study to co-develop a multidisciplinary and patient-centered pathway for older patients at risk of postoperative delirium.

As a participant in this study, you would be asked to take part in a facilitated workshop lasting 2-3 hours.

Participation is voluntary. An honorarium will be provided for your time.

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

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

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



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**usask.ca**

# Are you an Indigenous person who needs or has already had a total joint replacement?

## We would love to hear from you!



We are a research team from the University of Saskatchewan interested in learning about the needs, experiences, and opinions of Indigenous people accessing pre-surgical care before total joint replacements.

### What does participating in this study involve?

- Undergoing a 1-on-1 interview that will take about 30 minutes to 1 hour
- Completion of a demographic and general health questionnaire that will take about 5-10 minutes
- Interviews will occur over the phone or virtually (e.g. Zoom)
- You will receive an honorarium in appreciation of your time

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

**For more information about this study,  
or to participate, please contact:**

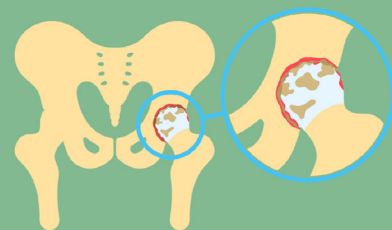
Rebecca Sawatsky, MSc Student,  
University of Saskatchewan

**Email: [rebecca.sawatsky@usask.ca](mailto:rebecca.sawatsky@usask.ca)**

Stacey Lovo, Principal Investigator,  
University of Saskatchewan

**(306) 966-8738**

**Email: [stacey.lovo@usask.ca](mailto:stacey.lovo@usask.ca)**



UNIVERSITY OF SASKATCHEWAN

**School of  
Rehabilitation Science**

COLLEGE OF MEDICINE  
[REHABSCIENCE.USASK.CA](http://REHABSCIENCE.USASK.CA)

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



## NEWS FROM OUR PARTNERS

**Canadian Agricultural Safety Association (CASA)**



- [CASA Bulletin - February 2025](#)
- [CASA Announcement - February 2025](#)
- [CASA Bulletin - March 2025](#)
- [CASA Announcement - March 2025](#)

## **Saskatchewan Association of Rural Municipalities (SARM)**

- [Rural Councillor - Spring 2025](#)
- [Rural Dart - February 2025](#)
- [Rural Dart - March 2025](#)
- [Rural Sheaf - February 2025](#)
- [Rural Sheaf - March 2025](#)

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*The Canadian Centre for Rural and Agricultural Health (CCRAH) empowers rural and agricultural populations to thrive where they live and work through innovative research, dedicated resources, outreach, and services.*

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# Canadian Centre for Rural and Agricultural Health

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