

• Campus. • Connection

Mount Saint Vincent University

January 30, 1989



Communications centre nearing completion

Construction of the E. Margaret Fulton Communications Centre is nearing completion. Installation of wiring, lighting, air conditioning and heating has begun, and the building will be structurally complete by the end of March.

The Distance University Education via Television (DUET) and the audio-visual departments will start moving their equipment in late April.

Sodding, seeding, and planting of

shrubbery and trees begins in May.

Library shelving is scheduled to arrive in April and furnishings in May and June, so the library will start transferring its books to the new location after Convocation in May. Computer services will follow in June and July.

The building will be in full operation for the new academic year in September, and the official opening is tentatively booked for late October.

Mount receives grant for caregiver project

The Mount's gerontology department and the Centre for Continuing Education will be helping caregivers in the province, thanks to a recent grant from Health and Welfare Canada. Part of its Seniors Independence Program, the \$250,000 grant will fund a project called Care for the Caregiver. It is aimed at providing education, information access and emotional support to non-professional caregivers in rural and urban Nova Scotia, over a three-year period beginning this spring.

More than 75 per cent of caregivers are women, says gerontology department chair Dr. Mary O'Brien, who spearheaded the project.

"Very often, the caregivers are themselves elderly, so the problem is compounded by the fact that they may lack physical stamina and experience more fatigue. Younger women, on the other hand, often have the additional demands of children and work."

The whole area of caregiving is one with which Dr. O'Brien is familiar, both through research on the impact of caregiving on women, and as a facilitator and educator in workshops for caregivers.

Information Access

"Time and time again I've seen a lack of information among caregivers," particularly in rural areas where they may not have access to the information they need to provide quality care. She adds that while the guilt and frustration experienced by caregivers is "perfectly normal", they need support to understand their feelings and how to handle them. "The educational component of our program will provide the support people need. A spinoff is to delay institutionalization for many of the elderly being cared for by their families."

The main thrust of the educational component is a series of workshops, consisting of six weekly sessions, to be

held in the metro area, Sydney, Truro and Yarmouth. Sessions will be broadcast to the rest of the province over the Mount's Distance University Education via Television (DUET) system.

The workshops will provide general information on health care, communication and available services, offer emotional support, and enlist the help of agencies like the Nova Scotia Alzheimer's Society for specialized instruction. "We are hoping that the workshops will generate continuing peer support, so that people will continue to meet even after the six-week sessions are over," adds Dr. O'Brien.

Mount gerontology students will benefit, too, because the workshops will be included in their practica.

The project will also establish a provincial resource centre in the Mount's gerontology department. "The resource centre will continue the educational programs for caregivers. We're hoping it will be in place by the end of the project."

Research Component

The project incorporates a research component too. "We will evaluate each group at the beginning and end of the workshops to see whether there is a change in behavior, attitude and the quality of care." She notes that the evaluation instruments developed for this project will be useful to other caregiving projects - as will the model provided by the workshops, manuals, distance television, and the national conference planned for the end of the project.

"The Mount is the logical place for such a project," says Dr. O'Brien. "Being a women's university, the issues facing women caregivers are of particular concern here. In fact, much of the material we'll be offering in the workshops is included in many of our courses."

Nutritionist emphasizes healthy eating patterns for life

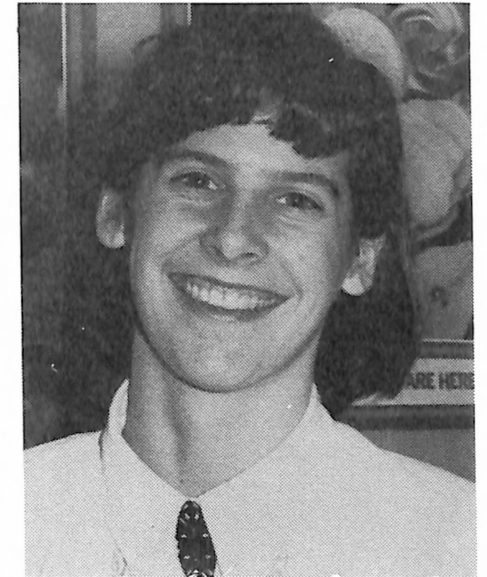
On Wednesdays and Thursdays, students, staff, faculty and administrators have help available in their quest for good nutrition. Hilary Manning joined the Mount as part-time nutritionist with student services in January.

Manning, who is from Vancouver, received her B.Sc. (Dietetics) from the University of British Columbia. She interned at the Victoria General Hospital in Halifax and is a member of the Nova Scotia Dietetic Association (NSDA) and the Canadian Dietetic Association (CDA).

"My emphasis is on healthy eating patterns for life" she says, commenting on the New Year's resolutions many of us make (and break). Three-quarters of the people she sees come for individual counselling on weight problems.

While her service is available to individuals by appointment, she also offers a drop-in group weight loss program on Wednesdays from 12 noon to 1 p.m. She assists people with therapeutic nutritional needs too. She can advise on proper eating and lifestyle for those on low-fat diets or for pregnant women, for instance.

"Often, people just drop in with one specific question, or just check in every few weeks," she says. Besides advice, she also provides handouts on everything from the Canada Food Guide, to menu suggestions and exercises, to information on



nutrition-related diseases like cancer and heart disease.

Manning is a liaison with the food committee and assists Chef Rene by developing special diets for students as required.

Her advice to us all? "Everyone starts dieting in the new year. But make sure you're eating three meals a day from the major food groups." If you're not sure you are, make an appointment to see her. Her office is in the athletics/recreation office, on the ground floor of Rosaria Centre.

Science writer to speak: Closing the Gap

Michael Keating, former environment writer for the Globe and Mail, will give a public lecture at the Mount on bridging the communication gap between the scientific community, industry and the public on environmental issues. Closing the Gap will examine global environmental problems, and the positive roles that journalists and public relations practitioners can play through effective environmental and science writing.

The talk, sponsored by Dow Chemical Canada Ltd., will take place Wednesday, Feb. 15 at 7 p.m. in Auditorium C of the Seton Academic Centre.

Keating's talk is based on more than 20 years' experience as a newspaper and magazine journalist. He has written extensively on environmental issues, and is the author of the book, *To the Last Drop: Canada and the World's Water Crisis*.

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The Women's Legal Education and Action Fund (LEAF), a national organization which promotes equality for women, is organizing a public awareness/fund raising show in Halifax. The Women Who Made a Difference is the theme of The Leaf National Road Show '89, which will take place Friday, Feb. 3 at 8 p.m. in the Rebecca Cohn Auditorium.

Special guests include Connie Kaldor as emcee and Maureen McTeer as keynote speaker, with performances by Buffy Sainte-Marie, Hart Rouge, Lillian Allen, the Clichettes, Katari Taiko, Four the Moment and Finjan.

Standard tickets are \$25 and include a financial planning breakfast sponsored by Central Guaranty Trust, the road show's major sponsors. Gala tickets are \$100 and include an invitation to the gala reception following.

Tickets are available from Dr. Susan Clark, Dean of Human and Professional Development, Seton room 301. Road show

sweatshirts are also available for \$25.

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The Survey Centre of the Gorsebrook Institute at Saint Mary's University is offering a workshop on LISREL, a computer software program used in structural modelling projects associated with the social sciences. On May 15 and 16, Dr. Leslie A. Haydk, a professor of sociology at the University of Alberta and LISREL expert, will teach an introduction to LISREL, while on May 18 and 19, LISREL creator Dr. Karl G. Joreskog will outline new developments in LISREL. For more information call Anne West, public relations office, Saint Mary's University, at 420-5517.

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The University of Alberta has recently changed to a new telephone system, Centrex III. Although most locals will remain the same, the prefix changes to 492-. The general information number is 492-3111.

Open Campus Days: a closer look at the university

You may notice a few new faces on campus Feb. 3. On that day, approximately 60 students from high schools around the Maritimes will have an opportunity to tour the Mount campus, observe classes, talk with admissions staff, and generally take a good, close look at the university where they plan to enrol in the Fall.

"It's good for these students to see what the Mount environment is really like," says admissions officer Susan Tanner. "And Open Campus Days open up the channels of communication, so that students aren't intimidated about calling with questions afterwards."

This year's agenda, says Tanner, includes a tour of the new E. Margaret Fulton Communications Centre. "We're also suggesting that students come in the day

before," she adds, in case of foul weather. "If anyone knows of a high school student interested in coming, and is willing to put that student up for the night, we are asking them to contact our office."

Open Campus Days are also planned for Monday, Mar. 6 and Monday, Mar. 20. For more information contact the admissions office at ext. 128.

Campus Connection is published weekly by the Public Relations Office, Mount Saint Vincent University, Halifax, Nova Scotia B3M 2J6. Copy should be submitted to Room 205, Evaristus Hall, by Monday noon one week before Monday of publication. Editor: Charmaine Gaudet, 443-4450, ext. 339.
