

**WATERLOO RESEARCH IN AGING
 PARTICIPANT POOL (WRAP Pool)
 Annual Newsletter - Issue 5
 Fall/Winter 2011**

Waterloo
 Research in
 Aging
 Participant Pool



"Linking the senior community to university research"

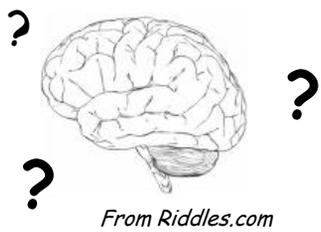
Do you know someone that may be interested in joining WRAP?

We are currently looking for more volunteers like yourself to participate in studies. If you know of someone that may be interested in participating please have them contact the WRAP Coordinator, Michelle Manios, at 519-888-4567 ext.37776.

Thank You from us

We would like to thank you for your contribution of time in participating in our research studies to assist in furthering our knowledge of the aging process. With the help from individuals like yourself we can investigate the differences between healthy aging and disease processes such as (but not limited to) stroke, Parkinson and Alzheimer's disease.

Brain Teasers



Try these out just for fun!

Riddle A: Smart Ball

What is the easiest way to throw a ball, and have it stop, and completely reverse direction?

Riddle B: Who Am I?

I'm related to you. I'm really close to you! I'm your cousins aunt!
 Who Am I?

Riddle C: Once in a Minute

What is once in a minute, twice in a moment, and never in a thousand years?

Answers: A: Toss it in the air. B: My mother C: The letter "M".
 Word Scramble: 1) cinnamon; 2) migration; 3) acorn; 4) frost

What are they saying

We recently contacted some participants and asked about their WRAP experience. Here are their responses to our questions.

1. What prompted you to sign up for the WRAP program?

- 69% of participants said they responded to a newspaper ad
- 13% said they heard about the program from a friend
- 6% said they saw a poster, or viewed a link on the internet

2. What do you enjoy most about participating in studies?

- Responses included:*
- Being challenged.
 - To learn and get something out of it.
 - It's a 2 way benefit, helping students with their research and I learn a lot too.
 - I get to learn about myself.
 - Dealing with intelligent people at the research lab.
 - To keep up with current research.

3. What would you say to someone who is considering joining WRAP?

- Responses included:*
- Go for it!
 - Just go in with an open mind and you'll be surprised with some of the questions you'll be asked.

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Autumn/Winter Word Scramble

Unscramble the words below

1. nmnonaci _____
2. ratniogmi _____
3. rncoa _____
4. otsrf _____

What are they saying

(...Continued from previous page)

- We can help people.
- Studies are interesting and touches on a variety of subjects.
- If you have time, availability and able to get to the place, it is a worthwhile experience.
- Get to meet and hear about people's stories.

4. Do you have any suggestions that may help make the experience more enjoyable?

Responses included:

- Participate more often.
- Have a website that is easily accessible.
- Keep it visible for seniors to find out more about WRAP easily.
- Some studies are not paid, it is good to have some recognition.

We thank everyone for their comments and would welcome anything you might have to say.

Interpersonal Processes in Aging

Dr. Uzma Rehman

Dr. Rehman and her student investigators in the Relationship Research Lab at the Psychology department are conducting a study for healthy elderly couples. The purpose of this study is to gather information about relationships in the aging population, such as relationship satisfaction and communication.

The information we gather will increase our understanding of relationships and may eventually lead to improvements in therapy programs. Participants complete several questionnaires, engage in short video-recorded discussions, and view video vignettes. The questionnaires measure mental functioning, and ask about background characteristics, quality of life, and mood.

The study is interested in all these areas with regards to elderly couples, and how these characteristics affect relationships.

Dr. Rehman also hopes to be able to use the results of this study to compare with another ongoing project with couples where one of the partners has Alzheimer's disease.

WRAP Members

WRAP Directors



Dr. Myra Fernandes
Department of
Psychology



Dr. Eric Roy
Department of
Kinesiology

WRAP Coordinator



Michelle Manios

Call for Participants!

If you are currently not a volunteer of the Waterloo Research in Aging Participant Pool please contact us to find out more about how you can help!

If you already are a volunteer, please share this newsletter with any family and friends who you think might be interested in taking part in research studies.

For further information please contact us

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