

October 2018

Dear ACT AAG Members and Friends,

We are pleased to share the following updates with you:

1. Upcoming AAG events:

- The 51st AAG Conference: 21st to 23rd November at the Melbourne Convention and Exhibition Centre, South Wharf, Melbourne, Australia
 - [Click here to register](#)
- STAY TUNED for more exciting ACT AAG events in 2019!

2. Other local events:

- CEPAR Policy Dialogue on Retirement Incomes: 8:30 am to 3:15 pm, 1st November at Level 2, JG Crawford Building 132, ANU, Canberra (FREE)
 - [More information here](#)
- GRADE From Evidence to Recommendations: 1:00 pm to 4:00 pm, 26th November at NHMRC Canberra, 16 Marcus Clarke Street, Canberra (FREE)
 - [More information here](#)

3. ACT Committee Changes

- We would like to thank Dr Sarang Kim and Connor Lynch for their wonderful contributions to the committee and their hard work behind the scenes. We wish them all the best for their future endeavours.



- Where are they now?

Dr Sarang Kim is a research fellow at the Centre for Research on Ageing, Health and Wellbeing at the Australian National University. She is currently managing a lifestyle management program, e-Lifestyle Management Programs (e-LMPs). The e-LMPs team is evaluating the efficacy of health promotion interventions in adults with risk factors for dementia, recruited in general practice setting. She is also leading an online intervention program, Dementia Stigma Reduction (DESeRvE), that is designed to reduce dementia-related public stigma amongst the general public.

Connor Lynch predominantly engages with health and ageing as a clinician. He is a registered nurse and currently in his second rotation of a New Graduate Nursing year at Canberra Hospital working in the Coronary Care Unit. Connor plans to complete further study through the University of Tasmania in Cardiovascular Nursing, aligning with his interest in cardiovascular health and ageing. Second to his clinical work, Connor grows a large range of fruits, vegetables and herbs at his home in O'Connor and engages in a growing community in Canberra passionate about local, organic and urban production of seasonal vegetables. Connor has an interest in food security particularly amongst vulnerable ageing populations, and the effects of access to food on the health of ageing populations. [Read more about Connor's work here.](#)

- Incoming committee members: Janet Maccora and Nathan D'Cunha



Janet Maccora has a background in epidemiology with an MSc from the London School of Hygiene and Tropical Medicine. She lives in Canberra and is enrolled as an external PhD candidate at UNSW, affiliated with Neuroscience Research Australia (NeuRA). Her broad research interest is factors for maintaining cognitive health in later life. She is now in the second year of her PhD candidacy, and her topic is looking at how education is associated with “SuperAgeing”, using data from the Personality and Total Health (PATH) cohort that has been running in the ACT and Queanbeyan since 1999. Janet also works as a research officer at National Seniors Australia, where she has contributed to reports on issues affecting older Australians such as the digital divide, experiences of aged care at home, and planning for longer lives.

Nathan D'Cunha is a PhD student at the University of Canberra (UC) investigating the effects of the National Gallery of Australia Art and Dementia program people living with dementia. Nathan's primary research interests relate to ageing and nutrition, particularly interventions that may serve to prevent or delay age-related conditions such as dementia. Nathan also teaches into the UC Faculty of Health in Nutritional Science and Food Science, and currently holds a Dementia Australia Research Foundation PhD scholarship. [Read more about Nathan's PhD project here.](#)

4. In case you missed it:

- We had the honour of hosting Professor Phillip Taylor, the AAG Glenda Powell Travelling Fellow, earlier this month.
 - [Click here](#) to read Professor Taylor article: Who wants to work until they are 70?
- Results from a University of Canberra pilot feasibility study investigating integrating a clinical pharmacist into residential aged care to improve the quality administration of medicines.
 - [Click here](#) to read more about the great work being done by committee member Nikki McDerby.

5. In our next newsletter, we will have reports from both the AAG Conference in Melbourne and the Gerontological Society of America Conference in Boston.

Warm Regards,

ACT AAG Committee